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SEASON'S GREETINGS AND HAPPY NEW YEAR TO ALL!



**NEW
RESOURCES
HAVE
ARRIVED!!**

**BECOME A MEMBER of
MHERC**

FREE OF CHARGE

REGISTER ONLINE
www.mherc.mb.ca

By phone or in person



WHAT'S HAPPENING AT MHERC?

This past April 2011, the Manitoba Schizophrenia Society began managing MHERC with Donna Hornick, Resource Coordinator and Breanna Hradowy, Assistant Librarian.

What is MHERC?

MHERC is a provincial resource promoting knowledge exchange on mental health and mental illness for consumers, families, caregivers, service providers, educators and the general public. All resources collected are current and reflect best practices and are available to all Manitobans.

MHERC services include:

- ⇒ READING MATERIALS & VIDEOS
- ⇒ 2 (two) PUBLIC COMPUTERS ON SITE
- ⇒ INFORMATION ON RESOURCES
- ⇒ WEBSITE
- ⇒ MHERC ONLINE CATALOGUE
- ⇒ NEW MHERC PAMPHLET (ATTACHED)



Inside this issue:

- List of Resources 2-5**
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HOURS OF OPERATION

- MONDAY 9-7:00 P.M.**
- TUESDAY 9-4:30 P.M.**
- WEDNESDAY 9-7:00PM**
- THURSDAY 9-4:30 P.M.**
- FRIDAY 9-4:00 P.M.**

* Hours may vary due to conflict in schedules.

LIST OF NEW RESOURCES ! JUST ARRIVED!

Self Help/Recovery

- ⇒ The Mindful Path of Compassion
- ⇒ The Power of Resilience
- ⇒ Where you go, there you are: Mindfulness meditation
- ⇒ Learning to Live Solitude: Lonely
- ⇒ The Gifts of Imperfection
- ⇒ Facing The Storm: Using CBT
- ⇒ The Worry Control Workbook
- ⇒ The Art of Flourishing
- ⇒ The Mindfulness Revolution

Self Help/Recovery cont'd

- ⇒ Behind the Rhetoric: Mental Health Recovery
- ⇒ Committed to sane asylum: mental wellness and healing
- ⇒ The mindfulness & acceptance workbook for anxiety
- ⇒ 10 Simple Solutions to Panic
- ⇒ The OCD Workbook
- ⇒ The mindfulness & acceptance workbook for depression
- ⇒ Mindfulness for dummies

Self Help/Recovery cont'd

- ⇒ Understanding Borderline Personality workbook
- ⇒ The Shyness Workbook
- ⇒ The Loneliness Workbook
- ⇒ The WRAP Story
- ⇒ DVD– Creating Wellness
- ⇒ DVD—Beyond Psychosis

Self Help/Recovery cont'd

- ⇒ Movie Clips for creative mental health education book
- ⇒ DADS—Helping fathers value their children

Mental Health Issues cont'd.

- ⇒ 10 Simple Ways to relieve anxiety, fear and worry
- ⇒ Calming Your Anxious Mind
- ⇒ The PTSD Breakthrough
- ⇒ Trust After Trauma
- ⇒ Invisible boundaries

Mental Health Issues

- ⇒ Info Guide : Schizophrenia
- ⇒ Overcoming Social anxiety and shyness
- ⇒ The OCD Answer Book
- ⇒ Overcoming compulsive hoarding
- ⇒ The secret lives of hoarders
- ⇒ Overcoming obsessive thoughts; (OCD)
- ⇒ Homelessness, housing & Mental Illness
- ⇒ Girl in need of tourniquet –BPD

Mental Health Issues cont'd.

- ⇒ Understanding dissociative disorders
- ⇒ The Stranger in the Mirror—the hidden epidemic
- ⇒ Borderline Personality Survival Guide
- ⇒ Borderline Personality for Dummies
- ⇒ I hate you –don't leave me BPD
- ⇒ Stop Walking on Eggshells
- ⇒ Surviving a Borderline Parent

Mental Health Issues cont'd.

- ⇒ Stop Walking on Eggshells Workbook
- ⇒ Women and Psychosis
- ⇒ Touched with Fire (Bipolar)
- ⇒ Living with depression
- ⇒ Breaking free from OCD
- ⇒ The Boy who was raised as a Dog
- ⇒ Bipolar informative Guide

Mental Health Issues cont'd.

- ⇒ Information guide for BPD
- ⇒ DVD-Portrait of ADHD Video
- ⇒ DVD—Understanding the broken Mind recovery from Schizophrenia
- ⇒ DVD—S.T.O.P. Obsessing
- ⇒ DVD—Treatment technique for PTSD
- ⇒ DVD—Explaining PTSD

Mental Health Issues cont'd.

- ⇒ DVD– Mixed Anxiety and Depression CBT Approach
- ⇒ Rising Above Bullying
- ⇒ DVD—I think they think over coming social anxiety
- ⇒ DSM IV Personality Disorders Explained
- ⇒ Trauma—2nd hand shock
- ⇒ 8 keys to safe trauma recovery

LIST OF NEW RESOURCES ! JUST ARRIVED!

Mental Health Issues cont'd.

- ⇒ Anxiety and Worry workbook
- ⇒ Stuff: compulsive hoarding and the meaning of things

Homosexuality

- ⇒ Becoming Gay: self acceptance
- ⇒ Being homosexual: being Men
- ⇒ Breaking out : guide to building & enhancing a gay identity for men and women
- ⇒ A transgender child
- ⇒ Nurturing Queer Youth

Homosexuality continued

- ⇒ It gets better: coming out, overcoming bullying and creating a life worth living
- ⇒ Homophobic bullying
- ⇒ Delusions of Gender: how our minds, society and neurosexism create difference
- ⇒ Asking the right questions: talking with clients
- ⇒ Sex change, social change...
- ⇒ Rainbow Boys

Personal Stories

- ⇒ Becoming the kind father: a son's journey
- ⇒ The Day the voices stopped (memoir of madness & hope)
- ⇒ Changing Minds: Our lives and Mental Illness
- ⇒ Living with Voices: 50 stories of recovery

Eating Disorders / Body Image

- ⇒ Crave: why you binge and how you stop
- ⇒ Conquering Eating Disorders
- ⇒ When Dieting becomes dangerous (Anorexia/Bulimia)
- ⇒ The psychology of eating
- ⇒ It's not about the Food
- ⇒ Overcoming bulimia nervosa and binge-eating (CBT)
- ⇒ The parent's guide to defeating eating disorders

Women/Men/Relationship

- ⇒ But He'll change ending the thinking that keeps you in abusive relationships
- ⇒ Women, Abuse & Trauma therapy—info guide
- ⇒ The complete guide to mental health for Women
- ⇒ Understanding postpartum psychosis

Mental Illness & Addictions

- ⇒ I want to change my life—anxiety and addictions
- ⇒ Older Adults w/substance use, gambling challenges guide
- ⇒ Get your loved one sober
- ⇒ Concurrent M.H. & Substance Abuse Disorders Guide
- ⇒ Bipolar and Addiction guide
- ⇒ Understanding Bipolar and Addictions
- ⇒ DVD—Understanding major anxiety disorders & addictions

Mental Illness & Addictions

- ⇒ DVD—CAMH Bill of Client Rights who use mental health and addiction services

Seniors

- ⇒ 100 questions and answers about Alzheimer's disease
- ⇒ Mental Health and Wellbeing in later life
- ⇒ The good caregiver for an aging loved one

Aboriginal & First Nations

- ⇒ Chee Chee: Aboriginal Suicide
- ⇒ Seeking mino-pimatisiwin
- ⇒ Narrative Medicine
- ⇒ DVD—Finding Hidden Strengths and Skills

Family and Friends

- ⇒ Grieving mental illness
- ⇒ Burden of Sympathy

Family and Friends

- ⇒ I am not sick I don't need help!
- ⇒ After her Brain Broke
- ⇒ The Bipolar Teen guide

Children and Youth

- ⇒ What to do when bad habits take hold: nail biting kids guide
- ⇒ What to do when your temper flares: kids guide to anger

LIST OF NEW RESOURCES ! JUST ARRIVED!

Children and Youth cont'd

- ⇒ I'm not bad, I'm just mad: workbook for kids anger
- ⇒ Let's be friends: workbook for kids social skills
- ⇒ Relaxation and stress workbook for kids
- ⇒ Anxiety workbook for teens
- ⇒ What do you stand for? Guide for Building character for kids
- ⇒ Cyber bullying
- ⇒ Coping with cliques bullying

Children and Youth cont'd

- ⇒ Divorce workbook for children
- ⇒ Straight talk about mental health for children
- ⇒ Bart speaks out suicide
- ⇒ Wishes and Worries coping with a parent who drinks too much alcohol
- ⇒ No kidding about bullying (grades 3-6)
- ⇒ What goes on in my head?
- ⇒ Why are you so scared? Parents with PTSD

Children and Youth cont'd

- ⇒ Anxiety Free Kids guide
- ⇒ I bet I won't fret workbook
- ⇒ Free from OCD for teens workbook
- ⇒ Beyond the blues for teens workbook
- ⇒ If your adolescent has schizophrenia for parents
- ⇒ Cool, calm & confident for kids workbook
- ⇒ DVD—Helping children build better brains

Children and Youth continued

- ⇒ DVD—Emotion Coaching
- ⇒ DVD—123 Magic
- ⇒ Today I feel silly & other moods
- ⇒ Edward the Crazy Man
- ⇒ Moody Cow Meditates
- ⇒ Can I catch it like a cold?
- ⇒ Michael Rosen's sad book
- ⇒ Purple Mamma
- ⇒ Benjee and His Brain

Suicide

- ⇒ The coldest Night
- ⇒ DVD—Coping with the suicide of a loved one
- ⇒ DVD- Understanding & preventing suicide
- ⇒ But I didn't say good-bye: helping children and families
- ⇒ After Suicide Loss

Inspirational and Spiritual

- ⇒ CD Audio: Guided Meditation Practices for The Mindful Way through Depression

Inspirational and Spiritual

- ⇒ CD audio: Guided Meditation for difficult times
- ⇒ CD Audio: Guided Mindfulness meditation Series 1 & 2
- ⇒ CD Audio: Meditation for Mindfulness
- ⇒ CD Audio: The Art of Mindful Living
- ⇒ CD Audio: Guided Meditations for love
- ⇒ CD Audio: Guided Visualization One Inner Wisdom

Relaxation

- ⇒ DVD—Stress & Relaxation Explained
- ⇒ DVD—Sleeping Soundly using hypnosis

Alternative Perspective

- ⇒ Madness Explained
- ⇒ Unhinged: the trouble with psychiatry

Professional & Educators

- ⇒ CBT for psychosis
- ⇒ Think you're crazy? Think again. Resource guide for CBT
- ⇒ Person-based CBT for distressing psychosis
- ⇒ Acceptance & Commitment Therapy distinctive features
- ⇒ Daily Living Skills Worksheets

Psychology & Psychiatry

- ⇒ The Creative Brain

Medications

- ⇒ Coming off Psychiatric Drugs

Natural Health

- ⇒ Change your brain change your body
- ⇒ Meet your body

LIST OF NEW RESOURCES ! JUST ARRIVED!

Intervention & Prevention

- ⇒ The 1st Episode Psychosis guide
- ⇒ Promoting recovery in early psychosis practice manual
- ⇒ 1st Episode Psychosis info guide
- ⇒ Promoting recovery from 1st episode psychosis

Training Kits continued

- ⇒ Anger Control Training Kit
- ⇒ Recovering from Psychosis—A wellness Approach
- ⇒ Mauve Kit
- ⇒ Mind Games A Box of psychological Play Kit
- ⇒ Community MH Program
- ⇒ Consumer Empowerment

Neuroscience (The Brain and its development)

- ⇒ Epigenetics: the ultimate mystery of inheritance
- ⇒ The Human Brain book

On Line Catalogue on Website:

Visit website: www.mherc.mb.ca and select *on line catalogue*

Select *Registration* if you are *new* at MHERC and submit form and you will be entered as a member

If you are a member, select *Visit Catalogue* and go exploring. Type in anything like an author, subject, or book title etc. and see what MHERC has in the library.

Become a member to receive a username and password giving you access to putting any item on hold in advance.

You can call to put on hold or phone to extend the due date to save any overdue charges

BORROWING PROCEDURES

The following are MHERC's library borrowing procedures:

1. A *library registration form* must be completely filled out and signed. Present with current address, either a Manitoba driver's license or Manitoba Health card. Out of city borrowers can complete form via fax email or website.
2. There is *no charge* for membership.
3. The *lending period* for any of the resource materials is *two weeks*. Items may be renewed for two more weeks, up to four times, by phone, email or on website are accepted if the resource is not in high demand or on reserve.
4. Individual is responsible for all items checked out in his/her name.
5. Reminder calls, fax, or email will be made on overdue items. *A fine will be charged for overdue material of 40 cents per day on each item* with a maximum of *\$10.50 per item*.
6. Should material be lost, full *replacement cost* will be charged to the person whose authorized signature is on the registration form.
7. *All reference material, vertical file material and journals must remain in library*. Photocopies requested within copyright regulations at a fee.
8. For those unable to visit the Resource Centre, due to lack of transportation, rural transportation etc. we will mail out resources.



M A N I T O B A

Mental Health Education
Resource Centre of Manitoba

SAVE THE DATES!

8 Stages of Healing Workshop

A Healing Process for Families & Friends of someone with mental illness and/or co-occurring disorder

Are you a family member or friend to someone who has a major mental illness and/or substance use problem? Have you ever wondered how to cope with the effects and impact of mental illness on you and your family? Do you want to learn about caregiving and caretaking and finding that balance?

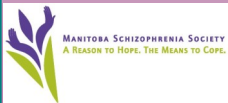
Do you often feel alone in the battle of coping as a family member or friend?

This 9 week workshop will be held every Monday

starting April 23, ending June 18.

7pm at 100-4 Fort Street

Register by calling 786-1616



**TOURS OF MHERC ON REQUEST!
VOLUNTEERS ACCEPTED**

Strengthening Families Together Workshop

This is a 6-session national education program for family members and friends of individuals living with and recovering from serious mental illnesses aims to increase accessibility to Canadian-based information on the topics associated with living daily with a mental illness.

This 6 week workshop will be held every Monday starting March 5, ending April 9.

7pm at 100-4 Fort Street

Register by calling 786-1616



The Mindful Brain

An eight week course on **MINDFULNESS.**

January 12 to March 1, 2012

Every Thursday evening from 7:00 to 8:30 p.m.

at 100- 4 Fort Street, Winnipeg, Multi-Purpose Room

Limited to 20 participants

Fee for course is \$75.00 all handouts and materials included.

Register by calling 925-0600

Facilitators; Al Kircher, Psychologist & Ashley Kircher

Evidence based Strategies to Increase Focus, Increase Attention, Reduce Stress



M A N I T O B A

Mental Health Education
Resource Centre of Manitoba

Dear Donna,

A sincere thank-you for your excellent tour of the MHERC Library.

You were knowledgeable and accommodating and our support group commented on the good resource you are.



Thanks again,
Ruth
ADAM