



Changing Minds

A Mental Illness Education Program

PROGRAM OVERVIEW

Changing Minds is an innovative, multi-use mental illness education program. It features personal stories and insightful communication exercises to help understand the experience of mental illness. *Changing Minds* was created in order to address a community need for mental health education, stigma reduction and to promote a better understanding of mental health and mental illness. *Changing Minds* will be of particular interest to front line responders such as police officers, crisis response workers, paramedics and correctional workers as recommended by Judge Donald S. Luther in his report into the deaths of Mr. Norman Reid and Mr. Darryl Power.

The program is based on the premise that we can learn to understand mental illness better when we get to know about the individual and learn how the illness affects him or her. Each module contains video stories of people who have major mental illnesses or complex mental health problems.

The *Changing Minds* program consists of 8 instructional modules either delivered as a comprehensive 2-Day compressed program (8 modules) or as ½ -day, 4-hour workshops (2 modules).

Other module combinations can be made available upon request.

MODULE 1: Understanding Mental Health and Mental Illness

MODULE 2: Living with a Diagnosis

MODULE 3: Understanding Depression

MODULE 4: Understanding Anxiety

MODULE 5: Understanding Psychosis

MODULE 6: Understanding Mania and Mood Swings

MODULE 7: Understanding Complex Mental Health Problems

MODULE 8: Using Our our Skills

The *Changing Minds* program can also be offered to employees from various organizations. Group rates are available to companies, government organizations, and not-for-profit groups. To make arrangements for group training, contact us.



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

**To register for Changing Minds or to inquire about group rates,
contact Roslyn Hong, Provincial Business Development Officer,
at 709-758-7214, or roslyn.hong@cna.nl.ca**

