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WHAT'S HAPPENING AT MHERC?

Year at a Glance:

Message from Resource Coordinator:

I, Donna Hornick, will be leaving the position of Resource Coordinator at MHERC. I would like to thank all the patrons of MHERC and the volunteers and staff for your dedication and support while working here. MHERC is a fantastic resource for anyone in Manitoba to access. We have grown over the past couple of years with a new online catalogue, Wi-Fi Hot Spot location making access to your computers much easier and a new look to our website as well as pamphlets.

A special dedication to the Volunteers at MHERC as we would not be able to run this resource without you. You are all a huge contribution to MHERC. Thank you!

Breanna Hradowy, the new Resource Coordinator as of January 6, 2014. She will be a great asset due to having dealt with her own mental health struggles as well as studying psychology at the U of W. Breanna brings a lot of compassion and dedication to people living with Mental Illness.

Sandra McWilliams, currently the Administrator Assistant for SSC, will be joining our team as the Assistant Resource Coordinator at MHERC. She will bring a lot of strength with her amazing computer skills as well as dealing with people with mental illness.



LOCATION



Inside this issue:

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HOURS OF OPERATION

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

**CLOSED FOR LUNCH
12:00—1:00P.M.**

Hours may vary due to conflict in schedules.

CHECK OUT THE NEW LOOK OF OUR WEBSITE!



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**NEW LOOK
NEW WEBSITE**
www.mherc.mb.ca



M A N I T O B A

Mental Health Education
Resource Centre of Manitoba

Compassion during times of uncertainty

ONE YEAR AGO: APRIL 2013—HAPPY 1st AT MHERC LESIA!

"Lesia has been with MHERC for a year an half and has accomplished so much strength and ability. Lesia runs our library program so we can stay open on Wednesday evenings to accommodate our patrons needs. We are grateful for her dedication and support to MHERC. Her accomplishments have been published by the Winnipeg Free Press as shown as following:

Lesia Jarman, a volunteer at the Mental Health Education Resource Centre of Manitoba, sums up the stigma that is often felt by so many Manitobans who struggle with a mental illness and the role the resource centre played in her road to recovery.

"It was crucial for me to break the silence rather than the silence break me."

Lesia was first diagnosed with depression in 1987 and since then has experienced other mental-health issues, including post-traumatic anxiety. The mother of three and grandmother of five first learned of the Mental Health Resource Centre of Manitoba in 2004 after her husband of 14 years passed away. She was participating in a program by the Canadian Mental Health Association when they took a field trip to the resource centre in 2005.

"I thought 'Wow: This place is phenomenal!' " says Lesia. "It helped me learn more about what was going on with myself and deal with the issue of stigma. At the resource centre, they see people as people first, whereas before, I felt like people saw my mental-health issues first, before they saw me as a person."

Statistics show mental illness indirectly affects all Manitobans at some point, either through a family member, friend or work colleague. One in three Canadians will personally experience a mental-health illness in their lifetime, the Canadian Mental Health Association says.

Lesia returned to the resource centre 18 months ago, wanting to give back to the place that helped her so much. She now volunteers, helping run the resource library Wednesday evenings. "I found my passion in life," she says about her volunteer work. "My big-time dream now is to be a librarian working in the field of mental health."

The Mental Health Education Resource Centre is a provincial resource promoting knowledge exchange. It's operated by the Manitoba Schizophrenia Society. The centre contains a large lending library with many videos, DVDs, audio-books, training kits, newsletters, brochures and fact sheets on mental-health and related issues – everything from post-partum depression to workplace stress, schizophrenia to healthy relationships.

"I think when people come to the resource centre and they see that the staff and volunteers are people who have either lived with a mental illness or have family members who have, it gives them a little hope, that they are not alone," says Donna Hornick, resource coordinator at the centre. "Your brain can get sick, too, just like your heart or your kidneys."

"We just hope that through education, we combat stigma." Helping others improve their mental health is another reward Lesia gets from volunteering at the resource centre. "It's in my heart to help people living with mental-health issues," said Lesia. "Without mental health, there is no health. It feels really good when someone comes into the resource centre and you are able to help them, and they leave with a smile on their face."

"At the end of the day, I like to look in the mirror and ask myself, 'Did I help somebody today?' and be able to say, 'Yes I did.'" In an effort to reach youth – an estimated 25 per cent of teens struggle with a mental-health issue during their adolescence – the centre recently launched a digital lending library (www.mherc.mb.ca).

The centre is available to all Manitobans including school counsellors, teachers, students, parents, grandparents as well as all mental-health professionals. Materials can be checked out for free, either online or by visiting the centre, which is located at 4 Fort St. Suite 100.



LIST OF NEW RESOURCES ! JUST ARRIVED !

Mental Health Issues

- ⇒ The Impact of Early Life Trauma DVD
- ⇒ Gay, straight, and the reason why : the science of sexual orientation
- ⇒ Gay dads : transitions to adoptive fatherhood
- ⇒ Queer phenomenology : orientations, objects, others
- ⇒ Coming out, coming home : making room for gay spirituality in therapy
- ⇒ Overcoming Anxiety for Dummies

Mental Health Issues cont'd.

- ⇒ OCD for Dummies
- ⇒ Understanding Autism for Dummies
- ⇒ PTSD for Dummies
- ⇒ Anger Mgmt. for Dummies
- ⇒ First Person Accounts of Mental Illness and Recovery
- ⇒ Coming Around: Parenting lesbian, gay, bisexual and transgendered Kids
- ⇒ Sleep Apnea, CPAP & Me

Mental Health Issues cont'd.

- ⇒ Sleep Pain Mood Triangle: The Youthdale Series
- ⇒ Insomnia in Adults and Children: The Youthdale Series
- ⇒ Anxiety: A Very Short Intro.
- ⇒ Emotion: A Very Short Intro.
- ⇒ Intelligence: A Very Short Intro.
- ⇒ Sexuality: A Very Short Intro.
- ⇒ Madness: A Very Short Intro.
- ⇒ Existentialism: A Very Short Intro.

Mental Health Issues cont'd.

- ⇒ Confessions of a sociopath: a life spent hiding in plain sight
- ⇒ Overcoming depersonalization disorder: Mindfulness & Acceptance Guide
- ⇒ How to talk to a borderline
- ⇒ The dance of anger : a woman's guide to changing the patterns of intimate relationships
- ⇒ Healing sex : a mind-body approach to healing sexual trauma
- ⇒ The Impact of Early Life Trauma DVD

Mental Health Issues cont'd.

- ⇒ Schizophrenia for Dummies
- ⇒ Borderline Personality Disorder for Dummies
- ⇒ Generalized Anxiety Disorders
- ⇒ Depression
- ⇒ Taking Charge of Adult ADHD
- ⇒ Quiet : the power of introverts in a world that can't stop talking
- ⇒ Living with schizoaffective disorder
- ⇒ Schizoaffective Disorder Simplified
- ⇒ Treating BPD DVD

Mental Health Issues cont'd.

- ⇒ Out of the darkness and into the light : my personal struggle with schizoaffective disorder and how the illness brought me closer to God
- ⇒ Shamans Among Us : Schizophrenia, Shamanism and the Evolutionary Origins of Religion
- ⇒ The Horse Boy (Autism) DVD
- ⇒ Skills training manual for treating borderline personality disorder
- ⇒ Running on empty
- ⇒ Illness Brought Me Closer to God

Mental Health Issues cont'd.

- ⇒ ADHD across the lifespan DVD
- ⇒ Getting Control of Yourself : Anger Management Tools & Techniques DVD
- ⇒ Taking Charge of Adult ADHD
- ⇒ Handling OCD The Five Primary Homework Assignments DVD
- ⇒ Presenting Problems DVD
- ⇒ Getting Control of Yourself: Anger Management DVD

Mental Health Issues cont'd.

- ⇒ Making Sense of Attention Problems DVD
- #### Wellness/Audio
- ⇒ 8 Keys To Stress Management
 - ⇒ Mindfulness Healing
 - ⇒ Help for OCD Health Journey CD
 - ⇒ Fall Asleep Stay Asleep
 - ⇒ Stress Relief CD

Wellness/Audio cont'd.

- ⇒ Pain Relief CD
- ⇒ Stressed Teens Mindfulness
- ⇒ I Can Relax CD
- ⇒ Relaxation Techniques CD
- ⇒ Spirituality & Anger
- ⇒ The Relaxation Experience: Meditations for Optimum Wellness.
- ⇒ Relaxation & Wellness

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

Wellness/Audio cont'd

- ⇒ Relaxation and Self-Regulation Techniques for Children and Teens
- ⇒ Guided Meditation Practices for the Mindful Way Through Depression
- ⇒ The Smart Divorce
- ⇒ A Meditation to help with anger and forgiveness
- ⇒ Mindful Solutions for Adults with ADD/ADHD
- ⇒ The book of affirmations : Discover the Missing Piece to Abundant Health, Wealth, Love, & Happiness

Recovery & Self Help

- ⇒ Overcoming Stress
- ⇒ Overcoming Childhood Trauma: CBT
- ⇒ Overcoming Sexual Problems using Self Help CBT
- ⇒ Overcoming Compulsive Gambling using Self Help CBT
- ⇒ Self Esteem: A Practical Guide
- ⇒ Calming the Emotional Storm using DBT to manage your emotions and balance your life

Recovery & Self Help cont'd

- ⇒ The 24 hour mind: the role of sleeping and dreaming in our emotional lives
- ⇒ The promise of love, sex and intimacy: how a simple breathing practice will enrich your life forever
- ⇒ Understanding Co-dependency
- ⇒ Stress Mgmt. for Dummies
- ⇒ Co-Dependency for Dummies
- ⇒ The Stress Response

Recovery & Self Help cont'd

- ⇒ Hijacked by your brain: how to free yourself when stress takes over
- ⇒ 8 Keys to Brain-Body Balance
- ⇒ Boundaries
- ⇒ The Stress Less Workbook: simple strategies to relieve pressure, manage commitments and minimize conflicts
- ⇒ Organize your mind, organize your life: train your brain to get more done in less time

Recovery & Self Help cont'd

- ⇒ Understanding Your Schizophrenia workbook
- ⇒ I am Wonderfully Me: positive affirmations for me
- ⇒ Life after Trauma Workbook
- ⇒ Family Wellness Recovery Action Plan
- ⇒ Self Compassion: Stop Beating Yourself Up and Leave Insecurity Behind
- ⇒ Changing Course: Healing from Loss, Abandonment & Fear

Recovery & Self Help cont'd

- ⇒ Toward a Vision of Recovery DVD and workbook
 - ⇒ Beyond Psychosis DVD
 - ⇒ Learned Optimism
 - ⇒ Overcoming Mood Swings
 - ⇒ Shadow Voices
- ### Psychology & Psychiatry
- ⇒ Psychology: A Short Intro
 - ⇒ Freud: A Very Short
 - ⇒ Cultural Aspects of Psychiatry

Psychology & Psychiatry

- ⇒ Youth Violence: Theory, Prevention and Intervention
- ⇒ Recovery of People with Mental Illness
- ⇒ Manual of Inpatient Psychiatry
- ⇒ Acceptance and Commitment Therapy made simple
- ⇒ Learning ACT : an acceptance & commitment therapy skills-training manual for therapists

Professional & Educators

- ⇒ Becoming Trauma Informed
- ⇒ Mindfulness-Based CBT for Depression
- ⇒ Play Therapy: The Art of the Relationship
- ⇒ The Mental Health Professional in Court: A Survival Guide
- ⇒ A Mindfulness-Based Approach to working with High-Risk Adolescence

Professional & Educators

- ⇒ Serious Mental Illness: person-centred approaches
- ⇒ William Miller on Motivational Interviewing

Movies

- ⇒ Dangerous Method
- ⇒ OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie

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

Child & Youth

- ⇒ Daydreaming Dakota : the world's greatest daydreamer
- ⇒ Eager Eddy : the world's most active dude : attention deficit hyperactivity disorder (ADHD)
- ⇒ Time to Be : a read-along tale of healing and hope
- ⇒ A family that fights
- ⇒ Not everyone is nice : helping children learn caution with strangers
- ⇒ The feelings book

Child & Youth cont'd.

- ⇒ Not everyone is nice : helping children learn caution with strangers
- ⇒ Weekends with Dad : what to expect when your parents divorce
- ⇒ When Mom and Dad separate : children can learn to cope with grief from divorce
- ⇒ It's Not the Stork
- ⇒ Leave me alone
- ⇒ I Can Fix It Iris the Dragon Series

Child & Youth cont'd.

- ⇒ He Shoots He Scores Iris The Dragon Series
- ⇒ The Well in the Frog
- ⇒ The 7 habits of happy kids
- ⇒ Shy spaghetti and excited eggs : a kid's menu of feelings
- ⇒ Bully B.E.A.N.S.
- ⇒ My Mouth is a Volcano!
- ⇒ Grief is Like a Snowflake!
- ⇒ Mindful Parenting CD

Child & Youth cont'd.

- ⇒ Calming the tempest: Helping the Explosive Child DVD
- ⇒ Worried No More: 1 hr. Workshop for Parents DVD
- ⇒ Adolescence & Sexuality: A Fresh look at Today's Youth using the latest understanding of human sexuality DVD
- ⇒ Asperger's, Autism & Girls
- ⇒ No Fishing Allowed: "Reel in Bullying" DVD
- ⇒ Overcoming your childhood fears and worries

Child & Youth cont'd.

- ⇒ A Straight Talking introduction to children's mental health problems
- ⇒ Don't feed the worrybug : a Worry-Woo tale
- ⇒ The attachment connection : parenting a secure & confident child using the science of attachment theory
- ⇒ Emotions! : making sense of your feelings
- ⇒ Recovering my kid : parenting young adults in treatment and beyond

Child & Youth cont'd.

- ⇒ A Straight Talking introduction to children's mental health problems
- ⇒ The panicosaurus : managing anxiety in children, including those with Asperger syndrome
- ⇒ When someone has a very serious illness : children can learn to cope with loss and change
- ⇒ When something terrible happens : children can learn to cope with grief
- ⇒ Healing days : a guide for kids who have experienced trauma

Child & Youth cont'd.

- ⇒ Frog's breathtaking speech : how children (and frogs) can use the breath to deal with anxiety, anger and tension
- ⇒ Thinking About Thoughts
- ⇒ What does it mean to be safe?
- ⇒ Big
- ⇒ Your fantastic elastic brain : stretch it, shape it

Child & Youth cont'd.

- ⇒ Sad sad Seth, the world's greatest writer : depression
- ⇒ Presenting Problems: The Short Films of Garrick Duckler. DVD
- ⇒ What's happening in our family? : understanding sexual abuse through metaphors
- ⇒ Tourette's with Dignity : Don't Tic Me Off
- ⇒ Invisible Child Abuse

Child & Youth cont'd.

- ⇒ Cyberbullying and e-safety: what educators and other professionals need to know
- ⇒ Co-parenting 101 : helping your kids thrive in two households after divorce
- ⇒ Helping your child with OCD: a workbook for parents of children with obsessive-compulsive disorder

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

Child & Youth cont'd.

- ⇒ The hair pulling "habit" and you : how to solve the trichotillomania puzzle
- ⇒ Cyber-bullying
- ⇒ Cyber-safe
- ⇒ Preventing Bullying and School Violence

Medications

- ⇒ The Evidence Based Guide to Anti-depressant Medications
- ⇒ The Medication Question

Brain Development

- ⇒ Consciousness: A Very Short Intro
- ⇒ Memory: A Very Short Intro
- ⇒ The Developing Mind
- ⇒ Brain: A Very Short Intro

Personal Stories

- ⇒ Other Side of Mind: A Journey Through Bipolar Disorder
- ⇒ Just Like Someone with Mental Illness only More So: Memoir

Personal Stories cont'd.

- ⇒ Being mentally healthy : in spite of a mental illness
- ⇒ Better Days: Mental Health Recovery Workbook

Family & Friends

- ⇒ Grieving for Dummies
- ⇒ Family Guide to Mental Health Care
- ⇒ Trauma stewardship : an every-day guide to caring for self while caring for others

Relationships

- ⇒ Sex, Love & Intimate Relationships
- ⇒ Voices About Relationships
- ⇒ Friendship A Life of Meaning and Compassion
- ⇒ Making Relationships
- ⇒ Creating Relationships
- ⇒ Trust: A Very Short Intro.

Eating Disorders

- ⇒ Body Image: A Handbook of Science, practice and prevention

Mental Illness & Addictions

- ⇒ Mindfulness-Based Relapse Prevention for Addictive Behaviors
- ⇒ Clinical Manual for Treatment of Alcoholism and Addictions
- ⇒ Mindfulness-Based Relapse Prevention for Addictive Behaviors
- ⇒ Clinical Manual for Treatment of Alcoholism and Addictions
- ⇒ Now what? : an insider's guide to addiction and recovery

Documentaries

- ⇒ Tears for April

Alternative Perspective

- ⇒ The Little Book : A Collection of Alternative 12 Steps

Inspirational & Spiritual

- ⇒ Spirituality: A Very Short Intro.

Natural Health

- ⇒ The boreal herbal : wild food and medicine plants of the North

Training Kits

- ⇒ The Bears Emotion Cards

Suicide

- ⇒ The American Psychiatric Publishing textbook of suicide assessment and management
- ⇒ Dear Mallory: Letters to a Teenage Girl Who Killed Herself
- ⇒ Understanding Suicide: Why We Don't and How We Might

Fiction

- ⇒ Angels Turn Their Backs

Seniors

- ⇒ Depression and anxiety in later life : what everyone needs to know

Women Health

- ⇒ Mother-to-Mother Postpartum Depression Support Book : real stories from women who lived through it and recovered
- ⇒ The Postpartum Husband

Women Health cont'd.

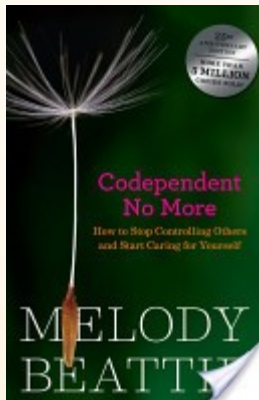
- ⇒ Postpartum Depression for Dummies
- ⇒ More Than Baby Blues: Unmasking Postpartum Depression

Stigma

- ⇒ No Kidding, Me 2 Mental Illness Documentary

Reference

- ⇒ DSM-5 Manual & Desk Reference



BOOK REVIEW :

“Co-Dependent No More: How To Stop Controlling Others and Start Caring For Yourself” by Melody Beattie

Melody Beattie’s compassionate and insightful look into codependency – the concept of losing oneself in the name of helping another – has struck a universal chord among those struggling with a loved one’s self destructive behavior.

“Codependent No More” helps understand that you are powerless to change anyone but yourself.

This book will help you heal through Beattie’s instructive life stories, inspiring personal reflections, exercises and self help tests. Beattie shares since writing this book, she has been to the top of the mountain, walked through dark tunnel of her son’s death, reached the Light at the end of the tunnel, and given others hope when she got there. It’s a great book to learn how to say “No” and when to say “Yes” by learning how to take responsibility for your own choices. *Codependent No More* is a book that will help teach *What’s Codependency and Who’s Got It?*, and *The Basic of Self-Care*.

Is someone else’s problem your problem? If you have lost sight of your own life in the drama of tending to someone else’s, you may be co-dependent and find yourself in this book.

Melody Beattie is the author of top-selling books including *Beyond Codependency*, *The Language of Letting Go*, *The Grief Club*, *Stop Being Mean to Yourself*, *Playing It By The Heart* and the new *Codependent No More Workbook*.

Top 10 Titles at MHERC of 2013

- 1) *Driven to Distraction: Recognizing and coping with attention deficit disorder from childhood through adulthood*; Edward M. Hallowell
- 2) *Guided Mindfulness Meditation CD*; Jon Kabat-Zinn
- 3) *No Longer Alone Mental Health and the Church VHS*: John Toews with Eleanor Loewen
- 4) *The Art of Mindful Living CD*; Thich
- 5) *Chocolate for a Woman’s Soul: 77 stories to feed your spirit and warm your heart*; Kay Allenbaugh
- 6) *Anxiety Disorders: An Overview Personal Stories and Professional Perspectives*; ADAM 2013
- 7) *Letting Go of Stress; 4 Effective Techniques for Relaxation and Stress Reduction*
- 8) *The Mindful Brain CD (The neurobiology of well-being)*; Daniel J. Siegel
- 9) *Sexual Healing DVD*: Peter A. Levine
- 10) *Will I ever be good enough: Healing the Daughters of Narcissistic Mothers*; Karyl McBride



Online Catalogue on Website:

Visit website: www.mherc.mb.ca and select *Online 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 to save overdue fees.

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 through the MHERC 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*. MHERC will give one waive *ONLY* on the account to assist with overdue fees.
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. We will mail out resources for those unable to visit the Resource Centre, due to lack of transportation, rural transportation etc.



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