Canadian Federation of Mental Health Nurses
Fédération Canadienne des Infirmières et Infirmiers en Santé Mentale
Winter 2008 | Edition Number 46

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Special Points of Interest:

Web edition of newsletter will soon be available!

Poetry Corner has been added!

Keep your eyes open!

Links from the Web Café-

Check Out this great site room the Canadian Collaborative Mental Health Initiative at

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President Message

Presidents' Message from the chair of the past-president (in my kitchen in Courtenay, BC on a rainy, blowy, wet-coast day)

Well it's been a busy year and Chris is taking a much-deserved break. The CFMHN has been the voice of PMH nurses at several tables this year, and Chris has been that voice at many of them. With this in mind, the first order of business is to give a heartfelt thanks to Chris for the many dedicated hours she has given to the CFMHN, and to support her as she takes a short breather.
As I write this I am thinking about the CMHA webpage and the great guidance it provides about maintaining our mental wellness through balance in our lives. So thanks also to Chris for role modeling this for the rest of us who may not always keep our lives so well balanced. Visit the CMHA www.cmha.ca webpage and check out "Your Mental Health" for some insightful information.

The board of directors has met monthly by teleconference and has focused their discussions on the continued work of meeting the commitment of a national voice. To this end, each of the provincial representatives has begun to respond to any email requests that come from members in their respective provinces. Each representative is working closely with any provincial professional practice groups that are active to support continuity for members between provincial and national groups.

The board has identified a task committee that is developing a proposal to look at the issue of the "Erosion of Community Mental Health Nurses" as a research project. Gloria McInnis-Perry (PEI) is the board contact for this project and Carol Ewashen from Alberta is taking a leadership role with her. Anna-Marie Keane (NL/L) is completing the National Survey regarding PMH nursing in core curriculum in undergraduate programs, and we are looking forward to those results in this next calendar year. Marie Gagnon (Q) is looking into opportunities for French translation of the survey. Marg Osborne (AB) has taken on the role of treasurer for the CFMHN and we are so pleased to have her expert eyes in this important role.

The planning committee for the Halifax 2009 "Hope, Health and Healing" conference is actively meeting and will be providing an update on their activities in each newsletter leading up to the event.

We have had several requests to post the Canadian Psychiatric Mental Health Nursing Standards of Practice (CPMHN) on our webpage in a downloadable version. After discussion and review of other professional groups' practice, the decision has been supported and you will soon have access to the CPMHN Standards at www.cfmhn.ca. Hard copies will continue to be available through our office by mail or through each provincial representative.

A major involvement for the CFMHN, has been as a partner in the Canadian Collaborative

Continued on page 2

Mental Health Initiative. Board members and members-at-large have participated: in the roll-out of the education toolkits (both as trainers and as learners); in the Mental Health Literacy Campaign; by submitting a CFMHN brief to the Royal Commission on Mental Health; and have submitted an abstract regarding the standards of practice to the CCMHI national conference being held in Victoria in May 2008.

The CFMHN annual meeting dates have been approved for June 14th in Ottawa in collaboration with the CNA millennium conference. The membership will be voting in a new president and some board representatives at this meeting, and members are strongly urged to put names forward for nominations. The president position is open to any board representatives from the east this term. Announcements and notice of the meeting will be provided as we near the date of the Annual Meeting.

a message from your president

As I look back on what I have written here, it is obvious that the road ahead lies clearly in 'collaboration': with patients' and the work of collaborative care models nurses engage in across the country; with other healthcare professionals on teams and through education; with other professional nursing bodies such as CNA and the Registered Psychiatric Nurses; with other non-government groups such as CMHA and the mood disorders of Canada; and amongst ourselves from the education, research and clinical perspectives. It is exciting to be a nurse in such an engaging time.

I want to end this message with a request for members to give us feedback about how we are doing. The email for the CFMHN is info@cfmhn.ca. Please keep in mind that the board and the webpage is managed completely by volunteer PMH nurses who are looking for constructive comments.

Wishing each of you a hope filled, healthy and healing year.

Oh behalf of the president,
Ann Greene, Past President

A Warm Welcome For The New Year

Hello Everyone, and Happy New Year! I hope that you all had a wonderful holiday, and wish you all the best for 2008. Welcome to our first edition of our electronic newsletter. I would like to thank everyone who contributed to this issue, and would like to encourage everyone to please get working on information for the next newsletter. We count on all of you to make the newsletter a success, and to provide as much information as possible so everyone can stay informed and updated on the latest news and events.

Therefore, I would like to pass on some information to all of you as well. I thought that there may be some interest in a few sites that I have come across over the last few months. They are informative and all methodically researched. The first is an informative website from the Canadian Mental Health Association. I thought I would pass this on, as it provides updates provincially and from around the word. The title is Mental Health Notes, and they are emailed monthly, if you chose this option. For more information go to www.cmha.ca.

The Psychwatch Newsletter, a Publication of Psychwatch, Inc. is another site. It has world-wide readership in over 105 countries, now in their 10th Year! The site is edited by Chris Nuesell, PhD , and Fritz Galette, PhD. You can visit the website at: www.psychwatch.com

Please join me in celebrating the publication of the CFMHN first edition of the electronic newsletter. This day has been long in the making and the Board of Directors is pleased to take this step in providing news and information to the membership through this medium.

With the addition of Susanne Swayze to the Communications Committee, we have been able to create a process for gathering information and newsworthy items for your reading interest. With so much information on the web, an electronic version of the newsletter allows readers to link directly into other resources from the newsletter.

One of the agenda items for the Board Meetings this winter is discussion regarding the format and frequency of the newsletter. Currently the newsletter is published 3 times a year and contains between 8 and 16 pages of information. Getting information that is current and of interest to the membership is an ongoing challenge and the Communications Committee is regularly challenged to have enough content for

the newsletter. A favoured option is to change the format from a newsletter to a news bulletin and electronically publish every other month throughout the year. This would provide current information that is of interest to the membership. The Bulletin would be one to two pages in length with links to other items of interest as well as news of CFMHN activities throughout the country. Each provincial representative is committed to finding ways to keep their provincial members informed from the national perspective and this is one way that could meet this need.

The Board is interested in your thoughts and ideas regarding this change and wants to hear form you. Please contact your provincial representative or send your comments to: info@cfmhn.ca on this, or on any other newsletter topics. Any emails identified as "Letters to the Editor" will be posted in the next publication.
Respectfully,

Ann Greene, Director of Communications, CFMHN

CFMHN's briefing note September 2007 to the Mental Health Commission

The Canadian Federation of Mental Health Nurses (CFMHN) is an associate group of the Canadian Nurses Association (CNA)and is a national voice of the specialty of psychiatric and mental health (PMH) nursing in Canada. The objectives of the professional practice group are to:

- Assure national leadership in the development and application of nursing standards that inform and affect psychiatric and mental health nursing practice.
- Examine and influence government policy, and address national issues related to mental health and mental illness
- Communicate and collaborate with national and international groups that share professional interests
- Facilitate excellence in psychiatric and mental health nursing by providing our members with educational and networking resources.

The CFMHN (Federation) was formed in 1988. One of the first achievements of the Federation was to pioneer national credentialing in psychiatric and mental health nursing. CNA certification in this specialty was achieved



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Providence Health Care (PHC) is set in cosmopolitan Vancouver, where the best of city living is combined with spectacular scenery and outdoor opportunities. We are recognized for innovation in teaching and research and have become the employer of choice for many of BC's Nurses.

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Nurses are drawn to us for the knowledgable, high-functioning teams, supportive work environments and training and development opportunities. PHC knows how you want to be treated—join us and see for yourself.

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www.providencehealthcare.org

St. Paul's Hospital | Mount Saint Joseph Hospital | Holy Family Hospital |
St. Vincent's Hospitals: Brock Fahrni, Langara, Heather | Youville Residence | Marion Hospice

seven years later. Today, there are more than 2000 nurses certified in the specialty of psychiatric mental health nursing in Canada.

Nurses with certification are eligible to use the CPMHN(C) designation after their names and wear the official CNA certification pin, which is a sign of professional achievement, recognized by organizations across the country.

The CFMHN is a dynamic and effective national body that supports PMH nursing professionals as they pursue positive outcomes, which ultimately support their patients and clients. The CFMHN speaks and acts on concerns shared by PMH nurses at the national and provincial levels. The CFMHN Board of Directors has a representative from each province and territory that links the provincial professional practice groups in psychiatric and mental health nursing and the national CFMHN body.

The CFMHN provides professional networking opportunities of its members through the Federation's meetings, newsletters, interactive web site and direct contact with other members in the national directory. Educational opportunities are available at regional and national Federation events, and at PMH nursing conferences in Canada. The Federation sponsors regional conferences and national conferences in opposite years. The next national conference will be held in Halifax in 2009.

The CFMHN sponsors recognition initiatives that involve sponsorship of a PMH Nursing Excellence Award and working with consumer groups to sponsor the "Courage to Reach Beyond Award" for Canadians living with a mental illness.

The CFMHN has recently published the 3rd edition of the Canadian Standards of Psychiatric and Mental Health Nursing. These national nursing standards of practice are set, maintained, and regularly updated in cooperation with CNA. The CFMHN has representation on the CNA examination committee for the development of the certification examination in PMH nursing. The examination is based on the Canadian Standards of PMH Nursing. Through the CFMHN active membership in the World Federation of Mental Health, an international voice is maintained. The CFMHN has sent delegates to the World Mental Health conferences in various countries.
The CFMHN publishes a member newsletter three times per year and manages an active web site that is linked with other professional websites of common interest. The web site provides members and the public at large with information regarding the activities of the CFMHN, job opportunities in PMH nursing, upcoming conferences and meetings, educational opportunities and links & resources. The web site also hosts a contact page for members and the public. Volunteer members of the CFMHN manage this page and professional PMH nurses respond to all requests for information.

The CFMHN maintains a database of nurses with a variety of expertise. These are nurses that have identified their particular areas of expertise within the specialty and have made their names available as resources for contact regarding the particular area of interest.
Areas of expertise are identified as:

- Abuse/violence
- Adolescence
- Adults
- Children/youth
- Crisis/Emergency Response
- Developmentally Disabled
- Forensic Issues
- Individual Therapy
- Medication
- School Health
- Women's Issues
- Addictions
- Administration
- Aging
- Community
- Cross-Cultural Issues
- Family Therapy
- Group Therapy
- Couples Counseling
- Research
- Sexuality
- Education

The CFMHN Board of Directors meets monthly through teleconferencing and annually face-to-face. The administrative support to the CFMHN is managed centrally by First Stage Enterprises Inc. in Toronto, Ontario. This support maintains the database for membership, manages the teleconferencing needs, minutes and other administrative activities as requested by the Board.

The CFMHN has actively participated and has member representation in the Canadian Collaborative Initiative in Mental Health and Mental Illness. CFMHN member nurses are participating as expert panel members in the CCMHI teleseminars and webinars hosted this fall by the CCMHI project.

The Board of Directors b
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Past-President & Direc
Ann Greene, BC
Manitoba Representa
Robb Desrochers
PEI Rep & Director
Gloria McInnis-Pe
NFLD & Labrador
Anna-Marie Kea
New Brunswick
Ontario Represe
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The Board of Directors by province and position are:
President & CCMHI Representative - Christine Davis, ON
Past-President & Director of Communications - Ann Greene, BC
Manitoba Representative & Director of Membership - Robb Desrochers
PEI Rep & Director of Quality Practice/Research - Gloria McInnis-Perry
NFLD & Labrador Rep & Education Committee Chair - Anna-Marie Kean
New Brunswick Representative - Julia Gajewski Noel
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Saskatchewan Representative - Sue Grandish
Nova Scotia Representative - Sherrette Currie
British Columbia Representative - Paula Tognazzini
Alberta Representative - Marg Osborne

The Canadian Federation of Mental Health Nurses is proud to extend an invitation to the Mental Health Commission to access our collective and individual expertise from throughout Canada and across healthcare services. Our diversity, collective wisdom and collaborative history are available to the Commission for this important and necessary work as you move forward to meet the objectives set out for the Commission.

Please contact us through either the President and CCMHI representative, Christine Davis at 613-345-0660 or email at: cadavis@sl.on; our website contact info@cfmhn.ca; or through our administration office 416-426-7029.

Respectfully submitted on behalf of the CFMHN.
Ann Greene, Director of Communications, CFMHN

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

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.

The following is information that may be of interest to you:

The BC Centre of Excellence for Women's Health will be gathering information (via virtual focus groups) on strategies for improving addictions treatment for First Nations and Inuit women at risk of having children affected by FASD, for the FASD program. If you are interested in being involved or want more information, please go to:
www.coalescing-vc.org/virtualLearning/community5/default.htm
and contact them directly.
BC Funding Nursing Projects
Doris D. Fox, Administrative Assistant
Aboriginal Nurses Association of Canada
Website: www.anac.on.ca

News from Vancouver

The Province has awarded funding totalling $116,692 to the BC Women's Hospital and Health Centre, an agency of the Provincial Health Services Authority, and Vancouver Coastal Health as part of the government's Aboriginal Nursing Strategies, Health Minister George Abbott and Vancouver-Burrard MLA Lorne Mayencourt announced today. This year, the province wide Aboriginal Nursing Strategies initiative will provide $500,000 to projects focusing on Aboriginal nursing in B.C. "We are focused on providing the best possible health outcomes for all British Columbians, and we are continually examining ways in which we can deliver culturally tailored health care that directly benefits communities," said Abbott. "With that in mind, this year we have doubled the amount of funding available through our Aboriginal Nursing Strategies."

Aboriginal nursing projects receiving funding through the Ministry of Health's Nursing Directorate must focus on at least one of four main goals:

- Encouraging Aboriginal students to consider nursing as a career and supporting Aboriginal students currently enrolled in nursing programs;
- Recruiting and retaining Aboriginal nurses;
- Supporting nursing in Aboriginal communities in B.C.; and
- Developing health promotion and disease prevention materials for B.C.'s Aboriginal communities.

"Today we celebrate three exciting projects that are focused on improving wellness in Aboriginal communities around the province," said Mayencourt. "Quality nursing care for all British Columbians is a priority for this government. This year, 15 projects received funding through the Aboriginal Nursing Strategies and, since 2001, we have invested $174 million towards educating, recruiting and retaining nurses across B.C."

The BC Women's Hospital and Health Centre's Connections in Care: Building Capacity for Nurses in Aboriginal Communities project received $35,000 in funding and will focus on the retention of nurses currently working in Aboriginal communities. Project organizers will work with these nurses to identify and build on community strengths. There are also plans for the creation and delivery of a two-day workshop to help develop strategies for managing and preventing staff burn-out for nurses working in Aboriginal communities.

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"This project is an exciting opportunity for focusing on the strengths of our Aboriginal communities and to build on this strength as a way of keeping nurses working in these communities," said Lerinda Swain, nurse clinician with the Aboriginal Health program at the BC Women's Hospital and HealthCentre. "Our aim is for this project to contribute to a greater understanding of the benefits and challenges of working within Aboriginal communities in order to best support health care for Aboriginal people around B.C."

"The funding from the Province will help retain nurses working in Aboriginal communities to ensure we have a strong nursing workforce," said Dr. Liz Whynot, president of BC Women's Hospital and Health Centre. "A healthy workforce is an important part of delivering the best case for our patients."

Vancouver Coastal Health received funding for two Aboriginal Nursing Strategy projects this year. The Mentoring Current and Prospective Aboriginal Nursing Students project received $29,932 in funding and its main goal is to increase the capacity of Aboriginal nursing in the Vancouver Coastal Health region. The pilot project focuses on mentoring as a key way to support current and prospective Aboriginal nursing students.

"One of the primary goals of this project is working towards enhancing health care for the large Aboriginal community served by Vancouver Coastal," said Dr. Amy McCutcheon, chief nursing officer and executive lead, professional practice for Vancouver Coastal Health.

"Mentorship in a supportive and culturally focused environment will provide nurses and nursing students with a number of opportunities for personal and professional growth."

The Practice Exchange Between Nurses Working in Urban and Remote Aboriginal Communities project received $51,760 in funding and will provide Aboriginal nurses working in remote communities with the opportunity to refresh their acute clinical skills through internships in urban hospitals. The project will also give nurses in urban centres an insight into health care in Aboriginal communities.

"This project is an exciting opportunity for Aboriginal nurses working in small, remote communities to refresh their skills and to experience working life in an urban setting," said McCutcheon. "These nurses will also have the opportunity to share their knowledge of Aboriginal issues and culture with urban nurses, an experience that we hope will provide a heightened understanding of the unique health care issues faced by Aboriginal communities."

In June 2007, the Ministry of Health issued a request for proposals for Aboriginal nursing projects for 2007/2008. A total of $500,000 was available to Aboriginal groups, post-secondary institutions, nursing associations and other organizations. All funded projects must be completed by March 31, 2008 and the each project's organizer must submit a final evaluation report to the ministry by April 15, 2008.

Aboriginal Nursing Strategies funding reflects the goals of the Pacific Leadership Agenda and demonstrates the Province's commitment to building a new relationship with Aboriginal people and to closing gaps in health, housing, education and economic opportunities.

For more information about Aboriginal Nursing Strategies, please visit www.health.gov.bc.ca/ndirect/.

Media contact:
Marisa Adair, Communications Director
Ministry of Health
250 952-1889
250 920-8500 (cell)

CFMHN'S
"STANDARDS OF PROFESSIONAL PRACTICE"

Are now available to download from the web site.

www.CFMHN.ca

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The editor of the CFMHN Newsletter is Susanne Sferrazza and she is always looking for interesting articles for the newsletter. Contact her at: ssferrazza@stjosham.on.ca

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Poster of the Canadian Federation's *Standards of Practice* created by PMHN in Newfoundland and Labrador

The Special Interest Group for Psychiatric-Mental Health Nurses of Newfoundland and Labrador (PSIGNAL), created a poster highlighting the Canadian Standards of Practice for Psychiatric-Mental Health Nurses. The purpose of the poster is to encourage PMH nurses to recognize their special body of knowledge and to inform the public and other allied health professionals of the practice of PMHN. Karen Whitehorne, president of PSIGNAL, shared that as a group of nurses "We are trying to raise the bar!" This project was made possible by a fund created for special interest groups to promote evidence-based practice by The Association of Registered Nurses of Newfoundland and Labrador (ARNNL). ARNNL awarded PSIGNAL funds to complete this project. The pictures of PMH nurses performing their various roles depicting each of the Standards of Practice were taken by PSIGNAL. These posters were brought to ARNNL provincial annual general meeting and shared with nurses within and outside the discipline. In addition, posters were distributed to PSIGNAL members at their annual general meeting and education day in October 2007. Posters can now be seen hanging on walls in practice areas across the province. PSIGNAL is in the process of mailing out to other PMHN in the province and the additional cost of mail will be covered by PSIGNAL with ongoing efforts to lobby for government funding.

Aboriginal Nurses Association of Canada

32nd A.N.A.C. Conference and Annual General Assembly
August 14, 15 & 16, 2008
Delta Halifax, Halifax, Nova Scotia
"Embracing the Diverse Roles of Aboriginal Nursing"
Call for Abstracts: Oral, Workshop and Poster Presentations

On behalf of A.N.A.C.'s Board of Directors and organizing committee you are invited to submit an abstract for presentation at the 32nd ANAC Conference: "Embracing the Diverse Roles of Aboriginal Nursing". The themes addressed for this year include Cultural Competency, Health Human Resource and Aboriginal Health Nursing. Please submit your oral, workshop or poster presentations by the deadline, April 4, 2008:

- Oral Presentations will be 30 minutes in length which includes 10 minutes of questions
- Workshops should be 60 minutes in length and interactive
- Poster display Abstracts must contain the following information:
- Title of presentation
- Type of Presentation (poster, oral or workshop)
- Presenter(s)/Author(s) (include bio)
- Contact details
- Audio/Visual requirements

Abstract submission must not be longer than 150 words. Abstracts meeting one of the following criteria will be given special consideration:

- Submission by First Nations Inuit or Métis Students
- Research that measures the effectiveness of innovative health care intervention;
- Research that involves exemplary partnerships between researchers and First Nations, Inuit and Métis Communities

All abstracts must be submitted in electronic format (ms word) to:
Connie Toulouse, Finance/Administration
Aboriginal Nurses Association of Canada
56 Sparks Street, Suite 502, Ottawa, ON K1P 5A9
Email: ctoulouse@anac.on.ca
Notification of Abstracts and Acceptance of Paper or Presentation will be made by: May 4, 2008

The Conference will take place at the:
Delta Halifax
1990 Barrington Street
Halifax Nova Scotia
Register early! A block of 50 Rooms are available at a rate of $129/night + taxes at the Halifax, Nova Scotia,B3J 1P2
Tel: 902-425-6700
Fax: 902-492-6405
Toll-Free : 1-877-814-7706

Note: Delta Halifax - until July 11, 2008 – please quote "A.N.A.C." when booking. You may register by mail or fax. Registration forms are available online at www.anac.on.ca, or by calling our office.

ANAC Members	After July 11, 2008
$250	$350
Non-Members	
$300	$400
Student Members	
$75	$100

Note: Presenters and participants are responsible for their own travel expenses. Registrations- Early Bird- on or Before July 11, 2008.

For more information, please contact Connie Toulouse at:
Aboriginal Nurses Association of Canada
56 Sparks Street Suite 502, Ottawa ON K1P 5A9
Telephone: (613) 724-4677 - Toll free: (866) 724-3049
Fax: (613) 724-4718 E-mail: info@anac.on.ca

Featuring our highlighted board profiles for...

Paula Tognazzini, MSN, RN
Senior Instructor at the University of British Columbia in Vancouver,Bc.
Email: tognazzini@nursing.ubc.ca
Educational Background
MSN, University of British Columbia
BSN, University of British Columbia
RN, Holy Cross Hospital School of Nursing, Calgary, Al

Current Teaching
I teach in the undergraduate program focusing on population health promotion, mental health, addictions, and family nursing.

Current Research and Scholarship
For six years, I have been involved with depression screening projects at four secondary schools in Vancouver's lower mainland and partnered with UBC Wellness Center and Canadian Mental Health Association to set up education booths for depression and anxiety national screening day in October.

Anna-Marie Kean
My name is **Anna-Marie Kean**, current provincial rep and board of director for Canadian Federation of Mental Health Nurses. I am living in the town of Paradise (located just outside the capital city, St. John's) with my husband, Marvin and our three children, Andrea (21), Darryl (20) and Jordan (17). I graduated SCMH School of nursing in 1984 and have worked 23 years as a Psychiatric-Mental Health Nurse. I have spent 16 years working in psychiatry acute care from 1984 to 2000. Following, I worked as a Crisis Intervener providing crisis intervention at a community mental health crisis centre from 2000 to 2007. I am currently employed as a Community Psychiatric-Mental Health Nurse with the mental health and addition program in the role of mental health and addiction counsellor to people across the lifespan.

I attained CNA certification in PMH nursing in 2005. I completed a BN and graduated from Athabasca university honours with great distinction. I have attended many therapy workshops to enhance my practice.
Current nursing council rep for psychiatric mental heath nursing with community health services, Eastern Health, St. John's region.

Current chair of education committee of Canadian Federation of Mental Health Nurses
Founding member of provincial special interest group for P/MH nursing (PSIGNAL) and I served as secretary of PSIGNAL from 2004-2006.

I am current member of an Association of Registered Nurses of Newfoundland and Labrador, advisory committee on the role of the community mental health nurse and primary author of a paper entitled "Role of the Community based PMH Nurse in Newfoundland and Labrador".

Anna-Marie

Forensic Nurses' Society of Canada

I couldn't wait to tell everyone about this site. Canadian forensic nursing is finally being recognized as a legitimate sub speciality!

The Forensic Nurses' Society of Canada (FNSC) is a uniquely Canadian organization for forensic nurses to communicate and bridge the distances between us. The organization was approved as an emerging special interest group of the Canadian Nurses Association in July 2007. Although their focus is Canadian forensic nurses they also welcome nurses from other backgrounds and countries, including student nurses. Also welcomed are other professionals as affiliate members, including paramedics, physicians, police, social workers, scientists, and legal professionals. Membership is free until April 1, 2008 at which time a yearly fee structure will be in place. Membership has been consistently growing since its humble beginnings.

The goal of the FNSC is to provide a network for forensic nurses, and a forum to discuss evidence based practice in forensic areas. Interested authors are invited to submit reviews of recent research or articles, to share their original research or write opinion papers on topics relevant to forensic nursing practice.

While most of the site is open to the public, members have additional password protected access to a group discussion forum to facilitate nursing practice particularly in isolated areas or types of practices and to ensure confidentiality as we improve our practice working with our vulnerable populations. For more information go to www.forensicnurse.ca.

Forensic nursing is a new and upcoming speciality, and is gaining visibility. Although forensic nurses currently don't need an advanced degree or certificate to work in the field, the American Nurses Association recognized it as a subspecialty in 1995, and the IAFN is working to establish a core curriculum for it. www.nurseweek.com/features/98-7/forensic.html

Acting Executive
Cathy Carter-Snell, President/webmaster cartersnell@shaw.ca (Alberta)
Sheila Macdonald, Membership coordinator Sheila.Macdonald@wchospital.ca (Ontario)
Sheila Early, Bylaws coordinator & IAFN global representative sdeconsulting@telus.net (British Columbia)
Kathleen Soltys, Secretary-Treasurer ktsoltys@telusplanet.net (Alberta)

Please feel free to contact any one of the helpful and dedicated board members for more information.
Susanne Swayze RPN

How We Live, How We Learn, and How We Work: Implications for the Prevention and Treatment of Childhood Obesity

The Coast Plaza Hotel & Suites
Vancouver, British Columbia, Canada
October 2nd – 4th, 2008

On behalf of UBC Interprofessional Continuing Education, we are excited to announce that the advance notice for the Childhood & Adolescent Obesity 2008 conference (October 2nd – 4th, 2008 in Vancouver, BC, Canada) is now available online at: www.interprofessional.ubc.ca/Obesity_Conference.htm.

This conference brings together an interdisciplinary group of professionals who work in the field of childhood and adolescent obesity or are confronted with this growing problem. Issues that influence how we 'live', how we 'learn', and how we 'work' and their implications for childhood obesity will be highlighted.

(see article on page 13)

If possible, it would be greatly appreciated if you would kindly post the conference information on your organization's website or forward this e-mail to members of your organization.

For further information or a downloadable flyer, please visit our website at www.interprofessional.ubc.ca or contact 604-822-7524 or via e-mail ipad@interchange.ubc.ca.

If you wish to obtain a printed copy of the advance notice, they may be requested by contacting our office: Telephone: (604) 822-7524 or Toll-free within BC: 1-877-328-7744; by Fax: (604) 822-4835 or via E-mail: ipad@interchange.ubc.ca. In the meantime, please do not hesitate to contact me if you have any questions/concerns regarding this conference.

Don't forget to mark your calendar!

	Agree	Strongly Agree
Effectively conveyed information	91%	81%
Was clear and concise	95%	81%
Provided enough time for discussion	85%	69%
Satisfaction with Session Content		
Met needs	80%	54%
Was credible & unbiased	89%	67%
Was relevant	93%	73%
Met expectations	91%	48%
Enhanced skills & knowledge	76%	60%
Applicable to practice	89%	73%
Pre-material enhanced session	91%	81%
Satisfaction with Speaker		
Interaction with speakers	78%	54%
Interaction with participants	73%	42%
Instruction on seminar topic	93%	75%
Group discussion	60%	42%

E-learning Project

Dear Colleagues:

We are pleased to provide you with a copy of our December 2007. News Brief New funding to extend this project (Phase II) is currently being explored. Phase II activities may include:

- additional e-learning sessions in 2008
- additional online resources and expanding the website capabilities and providing resources in both French and English

French CE programs (sessions will take place in February 2008 - dates to be determined) a CE E-Learning 'How to Guide' (a toolkit that will assist others in planning, implementing and evaluating CE E-learning programs)

The Project

The "Strengthening Collaborative Education using E-Learning Technologies" project (Phase I) spanned February to November 2007. Its purpose was to increase the use of the CCMHI Education Toolkit. Two types of interprofessional continuing education sessions were offered: five teleseminars and three webinars. The 90-minute Teleseminars involved a basic introduction to interprofessional education and collaborative mental health care. The 120-minute webinars used a 'train-the-trainer' format to teach future facilitators how to implement the CCMHI Education Toolkit activities in their practice or learning setting. Both were facilitated by interprofessional experts and included various guest speakers:

Facilitators: Dr. Thomas Ungar, MD, MEd, CCFP, FCFP, FRCPC, DABPN (Chief of Psychiatry, North York General Hospital, Assist. Prof. (Psychiatry), Faculty of Medicine, University of Toronto), Dr. Vernon Curran, PhD (Dir. of Academic Research and Development, Assoc. Prof. of Medical Education, Faculty of Medicine, Memorial University), Enette Pauzé, PhD(c), MSc. (Project Manager, College of Family Physicians of Canada)



I came for the **job.**
I stayed for the **team.**

"I love the team that I work with. We are like a supportive family. Everyone is so professional and caring about their clients. I love how we involve clients in their treatments."

Susanne H., VCH Senior Mental Health Worker

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Vancouver CoastalHealth
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Guest Speakers: Lisa Dolovich (Pharmacist), Karen Davison (Dietitian), Jayne Whyte (Consumer), Dr. John Service (Psychologist), Mary Woodman (Nurse Practitioner), Dr. Carolynne Darby (Psychiatrist), Trieneke Niemeyer (Social Worker), Ann Greene (Registered Nurse/Mental Health Nurse), Jan Stretch (Registered Psychiatric Nurse), Terry Krupa (Occupational Therapist), Dr. Francine Lemire (Family Physician)

PARTNERS

The project was funded by the Canadian Council on Learning, Knowledge Exchange Program and led by 13 Canadian organizations:

The College of Family Physicians of Canada (Project Lead)
Canadian Alliance on Mental Illness and Mental Health
Canadian Association of Occupational Therapists
Canadian Association of Social Workers
anadian Federation of Mental Health Nurses
anadian Mental Health Association
anadian Nurses Association
anadian Pharmacists Association
anadian Psychiatric Association
anadian Psychological Association
anadian Psychiatric Research Foundation
ieticians of Canada
egistered Psychiatric Nurses of Canada

Organizations representing family physicians, psychologists, pharmacists, and psychiatrists accredited the e-learning seminars and the other nine endorsed them. Overall, 40 participants received recognition of their continuing education participation with Continuing Education Credits!
Visit the website at:
www.ccmhi.ca/en/training.html
or contact:
enette@sympatico.ca
Project Funding provided by
Canadian Council on Learning

Who Participated In Phase I?

The sessions appealed to a broad range of learners of different ages, in different places, practicing in different fields with different levels of education: 109 people registered for a teleseminar and 105 for a webinar 35% were Clinicians, 30% Educators, 20% Administrators, and 28% Other: e.g., Peer/Family Support & Counselling, Students, Case Managers 9% considered themselves Experts in CMHC, 52% Moderate, 30% Beginners and 9% had no knowledge 22% were Social Workers, 19% Psychologists, 13% Registered Nurses, 10% Mental Health Nurses, 9% Consumers, Family & Caregivers, 7% Occupational Therapists, 7% Psychiatric Nurses, 3% Family Physicians and 10% "other" (Dieticians, Pharmacists, Psychiatrists) None 9%,Beginner 30%, Moderate 52%, Expert 9%

Experience with Collaborative Mental Health Care

Alberta 14%,Saskatchewan 4%,Manitoba 4%,New Brunswick 4%Other: QB, NS, NL, NT, 6% British Columbia 9%, Ontario 59%

Place of Practice

Social Worker 22%, Occupational Therapist 7%,Family Physician 3% Other: (Dietician, Pharmacist, Psychiatrist)10% Consumer, Family, Caregiver 9% Psychiatric Nurse 7%, Psychologist 19%, Registered Nurse 13% Mental Health Nurse 10%

Professional Background

59% were from Ontario, 14% Alberta, 9% British Columbia, 4% Saskatchewan, 4% Manitoba, 4% New Brunswick, and 6% were from the remaining Provinces and Territories

What Did Participants Have To Say About The Sessions *(see chart page 11)*

Those who participated in the continuing education sessions generally found the session(s) to be well planned and executed, and felt it was a valuable learning experience. The majority reported that: the training resources were 'Excellent', 'Very good' or 'Good' (83%) the information on the website was 'Excellent', 'Very good' or 'Good' (89%), and so was the clarity of that written material (97%) they were 'very likely' or 'somewhat likely' to recommend the project to someone they know (93%), would remember what they learned from the website resources (98%), and would share the information with health care providers (93%)

Findings collected using online questionnaires:

- Pre- and post-program evaluations were completed by participants in order to receive CE credits and/or a certificate of participation
- An overall program evaluation was conducted
- Questionnaires included the Interdisciplinary Perceptions Scale (Leucht et al. 1990), and the Interprofessional Attitudes Questionnaire (Carpenter, 1995). Satisfaction with Session Format

Resources & Tools

The project website contains a number of general and facilitator resources related to collaborative mental health

care and the interprofessional education sessions.
In addition to the various written material, the site also contains audio recordings of each session and some bonus audio clips from experts with tips about professional roles and responsibilities and how to conduct an interprofessional session.

General Resources
Facilitator Tools
Education Toolkit
Project Report
Monthly News Briefs
Project Presentation
Project Poster
Teleseminar & Webinar Posters
CCMHI's Education Toolkit
FAQs & TIPS
Knowledge Exchange Forum
Articles & References
WebLinks
List of Events
Best Practices for Holding an E-Learning Session
CCMHI's Education Toolkit
Audio Recordings (examples of Teleseminars and Webinars)
Messages from Experts (short audio clips)
Welcome Letter to Teleseminars & Webinars with Instructions and Case Studies
CCMHI's Education Toolkit

Next Steps

New funding to extend this project (Phase II) is currently being explored. Phase II activities may include: additional e-learning sessions in 2008 a Knowledge Exchange Forum based on a needs assessment that was conducted with those who expressed an interested in joining a sharing community additional online resources and expanding the website capabilities and providing resources in both French and English. Stay tuned for more information!

FOR MORE INFORMATION
Website: www.ccmhi.ca/en/training.html
Enette Pauzé, PhD. (c), MSc. - Project Manager
College of Family Physicians of Canada
Tel: 416-809-4270
E-mail: enette@sympatico.ca

Consumers and patient groups - take the Cochrane Consumer Network Survey!

The Cochrane Collaboration aims to improve consumer access to relevant health information through the prioritisation of Cochrane Reviews. The process of establishing the most important, useful and relevant health information will be accomplished through your contribution to the survey.

The survey assesses the criteria that you find useful when seeking health information. You will also be asked to select a topic area (Review Group) in which you would like to prioritise reviews. Please note that the CCNet Survey requires only a small amount of your time to achieve invaluable results. With the consideration of review titles and health topics within the survey, we would ask for your patience and input in seeing the survey through to the end.

Go to the URL below to access the CCNet Survey:
www3.cochrane.org/surveys/TakeSurvey.aspx?SurveyID=n6K16l8
Please feel free to forward this information to any other relevant personnel or consumer group to complete the CCNet Survey, as we would greatly appreciate your assistance in distributing the survey. Your contribution to the survey is greatly appreciated!

If you would like more information about this project or the survey, please contact:
Maria Belizan maria.belizan@gmail.com
Or visit www.news.cochrane.org/view/item/review_one.jsp?j=1013

Thank you very much!
You will receive our feedback from the project.

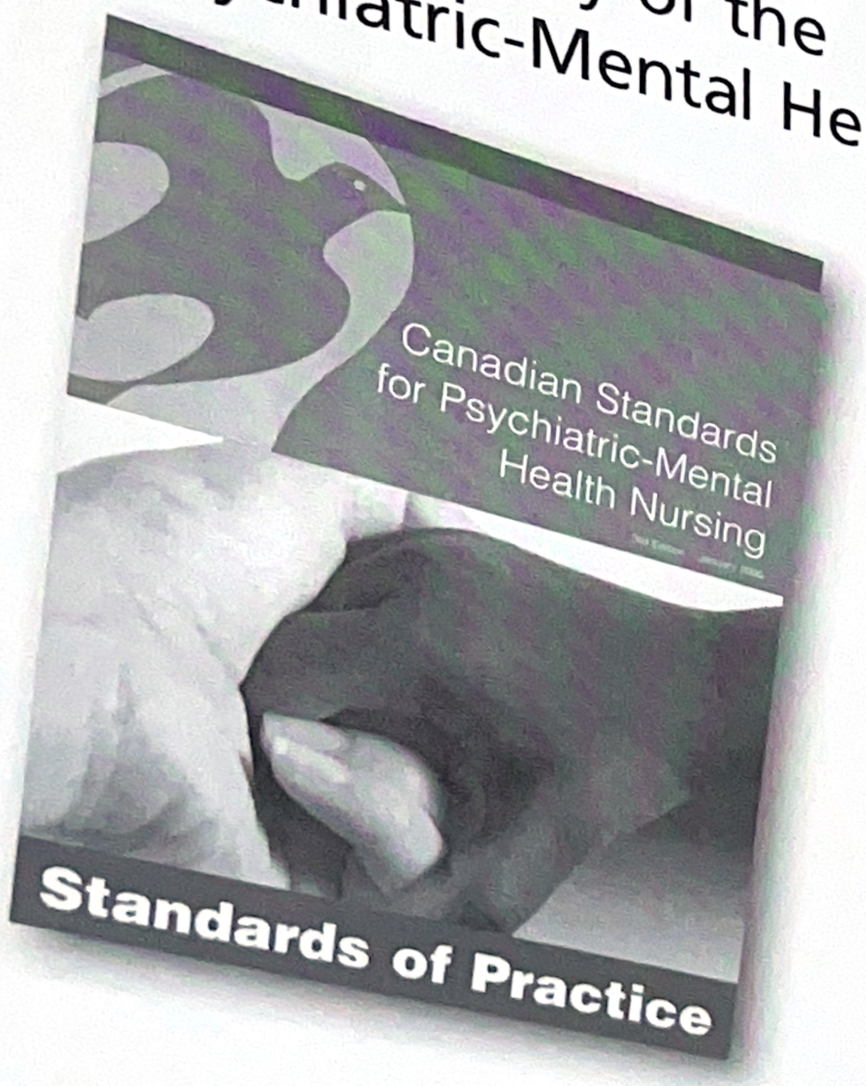
Yours Sincerely,

Janet Wale, Maria Belizan and Sita Vij
Cochrane Consumer Network Prioritisation Project

under the clinical supervision of Paula
hese booths offered information on mental
udents in two of UBC's student residences.

ssociation, these students also participated in depression screening at senior
ught students from grade 8 to grade 12 about depression and suicide prevention.
for dealing with stress was to join Laughter Yoga clubs which exist all over the world. For
Laughter Yoga, go to: www.youtube.com/watch?v=0eB3ISAYE-I&feature=related
be.com/watch?v=ahhN3Ryw4O4&feature=related

Order your copy of the
Canadian Standards for Psychiatric-Mental Health Nursing today!!



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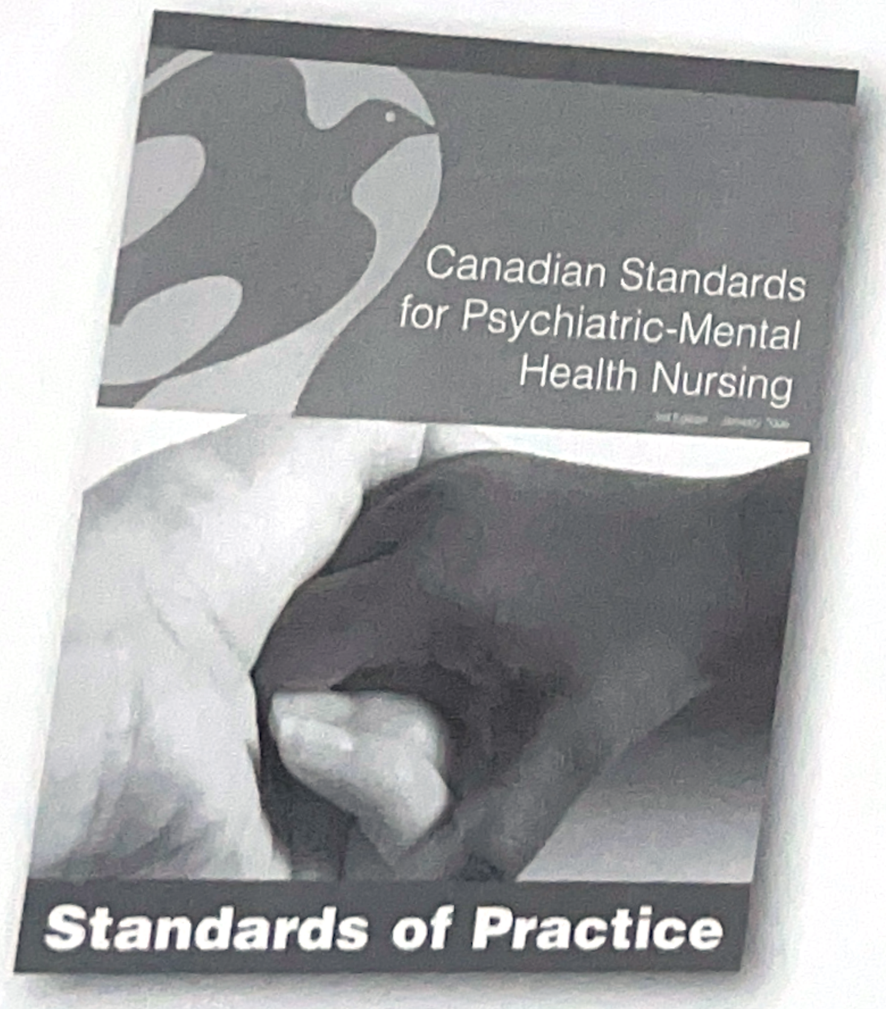
ARE YOU GOING BANANAS? HOW ABOUT SOME LAUGHTER YOGA!!

National Depression Screening Day October 4, 2007.

Seven University of British Columbia School of Nursing undergraduate students under the clinical supervision of Paula Tognazzini, set up education booths called "Are You Going Bananas?" These booths offered information on mental health/illness issues and were accessible to more than 3000 students in two of UBC's student residences.

In partnership with Canadian Mental Health Association, these students also participated in depression screening at senior secondary schools in Vancouver and taught students from grade 8 to grade 12 about depression and suicide prevention. One of their recommendations for dealing with stress was to join Laughter Yoga clubs which exist all over the world. For more information on Laughter Yoga, go to: www.youtube.com/watch?v=0eB3ISAYE-I&feature=related www.youtube.com/watch?v=ahhN3Ryw4O4&feature=related

Order your copy of the
Canadian Standards for Psychiatric-Mental Health Nursing today!!



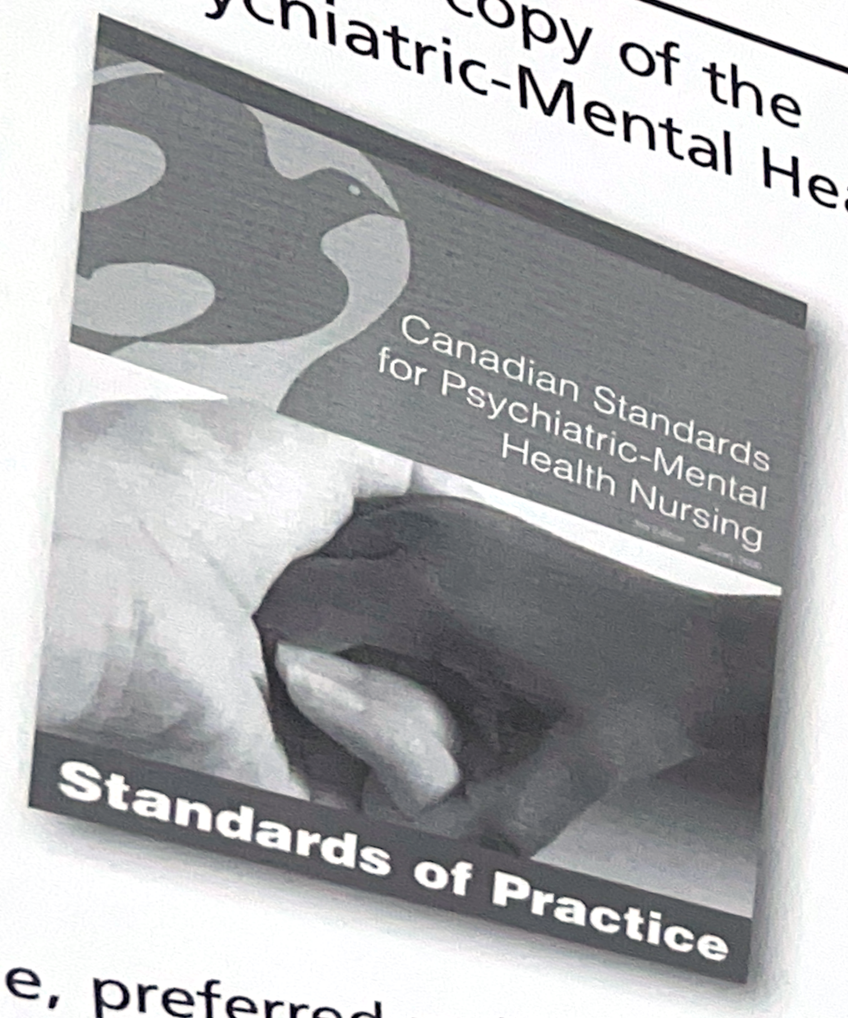
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to:
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1185 Eglinton Ave. East, Suite 104, Toronto, ON, M3C 3C6
or visit our website
www.cfmhn.ca and order online

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in two of UBC's student residences.

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5Ryw4O4&feature=related

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2009 CFMHN National Conference

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From the 1920's to the 1970's Pier 21 was Canada's 'front door' to over one million immigrants, wartime evacuees, refugees, troops, war brides and their children.

Pier 21 is a symbol of Canada's multicultural mosaic as immigrants entered Canada to start their new lives in a new homeland.

The Pier 21 complex will be one of the settings for the CFMN conference. You'll have an opportunity to engage in the interactive displays and fascinating images, and to look through the historical archives. You may even discover your own history on the manifest of the many ships docking in Halifax harbour.

Visionary leaders in mental health will engage participants to explore their understanding and expand their knowledge on how mental health nurses contribute to the Hope, Health and Healing of the people dealing with mental health issues.

The **Honorable Michael Kirby** will provide a keynote address, reporting on the Mental Health Commissions work, 2 years into their mandate. Mr. Kirby will engage us in discussion about how we may influence on both a local and national scope the issues impacting on mental health.

DID YA EVER WONDER WHAT A CEILIDH IS ALL ABOUT?

Ceilidh (pronounced Kay-lee') an Irish and Scottish party or gathering with traditional music, dancing, singing and storytelling.'

So come along to quench your thirst and fill you bellies with good food and good laughs. There will be plenty of music and stories to warm your soul.

Everyone is welcome to join us in Halifax, Nova Scotia,
October 21 – 23 2009

