

Coming this Fall!

Mental Health Recovery and WRAP Workshop *WRAP (Wellness Recovery Action Plan)*

Place: Healthy Minds Cooperative
7071 Bayers Rd., Suite 112
Room 165

Dates: October 05, 12, 14, 20, 21, 26, 28
November 02, 09, 17

Time: 10:00 am – 12:00 noon

ALL MATERIALS WILL BE SUPPLIED

This workshop is for anyone who would like to create positive change in the way they feel and increase their enjoyment in life. It is for anyone who is ready and willing to take responsibility for their own well-being. It is for anyone who is ready to be empowered.

WRAP is a wellness plan, designed by you to help you stay well and help you feel better when you are not feeling well. WRAP empowers you to take control of your own health and wellness.

Over a six week period you will develop your wellness plan in an inviting relaxed atmosphere with like-minded peers. This workshop will be sprinkled with alternative approaches and philosophies to health and well-being. Together we will look at our health through a different lens. Together we will look at the world through a different lens.

To register please call 404-3504.

Registration Deadline: September 24th, 2010

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Education & Training Package

We are living in exciting times. The Mental Health Program of CDHA committed itself to Consumer and Family Collaboration as its top priority last year and again for this coming year, and has set the goal of having consumer and family representatives on **all** Committees and Quality Teams involved in decision-making for the Mental Health Program. The Mental Health Program has always had consumer/family representatives on some of their committees, but this is bringing consumer and family involvement to a new level.

The Leaders in the Mental Health Program are stepping up to the plate and have already begun the process. Consumer and family representatives are not only involved in sitting on key committees which steer the process of decision-making, but also chair a committee involved in getting feedback from end-users to evaluate and direct changes to the system. All of this fits in well with one of the priorities of Healthy Minds Cooperative i.e. more participation of those with lived experience in the design, development, delivery and evaluation of mental health services.

However, this will take time and will not be a simple process. Token representation is not going to work. Research has shown that if consumers and family members are going to be effective and informed representatives/advisors sitting on committees, there needs to be a process for selecting, preparing/training, and supporting them, and they need to be compensated for the work they are doing. Most importantly, consumer/family advisors must believe that their participation is essential to the design and delivery of optimum care and services. They must be interested in learning about and understanding the issues and concerns that are common to the consumers and families in our community in order to effectively represent and advocate for everyone affected.

A committee of Healthy Minds Cooperative members has been meeting for several months to develop an Education and Training Package for consumer/family advisors wishing to serve on Mental Health Program's committees and teams. The training will be very specific to the issues at hand, and will cover:

- ◆ *Understanding Mental Illness* – to help people see beyond their own personal illness
- ◆ *Understanding Patient/Family Centred Care/Collaboration*
- ◆ *Understanding the Mental Health Program and how it works*
- ◆ *Understanding of Issues related to Services*
- ◆ *Roles of consumer/family advisors on Committees*

Committee work is only one of the ways your input can be of value. There will be opportunities to take part in focus groups, review documents and give feedback on specific projects as they develop.

Healthy Minds Cooperative has been asked to find consumers/family members who would be interested in making a difference for others who access mental health services and becoming involved at a decision-making level. We would love to hear from you.

Please contact: Myra Donnelly-Gay healthyminds@eastlink.ca or 404 2504



Club Friday Wraps Up



After five years of weekly Friday afternoon meetings, Club Friday is closing its doors on September 3, 2010. Club Friday has been meeting at the All Nations Christian Reformed Church on Robie Street for many years, and enjoyed a safe and warm environment where members were always made feel welcome and included. Outings and activities ranged from bowling, playing pool, walks in the park or on the harbor front, joining festival activities in the city, to acupuncture sessions, talks on Wellness and Recovery, resources in the community, coffee, snacks and much, much more. It has been a welcome resource for a number of people who have been attending it for some time.

Early this year, we put in a grant application to the Mental Health Foundation to assist us with continuing the program, but like many other requests in the Province, it was turned down. If we were continue running the program, funds would have to be raised from elsewhere, so Healthy Minds Cooperative decided to have an independent assessment done on the program to see how effective it was. The assessment was done by a Social Worker and Occupational Therapist from the Bayers Road Clinic.

Their finding concluded that a similar program was being offered by the Canadian Mental Health Association of Halifax at the Bloomfield Centre, very close to where Club Friday was being held. “Sharing and Caring” offers a six-day social program which has many peers involved in the day to day running of it; it has more variety in social and educational programs, more expertise and more resources, and it caters to the same group of people that go to Club Friday. Given these facts, the Board of Healthy Minds Cooperative decided that it was best to close Club Friday. The Board would like to see us focus on programs where there is a gap in service which needs to be filled. In the coming months, there is a plan to discuss gaps in services with other community agencies.

So we would like to take this opportunity to thank all those who participated in and/or facilitated Club Friday over the years; Vince Daigle, Josh Dunn, John Cox, Mickie Bowe, Catriona Wallace, Leah MacDonald and of course all the members of the Club who were faithful to attending it through the years. Change can be difficult but provides us with an opportunity to challenge ourselves and step out of comfort zones.

We would like to wish all past and present Club Friday members the best on their recovery journeys and welcome them to come visit us at Healthy Minds Cooperative.

Check out the back page of this issue of The Blue Horse Chronicles for other groups and activities taking place in our community.

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.



Caring and Sharing Social Club

The Caring and Sharing Social Club offers a lot, not just a little. The Club provides people with the opportunity to make new friends and develop their social skills, which will help them on their journey to staying healthy. There are many activities to participate in. To attend the Caring and Sharing Social Club, you must become a member - which is easy to do!

To become a member or to request more information, please contact Donna Phillips at 455-0072. The members phone line is 455-1057. The Club is located at Bloomfield Centre, 2786 Agricola Street, Room 114. The Club is open Monday through Friday from 1 to 9 pm. The Club is closed on Saturday, but is open on Sunday from 12 to 4 pm.

Healthy Minds Cooperative Speakers Bureau

We are looking for new people to join the Healthy Minds Cooperative Speakers Bureau! If you are interested in educating others about mental health and illness issues through sharing your experience, join us! The group will help you to:

- ✓ Build your self-confidence
- ✓ Learn in a positive and supportive setting
- ✓ Learn effective ways to organize and deliver presentations



Where: Healthy Minds Cooperative, The Village at Bayers Road, 7071 Bayers Rd., Halifax

When: The second Wednesday of every month, beginning September 8, 1 pm to 3 pm

Facilitator: Wayne Schnare

If you are interested in joining the Speakers Bureau, please contact Laurel at 404-3504 or email hmnavigator@eastlink.ca

Stand Up for Mental Health Update

Beginning in September, we have ten new candidates being trained in *Stand Up for Mental Health* with David Granirer. After their first 10 weeks of training, they will perform a showcase of their work with David in October/November. After Christmas, they will undergo the next 10 weeks of training, and will have their graduation in Spring of 2011. We are all very excited about this new group and looking forward to seeing both the showcase and the graduating performances. We will let you know when these happen.

David is also coming to Halifax in October for Mental Illness Week, and he and the six comics who have already been trained by him, will perform at Dalhousie University and also do a public performance. Dalhousie University welcomes the idea of using stand-up comedy as an effective way to educate students about mental health, and reduce stigma. Again we will keep you informed on what is happening with this.

If you would like to know more about Stand Up for Mental Health, visit their website at www.standupformentalhealth.com

Healthy Minds Cooperative is partnering with Stand Up for Mental Health in bringing comedy to the people of the Maritimes and we would like to support them in their goal to have 1 million friends on Facebook. Please help them to reach this goal by becoming their friend on Facebook by searching Stand Up For Mental Health on Facebook. You can also reach them on Twitter at www.twitter.com/SMHComedy

Way to Wellness



Life is not lived in the details but in the spaces between details that invite curiosity and a difference in perspective.

- Irene Skelton

Find Us On The Web

Remember that you can find Healthy Minds Cooperative on the web! Many helpful resources can be found under the 'Links' section of our website. You can find us online at www.healthyminds.ca or by searching for us on Facebook.



Writing Group Begins This Month!

The Healthy Minds Writing Group is starting up again this month! Our first meeting will be on September 14 from 2 to 4 pm at the Healthy Minds Cooperative offices. We will generally meet the second and fourth Tuesday of each month. As in the past, we will do writing exercises, share our work and enjoy each others' company. New members are welcome to join us - just bring a pen and paper to write with. If you don't have any, we will provide you with some, along with coffee and snacks for the whole group.

The writing group will meet on the following days in September:

- ✓ Tuesday, September 14, 2 - 4 pm
- ✓ Tuesday, September 28, 10 am - 12 pm

For more information on the Healthy Minds Writing Group, call the HMC office at 404-3504.

Community Events Highlighted

Bayers Road Open Groups - Located at The Village at Bayers Road

(Note: No pre-registration required, but please register when you attend each session.)

ANGER CONTROL WORKSHOPS

Where: McInnis Room (165)

When: Last Monday of each month (except Dec. 27), beginning August 30, 2010), 1:00 to 4:30 pm (max 16-18 people)

AURICULAR ACUPUNCTURE

Where: Serenity Room (105)

When: Monday & Wednesday at 11:00 to 12:00 pm, Tuesday at 5:30 to 6:30 pm and Friday at 9:00 to 10:00 am

DEPRESSION PEER SUPPORT

Where: Serenity Room (105) *Contact:* Roy Muise (404-7800)

When: Tuesday at 7:00 to 9:00 pm

RECOVERY GROUP

Where: Serenity Room (105)

When: Wednesday at 1:30 to 2:30 pm

MINDFULNESS

Where: Bayers Rd, Centre, TBA

When: Wednesday at 1:30 to 2:30 pm

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 Anna Quon, Irene Skehen, Leah MacDonald, Vince Daigle and Myra Donnelly-Gay for contributing to this months newsletter!



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