



in this issue...

Message from your President	1
Editorial	2
Tribute to Nancy Panagabko	2
Farewell Geertje!	3
Thank You Nancy Johnston	3
Mindfulness-Based Cognitive Therapy for Depression	4
Provincial Reports	5
Mental Health and Deafness Conference.	5
Ethical Relationships in Psychiatric Forensic Settings.	6
Mental Illness Awareness Week	7
Book Review	8
2004 Geis Dissertation Award Winner.	8
Improvements in Primary Mental Health Care ..	9
Membership in CFMHN	10
Provincial Representatives and Executive Committee.	11
Call for Abstracts Reminder	11
2005 CFMHN Conference	12

how to reach us

CFMHN

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Message

from your **President** – Chris Davis

It is hard to believe that September is already upon us. I don't know about you but for me the summer has flown by. Actually the time since the last newsletter when I was writing the Editorial not the President's Message, has flown by. So much has happened since that last newsletter. The very sudden death of our friend and President-elect, Nancy Panagabko, in May filled many with sadness and disbelief. It is a tribute to Nancy and her commitment to the work she did, that she has been remembered with fondness and respect by so many working in mental health/psychiatry across Canada. To that end, the Nancy Panagabko Memorial Fund has been established. Information about the fund will be forthcoming on our website at www.cfmhn.org.

Prior to her death Nancy spearheaded the development of the Federation strategic plan- a plan meant to move CFMHN forward over the course of the next year. What greater tribute to Nancy than to see this plan through to fruition! In the last issue of the newsletter, Judy Buchanan described for you the Federation's focus as "Membership, Membership, Membership followed by Standards, External Relationships, Education and Research". That focus will continue with much of the emphasis on membership. Watch for more information in future editions of the newsletter and on our website. In the meantime, I would ask each of you to recruit at least one new member. Remember our strength is in our members!

I want to take this opportunity to acknowledge the recent work of Judy Buchanan our past-President and Editor of the newsletter. Judy stepped in to fill the role of President in a pinch. This speaks to Judy's commitment to the Federation and to the work of mental health/psychiatric nursing. Judy will continue as a member of the Board in her capacity as Past-President, something I am very grateful for!

I also want to thank Linda Nasato who has willingly taken on the role of newsletter editor. Linda can be reached at linda.nasato@sympatico.ca. I know Linda would love to receive your contributions to upcoming issues of the newsletter. This is a great opportunity to try your hand at writing!

On another note, our 2005 conference is on May 26th-28th, in Winnipeg, Manitoba! *Ideas as Endless as the Prairie Sky!* The call for abstracts has just been posted on our website. Check it out!

Finally let me just say that the role of President is a role I have accepted with some ambivalence. I had envisioned being editor of the newsletter, not president. However, I am truly committed to the work that we as mental health/psychiatric nurses do and to the people with whom we work. I know Nancy was committed to raising the profile of our patients and of mental health/psychiatric nursing. This is my tribute to you, Nancy! I'll miss you. ●

"In the South America rainforest, there is a tribe called the Desana, who see the world as a fixed quantity of energy that flows between all creatures. Every birth must therefore engender a death, and every death bring forth another birth. This way, the energy of the world remains complete.

When they hunt for food, the Desana know that the animals they kill will leave a hole in the spiritual well. But that hole will be filled, they believe, by the souls of the Desana hunters when they die. Were there no people dying, there would be no birds or fish being born. We are all creatures in the same forest. "

— Albom



Editorial

— Linda Nasato

Our hearts are sad as we dedicate this issue of the newsletter to the memory of Nancy Panagabko, our president-elect, who passed away suddenly in May. Our thoughts are with her family, friends and mental health colleagues. Changes in our executive committee are detailed further in newsletter as are tributes in Nancy's memory.

In this issue you will also find information and call for abstracts for our 2005 conference in Winnipeg, requests for volunteers for two research studies and other excellent topics. Mental Illness Awareness Week (October 4-10) has the theme Face Mental Illness and I urge all of you to get involved in some way to promote the significant role played by mental health nurses.

As your new newsletter editor I am in partnership with First Stage Enterprises, who are producing the newsletter for the first time, and am very grateful for the patience shown by their team (especially Susan Beatson). Since I retired from the William Osier Health Centre (Brampton, Ontario) in late March I have more time to increase my promotion of mental health nursing in areas such as the CNA Psychiatric /Mental Health Nursing exam committee, past president duties for the Mental Health Nurses Interest Group in Ontario (RNAO) and on the editorial advisory board for Crosscurrents (journal for addictions and mental health published by CAMH Centre for Addictions and Mental Health) Toronto. ●

For Nancy Panagabko (May 9, 1952 to May 3, 2004)

This tribute was written by Ann Greene and read by her at Nancy's memorial service on May 7, 2004.

• — • — •

Isn't it ironic that Nancy would leave us in Mental Health Week and just before Nurses Week?

Mental Health Weeks' banner this year is "Making Connections" and Nancy certainly was an expert in making connections.

Nancy was well connected within the local, provincial and national nursing community, the mental health community as well as the emergency services networks of police, ambulance, crisis needs lines and crisis centers. This is a local, provincial and national loss.

From the National Senate of Social Affairs Committee on Parliament Hill, the Canadian Nurses Association, the Canadian Federation of Mental Health Nurses to the RCMP, other police jurisdictions and Provincial Ministries, words of sorrow and grief are being shared.

I first met Nancy when she came to Comox in the early '90s to complete a survey for the Ministry of Health, Adult Mental Health Services. She arrived as part of a 'revered team from the Capital' that was coming to our rural hamlet to 'tell us how it should be done'.

Well that never happened of course because Nancy was on the team, and her style was not to impose from afar, but to inspire from within. She blew in as a breath of fresh air blows, full of hope and enthusiasm, igniting a flurry of change. Nancy had a gift of motivating others and instilling inspiration to do what's right, to take risks, and take time to laugh while always moving forward on the journey.

I stayed connected to Nancy as she took on the role of providing education for emergency and mental health services

throughout the province. She would come up island to provide in-services on her special topic of emergency mental health intervention.

During these visits, we inevitably got around to the topic of nursing and the professionalism of nursing.

With Nurses Week just around the corner and Florence Nightingales birthday today, it is fitting with Nancy that the theme this year is "Knowledge, Commitment to Work". This 'theme' is what Nancy was all about as a nurse. Her expertise in her special area of practice and her exceptional ability to apply that knowledge across such a broad spectrum of care...taking it out of health and into the larger arena of emergency intervention by police and crisis workers, was a rare gift.

Nancy's work was Nursing, and she embraced it in the variety of jobs and professional activities throughout her career. Her commitment to nursing was evident when she promoted the development of a local chapter of the RNABC Professional Practice Group for Psychiatric Mental Health Nursing here in Victoria.

Although this group, and eventually the provincial group itself, floundered, Nancy was not to be deterred. She went on to inspire many nurses to write the Canadian Nurses Association examination in the specialty of Psychiatric Mental Nursing and carry the CNA designation of certification in the specialty. Nancy was instrumental in creating a study group for this exam and the study group is now embedded in the professional support to nurses within the Vancouver Island Health Authority.

continued on page 3

CFMHN • Fall 2004

Farewell Geertje!

– Carol Ewashen

Geertje Boschma, Provincial Representative for Alberta, resigned from the CFMHN Board as of August 2004. We will sincerely miss her infectious enthusiasm, industrious work ethic, and her many thoughtful and scholarly contributions. We wish her well in her new position with the Faculty of Nursing, University of British Columbia and hope for her continued involvement with the Federation.

Geertje joined the CFMHN Board in 2002. At that time she had an academic position with the Faculty of Nursing, University of Calgary. It was obvious from the start she was very committed to furthering mental health nursing and indeed, clinically, Geertje's background includes specialization in families and mental health. Her primary research

interest is in history and nursing having published in 2003, *The Rise of Mental Health Nursing: A History of Psychiatric Care in Dutch Asylums, 1890-1920*. She remains active in research and is currently primary investigator on a SSHRC funded research project: *Family, community and public responses to asylum care: Rethinking institutional psychiatric mental health care in Alberta (1905-1975)*. Although a dedicated scholar who sets high standards of excellence, Geertje also always has time for family and friends.

We were most fortunate to have someone of Geertje's caliber as a member of the CFMHN Board. Thank you so much for your contributions, Geertje. We wish you all the very best in your future endeavours and look forward to seeing you again! ●



continued from page 2

This of course, was not enough for Nancy. As a member of the Canadian Federation of Mental Health Nurses, Nancy began to take a more active role, and in 2002 accepted the position of Provincial representative to the Board of the Canadian Federation. With her enthusiasm at full throttle, Nancy pulled her previous 'study group' together and convinced them to get involved and established the first 'chapter' of the national nursing group.

Nancy continued her activity at the National level and at her death was the President-elect of the Canadian Federation. She had most recently been in Ottawa presenting a Brief regarding Mental Health Nursing, to the Senate of Social Affairs Committee, on behalf of the Canadian Nurses Association.

A light has gone out for us. Nancy has been a friend and a colleague for many years. I will remember Nancy as a person who had her feet firmly on the ground, while continually reaching for the stars through her knowledge, expertise, humor, confidence and vision for what could be.....and for her infectious laughter.

Nancy kept us connected and committed to our work and I know her wish would be for that connectedness and commitment to continue in her absence.

To Jim and John and Cam and all the extended family, my sincere condolences. On behalf of friends and colleagues in the Mental Health community, I extend to you the invitation to lean on us when you need and tell us to go away when you need that too... And most importantly, 'stay connected'. ●

Thank You to Nancy Johnston

– Judy Buchanan

Nancy Johnston's engagement with the CFMHN began in 1994 when she joined the Board. Her commitment and involvement was evident from day one. What stands out perhaps more than anything else is her unbridled enthusiasm for the organization and for the forward movement of its goals and objectives. Nancy quickly stepped into an executive position on the Board moving from president-elect to president and then as past president; a gift to the organization of 8 years of constancy and commitment. She took the Board over troubled waters. Two prominent examples are: (a) the cancellation of our National Conference in 2000 in the wake of the September 11 attacks in the United States, and (b) a very last-minute postponement of our international conference owing to the SARS outbreak in Toronto in 2003.

Nancy leads by example and with courage, confidence and conviction. She has given exemplary service as Conference Chair (for regional, national and international conferences) and on various Conference Planning Committees. She serves with vision, and in her tenure with the organization has moved it ever-forward from a fledgling somewhat insular organization, to an organization that receives national and international attention and recognition. She has demonstrated skills in negotiation, conflict management, team-building, mentoring. She dreams our dreams for us, and then goes the extra mile to see them through.

It has been both a personal and professional honour to have worked with Nancy Johnston over the years. I have learned, as the CFMHN has learned, from her quality of presence, her keen intellect and her willingness to accept challenges. ●



Announcement

Mindfulness Based Cognitive Therapy: Preventing Relapse in Depression

Presented by the Author and Researcher: Dr. Zindel Segal Ph.D. Professor of Psychiatry and Psychology at the University of Toronto and holds the Morgan Firestone Chair in Psychotherapy at the University of Toronto and directs the Cognitive Behaviour Therapy at the Center for Addiction and Mental Health.

"Mindfulness-Based Cognitive Therapy for Depression",
by Dr. Z. Segal, M. Williams, J. Teasdale 2003

MBCT is an innovative technique and program designed to prevent relapse in people who have recovered from unipolar depression. The program provides tools of cognitive therapy with the practice and clinical application of mindfulness meditation.

Learning Objectives:

1. Describe the types of thinking and feeling loops that increase the risk of depression returning.
2. Describe differences between bringing a 'doing versus being' frame of mind to your problems.
3. List the core tasks negotiated by patients in the 8 week MBCT program.
4. Understand the rationale behind intentionally facing and moving into difficulties and discomfort with an open and acceptant mode of responding.
5. Practice three forms of mindfulness training utilized in MBCT: the Body Scan, Mindfulness of the Breath, and 3-Minute Breathing Space.
6. Describe outcomes from a multi-center randomized trial of MBCT for the prevention of depressive relapse.

October 29 & 30 2004

MacEwan Hall, University of Calgary

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Reports

Manitoba

Veryl Tipliski

National Dissertation Award presented to Dr. Veryl Tipliski

Veryl's 2003 dissertation "Parting at the Crossroads: The Development of Education for Psychiatric Nursing in Three Canadian Provinces, 1909-1955" was selected by the Canadian Society for the Study of Higher Education as the national winner of the 2004 Geis Dissertation Award. At the award presentation on May 31, it was noted that the dissertation was "a major contribution to Canadian nursing history. The researcher's meticulous historical account, the thorough analysis and the balanced discussion provides valuable insights into the relationship between education for psychiatric nursing and larger societal forces."

An article with the same title is to be published in the *Canadian Bulletin of Medical History*, Volume 21, #2, Fall, 2004.

New Brunswick

JoAnne Lewis, RN, BN, MN

New Brunswick Mental Health Nurse Wins National Mental Health Award

At the Canadian Mental Health Association national conference held in Saint John in July, JoAnne Lewis of Saint John received the Marjorie Hiscott Keyes award in recognition of her career within the mental health field. The nomination for this award comes from the host division of the annual conference; this year being the Canadian Mental Health Association - New Brunswick Division.

JoAnne Lewis began her career as a psychiatric nurse in 1968 at the former Provincial Hospital in Saint John, the first psychiatric hospital in Canada. Marjorie Hiscott Keyes was the first psychiatric nurse to work in Canada's first psychiatric clinic located in Toronto. Both of these individuals had similar concerns and commitment in addressing the needs of persons living with mental illness.

JoAnne was recognized for her vision that clients of the mental health system have very diversified needs, that they each have the right of choice in the delivery of services to meet those needs and that their rights must always be protected. Over her professional career she has always placed her focus on the needs of the clients for whom she worked and supported. She has been instrumental as an advocate in lobbying for adequate services within the community that would prevent re-hospitalization for consumers.

She is presently employed with the Regional Health Authority 2 as Quality Utilization Coordinator for Mental Health Services. Three cheers JoAnne — well deserved.

Canada to Convene its First National Conference on Mental Health and Deafness

The first Canadian conference on mental health and deafness will be held at the Marriott Ottawa from September 9 to 11, 2004. Titled *Working Together for a Shared Future*, the conference will address numerous pressing issues that face members of the deaf, deafened, deaf-blind and hard-of-hearing communities throughout Canada.

"Conservative estimates indicate that nearly one-and-a-half million Canadians require communication assistance due to hearing loss," said Carole Willans-Théberge, President of the Canadian Hard of Hearing Association, and a key conference organizer. "Due to social isolation, lack of communication and loss of emotional intimacy, suicide and addiction rates among Canadians with hearing difficulties are much higher than those in the population as a whole."

While many persons with hearing loss struggle to cope with depressive illnesses, few professionals and family members are adequately equipped to help. In fact, mental health services for the hearing impaired are virtually non-existent in Canada.

"The goal of *Working Together for a Shared Future* is to initiate action to overcome this regrettable lack of service," added Willans-Théberge. "The conference will bring together the full spectrum of agencies and individuals who are committed to improving service quality and availability."

People from Canada's hearing-impaired communities will be joined at this groundbreaking national symposium by practitioners and service providers, as well as renowned international health- and social-science experts. Participants will establish vital collaborative links, share knowledge and resources, and explore mental-health and deafness initiatives undertaken around the world.

The conference will focus on a range of topics, including the latest research and treatment models, and current legal, employment and housing issues. Special presentations will address diverse subjects, such as children, seniors, First Nations and minority communities.

The conference keynote speaker will be Dr. Alexis Karacostas, President of the European Society on Mental Health and Deafness, and one of the world's most distinguished experts in the field. Additional speakers will include leading experts from France, Finland, Australia, New Zealand, Kenya and the Netherlands.

Working Together for a Shared Future is sponsored by Reach Canada, a not-for-profit organization dedicated to providing key legal and educational community services to improve quality of life for citizens with disabilities. Since 1981, Reach has successfully mobilized public- and private-sector forces to address equality and justice issues, and pioneer new ways to respond to emerging social challenges in Canada.

For more information, contact:

Reach Canada

400 Coventry Road, Ottawa, ON K1K 2C7

Phone: (613) 236-6636 • TTY: (613) 236-9478

Toll Free: (800) 465-8898 • Email: rrivard@reach.ca

Conference information is also available on the Reach website: www.reach.ca.

Ethical Relationships in Psychiatric Forensic Settings

The ethical issues that arise in psychiatric treatment settings are complex and challenging. Patients can be vulnerable due to the nature of mental illness, and power imbalances, including the possibility of involuntary treatment, add a dimension to therapeutic relationships that are absent in other specialty areas. In *forensic psychiatric* settings a further dimension is added. Forensic practitioners must work within two systems — justice and health care — and must adapt to the demands of both.

Relationships between healthcare professionals and their patients in forensic psychiatric settings occur within a moral climate shaped by the competing demands of both custody and care. Patients are aware that forensic practitioners represent “the system” involved in the enforcement of their confinement or parole/probation. Professionals learn to act with caution, skepticism, and to question patient motives and actions. They face what has been called the “dual loyalty dilemma,” which acknowledges their commitment to meeting needs of both patients and those of society, at the same time. With a new research project, *Ethical Relationships in Psychiatric Forensic Settings*, Drs. Vangie Bergum, Yuri Metelitsa, and I, with an interdisciplinary team of clinical collaborators, wish to examine the *ethical aspects* of practicing in forensic psychiatric settings in Canada.

We want to describe ethical practice from the perspective of healthcare professionals, identify common and challenging ethical issues, and the supports and obstacles which influence a professional's practice. We want to explore what comprises an ethical practice. We specifically wish to be able to answer the following questions:

- How do practitioners working in forensic psychiatric settings develop and maintain ethical relationships with their patients?
- How are trust, respect, and advocacy manifested in a forensic psychiatric milieu?

- How do practitioners reconcile the role of caregiver with the role of investigator?
- What are the most common and the most challenging ethical issues encountered?
- What do healthcare professionals perceive to be necessary to practice ethically in forensic settings?

This research should provide knowledge regarding the challenges of ethical practice in forensic psychiatric settings. It should contribute to educating forensic practitioners and will, hopefully, foster conscious attention to ethical practice in the forensic environment. It is hoped that this research will influence ethical theories (such as relational ethics) in such a way that they truly reflect the realities of practice.

We are waiting for final approval of the project by the Health Ethics Review Board of the University of Alberta. Once approval is in place, we will be recruiting study participants. Healthcare professionals (nurses, nurses aids, doctors, psychologists, social workers) working or who have worked in a psychiatric forensic setting within the last two years to will be invited to participate in this study. Research interviews will take place in-person or by telephone and will last one to two hours. Specific everyday examples of practice experiences will be sought in order to describe the ethical relationships between staff and patients within this unique healthcare area.

If you are interested in participating or would like more information, please contact:

Dr. Wendy Austin, RN, M.Ed. (Counselling), Ph.D.
or Erika Goble, Research Coordinator
(780) 492-2988
The John Dossetor Health Ethics Centre,
5-16 University Extension Centre,
University of Alberta,
T6G 2T4

Do you work with forensic psychiatric patients? Are you interested in ethical practice?

Healthcare Professionals are invited to Participate in a research study.

The purpose of this research is to explore ethical relationships in forensic psychiatric settings.

As a participant in this study, you will discuss your experiences with a researcher during a 1 - 2 hour conversation. The researcher is interested in your experience of establishing and maintaining ethical relationships with patients in a forensic setting. Your identity will not be revealed.

Healthcare professionals in the areas of medicine, nursing, psychology, and social work who are currently working or have worked in a forensic setting within the last two years are eligible to participate.

If you are interested in participating in the study or would like more information contact:

Dr. Wendy Austin
(780) 492-5250

The John Dossetor Health Ethics Centre, 5-16 University Extension Centre, University of Alberta, T6G 2T4



October 4-10
2004

Canadian Alliance on Mental Illness and Mental Health
3 304 Stone Rd. West, Suite 736, Guelph, ON, N1G 4W4
T 519-824-5565 F 519-824-9569 camimh.ca

Mental Illness Awareness Week 2004 "FACE MENTAL ILLNESS"

Planning for Mental Illness Awareness Week (MIAW) is underway, and once again we need your help to ensure that we reach as many Canadians as we can with important messages about mental illness.

Too few Canadians know about the burden of mental illness on our society, and too few sufferers seek help when they need it. Through your assistance in the past, we have opened the eyes of many Canadians to the reality of mental illness.

New this year

Since its launch in 1992, MIAW has been coordinated by the Canadian Psychiatric Association (CPA), with help from many partners. This responsibility has transitioned to the Canadian Alliance on Mental Illness and Mental Health (CAMIMH), with CPA still playing a strong role. Fundamental to our success in 2004 will be our ability to actively engage our supporters to help ensure that our public education campaign reaches more people than ever before. This is where you come in!

MIAW 2004

The theme of this year's campaign is Face Mental Illness. We will build on this theme in future years in order to strengthen the MIAW brand and reinforce awareness year-over-year.

The core elements of the 2004 campaign will include: a grassroots public education initiative; a nationally-distributed poster and bookmark series; and, the 2nd Annual Champions of Mental Health Awards luncheon on October 5 in Ottawa. The luncheon is a component of a new education initiative we are undertaking with federal Members of Parliament, both in their home ridings and on Parliament Hill.

The MIAW poster and bookmark series will feature photographs of people who live with or have lived with mental illness. The posters will tell their stories and encourage Canadians to face the reality of mental illness by learning more about it. These stories will also be featured on our new website, along with lots of information on mental illnesses and their impacts on individuals, families and communities.

Get involved!

Mental Illness Awareness Week offers an excellent backdrop to organize an event that will help raise awareness about mental illness issues.

Our new website, which will act as a resource to you, will be ready in the first week of July at www.miaaw.ca. You will be able to order materials on-line at that time. In the meantime, it's not too early to start thinking about what events you can organize in your community to help raise awareness of mental illness issues. And now is the time to let us know how many posters and bookmarks you will need to supplement your own activities – please use the attached form to order materials.

We urge you to get involved! And let us know if your organization would like to support MIAW financially or through the dissemination of materials.

For information, contact:
Hélène Cote

Tel: 613 234 2815 x 232

email: hcote@cpa-apc.org

Book Review

If you would like to
submit a book review,
please contact
Linda Nasato at
Linda.nasato@sympatico.ca



Dear Dr Tipliski — it gives me great pleasure, as President of the Canadian Society for the Study of Higher Education, to formally advise you that you have been selected as the winner of the **2004 Geis Dissertation Award**. Congratulations!

The Society would like to invite you to attend the annual conference in late May at the University of Manitoba to present your work and receive the award. We do hope you will be able to attend.

Sadly, I am not able to attend the conference myself because of a scheduling conflict but Dr David Kirby will assume the Presidency during the course of the conference and I know he would be delighted if you were able to attend. He can provide you with details about time and place.

Congratulations again on receiving this prestigious award and on your excellent doctoral research. and best wishes for continued success in your scholarly work.

Yours sincerely
Sheila Brown
President CSSHE

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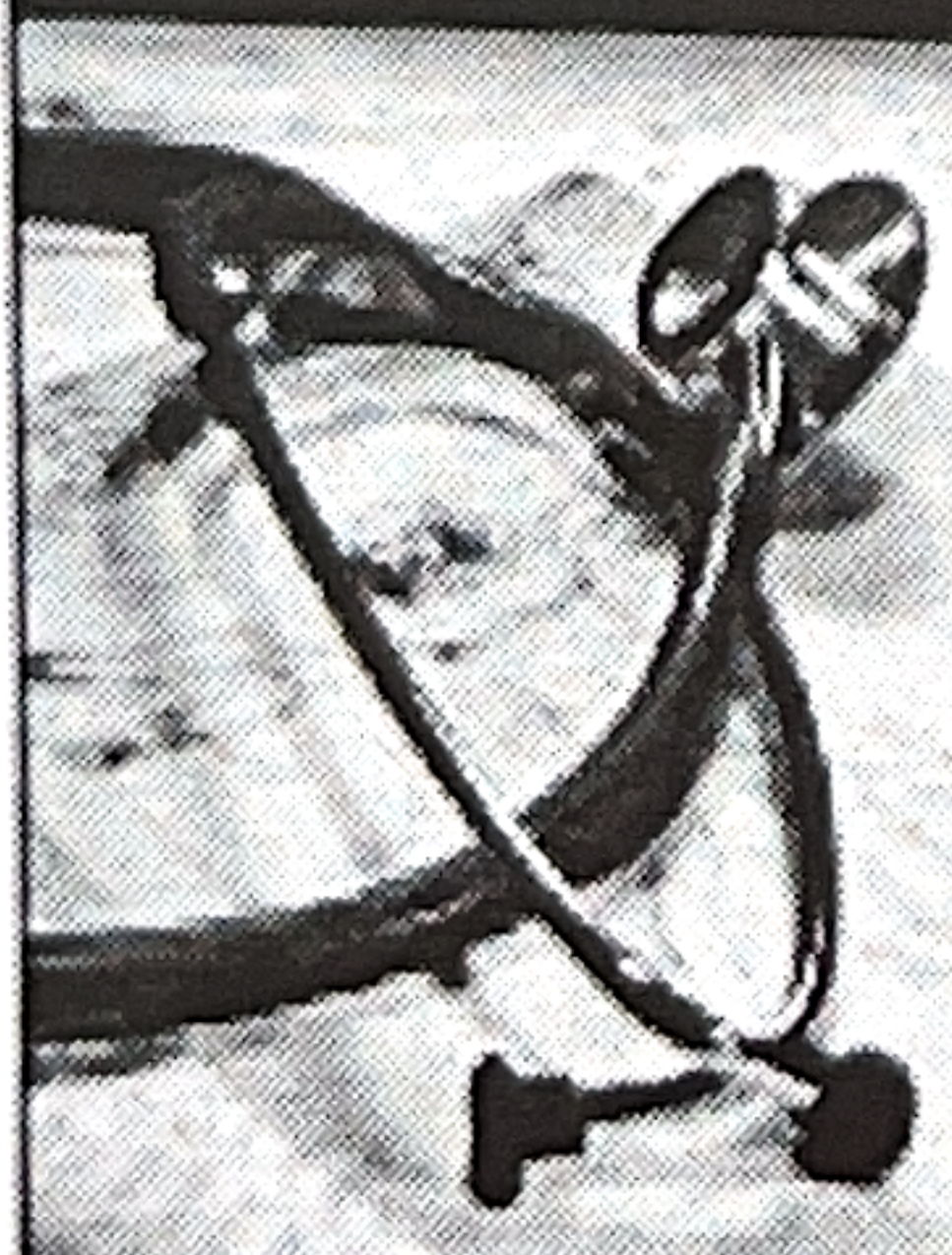
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&
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We ensure we have
the knowledge, skills
and tools to respond
to service needs and
improve the health of
the population, now
and in the future.

our values speak volumes about who we are

Mental Health & Addictions Services — Vancouver Island, BC

As an organization we have created and embraced a set of values that guide all our activities and make Vancouver Island Health Authority (VIHA) the special place it is to work.

Staffed with individuals characterized by pride in their work and a passionate commitment to caring for "the whole person" (body, mind and spirit). VIHA is quickly becoming healthcare's foremost employer of choice.

For our Mental Health & Addictions practitioners, meaningful change starts with putting the client first.

Strengthening services to underserved areas, VIHA is increasing the number of residential beds and supported living options

and offering clients more flexible services, training and education. New facilities are emerging up and down the Island to support expanded services.

Urban, small and rural communities welcome compassionate, enthusiastic and forward-thinking care providers. Current program review is underway, creating many exciting opportunities across Vancouver Island. If our values resonate with you, let's explore what you are looking for.



Vancouver Island Health Authority
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Tel: 250.370.8522
Toll-free: 1.888.296.3963
Email: jobs@caphahealth.org

www.viha.ca

Check weekly for current opportunities.

Improvements in Primary Mental Health Care

Health Canada granted generous funds to find methods to improve the quality of primary care mental health services. One of the funded projects is underway in several provinces, in an effort to bring together decision and policy makers, clinicians, and people who use primary mental health services. The Principal Investigator is Dr. Paul Waraich from the University of British Columbia, with co-investigators and collaborators from University of Calgary, the Institut national de santé publique du Québec, GRIOSE-SM, the Saskatchewan Health Quality Council, The University of Western Ontario, The University of Toronto and the Canadian Institute for Health Information.

The project seeks to develop a standard system for measuring quality that can be implemented nationally. This system will consist of a set of primary care mental health quality measures (PCMHQM). These measures will be developed based on a consensus from the key interest groups mentioned above.

We consider that your organization has to be represented in this project. In this respect, we would like to ask you to suggest several persons in your organization who either are interested in the quality services measurement, or have jobs related to quality assurance, measurement and evaluation.

Participants will be involved in one or more surveys to assist us in developing a final set of health measures. Three rounds of surveys will be conducted over the next two years. Each survey has a different goal and will build on knowledge gained in the previous surveys. Some participants will take part in all three rounds and some in just one or two. The first survey will be followed by voluntary participation in face-to-face meetings in which various interest groups will be represented. Participants in the first survey should be available to participate in both the survey and meetings. The survey is expected to take about an hour and a half to complete, and the group

discussion will last approximately an hour and a half with a re-rating to follow. For those who will decide to participate, the survey will be mailed to them on September 30, 2004, for completion by October 29, 2004. Group meetings will take place either in December 2004, or January 2005. As soon as The University of Western Ontario Ethics Board will approve our application, we will send handouts and additional information to potential participants about the project and their involvement.

We are looking to have the entire province of Ontario represented. If you have knowledge about other colleagues located in different regions of the province who might be interested to participate or have their members involved in this study, please forward this e-mail to them as well.

This is an opportunity for your organization to be represented in a national process on measures for quality improvement in primary care mental health at the ground level. We value your input and would greatly appreciate your help in providing us with participants from your organization in this national project.

Please contact me if you have any questions or you need more information about the project.

Alex Craciunescu, LLM

Research Coordinator

Continuous Enhancement of Quality Measurement in Primary Mental Health Care: Closing the Implementation Loop

Regional Mental Health Care London

850 Highbury Ave., N.

P.O. Box 5532, Station B

London, ON N6A 4H1

Phone: 519 455 5110 Ext. 47122 • Fax: 519 452-4551

Email: Alex.Craciunescu@sjhc.london.on.ca

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Membership

YOUR FEDERATION

Helping meet your Professional goals

An official specialty group of the Canadian Nurses' Association (CNA), we are a national voice for psychiatric and mental health (PMH) nursing. Our objectives are to:

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

Formed in 1988, the Federation pioneered national credentialing in PMH nursing and achieved CNA certification status seven years later.

Because of our efforts, nurses across the country can qualify for the national PMH credential. Certified nurses are eligible to use the CPMHN(C) designation after their names and wear our specialty's official CNA certification pin — a sign of professional achievement.

Membership brings broad benefits

Our effective national body empowers psychiatric and mental health nursing (PMH) professionals as they pursue positive outcomes — for themselves and for patients and clients. The Canadian Federation of Mental Health Nurses speaks and acts on our shared concerns, uniting us and assuring these broad benefits:

- Input to national standards for PMH set, maintained and regularly updated in cooperation with CNA.
- Educational opportunities at regional and national Federation events, and at PMH nursing conferences in Canada where our members enjoy reduced fees.
- Professional networking opportunities, through the Federation's meetings, newsletters, interactive web site and direct contact with other members in our national directory.
- Recognition initiatives involving sponsorship of a PMH Nursing Excellence Award and, working with consumer groups, the "Courage to Reach Beyond Award" for Canadians overcoming the consequences of mental illness.
- An international voice through our group's active membership in the World Federation of Mental Health.

Application for a One-Year Membership in Canadian Federation of Mental Health Nursing

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Home Phone: _____

☐ Independent Practitioner or Place of Employment: _____

Position: _____

Work Phone: _____ Fax: _____

E-Mail: _____

Area of Expertise

☐ RN

☐ RPN

☐ Other _____

☐ Adults

☐ Drug Abuse

☐ Research

CFMHN(C)

☐ Yes

☐ No

☐ Ageing

☐ Family Therapy

☐ School Health

☐ Abuse / Violence

☐ Community

☐ Marriage Counseling

☐ Alcoholism

☐ Forensic Issues

☐ Sexuality

☐ Adolescence

☐ Cross Cultural Issues

☐ Medication

☐ Alternative Practices

☐ Group Therapy

☐ Women's Issues

☐ Administration

☐ Developmentally Disabled

☐ Men's Issues

☐ Children / Youth

☐ Individual Therapy

☐ Other

Membership (November to October) Annually Renewable

☐ Check here if you do not want to be listed in the CFMHN Directory

☐ \$30 Single Membership

☐ \$20 Group Memberships (Minimum Group Size – 10 from one agency)
Group Applications must be submitted together

Send this form and cheque or Money Order payable to **CFMHN** to:

CFMHN

c/o First Stage Enterprises Inc.

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



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Newsletter

Editor
Linda Nasato
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Canadian Federation of Mental Health Nurses CONFERENCE

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May 25 - 28 2005
in Winnipeg
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*"Ideas as Endless as the
Prairie Sky"*

**Call for Abstracts Deadline
November 15, 2004**

**For detailed
information contact:**

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Tel: 204-787-5088
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The editor of the
CFMHN Newsletter is
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interesting articles for the
newsletter.

Contact her at:
Linda.nasato@sympatico.ca



*Ideas as Endless
as the
Prairie Sky*

Come join us for a lively, fun conference which will focus
on ideas that ground and promote clinical practice

May 26th - 28th, 2005



Fort Garry Hotel
Winnipeg, Manitoba

Organized & Sponsored By:
Canadian Federation of Mental Health Nurses



**Manitoba Psychiatric Mental Health Nurses
Interest Group**

Contact for Information:
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204-787-5088
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