



CMHA-Kings Annual Christmas Party

The CMHA-Kings Branch will be hosting its annual Christmas Party for active clients with mental illness on Friday December 19th, 2014 at the Louis Millet Community Centre. There will be a full turkey dinner and other family activities including a sing-along, face painting and crafts. Santa will be giving the children and adults small gifts generously donated by supporters within the community. The CMHA-Kings Branch is accepting donations of new or gently-used items for the party. We would be happy to provide a tax receipt for monetary donations. If you would like to make a donation, please contact Mark at 679-7465.



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A Special Court for People Whose Mental Illness Directly Contributed to Crime

The Halifax Regional Municipality (HRM) has designed a new court system for people with mental health issues. The “Mental Health Court Overview” states that the program is for persons over eighteen years of age who have committed a crime, and who are capable to stand trial. To qualify for this program, the accused must go through a screening process that can confirm that the mental illness directly contributed to the crime. There also has to be a high probability of conviction in order to obtain a referral.

Such was the case of Heather (last name unknown), who was suffering through an addiction along with an undiagnosed mental illness. Four years ago, she was charged with a DUI, fleeing police, and careless driving (Chronicle Herald). Up to that point, Heather was not being treated for any of her issues. Had she not been referred to Nova Scotia’s Mental Health Court, she could have faced jail time, and there was a high risk she would have continued her reckless behaviour.

“The Mental Health Court changed my life,” says Heather, “In the provincial court system, I was going to jail. When I got diverted down here, they put me in contact with Addiction Services and Mental Health Services, and I was able to follow through on my treatment” (Chronicle Herald). She not only avoided prison time, but she also received a diagnosis (anxiety and depression) and treatment.

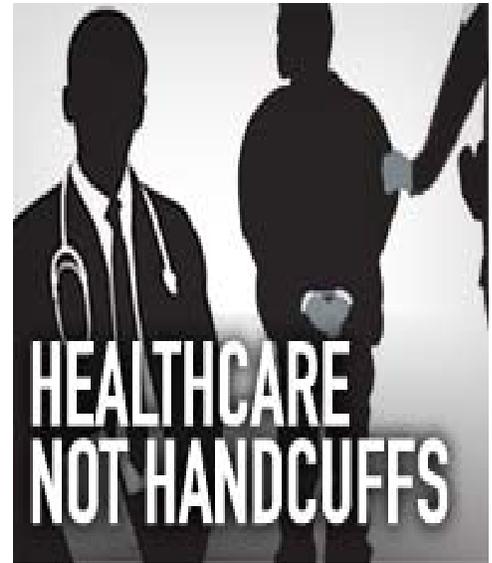
Crimes referred to the Mental Health Court must have been committed within the HRM or the accused has to have a significant connection to that area. Currently, all other Nova Scotians facing charges have to go through the regular criminal justice system with the exception of Kentville, where a Mental Health Court and a court-monitored drug treatment program have been in existence since May 2013.

By Dena Walker

Sources:

Chronicle Herald. “Special court ‘saved my life’. *Herald News*. Web. 2014. Retrieved from <<http://thechronicleherald.ca/novascotia/1249064-special-court-changed-my-life>>

Nova Scotia Canada. “Nova Scotia Department of Justice: Nova Scotia Mental Health Court Project. Nova Scotia’s Mental Health Court Program.” Web. 2013. Retrieved from <http://novascotia.ca/just/global_docs/MHC_Overview-EN.pdf>



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Project H.O.P.E.

(Formerly “Shelter Me”)



There will be an information and orientation session for **Ready to Rent**, a **Project H.O.P.E** Program, on December 2nd – attend one of two sessions from 10am to 12pm and 1pm to 3pm to learn more about this free program.

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.lead@cmhakings.ns.ca.

Police and Mental Health Communities Collaborate

The Mental Health Commission of Canada (MHCC) has released a report recommending ways the police can interact with a person undergoing a mental health crisis.



“TEMPO: Police interactions – A Report Towards Improving Interactions Between Police and People Living with Mental Health Problems” was presented at the Canadian Association of Chiefs of Police (CACP) conference in Victoria, BC. Members of CACP have shown a keen interest in developing a curriculum to give officers insight into mental illness and how to respond to those in crisis.

The purpose of this report is to provide a guide on how to thoroughly train officers in dealing with those with mental health issues. According to Chief Clive Weighill, president of CACP, presently every police leader across the country is occupied with this issue.

A collaborative effort between MHCC and CACP, this report presents key recommendations on best training practices. There is optimism in the air that police forces all across the country will use this report as a guideline in training programs concerning this issue.

Louise Bradley, President and CEO of the Mental Health Commission of Canada, said, “This report is the result of very positive and collaborative work between Canada’s policing and mental health communities. It is through this continued work together that we will ensure the best possible outcomes for police personnel and people with mental illness. We are very proud to take this step forward together with the CACP today.” In the valley, AVDHA and RCMP co-chair the Police and Mental Health Liaison Committee to bring concerned parties together for discussion and training.

By Tony Legere

References:

“Mental health commission calls for more experts in police training.”

CBCNEWS/Politics, 27 August 2014. 20 November 2014.

< <http://www.cbc.ca/news/politics/mental-health-commission-calls-for-more-experts-in-police-training-1.2748402>>

“MHCC Report Outlines Training and Education Recommendations to Improve Interactions between Police and People with Mental Illness.” Mental Health Commission of Canada, 27 August 2014. 20 November 2014.

< <http://www.mentalhealthcommission.ca/English/article/36976/august-27-2014-mhcc-report-outlines-training-and-education-recommendations-improve-int>>

Mental Health First Aid for Adults Who Interact with Youth

MHFA for Adults Who Interact with Youth focuses on mental health problems and first aid for youth ages 12 to 24. Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Anyone can benefit from this course. Open to members of the general public, MHFA benefits families affected by mental health problems, teachers, health service providers, emergency workers, frontline workers who deal with the public, volunteers, human resources professionals, employers and community groups.

This is a 14 hour course delivered over two days. The cost is \$150.00 (\$120.00 for non-profits or for organizations sending more than 10 people). Please note – you are not considered registered until payment has been received.

Upcoming training dates:

December 8/9 2014 and February 26/27 2015

For a more detailed course description

visit <http://www.mentalhealthfirstaid.ca/EN/instruct/youth/Pages/default.aspx>.

For more information, please email us at

mentalhealthfirstaid@cmhakings.ns.ca

or call Laurel at 902-690-2422.

Sponsored by the Canadian Mental Health Association –

Continue Your Education



If you have been diagnosed with a mental illness and are experiencing educational barriers to employment, you can apply with CMHA-Kings to continue your education through the Skills Development program for clients to attend adult high school and post-secondary education

Program provides allowances for tuition, living expenses, books and travel

The deadline for applications to the program is August 2015

**For more information call Jane DeWitte at (902) 679-7464
Or email office@cmhakings.ns.ca**

AVD CLUBHOUSE INVITES YOU!

ARTS PROGRAM
Thursday 1-4 @ Wolf Baptist Church & Friday 1-4 @ CMHA-Kings
(pre-registration required for art programs)

Indoor floor hockey
Tuesdays 1-2:30 Louis Millett

MUSIC JAM SESSION
WEDNESDAYS, 10 - 12 | MILLETT COMPLEX, NEW MINAS

FREE!
ALL WELCOME!

FOR PROGRAM INFO:
670-4103
facebook.com/CMHAKings
or email:
club@cmhakings.ns.ca

Local Theatre Company Nets \$100,000 grant

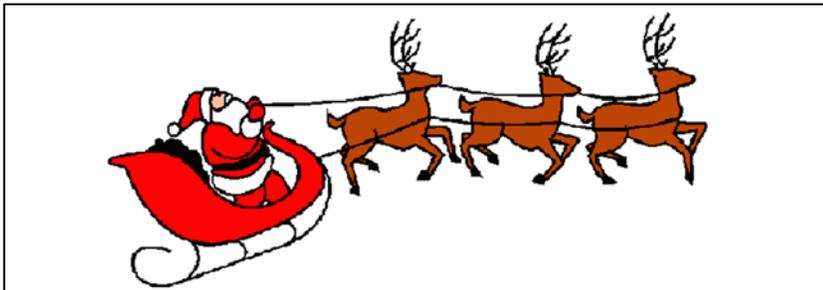
The “See Change Program” has been awarded a \$100,000 grant through the Mental Health and Addictions Community Grant Program. The program involves the use of theatre in the school system to combat the stigma associated with mental illness.

The program was designed by Two Planks and a Passion Theatre Company in partnership with the Annapolis Valley Health Board, the Annapolis Valley Regional School Board and supporting partners Laing House and the Mental Health Commission of Canada (Opening Minds).

Director Ken Schwartz plans to start with Grade 8 students at KCA School in Kentville. Based on their school life, students will help to create plays about stigma. The stigma surrounding mental health, Schwartz says, is one of the biggest impediments to successful treatment.

The program will begin at KCA in late November and eventually reach 12 schools in the AVRSB before March 2016.

Reference
See Change: Two Planks receives funding to combat stigma around mental illness.
<http://www.kingscountvnews.ca/News/Local/2014-11->



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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