Canadian Federation of Mental Health Nurses
Fédération Canadienne des Infirmières et Infirmiers en Santé Mentale

Summer 2010 No. 55

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Greetings from the president



Dear CFMHN Members,

Happy Spring and looking ahead to summer already! Indeed, it has been an early Canadian Spring for most of us (my condolences if this is *not* the case for your region!) I was fortunate enough to experience an even earlier Spring than I am used to being a 'Maritmer', as I travelled to Vancouver in March to present at the 5th Annual World Congress for Psychiatric Nurses. Hosted in part by the Registered Psychiatric Nurses of Canada, the conference was a great success. Making connections with psych/mental health nurses from across the country was wonderful.

CFMHN members will be receiving (or might already have by the time this newsletter is printed) an email inviting you to have your voice heard to help enhance services for people suffering from substance use problems. The Canadian Center on Substance abuse is looking to consult with expertise in the field of caring for people with substance use problems and specifically wanted to hear from nursing professionals. Keep an eye out for the email!

We are able to celebrate Canadian Mental Health Association, Mental Health Week from May 3-7. Let's all build our own mental health, "One Support at a Time"! Following this week, May 10-16 is Nursing Week in Canada. I love the theme this year, "Nursing: You can't live without it". I couldn't have said it better myself! ☺

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Greetings from the president... Continued

Finally, we are very excited to launch CFMHN's brand new, and user-friendly web-site. Here you will be able to navigate the site with greater ease and will be invited to chat and share your thoughts on our blog. This dynamic webpage is sure to bring us all together in a more effective way across the country. Thank you so very much to Ann Greene, Communications Director and Lara Perraton at PointOne Media for their amazing innovation and dedication to getting this off the ground! The official launch of the website took place on April 27, 2010.
Warm Regards,
Petrea

Some Conferences that may be of interest...

3rd biennial conference: BRAIN DEVELOPMENT & LEARNING: MAKING SENSE OF THE SCIENCE
July 16-20, 2010 Vancouver, BC
http://www.interprofessional.ubc.ca/bdl.htm

Early Years Conference 2010: The Rights of the Child
February 4 - 6, 2010 Victoria BC, Canada
http://www.interprofessional.ubc.ca/Early_Years_2010.html

18th Annual David Berman Memorial Concurrent Disorders Conference
May 17 - 19, 2010 Vancouver, BC, Canada
http://www.interprofessional.ubc.ca/David_Berman.htm

Dr. Bruce Perry, Understanding the Impact of Trauma & Neglect on the Developing Child
June 2 & 3, 2010, Justice Institute New Westminster
www.jibc.ca/cccs/specialevents/BrucePerry

International Conference on Eating Disorders
June 10-12, 2010 Salzberg, Austria
http://www.aedweb.org/conference/travel.cfm

Submitted by Lorelei Faulkner-Gibson, RN, BSN, MSN (c)

International conference on The Social Pathologies of Contemporary Civilization
Date: Thursday 28th – Friday 29th October 2010
Venue: The Utzon Center, Aalborg Denmark

This conference addresses various interconnections between psychiatry and society. It does so by focusing on how contemporary epidemics, diseases, illnesses and medical syndromes are related to cultural pathologies of the collective social body, and how the body politic is related to the transformation and social embedding of psychiatric thinking. The central research hypothesis guiding the conference is that contemporary epidemics are to be analysed in the light of radical changes in our civilization and of the social hegemonization of the biomedical and psychiatric perspective. A particular focus of the conference is the role of humanities and social sciences, particularly sociology, philosophy and anthropology, in helping to understand the connection between social transformations and psychiatric perceptions of health & well-being.

Keynote Speakers

The conference brings together a panel of international experts to address these themes. Amongst our keynote speakers are:

- Alain Ehrenberg, Professor of Sociology, Université Paris Decartes, France
- Harvie Fergusson, Professor of Sociology, University of Glasgow, Scotland
- Charles Medawar, Social Audit, London, England
- Lennart Nørreklit, Professor of Philosophy, Aalborg University, Denmark
- Gerda Reich, Professor of Social Science, University of Glasgow, Scotland
- Arpad Szakolczai, Professor of Sociology, University College Cork, Ireland
- Richard Wilkinson, Emeritus Professor of Social Epidemiology, University of Nottingham, England

Organizers

Danish Centre for Philosophy and Science Studies, the working group on Psychiatry & Society, Department of Sociology, Social Work and Organization, Aalborg University, Denmark, and the School of Sociology & Philosophy, UCC, Ireland.
Further details: www.social-pathologies.ihis.aau.dk

From the Editors' desk……

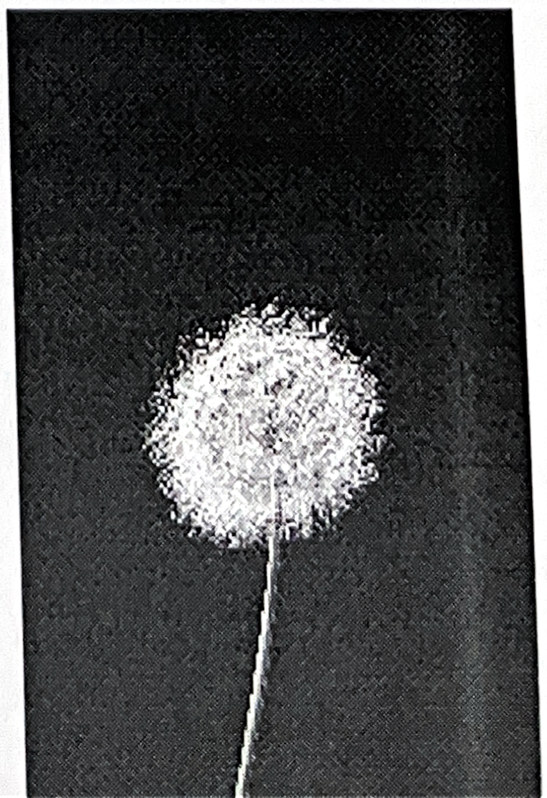
Mental Health Week and Nurses' Week are the focus of this edition of the newsletter. The Canadian Mental Health Association is focusing its campaign on building one support at a time and who better to consider for support than a mental health nurse! With Canadian Nurses Association promoting nursing as something you can't live without, it just makes sense.

In conversations across our country the voice of nurses on mental health issues is getting stronger. From the role of advocate to a more political voice, the centrality of patient is ever present. I had the opportunity to be interviewed on the topic of 'stigma in mental health nursing' and the effect media has on stigmatizing the role of the mental health nurse. In preparation, I spoke with many direct care nurses and nurse educators. Each and every one had a story or an example of how large a problem this is and each and every one shared their story in the context of the patient. If we're stigmatized, what effect does this ultimately have on the experience of patients'? A copy of the final article is available (with permission) in this edition, and now that our blog has been revitalized on the CFMHN webpage, it would be great to keep this dialogue going.

The newsletter is always looking for content and Susanne and I look forward to hearing from you, so please send us your submissions. The next edition will be in the fall, in time for celebrating Mental Illness Awareness Week and we would love to get your information into print to share with other nurses across Canada.

Have a great summer everyone wherever you may be and in whatever you may be involved.

Kind regards,
Ann Greene, Editor
Susanne Swayze, Assistant Editor



Mental Health Week
May 3-9, 2010
Building Your Mental Health One Support at a Time

The Canadian Mental Health Association www.cmha.ca is supporting Canadians to participate in Mental Health Week and the campaign this year focuses on **Building Your Mental Health One Support at a Time.** As a nurse, please take the time to reflect on how this can happen in your life: both professionally and personally.

"Don't judge each day by the harvest you reap, but by the seeds you plant."
~Robert Louis Stevenson

NEWSLETTER MAKEOVER

We are very excited to launch CFMHN's brand new, and user-friendly web-site. Here you will be able to navigate the site with greater ease and will be invited to chat and share your thoughts on our blog. This dynamic webpage is very exciting, as it will bring us all together in a more effective way from all across the country. Thank you so very much to Ann Greene and Lara Perraton for their amazing innovation and dedication to getting this off the ground!

"You never know when a moment and a few sincere words can have an impact on a life."
~Zig Ziglar

Movie Reviews:



THE MOVIE

AWARD-WINNING DOCUMENTARY

Unlisted: A Story of Schizophrenia is set to screen on Friday, July 2, at the NAMI National Convention. The gripping documentary depicts the struggle of filmmaker Delaney Ruston, both a daughter and a doctor, to bring her father, who has paranoid schizophrenia, back into her life after hiding from him for ten years.

What starts as a powerful story of reconciliation suddenly shifts when Delaney's father stops his medications and goes missing.

Steve Lopez, author of *The Soloist*, has called the film "beautiful and powerful."

This extraordinary film challenges us to reflect on our own ideas about mental illness, compassion and responsibility.

Unlisted: A story of schizophrenia

Richard Ruston was afflicted with paranoid schizophrenia before his daughter, Delaney Ruston's birth. After many years of shame, frustration and fear she decided to hide from her father and keep her phone number and address unlisted. But now, 10 years later, Richard is more stable on a newer medicine and Delaney, given her experiences as a doctor and a mother, decides to reconnect with her father. What understanding and acceptance of her dad and his illness can she now find? What obstacles to getting her dad treatment will she now face? Knowing that her earlier failed attempts to get needed treatment to her dad is a common occurrence in today's starved mental health system, Delaney decides to bring her camera with her during this journey of reconciliation.

Submitted by Nnancy Brooks RN

Mental Health for Healthy Living - The Kelty Resource Centre and the Provincial Healthy Living Initiative

Who is Kelty?

Kelty is a 17 –year-old boy who unfortunately took his own life after battling depression. Kelty's parents Kerry and Ginny Dennehy set up the Kelty Patrick Dennehy Foundation after Kelty passed away in order to build a legacy of hope, and raise awareness about the magnitude of, and remove the stigma associated with depression.

The Kelty Resource Centre

The Kelty Resource Centre is the provincial mental health and substance use information centre for children, youth, their parents and families. In addition, the Centre serves the resource needs of adults with eating disorders. The Centre is a result of the generous support from the Dennehy Foundation and the BC Children's Hospital Foundation. Since its inception till Dec 2009, the Centre has had contact with over 3,632 parents, youth, adults, and service providers across BC.

Location: BC Children's Hospital site, in Room P3-302 on the 3rd Level of the Mental Health Building.

Resources:

Multimedia room
3 computer stations
40+ binders containing information about disorders, coping strategies, stories, services available throughout the province
Multilingual resources
Information, referral, support and tailored resources provided by professional staff and parent peer support workers over the phone, email, or in person.

Healthy Living Initiative

The Provincial Child and Youth Healthy Living Initiative is underway, thanks to grants from the Royal Bank of Canada and the PHSA Reallocated Savings Reinvestment Grant process.
The initiative consists of three key components:

A Provincial Mental Health Metabolic Program located at BC Children's Hospital, utilizing a database that will support youth throughout the province
The development of a comprehensive healthy living toolkits,
An Interactive Online Environment for children, youth and their families.

We will keep you updated on the progress of the initiative in the upcoming newsletters.

BC Partners for Mental Health and Addictions Information

The BC Partners are a group of seven leading provincial mental health and addictions nonprofit agencies working together as the BC Partners for Mental Health and Addictions Information. Since 2003, they've been combining their efforts to help individuals and families better manage mental health and substance use problems. BC Partners work is funded by BC Mental Health and Addiction Services

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The BC Partners operate the Here to Help website, a website designed to support adults and families dealing with mental health and addiction. The Kelty Interactive Online Environment will complement this site, focussing on children and youth with mental health and/or substance use issues and their families to encourage and sustain healthy lifestyle practices.

Visit Here To Help at http://heretohelp.bc.ca

For more information about children and youth's mental health, please call 604-875-2084 or the toll-free phone line 1-800-665-1822, or send an email keltycentre@bcmhs.bc.ca or visit www.bcmhas.ca/keltyresourcecentre

For more information about the Provincial Child and Youth Healthy Living Initiative contact Andrew Tugwell at 604-875-2290 or email atugwell@bcmhs.bc.ca

Andrew Tugwell, MPH, B.Ed
Project Manager, Health Literacy
BC Mental Health & Addiction Services
&
Yuen Hing Tse, MSW, RSW, Manager Kelty Resource Centre

Ownership is the key ingredient of finding fulfillment in our work and our lives. When we don't create an attitude of ownership, we leave ourselves open to the whims and ways of circumstance and choice of others. Ownership is going beyond pulling your own weight, and beyond doing your own share. It resides in doing what needs to be done. Regardless.
John G. Blumberg

NurseONE.ca

NurseOne a resource for PMH nurses

NurseONE is a national, bilingual web-based health information service designed for the Canadian nursing community. The goal of NurseONE is to provide quick access to credible, up-to-date health care information to support nurses in Canada in delivering effective, evidence-based care, and to help them manage their careers and connect to colleagues, regardless of where or when they work.

NurseONE serves as a gateway to resources and information for health care professionals in all domains of practice – direct care, education, administration, research, and policy – to support and enhance their clinical and professional expertise.

NurseONE offers two platforms. The public face offers all health care professionals access to health care news, bulletins, alerts, statistics and more. The secure subscriber-only section of NurseONE provides nurses access to a wide array of evidence-based tools and resources, from reference manuals and materials that support patient care and lifelong learning, to tools to build a portfolio and forums to connect with nursing peers.

NurseONE has been developed through a partnership between the Canadian Nurses Association (CNA), Health Canada, and the First Nations and Inuit Health Branch (FNIHB) of Health Canada. NurseONE has been shaped by and continues to evolve as a result of input gained through extensive consultations conducted by CNA and its well-developed network of nursing and health care relationships.

All the information and resources available on NurseONE have been carefully screened to ensure that you have access to the most reliable and best information available to manage your clinical and professional practice as well as your career.

The following resources are available to NurseONE subscribers.

Professional Practice offers you access to a collection of excellent professional and clinical resources.

Professional Development allows you to access an electronic Continuing Competence Self-Assessment Tool from your jurisdiction. You can complete, store, review and update your self-assessments in My Account within NurseONE. NurseONE gives you access to an electronic learning plan, which you can also develop, store, review and update in My Account. This section also offers the Career feature which lets you access information about career management. Tools and information are provided to support key activities such as résumé development and preparing for an interview as well as links to job opportunities across Canada. This section will also expand to offer information and opportunities for Continuing Education.

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NurseONE.ca

Continued from, page 9

The Library contains a vast collection of health information resources, including electronic databases and references. You have access to 1,200 full text journals, of which 1,000 are peer reviewed, and access to the complete Cochrane Collection. NurseONE resource staff prepares a list of Essential Reads and Webliographies, both of which are refreshed regularly to reflect current trends and issues in nursing.

NurseConnect allows individuals who have a shared purpose and common interests to communicate through electronic forums, using the latest information-sharing, communication, and collaboration tools. Forums offer a place to discuss vital issues in your area of expertise or interest, to network with others, to seek peer and expert advice to help you in your job, to collaborate on various nursing activities, and much more. Some forums are closed and can be accessed by invitation only.

The following features are available on every page.

The Search Engine on NurseONE allows you to perform and save both simple and advanced searches of the portal, saving you valuable time.

My Account allows subscribers to track their activities on NurseONE, including changing your password and your profile, reviewing your self-assessments and learning plans, and tracking your career activities. As well, you can bookmark your favourite links from NurseONE, enabling quick access when you need them again.

An Online Tutorial & Virtual Tours provide information about what NurseONE has to offer and how to move around in the portal.

Submitted by Paula Tognazzini RN MSN

Go online with CrossCurrents: The Journal of Addiction and Mental Health

- Would you like to share your experience of fighting stigma and discrimination towards people with mental health or addiction issues within your health care profession or workplace?

- Would you like to understand how popular films perpetuate the courtesy stigma associated with mental health nursing?

- Are you interested in learning how hospitals are changing seclusion and restraints practices that can retraumatize people with histories of trauma?

It's all possible with the launch of the interactive, online edition of *CrossCurrents: The Journal of Addiction and Mental Health*. With the new portal at **www.camhcrosscurrents.net**, you can read about the latest developments in the mental health and addiction fields, and interact with other front-line professionals to enhance your knowledge.

It's the next step for *CrossCurrents*, which since 1998 has educated front-line and allied professionals about the emerging issues in addiction and mental health. It is published by the Centre for Addiction and Mental Health in Toronto, one of North America's largest addiction and mental health clinical and research facilities.

Each theme-based issue features professionally written stories, personal perspectives, research summaries and debates columns that challenge readers to reflect on their practice in innovative ways. Now, with the addition of forums, blogs and other interactive online features, front-line professionals can exchange ideas, expertise and information.

"*CrossCurrents* is going online so busy practitioners can easily find the information they want, when they want it," says executive editor, Dr. Kwame McKenzie. "People can also get involved and exchange ideas and experiences. It's a chance to be part of a community of practitioners that spans across Canada and internationally."

Recent themes include advances in schizophrenia treatment and research, supported employment and clinical implications of the Internet. Upcoming themes include men's mental health and addiction, chronic disease management, prescription medication and sex.

Join us at **www.camhcrosscurrents.net** as we evolve. Take advantage of the opportunity to share information, expertise and experience with other front-line professionals across Canada and around the world.

Consumers of mental health and addiction services tell us that stigma and discrimination are common among health care providers – the very people who are supposed to provide hope and promote recovery. The spring 2010 issue of *CrossCurrents* (www.camhcrosscurrents.net) explores interventions aimed at combating stigma and discrimination in health care settings.

Contact: Hema Zbogar , Editor, CrossCurrents
Tel. 416 595-6714
Hema_zbogar@camh.net
www.camhcrosscurrents.net

The Healthy Aboriginal Network

Non-profit promotion of health, literacy & wellness

Youth Re-integration Comic Book

We just received funding to create a comic book on re-integrating youth back into their community after contact with the justice system. It can be easy for them to fall back into old patterns, especially when there are gang, addiction, mental health and FASD issues to contend with. This book is targeted for those youth, their workers, family and friends.

If you're familiar with these challenges, please send me your strategies for making this transition easier. We want to create a 'how to' book, but illustrated and told in story. The deadline for feedback is April 30th, so we haven't much time.

The strategies will be focus group tested with youth May 3 - 5th. The youth will come from the same facility that helped us test our gang prevention comic book. There will be gang members present and many of the youth will have gone through this process already, so they will be the ones telling us what works and what doesn't.

Social Marketing Video

I rarely do this but the Canadian Cancer Society has created an exceptional social marketing video. I highly recommend you check it out at http://www.youtube. com/watch?v=crXaLu9Ecmg. As Carol from the Survivor Advocates listserv has said, except for the very end, this video could be about suicide. I think we could add diabetes and HIV to that list as well. Way to get out front, CCS!

I appreciate your time,

Sean Muir
Executive Director

3945 West 51st Ave Vancouver, BC V6N 3V9
Phone 604-876-0243 sean@thehealthyaboriginal.net

Perhaps we can start our own Stigma Busting column.
Tell us what you think, after checking out this website!

What is NAMI StigmaBusters?

NAMI StigmaBusters is a **network of dedicated advocates across the country and around the world** who seek to fight inaccurate and hurtful representations of mental illness. Whether these images are found in TV, film, print, or other media, **StigmaBusters speak out and challenge stereotypes. They seek to educate society about the reality of mental illness** and the courageous struggles faced by consumers and families every day. Stigma-Busters' goal is to break down the barriers of ignorance, prejudice, or unfair discrimination by promoting education, understanding, and respect.
Each month, **close to 20,000 advocates receive a NAMI StigmaBusters Alert**, and it is read by countless others around the world online. Send it to your own personal and professional networks.

Numbers do count, so let your voice be heard.

Join StigmaBusters

Sign up to receive NAMI's StigmaBuster Alerts

Browse the **StigmaBuster Alerts Archive**

Learn More About Fighting Stigma

Find out more about NAMI StigmaBusters and how you can report stigma

Download StigmaBuster materials

National Flyer

Local Flyer

Access More Anti-Stigma Resources

Discover ***In Our Own Voice***, a powerful anti-stigma tool to change hearts, minds, and attitudes about mental illness

Visit The ADS Center, the Resource Center to Address Discrimination and Stigma established by

www.nami.org

The Canadian Federation of Mental Health Nurses publishes the **CFMHN Newsletter** four times a year. The views or opinions expressed in the editorials, articles or advertisements are those of the authors/advertisers and may not necessarily represent the official policies or positions of CFMHN. CFMHN assumes no responsibility or liability for damages arising from the use if any error, omission or from the use of any information or advice contained in this publication. All articles and photographs accepted for publication become property of the Canadian Federation of Mental Health Nurses newsletter.

Advertising

Anyone interested in advertising can contact:
Brian Craig at First Stage Enterprises
Email: brian@firststageinc.com
Tel: 416-426-7029
Fax: 416-426-7280

Criteria for submissions:

All submissions can be sent in the following formats: Word or WordPerfect (if there are images included in the document, please send the original image file), .jpg images, gif images or pdf.
Please do not send any text documents in PDF.
The page size is 8.5" x 11". The dimensions and rates of the advertisements for any size ad up to full page 7" x 10" is **$300.00 plus GST**

CFMHN NEWSLETTER NEXT ISSUE
The Fall issue will be published during Mental Illness Awareness Week October 11-15, 2010. The deadline for ALL submissions is October 1, 2010.

Canadian Federation of Mental Health Nurses

Fédération Canadienne des Infirmiéres et Infirmiers en Santé Mentale

Dear CFMHN Supporter:

We are very excited to launch CFMHN's brand new, and user-friendly web-site. Here you will be able to navigate the site with greater ease and will be invited to chat and share your thoughts on our blog. This dynamic webpage is very exciting as it will bring us all together in a more effective way from all across the country. Thank you so very much to Ann Greene and Lara Perraton for their amazing innovation and dedication to getting this off the ground! Please visit the site today at: **http://cfmhn.ca/index.html**. To access the members page, please refer back to your confirmation email for the username and password.

Yours sincerely,

Petrea Taylor (RN BN MN CPMHN(C))
CFMHN

5th World Congress for Psychiatric Nurses 2010
Building Global Connections in Psychiatric Nursing
March 18-20, Vancouver, BC

The CFMHN was there and through our booth, created the opportunity to share our information, make connections, and develop relationships with other participants: Registered Psychiatric Nurses; Registered Nurses in Mental Health; and other Rehab partners. Thanks to Petrea Taylor, President and Lorelei Faulkner, BC Representative for making this a priority conference to attend.



photo by CreatvieWorksPhotography.com

women's health research network

The Women's Health Research Network was funded from 2005-2010 by the Michael Smith Foundation for Health Research.

http://www.whrn.ca/index.html

As of April 1, 2010, the WHRN will no longer be funded by the Michael Smith Foundation for Health Research.

The WHRN website has been relaunched in a simplified format. Please visit to download the WHRN primers and other publications, access the member database and the Source, Survey, and Synthesis tools, and to read the WHRN's Legacy Report (to be posted in the coming days). New research briefs on stigma and violence have also been posted and are available for download through the new Publications page (http://www.whrn.ca/publications-resourcesanddatabases.html)

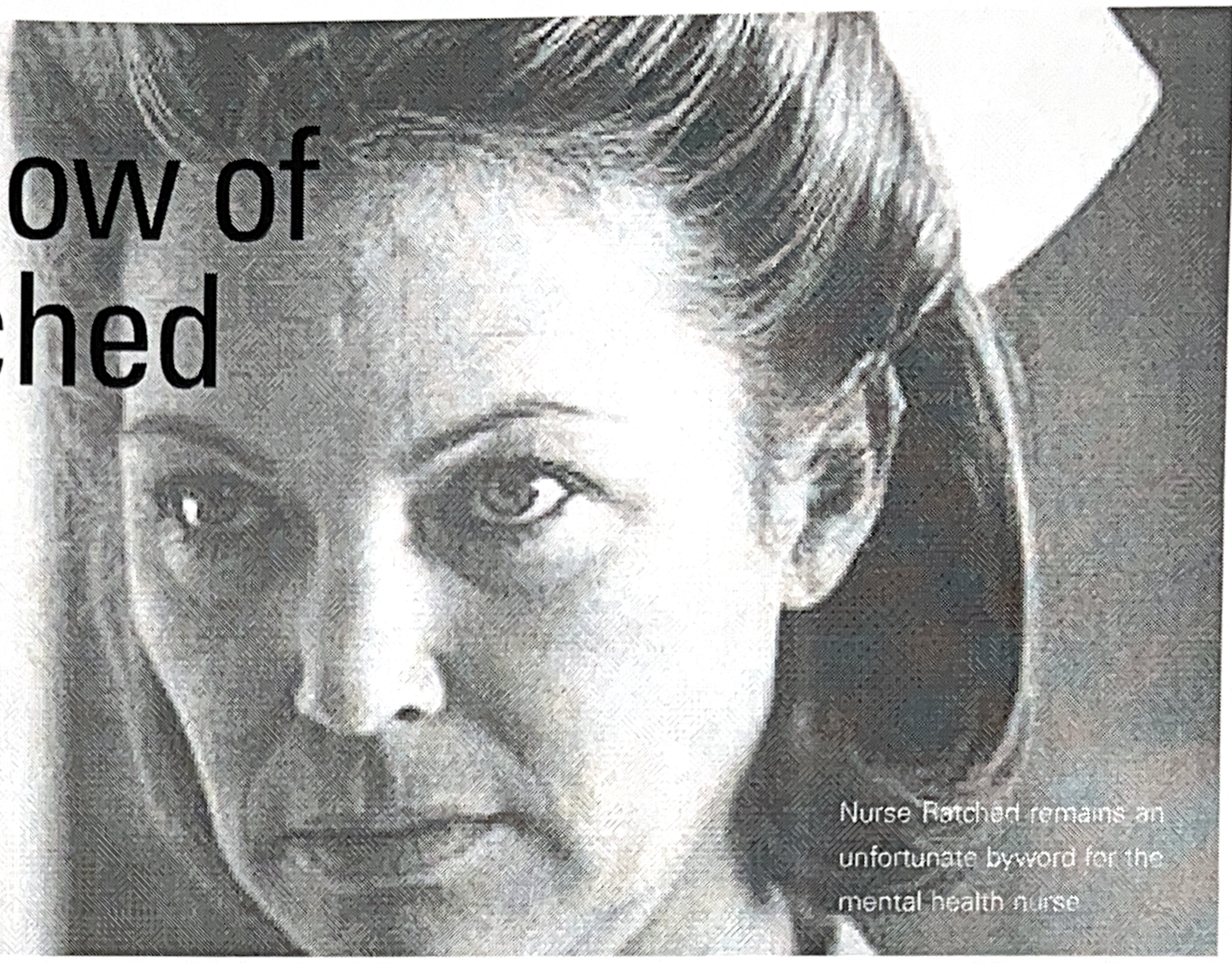
It has been a pleasure keeping you up to date and informed about women's health events and activities for the past five years. Should you have any questions about WHRN resources, please direct them to Nancy Poole (npoole@cw.bc.ca), Cecilia Benoit (cbenoit@uvic.ca), or Olena Hankivsky (oah@sfu.ca) as this email account will no longer be monitored.

Regards,
Susan Dixon - WHRN Provincial Coordinator (2005-2010)
www.whrn.ca

In the shadow of Nurse Ratched

Film portrayals perpetuate courtesy stigma

BY NED MORGAN



The Saul Zaentz Company

Nurse Ratched remains an unfortunate byword for the mental health nurse

MAINSTREAM FILM HAS NEVER BEEN very kind to mental health nursing. More often, it has either undersold the role of nursing – pushing it to the fringes as window dressing to the work of doctors – or promoted a stigmatized and distorted view of nurses as uncanny instruments of punishment and control.

Ann Greene, a British Columbia–based mental health nurse, witnesses the power of film to influence and reinforce popular portrayals of her profession when she takes nursing students onto psychiatric units. "Many student nurses still relate the whole role of the nurse to *One Flew Over the Cuckoo's Nest*," she says. "Everybody seems to know about it."

Trina Gouthro, a public health nurse in Truro, Nova Scotia, says these damning portrayals hurt both the profession and the people it serves. "Such film depictions are highly problematic because they contribute to a mistrust and fear of mental health nurses by the public, which may deter some people from seeking the care they need," she says.

It's a sort of stigma by association, attaching itself to those who work with that highly stigmatized population – people with mental illness. This "courtesy stigma," as it is called, has been examined in the experience of psychiatrists and has been implicated in the devaluation of and low recruitment into the profession. Mental health nursing may arguably be even harder hit by the stigma.

Keri De Carlo, a mental health nurse and nurse educator at St. George Hospital and Community Health Service in Sydney, Australia, has examined these popular portrayals. In an ethnographic analysis that explored how mental health nursing was depicted in 19 American films from 1942 to 2005, De Carlo concluded that mental health nursing was considered abnormal, secret and dangerous work. The study, published in a 2007 issue of the *International Journal of Mental Health Nursing*, found that films depicted the role of mental health nurses overall as one of "custodial companionship" and "doctors' handmaidens."

"Film is an influential social agent that replicates and reinforces stereotypes," says De Carlo. "Negative stereotypes and perceptions of mental health nursing are replicated and reinforced through the media, serving to sustain mental health nursing in a stigmatized position."

Gouthro traces this stigmatized position to the perception that mental health nursing is "low-class work requiring no skill or expertise." In a recent article in *Issues in Mental Health Nursing*, Gouthro argues that the decision to enter mental health nursing may be perceived as a personal flaw in the nurse, be it psychological or intellectual. As the most widespread transmitter of ideas and images, film certainly reinforces these notions. "Stigmatizing portrayals of mental health nursing in film can contribute to the distorted view of mental health nurses as controlling and untherapeutic," says Gouthro.

It's a distorted view that stigmatizes mental health nurses even within the nursing field. Greene, a former board member of the Canadian Federation of Mental Health Nurses (CFMHN), has experienced the stigma since beginning her career in the 1970s. "On my first day on the job as a graduate nurse, a registered nurse who was getting close to retirement asked me, 'Why would you start your career in psych nursing? This is where you end your career.'"

With more than 60 years of stereotyped portrayals in mainstream film and television (see sidebar), is there an end in sight to the real-world stigma of the profession?

"Mental health nursing is still seen as the country cousin, and it's not valued in the same way as medical or surgical nursing," says Greene. She is concerned about the erosion of mental health nursing within undergraduate nursing programs across the country. "The CFMHN did a cross-country environmental scan of nursing schools and found that many offer no course in mental health nursing and that clinical hours are minimal."

However, Greene sees some positive developments, particularly where nursing schools are introducing relational practice into their curricula. "That really is the core of mental health nursing – entering into therapeutic relationships with patients."

De Carlo sees the problem as latent in

the larger medical profession: "I talk a lot to general nurses, and our world is still seen as strange, a bit deviant, weird, exotic," he says. "The geographical space that psychiatric nursing occupies has changed from large, isolated institutions to being attached to a general hospital. But our world is still seen as secret, full of crazy people who are expected to be eccentric, different." ■

The depiction of psychiatry in films reveals a fixation with the darker aspects of the history of psychiatry – for instance, the Victorian-style asylum – that continues to cast its long shadow. The image of the asylum as a cursed, forsaken place has been showing up in films from *Bedlam* (1946) to 12 *Monkeys* (1995) to *Shutter Island* (2010).

Pinpointing film's stigma toward psychiatrists is trickier, since it comes in many forms. According to Dr. Peter Byrne, consultant liaison psychiatrist at Newham University Hospital in London, UK, "Popular cinema, from Hollywood and elsewhere, has continued to portray mental health professionals in mostly a negative light." This may be due to ignorance, for as Byrne points out, "the people who comprise this industry learned their psychiatry at the cinema ... cinematic education began with the coercion and cruelty of *Cuckoo*, and the asylum looks every bit as bad as *Shock Corridor* (1963)." Bryne notes that while psychiatry has also been idealized in film – he cites Spellbound (1945) and *Ordinary People* (1980) – this is relatively rare. Byrne asks, "Where is the drama in a helpful psychiatrist supporting his or her patient?"

Non-network television drama may be bucking this trend by offering nuanced and relatively true-to-life psychiatrist characters. HBO's *The Sopranos* (1999–2007) featured the sympathetic psychiatrist character Dr. Jennifer Melfi (Lorraine Bracco). Each episode of the current HBO series *In Treatment* (2008–) focuses on a different client of Dr. Paul Weston (Gabriel Byrne). Though at times extremely troubled in his own life, Dr. Weston is clearly a helpful psychiatrist who supports his clients.

Fact or fiction?

Mental health nurses on the screen

The Snake Pit **(1948)**
One of the first major U.S. feature films to deal at length with mental illness, *The Snake Pit* can be commended on many levels, but not for its depiction of nurses. Committed to a state mental hospital for women, Virginia Cunningham (Olivia de Havilland) is transitioned through various wards. The treatment she receives from a kindly psychiatrist contrasts with the treatment she receives from nurses, who range from bustling no-nonsense matrons to power-hungry persecutors. Nurse Davis (Helen Craig) dislikes Virginia and is stopped short of maltreatment only when doctors intervene.

Valley of the Dolls **(1967)**
This popular but critically derided film of a bestselling pulp novel about the intersecting lives of three women and their relationships, careers and addiction to prescription pills shows nurses in a private sanatorium as emotionless and dedicated to unimaginative routine. Neely O'Hara (Patty Duke), a singer who is addicted to pills and has a mental breakdown, is put through the paces by heavyset nurses who administer little more than enforced hydrotherapy.

One Flew Over the Cuckoo's Nest **(1975)**
Nurse Ratched (Louise Fletcher), head of a psychiatric ward, uses group therapy to pursue her coolly spiteful agenda of total control. Thanks to Fletcher's Oscar-winning performance, Ratched has become an unfortunate byword for the mental health nurse. But if the film is viewed as an allegory of a totalitarian state (which the director and author of the original book intended it to be), it becomes clear that the character is not meant to be an accurate portrayal of a mental health nurse. Sadly, it continues to be viewed as such.

Terminator 2: Judgment Day **(1991)**
Sarah Connor (Linda Hamilton) believes that a cyborg travelled back in time to kill her. She lands in a psychiatric facility, where her psychiatrist, though ineffectual, is not unsympathetic. The male nurse-attendants, however, routinely beat patients and (it is suggested) sexually abuse them. The film is a dystopia, where the accepted values of the world we know are turned upside down; the nurse-attendants play to this element of the story by acting out the violent antithesis of a nurse's true work.

Changeling **(2008)**
In this Oscar-nominated film based on a true story, Christine Collins (Angelina Jolie) is committed to the psychopathic ward of the Los Angeles County General Hospital in 1928 under false pretences. Having already been at the mercy of corrupt police, she is now thrust into a world where nurses are grim-faced agents of domination, stripping and hosing their victim down and subjecting her to humiliating examinations. When Christine is seconds away from a dose of punitive electroconvulsive therapy, the camera focuses on the face of the nurse controlling the machine, showing her Aryan-type features suffused with impersonal cruelty.

House **(2004–)**
The popular series about an unconventional, drug-abusing medical doctor finds him institutionalized for addiction and mental illness at the beginning of its sixth season. In the group therapy scenes (reminiscent of *Cuckoo*) the contrarian Dr. House is at loggerheads with the doctor in charge; unlike in *Cuckoo*, a doctor, not a nurse, conducts the therapy. Ann Greene, a mental health nurse who has seen the show, comments: "In *House* [season six, episode one], the nurses were all in the background, doing coercive interventions or acting as medication dispensaries. All the therapeutic interaction was done by the psychiatrist. In real life, that's the nurse's role."

Source: *Brought to you by; www.camhcrosscurrents.net.*

Opportunity for Input .....

As you may already be aware, the Canadian Centre on Substance Abuse (CCSA) has been funded by Health Canada's Drug Treatment Funding Program (DTFP) to conduct a project, Promoting Evidence-based System Development. The purpose of this project - called the 'NTS Implementation Project' for short - is to provide national-level promotion and coordination for the implementation of key National Treatment Strategy (NTS) recommendations. The NTS relates to improving the quality and accessibility of substance use services and supports across the country. We have been hired as an external consultant team to conduct an evaluation of the NTS Implementation Project. In order to support our evaluation, we would like your input on the NTS, on the NTS Implementation Project, and on related issues having to do with substance use services and supports in Canada.

Whether you work in a setting that provides services to people with serious substance use issues, whether you yourself have used services to help address your own substance use issues, whether you work in an emergency room that deals with people who are intoxicated or high, whether you work in a grass roots organization aiming to promote responsible use of alcohol or drugs or educate the public on related risks, whether you have a family member that has experienced problems of any kind as a result of their substance use, we would be interested in your opinion. Even if you have not heard of the National Treatment Strategy, we would still like your opinion.

We would be most appreciative if you would complete our brief online survey, accessible at: https://www.surveymonkey.com/s/NTS_implementation_project until May 31, 2010. If you would prefer to complete this survey in French, please contact us at the e-mail address below. If you have any other questions or concerns, please contact us at: nts.ip.evaluation@gmail.com.

Thank you kindly,

Garth Martin and Deborah Ross

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Institut de la nutrition, du métabolisme et du diabète

Institut de la santé publique et des populations

Dear Colleagues,

As you may be aware, our president, Dr. Alain Beaudet, recently announced an external consultation process for the Strategy on Patient-Oriented Research. This process will help refine CIHR's Strategy on Patient-Orientated Research by consulting with representatives of the public, private, academic, voluntary and charity sector. A core number of the prime stakeholders identified are from the associate and affiliate nursing groups of Canada.

Therefore we wanted to bring this important document to your attention if you have not already seen it and encourage you and your colleagues to respond to an on-line survey that has been developed for this consultation. It is very important that we get input from nursing colleagues on the strategy. Please note that the deadline for consultations is the end of May.

The following will link you to both the discussion paper and the survey.
http://www.cihr-irsc.gc.ca/e/41204.html

Your assistance and participation in this matter are greatly appreciated.

Sincerely,

Nancy Edwards, RN, PhD, FCAHS
Scientific Director,
CIHR Institute of Population and Public Health

Joy L. Johnson, PhD, RN, FCAHS
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Madame, Monsieur,

Vous avez peut-être eu vent de l'annonce faite récemment par le Dr Alain Beaudet, notre président, au sujet du processus de consultation externe sur la Stratégie de recherche axée sur le patient (SRAP). Ce processus aidera les IRSC à perfectionner la SRAP en consultant des représentants des secteurs public, privé, universitaire, bénévole et caritatif. Un nombre essentiel des principaux intervenants a été établi à partir des groupes de sciences infirmières associés et affiliés du Canada.

Nous voulons donc porter cet important document à votre attention. Nous vous invitons, vos collègues et vous, à en prendre connaissance, si ce n'est déjà fait, et à répondre au sondage en ligne conçu pour cette consultation. Il est très important pour nous de recueillir les commentaires de nos collègues de la profession infirmière à propos de cette stratégie. Veuillez noter que la date d'échéance pour les consultations est le fin mai.

Les liens vers le document de travail et le sondage se trouvent à
http://www.cihr-irsc.gc.ca/f/41204.html.

Nous vous sommes très reconnaissantes de votre participation et de votre aide dans ce dossier.

Sincères salutations,

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