



HEROES of Mental Health Awards

CMHA Winnipeg Celebrates 30 Years of Service at 2014 Heroes of Mental Health Awards Luncheon

CMHA Winnipeg's 2014 *Heroes of Mental Health Awards*, presented by Eli Lilly Canada Inc., were officially opened in June as part of celebrating hometown hero Clara Hughes. This year's awards are also a part of CMHA Winnipeg's **30th anniversary** celebration, which is a momentous occasion! We hope the community will come out in full force to help us celebrate this important milestone as well as the inspiring achievements of our local heroes.

This year's awards luncheon takes place:
October 9, 2014
11:30 a.m. - 1:30 p.m.
Delta Hotel, 350 St. Mary Avenue
Emcee: Chrissy Troy of Virgin 103.1 Radio

Nominations are now closed with a final total of 27 nominations in 8 categories. A list of nominees and categories is now available on our website at www.winnipeg.cmha.ca

The *Heroes of Mental Health Awards* acknowledge the many contributions

made by individuals and organizations to the advancement of mental health. The awards will also be special this year with the addition of a new category, the *RBC Believes in Youth Award*.

"Over the last two years we have been working hard to develop resources and tools for youth, and programming that gives youth a chance to engage in shaping conversations around mental health. I am thrilled that this year's awards will have a youth focus and include this new award generously sponsored by RBC," shares Tessa Blaikie, CMHA Winnipeg Youth Mental Health Promotion Worker. CMHA Winnipeg Region is excited to highlight our new youth initiatives by having one of our youth PUMPS speakers, Lisa Erickson, share her story of recovery at the luncheon (Lisa is also a 2014 nominee).

Another addition is the *Manitoba Liquor and Lotteries Volunteer IMPACT Award*. Larry Wandowich, Chief Community Relations & Marketing Officer, Manitoba Liquor and Lotteries, highlights the new award as an opportunity to build on the corporation's support for volunteerism in the community, in a new area, stating, "We know mental health is an important part of our community and that people are giving their time to help mental health agencies and causes. We really want to acknowledge the big commitments people make to support their neighbours and our community."

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The annual *Heroes of Mental Health Awards* celebrate **Mental Illness Awareness Week** in Canada and has become a keystone community event with widespread support. This year's sponsors include; Eli Lilly Canada Inc., RBC, Manitoba Liquor and Lotteries, Taylor McCaffrey LLP, and Esdale Printing.

Winners will be announced at the *Heroes of Mental Health Awards Luncheon* on Thursday, October 9. Nomination and event information online at www.winnipeg.cmha.ca. **Tickets are now on sale online at \$55 per person or \$440 for a table.**

CMHA Newsletter

This special issue of CMHA Winnipeg News has been sent to all donors and members of CMHA Winnipeg and CMHA Manitoba.

If you are interested in continuing to receive our newsletter, or request that we send you our newsletter electronically in the future, please email office@cmhawpg.mb.ca with your request.

MISSION

The Canadian Mental Health Association, Winnipeg Region is part of a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.



CMHA Winnipeg and CMHA Manitoba Merge to Provide Improved Provincial Supports

In the spring of 2014 the six incorporated CMHA Regions in Manitoba voted to support CMHA Winnipeg Region taking on the functions of CMHA Manitoba and creating a new joint organization. In the future, the organization will be known as **CMHA Winnipeg and CMHA Manitoba**. This new entity will work both locally and provincially on important areas such as advocacy, supporting service delivery in the regions, and creating a stronger CMHA and voice for mental health in Manitoba.

CMHA Winnipeg and our partner regions are excited to move forward on this work. We see significant opportunity to

expand our collaborations and support the movement that is building around mental health in Manitoba.

In the future, the organization will be known as **CMHA Winnipeg and CMHA Manitoba**.

We would like to thank Manitoba Health and CMHA National for their ongoing support through this transition. We expect changes to occur gradually, however you may notice CMHA Winnipeg starting to utilize both names in the near future, in addition, the former CMHA Manitoba office on Pembina Highway is now closed. We look forward to continuing to work with partners and donors of CMHA Manitoba through our new entity and encourage you to contact us at 204-982-6100 or visit our website at www.winnipeg.cmha.ca.

We are thrilled to announce the appointment of our new Manager of Regional Affairs, Public Policy and Communication, Tyler Pearce, who will be supporting this work as it develops. Tyler comes to us with a wealth of knowledge in social enterprise and non-profit organizations. She will be a tremendous help in moving our new provincial vision forward.

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Greetings and a happy fall time to all of you! Fall has always made me think of change. Fall may be when we go back to school or start a new program, or simply connect with nature as we watch the season so colorfully turn. It was in the fall of 2007, September 28th to be precise, that I joined CMHA Winnipeg as the Executive Director. The ensuing years

From the desk of the Executive Director

have been a wonderful time of challenge and adventure for me, and truly rewarding. It seems fitting that it is in Fall that I announced that after seven years I will be leaving CMHA, effective September 30th. I leave to pursue a new opportunity as the Executive Director of Klinik and SERC. I am thrilled to be moving to an organization with so many values and directions consistent with those we have here at CMHA, and I am sure there will be many opportunities for me to continue working with CMHA in my new role.

Though it will be very difficult to leave this organization of committed leaders in mental health and the dedicated staff, board members, and volunteers that I

have had the privilege to work with, I do so with confidence that this organization will continue to thrive long into the future.

I am pleased to share that the Board of Directors has already started recruitment for new leadership. For more information on this opportunity please visit our website at www.winnipeg.cmha.ca.

Wishing you all the best as we continue to strive for and support mental health for all.

Sincerely,
Nicole Chammartin

Register for these courses on CMHA's website: www.winnipeg.cmha.ca
Location: CMHA, 930 Portage Ave

Why MILE5 Matters

by Tessa Blaikie



Tessa Blaikie
CMHA Youth Mental Health
Promotion Worker
tessab@cmhawpg.mb.ca

In August, the speakers who share their lived experience with mental illness in our **Mental Illness Literacy Education program (MILE5)*** trained to become speakers for the United Way. They were asked why

MILE5 mattered to them, what it meant that this program was happening in grade 7, 9 and 11 and why they were a part of it. As the Youth Mental Health Promotion Worker at CMHA, I was also a part of the training and was excited to hear the speakers' amazing answers. For the speakers who make the program possible it is also a way to share a truth they are too often told to conceal, to break down the self-stigma that they experience because of how society treats mental illness different from other illnesses and; to know that from their pain, their healing and their sharing they are making it possible for someone else to get help sooner.

"MILE5 is important to me because I think of what a huge difference it could have made in my life if it was offered when I was a teenager" says Doreen, who reached out for help in a community

where stigma meant there was no help and she didn't feel at the time that she could reach out to someone at school. This program not only shows kids they can reach out at school, but also gives them that opportunity by bringing someone into the classroom who is talking about it and there for them.

The program shows youth "that mental illness is real, is nothing to be ashamed about and that stigma can be stopped." It also reinforces with students that they have a role in ending stigma, shares Kiara, who spoke with MILE5 for her first time just recently.

MILE5 is made possible only by the United Way's commitment to funding the program. To date we have connected with over 2,200 students and helped over 50 youth find extra supports. And, this is just the beginning! We are pleased to be working again with St. James-Assiniboia School Division as we launch year two, with some exciting new additions including mental health summits, with the support of the Mental Health Commission of Canada.

**MILE5 is a program that seeks to reduce stigmatizing attitudes amongst youth so that they are more likely to go get support when they need it and contribute to a society that increasingly understands and accepts those living with mental illness.*

Mental Health First Aid - Basic

Participants will learn how to provide initial help to people who are showing signs of a mental health problem or experiencing a mental health crisis.
September 24 & 25, 2014 (two days)
9:00 a.m. – 4:00 p.m.

Living Life To The Full

A program to help you understand your feelings and what to do about them.
September 24 to November 12, 2014 (8 weeks)
5:45p.m. – 7:15 p.m.

Mental Health Education for Families

Informs families about important issues concerning mental illness and recovery.
October 20 to November 24, 2014 (6 weeks)
5:45 p.m. – 7:45 p.m.

Mental Health First Aid - Adults Who Interact With Youth

Teaches first aid skills to help a person who is developing a mental health problem or experiencing a mental health crisis.
October 22 & 23, 2014 (two days)
8:30 a.m. – 4:30 p.m.

Mental Health First Aid - Basic

November 26 & 27, 2014 (two days)
9:00 a.m. – 4:00 p.m.

Mindfulness Based Stress Reduction

The practice of meditation is used to help people learn to focus awareness on body sensations, thoughts, and emotions in a nonjudgmental way and to explore their inner world of mind/body, to recognize and mobilize their inner psychological resources and take better care of the self.

CMHA Winnipeg's fall *MBSR courses are full however, there is still space in the fall courses being offered by our partners at the **Reh Fit Centre starting Thursday October 9 for 8 weeks 6:15 p.m. to 8:45 p.m.** (included in the program is a full day of mindfulness held on Saturday, November 15 from 9:00 a.m. – 4:00 p.m.).

For more information www.reh-fit.com/index.php?s=MBSR

Not sure if MBSR is right for you? Attend a free information session at Reh Fit Thursday, October 2 from 6:00 – 7:00 p.m. Register online or at the Reception Desk.



MENTAL ILLNESS AWARENESS WEEK

October 5 - 11, 2014

For information on this important week visit:

www.camimh.ca/mental-illness-awareness-week-english/about-miaw/

Questions about
Community Education Courses?

Call 204-982-6100

*Put your name on the MBSR waiting list (offered at CMHA) by signing up at www.winnipeg.cmha.ca/programs_services/mindfulness-based-stress-reduction/. Courses start in the new year.

Clara's Big Ride - A Success In Winnipeg!

CMHA Winnipeg is thrilled that working together with a grand committee of volunteers from the community representing over 40 organizations and individuals we successfully hosted **Clara's Big Ride** in Winnipeg on June 14th. Our day time event, **Clara's Carnival**, presented by MPI, was held at Clara Hughes Recreational Park and it was a blast! Despite the rainy weather we had over 300 people over the course of the day and a great crowd for when Clara arrived on **Clara's Big Ride**, a cross-Canada trek aimed at breaking down the stigma attached to mental illness. That evening we continued the celebration with **Manitoba's Big Social for Clara's Big Ride**, presented by CN, which included a keynote from Clara, live bands, dance performers, and close to 600 folks helping us celebrate!

Clara's team said "Winnipeg has always been extra special to **Clara's Big Ride** as Clara has a special connection to the city. I would like to thank the team for going over and beyond for this endeavour." They also said Winnipeg exceeded their own expectations, that we were extremely well organized, enthusiastic and friendly. We had a school event with Clara Hughes at her old high school (Elmwood High School) on Monday, June 16th and she talked about how blessed she felt by the big welcome for the ride in Winnipeg.

Thank you to all the sponsors that assisted in making this event possible!

Presenting Sponsor Social: CN
 Presenting Sponsor Carnival: MPI
 VIP Room Sponsor: Telpay



Clara Hughes with CMHA Winnipeg Youth Mental Health Promotion Worker, Tessa Blaikie

Social Auction Sponsor: Assiniboine Credit Union
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 POMO Productions: Dance Party Sponsor
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We would also like to thank our partners at Artbeat Studios who led an art installation project on the event day. The art will be installed soon to our building at 930 Portage Avenue - watch for it!

Fundraising occurred through a variety of mechanisms including ticket sales, t-shirt sales, pins, auction and sponsorships. Over \$20,000 was raised to help support mental health services and promote awareness. Thank you!

You can still help! If you haven't had a chance to get your t-shirt (featured on Tessa in the picture with Clara) there are still some left at CMHA Winnipeg, sizes small-XXL available for \$15 each (available at the front desk). Support us in spreading this powerful message!

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*left CMHA Winnipeg

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 930 Portage Avenue Winnipeg, MB R3G 0P8



Thank you for your kind gift!

www.winnipeg.cmha.ca

