



Clara's Big Ride



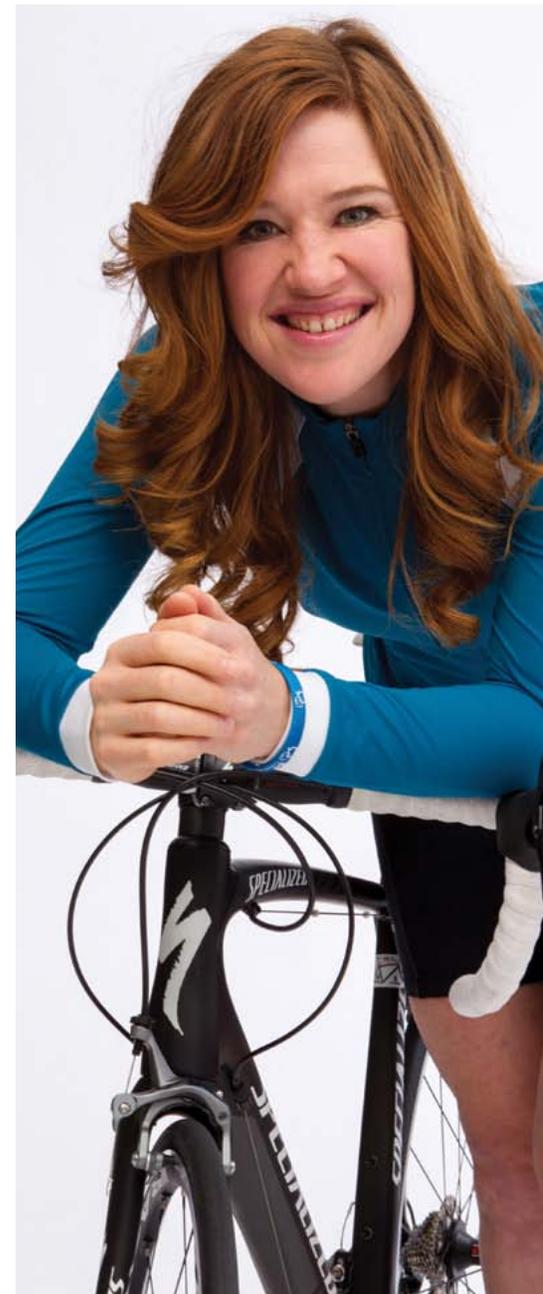
We are proud to be hosting Clara's Big Ride in Winnipeg on June 14th, 2014. Our Youth Mental Health Promotion Worker, Tessa Blaikie is a part of a network of 82 Community Champions for Clara's Big Ride for Bell Let's Talk. Our Clara's Big Ride Committee will play an integral role in welcoming Clara Hughes to Winnipeg during her 110-day ride around Canada to help raise awareness and action in mental health and reduce the stigma around mental illness.

On her national bicycle tour through every province and territory, Canada's six-time Olympic cycling and speed-skating medalist Clara Hughes will invite people into

the mental health conversation and share her own story of mental health challenges. Clara's Big Ride for Bell Let's Talk will span 12,000 kilometres over the course of 110 days, beginning in Toronto March 14th, 2014, visiting 95 communities with Winnipeg being towards the end on June 14th and concluding in Ottawa on Canada Day, July 1.

On June 14th, CMHA Winnipeg will host Clara's Carnival 11:00 am–3:00 pm at Clara Hughes Recreation Park to welcome Clara to Winnipeg culminating with Manitoba's Big Social for Clara's Big Ride at the Manitoba Museum from 7:00 pm–12:00 am. Clara will be speaking at both events and more details will be available soon.

To kick things off we are joining Bell in its celebrating and talking about mental health on **Bell Let's Talk Day Tuesday January 28th, 2014 from 4pm–7pm at Clara Hughes Recreation Park (281 Henderson Hwy)** with a community skate. Starting at 4pm hot beverages and sticky buns will be available thanks to the generosity and nutritional sponsorship of Johnny's Sticky Buns. Sport Manitoba will be supplying skates for youth and adults who do not have their own to come participate in the evening. At 4:30 pm Keith Macpherson will be performing an afterschool



concert at the park. At 5:00 pm Ace Burpee of Virgin 103.1 Radio will Emcee some speakers and prizes. Many more performances will be included, as well as an ice sculpture building workshop, art installations and more! Come connect with your community! You can also catch us at IceBike February 16th at the Forks. ■

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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.

Making Informed Choices

It is unsettling to be in hospital at the best of times; even more concerning for many of us is that our ability to make decisions may be compromised.

The hospital is a place of great vulnerability. We are unwell for whatever reasons; health care staff may be trying to figure out what is happening; we may have needed medication and feel out of sorts; and we may not understand a lot of the language being used in referring to our care. All of this can make it seem impossible at times to truly make a well informed decision for ourselves. Many people encounter the mental health system in a variety of ways, one of them being through hospitalization. This process is that much more foreign for many of us. Understanding what is taking place and how we can advocate for ourselves in the midst of this becomes challenging tenfold.

CMHA Winnipeg Region is proud to announce that Volunteer Peer Mental Health Advocates will be able to work alongside inpatients in psychiatric facilities to help them understand their status in hospital and support them

to understand aspects of the Mental Health Act that apply to their situations. Our goal is that people in care, with knowledge and guidance, can make well informed decisions so that they may exercise rights for themselves within the legislation.

As it is important to provide quality services our volunteers are currently being provided education on topics including: Effective Communication, Advocacy, Mental Health First Aid, Mental Health Act legislation and the Mental Health Review Board process. They will complement the current work of our Rights Consultant to increase their capacity and confidence. In turn, we expect this to allow the people we work with to feel calm, capable and assertive, and in a space to advocate for themselves. We anticipate that the service will be available in the late spring or summer of 2014.

A great thank you to our volunteers and the Thomas Sil Foundation for their generosity for making this possible. ■

– Grace Weinfortner
Rights Consultant

February is Psychology Month!

This is the time of year when psychologists in the community offer free informational talks for the public. Here is a sampling of some of the talks that will be offered this year:

Get Your Child to go to Sleep and Stay Asleep

Presented by Dr. Kirsten Wirth February 3, 7:00 – 8:30 pm
McNally Robinson's Community Classroom

Psych up your social life

Using the science of interpersonal connection to improve your health, work & relationships
Presented by Dr. Kelley Robinson February 6, 7:00 – 8:30 pm
Millennium Library, Buchwald Room

How Your Mind Affects Your Heart and What You Can Do About It to Improve Your Health!

Presented by Dr. George Kaoukis February 18, 7:00 – 8:30 pm
Reh-Fit Centre, 1390 Taylor Avenue

Memory and Aging: What's Normal, What's Not?

Presented by Dr. Colleen Millikin February 23, 12:15 – 1:15 pm
First Unitarian Universalist Church of Winnipeg, 603 Wellington Crescent

Look for a full listing of free talks on the Manitoba Psychological Society web page at www.mps.ca beginning the last week of January.

BUILDING FUTURES

The province of Manitoba has nearly 10,000 children receiving care from our Child and Family Services (CFS) system. The circumstances, backgrounds, cultures, and economic statuses are different for each of these youth, but one common factor is that their supports from the CFS system will eventually come to an end. These youth will reach adulthood in a province where family supports for youth outside of the system tend to last well past age 18, post-secondary education has a much larger influence on the job market, and rising rents make safe housing out of their reach. Much of what has appeared in the media about the CFS system over the last few years has been bleak, but there have been great opportunities created for our youth in care. CMHA Winnipeg region is happy to be involved with one of these programs.

Building Futures is a new initiative created by the General Authority of Child and Family Services and a group of Winnipeg not-for-profit agencies to help youth in care transition into adult independence. Youth aged 16 to 25 are eligible to access services to help build a strong foundation for independence.

These services include:

- Financial Counseling, budgeting, and tax preparation from Community Financial Counseling Services (with additional financial incentive)
- Help in gaining employment from Youth Employment Services
- Mentorship opportunities from Big Brothers, Big Sisters of Winnipeg (for youth aged 16–18)
- Free counseling from CMHA Winnipeg region
- Youth service navigation

Referrals to this program can come from social workers, caregivers, family members or the youths themselves. We are happy to help youth with any mental health concerns they may have, but mental health is not the focus of the services. Interested youth will first meet with the Youth Service Navigator for an intake meeting. At this meeting the youth service navigator will work to form goals based on their needs. This could mean a referral to one of the partner agencies, or advocating for those who are having a difficult time finding and accessing appropriate services in Manitoba.

For more information on Building Futures or to schedule an appointment with Kristy Carroll, Building Futures counselor, contact:

John Finkbeiner
Youth Service Navigator
Information and Education Services
Canadian Mental Health Association,
Winnipeg Region
930 Portage Ave, Winnipeg MB R3G 0P8
T: 204-982-6126 F: 204-982-6128
johnf@cmhawpg.mb.ca
www.cmhawpg.mb.ca

THE OWNERSHIP LINKAGE COMMITTEE

The Ownership Linkage Committee (OLC), a committee of Canadian Mental Health Association, Winnipeg Region is conducting a survey to hear your concerns and expectations of Canadian Mental Health Association, Winnipeg Region.

There is only one question in the survey: What would you like from your CMHA, Winnipeg Region? Please identify your connection with CMHA Winnipeg Region.

The survey may be completed online at <http://www.surveymonkey.com/s/JT6NPP9> or at the CMHA Winnipeg Region office at 930 Portage Ave

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Community Education Courses

For these courses please register on CMHAW website: www.cmhawpg.mb.ca

Location: CMHAW, 930 Portage Ave

- ❄️ **Mental Health First Aid – Basic** (open courses)
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.
 - February 4 & 5
 - April 3 & 4
- ❄️ **Mental Health First Aid – Adults Who Interact with Youth** (French)
 - January 25 & 26
- ❄️ **Lunch & Learns**
 - February 25 Designing & Realizing Your Personal Success Vision
Presenter: Michelle Gibbens
 - April 8 Workplace Stress and Mental Health Matters
Presenter: Maureen Grace
 - May 13 Advocating Effectively for Ourselves
Presenter: Grace Weinfornter
- ❄️ **Get Better Together!**
A program for living better with chronic diseases. For anyone who is sick and tired of being sick and tired. Come join us one afternoon a week to learn to manage your condition better and cope with the challenges that health problems create in our lives.
 - Thursdays January 30 to March 6, 1:00 pm. Led by instructors who are also living with a health condition.
- ❄️ **Living Life To The Full**
A program to help you understand your feelings and what to do about them.
 - Thursdays March 20 to May 1 5:30–7:00 pm
Instructors: Tessa Blaikie & Stacey Shule
- ❄️ **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.
 - Tuesdays April 29 to June 24 6:00–8:30 pm
Instructor: Patricia Kovnats

FOR MORE INFORMATION
CALL 204-982-6100

Success Story

Rehabilitation & Recovery Service

I would like to introduce a very inspiring individual that came to work with the Community Housing with Supports team as of August 2012. When I first met this individual he was homeless and living at the Salvation Army for six months. Prior to being homeless he had been living in unstable rooming homes and unsafe housing. He has a diagnosis of bi-polar disorder, PTSD and also suffers from seizures, severe migraines and memory loss due to a severe head trauma.

Despite the challenges, it was evident right from the start that he was eager to find a place to call home. He worked very hard with our Community Housing with Supports Team and was able to secure housing in December 2012 in a most desirable area of the city. He has been in his home for just over a year and has been enjoying the basic freedom of feeling safe and secure for the first time in years. It is due to this freedom that he

has been able to focus his energies on his secondary goal of employment. We worked together and after exploring all options he decided he wanted to apply for the SMD Marketabilities Program. After a selection and interview process he was selected as an eligible participant for their program which will work with him and the Community Housing with Supports team to assist him on the journey of finding meaningful employment.

This individual often says he feels grateful to no longer be homeless, is less stressed and feels not only is his overall mental health much better but that his life is finally going in the right direction. He keeps a positive attitude, works hard, and is always the first person to lend a hand to anybody in need; he is truly an inspiration not only to himself but to our entire team. ■

– Roberta Braid, Rehabilitation Worker
Community Housing with Supports Program

Help Us

DEVELOP HIGH QUALITY INFORMATION ABOUT TREATMENTS FOR DEPRESSION

The University of Manitoba is interested in hearing about the information you want about treatment choices for depression. Please complete this anonymous survey about your information preferences and needs. You will NOT be asked to provide your name or identifying information.

Those who complete the survey will be able to download fact sheets which answer common questions about treatment options for depression.

TO ACCESS THE SURVEY PLEASE CLICK ON THIS LINK:

<http://www.surveygizmo.com/s3/1482177/Information-Needs-And-Preferences-Concerning-Treatment-Options-For-Adults-With-Depression>

The Mental Health Commission of Canada has released an interim report on the **Opening Minds Project**, one of the first comprehensive looks at anti-stigma work in Canada. **We are pleased to share that the review includes information on our newly launched MILE 5 program** (based on the TAMI Durham model highlighted in the report).

For more information please go to:

<http://www.mentalhealthcommission.ca/English/initiatives-and-projects/opening-minds/opening-minds-interim-report?routetoken=8e794edd12642cd1bbcf433a218a55fc&terminal=211>

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Community Education Courses

Mental Health Education for Families

A six week course that informs families about important issues concerning mental illness and recovery

• **Mondays February 24 to March 17, 5:30–7:00 pm**

Instructors: Deborah Hargreaves and Cara Zabudny

Courses below are at alternate sites

Living Life To The Full

A program to help you understand your feelings and what to do about them!

• **Wednesdays February 19 to April 9, 7:00–8:30 pm**

Location: Wellness Institute, Seven Oaks General Hospital

Instructor: Stacey Shule

Registration

Online: www.sogh.ca/wellness/onlineregistration

By Phone: 204-632-3900 using the Positively Healthy Guide

In person: 1075 Leila Ave, front desk River East Transcona School Division

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, to explore their inner world of mind/body, to recognize and mobilize their inner psychological resources and take better care of the self.

• **Thursdays January 30 to April 3, 6:00–8:30 pm**

Location: Reh-Fit Centre

To register: www.reh-fit.com

Instructor: Clarence Ens

• **Thursdays May 8 to June 19, 4:00–6:00 pm**

Location: McNally Robinson Bookstore

To register: For options go to

www.mcnallyrobinson.com

Instructor: Narda Singh

What is Who MiNDbank?

Who MiNDbank brings together key policies, strategies, laws and service standards for mental health, substance abuse, general health, disability, human rights and development. The platform aims to facilitate debate, dialogue, advocacy and research in order to promote national reforms in these areas, in line with international human rights and best practice standards. MiNDbank currently uses nearly 4000 documents and resources for over 160 countries.

To access WHO MiNDbank go to:

www.who.int/mental_health/mindbank