



# Mental Health Nursing

*MAKING A DIFFERENCE SOMEDAY  
TO SOMEONE*

# Who is Florence Budden?

- ▶ Wife
- ▶ Sister
- ▶ Aunt
- ▶ Friend
- ▶ Dog Lover
- ▶ Mental Health Nurse
- ▶ Advocate
- ▶ Nursing Instructor

Fabulous at 50!!!!



# Why Nursing?



Are we only putting out  
Fires???



# Why I wanted to be involved

- ▶ Opportunity
- ▶ My Parents
- ▶ Be the change you want to see in the world
- ▶ Believing I had something to offer
- ▶ Believing I had something to learn
- ▶ Caring was more than a word
- ▶ Mentorship
- ▶ Role Models
- ▶ Individuals affected by mental illness and families
- ▶ Ian







# Opportunities

- ▶ CAMIMH
- ▶ MHCC
- ▶ New Government
- ▶ Canadians know 1 in 5 Canadians are affected by Mental Illness
- ▶ CFMHN
- ▶ Mental Health Strategy
- ▶ Stigma is not gone but we are talking about mental illness
- ▶ Take Action Now!!!
- ▶ Recovery is possible with the support of a caring community

# Challenges

- ▶ Not believing change is possible
- ▶ Not listening to individuals with lived experience and their families
- ▶ Always repeating the past
- ▶ Never learning from the past
- ▶ We can create stigma
- ▶ Focus on strengths
- ▶ Person centred
- ▶ Work to create Collaborative practice and circle of care
- ▶ Create a stronger profession through positivity and teamwork
- ▶ Be a leader
- ▶ Be mindful

Be a champion



Here are the real champions



Be present.....



# You are a gift to others

Remember....Some have a gift for helping others to see the world as a place of possibility

Some import wisdom or comfort and care

Some point out the path and some take you there

Some warm the heart with a human touch



# Thank you

YOU HAVE ALL THESE GIFTS!!!!!!

Questions?

Comments?

Compliments!!

# My Information

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