

A MENTAL HEALTH  
**PERSPECTIVE**

Canadian Mental  
Health Association  
Kings County Branch  
Mental health for all



May 2013

Volume 6 Number 5

## The Canadian Mental Health Association Kings County Branch

*In partnership with*  
Psychosocial Rehabilitation Nova Scotia Chapter

Invites you to spend an evening with

### **Lorne Elliott**

Of CBC Radio's Comedy Show  
Madly off in All Directions



Tickets \$25 available at CMHA-Kings and  
RD Chisholm's Ltd. and Cinematopia

Doors open at 6:45 for Silent Auction  
Showtime 7:30 pm  
Old Orchard Inn  
May 30<sup>th</sup>, 2013

Donations sought for silent auction. Call CMHA-Kings 679-7464

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CMHA's  
Mental  
Health Week  
May 6- 12  
2013  
Youth  
Mental  
Health

## Under Review: Involuntary Psychiatric Treatment Act (2007)

The province is conducting an independent review of the Involuntary Psychiatric Treatment Act (2007). Review organizers will be consulting with people from the “district health authorities, mental health organizations and communities.” A series of public meetings began in March and will end on May 6 in Kentville.

The purpose of this Act is to make certain that those who are severely ill will receive treatment. If the person fits the following criteria they can be forced into treatment against their will: the patient has an apparent mental disorder, and would benefit from inpatient psychiatric treatment, and will not submit voluntarily to a psychiatric assessment. The person must also either meet the old “dangerousness” criteria (harm or threat or attempt to self or others), or be likely to suffer “serious physical impairment” or “serious mental deterioration”.

This Act has caused disagreement amongst those actively involved in the mental health community. Hugh Bennett, the Executive Director of the Schizophrenia Society of Nova Scotia at the time this Act passed the third reading, was an advocate for the Act. His brother, diagnosed with paranoid schizophrenia, suffered for many years because he refused treatment. At the time he could not be forced into treatment because he was not a danger to himself or others.

John Roswell, program coordinator for the Digby-Clare Mental Health Volunteers Association is critical of the legislation. “The only status under which people who are not convicted criminals should be admitted to a psychiatric facility is voluntary,” he said in a recent interview.

Halifax police Supt. Bill Moore said the Act is important because his officers encounter people with mental health issues on almost every shift. “If we know an individual ... and we believe... that individual's behaviour is getting worse, then we are able to activate this new legislation,” he said. Before the introduction of the new Act, Moore said, police were powerless to help and would take the person to an emergency room only if they committed a crime. They would try to have the person forced into treatment.

This act is very emotional and controversial. Some are for the act and some oppose it. Who is right? Our readers will have to make this decision for themselves. And then make their voices heard.

By Tony Legere



### References:

“New Legislation: The Involuntary Psychiatric Treatment Act.” 25 April 2013. <<http://www.tnclaw.com/downloads/law-legislation-the-involuntary-psychiatric-treatment-act.pdf>>  
“Involuntary Psychiatric Treatment Act.” [NovaScotiaCanada](http://www.gov.ns.ca/health/mhs/ipta.asp). 14 April 2013. <<http://www.gov.ns.ca/health/mhs/ipta.asp>>  
Holly Gordon. “Treatment act divides mental health advocates.” [NovaNewsNet](http://www.novascotia.com/nova-news/3588-6825.html). 4 November 2005. 14 April 2013. <<http://www.novascotia.com/nova-news/3588-6825.html>>  
“Police welcome involuntary treatment act.” [CBCNEWS Nova Scotia](http://www.cbc.ca/news/canada/nova-scotia/story/2007/07/03/involuntary-mental.html), 3 July 2007. 14 April 2013. <<http://www.cbc.ca/news/canada/nova-scotia/story/2007/07/03/involuntary-mental.html>>  
“Province Initiates Independent Review of Involuntary Psychiatric Treatment Act.” [NovaScotia Canada](http://www.novascotia.ca/news/release/?id=20121004001). 4 October 2012. 14 April 2013. <<http://www.novascotia.ca/news/release/?id=20121004001>>  
Mental Health Advocate Cautions Against Forcing Treatment. Brian Medel. 30 April, 2013. <<http://thechronicleherald.ca/novascotia/1123060-mental-health-advocate-cautions-against-forcing-treatment>>

You are welcome to attend a stakeholder consultation which is part of an independent review:

## ***The Involuntary Psychiatric Treatment Act (July 2007)***

May 6, 2013,  
6:30- 8:30 pm  
Annapolis Valley Health Auditorium  
15 Chipman Drive  
Kentville, NS

Discussion led by Retired Supreme Court Justice Gerard La Forest and Law Professor William Lahey

For more information go to <http://www.nshrf.ca/initiatives/initiatives/independent-review-ipta>

## USED COMPUTERS WANTED



CMHA-Kings will gratefully receive donations of computers and computer hardware (towers, keyboards, mouse, laptops, and flat monitors) to be refurbished and given to people in the community who are in need of them. Please contact our volunteer (and CMHA-Kings Board of Directors member) Morley Robinson at (902) 678-7563.

## Cyberbullying Legislation Introduced in Nova Scotia

On April 25, legislation aimed at putting an end to cyberbullying was introduced in the Nova Scotia legislature. The Cyber-Safety Act involves an investigative unit, the first of its kind in Canada, which will provide a place for the reporting of cyberbullying.



The legislation was introduced three weeks after the suicide earlier this month of Rehtaeh Parsons, a Nova Scotian. It is alleged that, in 2011, Rehtaeh was raped and that photographs of the rape were posted online.

The Act will allow victims to apply for a court order to stop someone from bullying them online, and will allow judges to order a person to stop contacting the victim electronically or talking about them online. A judge could also order a person to stop using a particular form of social media or other means of electronic communication and, in serious cases, a judge could order the confiscation of computers, tablets or smartphones.

Amendments will clarify the authority of schools to respond to bullying and cyberbullying that take place off school grounds or after hours.

By Heather Frenette

Nova Scotia introduces cyberbullying legislation. April 25, 2013

## You're not alone.

Support and resources are available to help.

### **Kids Help Phone -**

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

1- 800- 668- 6868 is toll-free, 24-hour, bilingual and anonymous phone counseling and referral service for children and youth.

### **NS Mental Health Crisis Line**

Telephone crisis support and mobile response is offered for work, home, school, and community agencies.

Call 1-888-429-8167

### **Teen Mental Health -**

[www.teenmentalhealth.org](http://www.teenmentalhealth.org)

A website dedicated to helping improve the mental health of youth.

### **Youth Suicide Prevention -**

[www.youthsuicide.ca](http://www.youthsuicide.ca)

Youth Suicide Prevention is an online source for prevention, information and resources.

### **Psychosis Sucks -**

[www.psychosissucks.ca](http://www.psychosissucks.ca)

This site promotes early detection, educates about psychosis and provides direction for seeking help.

### **Canadian Mental Health Association -**

[www.cmha.ca](http://www.cmha.ca)

Support for people with mental illnesses including Communities Addressing Suicide Together Program.

### **NeedHelpNow.ca**

If you, a friend, peer or sibling have been involved in a self/peer (otherwise known as "sexting") exploitation incident, NeedHelpNow.ca is here.

More programs and services are available in your community.

Just call the 24/7-support line 2-1-1 to learn more about the support and resources nearest you.



### **Op-Ed offers . . .**

FREE "IT" job search workshops for clients of CMHA Employment Outreach

- Computer, mouse, & keyboard basics
- Internet / web navigation & email
- Creating a resume and cover Letter
- Online job searches
- Labour Market Research

### **Contact:**

[admin@cmhakings.ns.ca](mailto:admin@cmhakings.ns.ca)

902-679-7464

## Mental Health First Aid

Courses in Mental Health First Aid will be offered:

May 31- June 1

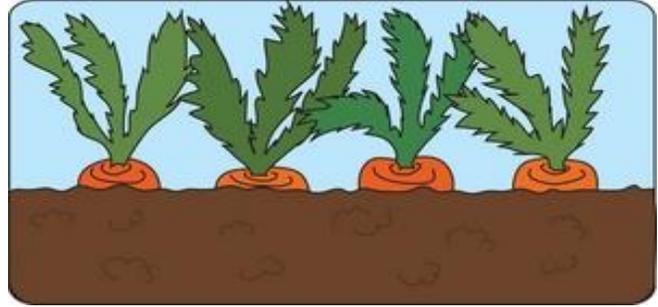
To register or for more information, call instructor Nancy Hurren in Coldbrook, NS at (902) 679-7573

For a detailed course description visit:

<http://www.mentalhealthfirstaid.ca/EN/course/description/Pages/12HourMHFACourse.aspx>

## Gardening's Healing Powers

As food prices keep rising, many are now growing their own food while others do it as a hobby or as a source of income. Gardening is Canada's second most popular physical activity besides walking, but do you know that gardening can be good for maintaining mental health?



At the Grey Bruce branch of the Canadian Mental Health Association in Ontario, a gardening project called **Let It Grow** was developed as a support to therapeutic treatment for consumers with serious mental illness and addiction issues. Participants discussed healthy exercise habits and strategies to decrease substance abuse, including smoking, as part of the program. They also were provided information on healthy eating plus exercise in the form of gardening and processing of garden vegetables. They grew sixty tomato plants.

Many benefits were noted over the garden season. Individuals reported that they developed friendships and camaraderie with their coworkers, enjoyed increased self-esteem, and experienced health benefits such as weight loss and increased physical activity. Challenges included lack of transportation, scheduling commitments, food preferences, difficulty learning due to illness or medication side effects and participant motivation. Funding was provided by various sources such as the Healthy Communities Fund, TD Bank, and a church group which raised money for the tomato seeds.

By Melinda Cadarette

For more information and how to start your own, go to

[http://www.mindingourbodies.ca/toolkit/resources/gardening\\_for\\_food\\_and\\_mental\\_health](http://www.mindingourbodies.ca/toolkit/resources/gardening_for_food_and_mental_health)

### 'Shelter Me' for CMHA Kings Branch

*(A Housing Partnership Strategy for Rural Communities)*

**Workshops**- covering apartment searching, tenancy issues, computer skills, budgeting. (Topics vary based on needs of attendees). At VCLA offices, Kentville.

- Mondays, 9 a.m. – noon.
- Wednesday, noon – 4:00 p.m.

For more information contact:

Trevor Moores, Housing Support Supervisor, (902) 679-7573, [sheltermesupervisor@cmhakings.ns.ca](mailto:sheltermesupervisor@cmhakings.ns.ca)

### **Lunch and Learn –**

May 3<sup>rd</sup>- BBQ (Location to be announced)  
Yummy Grilled Kebobs

May 10<sup>th</sup>- St. James Anglican. Church

May 17<sup>th</sup>- St. Joseph's Catholic Church  
Main Dish Salads

May 24<sup>th</sup>- St. Joseph's Church Wraps

Please bring recipe ideas by May 3rd for the May 10<sup>th</sup>- Smorgasbord (4 healthy selections will be chosen)

### **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 and Melinda Cadarette  
Printing and Distribution: Melinda Humphries, James Taylor, and Heather Frenette  
We also thank Brenda Main, Michelle Ferdinand, and Laurel Taylor for their help.

