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SEASON'S GREETINGS

**Wishing all of our members
Best Wishes
For a Safe, Healthy & Happy New Year.**



MIAW Update:

More details from MIAW 2008. All CAMIMH members should be very proud of the success that was Mental Illness Awareness Week 2008. With the help of our major supporters, Canada Post and First Nations and Inuit Health Branch, along with the support of all of our sponsors who helped fund the event either with cash or with in-kind contributions, MIAW 2008 was record breaking in many ways.

- *We raised more money than ever before. We had more "in kind" donations than ever before including hundreds of thousands of dollars of free air time for our Public Service Announcements and free space from the print media.

- *We had hundreds of thousands of hits on our upgraded website.

- *We reached well over 10 million Canadians and there were at least 30 million verifiable impressions from our media campaign.

- *We had a record number of local, regional and provincial mental health organizations work with us by ordering posters, bookmarks and brochures and by developing their own local MIAW campaigns around these materials.

- *We reached a large number of First Nations, Inuit and Métis communities who engaged with us, referenced the mental wellness sections on our website, and helped broaden our message of inclusion.

- *The first national Champions Gala Dinner was sold out and a very memorable event - we are still receiving compliments.

- *The demand for the time and energy of the MIAW team and our products was well beyond what we had very optimistically budgeted and therefore the campaign went into a small deficit. We have funds available to cover the deficit and get ready for another record breaking MIAW 2009.

As you have seen in the newsletter, CAMIMH is advertising for a part time fundraiser to augment the MIAW team's ability to raise additional sponsorship dollars. Mental Illness and Mental Health are on the national radar screens and additional resources are required by the MIAW team to move the campaign to the next level.

Planning is currently underway for the structure of MIAW 2009 and you can expect to have an update in the January CAMIMH and MIAW newsletters.

Submitted by Christine Davis, President



how to reach us

CFMHN
c/o First Stage Enterprises
1185 Eglinton Avenue East,
Suite 104
Toronto, ON M3C 3C6
Tel: 416-426-7029
Fax: 416-426-7280
E-Mail:
info.mental.health@firststageinc.com

www.cfmhn.ca



your life's work...
...in our piece of paradise

Mental Health Nursing on Vancouver Island

The Vancouver Island Health Authority (VIHA) invites you to come join us as we continue to develop and expand. As the primary health provider to the over 752,000 residents of Vancouver Island, VIHA is pleased to offer our employees:

- an excellent benefits package
- relocation assistance
- the ability to move between clinical settings
- training/educational opportunities.

We are quickly establishing ourselves as one of Canada's most innovative providers of comprehensive Mental Health & Addiction services.

Our Teams

Our team-spirited work environments offer diversity, challenge and opportunities to lead. We take particular pride in services that consider both mental health and addiction issues. Taking into account concurrent disorders, our approach represents a leading-edge care model.

Programs and Services

Our services are as diverse as Vancouver Island itself, with its urban, rural and remote communities. VIHA's Mental Health & Addiction Program includes:

- outreach and crisis response
- inpatient care
- detox/withdrawal management
- supportive recovery for addictions
- day hospital and short-term treatment/counselling
- ongoing community treatment
- residential care and housing
- rehabilitation
- respite services
- psycho-geriatric services
- psychiatric intensive care
- psychiatric emergency services.

With our broad spectrum of programs and services ranging from acute care to community programs, VIHA is sure to have the ideal role to match your career and lifestyle goals.

For more information and to apply online, please visit our website.

Vancouver Island Health Authority,
Employment Services
Email: jobs@viha.ca



www.viha.ca



Conference Updates



Canadian Federation of Mental Health Nurses
2009 National Conference
Halifax, Nova Scotia October 21 – 23 2009

"Hope, Health and Healing: Mental Health Nursing Around the Corner, Around the World"

Keynote Speakers Include:

The **Honorable Michael Kirby**, Chair of the Mental Health Commission of Canada, along with distinguished board members from our Atlantic region will provide an update on the Commissions work to date.

Dr. Cheryl Forchuk RN PhD, is a renowned Canadian Researcher and educator. Her current research includes exploring the nurse-client relationship, recovery from psychosis, and the transition from hospital to community.

Workshops:

* **Tidal Model**: Phil Barker and Poppy Buchannan-Barker, authors of the Tidal Model. This mental health nursing model of care will be showcased in a workshop format allowing participants to share and experience how recovery approaches can be embraced in all areas of practice.

* **Post traumatic Stress Disorder**: Lieutenant Commander Rose Collins BscN and Lieutenant Colonel Jetly (Psychiatrist) will offer a workshop to enhance our understanding, assessment and management of PTSD.

Rose is an experienced mental health nurse who currently coordinates the Mental Health services for the Canadian Military. Dr. Jetly is the Director of the Operational Trauma and Stress Support Centre in Halifax, NS.

For more information about the call for abstracts & registration, please contact:

Melanie Kelly Melanie.kelly@iwbk.nshealth.ca
902- 470-7914

Jane Hughes Jane.hughes@cdha.nshealth.ca
902- 464- 3168



GET INVOLVED!



A Call For PRESENTATIONS

Hope, Health and Healing: Mental Health Nursing
Around the Corner and Around the World.

October 21 - 23, 2009

Halifax, Nova Scotia



Experience
the freshness
of ocean breezes.

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

Hosted by the Nova Scotia Mental
Health Nursing Interest Group



This conference seeks to generate new knowledge about nursing and health care practices which help individuals, families, communities, and nations meet the challenge of promoting, supporting and maintaining mental health. On a local and national level, mental health nurses help individuals and families meet the mental health challenges of everyday living, identify trends and develop policies and programs which support equitable and timely access to evidence-based mental health care. On an international level, mental health nurses understand and respond to impact of global conflict and socioeconomic hardships on the mental health of individuals, families and communities.

The conference will give psychiatric-mental health nurses and other professionals working in the field of mental health the opportunity to present research and innovative clinical programs that focus on one of the following key areas: *Working creatively with individuals and families to promote mental health and foster a sense of hope for the future*

- For example: mental health promotion, psychotherapeutic intervention, mental illness symptom management, family counseling. *Strengthening connections and partnerships between individuals with mental health challenges and their communities.*

- For example: social and occupational rehabilitation, hospital to community transition, mobile crisis intervention, innovative housing programs. *Understanding and responding to local, regional, national, and international events which put individuals and communities at risk for mental illness*

- For example: impact of conflict, war or natural disaster on individual and community mental health, mental health in immigrant communities, post-traumatic stress. *Analyzing social, political, or cultural perspectives in mental health practice*

- For example: diversity and mental health services, economic barriers to mental health, stigma of mental illness. *Crafting innovative mental health interventions designed to promote health and healing in individuals, families and communities, in Canada and around the world*

- For example: mental health through harm reduction, shared care models, mental health in developing nations, new models of care delivery.

Are You Interested in Submitting an Abstract Online for this Conference?

A Call for Presentations

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



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World. October 21-23, 2009— Halifax, Nova Scotia

Guidelines for Submitting Abstract of Your Presentations

The committee will accept submissions for paper and poster presentations describing ongoing and completed research and clinical practice innovations. Individuals and groups are also invited to submit abstracts describing small group seminars, round table discussions or story circles under two hours in length.

- The deadline for abstract submission is January 21, 2009
- Receipt of submissions, will be confirmed via e-mail once successfully submitted online at www.cfmhn.ca
- All authors will be notified if their presentation is accepted or declined by email or mail no later than Feb 15, 2009.
- Authors of accepted submissions must register for the conference and pay the full conference fee.
- Oral presentations will be no longer than 30 minutes
- The official language of the conference is English.

Submissions must adhere to the following format: no more than 250 words and must be organized in the following way:

Research or Program Objectives

- For research studies, clearly state the problem, study or presentation goal, research question, and/or hypothesis
- For clinical updates, innovative programs or other kinds of sessions, clearly describe the purpose of the paper or issue to be discussed, and the relevance for mental health nursing

Methodology

- For research studies, include a brief description of the study design, setting, population, data collection and data analysis
- For clinical updates, innovative programs or other kinds of sessions, include a brief description of the content of the paper, including approaches used, frameworks applied, or rationale for the program

Results

- For research studies, describe the key findings of the study and their relevance to mental health practice
- For clinical updates, innovative programs, or other kinds of sessions, summarize recommendations for policy or practice

Discussion

- Describe what the results mean for mental health practice or mental health policy in general
- Describe how the paper contributes to knowledge related to the conference theme

Target Audience

- Describe to whom the presentation will be of interest.

For Additional Information

CFMHN National Conference
c/o First Stage Enterprises
Tel: 416-426-7029 Fax 416-426-7280
reg.cfmhn@firststageinc.com

Submit your Abstracts online at:

www.cfmhn.ca



PASS IT ON !



4th NATIONAL CONFERENCE FOR PSYCHIATRIC & MENTAL HEALTH NURSES

October 21st to 23rd, 2009

Halifax, NS

SPONSORSHIP & EXHIBITOR OPPORTUNITIES

Do you know anyone today whose life is impacted in some way by a mental illness?

If you are like most Canadians, your answer is "yes".

Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague. The Canadian Mental Health Association reports that 20% of Canadians will personally experience a mental illness in their lifetime! That is 1 in 5 of us! Mental illness does not exclude anyone; it affects all ages, educational and income levels, and cultures.

The annual economic cost of mental illnesses in Canada is in the billions, including disability and early death. The costs are both personal and economic. We all share in the responsibility to create a healthier and more productive society.

The Canadian Federation of Mental Health Nurses is extending to you the opportunity to participate with us in hosting the **4th National Conference for Psychiatric and Mental Health Nurses at the Halifax Marriott Hotel, October 21-23, 2009**. We are inviting your company to take advantage of a variety of opportunities to promote your products and services, or to demonstrate your support and commitment to an aspect of health care that impacts on Canadians. This is a prime opportunity to profile your company to a large onsite audience of 300+ professionals and to the huge promotional database that will be receiving conference materials.

The following page provides a description of the various sponsorship and exhibit opportunities that are available. We anticipate that the primary sponsorships will go quickly and encourage you to submit the application form today. We will be posting sponsor logos and linkages to our website commencing January 1st, 2009.

If you would like to discuss these opportunities first, please call our office at (416) 426-7234 and ask for Doug Rosser (drosser@firststageinc.com).

We thank you in advance for your consideration.

Melanie Kelly

Sponsorship Chair

Phone: (902) 470-7914

E-mail: Melanie.kelly@iwk.nshealth.ca

4th NATIONAL CONFERENCE FOR PSYCHIATRIC & MENTAL HEALTH NURSES SPONSORSHIP & EXHIBIT OPPORTUNITIES

PRESENTING SPONSOR

\$10,000.00

This important opportunity is available to only one sponsor. You will receive these exclusive exposure opportunities:

- ❖ Attend the conference in person and introduce the two keynote speakers
- ❖ High profile logo placement on all promotional materials and on the keynote speakers' podium
- ❖ Highly visible Exhibit Display Space with signage and power
- ❖ Opportunity to place corporate information into each Delegate Registration Package
- ❖ Complimentary one page ad in the Program Book
- ❖ Complimentary ad in CFMHN's National Magazine
- ❖ Two complimentary full conference packages

PLATINUM SPONSOR LEVEL

\$5,000.00

This high profile opportunity will be available only to a selected number of sponsors. You will receive these excellent exposure opportunities:

- ❖ High profile logo placement on all promotional materials
- ❖ Highly visible Exhibit Display Space with signage and power
- ❖ Opportunity to place corporate information into each Delegate Registration Package
- ❖ Complimentary . page ad in the Program Book
- ❖ Complimentary ad in CFMHN's National Magazine
- ❖ Opportunity to bring greetings at the Opening Ceremonies
- ❖ Prominent logo placement on conference signage
- ❖ Two complimentary full conference packages

GOLD SPONSOR LEVEL

\$2,500.00

Our "Gold Sponsors" will receive these excellent profile opportunities:

- ❖ A prominent display space
- ❖ Logo featured in Program Book
- ❖ Single sheet insertion into Registration Package
- ❖ Complimentary . page ad in the Program Book
- ❖ Complimentary ad in CFMHN's National Magazine
- ❖ Logo on conference signage
- ❖ One complimentary full conference package

SILVER SPONSOR LEVEL

\$1,250.00

Our "Silver Sponsors" are entitled to these benefits::

- ❖ Logo in Conference Program Book
- ❖ Recognized as sponsoring one of our major "Coffee Breaks"
- ❖ Complimentary . page ad in the Program Book
- ❖ Access to place your literature on the Sponsor Literature Table
- ❖ One complimentary full conference package

EXHIBITOR

\$500.00

Our Exhibits area will be open throughout the two days of our conference. The conference program will be designed to allow attendees ample time to visit all displays. Your booth fee includes:

- ❖ A 10' display area



4th NATIONAL CONFERENCE FOR PSYCHIATRIC & MENTAL HEALTH NURSES

October 21st to 23rd, 2009
Halifax, NS

SPONSORSHIP & EXHIBITOR APPLICATION

We (Company) _____

Contact _____

Address _____

Phone (____) _____ **Fax** (____) _____

E-Mail _____



YES. We would like to participate in the 2009 Conference in the following way:

- ☐ **Presenting Sponsor**.....\$10,000.00
- ☐ **Platinum Sponsor**\$5,000.00
- ☐ **Gold Sponsor**\$2,500.00
- ☐ **Silver**\$1,250.00
- ☐ **Exhibitor**.....\$ 500.00

PLEASE RETURN TO:
MENTAL HEALTH NURSING 2009 CONFERENCE
 C/O
 1185 Eglinton Avenue East, Suite 104 Toronto, Ontario M3C 3C6
 or
 Fax (416) 426-7280

“Thank You for Your Support!”



What's New?

OB POSTING:

The MIAW fundraising job posting is now live on Charity Village:

[http://charityvillage.com/
applicant/jobs.asp?
fn=view&g_varID=125484](http://charityvillage.com/applicant/jobs.asp?fn=view&g_varID=125484)

Diana M. Devlin

Communications and Administrative Coordinator

Canadian Alliance on Mental Illness and Mental Health

613 324 0565



Consider the environment: Do you really need to print
this email?

WELCOME NEW BOARD MEMBERS!

Welcome to **Petrea Taylor** from New Brunswick, and **Elly Spencer** in Manitoba. Please see Petrea's bio for more information.

TAKE NOTE

Please note the new address change for the CFMHN. This is for the administration office and mailing address. Our new address, **effective December 5th** as follows.

1 Concorde Gate
Suite 109
Toronto, ON M3C 3N6

All phone numbers remain the same.

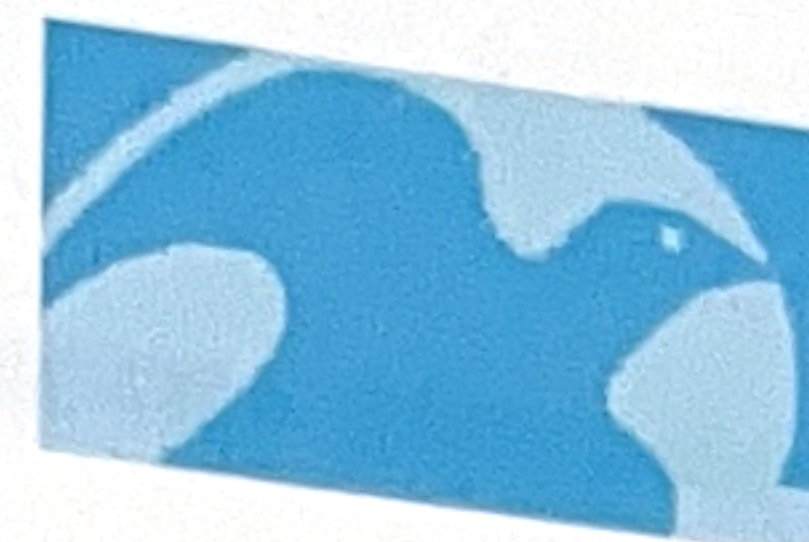
BIO for Petrea Taylor

Petrea Taylor is a clinical nurse specialist for the Mental Health and Addictions Program with the South East Health Authority, in Moncton, New Brunswick. Petrea graduated from the Bachelor (1997) and the Master of Nursing Program (2002) at the University of New Brunswick.

Petrea has worked at UNB as a nursing instructor, Moncton Youth Residences, the Provincial Child and Adolescent Psychiatry Unit, the Adult Psychiatry Unit, and the Psychiatric Day Therapy Program at the Moncton City Hospital. Petrea completed her Post-Basic in Mental Health Nursing in 2002 and attained the Canadian Nursing Association Certification in Psychiatric/Mental Health Nursing. This fall, Petrea was excited to be a part of the CNA Psychiatric/Mental Health Nursing Certification Exam Committee as engaging with other mental health nurses from across the country is very rewarding. Presenting at conferences, consulting with non-psychiatric professionals and caring for suicidal persons bring Petrea the greatest job satisfaction. Indeed, one of Petrea's passions is suicide prevention; a concept that she explored during her Master thesis, entitled, "Connecting with Hope: The Process of Healing from an Adolescent Suicide Attempt". Although mental health nursing is Petrea's 'life', life with her family in Riverview is "where its at". Petrea would like to say that she looks forward to serving on the board of the Canadian Federation of Mental Health Nurses by facilitating the service care needs of NB Mental Health nurses, and ultimately helping to provide optimal care to people suffering from mental illness.

Thanks

Petrea Taylor
RN BN MN CPMHN (c)
Clinical Nurse Specialist
Mental Health Program, SERHA
Moncton City Hospital
Moncton, New Brunswick
(506) 857-5246



An invitation to participate

Canadian
Federation of
Mental Health
Nurses

Biennial
Conference and
Annual General
Meeting -

Hope, Health,
and Healing:
Mental Health
Nursing Around
the Corner,
Around the
World

Marriott Hotel
Halifax,
Nova Scotia
October 21-23, 2009

SPONSOR & EXHIBITOR OPPORTUNITIES

The Nova Scotia Mental Health Nurses Interest Group, affiliated with the Canadian Federation of Mental Health Nurses, is hosting the 4th National Conference for Psychiatric and Mental Health Nurses in Halifax, October 21-23, 2009. The Federations' biennial conference and annual general meeting is expected to attract 300 top Canadian mental health and psychiatric professional nurses.

Keynote speakers for the event will be the Honourable Michael Kirby, Chair of the National Mental Health Commission, and internationally renowned mental health nurse practitioner and researcher Dr. Cheryl Forchuk, RN.

Why support the 2009 CFMHN Biennial Conference?

- Obtain exposure to 300 influential health care professionals
- Gain valuable visibility for your product, service or program
- Network with top mental health nursing leaders
- Make important contacts with industry colleagues
- Hear suggestions about improving your product or service



Mental health is critical to the development of a healthy and productive society. Sponsorship gives your organization visibility and shows support for the nursing profession. Show your leadership by investing in the 2009 CFMHN conference.



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

MEMBERSHIP RENEWAL TIME FOR 2009

Dear CFMHN Supporter:

As the membership year draws to a close it is that time to again renew your membership support for your national association.

On behalf of our Board, I would like to personally invite you to renew today and provide us with much needed support as we continue to work on your behalf, both nationally and with your respective provinces.

Our National Board has been very active during the past year, meeting regularly with key representatives from the Canadian Nurses Association, the Canadian Mental Health Collaborative Initiative, and a number of other organizations and committees across Canada relevant to psychiatric and mental health nursing. These are important relationships for us to maintain within the profession and your membership support directly helps us do our job on behalf of mental health nurses everywhere.

As a member of the Federation you will also receive the following benefits:

- 3-4 issues per year of our national e-newsletter or e-bulletins
- Significant discounts on national conference fees
- Ability to purchase our Standard of Practice at member bulk rates

Starting in 2008 we upgraded our website and made the newsletter available to you electronically, ensuring a much more timely delivery. Members will be receiving the "members only" login instructions under separate cover.

Please do not wait. Use the enclosed membership form and renew today. **OR, use our WEB-BASED, on line registration.** Simply log onto: **www.cfmhn.ca** and follow the directions – it's easy!

I am looking forward to meeting as many of you as possible at CFMHN-hosted events over the year.

Yours sincerely,

Christine Davis

CFMHN
President

1 Concorde Gate, Suite 109, Toronto, ON M3C 3N6
Tel (416) 426-7029 Fax (416) 426-7280
Info.mental.health@firststageinc.com



Canadian Federation of Mental Health Nurses

1 Concorde Gate, Suite 109, Toronto, ON M3C 3N6

Tel (416) 426-7029 Fax (416) 426-7280

Info.mental.health@firststageinc.com



2009 MEMBERSHIP FORM

(Effective January 1st to December 31, 2009)

Mail to Home

Mail to Work

Please provide all requested information

Name _____ Phone _____

Home Address _____ Apt. # _____

City _____ Prov. _____ P.C. _____

E-mail _____ **NOTE: Email is important as we are exploring new ways to connect with our membership**

Place of Employment: _____

Address: _____

Position: _____

Work Phone: _____ Fax: _____

☐ \$40.00 Individual Membership

or

☐ \$30 each for 5 members from one agency (Please photocopy form for multiple memberships)
-(must register at same time)

Payment can be made by personal or institutional cheque or money order. Make Payable to: CFMHN

Or use your credit card:

VISA

MasterCard

Card #: _____ Expiry Date: _____

Signature: _____

MAIL TO: CFMHN, 1 Concorde Gate, Suite 109, Toronto, Ontario M3C 3N6

CFMHN Membership Form 2009



Your 2008 CFMHN National Board of Directors

PROVINCIAL REPRESENTATIVES

British Columbia

Paula Tognazzini
paula.tognazzini@nursing.ubc.ca

Alberta

Marg Osborne
mosborne@telus.net

Saskatchewan

Susan Grandish
sue.grandish@rghealth.ca

Manitoba

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crawleybeames@rogers.com

Quebec

Vacant

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Julia Gajewski-Noel
noel@unb.ca

Nova Scotia

Sherette Curie
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Prince Edward Island

Gloria McInnis-Perry
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Yukon

Vacant

Nunavut

Vacant

Newfoundland & Labrador

Anna-Marie Kean
amkean@nl.rogers.com

Northwest Territories

Vacant

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Past President / Director of Communications/ Web Site

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Director of Membership

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Director of Finance

Marg Osborne
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Director of Quality, Practice & Research

Gloria McInnis-Perry
gjmcinnis@ihis.org

The editor of the
CFMHN Newsletter is
**Susanne Sferazza-
Swayze**

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

Contact her at:
ssferraz@stjosham.on.ca



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

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CFMHN
President



Canadian Federation of Mental Health Nurses

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Tel (416) 426-7029 Fax (416) 426-7280

Info.mental.health@firststageinc.com

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☐ \$40.00 Individual Membership

or

☐ \$30 each for 5 members from one agency (Please photocopy form for multiple memberships)

★ (must register at same time)

Payment can be made by personal or institutional cheque or money order. Make Payable to: CFMHN

Or use your credit card:

☐ VISA

☐ MasterCard

Card #: _____ Expiry Date: _____

Signature: _____

MAIL TO: CFMHN, 1 Concorde Gate, Suite 109, Toronto, Ontario M3C 3N6