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"There is no health...without mental health"



Spring /Summer Update



June 2008

We have been out of touch with you for a while but we have been busy. This is our update memo to donors, members and supporters.

Workplace Mental Health

Roger Baggs, who is our Workplace Mental Health Coordinator, has been working on this program since September of 2007. To date, two seminars – **Work-life Balance** and the **Mentally Healthy Workplace** have been developed and provided to over 400 people in the province. Roger also provided a webinar on workplace mental health and was a guest on *Out Of The Fog* during Mental Health Week in May. We are awaiting word from the Department of Health and Community Services to see if funding for this important program will be continued.

Stay tuned!



Tell Us Your Story



We were very pleased to be approached by Breakwater Books to partner on this anti-stigma project. We have launched a request to the people of our province to share their stories about mental illness, stigma and recovery for possible publication in a book of essays. Deadline for essays is August 31, 2008. For guidelines on submissions see www.cmhanl.ca or call Heather Pollett at 757-7217 or toll-free at 1-866-509-3937.

Seniors and Depression

By the time you receive this update memo we will likely have completed filming our latest educational DVD (yet untitled) on seniors and depression. This educational product is being developed in response to a need identified for more training of frontline staff in long-term facilities on the high prevalence of depression among residents of these facilities. Enhanced quality of life for these seniors is the goal. The DVD will be on our website for everyone to view by this fall. Thanks to the Department of Health and Community Services and the United Way of Avalon for the funding support.



Improving the Waterford



Until the recommendations of the St. John's Region Hospital Services Review are known, CMHA-NL and Eastern Health are working in partnership to improve conditions at the Waterford Hospital. Executive Director, Geoff Chaulk, is working with the Director responsible for the Waterford, Isobel Keefe. To date focus groups have been held with patients, families, staff, managers and physicians to discuss improvements to the physical plant of the Waterford. Geoff will be making recommendations for improvement.

Work Well NL

Thanks to the funding support from the Department of HRLE, our Policy Analyst, Heather Pollett, is managing the development of this new and exciting website called "Work Well NL". The website will be a resource to consumers of mental health services who are looking to get back to school or find employment in their regions of the province. Heather will be surveying providers in related services and programs available to populate the website with information. A consumer reference group will be assisting Heather with this project. The new website, a province-wide resource, will be launched before the end of this fiscal year.



Addressing Poverty and Housing



In a partnership with the Newfoundland and Labrador Housing Corporation, CMHA-NL has been allocated funds for 35 rent supplement units to support people with serious mental illness living in the community. Many of these folks will be receiving support services from the province's first Assertive Community Treatment Team. On this front, CMHA-NL's advocacy has come to fruition and an exciting new partnership is about to be formed.

CMHA-NL Strategic Plan

With an 80 percent plus response rate to interviews and questionnaires, consultant John Abbott has delivered to the Board of Directors an exciting three-year strategic plan. The plan acknowledges the significance of our work to date and provides direction to better meet the needs of our citizens. The plan will be formally released during our Annual General Meeting in October and will be posted on our website www.cmhanl.ca.



2nd Annual CMHA-NL GALA



Events Manager, Bev Hiscock, is planning our annual fundraising GALA - but the guests are shrouded in secrecy. We do know that the event will be the evening of October 9, 2008 during **Mental Illness Awareness Week**. Stay tuned for more from Bev on this event.

Thanks to our summer student Rachael Bowdridge for editing this memo.

From all of us here at CMHA-NL, have a safe and pleasant summer!

Comments/Questions on this Update – bhiscock@cmhanl.ca