

“Hope Health and Healing:

***Mental Health Nursing,
Around the Corner and
Around the
World”***

Halifax, NS. (2009)

Fighting Stigma: from Learning to Action



LEARNING TO MAKE A
WORLD OF **DIFFERENCE**™

PETERBOROUGH • OSHAWA • ONTARIO • CANADA

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“We want to prepare and inspire students to participate in political action alongside the generations of nurses who have already taken the lead ...

and to disrupt the notion that changes to nursing and health care will happen without informed political action on the part of nurses”

(McIntyre, MacDonald & Thomlinson, 2005: p.xvi).



Do you want to make a “world” of difference?

- I didn't come into this program to take to the streets
- I just want to work at the bedside and mind my own business
- My life is complicated enough
- I don't know enough
- I don't want to offend people
- I don't understand politics and I don't care
- I don't see other nurses doing this
- I don't know where to start!
- Anything I do won't matter that much



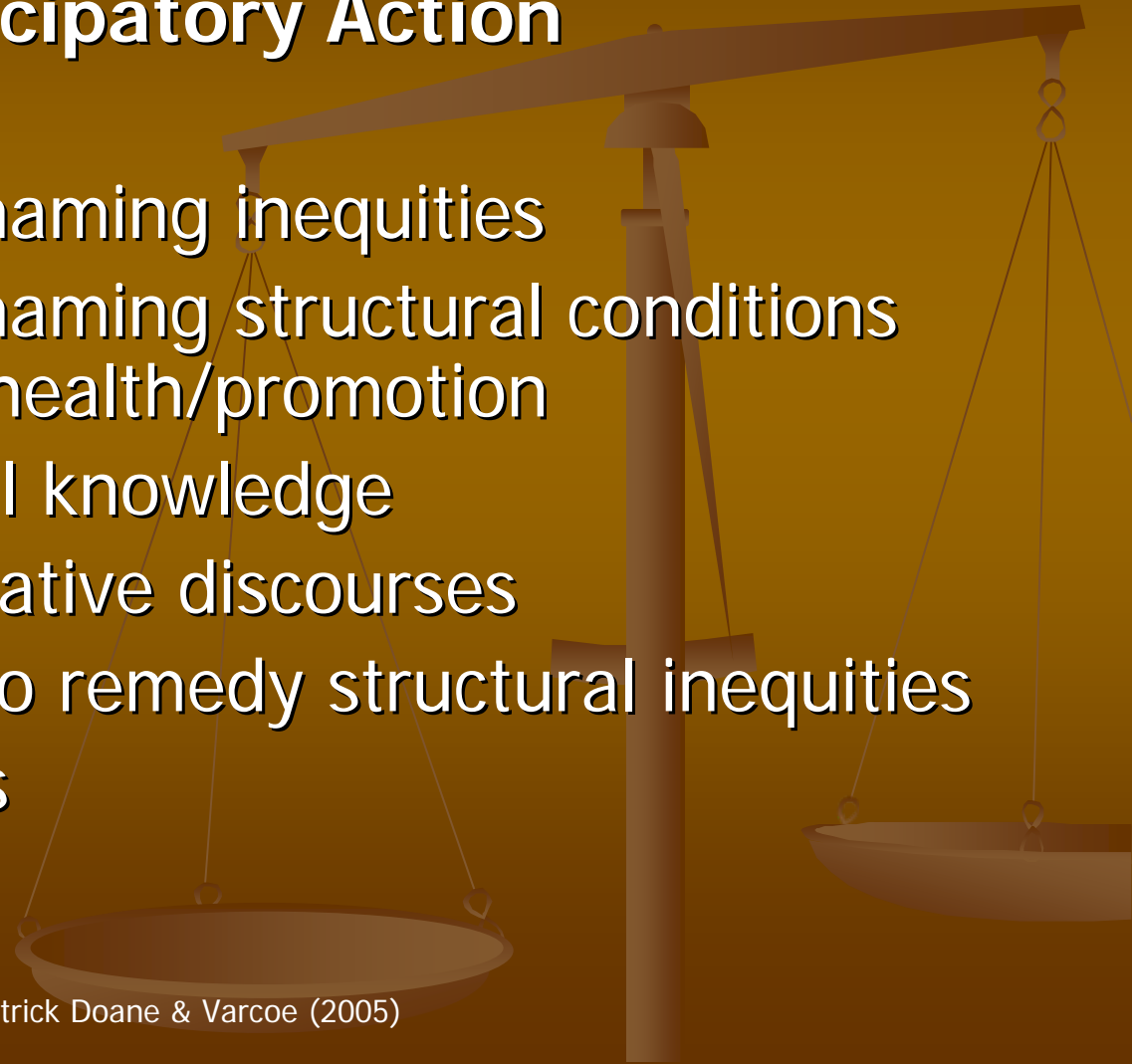
Relational Inquiry-Advocacy links

- Participation
- Inquiry
- Following lead
- Listening
- Self-observation
- Letting be/change
- Collaboration
- Pattern recognition
- Supporting capacity
- Emancipatory Action

Socio-environmental perspective

Emancipatory Action

- Recognizing and naming inequities
- Recognizing and naming structural conditions that compromise health/promotion
- Sharing contextual knowledge
- Introducing alternative discourses
- Devoting energy to remedy structural inequities
- Creating coalitions



Political Action strategies: Stigma & mental health

- Early implementation of Mental Health Education: faculty presentation-petition
- Integrating Mental Health concepts into Trent's Nursing-**BScN** Program
- Networking with CMHA
- Letters to the editor-local/national papers
- Farmer's Market
- Survey within mental health Setting/ with the general public
- Trent Radio- CHEX TV- The Arthur
- RNAO- NSO articles
- Facebook group
- Letters to MP/MPP and Central East LHIN
- Lunch 'n' Learn at local hospitals

Barriers

- Establishing networks
- Time constraints
- LTE not published
- Not being able to ask questions at the public meetings
- **Surveys-** a greater sample size over a longer period of time; many people asked to complete the public survey declined



Future Directions

- ✓ Build advocacy into curriculum
- ✓ Emphasize socio-environmental stance
- ✓ Join professional nursing-other organizations
- ✓ Link research-theory-practice



**“You don’t have to change the
whole world;**

**You only have to change your
own- – there will be a ripple effect,
I promise you.”**

Dr. Tom Jackson (2009)- Chancellor: Trent University

