

Mental Health Week

The Canadian Mental Health Association's (CMHA) nation-wide annual "Mental Health Week" event takes place this year during the week of May 5 – May 11, 2014. The goal is to bring people together to discuss and reflect on mental health-related issues. Events and activities are planned to take place in many areas throughout Canada.

Why should we focus on mental health as a nation? According to the CMHA, mental health is just as significant to our well-being as our physical health, as it impacts our ability to cope with stress and to be productive in the community and with family. This week is set apart in hopes of empowering individuals to seek out a workable balance and make their own mental health a priority, and also to expand Canada's understanding of the many facets involved in mental health issues; awareness creates understanding.

Events in the past have included walks, yoga, exhibitions, films, activities, speakers, and prizes – depending on the location. This year's event supports women's mental health, though everyone will find something applicable. There will be some mental health first aid training as well as a 'safeTALK' session, which involves identifying those with suicidal thoughts, and then connecting them with resources. The annual Inspiring Lives Luncheon sponsored by CMHA Nova Scotia and the Mental Health Foundation of Nova Scotia will be held on May 8th. To find out what is happening in your area visit <http://mentalhealthweek.cmha.ca>. The site will be updated in April.

By Dena Walker

Reference

Canadian Mental Health Association. 2014.

Retrieved from

<https://mentalhealthweek.cmha.ca/news-and->



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Clara's Big Ride

On Friday, March 14, 2014, Olympian Clara Hughes embarked on a 12,000-kilometre journey to raise awareness about mental health. She will be visiting more than ninety-five communities and eighty schools across the country during her 110 day bicycle tour which began in Toronto.

Halifax will be one of her stopovers. Hughes, one of Canada's most celebrated athletes who won multiple Olympic medals in cycling and speed skating, has openly discussed her battle with depression.

Get your Tickets

Clara will be visiting Halifax on Tuesday, April 15th at 6 pm in the Spatz Theatre in Citadel High School, 1855 Trollope Street. Tickets are \$25 and may be purchased from www.mentalhealthns.ca.

She will also be visiting Truro on April 15th.



Clara's
Big Ride
Bell
Let's Talk

Nature Deficit Disorder

Richard Louv, the author of **Last Child in the Woods** and **The Nature Principle**, believes that there is growing evidence that lack of exposure to nature is linked to depression, attention disorders and other health conditions: "An emerging body of scientific evidence suggests not spending much time outdoors connected to the natural world can be connected to rising rates of depression, attention deficit disorder, Vitamin D deficiency (an epidemic in the world) and child obesity," he says.

It has been suggested that we are hard-wired genetically with nature and suffer when we're deprived of it. Canadian researcher Marc Berman in his studies has also suggested that nature has a relaxing effect on people and found that even a walk in nature could improve memory and mood and ease symptoms in people diagnosed with depression.

Aside from suggesting that schools should include nature activities in the standard curriculum, Louv also suggests that families make time for outings in wild places or join a local nature club for children. While it can be a challenge for busy families, he feels it's worth it.

Go to <http://nature1st.net/ync> for local chapters of the Young Naturalists Club, a nature club for Nova Scotia kids and families.

By Melinda Cadarette

References
Dakin, P. "Kids need to offset "screen time" with "nature time." 26 Feb 2014. CBC News. Retrieved from <http://www.cbc.ca/news/health/kids-need0to-offset-screen-ti>



CMHA-Kings Employment Program Evaluated

This year's Annual Quality Assurance Survey was completed by our NSCC intern Hayley Borden. The survey found that 95% of respondents are happy with the services provided through the CMHA-Kings Employment Outreach Program. One client stated, "Staff are optimistic and very helpful, I see them more as friends or a support system."

Thank you to all who participated in the survey! Congratulations to client K.K., winner of the \$20 Tim Horton gift card!



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FOR MORE INFORMATION CONTACT

Administrative Support (902) 679-7464

admin@cmhakings.ns.ca



Not Buying Anything. April 10, 2010

<http://notbuyinganything.blogspot.ca/2010/04/nature-meditations-cure-nature-deficit.html>

In the News

Clara Hughes, who won six Olympic medals in cycling and speed skating, will be making stops in Halifax on April 15 at 6 pm at Citadel High School and at the Pictou County Wellness Centre on April 16th from 7 to 9 pm. This will be a part of her cross-Canada cycling tour to make people aware of mental health issues. At every stop, she will be discussing mental health in hope of removing the stigma towards mental illness. She will be sharing her experiences in dealing with her own depression.

Three mental health consumers, who lived in institutions unnecessarily, have filed complaints that their rights have been violated. Sixty-seven year old Sheila Livingstone spent ten years at the Nova Scotia Hospital in Dartmouth. While living there, three other patients attacked her six times. Forty-two year old Beth MacLean was admitted to the Nova Scotia Hospital in October 2000. They informed her she would only spend one year there. After thirteen years, she is still a patient there. Her social worker kept telling her it wasn't necessary for her to be in hospital. This same social worker told her that she put her on a waiting list for a place in the community, but nothing came of it. Joseph Delany, another Nova Scotia Hospital patient, has also filed a complaint. The Canadian Association of Elizabeth Fry Societies and Disability Rights Coalition Nova Scotia have come forward in support of these complaints. Donna Franey, executive director of the legal aid service handling the complaints, has said that the government has done nothing to provide housing in the community for people "with no legal or medical reason to be institutionalized."

Dr. Susan Hutchinson, a professor at Dalhousie University, has started a project to create opportunities for people living with mental illness to engage in recreational activities. At present, mental health consumers often run into a brick wall when trying to participate in public recreational programs. To help alleviate this, Dr. Hutchinson organized meetings in which one hundred people, including mental health consumers from all over Nova Scotia, participated. Following the first meeting, twenty people got together for more meetings on the issue. These people have a vision that someday all mental health consumers across the province will be able to participate in the community where they live.

By Tony Legere

References:

- "Olympian Clara Hughes coming to Pictou County." *The News*, 25 February 2014. 19 March 2014.
<<http://www.ngnews.ca/News/Local/2014-02-25/article-3627229/Olympian-Clara-Hughes-coming-to-Pictou-County/1>>
Sherri Borden Colley Staff Reporter. "Human rights complaint alleges N.S. fails to provide suitable housing." *Herald News*, 24 February 2014. 19 March 2014.
<<http://thechronicleherald.ca/novascotia/1189376-human-rights-complaint-alleges-ns-fails-to-provide-suitable-housing>>
John Roswell. "Refreshing take on recreation and mental health." *Herald Opinions*, 26 February 2014. 19 March 2014.
<<http://thechronicleherald.ca/opinion/1189939-refreshing-take-on-recreation-and-mental-health>>



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 to support this newsletter and other important programs and services can be made to CMHA, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5
(Cheque or money order will be accepted).

Staff & Volunteers

Editor: Heather Frenette Writers: Tony Legere, Melinda Cadarette and Dena Walker
Printing and Distribution: Dena Walker, and Heather Frenette

We also thank Brenda Main, Michelle Ferdinand, and Laurel Taylor for their help.

