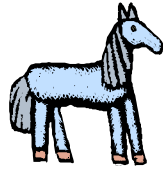


The Blue Horse Chronicles



Healthy Minds Cooperative

10 January 2006

Volume 1, Issue 1

First Issue of the Healthy Minds Cooperative's Newsletter: *The Blue Horse Chronicles*

By Stephen Ayer

Photo by Alice Madden

The Healthy Minds Cooperative was incorporated on June 13, 2005. We have grown from four founding members (Stephen Ayer, Gretel Haack, Barbara Mulrooney, and Susan Roper) to over 80 shareholders in just six months. And we have expanded from one full-time staff person on June 1, 2005, to three full-time and eleven part-time staff!

In 2005 we had a number of successful events, including, among others: *Art by the Ocean - The Healthy Minds Cooperative's Summer Picnic*, *An Evening with Bill McPhee*, and *The Amazing Race to Mental Health*. We expect that 2006 will bring the second annual occurrences of many of these

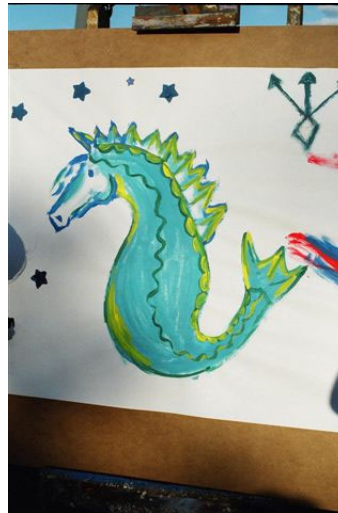
events.

Although you have been receiving the Interim Coordinator's Report on a semi-regular basis, in 2006, the staff of the Healthy Minds Cooperative are making a firm commitment to provide all shareholders with a monthly newsletter. And we welcome your contributions!

It is my hope that this newsletter will provide a source of interesting articles as well as inspiration. And I'm sure that the format of the newsletter will change as we get more familiar with using Microsoft Publisher. To save in mailing costs, this newsletter will be distributed in PDF format to all shareholders who have an email address. For those shareholders without access to email, paper copies will be mailed by regu-

lar post.

Best wishes for a happy, healthy, and prosperous new year!



Art by the Ocean, June 18th, 2005.

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CDMHP Publishes Strategic Directions Document

By Stephen Ayer

The Capital District Mental Health Program (CDMHP) has published a document which summarizes the strategic directions arising from the strategic planning which took place in

late 2004 to early April 2005. The Healthy Minds Cooperative is one such "strategic direction."

Copies of *Healthy Minds Initiative: Strategic Directions 2005-2010* are available from

the Healthy Minds Cooperative, or a PDF version can be downloaded from the web by visiting (type all together): www.cdha.nshealth.ca/programsandservices/mhstrategicplanning/strategicDirections.pdf

Special points of interest:

- Repository of Recovery Resources is our website of the month: www.bu.edu/cpr/recovery/index.html
- The Healthy Minds Cooperative now has over 80 shareholders.

Introducing Christine Crawford, Healthy Minds Navigator

By Stephen Ayer and Christine Crawford
Photo by Amanda Crabtree

Since October 24, 2005, Christine Crawford has been employed in the position of Healthy Minds Navigator with the Healthy Minds Cooperative. Christine has a B.A. in philosophy from St. Francis Xavier University, and is nearing completion of a Masters in Theological Studies from the Atlantic School of Theology, which included a field placement at the Nova Scotia Hospital. She also has a Certificate in Spiritual Care from the Canadian Association of Pastoral Practice and Education, and completed a 16-week clinical practicum in spiritual care at the East Coast Forensic Hospital (ECFH) in 2002.

Christine is also a very talented singer, songwriter, and composer. Radio stations across Canada, the US, Ireland, and Australia have aired tracks from her debut CD, *Rowing in Eden*. The title track was also

featured in the made-for-TV movie, *Suzanne's Diary for Nicholas*, starring Christina Applegate. In her spare time, Christine is in the studio recording her second album.

Roles of the Healthy Minds Navigator

1. Educating the public about mental illness and mental health, including addressing the issue of stigma. This education comes in the form of school presentations, radio and television appearances, and one-on-one information sharing with students, teachers, consumers, family members, etc., at the office.
2. Navigation for consumers and families to appropriate services. There are lots of community-based resources that can be overlooked because people don't know they exist. Christine receives calls from consumers, family members, and health-care professionals who are trying to find the next appropriate step – whether that be a clinical assessment, a casual support group, or a hot meal. Our service places the individual at the centre of discerning what that step might be.

3. Communication of the consumer perspective on various task groups. Christine represents the Healthy Minds Cooperative on various advisory groups such as the New Mental Health Suite Committee, the Mentally Ill Offenders Unit Task Group at the ECFH, and the Communications Task Group for the Healthy Minds Initiative (the new name for strategic planning since the "planning" period is officially over and implementation has begun).



Christine Crawford performs at the AGM held on November 9, 2005.

Self Esteem Workshop offered in February 2006

By Irene Skehen

A second offering of the Healthy Minds Cooperative's three-part Self-Esteem Workshop will take place on February 7, 14, and 21, 2006, at the Eastern Sun Professional Centre, 260 Wyse Road, Dartmouth.

This workshop is an invitation to look at what self-esteem means, where it originates, and how an individual can improve

their self-esteem. It also explores how well an individual really knows themselves, as well as putting trust and faith in a process of discovery and developing the willingness to act upon what one learns.

For further information, or to register, please contact Irene Skehen, Wellness and Recovery Educator, Healthy Minds Cooperative, at 404-3504 (email: ireneskehen@eastlink.ca).

"This workshop is an invitation to look at what self-esteem means, where it originates, and how an individual can improve their self-esteem."

Housing for Mental Health Consumers Committee

By Stanley MacEachern, Chairperson

The purpose of the Healthy Minds Cooperative's Housing for Mental Health Consumers Committee is to help people with a severe mental illness to have a home for themselves.



To do this is to be a representative for those mental illness who live on the streets or under poor conditions. We all deserve better conditions. We are in need for better way of life, to do this we need to want to help those in need. Let us

put our heads together and see the results now for the future.

**We need to clear out our minds.
Face what obstacles that exist.
Stay on track.
Show the world we can do it.**

Tobacco Free - Mental Health Policy Review

By Stephen Ayer

On January 2005, the CDMHP instituted a new policy stipulating that each of its facilities would be tobacco free (CH 80-051). The policy also specified that a review would be conducted in September 2005.

An ethics review of the new policy was requested by a Capital Health employee soon after the policy came into effect. Two recommendations from the ethics review, conducted by the Capital Health Ethics Committee and released in April 2005, were that the policy should be immediately reviewed and revised as appropriate, and that appropriate stakeholders should be consulted as policies are developed and revised.



The CDMHP is currently reviewing its Tobacco Free Policy.

In August 2005, a review of the policy was initiated. In October, I accepted a request

by the Mental Health Policy & Procedure Committee to chair the Tobacco Free - Mental Health Policy Review Working Group. This Group is charged with reviewing the policy and suggesting changes, with a deadline of February 28, 2006.

To ensure adequate stakeholder input into the policy review, seven focus groups involving users of CDMHP services were conducted during November 2005. In addition, staff of the CDMHP will soon be asked to provide input *via* email.

If you are interested in providing input, please send an email to tf.mhpr@gmail.com, or write to me at the Healthy Minds Cooperative. All submissions will be treated as anonymous – unless otherwise specified – and confidential.

Healthy Minds Cooperative on the Web

By Stephen Ayer

The Healthy Minds Cooperative has purchased the internet address www.healthyminds.ca for development of its website (you may have noticed that we have also purchased the email address info@healthyminds.ca). We are presently in the process of developing the content for this website and expect to post it in the next month or so.

In the meantime, thanks to Cindy Bayers, Corporate Communications Advisor, CDMHP, Internet-based information on the Healthy Minds Cooperative can be obtained by visiting (type all together): www.cdha.nshealth.ca/programsandservices/mhstrategicplanning/hmCooperative.html

[hmCooperative.html](http://www.cdha.nshealth.ca/programsandservices/mhstrategicplanning/hmCooperative.html)

You will note that the Capital Health website has a link to the story about how the Healthy Minds Cooperative adopted the *A Blue Horse Initiative* moniker.

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The Blue Horse Chronicles: Submissions Encouraged

By Stephen Ayer

Individual participation is a cornerstone of membership in the Healthy Minds Cooperative. Talented writers, poets, photographers, artists, etc., are encouraged to submit their work for publication in *The Blue Horse*



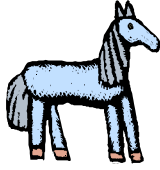
J.P. Galipeault cutting the cake at *Art by the Ocean*

Chronicles.

The Editorial Board of *The Blue Horse Chronicles* consists of Stephen Ayer, Coordinator, Healthy Minds Cooperative, Shauna Blundon, Chairperson, Board of Directors, Healthy Minds Cooperative, Christine Crawford, Healthy Minds Navi-

gator, Healthy Minds Cooperative, and Jean-Pierre Galipeault, Director, Healthy Minds Cooperative.

The Blue Horse Chronicles is published twelve times per year. Submissions are reviewed for content and appropriateness for publication. For further information please contact Stephen Ayer at 404-3504 (email: healthyminds@eastlink.ca).



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We're on the Web!
www.healthyminds.ca

● A Blue Horse Initiative

The Healthy Minds Cooperative is a member owned and democratically controlled not-for-profit enterprise. Its shareholders are people who possess lived experience with mental illness, and/or an interest in the topic of mental health.

Members of the Healthy Minds Cooperative have pooled their resources and talents to better represent individuals who access services of the Capital District Health Authority; specifically the Mental Health Program and Addiction Prevention & Treatment Services (concurrent disorders).

The Healthy Minds Cooperative provides its shareholders with: (1) a commitment to improve access to mental health services for all Capital Health District residents; (2) significant input into the design, development, delivery, and evaluation of mental health services within Capital Health [by providing employment opportunities to those qualified shareholders who also have the lived experience of mental illness]; (3) public education focusing on mental health promotion, mental illness prevention, and the elimination of stigma; (4) peer support, navigation, and advocacy services; and (5) facilitated connections to existing community services.

A mutually beneficial partnership agreement with the Capital District Health Authority is the foundation for the first ten months of operation of the Healthy Minds Cooperative.

Healthy Minds Cooperative Plans to Move to the Village at Bayer's Road

By Stephen Ayer

The development of Community Resources Networks is moving forward as one of eleven strategic directions identified during the CDMHP strategic planning process of late 2004 and early 2005 (it should also be noted that the Dalhousie University Department of Psychiatry co-lead the strategic planning process). As a participant in development of Community Resource Networks, the Healthy Minds Cooperative was given the opportunity to co-locate with the YWCA, the CDMHP Mobile Crisis Intervention Service, Capital Health Addiction Prevention & Treatment Services, TEAM Work Cooperative, and The Work Bridge at the Village at Bayer's Road.

After much thought and mixed emotions regarding leaving our present location in

the Eastern Sun Professional Centre, the Board of Directors of the Healthy Minds Cooperative made the decision to take the lead in Community Resource Network (CRN) development within Capital Health by moving to the Village at Bayer's Road.

The Healthy Minds Cooperative will be located in the lower level, near the Bayer's Road Bus Terminal on Desmond Avenue (Routes 2, 3, 4, 17, 42, 80, and 81). We will have four offices, access to a large meeting room, as well as kitchen facilities. (Four offices mean that we will have a 'swing office' to be used by part-time staff and volunteers.)

It is expected that the move to the Village at Bayer's Road will be completed by January 31, 2006. Any changes in phone num-

bers for the Healthy Minds Cooperative will be sent to all shareholders well ahead of time.

We ask for your patient and cooperation in this short period of transition.



The Village at Bayer's Road