



Newsletter-April 8th, 2014

Upcoming Events :

1. 2014 Toronto Mental Health & Spiritual Care Symposium: Advancing Frontiers in the Treatment of Mood Disorders. Registration now open - Early bird registration by April 21, 2014!

Please register with the link : www.nygh.on.ca/mhscsymposium

- When:** Thursday, May 8th 2014
- symposium begins at 8:00 a.m. with registration 7:30 - 8:00 a.m.
 - formal program concludes at 3.30 p.m.
 - reception & networking event at 3:30-5:00 p.m. with opportunities to interact personally with speakers and attendees

Where: Hart House, University of Toronto, Toronto, ON

Why should you attend: An innovative forum for **dialogue** between mental health and spiritual care professionals, especially as it relates to the treatments for mood and anxiety disorders - as a way to promote **integration, inter-professional collaborations and education.**

For further information on the symposium, please contact Dr. Alan Fung at Alan.Fung@nygh.on.ca. For registration-related enquiries, please contact Ms. Thai Uong at [416-756-6311](tel:416-756-6311) or email Thai.Uong@nygh.on.ca

2. Mental Health First Aid Training

Mental Health First Aid (MHFA) is a program of the Mental Health Commission of Canada and aims to raise awareness and reduce stigma of mental illness. Individuals who complete the 2-day training receive a Certificate from the Mental Health Commission of Canada.

A MHFA Basic course (12 hours) will be held over on Fri, 27th and Sat, 28th June (9:00-4:30) at 3080 Yonge Street (Yonge & Lawrence). Below is some basic information about the course, cost for the 2 days of training, and how to register.

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

The program does not teach people how to be therapists. It does teach people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

MHFA shares the same overall purpose as traditional first aid - to save lives. It aims to:

- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent the mental health problem from developing into a more serious state.
- Promote the recovery of good mental health.
- Provide comfort to a person experiencing a mental health problem.

Cost is \$ 250 per person, which includes a course manual and materials. To register, contact Adrienne Sequeira by sending an email with "MHFA" in the subject line to: adrienne.sequeira@rogers.com

3. Family Education for Schizophrenia and Psychosis-Strengthening Families Together

The Schizophrenia Society of Ontario offer family education for family and friends supporting someone with severe mental illness across Ontario. The group is available in Richmond Hill, Scarborough, Aurora, downtown Toronto, Etobicoke, Peterborough, Ottawa, Smiths Falls, Kanata, Oakville, Brampton, Mississauga, St Catharines and Simcoe. The groups are facilitated in English, Spanish, Cantonese and Mandarin. Both in person education and virtual online education are available. If you would like to receive information about the family education, please contact Purple at [416-449-6830 ext 244](tel:416-449-6830) or email pyip@schizophrenia.on.ca.

Inspiring Stories

You have heard Ellen and Pat's stories at the Symposium held on Nov. 2/13. Some of you have asked about their testimony. Enclosed please find a short version of Ellen's journey living with Mood Disorder and Pat's experience as a sister of someone living with schizophrenia.

Moving Forward - Focus Group

The Working Group for the Promotion of Mental Health in Faith Communities has reviewed all the feedback from you that was given at our Symposium on Nov. 2/13 at

Tyndale. We are humbled and challenged by the need. We would like to invite all of you to join the work in promoting education and support to individuals and families affected by mental illness. A focus group will be held on June 14, 2014 to consult and listen to your ideas, needs and feedback on three areas (i) education, (ii) addressing stigma and (iii) church mental health ministry. A follow up email will be sent shortly.

Helpful Resources

1. Information for Faith-based and Community Leaders. Please see the attached US document from SAMHSA "Information for Faith-based and Community Leaders" on raising Mental Health awareness, for some tips.

Stay Connected

If you have any suggestion about the newsletter or you want to share resources, information and upcoming events with other, please feel free to send us an email at mentalhealthandfaith@gmail.com This is our official email contact.

Working Group for the Promotion of Mental Health in Faith Communities