

There's no health...



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...without mental health!

CMHA-NL Board of Directors Reports, 2008

CMHA-NL Presidents Report

It is humbling, exasperating, yet ultimately rewarding to volunteer one's time to the cause of mental health and mental illness education and promotion. Humbling, when one has an opportunity to gain first-hand insight into the truly devastating effects mental illness can have on an individual, and on their family and friends. Exasperating to be confronted with how inconsequential our efforts can seem toward affecting change in a society that still stigmatizes this condition so deplorably. But to experience the thrill of seeing the recognition of understanding in the face of a new friend... to see the emerging realization that they are known, accepted and liked for who they truly are ... is privilege my involvement with the Canadian Mental Health Association has awarded me.

It is an encouraging time to be involved in mental health and mental illness awareness and promotion. While we still struggle with stigma, we see increasing numbers of well-known and popular individuals come forward with stories of their personal battles with mental illness. In the fall of 2007, we were fortunate to have Margaret Trudeau come to Newfoundland and Labrador and share her story of recovery with us in her own unique and forthright manner. While we still struggle with woefully under-resourced programs and services, we are encouraged by the establishment of the Canadian Mental Health Commission, and the tangible benefits resulting from it.

There is still so much to do. In Newfoundland and Labrador, with board members representing regions all across the island and in Labrador, the CMHA-NL Division is making strides toward becoming a truly province-wide organization. We encourage our directors to get out into the communities we live and work in, and avail of every opportunity to make others aware of what CMHA does in Newfoundland and Labrador and the services we offer.

To my fellow board members Frankie O'Neill, Brenda Kelly, Denise Avery, Gwen Watts, Linda White, Mark Gruchy, Mike Wadden, Patrick Fleming and Tammy Drover I extend my deepest appreciation for all that you do. To all of us and to all of you, I urge you to contribute: your time, your money, your prayers, but most of all your empathy so that we can say with conviction that the province of Newfoundland and Labrador, legendary the world over for its unique and tremendous hospitality, abides no tolerance for the stigma placed on mental illness.

Let's work together for the health and well-being of all of us.

**Respectfully submitted,
Nadia Power
President, CMHA-NL**

By-Law Committee Report

It was with great pleasure that I chaired the By-Law Committee of the CMHA-NL Division during 2007-2008. The committee was also comprised of Executive Director, Geoff Chaulk and staff member, Susan Ball. The committee's mandate was to review the current By-Law structure of CMHA-NL and to implement necessary amendments to ensure it met the current needs and structure of the organization. The new amended By-Laws would be implemented upon approval at the anticipated Annual General Meeting in the fall of 2007. The AGM was held over to February of 2008, at which time the new By-Laws were approved by the membership and are currently in operation. For those interested, the current By-Laws of CMHA-NL are located on our website.

**Respectfully submitted,
Tammy Drover
Director, CMHA-NL**

Central Region Report

Central Health, Mental Health & Addictions Program Strategic Plan is aligned with the Provincial Strategic Plan as outlined in the Working Together for Mental Health (2005) document. Throughout the region a regional single entry and intake process is in place. Complete implementation of an electronic file for both community and acute care teams complete. These changes have allowed for the implementation of standard regional data indicators.

The establishment of a Regional Psychiatry and Mental Health & Addictions Managers Committee has provided a communication process to share information and to address challenges experienced throughout the region. Attention has been given to housing issues – participation in a Community Housing Committee, as well as the establishment of therapeutic residence. Community teams have implemented a wellness committee to address mental health & addiction prevention and health promotion needs and initiatives. To assist, attention has been given to reviewing, evaluating, and realigning client resource material. It is the intention to have standardized health promotion resources (i.e. pamphlets, websites, videos, etc) throughout the regions.

**Respectfully submitted,
Brenda Kelly
Director, CMHA-NL**

Western Region Report

The Western Region of NL covers a sparsely populated area of approximately 83,000 residents. Many of the communities are rural and rely on community health practitioners to provide the services that are more readily available within urban areas. In the area of mental health, there are a number of Workplace Wellness and Community Mental Health Initiatives in the region, thanks to the Western Regional Health Authority and their mandate to promote health and wellness within the region.

The Deer Lake Mental Health Advisory Committee has spearheaded partnership development including the Coalition to End Violence, community volunteers, police departments and clergy worked together to provide comprehensive wellness days in schools to send the message of respecting others and saying no to violence.

In Corner Brook, the Regional Mental Health and Addictions team has received \$250,000 of a \$450,000 budget to initiate the development of ACT - the Assertive Community Treatment Team whereby people with severe mental health issues will receive help with housing issues, income support and other issues which may be difficult for a person to deal with.

Last month, the new \$3.6 million treatment centre for individuals struggling with addictions was officially opened in Corner Brook. A full spectrum of rehabilitative services to include outpatient counseling, detox and inpatient counseling is being offered at the new facility. Humberwood Centre as it is called allows smoother transition between services, including promoting rehabilitation within a healthy environment. Staff and clients have recognized the value of the new structure along with the provision of 13 mental health and addictions counselors to help with various counseling issues.

Additionally, approximately 60 mental health clinicians from across the province will be meeting next month to receive three days of training in the area of helping people who have experienced trauma directly or indirectly and is having an impact on their mental health.

CMHA-NL Western is committed to enhancing mental health advocacy, education, research and service within the region and looks forward to a new year of challenge and opportunity as we continue to grow as a provincial team committed to mental health.

**Respectfully submitted,
Denise Avery
Director, CMHA-NL**

CMHA-NL Staff Reports, 2008

Executive Director's Report



The reporting year of 2007-2008 was a year of growth and achievement for our Association with highlights relating to our advocacy and public education work, policy and program development and partnership building. Staff of the Association has outlined their work for you in the reports below, so I will cover some of the higher-level achievements for us all.

Advocacy and Policy

In 2007-08 CMHA-NL was pleased to participate on the Legislation Stakeholders Committee providing advice to our provincial government on the content of the new rights-based Mental Health Care and Treatment Act and the community supports and services, such housing and personal support, needed to make the Act beneficial for the people it is designed to serve.

One of the new elements of the Act is the provision of rights advice when a citizen is involuntarily admitted under the Act. I was pleased to help with the design of this program and to work with Debbie Sue Martin of the Department of Health and Community Services in the hiring of the rights advisors.

Secondly, the new Act resulted in the province's first ever **Assertive Community Treatment Team** – a model of care known to be very successful in helping people with severe and persistent mental illness live successfully in the community. CMHA worked with Eastern Health to develop position descriptions for the team and related program material. We remain involved in the establishment of the team through the ACTT Advisory Committee.

In keeping with the spirit of the new Mental Health Care and Treatment Act, CMHA-NL also proposed to government an enhancement to the provincial rent supplement program. This was done primarily to help people on the ACTT get decent and affordable housing. This proposal was accepted by government and acknowledged in Budget '08.

As part of my involvement with the Provincial Wellness Advisory Council, I was asked to lead Council's work on mental health promotion. Extensive work was done by a working group of related experts, a

literature review conducted and consultations with related groups and organizations. Recommendations on promoting the mental health of our population – with a focus on seniors in long term care settings and the workplace were submitted to and accepted by Council. These recommendations have been forwarded to the Minister of Health and Community Services for funding consideration.

In October of 2007, a meeting was held with senior staff and Board members for the Association and Eastern Health. The meeting was held to discuss improving conditions at the Waterford Hospital. Preliminary meetings were held in the last quarter of the reporting year with active work beginning via focus groups in 2008/09. Recommendations have been proposed to Eastern Health.

I also continued my work on the local **Vibrant Communities Initiative** as part of the leadership team. This initiative is looking at community-based approaches to reducing poverty. The project is lead by the Community Services Council.

Public Education



Our work in this important area continues with the introduction of three new projects or programs.

Firstly, with funding from the United Way of Avalon and the Department of Health and Community Services we began development on an educational DVD on seniors and depression in long term care settings. A literature review by a summer student, David Whalen and field interviews by two social work students and one nursing student confirmed the need for this educational product especially for front line workers in long term care. The DVD was released earlier this week and will be hosted on our website.

As a provincial organization that must find ways to reach out to the rest of the province we have undertaken two new projects in this reporting year. One was the re-development of our website. We are very pleased with the final product and are using the site to share and promote all our work with the rest of the province. Also, we have developed a webpage on workplace mental health to provide easy access to material on this important subject.

With funding from the Department of Human Resources, Labour and Employment, and support from the Community Partnership Initiative we began development of a new website called www.WorkWellNL.ca. This is a resource for consumers across the province who are interested in finding employment and/or returning to school. Service providers and family members may also find the site to be of value. A consumer reference group will help to guide the development of the site, which will be operational in early 2009.

We also further developed our **Workplace Mental Health Program** and with the use of media and technology have offered our seminars to over 400 people across the province.

We have participated in two ethics days sponsored by Eastern Health on issues related to community mental health care and the new **Mental Health Care and Treatment Act**.

We hosted a Mental Health Week luncheon with sponsorship from DesJardins Financial and Eastern Health. Former Mount Pearl Mayor and now MHA, **Steve Kent**, was our guest speaker. Steve talked about work/life balance.

We also hosted **Margaret Trudeau** during **Mental Illness Awareness Week** who spoke about her experience with bipolar disorder and recovery. Mrs. Trudeau has become a strong spokesperson on mental illness and recovery and was a featured guest on local television show, *Out of the Fog*. Thanks to our partners – Department of Health and Community Services, Department of Psychiatry, Memorial University and Eastern Health and sponsors Harvey and Co., Rogers and Evergreen Recycling for helping make Mrs. Trudeau's visit possible. We would also like to extend a special thanks to **Frankie O'Neill and Dr. Pat Parfray** for their time and generosity.

Finally, we began discussions with Breakwater Books Ltd. on an anti-stigma project entitled "*Tell Us your Story*" – a collection of essays from our citizens on mental illness, stigma and recovery.

Community



Much of our community involvement is outlined above but does include other work such as placements of Memorial University students. This reporting year we welcomed **Tana Greene**, a master of Social Work student, who did a research term with us with a focus on the new **Mental Health Care and Treatment Act**. Also, nursing students **Melissa White** and **Sara Carroll** completed a placement with a focus on education regarding seniors and depression.

I also guest lectured at a number of University faculties on mental illness and recovery using our *Changing Minds* - Mental Illness Education program. Faculties included – Social Work, Nursing, Education and the Medical school.

We continue to receive regular media requests for comment on issues related to mental health and mental illness. I was also a member of The Telegram's Community Editorial Board, which provided me with six editorial opportunities to address issues of interest and concern.

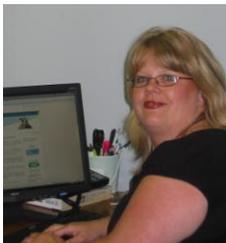
Conclusion

We have achieved what we have this year because of a great staff, community and government partners, and sincere interest from local media for our knowledge and perspective.

Thanks to all of you!

Respectfully submitted,
Geoff Chaulk, MSW, RSW
Executive Director
October, 2008

Events Manager's Report, 2008



2007-2008 was an exciting and successful year for fundraising. While a portion of CMHA-NL's funding is received from the provincial government, the remainder is derived from fundraising initiatives and events. Some examples of these initiatives would be our generous Monthly Donors (both individual and corporate), our In Memoriam donations, Mental Illness Awareness Week Annual Gala, and finally, both our Peace of Mind and Holiday raffles. With all of these events combined, CMHA-NL raised close to \$85,000 in the 2007-2008 fiscal year.

Raffles

While the Peace of Mind Raffle has been around for 15 years, with many loyal supporters, our Holiday Raffle is still in its infancy. Therefore, we decided to try to re-engage our door-to-door volunteers to aid in the expansion of this new campaign. This effort was successful and we will continue to use new and innovative means to boost this event in future years.

Success



Our most notable success of the year was the **Evening with Margaret Trudeau**. In celebration of Mental Illness Awareness Week, more than 300 guests, sponsors, partners, board members and staff came together to hear Margaret Trudeau share her personal story of mental illness and recovery. Mrs. Trudeau had no trouble captivating her audience as she spoke of the ups and downs in her life, and how they together created the vibrant woman that she is today. From Mrs. Trudeau's story, to the antics of actor/comedian Greg Malone, and with a fantastic meal, it was definitely the fundraising highlight of the year.

Stay In Touch

In addition to the fundraising, we have begun a new “**Stay in Touch**” program with our members, supporters, and donors. CMHA-NL has committed to sending a quarterly update to ensure our supporters are aware of current news and events.

Technology

Finally, CMHA-NL is making great strides in terms of technology. We have added a new donations and fundraising section to our new website which highlights recent and upcoming fundraising events, as well as donating opportunities. These web pages, as well as our new database, will make donor relations more efficient both in terms of communications and cost.

Respectfully submitted,
Bev Hiscock
Events Manager

Workplace Mental Health Coordinator’s Report, 2008



It has been an interesting, challenging and exciting year at the Canadian Mental Health Association, and I am very grateful to be working here with wonderful people.

Assertive Community Treatment



In June of last year, I worked on a contract developing job descriptions for the new ACTT team. ACTT (*Assertive Community Treatment*) is a client centred, recovery oriented, service delivery model that originated in the United States. The ACT team with Eastern Health will provide 24-hour care to individuals with serious mental illness.

In August, I applied for the position of Workplace Mental Health Coordinator and became the successful candidate for the position. I was shocked when I read some of the current statistics in the area. Mental illness is the leading cause for short-term disability insurance claims. In 2020, depression is predicted to be the 2nd most disabling illness in the developed world. Currently, 60% of Canadians are stressed with their jobs. It is so important in creating safe and healthy workplaces, we stress that having mental illness is “normal” and support ways in which individuals can recover and return to work after periods of illness.

Work-Life Balance

During the **Workplace Mental Health Project**, we brought the message of work- life balance and mentally healthy workplaces to over 400 people in a six-month period. On October 1st, I presented at a mental health symposium sponsored by CMHA. From there, we did presentations to Canada Revenue Agency, Bridges to Hope, Eastern Health, Genesis Employment Inc., Independent Living Resource Centre, and Women Interested in Successful Employment, Stella Burry Community Services and Service Canada.

We also had 2 public seminars, one at St. John’s City Hall and another at the CMHA Annual General Meeting and we worked in partnership with Eastern Health on a full day seminar on addressing bullying in the workplace.

Extension



Recently we were thankful to hear that our program will be extended and that we can offer these services to workplaces all over Newfoundland and Labrador. We are hoping that by continuing to deliver these sessions, we will be able to provide leadership, support, information and direction to workplaces in Newfoundland and Labrador during these times of continued economic development.

The message of the healthy workplace is a very significant one, and we are concentrating on getting the message out there of a healthier workplace for everyone.

We are striving in our message of workplace mental health to remain solution focused, in order to build on individual and/or corporate strengths and assets.

Respectfully submitted,
Roger Baggs
Workplace Mental Health Coordinator

Policy Analyst's Report, 2008



2007-08 was a productive year full of diverse and exciting new initiatives, as well as changes and enhancements to some of CMHA-NL's existing work. This will help raise awareness about mental illness and promote good mental health for the people of our province, both now and into the future.

Mental Health Promotion



In anticipation of Phase II of the Provincial Wellness Plan, the Mental Health Promotion Working Group of the Provincial Wellness Advisory Council identified issues related to promoting good mental health in Newfoundland and Labrador. To aid the process, I conducted a literature review on effective interventions across the lifespan, which resulted in the Working Group identifying seniors' mental health and workplace mental health as gaps in our province where more work is needed. A series of focus groups confirmed those findings. The Working Group then drafted its policy recommendations, which were included in a paper that will be presented to the Minister of Health and Community Services.

Essays on Mental Illness, Stigma and Recovery

In partnership with Breakwater Books Ltd., and in collaboration with other mental-health stakeholders, CMHA-NL began planning a call for essays from Newfoundlanders and Labradorians on their experiences with mental illness, stigma and recovery. Selected essays will be published together in a book, which will help combat the stigma of mental illness in this province. In consultation with the steering committee, I developed the criteria, the application form and a promotional poster for the public call for essays, which was launched during Mental Health Week 2008.

CMHA-NL Website



The summer of 2007 marked the beginning of a complete overhaul of the out-of-date CMHA-NL website, **www.cmhanl.ca**. During that process, I was in charge of organizing and posting the content and I now maintain the site on a regular basis. The website has grown into a provincial resource that includes recent news, clips from *Changing Minds*, media articles and commentary related to our public education and advocacy work, information on fundraising and events, and an online donation link. From December 1, 2007 to August 31, 2008, our website had **over 5800 unique visitors**.

Work Well NL

Work Well NL will become a one-stop website with information on employment and education supports and services for mental health consumers throughout the province, helping them overcome barriers that

can prevent them from participating in the labour market. As manager of this project, I am developing an email survey to collect information from all four health regions, and I will collaborate with a consumer reference group whose input will help guide and shape the website. The anticipated launch date for this website is February 2009.

Seniors and Depression DVD



I sat on the advisory committee to develop a DVD that will help educate front-line staff in Long Term Care (LTC) facilities on depression in seniors. The DVD was filmed at St. Luke's Home in St. John's by Wavelight Productions and features interviews with experts representing medicine, nursing, social work and LTC administration backgrounds, as well as a resident who speaks about her experience of living with depression in long term care. The *Seniors and Depression DVD* has officially launched during Mental Illness Awareness Week, October 5 – 11, 2008.

**Respectfully submitted,
Heather Pollett
Policy Analyst**

Office Manager's Report, 2008



Changing Minds



Our *Changing Minds educational program* was a great success for the 2007-2008 fiscal year. Between April 2007 and April 2008, close to 200 individuals participated in *Changing Minds*, which was conducted in partnership with the College of the North Atlantic (CNA).

Among those who participated include students, members of the public sector, Royal Newfoundland Constabulary Recruits, Deputy Sheriffs Officers and staff at Her Majesty's Penitentiary.

This program has also been purchased as a training tool by CMHA in Nova Scotia, New Brunswick, and Prince Edward Island.

A public offering of this workshop is scheduled for **October 21st & 22nd, 2008.**

For more information or to register, please call 758-7531 or drop by the *Continuing Education Office*, (Room A 201) CNA, Prince Philip Drive Campus.

**Respectfully submitted,
Geri Oliver
Office Manager**