

Stand up for Mental Health

On October 4, 2010, David Granirer of Stand up for Mental Health and the Healthy Minds Cooperative comics performed at the Rebecca Cohn theatre at Dalhousie University as part of Mental Illness Awareness Week. It was a great way to educate students at Dal about mental illness as well as a brilliant way to break down stigma and barriers and dissolve peoples' preconceived notions.

Despite the fact that the comics had a very intense and work filled day – two performances at the Rebecca Cohn and one performance at Shearwater – they gave stunning performances and had the audience in stitches. One can see that they are becoming more professional and honing their skills with each new gig. They were given a lot of positive feedback and praise for their performances.



Save the date - November 27, 2010

The first showcase of the new comics training for Stand up for Mental Health will be held on November 27, 2010. A group of enthusiastic men and women are having fun working on their comedy routine and are preparing to "knock your socks off". So make sure that you save the date and come out to support their efforts. More details will follow.

November 2010

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Canada Post Foundation Award

At the end of September 2010, Healthy Minds Cooperative was awarded a grant of \$11,530.00 by the Canada Post Foundation for a Peer Support Project to help patients transition from hospital into the community. This will be a pilot project. Vince Daigle will be working mainly with patients in the acute care unit of the NS Hospital to connect them with supports, programs and services, while they are reintegrating into the community. This is a very hands-on role – Vince will be researching and accessing resources, developing a relationship with patients as well as accompanying them to make these connections. Vince will work with the patient and team in the hospital and will continue on working with the patient and their new team in their community. This will provide the much needed continuity between services that has been missing until now. Evaluation is an integral part of the project – patients will be surveyed as they leave the hospital and again three month later. Although the project is time-limited (12.5 hours per week for one year), we hope that the value of having a Peer Support worker at this critical time of a person’s life will be shown to have a significant impact in helping the person reintegrate successfully into the community.

We wish to thank the Canada Post Foundation for their generosity in providing the grant, and wish Vince success in his extended role in Peer Support.

Showcase Your Talent!

Department of Health, Mental Health, Children’s Services and Addiction Treatment Branch is requesting submissions from mental health consumers for a “Creative Works” booklet to be published and distributed throughout Nova Scotia. They are looking for submissions from people like you!

If you are interested in submitting poetry, pictures, short story, personal story or other original creative work to be published in the booklet, please contact:

Tony Prime, Coordinator, Adult Services - Department of Health, PO Box 488, 1690 Hollis Street
Halifax, NS B3J 2R8 Email: primets@gov.ns.ca Tel: 424-7235 Fax: 424-0647

Speaker’s Bureau & Writer’s Group

Speaker’s Bureau

If you’re interested in educating others about mental health, this group is for you! We will be meeting on November 17, December 1 and December 15 at 1 pm.

Writer’s Group

The Writer’s Group is open to everyone and meets on the 2nd and 4th Tuesday of the month from 2 - 4 pm at Healthy Minds Cooperative. This is a great group and you do not need writing experience to join in the fun.

For more info on both of these groups, please call 404-3504 or email hmnavigator@eastlink.ca



Way to Wellness

*addressing body, mind and spirit ...promoting wellness, wholeness
and a sense of well-being.*



Personal Growth

The process of personal growth isn't always easy. We must face our own ugliness. We often must become painfully aware of the unworkability of a pattern before we're willing to give it up. It often seems, in fact, that our lives get worse rather than better when we begin to work deeply on ourselves.

*- Irene Skehen,
Wellness & Recovery Educator*

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.



Community Events Highlighted

East Dartmouth Community Health Team

FREE Health and Wellness Programs - open to everyone!

The East Dartmouth Community Health Team hosts a variety of free Health and Wellness Programs that are open to everyone. Here are just a few of the Programs. For more information, visit www.communityhealthteams.ca or call 460-4555.

- ◆ Personal Wellness Profile
 - ◆ Building Better Goals
 - ◆ Building Better Self Esteem
 - ◆ Building Better Nutrition
- ◆ Healthy Weight 10 Week Program
 - ◆ Strength Building Exercises
 - ◆ Stress Reduction Methods

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 Irene Skehen, and Myra Donnelly-Gay for contributing to this months newsletter!



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