

PRESENTING SPONSOR



JANSSEN-ORTHO

Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

OCTOBER 21 - 23, 2009 • HALIFAX, NOVA SCOTIA

“ This conference seeks to generate new knowledge about nursing and health care practices which help individuals, families, communities, and nations meet the challenge of promoting, supporting and maintaining mental health.

On a local and national level, mental health nurses help individuals and families meet the mental health challenges of everyday living, identify trends and develop policies and programs which support equitable and timely access to evidence-based mental health care.

On an international level, mental health nurses understand and respond to the impact of global conflict and socioeconomic hardships on the mental health of individuals, families and communities. ”

Experience
the freshness
of ocean breezes.

Join us in beautiful Halifax for
the 2009 Canadian Federation
of Mental Health Nurses
National Conference

Hosted by the Nova Scotia Mental
Health Nursing Interest Group

Halifax Marriott Harbourfront Hotel
located in the Historic Properties.

www.cfmhn.ca

Enjoy the Halifax Experience

Tuesday (Optional) Peggy's Cove Tour – from 1:00 – 5:00 PM.

To capture the Maritime experience we are offering a tour that includes some highlights of the city (Citadel Hill and Grand Parade) and follows the Lighthouse route along the rugged Atlantic coastline through picturesque fishing villages to the famous Peggy's Cove. See paintings and a stone mural by the famous marine artist William DeGarthe. There will be a brief stop at Memorial to Swiss Air flight 111.

The cost is \$40.00 to be paid at time of departure. Register with Heidi at heidi.wolfe@cdha.nshealth.ca (Six people are required to offer the tour). This will be a great photo opportunity and lots of fun!



Wednesday Evening at Pier 21 (included) our Conference Dinner will be a traditional "down east" Ceilidh with east coast music and entertainment at one of Canada's foremost heritage sites.



As the conference sessions close on Wednesday, the evening festivities begin... A short distance from the hotel is the historic Pier 21. You will be greeted by a Scottish clad Piper and guided to the museum where you will be able to mingle with friends and discover the immigration experience.

Pier 21 Canada's Immigration Museum honors the stories of 1.5 million immigrants and Canadian military service personnel who passed through its doors between 1928 and 1971. Today one in five Canadians has a direct connection to the historic pier. In 2007, Pier 21 was recognized as one of Canada's Seven Wonders. A judge in the Seven Wonders contest, Roberta Jamieson describes it as, "the personification of the promise of what this country holds. It is a metaphor for Canadian diversity, the welcome point that our country has for all cultures." It shares and celebrates Canada's unique stories of immigration and nation building. For more information or to research information on your family, please visit www.pier21.ca.

After viewing the exhibits, come to the **CEILIDH** (Kaylee), a Scottish and Irish traditional 'kitchen party' with great food, lots of laughs, fiddle music, and singing. It will be a night to remember!



Our Host Hotel — The **Halifax Marriott Harbourfront** is located right on the water's edge in the heart of the Halifax's Historic Properties.

Add to your conference experience by staying on-site.
\$159.00 Single/Double
To reserve call: 1-800-943-6760
Group Code: menmena
Canadian Mental Health Nursing Conference
Cut off: Friday, September 18



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NOVA SCOTIA



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

TUESDAY OCTOBER 20TH

7:00 pm -
9:00 pm

Welcome Reception

YOU ARE WARMLY INVITED TO OUR "WELCOME RECEPTION"

TUESDAY EVENING OCT 20 FROM 1900 – 2100

ACADIA ROOM 'A' OF THE MARRIOTT HARBOUR FRONT HOTEL

COME ALONG TO MEET OR RECONNECT WITH COLLEAGUES FROM ACROSS THE COUNTRY.
ENGAGE AND CHAT WITH OUR SPECIAL GUEST SPEAKERS AND HONORED GUESTS.



ENJOY A RELAXED ATMOSPHERE SITTING ON THE HALIFAX WATERFRONT DECK,
EXPERIENCING THE FRESH OCEAN BREEZES.

ENTERTAINMENT, FOOD & CASH BAR

WEDNESDAY OCTOBER 21ST

7:30 am -
8:30 am

Continental Breakfast and Registration

8:30 am -
10:00 am

Welcome Remarks

Keynote Address: The Hon. Michael Kirby, Chair of the Mental Health Commission of Canada Nurses and a National Mental Health Social Movement

The Honorable Michael Kirby retired from the Senate of Canada in 2006, after 22 years of service. Among Michael's many achievements he was Secretary to the Cabinet for Federal-Provincial Relations and Deputy Clerk of the Privy Council. From 1999-2006, he chaired the Standing Senate Committee on Social Affairs, Science and Technology. Under his leadership, the Committee produced 11 health care reports, including the first-ever national report on mental health, mental illness and addiction, and Out of the Shadows at Last. Michael Kirby has many outstanding accomplishments and is truly dedicated to public service.

10:00 am -
10:15 am

Activity Break

Each concurrent session consists of 8 papers in 4 breakout rooms. Papers ending in 1 are presented in the first half hour and papers ending in 2 will be the second half hour.

10:15 am -
11:15 am

Session 1 – Working Creatively to Promote Mental Health

1A1 Fostering Hope: An Evidenced-Based Nursing Guideline to Promote Wellness and Healing in Suicidal Individuals

Josephine Muxlow, NS

The author describes a critical appraisal of the research literature on hope and the development of an evidence-informed best practice guideline for adults at risk for suicidal behaviour. The discussion includes interventions to foster hope and the use of innovative relational practices, approaches and strategies.

1A2 Connecting with Hope: A Nursing Care Plan for Suicidal Persons

Petrea Taylor, NB

'Connecting with Hope' emerged as the theory of how adolescents heal after they attempt suicide using a grounded theory research method. Nurses gain a greater understanding of the suicidal person's experience and how to facilitate healing. The author reports on nursing care plan implementation on an in-patient unit.

1B1 A Vision of Hope, Health and Healing

Nancy Brookes, ON

We developed an education program to refresh and renew our vision for nursing: to become an internationally recognized center of excellence for psychiatric and mental health nursing that has at its core committed person-centred, professional practice and scholarship. We will describe program strategies, results, and nurses' contributions to a vision of excellence in psychiatric and mental health nursing.

1B2 Quality of Life: As Defined By People Living With Schizophrenia And Their Families

Florence Budden, NL

The author reports on the findings of a Schizophrenia Society of Canada survey of people living with schizophrenia and their families/caregivers about supporting quality of life. She describes the survey's implications on collaborative partnerships, recovery, and benchmarks for program evaluation.



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

WEDNESDAY OCTOBER 21ST

1C1 A Pre-admission Readiness Support Group Eating Disorders Patients

Kirsti Weekes, ON

This presentation is an overview of the development, content, implementation, and evaluation of a nurse-led pre-hospitalization "Readiness" support group for patients with eating disorders. The overall format of the program can be readily applied to other mental health areas.

1C2 A Best Practice Guideline as a Strategy for Suicide Risk Reduction and Prevention

Elaine Santa Mina, ON

The author describes an innovative suicide risk reduction intervention. An inter-professional team, advisory panel and stakeholders critically appraised literature to produce twenty-six interventions that reduce suicide risk.

1D1 Mental Health Consultation Liaison Nursing Service: Mind Over Matter

Kris Lischynski, MB

We describe a unique and independent nursing service offered within a tertiary care facility. We respond to consults from clinicians throughout the centre about caring for patients with mental health concerns, and provide assessment, interventions and education.

1D2 Creating Hope by Working Differently

Deborah McInnis, NS

This presentation shows that by working differently with individuals with complex care needs we get better outcomes that facilitate more successful community living. By breaking the mold and working outside normal practice policies, we allow ourselves to create hope for the future.

11:15 am -
11:30

Activity Break

11:30 am -
12:30 pm

Session 2 – Working Creatively to Promote Mental Health

2A1 Perceptions of Children Living with a Parent with a Mental Illness

Elaine Mordoch, MB

This grounded theory study examined children's perceptions of living with a parent with a mental illness. The study determined a substantive theory explaining how children perceived and managed their experience. Children identified positive connections to their parents and significant emotional turmoil related to their experience.

2A2 Parenting with a Mental Illness

Elaine Mordoch, MB

This grounded theory study examines how parents with a mental illness perceive their parenting experience. While children of parents with mental illness are at increased risk, few resources are allocated to parents with mental illness to support their parenting skills.

2B1 Mindfulness, Health and Healing

Mary Campbell, NS

The practice of mindfulness is recognized as an effective approach to health promotion and stress management. For the health care provider, mindfulness strengthens the capacity for presence and reduces the risk for burn-out. This presentation will provide an introduction to mindfulness and its applications within the mental health care context.

2B2 Innovative and Integrative Health Practices in Mental Health

Shari Vogler, NS

Auricular Acupuncture, a Wellness Fair, and a Saturday Free Clinic are innovative and collaborative complementary health initiatives generating new ways to respond to peoples' chronic health issues. These are tied to a population health approach and a participatory action research framework.

2C1 The Relationships of Hospitalized Persons with Acute Mental Illness and Their Nurses

Catherine Thibeault, NS

The purpose of this phenomenological inquiry is to understand the relational experiences of mental health nurses and their patients during hospitalization in an acute inpatient psychiatry unit. The author describes how an understanding of these experiences emerged from interviews, observations, and journals, and provides excerpts from transcribed narratives.

2C2 The Theory of Protective Empowering as a Lens for Health, Healing and Hope with Individuals in Acute Psychiatric-Mental Health Settings

Rosalina Chiovitti, ON

The theory of protective empowering is offered as a new lens to guide health, healing and hope with individuals and families, in which safety and choices are addressed simultaneously, the possibility of health is sought in illness, and the individuals' views and participation are invited.



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

WEDNESDAY OCTOBER 21ST

2D1 Narrative Solution Focused Approaches: An Innovative Way to Work With People

Marina Johnston, ON

"Narrative and Solution Focused Approaches" is the title of an educational program that was developed by Mental Health Nurse Consultants at a large urban public health unit. This approach fosters new ways of having helpful conversations with people to help them make meaningful changes in their lives.

2D2 A Day in the Lives of Experienced Registered Nurses as Case Managers with the Supportive Community Outreach Team (SCOTeam)

Lorena Rose-Hines, NS

This presentation describes exciting and challenging Psychosocial Rehabilitation Services offered by nurses of the SCOTeam. We will share how the SCOTeam services impact the life an individual who has severe and persistent mental illness.

12:30 pm -
1:30 pm

Lunch

1:30 pm -
2:30 pm

Session 3 – Strengthening connections and partnerships

3A1 Evaluating an Innovative Partnership Between a Community Mental Health Agency and a Hospital Inpatient Program

Brenda Moore, ON

This innovative project provides access to coordinated assessment, care and treatment while demonstrating a positive impact on bio-psycho-social functioning of homeless clients. It examines the impact of services on client functioning and staff perspectives, and comments on shared experience of mental health nurses involved.

3A2 DHA Collaboration - Community Partnership - Consumer Empowerment A Unique Combination for Rural Psycho social Rehabilitation

Maureen Jones, NS

Rural mental health teams are challenged to provide a full range of programming with limited resources. Two neighboring Community Supports for Adults (CSA) teams created a unique collaboration to deliver a broad range of services to their clients and communities.

3B1 Collaboration to Recovery

Kamini Kalia, ON

The author reports on the process and phases of an interdisciplinary project addressing the need for a new model of care delivery. The model titled "Collaboration to Recovery" consists of elements from the Tidal Model® and interprofessional collaborative care.

3B2 Supporting Resilience Amongst Street-Involved Youth

Elizabeth McCay, ON

This presentation reports on the findings of a study on the mental health challenges and strengths of street-involved youth. The primary focus is on qualitative findings, which suggest that the theoretical perspective of resilience is critical to meeting the mental health needs of street-involved youth.

3C1 Supported Housing Really Works

Elizabeth Cleary, NS

The author describes new initiatives that created different solutions for people who would otherwise wait in hospital for 24/7 care environments. Creating new partners and providing flexible community-based services showed that patients with higher than average needs can live successfully in the community.

3C2 An Evaluation of Community Based Discharge Planning

Elsabeth Jensen, ON

A program evaluation of a community based discharge service supports the model as an effective way to facilitate re-entry to the community. People who received this service were able to improve tenure in the community and were able to maintain both jobs and housing.

3D1 Emergency Department Diversion Program: An Integrated Response to Mental Health Clients in Crisis

Cori Watson, ON

Mental health clients in crisis presenting to the emergency department (ED) do not always need admission but rather need connection to community support programs. The EDPP links acute care and community services to improve integration and coordination of mental health care.

3D2 Diverting Psychiatric Crises in Emergency Departments: An Innovative Model of Shared Care Delivery

Lorraine Schubert, ON

The author describes how models of care delivery are used to manage psychiatric crises in emergency departments of general hospitals. An innovative model of care delivery based on a partnership between the mental health nurse and the emergency nurse is proposed.



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

WEDNESDAY OCTOBER 21ST

2:30 pm -
2:45 pm

Travelling Break

2:45 pm -
3:45 pm

Session 4 – Social, political and cultural perspectives

4A1 **Advanced Practice Nursing: CNS Role with Child-Youth Mental Health, First Nation & Inuit Health, in Atlantic Canada**

Barbara Broom, NS

Aboriginal people have a lower life expectancy and higher suicide rates, which has implications for early childhood development, health, and education. This presentation will explore the role of the FNIH Child-Youth Mental Health Clinical Nurse Specialist with Aboriginal communities in Atlantic Canada.

4A2 **Aboriginal Mental Health: Government Policies in Canada and Australia - Have They Helped or Hindered Healing?**

Arlene Kent-Wilkinson, SK

This presentation focuses on an innovative international exchange project between the University of Saskatchewan and Flinders University in South Australia. The project gave nursing students the opportunity to experience and compare nursing culture and interventions for Aboriginal mental health.

4B1 **Exploring Immigrant Women's Mental Health Care Experiences using a Postcolonial Feminist Perspective Inquiry**

Joyce O'Mahony, AB

We suggest that a postcolonial feminist inquiry provides an analytic lens to (a) generate transformative knowledge about immigrant women's mental health care experiences; (b) improve equitable health care; and (c) increase understanding of what would be helpful for immigrant women's mental health care.

4B2 **Addressing Social Justice in the Context of Mental Health Nursing and Suicide Risk Reduction and Prevention Best Practice Guidelines**

Victoria Smye, BC

This presentation focuses on the use of a critical lens in the development of nursing interventions that address social injustice for individuals at risk for suicide. Emphasis will be on addressing inequities, stigma, and culture as related to the provision of safe and appropriate care and professional growth.

4C1 **Moving Forward with First Nations Students: One Woman's Journey**

Elaine Mordoch, MB

This presentation describes a journey that began while adapting a Nursing Counselling Skills course for First Nations community wellness workers. After incorporating traditional teachings based on the Medicine Wheel, the author describes how she began to appreciate and understand First Nations culture.

4C2 **Newcomers Experiences' Accessing Mental Health Services in the Province of Ontario**

Kamini Kalia, ON

Despite the incidence of mental distress in newcomers, reports indicate that this population is reluctant to utilize mainstream mental health services. The author reports on an ethnographic study that was conducted to understand the experience of newcomers accessing mental health services in Canada.

4D1 **Health, Healing and Hope: Mental Health Nurses and the Environment**

Nancy Brookes, ON

Nightingale described and claimed nurses' role in optimizing the environment for healing. We will describe key outcomes of CNA's environmental health initiative and disseminate knowledge about educational tools, resources and strategies related to the environment.


4D2 **Nurses Caught in the Middle of Psychiatric Patients' Smoking**

Debra Scharf, AB

Two years following the implementation of a comprehensive smoking ban in five inpatient psychiatric settings a qualitative study was done to describe how nurses perceived their role in regards to patients' smoking behaviors. Nurses described ethical conflicts and being caught between the psychiatrist, patient and policy.

2:45 pm -
3:00 pm

Activity Break



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

WEDNESDAY OCTOBER 21ST

3:00 pm -
3:45 pm

Round Table A

Continuing Education for Collaborative Mental Health Care: An Interprofessional Education, E-Learning Approach

Ann Greene, BC

E-learning technologies (e.g., teleseminars and webinars) have shaped new educational opportunities and can transport programs to major health centers and rural communities across national and international boundaries. The author describes an innovative approach to meeting professional education needs.

Round Table B

Bringing the 10 Essential Shared Capacities for the Whole Mental Health Workforce Across the Ocean

Nancy Brookes, ON

The UK Department of Health's Ten Essential Shared Capabilities (ESC) for the Whole Mental Health Work Force incorporates values and evidence based practices common across mental health workers. We introduce participants to the 10 ESC and describe two projects using the 10 ESC, and participants have an opportunity to work with the ESC.

5:30 pm -
6:00 pm

Travel along the waterfront to Pier 21 by chartered bus or scenic stroll

6:00 pm -
11:00 pm

Reception, Dinner and Ceilidh

THURSDAY OCTOBER 22ND

7:00 am -
8:15 am

Continental Breakfast & Posters open for viewing

8:30 am -
9:30 am

Conference Address: "Promoting Hope, Health and Healing Through Partnerships and Alliances."

Dr. Cheryl Forchuk, RN

Dr. Cheryl Forchuk is a prolific researcher and writer. She has authored 23 chapters and 83 peer reviewed journal articles as well as written a book on Peplau's interpersonal theory of nursing. She is the receiving editor for the America's for the Journal of Psychiatric and Mental Health Nursing, as well as being on the editorial board for Perspectives in Psychiatry, Archives in Psychiatric Nursing and the Journal of Ethics in Mental Health. Her honors include being the first honorary life member of the Canadian Association of Advanced Practice Nurses.

9:30 am -
10:20 am

Posters, Exhibitors and Activity Break

10:20 am -
11:20 am

Session 5 – Crafting innovative mental health interventions and programs

5A1 Hope for the Future: A Clinical Innovation for Advanced Psychiatric Nursing Practice

Lydia Ritchie, ON

This presentation focuses on a clinical innovation that integrates a collaborative nursing practice and a psychotherapeutic intervention. This innovation provided an opportunity to integrate the Tidal Model of Mental Health Recovery and Reclamation with cognitive behaviour therapy.

5A2 Post-Graduate Mental Health Nurse Education: A Pilot Program in Our Province

Gillian Strudwick, ON

This presentation focuses on the creation and evaluation of a Mental Health Nurse Residency Program Pilot. Topic areas include: Cultural Competency, Patient Centred Care, Tidal Model, Crisis Intervention and Stigma Reduction. The author explores the national and international relevance of the program.

5B1 Advancing the Role of the Mental Health Nurse in an Isolated First Nation Community

Bernadine Wallis, MB

The purpose of this paper is to describe the development, implementation and impact of a pilot project to integrate the role of a mental health nurse into a First Nation community nursing station. The outcomes, results and lessons learned are outlined, as well as a proposal for next steps.

5B2 Building A Collaborative Practice Among A Nursing Team

Susanne Sfferazza-Swayze, ON

This presentation describes the education and training to implement the Best Practice Guideline: Collaborative Practice Among Nursing Teams with forensic nurses. Enhancing the quality of the work environment is an important investment because it can contribute to quality patient care.

5C1 Creating Inpatient Access for Mental Health Clients in a Large Community Hospital by Reducing Inpatient Length of Stay and Enhancing Community Services

Susan Engels, ON

The author describes the use of CFMHN Standards of Practice to develop an innovative program at a large community hospital to improve flow of mental health clients through the emergency department (ED), reduce inpatient length of stay, avert inpatient admissions and expedite discharges.



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

THURSDAY OCTOBER 22ND

5C2 Mental Health Nursing and Methadone Maintenance Treatment: Evidence-Informed Practice to Support Healing and Recovery

Victoria Smye, BC

This presentation provides an evidence-informed approach to support individuals with a concurrent disorder who are on or may be candidates for methadone maintenance treatment. It is designed to assist mental health nurses utilizing a harm reduction approach.

5D1 A Multidisciplinary, Solution-Focused, Healthy Lifestyle Education Group For Patients with Mental Illness

Lisa Murata, ON

A multidisciplinary, solution-focused educational group supports patients as they work towards their individual healthy lifestyle goals. The author describes how the group positively impacted knowledge and waist circumference measurements and will detail the development, structure and evaluation of the group intervention.

5D2 Monitoring for Metabolic Problems in Clients with Serious Mental Illness Through the Use of the Metabolic Health Monitor

Elizabeth Budd, ON

The author describes her assessment and teaching role in the Mental Health and Metabolism Program. She conducts assessments with at risk clients, and in collaboration with the interprofessional team she delivers focused health teaching sessions with clients, family members, and community organizations.

11:20 am -
11:30 am

Travelling Break

11:30 am -
12:30 pm

Session 6 – Crafting innovative mental health interventions and programs

6A1 Breaking Down the Barriers One Client at a Time: An Ethical Approach to Challenging and Changing Our System
Stacey Roles, ON

Nurses working in Mental Health settings experience frustration when systemic barriers negate attempts to connect clients to needed services. This presentation illustrates an ethical decision-making approach that informs and supports responsible action, collaborative planning, quality care, and system change.

6A2 Managing Symptoms by Reducing Restraints: Promotion of a Philosophy
Karin Doan, ON

This presentation describes the multifaceted approach one acute psychiatric environment used to reduce restraints by promoting symptom management. We discuss the changes made and outcomes achieved, and offer policy and practice recommendations to administrators and front-line staff.

6B1 Nursing Practice and Continuity of Care for the Dual Diagnosis Population
Gillian May, ON

This presentation gives an overview of the Dual Diagnosis population - clients with developmental disabilities and mental health issues. The holistic and collaborative "Continuity of Care" model will be outlined. Challenges in implementing this model and strategies for problem-solving will be discussed.

6B2 Intimacy in First Episode Psychosis Recovery
Graham McLean, ON

Research indicates an increased risk of sexually transmitted infections, victimization, and sexual dysfunction in people with severe mental illness. Results of a needs assessment and group intervention in a first episode psychosis population are described.

6C1 Practising What We Preach
Paula Tognazzini, BC

Standards for psychiatric/mental health (PMH) nursing have always been at the heart of our profession. A description of a cross country collaborative process followed by a video clip and case studies will heighten your enthusiasm and appreciation for the role of the PMH nurse in an evolving system of health care.

6C2 Integrating Mental Health Theory and Practice into a Concept-Based BSN Curriculum
Leigh Blaney, BC

This presentation describes how a CFMHN position paper has supported the integration of mental health theory and practice into BSN curriculum in one university, and provides practical experience and recommendations. Barriers to integration are also discussed.

6D1 The Pre-Admission/Post Discharge Collaborative Care Program
Carolyn Carlisle, BC

The Pre Admission Post-Discharge Collaborative Care Program enhances the efficiency, effectiveness and accessibility of services among youth (12-17 years), families, care-providers and communities. Outcome measures show reduced hospital admissions, reduced anxiety and improved health outcomes of youth.



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

THURSDAY OCTOBER 22ND

6D2 Coping Through Connections: Adolescents With Mood Disorder

Robert Meadus, NL

The author describes the results of a qualitative grounded theory study that explored coping in youth with mood disorders. A core category emerged from this study: "an unplanned journey: coping through connections". This knowledge will aid development of supportive interventions, information and counselling.

12:30 pm -
1:30 pm

Lunch

1:30 pm -
2:30 pm

CFMHN Annual General Meeting

1:30 pm -
2:30 pm

Session 7 – Social, cultural and political perspectives in mental health practice

7A1 Meeting Mental Health Service Needs Through Collaborative Partnerships

Marlene Gogal, MB

This presentation will provide an overview of an innovative response to a critical shortage of mental health practitioners to provide services for residents in a northern health region. It will focus on how collaborative partnerships become the cornerstone for addressing health human resource challenges.

7A2 Abuse and Mental Illness: Moving Toward a New Hope for Better Health

Lisebeth Gatkowski, ON

The Abuse Education Committee's purpose is to increase awareness and sensitivity, build capacity and make recommendations for practice, education and research. Described will be the process of developing resources, collaborating and building partnerships across the system and within the community, and of developing a staff educational plan for trauma informed care.

7B1 Fighting Stigma: From Learning to Action

Cathy Graham, ON

This presentation focuses on an innovative educational strategy that engages BScN students in political action to combat the experience of living with stigma. Based on a critical analysis of the issue, students take to the streets to implement political activism strategies.

7B2 Addressing Social Stigma in Early Episode of Psychosis: An Innovative Program Approach

Tara Tourloukis, ON

This presentation illustrates how social stigma can negatively impact youth experiencing psychosis. The presenters analyze social stigma faced by this population, summarize scholarly research and client reports, apply critical social theory, and share frontline experiences from a mental health outreach team.

7C1 Trauma as a Health Promotion Construct

Leigh Blaney, BC

This presentation supports the call for a paradigm shift in trauma and critical incident stress management from the traditional 'medical model' to one of health promotion. Health promotion philosophy and practice are reviewed; questions about the implications of a paradigm shift are raised.

7C2 Contemporary Treatment Approaches for Trauma From the Perspective of Peacekeepers

Susan Ray, ON

The purpose of this interpretive phenomenological study was to understand contemporary treatment approaches for trauma from the perspective of peacekeepers. The author interviewed six soldiers, two chaplains, a medic and a nurse who described their experiences with treatment approaches for healing from psychological trauma following deployments.

7D1 The Lived Experience of Resilience: Promoting Valuable Social Practices

Melanie Nguyen, ON

Learning about the social practices in which people engage to become resilient, and how best to strengthen them, is of importance to community health centers and nurses in order to deliver services and care in a manner relevant to the realities and challenges faced by their patients.

7D2 Key Mental Health Issues for Women in the Early Years After Leaving an Abusive Partner: Improving Our Clinical Focus

Marilyn Merritt-Gray, NB

The author presents research findings highlighting a comprehensive picture of the patterns of mental health symptoms and social issues women identified as most intrusive during the first couple of years after leaving an abusive partner. Practice implications are highlighted.



Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

THURSDAY OCTOBER 22ND

3:00 pm -
4:00 pm

Closing Address: Dr. Phil Barker

Professor Phil Barker is an artist, psychotherapist and Honorary Professor in the School of Medicine, Dentistry and Nursing, University of Dundee. He was the UK's first Professor of Psychiatric Nursing Practice at the University of Newcastle from 1993-2002 and previously was the Director of Studies at the Department of Psychiatry, University of Dundee. He has published 25 books, fifty book chapters, over 250 academic and professional papers and articles and has delivered more than 300 conference addresses and countless workshops in Europe, Australia, North America and the UK. He was elected a Fellow of the Royal College of Nursing in 1995 and was awarded the Red Gate Award for Distinguished Professors at the University of Tokyo in 2000.

4:00 pm -
4:30 pm

Wrap-up: Awarding of door prizes and an invitation to attend the next CFMHN Conference

FRIDAY OCTOBER 23RD

8:30 am -
12:30 pm

Post Conference Workshop 1

"Waving, not drowning: An experience of the Tidal Model of Mental Health Recovery and Reclamation"

Dr. Phil Barker and Poppy Buchanan-Barker

The Tidal Model is based on a radical theory of human nature: a person is her/his story – no more or less! All the practical processes of the Tidal Model focus on aspects of story-telling, within intimate one-to-one conversations, or in self-contained groups. The key aim of the Tidal practitioner is to help the person reclaim the story of distress, life difficulty or breakdown, as a first step to exploring what 'needs to be done' to move on, or move away from such distress or difficulty; or otherwise strengthen the personal resolve to begin to make such personally-affirming and life-changing decisions.

In this short workshop, participants will be given an opportunity to experience and explore some key aspects of the practice of the Tidal Model. Although these experiences will be conducted in private, participants will have an opportunity to share and discuss their experiences with others, should they choose, as part of a consideration of the meaning of the Tidal Model for their own professional practice.

Advance Reading: A short introduction to the Tidal Model will be provided to all participants in advance of the workshop.

8:30 am -
12:30 pm

Post Conference Workshop 2

"PTSD in a Community Setting" and "Frontline Mental Health Nursing: Caring for Canadian Forces Members in Kandahar"

LCdr Rose Collins and LCol Rakesh Jetly

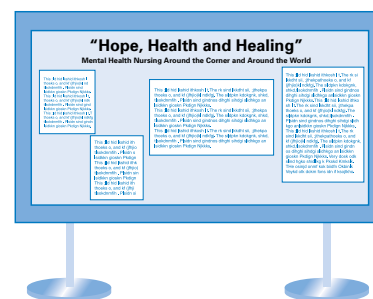
Individuals are exposed to various traumatic experiences that can lead to post traumatic stress responses. Military conflicts, disaster exposure (terrorist attacks), natural disasters (hurricanes and floods) to other traumas including sexual abuse and motor vehicle accidents. This workshop will assist in:

- Understanding the signs and symptoms of post traumatic stress disorder.
- Approaches to the management of post traumatic stress disorder.
- Understanding co-morbid disorders that can occur with post traumatic stress disorder.

The presentation will also include "*Frontline Mental Health Nursing: Caring for Canadian Forces Members in Kandahar*".

Hope, Health and Healing: Mental Health Nursing Around the Corner and Around the World.

- Poster 1
"The Amazing Race": Our Organization's
Mental Health End of Life Policy Journey
Bettyann Goertz, ON
- Poster 2
Advance Practice Nursing in Shared Mental
Health Care
Colleen MacPhee, ON
- Poster 3
A START To Assessing Seven Risks For Harm To
Self And Others
Mary-Lou Martin, ON
- Poster 4
Health Promotion Programs in a Treatment
Mall for Forensic Clients
Lisa Jeffers, NS
- Poster 5
Creating A Culture To Support Restraint Redu-
cation And To Promote Safety
Fran Szygula, ON
- Poster 6
Using Televideo for Providing Mental Health
Services to Complex Continuing Care
Marlene Kuri, ON
- Poster 7
Pre-Admission Post Discharge Collaborative
Program Child Psychiatry Inpatient Unit
Emma Gibson, BC
- Poster 8
Hope, Health and Healing Through an Innova-
tive Inpatient Smoking Cessation Program on
a Schizophrenia Unit
Raluca Groholschi, ON
- Poster 9
Experiences of Nursing Students, Advanced
Police Students and Community Safety and
Security Professionals who Participated in the
"Hearing Voices" Simulation
Jane Hamilton Wilson, ON
- Poster 10
HOPE for the Future: Our Shared Journey
Joanne Jones, ON
- Poster 11
The Wellness Planner: Testing an Interven-
tion Designed to Increase Empowerment and
Improve Quality of Life in Individuals with
Mental Illness
Shelley Marchinko, MB
- Poster 12
The Development of a Staffing Decision
Support Process that Promotes a Culture of
Health, Healing and Safety
Karen Daley, ON
- Poster 13
Uncovering the Influence of Organizational
Factors on Promoting Cultural Competence in
Clinical Care
Rani Srivastava, ON
- Poster 14
An Intervention to Promote Hope, Health and
Healing in a Seniors Mental Health Service
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