



Measured Justice

Court Monitored Mental Health Program

A pilot program for people who break the law as a result of their mental illness is being implemented in Kings and West Hants Counties. Promoting recovery for consumers, the program helps them to be successful living in their community. It also seeks to provide public safety by helping participants avoid re-offending.

People who live in, and who have been charged with committing a crime in Kings and West Hants, are eligible for this program. Other requirements include being diagnosed with a mental illness and the admission that they are responsible for committing the crime. Those who have committed serious crimes that endanger public safety, have an intensive criminal record, have been on bail, or are non-compliant to treatment are not eligible for this program. Age requirements are 18 years or older. People who are addicted to opiates, cocaine, or methamphetamines may also qualify for a court monitored drug treatment program if the crime is a result of their addiction.

Before starting the program, potential clients need to be assessed. While participating in the program the person attends court every two weeks. There are also conditions of release and rules that need to be followed. The person receives individual and group therapy, as well as access to all the available resources in the community. In order to successfully complete the program they need to be drug-free, have secure housing, and be successfully participating in pro-social activities.

This program represents incredible progress in helping consumers who become involved in the criminal justice system. People with a mental illness have the right to receive treatment instead of spending time in jail or in the forensic hospital.

By Tony Legere

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Public Prosecution Service of Canada: (902) 426-5535
Legal Aid, Kentville: (902) 679-6110
Legal Aid, Windsor: (902) 798-8397

Reference:

Court Monitored Mental Health Program (Kings and West Hants Pilot). Presentation to stakeholders. (November 6, 2014)

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Quality of Work Affects Mental Health

Generally speaking, people who work tend to have better mental health than those who do not; however, it is not that simple. The work has to be satisfying on many levels, such as a manageable workload, job security, short commuting time, and social support from co-workers. "We all know that having a bad job can make you unhappy; however new research has found that it's worse for your mental health to have no job at all," says Katherine Nightingale, referring to a study conducted by Dr. Liana Leach at the Australian National University's Centre for Mental Health Research.

Employees who continue to drag themselves every day to a job they hate often become exhausted and burnt out from all the stress, and experience physical symptoms as well. Alexandra Panaccio, Assistant Professor at Concordia University in Montreal, believes that feeling obligated to a job where there is no emotional attachment or personal investment makes people feel indebted to their employers instead of happy to contribute. This feeling of obligation leads to mental exhaustion. People who find themselves in this situation feel like they have very little control over their lives. Dr. Leach reports that depression and anxiety can be improved with "good quality work." She also states that employers can make changes in the workplace conducive to good mental health.

Canadians are not without help when it comes to mental health in the workplace. *Psychological Health and Safety in the Workplace* is a voluntary standard developed by the Canadian Standards Association. It is intended to provide systematic guidelines for Canadian employers that will help enable them to develop and continuously improve psychologically safe and healthy work environments for their employees.

On a lighter note, **The Journal of Management Studies** published a study that suggests "kissing up to an employer is a way to enhance standing," and to reduce feelings of ostracism, exhaustion, depression, and tension at work.

By Dena Walker

Sources:

Brooks, Chad. *Business News Daily*. "8 Ways Your Job May Be Killing You." 2012. Web. Retrieved from <<http://www.businessnewsdaily.com/2382-job-health-impact.html>>

Nightingale, Katherine. *ABC Science*. "Bad jobs affect mental health." 2010. Web. Retrieved From <<http://www.abc.net.au/science/articles/2010/10/14/3038073.htm>>

Sucking Up to the Boss May be Good For Your Health. By Chad Brooks. <http://www.businessnewsdaily.com/1066-sucking-up-health.html>

Psychological health and safety in the workplace - Prevention, promotion, and guidance to staged implementation <http://shop.csa.ca/en/canada/occupational-health-and-safety-management/canca-z1003-13bnq-9700-8032013/inv/z10032013>

The logo features the words "mental health" in a smaller, orange, sans-serif font above the word "WORKS" in a larger, bold, orange, sans-serif font. The entire text is enclosed within a thin orange rectangular border.

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FOR MORE INFORMATION CONTACT

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QEII's Eating Disorder Clinic

Eating disorders, such as anorexia nervosa are the third most common chronic illness among adolescents.

-Your QEII Winter 2015

What has zero calories and could help you shed your weight problem?

TALKING.

Eating Disorder Information and Support

1-866-NEDIC-20 or 416-340-4156

nedic.ca

nedic 20 National Eating Disorder Information Centre
TRUSTED HELP SINCE 1988

An open, brightly-lit kitchen where almost a dozen people can gather around a table to eat a meal together is one of the most important areas in the QE II's Eating Disorder Clinic. Tanya Hamilton, a Registered Nurse and the clinic's team leader stresses, "You can't recover from an eating disorder without re-establishing a relationship with food." Outpatients are required to have at least one meal a day at the clinic.

Tanya continues, "In the kitchen, they are exposed to foods they deemed off limits as a result of their disorder and they learn about normal portion sizes."

Characterized by extreme feelings and behaviours about food, eating and body weight, eating disorders have serious physical and psychological effects. Eating disorders represent the highest mortality rates of any psychiatric disorder. Dr. David Pilon, a psychologist with the clinic and a program leader in Specialty Mental Health Services says, "Twelve to sixteen per cent of those diagnosed will die if they don't receive treatment."

Once the clinic receives the family doctor's referral the patient completes a short screening program to determine if they are ready to commit to an intensive treatment program lasting between six to eight months. The clinic offers mostly an outpatient treatment program although there are three inpatient beds.

For the past five years, Kelly Peckham, whose daughter was treated at the QE II clinic, has been running the **Support Group for Parents and Friends with Loved Ones Suffering with an Eating Disorder**. She founded the group because she was unable to find a support group to help her family cope with the impact of her daughter's illness. She has started other groups in Sydney and Wolfville with the help of the Self Help Connection Program (<http://selfhelpconnection.ca>).

By Heather Frenette

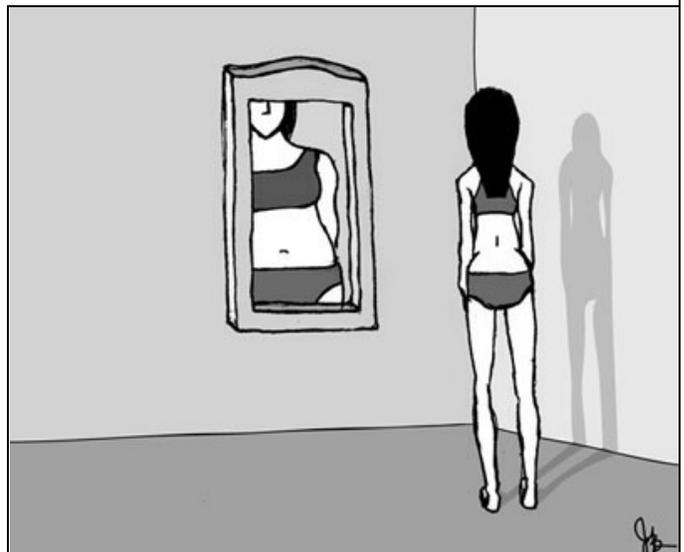
References:

Graphic Citation. *Eating Disorders: Natural Treatments and Help*.

<http://www.optimumhealthvitamins.com/OptiBlog/tabid/105/entryid/302/eating-disorders-natural-help.aspx>

Showing Support through All Seasons. <http://thechronicleherald.ca/community/halifax/1176810-showing-support-through-all-seasons>.

The QE II's Eating Disorder Clinic: Helping Change Behaviours and Attitudes. Allison Sawler. **Your QE II**. Winter, 2015. P. 6.



The 13th Annual BrainStorm Poetry Contest

For mental health consumers



First Prize \$250
Second Prize \$150
Third Prize \$75

*PLUS Publication in
Open Minds Quarterly*

January 2- March 13 2015

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www.nias.on.ca

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(no registration required for art programs)

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Canadian Mental Health Association
Kings County

AVH
the Health

NOVA SCOTIA
Health and Wellness

PROJECT HOPE (formerly "Shelter Me")

Project H.O.P.E. is designed to assist individuals living with mental illness in Kings County who are homeless or at risk of homelessness to implement long-term solutions to obtain and retain housing. The services include housing placement, eviction prevention, referral to appropriate agencies, skills training, ongoing support, and case management to minimize barriers to finding and retaining housing.

To reach Project H.O.P.E., call 902-679-7573 or email hope.support@cmhakings.ns.ca.

A Mental Health Perspective Mission Statement:

The purpose of this newsletter is to bring faith, hope and courage to members of the local mental health community of Kings County, Nova Scotia, as well as others who are involved with a mental, emotional or psychological condition.



Donations (cheque or money order) to support this newsletter and other important programs and services can be made to CMHA-Kings, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5
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