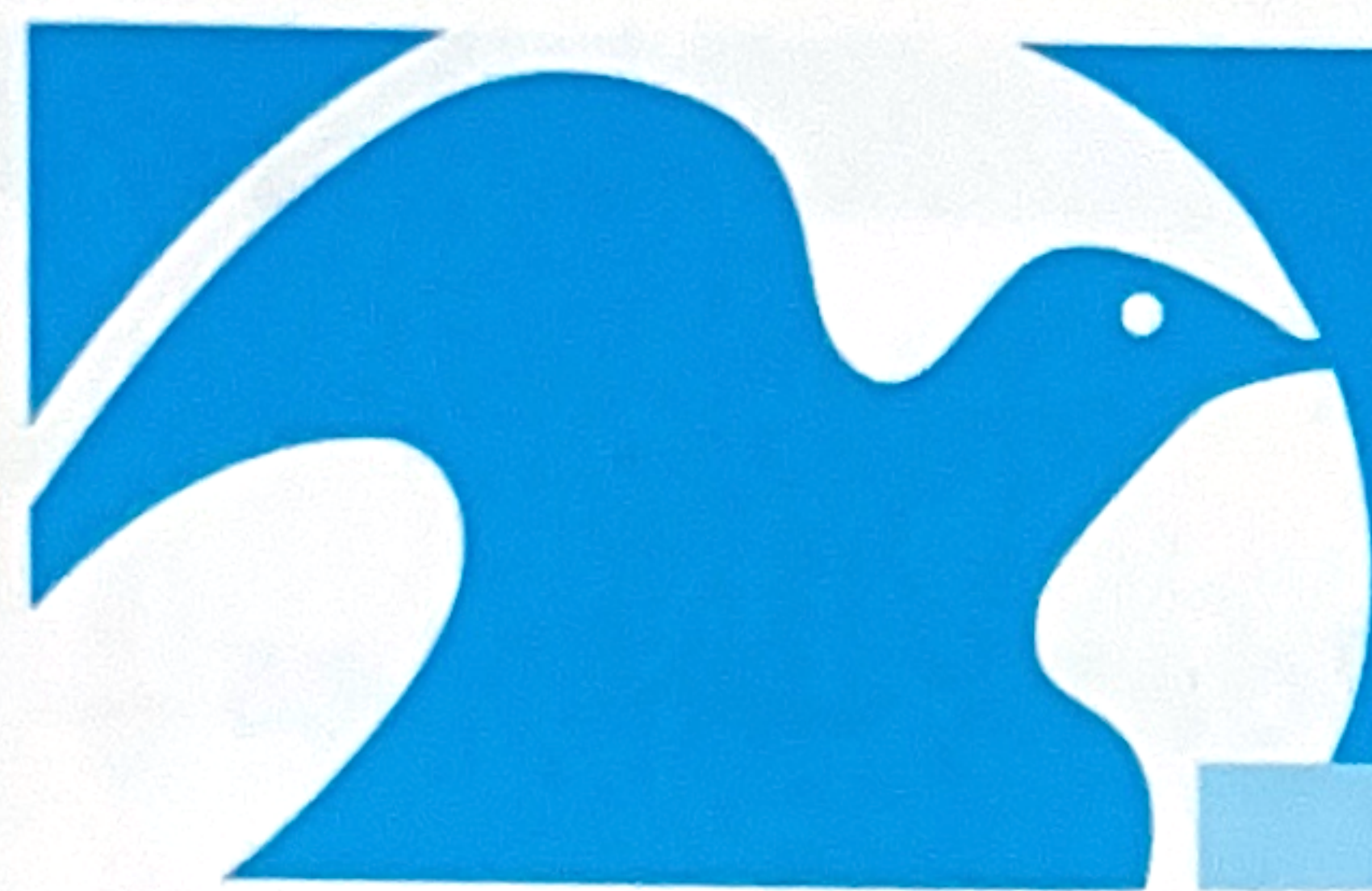




Fresh Eyes for the Newsletter

President's Message	1
Board Updates	2
Reviews	3
Updates	4
MHNIG AGM	
Upcoming Events	5
For your Information	7
Board of Directors	8

Special Points of Interest:

Web edition of newsletter
will soon be available!

Poetry Corner has been
added!

Keep your eyes open!

Check out the Canadian
Collaborative Mental
Health Initiative at:
www.ccmhi.ca

how to reach us

CFMHN
c/o First Stage Enterprises
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Suite 104
Toronto, ON M3C 3C6
Tel: 416-426-7029
Fax: 416-426-7280
E-Mail:
info.mental.health@firststageinc.com

www.cfmhn.ca

Please join me in welcoming **Susanne Sferrazza-Swayze**. Susanne is assisting the CFMHN Communications Committee with publishing the newsletter and will be a great asset as we move forward with creating an electronic version of the newsletter. Thanks Susanne!

Notice: The CFMHN Newsletter, which is published 3 times a year, will be moving to an electronic version in the Fall of 2007. Please ensure that you have provided an email address to the CFMHN and when you renew in 2008 let us know if you are unable to receive the newsletter in an electronic format. You will be receiving a password and User id for accessing the newsletter from the CFMHN webpage prior to the electronic edition coming out.

The CFMHN deliberated on the pros and cons of an electronic edition versus a paper edition and based largely on monetary reasons, the decision was made to trial an electronic version. With Susanne Swayze coming forward to volunteer her skill and expertise in creating electronic newsletter, the timing was right to move forward with this initiative.

As always, the CFMHN looks forward to your comments and suggestions for improving our objectives of being a resource to nurses practicing in psychiatric and mental health nursing in Canada.

We can be reached through the website at www.cfmhn.ca "contact us".

Ann Greene
Director, Communications & Newsletter

Greetings

Ah summer! We hope you had an opportunity to take some time to enjoy, to rest and to relax before the busy time of fall.

All the old clichés about change come to mind as I write this. "Change is inevitable, growth is optional." "The only constant is change." You've heard them.

There have been a number of changes on the Board over the past year. I want to take this opportunity to acknowledge and thank those people who have dedicated their time and contributed to the work of the Board. Their commitment to the work that we do as nurses working with people living with mental health/illness issues are immeasurable. Thank-you.

The Board continues its involvement with the Canadian Collaborative Mental Health Initiative (CCMHI). Denise Kayto, the previous Board member from Saskatchewan represented the Federation on Phase I of the project. Phase I came out of funding from Canada's Primary Health Care Transition Fund with the goals of increasing access to primary health care, emphasizing chronic disease management, facilitating coordination and integration with other health services. The goal of CCMHI is to improve the mental health and well-being of all Canadians by strengthening relationships and improving collaboration among health care providers, consumers, families and communities. Phase I of the initiative is now completed with the signing of a charter by Partner Organizations, development of toolkits that provide practical strategies and approaches that address barriers to collaboration, support implementation of collaborative care approaches.

Phase II of the collaborative initiative is moving ahead. Health Canada has

*a message
from your
president*

Continued on page 2

funded Phase II of CCMHI to ensure that Canadian's with mental illness and their care providers have access to, and can benefit from, the knowledge generated through the CCMHI. Through a consultative process the Steering Committee of CCMHI agrees that the best way to achieve broader uptake of the principles and practices of collaborative care is through the development of selective provincial collaborative teams.

By working with the Charter members, the Project Team will identify potential champions and leaders in mental health care and bring them together to test and refine the knowledge generated during Phase I. Through these pilot sites CCMHI can confirm the relevance and utility of the toolkits and better understand the opportunities and barriers for developing collaborative care practices at the provincial and regional level. To get involved, visit <http://www.ccmhi.ca>.

On another note, the Mental Health Commission of Canada is moving ahead. As many of you are aware, the Government of Canada announced funding for the Mental Health Commission of Canada in its March 2007 budget, and indicated that the mandate and structure of the Commission would be closely based on the proposal contained in the Senate Committee report, *Out of the Shadows*.

The creation of the Commission was also endorsed by all provincial and territorial governments (with the exception of Québec) at a meeting of Ministers of Health in October 2005, and all these governments have since confirmed their support for the Commission. In addition, the creation of the Commission has been enthusiastically welcomed by mental health stakeholder communities.

The Government of Canada has named Former Senator Michael Kirby the first Chair of the Mental Health Commission of Canada. The Commission is currently putting together a Board of Directors to govern its activities. For more information visit the Commission's web site at <http://www.mentalhealthcommission.ca>.

Finally, congratulations to all those who successfully received their CNA certification credential in Psychiatric/Mental Health nursing. 107 nurses received their initial certification while 180 nurses successfully recertified.

If you are interested in writing the 2008 certification exam, the information is available at <http://cna-aiic.ca>.

In order to apply for the 2008 CNA certification exam scheduled for April 5, 2008, you will require an Application Guide. Applications will be accepted between September 4 and October 19, 2007.

Respectfully submitted by

Christine Davis
President
CFMHN



Board Updates

The Board of Directors has had some changes and it is with sincere thanks and sadness that we bid adieu to the following Board members:

Sharyn Chapman: Sharyn was on the Board of Directors for 5 years representing Nova Scotia and took on the role of Director of Finance as well. Sharyn's parting thoughts are "During that time I have learned much and laughed often. It has been indeed a pleasure to work with this group of dedicated professionals who work tirelessly to promote the practice of Mental Health Nursing across our beautiful country." Thanks Sharyn. We'll miss you too.

Denise Kayto: Denise represented Saskatchewan since 2002 and held a key position representing the CFMHN and CNA in the Collaborative Care Project with the CCMHI (Canadian Collaborative Mental Health Initiative). This project is a national project bringing together professionals across the country with non-government organizations such as the Schizophrenic society of Canada, the Canadian Mental Health Association and Mood Disorders of Canada. Thanks Denise.

Linda Nasato: Linda has been a presence in the CFMHN and on the Board since 2004. As the representative of Ontario, her link with the Mental Health Nurses of Ontario has been a window of opportunity. Linda edited the CFMHN Newsletter for the past 2 years and was instrumental in moving the publication forward into a beautiful, professional format. Thanks Linda.

Newly appointed Board Members are:

Marie-Mireille Gagnon - representing Quebec.

Lisa Crawley Beames - representing Ontario

Julia Gajewski-Noel - representing New Brunswick

Sherrette Currie - representing Nova Scotia

Susan Grandish - representing Saskatchewan.

Please visit our webpage for the names and positions of the standing Board Members. Susanne is in the process of having bios of all Board representatives on the web, for your information and interest.

MARK YOUR CALENDARS
Canadian Nurses Association
2008 Biennial Convention in
Ottawa
June 15-18, 2008

Book Reviews

"Psychiatric Nursing for Canadian Practice"

Authors: Wendy Austin and Mary Ann Boyd

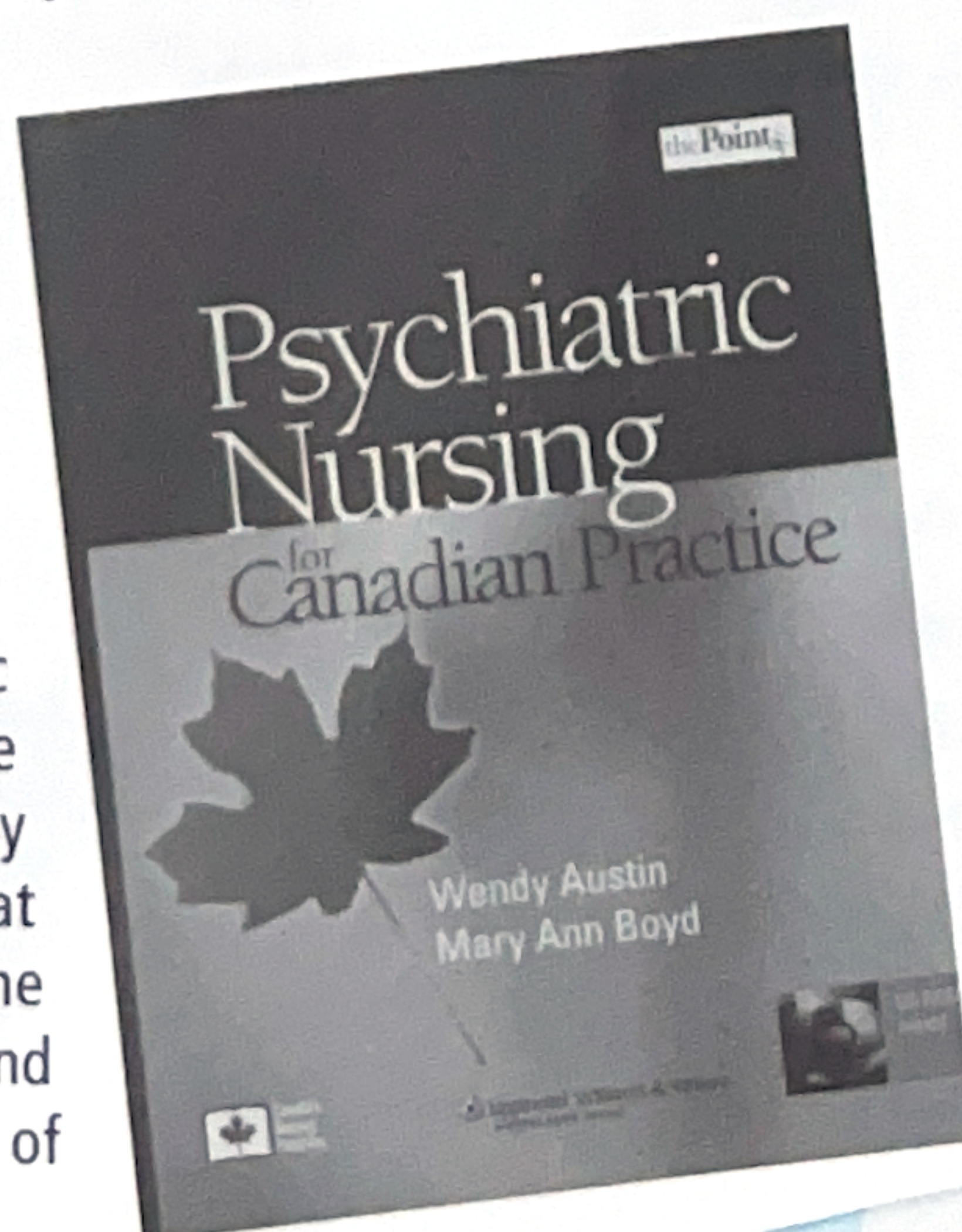
Publisher: Lippincott Williams & Wilkins 2008

This may well be the first Canadian Psychiatric Mental Health Nursing text that informs us from the specifically Canadian perspective while ensuring accurate evidence based text. The lists of Canadian Contributors and Reviewers reads like a membership list of the CFMHN. These are nurses whose names are nationally recognized for their expertise and contribution to this specialty over the past twenty years, as PMH nursing has evolved and come into its own within the context of professional nursing in Canada and in the world.

The contents of this text provide an expanded view of PMH nursing that reflects the Canadian Standards of PMH Nursing that are now in their third edition and published by the CFMHN. Austin and Boyd have captured the historical journey of PMH nursing in Canada and have done a particularly informative description of the similarities and differences of education and training between the Registered Nurse, with a specialty in PMH nursing, and the Registered Psychiatric Nurse.

The cultural aspects of PMH nursing, in this diverse country with an emphasis on the mental health needs and care of our aboriginal populations, is unique to Canada and provides for theory that students of nursing and practicing nurses will find useful and easily implemented into practice.

I have had the opportunity of using this text as a staff reference in PMH inpatient unit and emergency practice settings, as well as a course textbook for undergraduate mental health nursing and clinical practice students. It is a valuable reference with information that is easily accessed for specific information, or as a thorough read for a more in-depth perspective. This text has also become a main reference for nurses preparing to write the CNA specialty examination in Psychiatric Mental Health Nursing. The text is written for nurses by nurses and is a great contribution to the profession of nursing and the holistic delivery of mental health care.



"Key Debates in Psychiatric-Mental Health Nursing" (2006)

Edited by John R. Cutcliffe and Martin F. Ward. Published by Churchill Livingstone, Elsevier

Key Debates in Psychiatric-Mental Health Nursing is an exceptional text written by a number of world leaders in the discipline of psychiatric-mental health nursing. Issues at the heart of psychiatric-mental health nursing discipline are presented in a debate format comprising an editorial and two chapters of opposing opinions combined with a third-party commentary. No stone is left unturned in discussion of many ethical and contentious matters that faced nursing today. The authors reiterate that polemic debate is not only healthy for the practice of psychiatric-mental health nursing but also for the continued survival of the discipline. It is imperative that, psychiatric-mental health nurses now and in the future decide the direction of practice considering challenging issues and competing agendas. This book provides valuable information in which to make an informed decision.

Movie Reviews

"SICKO"

A Michael Moore Production, in theatres now.

Hats off to Michael Moore who, for one week in July, invited all nurses in Canada to view this film at his expense. I headed off to the Wednesday evening viewing and must say was pleasantly surprised. The documentary reviewed universal healthcare in 4 countries including Canada and compared it to the for-profit U.S. healthcare system. The examples cited in the film evoked feelings of rage and unfairness. Not for those who didn't have healthcare, that seemed self-explanatory, but for those who did have healthcare, had been paying into health-plans for many years and had been turned down by insurance companies for, what can only be described as, bizarre rationale. For example, a woman in her early twenties was denied cancer care because she was "too young" for the diagnosis and type of cancer. The film didn't touch on Mental Health care, but one can only assume that it is so far down the list of priorities that it would be next to impossible to have a healthcare insurer cover this type of health care. Not only is this film eye-opening to the plight of our southern neighbours, it eerily points a finger at things to come for Canadians as the universal health-care system in Canada is eroded by the for-profit market. Go see this film and let us know your thoughts about it. Email at: info@cfmhn.ca.

Update from Ontario

Submitted by Lisa Crawley Beames RN, BScN, CPMHN(C)
Clinical Leader Manager

There is a lot of action with the Local Health Integration Network (LHIN). The LHIN is inviting service providers to be a part of its new Mental Health and Addictions Detailed Planning and Action Team. The team will be responsible for developing an integrated approach to service delivery in the LHIN. The 14 Local Health Integration Networks (LHINs) will be responsible for implementation of their integrated health service plans (IHSP). The IHSP's are available through the Canadian Mental Health Association (CMHA) website at <http://www.ontario.cmha.ca/>

The South West LHIN has created a Priority Action Team for each priority in its IHSP, including a team on mental health and addictions. Priority Action Teams are made up of health professionals and community members and are responsible for developing detailed plans and implementation strategies and evaluating their respective priority areas. The Central East LHIN brought together all of the working groups responsible for implementing its integrated health service plan (including networks, collaborative and task groups) at a two-day Planning to Action Symposium in June. The Central East LHIN made mental health and addictions a priority and established a network related

to it. The South East LHIN has published on its website presentations to health service providers outlining planning and funding cycles, responsibilities and expectations related to integration of services.

The North Simcoe-Muskoka LHIN has created coordinated Regional Acute Mental Health and Addiction Services for Simcoe-Muskoka. The goal is to create an integrated network of services for people in crisis that ensures seamless transitions between services. Accomplishments to date include a formalized partnership, piloting of a common assessment tool, a bed registry, draft referral and admission protocols and an evaluation framework. The North East LHIN held an Alternate Levels of Care Summit in June that included a discussion of increasing supportive housing and outreach capacity for people with addictions and/or mental illnesses. In research news, the Systems Enhancement Evaluation Initiative (SEEI) project interim report has been released and is available at www.ehealthontario.ca. Over the last few years, the Ontario Government has made investments in key areas of the community health system. The interim report from the SEEI project outlines the early impact of these investments on people with mental illness, their families and the health system more broadly.

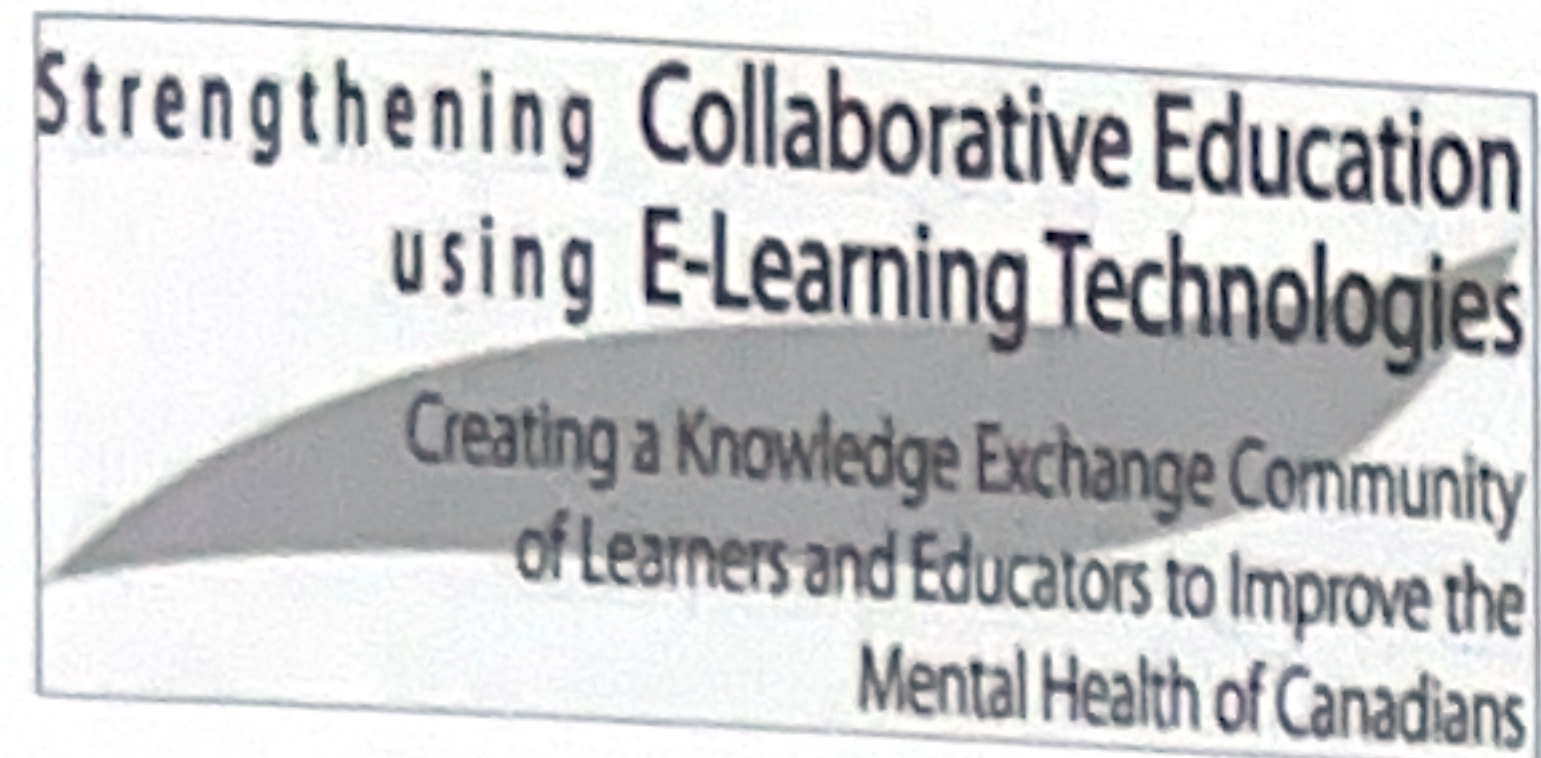
2007 MHNIG AGM and Conference

When:	Friday, November 2, 2007 (0800 to 1600 hours)
Where:	London, Ontario
Planning Committee:	MHNIG Executive, University of Western Ontario with Dr. Cheryl Forchuk & research colleagues
Location:	The Best Western Lamplighter Inn & Conference Centre, London, Ontario
Go to link:	http://www.lamplighterinn.ca/main/
Agenda:	0800 – 0900: Registration & continental breakfast
	0900 – 1130: MHNIG AGM
	1130 – 1300: Networking Lunch (provided)
	1300 – 1600: Mental Health, Homelessness and Diversity Issues



The afternoon conference will review research findings (both qualitative and quantitative) regarding Mental Health, Homelessness and Diversity Issues. Policy implications will be discussed and participants will be involved in an interactive activity.

Further details and registration process will be included in the Fall 2007 MHNIG Newsletter (publication to be distributed by mail out by mid-September 2007) Please attend this annual event and advance your knowledge regarding effects of determinants of health on mental health!



Collaborative Mental Health Care—IPE Program Launch

Interprofessional Continuing Education for Collaborative Mental Health Care

Dear Colleagues,

On behalf of the College of Family Physicians of Canada (CFPC), we are excited to inform you of two interprofessional continuing education opportunities event based on the Canadian Collaborative Mental Health Initiative (CCMHI) Education Toolkit (www.ccmhi.ca). Funded by the Canadian Council on Learning, the current Project aims to increase awareness and practice of collaborative, patient-centered mental health care (visit our website at: <http://www.ccmhi.ca/en/training.html>). Attached you will find a project summary.

The target audience for both the Teleseminar and Webinar sessions are primary and mental health care providers, consumers, caregivers, family members and educators. The 90min Teleseminar aims to foster understanding about interprofessional education, and the roles/responsibilities of various health professions in team delivery of mental health care. The 120min Webinar aims to educate facilitators how to use the CCMHI Toolkit to develop interprofessional workshops including evaluation of the program and participant learning.

Applications for continuing education credits have been submitted to the College of Family Physicians of Canada, Canadian Psychiatric Association, Canadian Psychological Association and the Canadian Council on Continuing Education for Pharmacists, and are pending approval. Additional partners endorsing the seminars include national associations representing occupational therapists, nurses, social workers, dietitians and consumer/caregiver groups.

Program Dates:

The Teleseminar session dates include: August 28, September 5, September 20, October 1 and October 16. The Webinar session dates include: August 27, September 13, and October 10. More information can also be found in the attached documents (Project Summary, Teleseminar Poster, Webinar Poster). You can also contact us directly: Enette Pauzé (Project Manager) epauze@cfpc.ca.

Registration:

Spaces are limited, so please register ASAP to secure your spot. Please visit: <http://www.ccmhi.ca/en/training/CEPrograms.html>. We hope you will be able to participate in one of our interprofessional education sessions, and we look forward to working together to enhance collaborative mental health care through this meaningful initiative!

Kind regards,

Kayi Li

Research Assistant

College of Family Physicians of Canada - CCL Project

E-mail: kli@cfpc.ca /

Website: <http://www.ccmhi.ca/en/training.html>

Project Lead: The College of Family Physicians of Canada
<http://www.ccmhi.ca/en/training.html> .

Webinar

Anna-Marie Kean

Registration:

Complete our online registration form, available August '07, to participate.

Target Audiences:

Primary and mental health care providers, consumers, family members, caregivers, educators, and other stakeholders who have an interest in this topic area.

Program Facilitators:

Dr. Vernon Curran, PhD

Director of Academic Research and Development

Faculty of Medicine

Memorial University, OR

Dr. Thomas Ungar MD, M.Ed, CCFP, FCFP, FRCPC, DABPN

Chief of Psychiatry and Medical Director Mental Health Program

North York General Hospital

Associate Professor

University of Toronto AND

Enette Pauzé, PhD(c), MSc

Project Manager

College of Family Physicians of Canada

"Training Future Collaborative Mental Health Care Educators: An Interprofessional Education Webinar"

Our 120-minute webinars will use a 'train-the-trainer' format to teach future facilitators how to implement the CCMHI Education Toolkit activities in their practice or learning setting. Each of the three webinar sessions will be lead by an interprofessional team of experts (representative of our target audiences), and will engage participants from across Canada. Registration is FREE, and participants will require internet access, and access to a land telephone. Continuing education credits will be provided to a select group of health professionals; all participants will receive a certificate acknowledging their participation. The webinars will be recorded live and made available on the project website.

Objectives: 1) To raise awareness and increase use of the CCMHI Education Toolkit; 2) To increase awareness of collaborative mental health care, IPE and collaborative practice; 3) To increase awareness of the roles/responsibilities of the various mental health and primary health care providers involved in delivering mental health services in primary health care settings; and 4) To increase the evaluation and reporting of IPE programs.

Program Agenda (120min)

1. Introduction (10min)
2. Terminology & key concepts (10min)
3. Roles & responsibilities of team members (15min)
4. Review of toolkit activities, facilitation strategies(50min)
5. Methods for implementation (10min)
6. Evaluation options (10min)
7. Question & answer (15min)

Program Dates & Times: The webinars will be 120 minutes in length per session, and begin at 12:00 pm and end at 2:00 pm, according to their respective Canadian time zones. Participants may attend any session, regardless of their location.

1. Monday, August 27, 2007, (12:00pm, PDT)
2. Thursday, September 13, 2007 (12:00pm, EDT)
3. Wednesday, October 10, 2007, (12:00pm, ADT)

Continuing education credits provided by: Canadian Pharmacists Association; Canadian Psychiatric Association; Canadian Psychological Association; College of Family Physicians of Canada.
*Applications have been submitted and are pending approval.

The program has been endorsed by: Canadian Alliance on Mental Illness and Mental Health; Canadian Association of Occupational Therapists; Canadian Association of Social Workers; Canadian Federation of Mental Health Nurses; Canadian Mental Health

Association; Canadian Nurses Association; Canadian Psychiatric Research Foundation; Dietitians of Canada; Registered Psychiatric Nurses of Canada. Funding: Canadian Council on Learning

Contact Us:

Enette Pauzé, PhD. (c), MSc.

Project Manager

College of Family Physicians of Canada

Tel: 416-809-4270

epauze@cfpc.ca

For more information & to register for a CE program, visit:

<http://www.ccmhi.ca/en/training.html>

Project Lead: The College of Family Physicians of Canada

<http://www.ccmhi.ca/en/training.html> .

PROJECT SUMMARY

Continuing Education:

Complete our online registration form, available August '07, to participate in a teleseminar and/or webinar program.

Stay Informed:

CE Listserv – join our knowledge exchange forum & continue to receive updated information about related CE events.

Online Resources:

Visit the CE Resources page on our website to read our FAQs and tips, as well as access educational resources for collaborative mental health care and interprofessional education.

Project Purpose:

To bring together a range of health care providers, consumers, family members, caregivers and educators, to learn from, with and about each other, in order to strengthen collaboration, for the purpose of enhancing the quality of care provided to people seeking mental health services in primary health care settings in Canada.

Interprofessional education (IPE) occurs when health professionals learn from, with and about each other to enhance collaboration and improve the quality of care delivered to consumers

Research suggests that IPE and collaborative patient-centred practice can positively impact current health issues such as: wait times, health workplaces, HHR planning, patient safety, accessibility to services, chronic disease management, and population health and wellness.

For your Information

What is the CCMHI Education Toolkit?

This toolkit was developed by the Canadian Collaborative Mental Health Initiative (CCMHI).

It provides easy-to-use activities and guidelines for the implementation of an education program aimed at fostering collaborative mental health care practices in primary health care settings. This FREE toolkit is available at www.ccmhi.ca and will serve as the basis of several interactive tele- and web-based seminars that will be delivered across Canada from August through October of 2007.

Why share the Toolkit?

Sharing the evidence-based toolkit will foster knowledge generation, acquisition and discussion, creating a community of learning across Canada. By bringing together various health professionals, consumers, family members, and caregivers through shared learning experiences, an integrated model of care is strengthened to improve the mental health of Canadians.

E-Learning Continuing Education (CE) Programs

Our project is offering two types of FREE, e-learning interprofessional experiences, available to beginner and advanced learners.

Our 90-minute teleseminars offer a basic introduction to interprofessional education and collaborative mental health care.

Our 120-minute webinars will use a 'train-the-trainer' format to teach future facilitators how to implement the CCMHI Education Toolkit activities in their practice or learning setting.

Each of the 5 teleseminar and 3 webinar sessions will be lead by an interprofessional team of experts (representative of our target audiences), and will engage participants from across Canada.

Target audiences/participants: primary and mental health care providers, consumers, family members, caregivers, educators, and other stakeholders who have an interest in this topic area.

Project Funding: Canadian Council on Learning

Contact Us:

Enette Pauzé, PhD. (c), MSc.

Project Manager

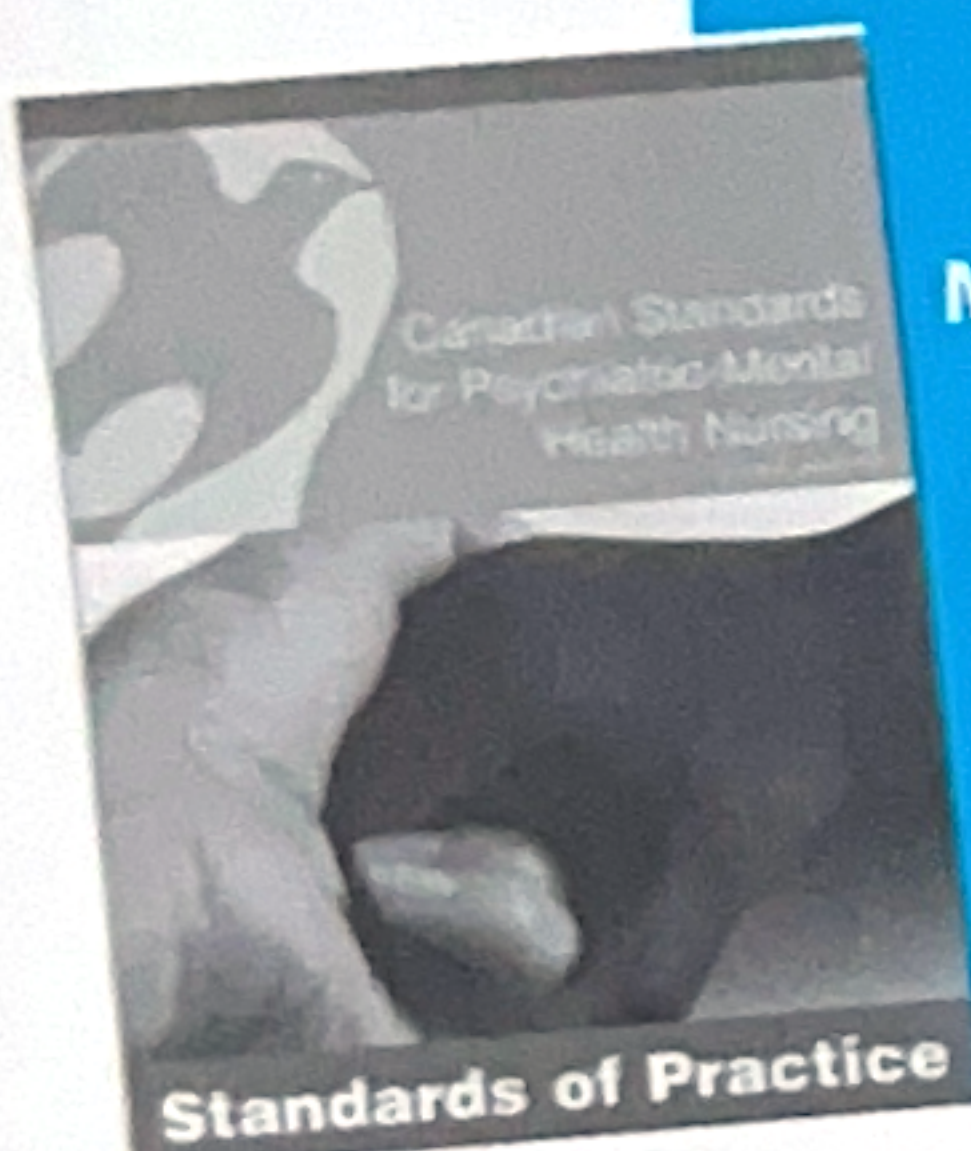
College of Family Physicians of Canada

Tel: 416-809-4270

epauze@cfpc.ca

For more information & to register for a CE program, visit:

<http://www.ccmhi.ca/en/training.html>



Canadian Standards for Psychiatric-Mental Health Nursing today!!

Mail your name, preferred mailing address and a cheque for \$20.00 payable to CFMHN for each copy required to:

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Toronto, ON M3C 3C6

or visit our website www.cfmhn.ca and order online.

**ORDER YOUR
COPY
TODAY!!**

Poetry Corner

Submitted by: CFPN Member Peggy Ireton

Acceptance

Resentment fills the soul causing anger and ill will.

It can consume your life.

Hurt and damaged by the past
Old memories flood and torture my world.

It's difficult to feel fulfilled
When your own strictness won't let your mind rest.

Good can become buried deeply
Leaving bitterness that can infuriate for a lifetime.

Letting go takes forever, as does forgiveness.
These I find are skills to be acquired.

Carefully you must try to gain back acceptance
And try to be more compassionate.



Your 2007 CFMHN National Board of Directors

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and she is always
looking for interesting
articles for the newsletter.

Contact her at:
ssferrazza@stjosham.on.ca



Experience the freshness of ocean breezes.

Join us in beautiful Halifax for
the 2009 Canadian Federation
of Mental Health Nurses
National Conference

October 21-23, 2009
Halifax, Marriot Hotel

Hosted by the Nova Scotia Mental
Health Nursing Interest Group

Email: info.mental.health@firststageinc.com