

MHNIG NEWSLETTER

Summer 2010



In This Issue

Points of Interest:

Pg 2 - CNSA

National Conference

Pg 3 - Peplau Award

Pg 4 - Report on

2009 AGM

Pg 5 - Meeting With

Minister Matthews

Updates*Education*Links

www.mhnig.org

Your complete website &
e-mail address for keeping
you connected

inquiries@mhnig.org

MHNIG IS AN INTEREST
GROUP OF



www.rnao.org

AND AN AFFILIATE OF
THE CFMHN

UPFRONT

Report from the President

Welcome to the Summer issue of the MHNIG newsletter. This is my first message as President and I have several items to note.

Kama Kalia and I attended the Day at Queen's Park in January. This was a fascinating event, watching hundreds of nurses gather in the provincial Parliament building to meet our representatives in government. The RNAO rolled out its platform ahead of the provincial election in October 2011. Titled "Creating Vibrant Communities: RNAO's Challenge to Ontario's Political Parties", this document presents the "planks" that RNAO has developed for the parties to consider "borrowing" for their platforms. To read the document in full, go to the RNAO website at

<http://www.rnao.org/Page.asp?PageID=122&ContentID=3176&SiteNodeID=390>.

Across the province there are ongoing issues about nursing shortages and cut-backs to health care. Divestment of beds in certain areas will alter the provision of mental health services. The impact on jobs will be significant as the changes roll out. What story is developing in your area?

For more news about nursing in Ontario, check the website of the Nursing Secretariat at http://www.health.gov.on.ca/english/providers/program/nursing_sec/newsletters/nursing_news_20100112.pdf.

Volunteers make the Interest Group viable. Satellites require representatives to speak to membership at the local level and we require officers to fill vacancies on the Executive Committee, now and in the future. Also, articles for the newsletter are welcome at any time.

Social networking is catching on with many members. You can find the MHNIG on Twitter at <https://twitter.com/mhnig>, and on Facebook at <http://www.facebook.com> (search MHNIG).

Each year the Annual General Meeting travels to a different part of Ontario. Last year we met at St. Michael's Hospital in Toronto (see article in newsletter on page ?). We need someone to offer their location for this coming autumn's AGM. There is a template available for organizing the AGM, and support is readily available.

I look forward to hearing from you and/or meeting you in the coming year.

Thank you.
Steven Holbert

CNSA Conference in January 2011

The 2011 Canadian Nursing Students' Association (CNSA) National Conference will be held in the heart of Hamilton, Ontario at the Hamilton Convention Centre and Sheraton Hotel on January 26th until the 29th of 2011. Over 600 nursing students will gather from across Canada to participate in professional development and networking with peers, presenters and potential employers.



CNSA holds a National Conference at the beginning of every year for every Canadian student member. The theme "Nursing, Yours to Discover" will explore the broad range of opportunities available within the nursing profession for students and new graduates.

The landscape of health care and nursing provides endless opportunities for students, new graduates, and nurses in Canada and beyond! The possibilities in nursing are as unique as each person is. By opening the doors to discover contemporary issues in nursing, diverse areas in nursing, and endless opportunities for inspiration and education, students will discover their potential in the nursing profession, and how to begin now.

Key topics that will be explored include international and outpost nursing, inner-city health nursing, Canadian politics and health care, nursing leadership development and new graduate transition.

For more information, contact conference@cnsa.ca and/or the website at www.cnsa.ca

Are You Certified in Psychiatric/mental Health Nursing?

The Spring/Summer 2010 CNA Certification Bulletin announced the most recent statistics about certification in nursing specialties in Canada. There were over 2500 nurses writing the certification exams on April 17th.

As of December 31, 2009, there were 15,603 valid CNA certifications in 18 different specialties/ areas of nursing practice. In 2010, medical-surgical nursing became the 19th CNA certification exam.

Nation-wide in 2009, psychiatric/mental health nurses numbered 1765 valid CNA certifications, making it second to gerontology with 2073 certified nurses. In Ontario, nurses with the CPMHN(C) designation number 1289, the largest segment in Ontario.

If you are considering certification, contact the Canadian Nurses Association at:

Canadian Nurses Association
 Certification Program
 50 Driveway
 Ottawa, ON K2P 1E2
 Tel.: 613-237-2133 or 1-800-361-8404
 Fax: 613-237-3520
 E-mail: certification@cna-aiic.ca
 Website: <http://getcertified.cna-aiic.ca>



Dr. Hildegarde E. Peplau Award

This year's recipient of the Dr. Hildegarde E. Peplau Award is Sarah Benbow. She is in her first year of the PhD program in the School of Nursing at the University of Western Ontario. Her clinical and research focus involves mental health, homelessness, and community health promotion with emphasis on social justice and health equity. She is currently employed as a mental health nurse at London Health Sciences Centre.



Hildegarde Peplau

Congratulation to Ms. Benbow!

The Dr. Hildegarde E. Peplau award, funded by the Mental Health Nursing Interest Group, is administered by the Registered Nurses' Foundation of Ontario.

We Need You! To Provide a Forum for Communication and Exchange of Ideas

“It has often been – rightly – said that there is no health without mental health. For far too long, this simple truth has been obscured by the lack of public discussion of mental health issues. Despite important progress in recent years, the stigma that still attaches to mental illness, and the discrimination that continues to afflict so many of those with a lived experience of it, remains an important barrier to progress” (Mental Health Commission of Canada, 2009, p.2)

Hello All! The MHNIG newsletter has been published for more than a decade and only a year has passed since the publication of two critical policy documents which promote the need for public discussion to address the challenges identified above. MHNIG members have an opportunity to use the MHNIG newsletter as a forum for communication and exchange of ideas that respond to these and other policy frameworks that address the needs of consumers and communities. Please take the time to read these two documents and share your insights or related initiatives in the next MHNIG newsletter edition:

- ◆ The national policy document is published by the Mental Health Commission of Canada, dated November 2009. *Toward Recovery & Well-Being: A Framework for a Mental Health Strategy for Canada Mental Health*. Go to link: http://www.mentalhealthcommission.ca/SiteCollectionDocuments/boarddocs/15507_MHCC_EN_final.pdf
- ◆ The provincial policy document is published by the Ministry of Health & Long-Term Care, dated July 2009. *Every Door is the Right Door: Towards a 10-Year Mental Health and Addictions Strategy*. Go to link: http://www.acsm.ca/data/1/rec_docs/2332_Every%20Door%20is%20the%20Right%20Door.pdf

Both of these documents have significant implications for future mental health and addictions services and WE, as an interest group of mental health nurses have a responsibility to meet the MHNIG Vision & Objectives which focuses on service delivery and the client/consumer experience.

We are 828 strong and we need to lead the public discussion on mental health issues because *there is no health without mental health*. As past president, I do hope to review more contributions from all MHNIG members in the next edition --- let's Exchange our Ideas!

Yours in nursing,

Valerie Grdisa

Report on 2009 Annual General Meeting

The MHNIG Annual General Meeting took place at St. Michael's in Toronto on November 20, 2009. Over 50 people attended and video conferencing brought in others at 3 sites across the province.

The new slate of officers began the year. MHNIG Executive officers elected by acclamation were Steven Holbert to President (from Communications Officer), and Leslien Walters to Financial (from Socio-Political Action Officer). Kama Kalia remains in the role of Socio-Political Action Officer, and Kathy Wong continues as Membership and Education Officer. Pat Nashef is now the Past President, and Lisa Beames continues as representative from the Canadian Federation of Mental Health Nurses.

Students from several schools of nursing attended the AGM, and several have volunteered for the Student Representative role: Hemant Gohil, Karen Choe, and Galitha Alexander (Ryerson), and Matthew Smith (McMaster).

Katie Ungar has "retired" as our Financial Officer after 16 years of excellent stewardship. Archana Patel, has stepped down from her role as the co-Membership and Education Officer and is working abroad.

Although we had an open call for nominations at the MHNIG AGM, there were no nominees for the vacant positions on the MHNIG Executive. The President-Elect position remains open. All satellites now have a representative except Satellite I (Essex, Chatham-Kent, Lambton).

Membership continues to grow, reaching 828. MHNIG continues to support the Peplau award for the RNFOO, as well.

During Members Voices, participants discussed enthusiastically many policy opportunities and recommendations as to how MHNIG could continue to achieve its mandate. Issues ranged from nursing education to recruitment to the profession.

In the afternoon, the education component of the day, were presentations by team members from St. Michael's Mental Health Service programs regarding inner city mental health nursing care. A viewing of the National Film Board documentary, "The Interventionists: Chronicles of a Mental Health Crisis Team" showed the work of the Mobile Crisis Intervention Team of the mental health nurse and the police officer.

Several lucky participants received books which were donated for door prizes.

Kudos to Kathy Wong (Membership and Education Officer) and colleagues who worked hard to plan an excellent AGM with networking and learning opportunities.

(Minutes of the AGM will be posted in a later issue of our newsletter so members can review them before the next AGM in autumn 2010.)

Enhancing Medicare Through Dialogue With Minister Matthews

On March 26th, 2010, the Region 2 Middlesex-Elgin Chapter and the Mental Health Nursing Interest Group both of the Registered Nurses' Association of Ontario (RNAO) sponsored an event with the Minister of Health and Long-Term Care, Deb Matthews. This joint effort welcomed fifty local nurses and nursing students to the Lamp-lighter Inn in London, Ontario to engage in the presentation titled: "Enhancing Medicare through Dialogue with Nurses". The participants represented various RNAO Chapters, academic institutions, as well as many employment sectors.



This collaborative event grew out of meetings at the 11th Queen's Park Day in January when members of the two groups found common interest in promoting political activities among nurses. The RNAO challenge to political parties, "Creating Vibrant Communities", sets out priorities for the next election. The document covers the six "pillars" that will uphold the principle of public supported health care for the people of Ontario. The intent of this occasion was to follow-up with Minister Matthews since she was presented the RNAO Platform on Queen's Park Day.

Prior to the presentation by Minister Matthews, Cheryl Yost, Region 2 Representative to the RNAO Board, provided an overview of the platform and facilitated a discussion on local issues in relation to the RNAO platform. At approximately 6pm, Cheryl welcomed our honoured guest and those present had the opportunity to dialogue with the Minister for over an hour. Examples of issues raised during the discussion were: barriers to discharging patients, finding appropriate community placements or supports, community mental health services, student access to family doctors, limited funding for community services, and successes of the new graduate initiative. During the session, Minister Matthews requested the nursing community to provide her with the evidence to demonstrate not only the issues, but also potential solutions to these issues.

The event ended with a comment from a PhD student from the University of Western Ontario, Abe Oudshoorn, who challenged Minister Matthews to work with other Ministries to encourage collaboration to address the social determinants of health. Minister Matthews concurred and encouraged participants to read the story of "Million Dollar Murray" – a story about how many dollars were invested on one individual who was slipped through the gaps.

The organizing groups were thrilled by the success of this event and look forward to future collaborations. A special thanks to Minister Matthews and to all who participated.

References

Registered Nurses' Association of Ontario (January 2010). *Creating Vibrant Communities: RNAO's Challenge to Ontario's Political Parties – 2011 Provincial Election*.

Vision & Objectives

MNHIG is an interest group of RNAO and an affiliate of the Canadian Federation of Mental Health Nurses (CFMHN).

1. To provide a forum for communication and the exchange of ideas.
2. a) To promote the health and well-being of people who are at risk of experiencing mental illness and/or emotional distress.
b) To promote the development of mental health services that are responsive to the needs and wishes of consumers and the community.
3. a) To collaborate with consumers/survivors and family groups.
b) To collaborate and clarify our roles with mental health professionals.
4. To lobby on behalf of mental health nursing for the recognition of, and positive image of mental health nursing.
5. a) To promote the awareness of the practice of mental health nursing.
b) To serve as liaison with the RNAO and CNA and certification of mental health nurses.
6. To promote professional growth and best practices in changing mental health care trends.
7. To support participation of mental health nurses in education and research

Satellite Chairs/Reps

#1 Elgin, Essex, Kent, Lambton	OPEN
#2 Huron, Middlesex, N&S Oxford, Perth	Michael Moretti (W) 1-800-268-4446 ext. 9166
#3 Brant, Haldiman-Norfolk, Hamilton, Niagara	Joanne Bosnjak (W) 519-449-5999 jt_bosnjak@sympatico.ca
#4 Halton, Peel, Waterloo, Wellington	Cheryl Gustafson (H) 905-639-3128 cherylgustafson@cogeco.ca
#5 Bruce, Grey, Huronia, Muskoka, Parry Sound, South Simcoe	Susan Groody (H) 705-687-1786 groodysl@csc-scc.gc.ca
#6,7 Toronto	Angela McNabb (H) 416-686-6282 AMcNabb@cnomail.com
#8 Durham, Certhia, Northumberland, Quints, Victoria	Joan Gates (C) 905-435-3003 joan.a.gates@sympatico.ca
#9. Grenville, Kingston, Lanark, Seaway	Kim Bury buryk@providencecare.ca
#10 Ottawa, Champlain	Carmen Rodrigue CRodrigue@bruyere.org
#11 Algoma, Kirkland Lake, Nipissing, Northland, Porcupine, Sudbury	Kim Helmer khelmer@nemhc.on.ca
#12 Dryden, Kenora, Lakehead, Rainy River, Sioux Lookout	Shelly Archibald (W) 807-737-5843 shelly_archibald@hc-sc.gc.ca

MHNIG Executive

President

Steven Holbert
(W) 519-872-2408
steven.holbert042@sympatico.ca

Past-President

Pat Nashef
(W) 905-845-2571 ext. 6582
nashef@sympatico.ca

CFMHN Rep.

Lisa Beames
(W) 416-867-7443
beames@smh.toronto.on.ca

President-Elect/

Newsletter Coordinator
OPEN

Financial Officer

Leslien Walters
(W) 519-455-5110 ext. 47049
Leslien.Walters@sjhc.london.on.ca

Communications Officer

Jenn Doherty
Jennifer.doherty@sjhc.london.on.ca
(W) 519-455-5110 ext. 47239

Socio-Political Action Officers

Kamini Kalia
(W) 519-631-8510 ext. 49361
kaminikalia@gmail.com

Membership & Education Officer

Kathy Wong
(W) 416-864-6060 ext. 6418
(F) 416-864-5480
kwong@smh.toronto.on.ca

Student Officers

Hemant Gohil
hgohil@ryerson.ca

Karen Choe

karen.choe@ryerson.ca

Galitha Alexander

g2alexan@ryerson.ca

Matt Smith

smithm43@mcmaster.ca

SUBMISSIONS TO THE NEWSLETTER ARE WELCOME!

This newsletter can be your voice. Please share your stories, ideas and thoughts. Due date for articles for the next newsletter is **July 7, 2008**. Submit items to Newsletter Coordinator via e-mail above or mail to:



Stephen Holbert
stephen.holbert042@sympatico.ca

