



CANADIAN MENTAL HEALTH ASSOCIATION NOVA SCOTIA DIVISION

NEWSLETTER

FEBRUARY 2012
ISSUE 1

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CMHS NS DIVISION

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WELCOME to the first issue of the Canadian Mental Health Association Nova Scotia [CMHA NS] Division newsletter.

CMHA is a nation-wide, charitable organization that promotes the mental health of all, and supports the resilience and recovery of people experiencing mental illness.

CMHA was founded in 1908 and is one of the largest voluntary organizations in Canada.

Each year CMHA provides direct service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteer and staff in 140-plus communities. Working collaboratively with seven different branches across the province, CMHA NS Division is a resource hub,



providing support and connecting people to mental health services and programs in the province.

At least 1 in 5 Canadians will experience a form of mental illness in their lifetime, and the remainder will have a friend, family member, or colleague who will experience mental

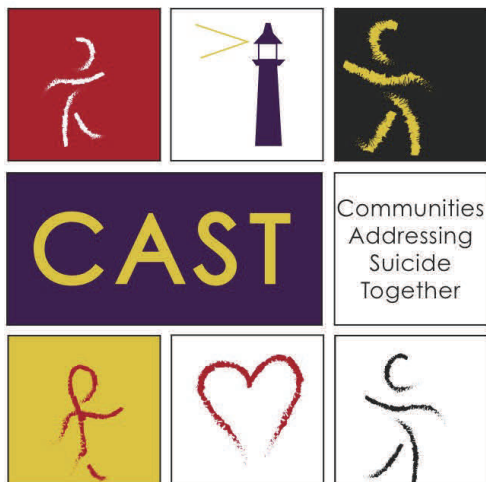
illness. However, just one third of individuals who need mental health services, receive them.

This monthly newsletter aims to bring mental health awareness and education to the larger community with information, news, resources and support.

Mentally Healthy People in a Healthy Society

CMHA NS Division engages in advocacy, education, research, and program and service delivery. Educational presentations that are offered vary from group to group, and can be tailored to suit the specific needs of the audience. Presentation topics may include:

- Mental Health in the Workplace
- Child & Youth Mental Health
- Suicide Prevention & Related Issues
- Coping Strategies.



COMMUNITIES ADDRESSING SUICIDE TOGETHER

Communities Addressing Suicide Together [CAST] is a program of the CMHA NS Division, funded by the Department of Health and Wellness.

CAST works with the communities of Nova Scotia (including organizations, agencies, families, survivors, and concerned citizens) to build and strengthen their capacity to address suicide. CAST uses a population health approach – which means the work that we do aims to improve the health and/or wellbeing of communities and groups.

The work of **CAST** is guided by the six goals of the *Nova Scotia Strategic Framework to Address Suicide*:

Leadership, Infrastructure, and Partnerships

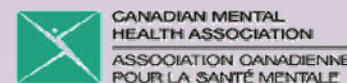
Work to address suicide has appropriate and adequate leadership, capacity, and infrastructure.

Awareness and Understanding

Individuals, communities, institutions, policy makers, the media, care providers, survivors, families, and those who may work with at risk populations, are aware of and understand the issue of suicide.

Intervention

Integrated and seamless intervention programs, services, and strategies.



Prevention

Integrated prevention programs, services, and strategies, focused on minimizing risk factors, building resiliency, and heightening protective factors for suicide.

Postvention (Bereavement Support)

Comprehensive postvention programs, services, and strategies to support those who are bereaved by suicide or impacted by suicidal behaviours.

Knowledge Development and Transfer

Community action and decision-making is informed by the timely collection, analysis and sharing of data and research on suicide.

www.gov.ns.ca/hpp/publications/SuicideFramework.pdf

CAST PROGRAMS & SERVICES

COMMUNITY COALITION/PARTNERSHIP BUILDING & SUPPORT

CAST provides ongoing support for regional and population based coalitions and partnerships, while supporting new coalition and partnership development.

COMMUNITIES ADDRESSING SUICIDE TOGETHER TOOL KIT

Three part resource providing coalitions/groups with information to support them in coming together, and in the creation of a community plan to address suicide based on safe, evidence-informed practice.

NETWORKING & COMMUNICATION

Suicide prevention e-distribution list, ongoing opportunities for networking, and a bi-annual CAST Conference.

TRAINING & EDUCATION

1. safeTALK & ASIST: suicide alertness and intervention workshops
2. Reaching Out: youth suicide awareness program
3. Connect: Suicide Postvention Training
4. Survivor Voices: Survivor of Suicide Speakers' Bureau

CAST YOUTH PROGRAM

Working with school communities and those who serve youth to address suicide by developing/distributing resources and referrals to services, as well as support in the event of a suicide, as well as youth suicide awareness training.

TO LEARN MORE ABOUT CAST CONTACT:

*CAST Program Manager
davisacmhans@eastlink.ca

*CAST Program Coordinator
katelyncmhans@eastlink.ca

*CAST Youth Coordinator
castyouth@eastlink.ca

SOCIALLY AND EMOTIONALLY AWARE KIDS

Socially and Emotional Aware Kids [SEAK] is a national four-year project of CMHA NS Division, funded by the Public Health Agency of Canada.

Research tells us that children with social and emotional skills are better able to identify their feelings, manage their emotions, build positive relationships, and do well in school.

Children who participate in social and emotional learning activities are acquiring skills that not only help improve their academic achievement, but also help in the development of life skills that are needed to become contributing, compassionate citizens in society.

The effects of social and emotional learning further stem from the school into the home, the community, the workplace, and overall, throughout life.

SEAK gives students the opportunity to increase their social and emotional competence through the Promoting Alternative Thinking Strategies [PATHS] curriculum.



This curriculum is taught by classroom teachers, twice a week for 30 minutes to students in grades Kindergarten/Primary to Grade Six.

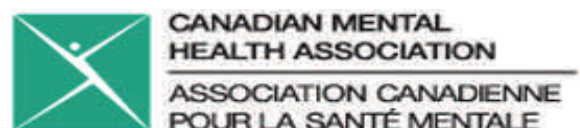
The curriculum contains age appropriate activities that help children to label their emotions, recognize relations between different emotions, and associate feelings with particular events.

Presently, the SEAK Project is located in school sites within, and across, three provinces; Nova Scotia, Manitoba, and Alberta.

LEARN MORE ABOUT THE SEAK PROJECT:

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Email: seak@eastlink.ca
Web: novascotia.cmha.ca





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4TH ANNUAL WOMEN & WELLNESS NOVA SCOTIA

It is that time of year again, and we are inviting women across the province to join CMHA NS Division for a special evening of sharing stories and raising awareness of women's mental health.

THURSDAY MARCH 22ND, 2012

ATLANTIC BALLROOM

WESTIN NOVA SCOTIAN HALIFAX HOTEL

6:00-9:30PM

*WELCOMING WOMEN
FROM ALL WALKS OF
LIFE: WOMEN WITH
LIVED EXPERIENCE
AND WOMEN WHO
WANT TO AFFECT
CHANGE*

*A RELAXING AND
ENTERTAINING
EVENING FOR
WOMEN TO TALK
ABOUT GOOD
MENTAL HEALTH AND
HOW TO INFLUENCE
POSITIVE CHANGE*

RAISE A GLASS AND LIFT A SPIRIT

One stormy night in January 2001, which most believed to be your typical kitchen party, marked the beginning of Women & Wellness. Helen MacDonnell invited 20 of her friends to enjoy a winter's evening filled with wine, women, and treats.

In January 2003, the annual party had come to an unfortunate halt; Helen's brother, Duncan, who was living with bi-polar disorder, died by suicide. Helen was unaware of her brother's mental illness, and was determined to better understand. Helen learned how common mental illness actually is, and how the stigma attached and lack of awareness prevents many from seeking treatment and support.

In 2004, the first Women & Wellness event was held in Riverview, New Brunswick, where 54 women gathered to share stories of hope, resiliency, and recovery.

Over the past three years, Women & Wellness Nova Scotia has raised over \$70,000 in support of CMHA NS Division and all of its programs and services.

CMHA NS Division is appreciative of all of the community support and is proud to be hosting Women & Wellness Nova Scotia again this year.



INTERNATIONAL SPEAKER JESSIE CLOSE



Sharing her story of living with mental illness

On behalf of BringChange2Mind, renowned International public speaker, Jessie Close will share her story and discuss topics of mental health and mental illness at this year's Women & Wellness event. Jessie is living with bipolar disorder, and her son Calen is living with schizo-affective disorder. Jessie and her family, along with her service dog Snitz, have been publically speaking on the topic of mental illness to bring awareness to the issue, as well as to the stigma that surrounds it.

BringChange2Mind is a non-profit organization cofounded by Jessie's sister, six-time Academy Award nominee Glenn Close. The organization provides information on mental health and illness, as well as support to those living with mental illness.



PREFORMING ARTIST CHRISTINA MARTIN

Performing songs from her collection

With a voice and sound that elicit comparisons with Emmylou Harris and Tom Petty, this ECMA and Music NS Award winning Roots/Rock Singer Songwriter takes listeners into the caverns of their hearts, examining both the light and dark side of relationships. She began her musical journey in Austin Texas, recording her debut album *Pretty Things* and opening for Wilco in 2002. Martin has released four studio albums, performed over 650 shows in North America, Ireland and Central Europe combined and is currently recording her fifth album for 2012 release.



For 2011/12 she is The Artist in Residence in Halifax with Geriatric Medical Research at Dalhousie University under the supervision of Geriatrician Dr. Kenneth Rockwood, and is writing songs to honour people affected by Alzheimer's disease.



SILENT AUCTION

WEEKLY UPDATES ON FACEBOOK & TWITTER

INSPIRATIONAL GUEST SPEAKERS

SILENT AUCTION

HARPS OF FEEDRIN

MARCH 22ND, 2012
ATLANTIC BALLROOM
WESTIN NOVA SCOTIAN
HALIFAX, NS
6:00-9:30PM

PARKING AVAILABLE

Please **RSVP** to
CMHA NS Division:

T: 902.466.6600
E: suecmhans@eastlink.ca



WHAT'S COMING UP!



February 8th, 2012

Let's "start the conversation" about mental health! For every text message and long distance call made by Bell customers that day, Bell Aliant will contribute 5 cents to programs dedicated to mental health.

MENTAL HEALTH FOR ALL COFFEE HOUSE

Everyone is Welcome
Free musical entertainment
& refreshments

Saturday Afternoon's 1:00-4:00pm
Bloomfield Centre, Room 114
2786 Agricola Street

For more information, contact
CMHA Halifax-Dartmouth Branch
Tel: 902.455.5445

MENTAL HEALTH AWARENESS NIGHT



February 15th, 2012 at 7:00pm
Centre 200, Sydney, NS

Cape Breton Screaming Eagles

Vs.

Victoriaville Tigres

MENTAL HEALTH WEEK 2012

May 7th - 13th

www.mentalhealthweek.ca

8TH ANNUAL INSPIRING LIVES AWARDS

May 8th, 2012 -Pier 21 Halifax, NS

Now Accepting Nominations

For more information, contact:

Mental Health Foundation of Nova Scotia 902.464.6000/
CMHA NS Division 902.466.6600

*Have an event
in your
community
that you
would like to
share?*

*Contact
CMHA NS
Division
and we will
include it in
our March
Newsletter!*

Visit **CMHA NS**
Division's Website
or **Facebook** and
Twitter pages to
stay up-to-date on
**local events and
news in your
community.**

novascotia.cmha.ca

facebook.com/cmhansdivision

[Twitter.com/cmhansdivision](https://twitter.com/cmhansdivision)

WORKSHOPS

CAST 2012 PROVINCIAL CONFERENCE

March 16th, 2012
9:00am-3:00pm
Sea King Club,
Shearwater, NS

APPLIED SUICIDE INTERVENTION SKILLS TRAINING [ASIST]

April 26th & 27th, 2012
9:00am – 5:00 pm
Dartmouth, NS
Cost: \$175.00

SAFETALK

February 23, 2012
1:30-4:30pm
Truro, NS
Cost: \$30.00 (Bursaries available)

COMMUNITY SUICIDE PREVENTION FORUMS

Colchester Coalition: February 23rd, 2012,
9:00am– 12:30 pm,
Slate Youth Centre, 883 Prince Street, Truro

East Hants Coalition: March 6th, 2012
1:00 – 4:30 pm
Community Rm., Lloyd E. Matheson Centre, Elmsdale

This newsletter provides general information and may, or may not, reflect the position of CMHA NS Division. We reserve the right to edit all articles submitted to our Newsletter. Information provided is not an alternative for professional advice. If you feel that you may need medical assistance, please consult a qualified health care professional. CMHA NS Division makes every reasonable effort to ensure that the information is accurate at the time of posting. We cannot guarantee the reliability of any information published.



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