

Vince Daigle

Inspiring Lives Recipient

Healthy Minds Cooperative would like to congratulate Vince on being one of the four recipients of The Inspiring Lives Award at the 2010 Inspiring Lives Award Luncheon on May 6, 2010. Vince was joined by members of his family and surrounded by many friends and well-wishers as he went up to receive his award.



Vince is very honoured to receive the award, and says that it has been a long journey to get there. He has lived with a mental illness for more than 20 years. Vince began experiencing mental health difficulties in his early 20's and was diagnosed with schizoaffective disorder in his 30's. He also struggled with addiction issues, primarily alcohol abuse. Over the years he has taken many steps to overcome the challenges he faced, and although there have been roadblocks, steps backward, detours and disappointments along the way, he learned through these experiences. He learned that by working with his support providers (including his family), taking his medications consistently, learning to recognize his early warning signs of illness and working on basic self-care that he could move forward. In developing stronger self-management skills, he uses his lived experience to help others, and has dedicated his life to supporting others on their journey to wellness.

Over the past five years, Vince has been a pioneer in providing peer support within Capital Health Mental Health Program. Employed by Healthy Minds Cooperative, he works in the Laurel Unit at the Nova Scotia Hospital, and connects with people at a grassroots level. He is a friendly face, a listening ear, a source of hope to persons on the unit. He is someone who has been there and who can relate and empathize with what they are going through. The support and efforts of Dr. Aquino and the staff at Laurel Unit to keep Vince working there, is a testament to the success of his work.

When Vince speaks about his recovery, he inspires others to believe that positive change is not only possible but probable. Through his efforts over the last few years, Vince has created a greater understanding of mental illness and reduced stigma in the community. He is actively involved in giving input on committees and working groups at CDHA. He has done many presentations where he movingly speaks of his recovery journey and the challenges that a person with a mental health illness can face. He has spoken on CBC radio about mental health issues reaching an even broader audience. His willingness to share his story, his humility and ability to "keep it real" have given a very human face to the challenges living with mental illness in our community can pose. Vince is a founding member of the Mental Health Coalition of Nova Scotia, and is a strong and tireless advocate for the poor.

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What's happening at the Co-op?

Phoenix Rising

This workshop is presently in progress. If you are interested in learning more about our workshops please call Irene Skehen at 404-3715.

Place: Healthy Minds Cooperative, Room 165
Dates: April 29th, May 6th, May 13th, May 28th, & June 03rd
Time: 10am – 12 noon

Shareholder Meeting

Place: Healthy Minds Cooperative, Room 165
Date: Wednesday, June 9th, 2010
Time: 4pm –6pm



Please RSVP Healthy Minds at 404-3504 by June 2nd, 2010

Writing Group

The writing group offers our members peer support and writing skills development, as well as fun, creativity and the opportunity to explore ideas, writing genres, and to take risks that build confidence and self-esteem. We will meet twice a month!

Place: Healthy Minds Cooperative, Room 165
Time: 2pm-4pm
Date: June 08th Wrap-up

Please call 404-3504 for more information!

The Speakers Bureau

If you are interested in educating others about mental health and illness issues through sharing your experiences, join us!

Place: Healthy Minds Cooperative, Room 165
Time: 1:30pm – 3:00pm
Date: June 16th - Wrap-up

Please call 404-3504 for more information!



Come listen to our Upcoming Talks with the Speakers Bureau:

Date/Time	Topic	Location
Wednesday, June 9, 12pm	Stress, Anxiety and Depression	Spring Garden Public Library



Vince Daigle: Inspiring Lives Recipient (Continued from front page)

Vince is truly passionate about mental health and we are proud to have him as a member and employee of Healthy Minds Cooperative. His journey and life is an inspiration and support to all of us.

(taken in part from Angela Naugle's Nomination Letter for the Inspiring Lives Award)

In the Beginning by Debi Noye

Free Writing – Tuesday 27 April 2010 Writing Group Exercise

In the beginning.....

In the beginning I had no idea what to write. In the beginning I felt I had nothing worth mentioning. In the beginning it felt like a waste of time, paper and ink. In the beginning I assumed no one would want to hear what I had to say, that my words and my experiences could never be of benefit to anyone. How could words from *my* mouth be of any use? So, I kept my mouth shut. I kept my pen still. I shored up the wall up and I kept my heart closed. Everything hidden away...tucked away tightly in all the nooks and crannies.

I ran out of nooks and all the crannies were already over-stuffed so I opened my mouth and I began to let the jumbled, misplaced words and beliefs fall out....in no particular order. Then I shook the wall until one stone came loose...I opened my heart and began to pry loose the emotions and pain...still believing it was useless...

...until I discovered it was me that needed to see the words, hear the cries and feel the pain.

Debi Noye

Shareholder Café:

Don't forget...As a Healthy Minds Cooperative Shareholder you have access to the computers located in our Shareholder Café. Come on in to check your email or practice your computer skills!

The café is available for your use from **10am to 3pm, Monday to Friday**. Please call in advance to book your computer. Would you like to get some computer assistance and find out more about computer resources available? Call us at 404-3504.





Mental Health Recovery and WRAP Facilitator Certification Training Mary Ellen Copeland Centre

Irene Skehen, Wellness and Recovery Educator at **Healthy Minds Cooperative**, has just completed a five day training session from the Copeland Centre in Boise, Idaho.

Irene spent five days with Copeland Center staff learning to become a Mental Health Recovery Educator. This course is designed to help participants become a powerful *change agent/recovery educator* as a WRAP Facilitator. Participants gain a deeper understanding of the recovery process and learn to:

- ⇒ Work with people who have mental health challenges to discover the strengths they have and can use to enhance their recovery;
- ⇒ Effectively share the underlying concepts necessary to recovery: hope, personal responsibility, education, self-advocacy, and support;
- ⇒ Work with individuals and groups to develop a WRAP;
- ⇒ Teach about wellness tools and strategies;
- ⇒ Empower and motivate people to work toward recovery



Thousands across the US and the world have trained as **WRAP Facilitators** and those people are changing the mental health system to honor people's recovery journeys.

This training is appropriate for anyone who would like to lead WRAP groups, work with others to develop their own WRAPs or give presentations on the different parts of WRAP to groups or organizations.

WRAP workshops are scheduled for the fall of 2010.

For more information on WRAP please call the Co-op and ask to speak with Irene.

Way to Wellness

addressing body, mind and spiritpromoting wellness, wholeness and a sense of well-being.



A therapeutic bath is a great way to unwind. Pour two cups of Epsom salt into a warm bath and soak for ten to fifteen minutes. This will create a magnesium soak that will warm you all over and help to draw out toxins through the skin.

Remember, thoughts become things. So think the good ones.

Irene Skehen, Wellness & Recovery Educator



Writing Group Exercise By Anna Quon

It's Spring, soon to be Summer, and that means a break for the writing group. We don't meet in July and August, so June 8 and 22 are our last two dates before picking up our pens again in September.

Even though this season of writing is coming to a close, new members are always welcome to join us. You can try out the writing group and if you like it, you can stay! We meet from 2-4 pm in Room 165, the board room at the end of the hall where the Healthy Minds offices are.

Each writing group we do writing exercises together and share our work with one another. We have fun, get serious, lose track of time and eat some wonderful snacks. In the past we've had guest speakers, gone on field trips and started a group journal.

Some things the writing group is not: a place to read long works, criticize other people or their writing, or write slander, pornography or hate literature. We have never had a problem with any of those things, but it doesn't hurt to mention them.

Most of the group agreements that the writing group operates under come of the heading of "respect". Maintaining confidentiality is an important one- it means that whatever anyone writes, shares or talks about in writing group should stay in writing group. Not interrupting is also a rule we live by, and the flip side of that is to show respect for your audience by not speaking or reading from your work at length. We also ask people to take care of themselves, so if any upsetting memories or topics come up in group, we would try to have someone, usually the Healthy Minds navigator, be available to speak with that person. This doesn't happen very often but when it does it's good to know that there's some one to talk to.

Come check out the Writing Group, facilitated by Anna Quon! Call 404-3504 for more details.



Upcoming Club Friday Events

Date	Activity
June 4th	Bowling at Bowlarama
June 11th	Argyle Fine Art Gallery (Meet at Church)
June 18th	Creativity Session
June 25th	Walk on the water front, coffee, HRM ferry ride

Club Friday is a peer support group that meets every Friday from **1:00pm -3:00pm** at the **All Nations Christian Reformed Church, 2535 Robie Street, Halifax.**

For more information please contact Catriona Wallace at Healthy Minds Cooperative: 404-3504

Do you have information you would like to share in The Bluehorse Chronicles newsletter? If so, we would love to hear from you! Please contact us by calling 404-3525 or email hmnavigator@eastlink.ca



Thank you to Vince Daigle, Anna Quon, Debi Noye, Irene Skehen, Wayne Schnare and Myra Donnelly-Gay for contributing to this months newsletter!



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