

FALL 2012

Volume 1, Issue 2



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Contact: Donna Hornick, Resource Coordinator ; Breanna Hradowy, Assistant Librarian

WHAT'S HAPPENING AT MHERC?

Staff at MHERC: Resource Coordinator—Donna Hornick



Donna has worked for the Manitoba Schizophrenia Society since 1997 as an Outreach Worker in the Interlake Region working at both Selkirk Mental Health Centre and Stony Mountain Institution. She joined the Mental Health Education Resource Centre in July 2011, a program operated by M.S.S. in Winnipeg, as the Resource Coordinator.

Donna enjoys working with the public, providing information about mental health to dispel the myths and misunderstandings to providing HOPE. With her own experiences both personally and having family members living with mental illness, she is able to assist people providing support to encourage empowerment and recovery. She is passionate about giving hope to everyone on their path to recovery.

Library Assistant—Breanna Hradowy



Breanna brings a lot of passion to people with Mental Health; living with family members with mental illness and coping with some of her own mental health struggles.

She is in University of Winnipeg studying psychology and kinesiology. She brings a lot of computer knowledge and skill to helping with ideas at the library. Breanna is very friendly and passionate in assisting anyone in the library.

FALL IS BACK WHICH BRINGS MANY NEW CHANGES!

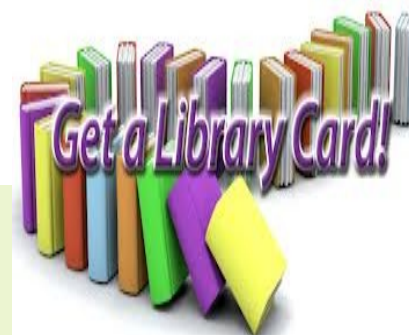
Become A Member

REGISTER ONLINE:
www.mherc.mb.ca

BY PHONE or IN PERSON

FREE OF CHARGE

FIND OUR NEWSLETTER ON OUR WEBSITE



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NEW - HOURS OF OPERATION

MONDAY	9-4:30 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

- ⇒ Cabinet: A Quarterly of Art/Culture
- ⇒ WRAP & Peer Support Workbook
- ⇒ View From Inside
- ⇒ Radical Self-Forgiveness Audio
- ⇒ Stop Overreacting: Effective Strategies for Calming Your Emotions
- ⇒ I'm OK You're OK
- ⇒ Anger Control: Learn Easy to Use Anger Management Techniques Audio

Mental Health Issues

- ⇒ Scared Sick: The Role of Childhood Trauma in adult disease
- ⇒ A first-rate madness: Uncovering the links between leadership and mental illness
- ⇒ What a life can be: One therapist's take on schizo-affective disorder (true story)
- ⇒ Calming Your Anxious Mind: How Mindfulness and Compassion Can Free you from Anxiety, Fear and Panic

Mental Health Issues cont'd.

- ⇒ Schizoaffective Disorder Simplified
- ⇒ A Dangerous Method DVD
- ⇒ Take Shelter DVD movie
- ⇒ A Mood Apart: Depression, Mania and Other Afflictions of the Self
- ⇒ Surviving a Borderline Personality
- ⇒ Gender Identity, Equity, and Violence
- ⇒ 10 best-ever depression mgmt. techniques: understanding how your brain makes you depressed...

Self Help/Recovery cont'd

- ⇒ The Relaxation/Stress Reduction Workbook
- ⇒ Getting Past your past: Take Control of Your life with Self Help Techniques from EMDR Therapy

Child & Youth

- ⇒ WRAP Workbook for KIDS
- ⇒ Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness

Natural Health

- ⇒ What your Doctor may not tell you about your menopause
- ⇒ Yoga Anatomy-2nd Edition
- ⇒ Mental Health Natural

Alternative Perspective

- ⇒ Money Isn't the Problem—You Are
- ⇒ Our Encounters with Madness

Personal Stories

- ⇒ Unquiet Mind A Memoir

Relationships

- ⇒ Divorceless Relationships
- ⇒ Relationship Listening: Learn Effective Communication Skills to Strengthen and Deepen your relationships Audio CD
- ⇒ The New Rules of Marriage: what you need to know to make love work

Stigma

- ⇒ Media Madness : Public Images of Mental Illness
- ⇒ Shunned Discrimination
- ⇒ Challenging the Stigma

Medication

- ⇒ Pharmageddon
- ⇒ Myth of Chemical Cure: Critique of psychiatric drug treatment

Wellness

- ⇒ It won't hurt forever audio
- ⇒ Sexually healing audio
- ⇒ Healing trauma cd audio
- ⇒ Stress Portrait of a Killer DVD

Ethics

- ⇒ Can we be good without God

Professional & Educators

- ⇒ Mental Illness Discrimination
- ⇒ Think You're Crazy: Think Again
- ⇒ Facilitating with Ease Workbook
- ⇒ Mental Illness, Discrimination and the Law: fighting social justice
- ⇒ 10 minute CBT—integrating CBT into your practice

LIST OF NEW RESOURCES ! JUST ARRIVED! - cont'd.

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.

Provide an email and get reminders for when your items are due.

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

VOLUNTEERS: *Volunteers don't just do the work ~ they make it work!*

ONE YEAR AGO: AUGUST 2011—HAPPY 1ST YEAR AT MHERC

Jerald O. became a volunteer with the Mental Health Education Resource Centre of Manitoba (MHERC) in August 2011. He wanted to work in a place to build his skills as well to be around people to escape the isolation he was feeling. Jerald was very anxious on arrival on most days for the first few months. He shared how he found coming to MHERC allowed him to work at the pace he was very comfortable. Jerald helps label new items, books, and restock shelves in our library. As time went on, Jerald started on our computer entering data, entering returned books, and placing books on the shelves. Jerald has expanded on the computer as he can now find when a book is not entered in our library program properly. Jerald has grown so much and is such a dedicated and valuable worker to have around. He is patient and delightful with many skills. Jerald loves to play guitar, journal and volunteer for things to keep him busy. Jerald, a big thanks for being such a wonderful volunteer and helping MHERC run so smoothly.

Donna: Jerald, What have you found to be most helpful with volunteering for your own recovery in the past year at MHERC?

Jerald: A couple of reasons why volunteering at MHERC has helped my recovery over the last year are:

1. Satisfaction because the volunteer work raises awareness of mental health resources
2. And a sense of accomplishment when work is successfully done.



HELPING HANDS ARE
VALUABLE



M A N I T O B A

Mental Health Education
Resource Centre of Manitoba

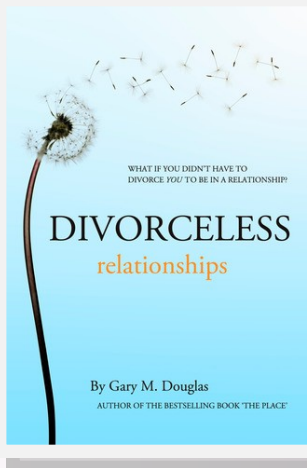
ONE YEAR AGO: October 2011 –Happy 1st Year Lorie!

Lorie C. became a volunteer with MHERC in October 2011. Lorie was looking for something to assist her to being around people and working in a quiet environment. Lorie committed to working for MHERC as well as some days at MDAM at the front desk greeting people into FACES. She is very dedicated as you will find her going through newspapers to find clippings in our local news on mental health and what is happening in our province. Lorie also is very good at organizing the shelves and keeping everything tidy in our library. Lorie is a quiet, very sweet lady who is dedicated to her volunteering at MHERC/MDAM. Lorie, thanks for being such a dedicated worker to helping keep everything going well at MHERC.

Donna: Lorie, What have you found to be most helpful with the volunteering for your own recovery in the past year at MHERC?

Lorie: I have found that I have been able to stay with something and not let my fears get in the way of my volunteer work, which sometimes I have done.

I have also found it is important to be around other people and not isolate. Donna, my supervisor, and Breanna have been wonderful to me. I am very happy someone suggested that I volunteer at MHERC.



BOOK REVIEW:

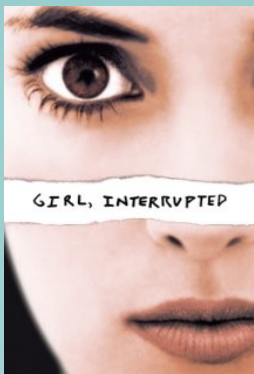
"DIVORCELESS RELATIONSHIPS" BY Gary M. Douglas

What if you don't have to divorce "YOU" in order to create an intimate relationship? Have you felt that you are always doing for everyone except yourself in a relationship. i.e. you like to go jogging but instead of jogging, you spend that time with your partner to show him or her that you really care. "I love you so much that I would give up this thing that is valuable to me so I can be with you." This is one of the ways "YOU divorce YOU" to create an intimate relationship.

"Divorceless Relationships" is one where you don't have to divorce any part of YOU in order to be in a relationship with anyone else. It is a place where everyone and everything you are in a relationship with can become greater as a result of the relationship.

This book will help with creating healthy relationships and discover what you would like a relationship to look like and feel like to you. We have a copy in our library for lending. If you want to see more of what we have, please call us. **DIVORCE YOU NO LONGER!**

MOVIE REVIEW: *"Girl, Interrupted" by Director James Mangold*



Based on writer Susanna Kaysen's account of her 18-month stay at a mental hospital in the 1960s. This movie was about a girl, who I saw as being very interrupted due to her mental health. I believe, that along her journey, she went through the five stages of grief. Susanna was in denial in her apparent attempt to suicide and taken to a mental health institution as per ordered by the psychiatrist, who wanted Susanna to go for a "rest".

I perceived Susanna's experience at the Mental Health Institution to be anything but restful. The patients, including Susanna, were in my opinion, being treated as "dead", alive human beings. I found the staff were rather dead themselves. Instead of treating the patients with dignity, compassion, and respect, I found the staff to be acting cold, disrespectful, demeaning, and controlling. Patients did not seem to be allowed to be their own individual. The atmosphere at the institution seemed to be somewhat surreal. I believe what opened Susanna's eyes, was when she found her friend in the bathroom who had passed away by suicide by hanging. Once Susanna became aware and understood her mental health issues, she chose to **DO** something about it.

Susanna was: Interrupted by not understanding, by being blamed—instead of given reason for her behavior

- Interrupted by non-recognition, by minimizing, by being controlled, by staff attitude and conduct
- Interrupted by stigma, by being not being treated with dignity and respect, by sexual abuse
- Interrupted by no compassion and not being listened to, by a lack of affection, by an apparent imbalance of showing appropriate level of affection

But most of all Susanna was: Interrupted by becoming aware and deciding to help herself!

I perceived that after Susanna stood up to the nurses, was allowed to have her friend's cat, and was heard, she chose to be and feel like a person as opposed to feeling "dead". Finally, she was released making a commitment to seeing her therapist regularly.

Written by Lesia J., Volunteer at MHERC & MDAM

DID YOU KNOW?

DOING RESEARCH ON MENTAL HEALTH?

MHERC HAS:

- ⇒ OLD ARCHIVES OF DIFFERENT PUBLICATIONS
- ⇒ CLIPPINGS FROM THE NEWSPAPERS ON MENTAL HEALTH



FOR MORE INFORMATION, PLEASE ASK STAFF AT MHERC.

MHERC HAS AN ONLINE CATALOGUE
 REGISTER AND RECEIVE YOUR USER
 NAME AND PASSWORD
 WE MAIL OUTSIDE OF WINNIPEG

NEW SUPPORT GROUPS AT FACES:

MOOD DISORDERS ASSOCIATION

WOMEN'S GROUP—A place for women to share and feel safe and a place for those who want to make changes HELD ON 3RD TUESDAY OF EACH MONTH @ 6:00—8:30 P.M.

For more info call 204-786-0987

MANITOBA SCHIZOPHRENIA SOCIETY—

HOPES GROUP — For young people between 15 and 30 living with psychosis and schizophrenia

HELD EVERY TUESDAY AT 4:30-6:00 P.M.

For more info call 204-786-1616



MHERC HAS PUBLICATIONS:

- ◆ Associations
- ◆ Abilities
- ◆ BP Canada
- ◆ Canadian Psychiatry
- ◆ Canadian Women's Health Network
- ◆ The Canadian Journal of Psychiatry
- ◆ Cross Currents
- ◆ DASCH News
- ◆ Esperanza
- ◆ Journal of Psychosocial Nursing
- ◆ Maclean
- ◆ The Network
- ◆ Nursing
- ◆ Open Minds Quarterly
- ◆ Our Voice
- ◆ Psychiatric Rehabilitation Journal
- ◆ Psychology Today
- ◆ RN Journal
- ◆ SZ Magazine
- ◆ Scientific American Mind
- ◆ Transition
- ◆ Visions
- ◆ Wave



M A N I T O B A

Mental Health Education
Resource Centre of Manitoba

MENTAL HEALTH EDUCATION RESOURCE CENTRE

IS OPEN ON WEDNESDAY EVENINGS!!

9:00 A.M. TO 7:00 P.M.