



## Newsletter

### In this issue:

- 2** President's Message  
BY HOODO IMBRAHIM
- 3** Annual General Meeting
- 3** Coping in Uncertain Times  
BY KAITLIN BRULOTTE
- 4** Meet Our Team MHNIG  
New Executive Members
- 5** Executive Updates
- 6** Position Statement on Racism in BIPOC  
BY ARCHNA PATEL
- 7** Join Our Team
- 8** New Resources



## MEET OUR CHAIR

**Hoodo Ibrahim, NP-PhC, MSN, CPMHN(C)**, is a Nurse Practitioner at the Schizophrenia Outpatient clinic at St. Joseph's Healthcare Hamilton

## PRESIDENT'S MESSAGE

### Member's Voice Activities 2020

Dear MHNIG members

We are proud to share with you the following members' voice activities despite COVID-19 pandemic restrictions and limitations of holding live membership events. MHNIG has communicated with you over 42 times in the past year, including member updates, educational opportunity sharing and/or passing on updates from CFMHN and CNA. The MHNIG Executive Board has held eleven out of twelve monthly meetings, an AGM, facilitated two webinars, published two Newsletters, four-member speaker series, and one strategic planning meeting. During our strategic planning session, we reviewed our membership survey results and developed an action plan based on our members' requests. Although these requests will require years of strong and persistent advocacy, MHNIG will always stand with you in propelling our members' top priorities forward.

#### ***The three top members' requests were***

- 1) Securing the RN, NP, and CNS roles in mental health***
- 2) Attuning the undergraduate nursing curriculum to the realities of mental health service delivery***
- 3) Addressing the housing issue for mental health service users.***

Our President Elect at the time, Matthew Mutamiri shared an article with you "A Call to End Homelessness," in which he highlighted call-for-action strategies that I hope you found helpful. Our communication officer, Kaitlin M Brulotte shared with you an article "Don't Forget About Yourself," that contained useful and easily achievable tips to promote self-care during this unprecedented time. Archana Patel, one of our Policy and Political Action members, shared a highly informative article promoting

awareness about "World Suicide Prevention Day." We concluded the year with an article that I put together "It's Never Too Late to Seek Support!" encouraging nurses to always engage with their clients', family members, neighbors and even with ourselves about substance use issues. In this article I encouraged you all to always assess a client's level of readiness and promote harm reduction strategies even if the individual is not ready for change.

MHNIG is always eager to find ways to collaborate with Ontarian's students and First Nation Community included. As such, we collaborated with Nursing Students of Ontario (NSO) to facilitate a Q/A webinar session where students asked questions related to mental health nursing practice and educational opportunities. Aaron Clark, our past president facilitated a webinar titled "Working in a First Nation Community: Lessons Learned through the eyes of a Non-Native Nurse," presented by our region one representative, Jane McFadden and two First Nation Community elders. Jane and community elder speakers shared some helpful tips that non-native nurses working with the First Nation Community can use to ensure they are delivering culturally competent trauma informed care that respects each person's lived experiences during their care.

Through RNFOO, MHNIG contributed two nursing awards, one under the category of Research in Mental Health Nursing Award in the amount of \$1,500 and another under Dr. Hildegard E. Peplau Award in the amount of \$1,000. ***Note, these awards are given yearly so apply if you think you meet the criteria under each of these awards- last year we had only one applicant.***

From the Policy and Political action level, MHNIG executive team participated in varying RNAO's advocacy and political action strategies through multiple forums, such as signing hot topic action letters, Queen's Park Day/Queen's Park on the road participations and/or taking part varying RNAO task groups i.e., RNAO NPIG Task Force Group, LTC Task Force group, etc. MHNIG took part in Ending Antiracism in Nursing speaker series and we are in the process of finalizing a position statement condemning anti-Black Racism, and all forms of discrimination in Canada and around the world. MHNIG executive members participated in the National RNAO Mental Health and Addiction Focus Group Discussion, highlighting strategies to improve mental health nursing practice and education. MHNIG engaged with both RNAO policy team and board members about the future of psychotherapy. MHNIG will continue to push for the development of standardized nursing practice guidelines and expanded coverage for psychotherapy services offered by nurses.

We concluded the year with our AGM at which time we shared the highlights of the past year and additional hot topics in mental health nursing. In short, MHNIG remained active in the past year despite the unfortunate pandemic, and we hope to increase our visibility and advocacy for the issues that matter to you and the people we serve.

Regards,

Hoodo Ibrahim **NP-PhC, FNP-BC, MScN, BScN, CPMHN(C)**  
MHNIG Chair

# ANNUAL GENERAL MEETING

January 29, 2021

The RNAO MHNIG Annual General Meeting took place virtually on January 29<sup>th</sup>, 2021.

Three educational presentations highlighted hot topics in mental health nursing.

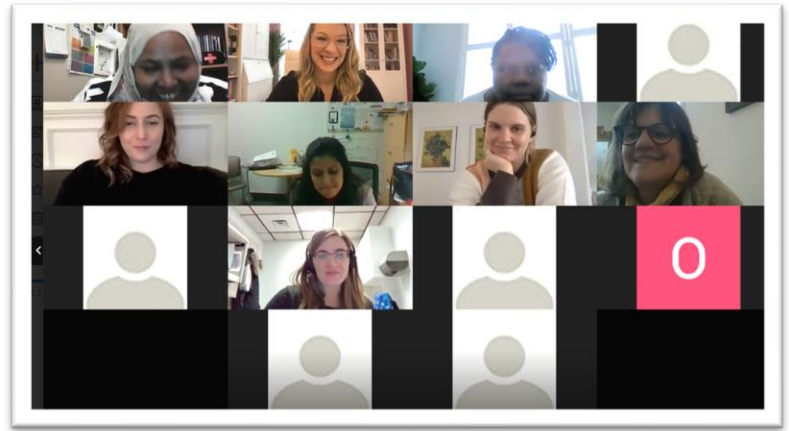
‘Suicide Prevention in the Era of Zero Suicide’ presented by our current Chair – Elect Shauna Graf, focused on the implementation of a best practice framework for suicide prevention, intervention and postvention.

‘Working in a First Nation Community: Lessons Learned through the eyes of a Non-Native Nurse,’ was presented by Jane McFadden, region one representative.

‘Lived Experience: Racism in Academic and Workplace Settings,’ presented by RNAO immediate past president Angela Cooper-Brathwaite, provided an opportunity to increase awareness of racism in academic and workplace settings, enhance knowledge and skills in managing racism, and to generate support to maintain the mental health and self-esteem for nursing students and staff who are experiencing racism.

Executive member updates were provided, and a discussion was held on incoming executive positions. The event concluded with a preview of group activities for 2021.

**You will be able to access a recording of the event when our new website is live soon!**



## COPING IN UNCERTAIN TIMES

BY KAITLIN M BRULOTTE, RN, RP, MA, DCP (C), PhD (C)  
MHNIG Communications Officer

So... the real situation is this. We get home from work (or we shift to the kitchen from our workspace), and we are exhausted from the emotional toll the day has expected from us. Our kids or pets or aging parents are waiting for us and can't wait to have our attention again. We somehow muster the energy to make a healthy meal for our families, and sometimes we order takeout. We bath the kids and clean up the house – it's a lot messier with everyone home. The dog needs a walk and even though we've been on our feet all day, we take him. By now the brain starts to feel fried and sometimes anger, resentment, and hopelessness creeps in. When will this be over? Some of us can sleep and some of us can't, either way the morning will come, and we will do it over again. If you attended our AGM, you would remember our opening activity: "Share the positive coping measures you have implemented for *necessary* self-care throughout the pandemic. What would you recommend to others?"

Here are some of the answers our members gave:

- Music and podcasts
- Hobbies to give the brain a break
- Physical activity; walking 30-60minutes daily
- Playing board games
- Cooking healthy meals

- Zooming with friends and family
- Connecting professionally and supporting health professionals
- Mantras and intentions
- Supporting community
- Regular "virtual world" cleansing/breaks
- Reflecting and exploring how we want to intentionally engage in our lives
- Connecting with nature and animals
- Exploring privilege versus non-privilege/race/how "intersections" in health care's "deepest corners of society" have been "exposed" during the pandemic
- Meditation/yoga
- Giving versus talking
- Neurobiology and neuroscience; practicing silence and gratitude
- Reach out for help when you need it

Our roles in the health system are essential to facilitating healthcare for Canadians. We have an ethical duty to care for ourselves with the standard we use in caring for others. Showing ourselves the self-compassion we deserve, will allow us to accept ourselves as we come, positively impacting our relationships with others and their health outcomes. Please reach out if you have a story from your pandemic experience that could help our members. As always, we are here for you and we hear you.

## MEET OUR TEAM

### MHNIG NEW EXECUTIVE MEMBERS

During 2020 nomination/election cycle, MHNIG recruited or renewed several positions including (1) CFMHN Ontario Representative, (2) Policy and Political Action Executive, (1) Social Media ENO, (1) Membership and Education ENO, (2) Student Liaison and regions/Satellite Representatives 6, 7, 10, and 11. MHNIG latter filled Chair Elect x1 year and Region 4 positions.



**SHAUNA GRAF, CHAIR-ELECT**

Shauna Graf, RN, BScN, CPMHN (C) graduated from Western University in 2013. She has seven years of experience at St. Joseph's Health Care in London, Ontario including roles in the Veteran's Care Program, adolescent inpatient psychiatry, and adult ambulatory psychiatric care programs. Shauna has a passion for mental health care including providing direct patient care, knowledge translation/staff education, and advocacy for quality improvement at a leadership level.

Her current role is the Clinical Lead/Project Support for the "Zero Suicide" Initiative, supporting best practices in suicide prevention within St. Joseph's, the local community, and beyond. Shauna joined the MHNIG to connect with nurses across Ontario and as chair-elect she is committed to adapting to the needs of our population, supporting our workforce of skilled mental health nurses, and collaboratively leading change in mental health care in Ontario.



**RODEA CASEM, TORONTO SATELLITE REPRESENTATIVE**

Rodea Casem NP-Adult, AGNP-C, MN, BScN, CPMHN(C) obtained her Masters of Nursing Degree at Ryerson University and subsequently completed the Post-Masters Nurse Practitioner Program at University of Toronto. With over 13 years of nursing experience, Rodea has worked as a Clinical Nurse Specialist, Clinical Educator, Academic Professor, and Registered Nurse in both acute care and community settings. She has also obtained the Psychiatric and Mental Health Nursing Certification from the Canadian Nurses Association. Rodea is currently practicing as a full-time Nurse Practitioner and is passionate about promoting mental health. She also has a special interest in innovative research, continuing education, and knowledge translation.

Rodea was the Toronto Satellite Representative for MHNIG from 2013-2018. During that time, she organized various educational networking events with topics focusing on mental health/addictions, stigma, and self-care. After obtaining her Nurse Practitioner Degree (2017-2020), she has rejoined the MHNIG Executive board as Toronto Satellite Representative.



**DANICA KAPLAN, OTTAWA SATELLITE REPRESENTATIVE**

Danica Kaplan, RN graduated from nursing in 2019 and currently works as a Registered Nurse in Mental Health at The Ottawa Hospital. As the Region 10 Representative in the MHNIG, I joined to feel more connected with other health care professionals that are just as passionate about making mental health a priority! I hope in the near future to have my own practice as an RN Psychotherapist to provide resources for mental health for those that need/want it and to create a positive & interactive community that helps and supports each other!

# EXECUTIVE UPDATES

## What have we been working on?

### FINANCES

Healthy financial status continues and MHNIG executives' activity related costs are covered as per RNAO guidelines. Of your \$35 MHNIG membership fee, \$20 per RN member includes your Canadian Federation of Mental Health Nurses (CFMHN) membership. Student membership fee is \$17.50.

Due to the COVID-19 pandemic we have held fewer events than usual, we encourage each satellite group to host events as they are able.

### MEMBERSHIP/EDUCATION

We currently have **705** members including 677 RNs and 28 Students. MHNIG Membership and Education is currently working on a 4-part webinar series addressing addiction issues in older adults. We are also working on a webinar discussion focusing on human trafficking. The MHNIG board has also added a second MHNIG Education and Membership Officer position, similar to our Socio-political Officer positions. This way, we will be able to bring you more education opportunities and allow for mentorship in future years.

If you are interested in helping develop a webinar on a topic you are passionate about, please contact us at [mentalhealthnursingRNAO@gmail.com](mailto:mentalhealthnursingRNAO@gmail.com)

### IT

MHNIG is back on social media! Follow us on Instagram: [@MHNIG.Ontario](https://www.instagram.com/MHNIG.Ontario) and Twitter: [@MHNIG\\_Ontario](https://twitter.com/MHNIG_Ontario). Our new website is almost ready to go and we are so excited to share it with you and have this central platform for all things MHNIG.

### CFMHN REP

MHNIG membership/ CFMHN membership list issues have been resolved. MHNIG representation was strong at the biannual CFMHN 2019 Conference in Winnipeg. CFMHN has a new President and several board members and terms of reference are currently under review. The Education Committee is active including the Ontario Rep/CFMHN Rep Chair and monthly webinars and an online Human Rights Module is in development.

### REGION 1

Participated in board meetings to bring forward the needs and concerns of our region. This included Facilitating development of 5-week Human Trafficking series in Chatham Kent to increase awareness of growing issue and identify key stakeholders and community partners and increasing access to health care access for Urban Indigenous peoples in the Chatham Kent area.

### REGION 2

We have had limited formal Region 2 activity(s) due to the pandemic. The goal for 2021 is to continue to support the MHNIG executive to support advocacy; education, mental well being of nurses (our members) and our communities. I continue to encourage our members to support/partner with our local RNAO Chapter on shared projects- i.e., a sock drive for our homeless population (in support of 519Pursuit), housing, poverty reduction/elimination initiatives and actions.

### REGION 5

This year I consulted with RN Psychotherapists regarding the role of RN Psychotherapists in Ontario advocating for the independent practice of RN Psychotherapists in Ontario. This year, I have reached out to my Mental Health RN colleagues at my place of work (31 Canadian Forces Health Services Centre in Borden Ontario) and for 2021, I plan to reach out to Mental Health RNs who work across Region 5, as well as consult consumer groups and our provincial health leaders in this region regarding mental health services in our region.

### REGION 10

Participated in MHNIG executive meetings in 2020 and brought forward the needs and concerns of our nurses. Thank you to all our MHNIG members and students and other nurses working throughout the province for their expertise, commitment, dedication, and courage in providing ongoing care to Ontario residents. We are planning a potential education session in 2021 depending on the needs and availability of our nurses.

***Coming Soon! Please share your voice with the 2021 MHNIG Membership Survey.***

Your participation is one of the many ways you can direct the work of the executive team.

For completing the survey you have a chance to win membership for the year 2022!

Congratulations to Riley Carey, Saranson Henry, and Nancy Brooks, our MHNIG Membership Winners for the year 2021 (\$35.00).

# POSITION STATEMENT ON RACISM IN BIPOC

BY ARCHNA PATEL, RN, MN, BScN, BSc, CPMHN(C), RYT  
Policy and Political Action Executive Network Officer

Supported by all MHNIG Executive Members.

The MHNIG shares the concerns that have arisen in response to recent events in the United States and here in Toronto. MHNIG members express our condemnation of anti-Black racism and overall racism and discrimination that pervades all groups in BIPOC (Black, Indigenous and people of colour). We stand in solidarity with our BIPOC community members.

We especially recognize that the recent events in the USA have had ripple effects here in Canada and in the world. The recent incident with George Floyd, like that of Breonna Taylor and Ahmaud Arbery and too many others, brings into sharp focus the tragic reality of racism and the historical legacy of enslavement of Africans and others in our country. We join in on seeking justice and working toward lasting change in our society.

These recent events have caused an enormous burden of pain, fear, and anger, in addition to the disproportionate impact of COVID-19 in racialized communities. We also acknowledge that these events are unfolding in a context in which Black people in Canada and around the world continue to be subjected to systemic injustices. Perhaps even more devastating is that this continued and deliberate disregard for our common humanity does not astonish us. Furthermore, the RNAO MHNIG recognizes that racism, anti-black racism, internalized white supremacy, social inequity and trauma all contribute to increased risk for mental illness and addictions and perpetuate oppressive practices in the care we provide. We support all efforts to address systemic racism within public services such as police, health care and society.

It is especially important in such times that we reaffirm our commitment to anti-oppressive practices, equity, diversity, and inclusion; that we support each other to work together to confront and eliminate racism, and all forms of discrimination and internalized white supremacy; and that we take responsibility to educate ourselves about the historic and current expressions of racism and oppression.

We express our support, not only in this letter, but also for the global movement against injustice and inequality towards all BIPOC -black, brown, beige, etc. and indigenous people. We hope this watershed moment will lead to lasting change. But we also know that hope is not enough. We must educate ourselves about racism and prejudice. This is the call for change that we must all answer and the work each of us must engage and do.

*"I mourn the loss of thousands of precious lives, but I will not rejoice in the death of one, not even an enemy. Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."*

Martin Luther King Jr.

## Confronting Racism Reading List

Archna Patel will be starting a BIPOC book/movie club with the book: *The Skin We're In*. She will then lead us by broadening the book and movie club to raise issues for all BIPOC.

Please contact her to bring suggestions and ideas and if you are interested in the BIPOC book/movie club.

1. **The Autobiography of Martin Luther King, Jr.**, Edited by Clayborne Carson (Outstanding account of the civil rights movement in the USA and its greatest leader.)
2. **Gandhi An Autobiography, The Story of My Experiments with Truth** (MLK Jr. utilized Gandhian principles of peaceful protest and peaceful disobedience to evoke change is on the world's biggest struggles for civil rights and independence.)
3. **The Skin We're In** by Desmond Cole (This is a superb, modern account of anti-black and indigenous racism in Canada.)
4. **Mindful of Race: Transforming Racism from the Inside Out** by Ruth King
5. **A Place Called Heaven: The Meaning of Being Black in Canada**, by Cecil Foster
6. **Deep Diversity: Overcoming Us vs. Them**, by Shakil Choudhury (Written by a Canadian, combines personal observation and scientific data on how prejudices are formed and how they can be overcome.)
7. **Dear White People: A Guide to Interracial Harmony in "Post-racial" America** by Justin Simien
8. **Why I'm No Longer Talking to White People About Race** by Reni Eddo-Lodge (Discusses racism in England drawing examples from history and the present.)

## JOIN OUR TEAM

Call for Nominations- Now Open!

We are seeking nominees for the following positions. Please click [here](#) for further details on role descriptions and how to submit your nomination.

Number of Positions	Position Name	Number of years
1	Chair Elect	2yrs, 2yrs as chair, 1yr as past president
1	Communications ENO	2 years
1	Finance ENO	2 years
1	Membership & Education ENO	2 years
Multiple	Regions Satellite/Representatives 1, 3, 5, 9, 11	2 years each
	Regions Satellite/Representatives 8 & 12	1 year each

Would you like to represent your region?

Region #/ Roles	Title
#1	Satellite - Winsor, Chatham, Lambton
#3	Satellite - Brant-Haldimand-Norfolk, Hamilton, Niagara Represents MHNIG in the RNAO nursing practice
#5	Satellite - Bruce, Grey, Huronia, Muskoka, Parry Sound, South Simcoe
#8	Satellite – Durham, Northumberland, Kawartha-Victoria, Quinte,
#9	Satellite – Grenville, Kingston, Lanark, Seaway
#11	Satellite - Algoma, Kirkland Lake, Nipissing, Porcupine, Sudbury,
#12	Satellite - Dryden, Kenora, Lakehead, Rainy River, Sioux Lookout

# COMING SOON!

You can look forward to checking out our new website with a variety of resources!

### Featured resource:

Whyte, J. (2021). COVID-19: 60 Seconds that Could Save Your Life. Medscape, Video 60 sec., April 1.

[www.medscape.com/viewarticle/948555](https://www.medscape.com/viewarticle/948555)

### RNAO Publications:

#### MHNIG followed closely several recent RNAO publications:

- 1) RNAO published Nursing Home Basic Care Guarantee guidelines that demand more RNs, NPs, CNS, and PSWs in our grossly neglected LTCs (<https://rnao.ca/policy/nursing-home-basic-care-guarantee> ).
- 2) RNAO also published ECCO 3.0: Enhancing Community Care for Ontarians (<https://rnao.ca/policy/ecco-30-enhancing-community-care-ontarians> ).
- 3) One of RNAO's most recent publication was Nurse Practitioner Task Force Vision for Tomorrow which demands increase NP utilization across health sectors ([https://rnao.ca/sites/rnao-ca/files/NP\\_TF\\_Feb\\_25\\_FINAL\\_3.pdf](https://rnao.ca/sites/rnao-ca/files/NP_TF_Feb_25_FINAL_3.pdf) ).

One thing all the above publications have in common is that they all demand improved client care services and enhanced nursing role utilization across health sectors mental health clinical settings included. MHNIG stands behind these publications as they align with our members' priority goals. MHNIG contributed to the promotion of some of these publications through signing action letters and/or content development.





MHNIG Geriatric Addiction Series: Cannabis Use in Older Adults  
With Dr. Mona Sidhu

Please join us for the second in a four-part series discussing substance use and older adults. This area of research is notoriously under evaluated, unaddressed and will become much more common as Canada's population ages. Dr. Mona Sidhu, a leading researcher and clinical specialist in this area, will share her expertise and research on this emerging topic.

Objectives:

- Understand the pathophysiology of cannabinoids
- Differentiate strains
- Review the evidence behind indications for use



Dr. Mona Sidhu is an Assistant Professor at McMaster University and practices Geriatric Medicine through Hamilton Health Sciences

**When:** May 27th, 2021 7:30 PM Eastern Time

By Zoom Webinar

Look in your inbox for registration details

\*\*\*\*Space is limited so register early\*\*\*\*

# Ready Set Grow

SPRING VIRTUAL EVENT  
**MAY 28 • 2021**  
Helping you connect  
with your future



**The Canadian Federation of Mental Health Nurses (CFMHN) is hosting an event to bring together Nurse Graduates, Employers, Resiliency Experts and Career Information.**



## **KEYNOTE: SAFE PASSAGE: SUPPORTING NEWLY GRADUATED NURSES IN CANADA**

**Judy Boychuk Duchscher**  
PhD, MN, RN, BScN

Dr. Duchscher will take you on a journey through the stages of professional role transition for the newly graduated nurse. It can be both exhilarating and terrifying to move from being a 'learner' to taking the position of accountable and fully responsible decision maker, critical thinker and clinical expert. With a balance of reality and levity, Judy shares the experiences of new nurses as they cross the starting line to the rest of their lives.

## **Panel: Graduate Nurses: Seeds of Power pushing through Tough Ground**



**CANDICE  
WADDELL-  
HENOWITCH**

RPN, BScPN, MPN, PhD(c)  
Associate Professor at Brandon  
University, Manitoba



**CARMEN  
HUST**

PhD, MScN, RN, CPMHN (c)  
Nursing Professor and BScN  
Year Four Coordinator at  
Algonquin College, Ontario



**CHRISTINE  
GENEST**

RN, PhD  
Associate professor, Faculty  
of Nursing at l'Université de  
Montréal, Quebec



**NICOLE  
MCLAREN**

Fourth Year BScN student at  
Algonquin Stream at the  
University of Ottawa,  
Ontario

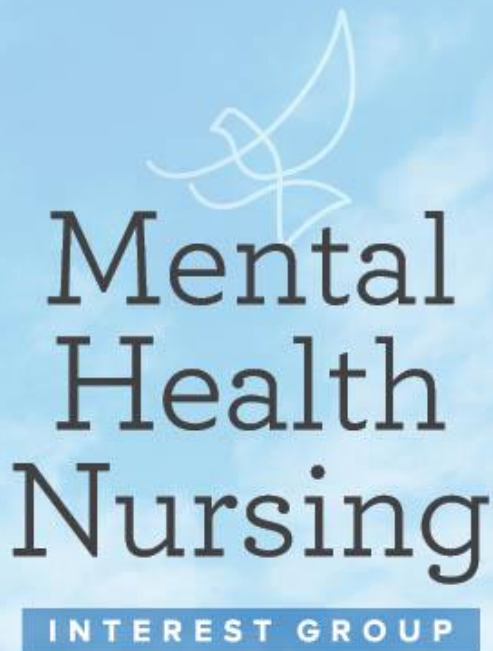
**For more information and to register visit [www.cfmhn.ca](http://www.cfmhn.ca)**

Wishing you a  
Happy Nurses Week  
2021

From your colleagues on the  
Mental Health Nursing  
Interest Group Executive

Please take a moment to celebrate our profession and the contributions we have made towards progress in mental health.





After some great discussions we are proud to show you our long-awaited new logo and banner!

### **Submissions Welcome**

We are seeking letters to the editor!

If you would like to submit a question or an entry for our next newsletter contact:  
**[mentalhealthnursingRNAO@gmail.com](mailto:mentalhealthnursingRNAO@gmail.com)**

*Letters and submissions will be published and may be edited at the discretion of the MING Executive Committee.*