

MHNIG NEWSLETTER

Winter/Spring 2007



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THE CFMHN

UPFRONT **Report from the President**

Welcome to the 2006-2007 MHNIG membership to all returning and new members! During the second week of January 2007, a broadcast e-mail welcome message was sent to all MHNIG members which included updates and log in information to the MHNIG website: www.mhnig.org. All MHNIG members can access the website by **USER ID: member2006** and **PASSWORD: mhnig**. Thank you to all MHNIG members who responded to this broadcast e-mail with questions or feedback. On behalf of the MHNIG Executive, I want to thank Pat Nashef, President Elect and Newsletter Coordinator for hosting the October 2006 MHNIG AGM at her organization, Halton Healthcare Services (see summary of event on page 7). The draft minutes from the successful day will be available on the MHNIG website by March 1, 2007. As indicated in the January 2007 broadcast e-mail, this edition is available as an e-version only and this fiscal decision was made at the 2006 MHNIG AGM. Please review the Summer-Fall 2006 MHNIG newsletter edition (page 7) for a breakdown of the \$15.00 MHNIG membership fee (available at www.mhnig.org). Of note, we will be mailing a paper version of this edition to MHNIG members who did not provide an e-mail address to RNAO.

Prior to each RNAO Assembly (January & September months) and the RNAO AGM (April), I submit a Members' Voices Report that is available on our website which details all membership, leadership and political action activities by the MHNIG Executive, Satellite Representatives or MHNIG members. Please feel free to send submissions or relevant updates directly to me for the April 2007 report to: vgrdisa@thc.on.ca, by March 31st. I attended the January 25, 2007 RNAO Day at Queen's Park and January 26, 2007 RNAO Assembly during which all six Resolution #1 Recommendations were unanimously passed. Thank you to Naomi Mudachi, 2006-07 Voting Delegate for participating in the April 2006 AGM and January 2007 Assembly — wonderfully, Andrew Sharpe, Satellite #10 have volunteered to be our 2007-08 Voting Delegate.

To-date, the **2007 MHNIG AGM** location has not been decided and although, we have heard some interest from MHNIG members across the province; I am formally requesting that all MHNIG members consider hosting the Autumn 2007 MHNIG AGM at their organization. Since 2003, the MHNIG AGM and combined afternoon conferences have been hosted throughout the province. **Please consider this opportunity!**

- ◆ 2003 — Homewood Health Centre, Guelph, ON (Satellite #4)
- ◆ 2004 — Royal Ottawa Hospital, Ottawa, ON (Satellite #10)
- ◆ 2005 — North East Mental Health Centre, North Bay, ON (Satellite # 11)
- ◆ 2006 — Halton Healthcare Services, Oakville, ON (Satellite # 4)

We are hoping that the 2007 MHNIG AGM location and date will be determined soon so please contact Tricia Stiles, Pat Nashef or myself as we can provide details regarding planning the event.

Within this newsletter, Pat Nashef and her Tidal Model © colleagues provide an overview of their multi-corporation project; Kathy Wong and Archana Patel, Membership & Education Co-Officers provide updates in their Membership & Education Corner; educational, job and funding opportunities are highlighted and a summary of the Fall 2006 MHNIG AGM is provided. Also, Archana Patel and Marianne Rigatti, Student Representative are planning another Student-Led mental health nursing event including film review: *First Break* with panel discussion at Ryerson University on March 12th, 2007.

To all MHNIG members who are planning to certify or re-certify through the CNA, Psychiatric/Mental Health Nursing [PMHN] exam on April 7th, **GOOD LUCK!** We welcome your contributions to meeting the Vision & Objectives of MHNIG and please feel free to submit feedback or contributions through e-mail, the newsletter or the MHNIG website. Steven Holbert, Communications Officer continues to provide crucial support to the website and monitors and responds to your e-mail questions at inquiries@mhnig.org, thank you Steven! The RNOA-AGM occurs on April 20th, 2007 and MHNIG plans to have a booth again and many MHNIG Executive will be in attendance—please pop by and introduce yourself! As the MHNIG President, I want to recognize all MHNIG Executive, Satellite Representatives and MHNIG members for your contributions across the domains of mental health nursing in practice, leadership, education, advocacy/policy and research and I feel privileged to represent each of you through our provincial professional association.

Yours in nursing, **Valerie Grdisa, MHNIG President**

Tidal Model © (Barker, 2001) – A Multi-Corporation Project across Multiple LHINs

By Natalie Snyder, Joseph Brant Memorial Hospital, Pat Nashef, Halton Healthcare, Louise Balian, Credit Valley Hospital

Four healthcare corporations located west of Toronto, east of Hamilton, met in the fall of 2005 to discuss leadership, evidence-based practice and collaboration in bringing best clinical care to our inpatient Psychiatric Mental Health units collectively. There was an agreement that Tidal Model © is timely in providing best practice, excellent care and excellent outcomes for the persons we are privileged to care for. At the time, two very different models of procedure were entertained:

Top down model – This would bring experts to our sites. The results would be quick, pure, holistic, yet costly and perhaps more passive engagement of the frontline clinicians.

Middle up-and-down model – We identified multiple content experts within this working group, so this core group could guide the process and education for care delivery of front line clinicians and also advocate upward for financial and corporate supports. The results would likely be slower, less pure, baby steps, more participatory.

The group made a collective decision to proceed with the latter model and work began. Early on, one corporation withdrew, and so the project presently includes: Credit Valley Hospital, Halton Healthcare Services and Joseph Brant Memorial Hospital.

Why Tidal Model ©?

Tidal Model is: evidence-based, clinically sound, client centred, solution focused, it partners with the patient throughout levels of care, is based on chaos theory, empowers the patient, actualizes hope, believes in recovery and humanizes the mental illness experience. (Barker, 2001; Brookes, Murata & Tansey, 2006).

Research has already shown that Tidal Model ©:

-decreases: length of stay, aggression, self harm incidents, use of restraint, the interval between admission and assessment, and the number of complaints

-increases: positive perceptions of nurses, patients, family members, multidisciplinary team members (Stevenson, Barker & Fletcher, 2002; Gordon, Morton & Brooks, 2005).

The Ten Commitments of Tidal Model © include:

1. value the voice
2. respect the language
3. develop genuine curiosity
4. become the apprentice
5. reveal personal wisdom
6. be transparent
7. use the available toolkit
8. craft the step beyond
9. give the gift of time
10. know that change is constant



Tidal Model © in Philip Barker's own Words:

"The unpredictable nature of human behaviour and experience is analogous to the flow and power of water".

"Tide is the metaphor for the person's experience of life, mental illness and problems in living".

"Mental health care is providing a life line to re-sail the ship".

Tri-corporation Framework was Mapped out:

We made a commitment across these 3 corporations, recognizing the uniqueness of each individual inpatient mental health unit, yet the overall commonalities of all. We were determined to communicate openly, to utilize the strengths of each individual and the group as a whole, expected equitable work completion, and facilitated collective processes and outcomes. Each manager returned to her respective corporation and established internal processes conducive to mounting this project. We assembled individual corporate teams, including strengths in leadership, education, content knowledge, clinical experience, and measurement. Many planned to attend a one- day seminar in Tidal Model at McMaster University School of Nursing presented by

(Continued on Page 4)

New “Outreach Consultant” for Mental Health and Correctional Services at the College of Nurses of Ontario

The Outreach Consultants are the newest addition to the Outreach Program at the College of Nurses of Ontario. The focus of this component of the program is interpretation of application of the Standards in the practice setting. This will be achieved by utilizing the expertise of five sector specific Outreach Consultants that will focus their activities in the following practice areas:

- ◆ **Acute Care**
- ◆ **Pediatrics**
- ◆ **Long Term Care**
- ◆ **Community**
- ◆ **Mental Health and Correctional Services**

Acting as change agents, and in co-operation with their sector-specific advisory groups, the Outreach Consultants will identify and synthesize emerging issues and trends within and across sectors relevant to the CNO’s mandate. Once these issues have been identified, the Outreach Consultant will work with others at the CNO to develop services to help nurses to overcome these barriers to practice. These could include: teleconferences, web conferences, on-site in-services, information sheets, and more !!

The Sector Specific Advisory Group plays a key role in linking the College to the realities of the practice setting. The Advisory Group for Mental Health and Correctional Services is comprised of 17 nurses from across Ontario with a wide variety of expertise in many areas. The group held its first meeting on December 12th, 2006 and met again on February 21st, 2007.

Other Outreach Services that are currently available include:

The [Learning Centre](#) offers on-line interactive learning opportunities for nurses, nursing students and employers 24 hours a day, seven days a week.

The [Practice Line](#): Consultants are available either by phone or e-mail to discuss issues that arise related to application of the standards.

For further information regarding the Outreach Program services or to provide feedback regarding this initiative please contact:

Angela McNabb*, Outreach Consultant,
Mental Health and Correctional Services
(416) 525 2395 or amcnabb@cnomail.org
Or, access the CNO website at www.cno.org

* Angela is also the Satellite # 6, 7 Representative for MHNIG

Stakeholders for Suicide Prevention Best Practice Guideline (BPG)

BPG’s help support nurses by providing the best-evidence to guide their clinical practice. The RNAO is presently working on putting together a BPG for Suicide Prevention and individuals who are interested in participating as a stakeholder reviewer are encouraged to sign up. Stakeholder reviewers read completed guidelines and provide feedback. Stakeholder reviewers can be anyone who has expertise in a given area or who may utilize the BPG and can include nurses at any point in their careers (including students). As nurses working in the area of mental health-this would be a great opportunity to use your expertise to contribute to best practices in the area of suicide prevention! It is expected that the review process will occur in Summer 2007.

If you are interested in participating as a stakeholder reviewer please go to the link below and fill out the registration form: <http://www.rnao.org/Page.asp?PageID=122&ContentID=1636&SiteNodeID=270&BL>

If you require further information about the process you can contact the Suicide Prevention BPG Coordinator Samantha Mayo at smayo@RNAO.org

Also, look for other upcoming opportunities to participate as a stakeholder reviewer, including therapeutic self-care and oral hygiene.

(Continued from page 2)

the Mental Health Nursing Specialty Program, with special thanks the Coordinator, Professor Helen Kirkpatrick. We communicated consistently with the Seminal Canadian site of Tidal Model © implementation and research, The Royal Ottawa Hospital, now Royal Ottawa Mental Health Centre. Much appreciation is offered for brilliant inclusive, collegial and scholarly direction of Dr. Nancy Brookes and her team at the Royal Ottawa (MHC). *Notably, Nancy and her team presented the Tidal Model at the 2004 MHNIG AGM in Ottawa and submitted an article regarding their project to this newsletter for the winter 2005 edition!*

Course of Progress:

The summer of 2006 was spent on literature review of Primary Nursing implementation in Psychiatric Mental Health inpatient units, as a preliminary step necessary to have in place before launching the Tidal Model ©. While one of the 3 corporations has utilized Primary Nursing for more than two decades with excellence, the other two needed to bring this model of Nursing care forward. This required more careful review of the current literature to involve Registered Practical Nurses (for one of the corporations) at an optimal level of practice within the College of Nurses scope of practice.

Why is Primary Nursing essential to this project?

Primary Nursing is defined as the delivery of comprehensive and individualized patient care through the Primary Nurse who has autonomy, authority and accountability for planning and delivering patient care from admission to discharge and over multiple admissions. S/he gets to know this patient and family over time and various stages of illness, developing a “knowing with the person”. The Primary Nurse is both clinician and case manager. This model of care optimizes critical thinking, advocacy and enriches the therapeutic alliance. Primary Nursing was implemented at both corporations in Summer of 2006. Interesting lessons learned include that such implementation is a process, not a date in time, and that it requires coaching, teaching and mentoring over time to sustain and grow knowledge and skills.

Current Status of Project:

In January 2007, this group presented the project at Grand Rounds as a best practice initiative to the Mental Health Program at Halton Healthcare. Pre-testing is in progress January 15 – February 15 for the Nurse perspective of care, multidisciplinary perspective of care, and patient and family member satisfaction. Other important data will be collected for the 6- month period before implementation and 6 months after, for example length of stay, readmission rates, number of code whites, number of restraint interventions, number of complaints. The education of respective teams will commence in February 2007 in which all staff will attend a 3-hour practice and case study learning event. Our collective “Live- date” for implementation is slated for March 26th, so stay tuned for an update in the next newsletter.

Conclusions:

Life is a phenomenal journey on an ocean of experience. It brings brilliant lagoons, wicked storms, sparkling great waves to surf, unsuspected tsunamis, pirates and treasure chests. The core of Tidal Model © is to hear the story, partner with the patient, actualize hope, believe in recovery and to humanize the mental illness experience. This project provides an example of ongoing leadership and collaboration across multiple LHINs to bring evidence based practice to several mental health units simultaneously. Other interested inpatient mental health units are welcome at any time along this journey.

References

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- Gordon W., Morton T., Brooks G. (2005). Launching the tidal model: evaluating the evidence. *Journal of Psychiatric and Mental Health Nursing*. 12(6), 703-712.
- Manthey M. (2006). *The Practice of Primary Nursing* (2nd Ed.). Creative Health Care Management: Minneapolis, MN.



Program Leader – Mental Health & Social Services Envision, Integrate and Lead

When your goal is to create a new and more responsive model in healthcare, you need all of your people and departments pulling together. At Halton Healthcare Services, the organization is responding to the much-appreciated support of its communities by blazing new frontiers in its thinking, programs and services. In this exciting leadership position, you will oversee the strategic direction and operations of Mental Health and Social Work Programs and Services. Set an example of cross-functional communication and co-operation as Halton Healthcare Services responds to the present and future needs of one of Canada's fastest growing regions.

Reporting to the V.P., Programs and Quality Development, you will join a very well respected organization that believes in life-long learning, staff development and enlightened leadership. Supported by strong functional teams, and working closely with the Chief of Psychiatry and Physician Program Leader, you will welcome responsibility for strategic and operational planning at the Oakville, Milton and Georgetown sites, and in the community. Grow your departments and services to meet increasing demand. Work with your peer Directors to ensure that programs and services are linked and harmonized. Encourage and allow your people to excel on behalf of the communities Halton Healthcare serves.

Unafraid to break new ground, you have driven innovation and fresh thinking in budgeting, planning, HR management and administration. You have likely led a mental health or social services function in a hospital setting, community agency or program. Now, you're ready to surround yourself with people who share your vision of cross functional excellence in care.

For further information about Halton Healthcare Services please visit <http://www.haltonhealthcare.com>.

To confidentially explore this opportunity, please e-mail Judy Mandelman at resumes@promeus.ca, quoting Project HHS-700201MH. Fax: 905-707-0625.



Investing in Nurses Investing in Nursing Seeking monies for Nursing Education? Seeking a new opportunity for contribute to Nursing Education? Make RNFOO your first stop: www.rnfoo.org

The Registered Nurses' Foundation of Ontario (RNFOO) is a charitable organization providing financial support for registered nurses and nursing students in Ontario to further their education or engage in research. In the 2007 Awards and Scholarships Program there are 37 awards available. These awards and scholarships are accessible for education and academic studies at many levels and in a number of different specialties. For a full listing of all awards, including those for interest groups, please visit www.rnfoo.org.

RNFOO is also seeking donations from nurses and other citizens who are interested in making contributions to enable nurses to advance their nursing practice through education and research. The **Dr. Hildegard E. Peplau Award (\$1000)** is funded by MHNIG annually.

Two additional awards and scholarships, the Julie Hall Scholarship (see page 10) and the Rolling Stones/CPI Awards for the Advancement Of Professional Practice In Infection Control (described below) were recently introduced:

- ◆ The Rolling Stones/CPI Awards are funded from a donation representing the proceeds from the sales of a DVD produced at the time of the Rolling Stones 2003 SARS Benefit Concert in Toronto. The objective of the program is to support the advancement of professional practice in Infection Control. As such, the fund provides scholarships and grants to practicing health professionals from any discipline to support continuing education, participation in conferences, projects (e.g. educational) and conducting studies/research. RNFOO is responsible for the administration of the awards. *Infection control is a significant issue in mental health nursing.*

To learn more about the RNFOO Nursing Awards and Scholarships and Infection Control Awards for health professionals and how to make your donations, visit our website at www.rnfoo.org, call us at 416-426-7127 or e-mail at info@rnfoo.org.

For a full listing from RNAO of all awards and scholarships within the Province of Ontario, which includes the RNFOO awards, please consult the RNAO Education Guide which is available at www.rnao.org.



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Addictions and Mental Health Program, Concurrent Disorders Committee

PRESENTS

Kenneth Minkoff, M.D.

Clinical Assistant Professor of Psychiatry at Harvard Medical School.

Board Certified Psychiatrist with Additional Qualifications in Addiction Psychiatry.

Member of the Board of Directors of the American Association of Community Psychiatrists.

Chair of Health Care Policy Committee.

Major Professional Activity is the Provision of Training and Consultation on Clinical Services and Systems Design for Individuals with Concurrent Disorders.

**ONE OF NORTH AMERICA'S LEADING EXPERTS
ON INTEGRATED TREATMENT OF CONCURRENT DISORDERS!**

TOPIC: AN INTEGRATED MODEL Assessment and Treatment of Concurrent Disorders

- ◆ *Overview of Concurrent Disorders*
- ◆ *Principles of Successful Treatment*
- ◆ *Integrated Model for Treatment and Recovery*
- ◆ *Integrated Longitudinal Strength Based Assessment*
- ◆ *Individual Treatment and Program Matching*
- ◆ *Design of a Comprehensive, Continuous, Integrated System of Care*

WHEN: May 14, 2007

9:00am. – 4:00pm.

Registration starts at 8:00am.

WHERE: Pearson Convention Centre

(in close proximity to Pearson International Airport)
2638 Steeles Avenue East, Brampton, Ontario

COST: \$170.00 (Includes refreshments and lunch)

MARK THIS DATE IN YOUR CALENDARS!!!

Further information to be sent to you early in 2007

**For further inquires, please contact:
DONNA DUNLEAVY @ 905-796-4066 Ext. 22115**

Highlights from the October 2006 MHNIG AGM!

By: Steven Holbert, Communications Officer & Valerie Grdisa

On October 28, 2006, over fifty nurses [students, frontline nurses, managers, scholars, professors] and community members attended the Annual General Meeting of the Mental Health Nursing Interest Group at Halton HealthCare, Oakville Trafalgar Memorial Hospital. This was the fourth cross-provincial MHNIG AGM since 2003!

Denise Hardenne, Vice-President of Professional Practice and Programs, Chief Nursing Officer, Halton Healthcare welcomed everyone to the AGM. She stated that both *membership* in professional organizations and specialty *certification* in mental health are supported at Halton Healthcare. Flowers were provided to Denise for her welcome and sponsorship of the event.

Each Executive & Satellite Chair had the opportunity to highlight many accomplishments in 2005/06 year. The President's Report is available on our website. Excitingly, we ended the 2005/06 membership year with 798 MHNIG members strong!

MHNIG Executive, Satellite Representatives and Members reported on their leadership in many areas:

- Valerie and Naomi prepared a response to the Health Professions Regulatory Advisory Council (HPRAC) regarding the regulation of psychotherapy. Please note that this legislation has moved forward to **BILL 171: HEALTH SYSTEMS IMPROVEMENTS ACT, 2006 & PSYCHOTHERAPY ACT, 2006** which includes the regulation of psychotherapy. Minister Smitherman plans to bring this legislation to the provincial legislature by June 2007. Go to the Legislative Assembly of Ontario website at: http://www.ontla.on.ca/documents/Bills/38_Parliament/session2/index.htm#PI458_10491 to review.
- Archna, Marianne and Tricia were featured in David Chilton's article in the Toronto Star.
- Marianne and Archna, Ryerson students, collaborated with the University of Toronto undergraduate council to organize a fabulous mental health film night and panel discussion for students, mental health nurses and consumers in March 2006.
- Valerie represented MHNIG at Senator Michael Kirby's presentation regarding his commissioned Mental Health Report.
- Kathy contributed to the coordination of a knowledge exchange visit with two Ethiopian mental health nursing faculty who also met with Doris Grinspun! A warm welcome and textbook donations were provided by Valerie on behalf of MHNIG.
- Three newsletters were published through the joint efforts of Pat and Valerie, and they are posted on our website.
- Katie continues to keep MHNIG in a positive financial position and reported on the finances in the newsletter.
- Don Johnston, MHNIG member shared his leadership activities within the Ministry of Health and Long Term Care in which he is a member of a task force which is examining issues related to Schedule I facilities in Ontario, particularly standards related to safety, supervision of clients, equipment, and transportation.
- Angela McNabb joined the College of Nurses of Ontario as the Outreach Consultant for Mental Health and Corrections and several individuals at the AGM volunteered to join a CNO working group to examine trends and issues related to mental health and corrections nursing practice in relation to the CNO Standards of Practice.

Steven Holbert highlighted MHNIG's commitment to being a forum for communications and exchange of information. Our website was renewed in March 2006 with Executive members volunteering to update the content. **Please keep sending us content, questions, feedback.** Resources posted on the site include minutes of teleconferences, newsletters, political action documents, news flashes and web links to relevant professional or clinical sites.

Chris Davis brought greetings from the Board of the Canadian Federation of Mental Health Nurses (CFMHN), our national voice for mental health nurses and our affiliate. CFMHN membership exceeds 950, of which most MHNIG members join both associations. As indicated in the Summer/Fall 2006 Newsletter, \$20 of your \$35 membership fee is transferred to CFMHN.

Tricia Stiles circulated the 2006 Revised MHNIG bylaws for review which were approved by vote by the AGM attendees. The key difference from the April 2004 version is language was updated to be congruent with RAO terminology or roles.

In the afternoon, two speakers delivered compelling presentations regarding recovery. As a consumer-survivor-advocate, Chris Whittaker shared his **story** with grace and humour and raised the consciousness of the attendees regarding his experience of the health care system which included valiant efforts to recover, sometimes against the odds. Professor Helen Kirkpatrick, McMaster University, School of Nursing, shared her qualitative research expertise by exploring recovery stories and provoking all attendees to reflect on our nursing practice and the nurse-client relationship. Helen highlighted positive research outcomes from exploring the stories *as a means to impart a message from both consumers and mental health nurses — to develop an understanding of the lived experience through different lens.*

Finally the day ended with a heartfelt thank you to Pat Nashef, President Elect and Newsletter Coordinator for volunteering her organization and coordinating many Halton Healthcare volunteers who were committed to making the day such a success!



You are invited to the CNA Psychiatric Mental Health Nursing Exam Prep Study Group

LOCATION: Halton Healthcare Services, Oakville Site
Learning Resource Centre – Basement Level
327 Reynolds Street
Oakville, Ontario
L6J 3L7

The study group will be held on Mondays from 1600-1800hrs.

The dates and topics are as follows:

<i>Date</i>	<i>Topic</i>
January 29, 2007	Intro & MSE & Therapeutic Relationships
February 5, 2007	Schizophrenia and psychosis
February 19, 2007	Mood – Depression, Suicidality
March 5, 2007	Bipolar & Schizoaffective Disorder
March 12, 2007	Elderly – dementia, delirium, cog.
March 19, 2007	Child & Adolescent Disorders
March 26, 2007	Nursing Interventions
April 2, 2007	Anxiety
April 9, 2007	Review
TBA	Debriefing and Lessons Learned for next year!!

Recommended Text:

Manual of Psychiatric Nursing Care Plans, 2006 by Elizabeth M. Varcarolis. This text can be purchased on line at chapters.indigo.ca

Benefits of attending:

- ⊙ Advancing own credentials & recognition of expertise
- ⊙ Promotion of excellence in clinical nursing practice
- ⊙ Improved competency in the workplace
- ⊙ Can be utilized in College of Nurses Reflective Practice component
- ⊙ Multiple Canadian Universities have recognized this certification in certain Specialties for university credit
- ⊙ Fostering of life long learning
- ⊙ Opportunity for professional networking and sharing of expertise
- ⊙ No fees to attend

For further information please contact:

Cheryl Gustafson RN, BScN, MN, CPRP, CPMHN(C)
Professional Practice Clinician – Mental Health
Halton Healthcare Services
905-845-2571 ext: 6782



EDUCATION AND MEMBERSHIP CORNER

By: Kathy Wong & Archna Patel



In the MHNIG Annual General Meeting in October 2005, Archna Patel joined the Executive as Co-Officer with Kathy Wong Membership and Education officer.

The Education and Membership portfolio encompasses a wide diverse scope of activities and members would be better served with a team of colleagues. Archna and Kathy will be working together at the onset to identify the various activities currently in place and to plan related projects to advance membership and education issues. **We want to hear from you!** We would like to highlight that as your membership and education officers we want to meet your expectations as being part of the MHNIG and truly feel that you will find this membership beneficial.

~Welcome MHNIG Members~

Firstly we would like to thank all of our members. For those of you who renewed your membership thank you for your continued support! Also welcome to all of those new members!

~What we envision~

The Ontario connection

One of our roles is to ensure that current issues and topics that our members would like addressed are done so through postings in our bi-annual newsletters, in our MHNIG website, through announcements made through RAO head office and by closely communicating with our satellite representatives; this enables us to be connected to the issues, feedback and updates from all over Ontario. We hope to increase this feedback and communication from the members and satellite representatives. So please contact us with your thoughts and feedback, we welcome and encourage you to do so. Our contact information is posted on the newsletter.

Continued excellence in education and practice of mental health nursing

Another aspect we focus on is to ensure that members are aware of upcoming educational opportunities that will address issues in the practice of mental health nursing and enhance professional development. We plan and coordinate arrangements for workshops and educational initiatives and will ensure you are updated on these current opportunities in education and mental health nursing practice. If you know of a great educational opportunity or event let us know and we will post it on our website.

~Upcoming Activities ~



1. Good Luck!

To those of you who will be writing the Psychiatric/Mental Health Nursing [PMHN] Certification exam on April 7th, we would like to wish you all the best in your preparation.

Tips to help in your preparation:

- ◆ Contact your MHNIG satellite representative as they may have information regarding local activities to help in preparation.
- ◆ Form a study group! It helps to have a group to discuss exam topics and of course to provide support and encouragement.
- ◆ Formulate a study schedule that you know you can abide by. With an already busy schedule it's important to set aside a dedicated amount of time for studying and practicing those multiple choice questions.
- ◆ Above all stay focused on your end goal and have fun! Staying focused on the end goal will provide you with the motivation to study after a hard day's work and along with the studying enjoy the learning aspect you will gain in studying for the CNA certification.

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Please contact us if you have any questions or concerns.

Contact information for the Canadian Nurses Association Certification Program:

Toll free: 1-800-361-8404; Email: certification@cna-aiic.ca

Website: www.cna-aiic.ca Also check here for current study groups.

2. Awards and scholarships

MHNIG takes great pride in providing recognition and support to our members and nurses in the mental health profession. We provide various awards. It is that time of the year again to begin thinking about applying for these awards that will support you in excelling your practice and in reaching your professional goals.

MHNIG Education Award (\$250)

Deadline October 15, 2007

The purpose of this award is to enhance the scholarship and clinical capabilities of the MHNIG members. There will be two yearly awards for financial assistance so those MHNIG members can pursue studies and conferences that are directly related to mental health nursing practice.

The Jasmine Williams Award

-Given through Ryerson – deadline April 2007 (please check Ryerson Nursing website in March for exact date)

-Awarded to a Ryerson University nursing student from the Collaborative or Post RN program, demonstrating a genuine interest in the well-being of the mentally ill client, academic proficiency and nursing practice excellence.

Dr. Hildegard E. Peplau Award (\$1000)

-Given through RNFOO –deadline March 16, 2007 4:30pm @ RNFOO office.

-To provide an opportunity to a Registered Nurse who wishes to pursue education at the master's or doctoral level in psychiatric/mental health nursing. Preference will be given to those whose focus of study includes an interpersonal perspective in nurse-client, family, peer or community relationships. Preference will be given to members of the MHNIG.

Julie Hall Scholarship for Neuroscience Nursing (\$1000)

-Given through RNFOO –deadline March 16, 2007 4:30pm @ RNFOO office.

-To provide an opportunity to a Registered Nurse who wishes to pursue education at the baccalaureate, masters or doctoral level with an interest in any aspect of the broad specialty of neuroscience nursing. Applicants may be involved in any area of neuroscience across the lifespan and the continuum of care. Applicants must demonstrate excellence in neuroscience nursing and indicate how they contribute to the advancement of clinical practice, education, or research within this specialty

3. Congratulations to Recent Award Recipient!

Congratulations to the October 2006 MHNIG Education Award recipient Edson Villareal. The Award is to assist in the pursuit of graduate education in the Master of Nursing with a Mental Health focus at D'Youville College.

2nd Annual Mental Health Nursing Event

**“First Break” documentary & panel discussion on
Mental Health & Young Adults
Refreshments & door prizes!**

Monday March 12th, 2007, 6-8 pm

Ryerson University, Jorgenson Hall, Room LIB72

Email: mentalhealthnurse@gmail.com for more information



ATTENTION APPLICANTS!



To apply to the MHNIG Education Award or Consumer Support Funding, please obtain the application form from the MHNIG website at www.mhnig.org in the Members link and Forms section. Also, deadlines for both are extended to **April 15, 2007!**

You can log into the website by: **USER ID: member2006**
PASSWORD: mhnig

Leading Edge Seminars is offering a series of workshops for mental health professionals in Toronto from April to June. A total of 17 workshops on a variety of topics including Managing Chronic Pain, Mindfulness and Clinical Practice, Positive Psychology and Supervision are being offered. Full information is available at <http://www.leadingedgeseminars.org/>

MHNIG Education Award

Purpose: *The purpose of the Education Fund is to enhance the scholarship and clinical capabilities of MHNIG members.*

Award: There will be 2 (two) yearly awards for financial assistance so those MHNIG members can pursue studies and conferences that are directly related to mental health nursing practice. The MHNIG Executive based on the annual budget will determine the amount of the award.

- **Eligibility Criteria:** To qualify for the award, the applicant will:
- Have a current MHNIG membership and have been a MHNIG member for a minimum of 3 (three) consecutive years immediately prior to the year of application
- Have a minimum of 3 (three) years professional experience in mental health nursing
- Be participating in an educational activity relevant to knowledge and practice in the field of psychiatric and mental health nursing.

Educational activities occurring at some point between November 1st and October 31st will be considered for funding such as:

- Course, seminars, certificate programs, attendance at conferences
- Course work at a recognized college or university where the topic is related to psychiatric and mental health nursing practice
- CNA Psychiatric and Mental Health Nursing Certificate Exam

Application Requirements: Applicants will submit 3 (three) stapled copies of the entire application comprised of the following:

- Completed Education Fund Application Form
- Current resume/curriculum vitae, including educational background, professional nursing experience and professional/volunteer activities
- Essay outlining professional beliefs of the educational endeavour (500 words)
- Copy of the course outline from an academic calendar or copy of the course, seminar, workshop, and conference brochure
- List any funding sources accessed in the past 12 months

Submit the Application to:
Kathy Wong, RN, Program Editor
Mental Health Service,
St. Michael's Hospital,
30 Bond Street,
17th Floor Cardinal Carter Wing,
Toronto, ON M5B 1W8

**DEADLINE
FOR APPLICATION**
Postmarked no later
than April 15th and
October 15th

Consumer Support Funding

Purpose: *The purpose of the Consumer Support Funding is to assist consumer groups in their educational endeavours.*

Award: There will be 2 (two) yearly awards for financial assistance. The MHNIG Executive based on the annual budget will determine the amount of the award.

Eligibility Criteria: To qualify to apply for the funding, the consumer group will:

- Formally request the funding outlining their need
- Outline their planned educational activity
- Funding will be limited to once every 5 years for an individual group

Educational activities occurring between November 1st to October 31st will be considered for funding support.

Application Requirements: Applicants will submit a request in writing comprised of the following:

- Completed Application Form
- A letter outlining their educational activity that warrants funding
- Other funding sources sought and obtained

Submit the Application to the Past President:

Tricia Stiles
41 Bedford Road, RR #5
Guelph, ON N1H 6J2

Deadline for Application:

Postmarked no later than April 15th and October 15th.

Review Process:

The Past President of MHNIG will assemble a team of two additional reviewers from the MHNIG membership to assess the applicants based on the criteria and application requirements.

Review Criteria:

Is the relevance of the educational initiative to applicant's group clearly stated? Is the educational activity relevant to consumers?

Administration of Funds:

When approved by the Executive, written confirmation will be provided and cheque will be sent.

Final Report:

A brief final report outlining the educational activity made possible by the funding will be submitted as soon as possible. This report may be published in an upcoming MHNIG newsletter.

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	Steven Holbert 519-631-8510 ext. 49361
#2 Huron, Middlesex, N&S Oxford, Perth	Lois Jackson (W) 519-455-5110 ext. 47298 lois.jackson@sjhc.london.on.ca
#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 cheryl.gustafson@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 angela.mcnabb@hotmail.com
#8 Durham, Certhia, Northumberland, Quints, Victoria	Joan Gates (C) 905-435-3003 joan.a.gates@sympatico.ca
#9. Grenville, Kingston, Lanark, Seaway	OPEN
#10 Ottawa, Champlain	Andrew Sharpe (W) 613-945-6600 ext. 3722 sharpe.acv@forces.gc.ca
#11 Algoma, Kirkland Lake, Nipissing, Northland, Porcupine, Sudbury	Selina Sogbein (W) 705-474-1205 ssogbein@nemhc.on.ca
#12 Dryden, Kenora, Lakehead, Rainy River, Sioux Lookout	OPEN

MHNIG Executive

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Marianne Rigatti

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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 6, 2007**. Submit items to Newsletter Coordinator via e-mail above or mail to:

Pat Nashef

**15 Latenda Place
Guelph, ON N1G 3B8**

