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Dear Reader,

Welcome to the fall 2015 Registered Psychiatric Nurses Foundation Inc. (RPNF) newsletter, "Your RPNF News". As the RPNF continues to evolve this is the first, of what we hope to be, a semi-annual newsletter to keep you informed about the work of RPNs and the RPNF.

"The RPNF's mission is to promote excellence in psychiatric nursing education, clinical practice, leadership and research.

The RPNF does this by attracting and managing gifts from donors into a permanent endowment fund. These funds are used to award annual scholarships and grant a bursary."

Psychiatric Nurses in Manitoba and Canada continue to evolve the profession and practice of registered psychiatric nurses (RPN) and promote excellence in mental health care. There are many changes impacting our profession including The Regulated *Health Professions Act* (RHPA) in Manitoba and similar legislation in other provinces. It is the RPNF goal to include and showcase the many activities of Registered Psychiatric Nurses: past, present and future.

We invite you to be part of this initiative and to submit ideas about what you would like to see and we invite information or updates for future editions.

Please join our mailing list. To facilitate communication with RPN's we encourage each of you to **SIGN UP** providing us with your email address **on the RPNF website** www.rpnf.ca and

"Follow" us on Twitter: <https://twitter.com/rpnfca>

"Like" us on Facebook: <https://www.facebook.com/rpnfca>

Important Announcements

Call for Applications

- Provincial Scholarships
- National Scholarships

Call for Nominations

- RPNF Awards of Excellence

Call for Volunteers

- RPNF sub-committees
- RPNF board



Mental Illness Awareness

Mental Illness Awareness Week (MIAW) www.miaw.ca is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. One activity that brings awareness in western Manitoba is the **Best Boss Award**. This award is granted jointly by the Brandon Chamber of Commerce and the Prairie Mountain, Health Mental Health Promotion. Private and public sector businesses and organizations make nominations for "**Brandon's Best Boss**". The Best Boss award encourages employees nominate their "Boss" for promoting Mental Health in the Workplace. Now in its 18th year, the Best Boss was initiated by RPNs and continues to be facilitated by RPNs.



In 2015, this activity was led by a past RPNF scholarship recipient, **Tracy Young Ridgen RPN, BScPN, BSc**. Tracy, completed her Bachelor of Science in Psychiatric Nursing Degree through Brandon University (BU) in 2003. Since then, she has gained experience in a variety of settings including inpatient psychiatry, community mental health, crisis services, and child & adolescent treatment.

Since 2007, Tracy has worked as a Community Mental Health Nurse at the Mental Health Promotion Clinic Brandon. Tracy readily shares her expertise through educational sessions and anti-stigma initiatives to various audiences, as well as via a sessional instructor at B.U. She has forged strong community partnerships through involvements with such working groups as Healthy Schools, Common Cause for Mental Health, Healthy Brandon, Suicide Prevention and Bereavement Support, the Adult Suicide Bereavement Support Group, and the Sexual Assault Response Team (a resource to the Emergency Room and various organizational workplace wellness teams). She is an instructor for Mental Health First Aid Canada (MHFA), and a facilitator for Get Better Together! (a self-management program for living better with chronic health conditions). She also works as a private counsellor with Foster Common Unity Counselling Services in Brandon and on a casual contract basis with Dr. Michael Stambrook (Clinical and Neuropsychologist, Mental Health Assessment & Rehabilitation Services).

Tracy continues her professional development through the Master of Psychiatric Nursing program at BU with a focus on an investigation into the Mental Health Literacy of Educators in the Brandon School Division. Her Masters studies have been supported through the RPNF *John Alex Crawford Scholarship* (2011 and 2012) and the *Alf Barnett Scholarship* (2011).

RPNs, the RPNF, and the Regulated Health Professions Act

The Manitoba *Regulated Health Professions Act* (RHPA) was proclaimed into force on January 1, 2014. The transitioning of current acts for 22 regulated health professions in Manitoba, including the CRPNM, has begun. Each profession will have its own profession-specific regulations and the RHPA will replace the *Registered Psychiatric Nurses Act*, which does remain in force until the CRPNM formally transitions under the RHP Act

The RHP Act has already impacted the mandate of the CRPNM. The CRPNM can only participate in activities that protect the public; not in activities that promote the profession. For that reason, the RPNF has taken over the Excellence in Psychiatric Nursing Practice Awards which are awarded at a reception in conjunction with the Annual General Meeting of the RPNF



Mental Illness Awareness (continued)

Each year **Pamela Kachur, RPN, BScPN, BA** participates in events that promote mental health awareness, including the **Andrew Dunn Run** in Oakbank, MB and the **Imagine Run** in Niverville, MB.



The **Andrew Dunn Run** helps educate and create awareness surrounding mental health issues and suicide. This Run makes a difference in how people perceive mental illness, and increases public awareness of available resources and effective treatment.

The **Imagine Run** benefits Manitobans by creating awareness of mental health issues and services available. Members of the "Imagine Team" share a common goal: to prevent suicide and defeat the negative social stigma surrounding mental health issues. Imagine draws attention to mental illness so no one feels the need to suffer in silence. Pamela also volunteers as a Camp Leader/Counsellor for **Camp Bridges**, which is a free camp for children grieving the loss of a loved one.

In addition to "running to promote mental health", Pamela is currently employed by the Southern Health Region in the role of the ER Mental Health Consultation Nurse at Bethesda Hospital in Steinbach, MB. She previously worked at Stony Mountain Penitentiary and at St. Boniface acute care psychiatry, where she continues to work on a casual basis. Pamela was in the first enrollment class of the Brandon University Masters of Psychiatric Nursing program in 2011. She is focusing her Master's Thesis Research on assessing the effectiveness of teaching interventions for police and mental health education, with her main research interest encompassing police interactions with mental health clients. She has been active with the RCMP advisory committee and interacts regularly with the local RCMP detachment. The focus of these interactions is to develop a pilot project in her region that would see a mental health nurse paired with an RCMP officer, responding to all dispatched mental health calls. The joint collaboration would be the first of its kind in Manitoba.

Pamela participated in the development and delivery of a presentation on Social Networking and professional responsibilities that was presented at the World Congress for Psychiatric Nursing in Vancouver in 2010. In addition to her Bachelor of Science in Psychiatric Nursing, Pamela holds a BA from the University of Winnipeg in Business Administration and Criminal Justice Studies. In 2015 she received the Hero of MH award in Southern Health, and in 2012 received the Special Volunteer recognition award from the CRPNM.

Volunteers Wanted

The Registered Psychiatric Nurses Foundation Inc. is governed by a volunteer board of directors.

Directors may be RPNs or members of the public with an interest in the goals and objectives of the Foundation.

At present there are two board vacancies.

If you or someone you know have skills and abilities in the area of fundraising or media communications we need you.

Board meetings are held monthly from September to June via teleconference, with one face-to-face meeting in addition to the annual meeting held each May.

The 2015 – 2017 goals of the Foundation Include:

- Acquiring \$100,000 in an enduring fund by 2020
- increasing awareness about the Foundation

If you or someone you know can assist in the growth of the foundation please contact us at info@rpnf.ca



CONGRAULATIONS SCHOLARSHIP RECIPIENTS - 2015

The **Registered Psychiatric Nurses Foundation Inc.** provides annual scholarships to support excellence in the field of psychiatric nursing. The awards are limited to Registered Psychiatric Nurses in Manitoba and /or Canada and students preparing to become Registered Psychiatric Nurses in an approved undergraduate psychiatric nursing education program



Ryan Greenham receiving the Kay Armstrong Scholarship from Kay's son Glenn Armstrong.
(Photo sent in by Ryan Greenham)

Nicole Fields receiving the Annette Thorimbert Osted Scholarship from Annette Thorimbert Osted.
(Photo sent in by Serena Yaworski)



Serena Yaworski receiving the John Kellie Scholarship from John's son, Richard Kellie.
(Photo sent in by Serena Yaworski)

Tracy Thiele receiving the Marlene Fitzsimmons Scholarship from Marlene Fitzsimmons.
(Photo sent in by Marlene Fitzsimmons)



The Alf Barnett and John Alex Crawford Scholarships
These scholarships were not awarded in 2015 due to insufficient applications that met the criteria.

2016 SCHOLARSHIPS

Applications for the seven annual scholarships awarded by the RPNF opened on October 1, 2015 will close on January 15, 2015 RPNF website: www.rpnf.ca

Manitoba based scholarships:

Alf Barnett Scholarship – awarded to a RPN enrolled in a Masters or Doctoral program.

Kay Armstrong Scholarship - awarded to a 4th year student enrolled in a baccalaureate of psychiatric nursing program

John Kellie Scholarship – awarded to a 3rd year student enrolled in a baccalaureate of psychiatric nursing program

Marlene Fitzsimmons Scholarship – awarded to a RPN presenting a paper at a conference or enrolled in a certificate program.

National Scholarships

John Alex Crawford Scholarship – awarded to a RPN in Canada enrolled in a Masters or Doctoral program.

Annette Thorimbert-Osted Scholarship – awarded to a 3rd or 4th year student enrolled in a baccalaureate of psychiatric nursing program in Canada.

McCormick-Henry Scholarship: to be awarded for the 1st time in 2016 to a RPN continuing studies in the area of seniors' mental health.



AWARDS OF EXCELLENCE in PSYCHIATRIC NURSING PRACTICE!

Presentations made May 14, 2015

Chelsea Donogh:



Award of Excellence in Psychiatric Nursing for Practice in the domain of LEADERSHIP

"Chelsea is a great leader, role model and mentor on our unit at Eden Mental Health Center, providing pride in the profession."

Nominators: Sally Dueck RPN & Kim Brice RPN

Betty Wedgewood & Jacqueline Pentney



Award of Excellence in Psychiatric Nursing for Practice in the domain of EDUCATION

"Betty and Jaqueline serve the profession of psychiatric nursing in their roles as clinical placement coordinators for Brandon University. Their work at the intersection of education, clinical and leadership domains of practice requires them to maintain relationships with students, colleagues, clinical sites and other nursing education programs."

Nominators: Fiona Smith RPN & Katherine Pachkowski RPN

Judy Judd



Award of Excellence in Psychiatric Nursing for Practice in the domain of CLINICAL.

"Judy has worked for over thirty years as a Registered Psychiatric Nurse in Brandon, beginning at the Brandon Mental Health Centre and for the past 17 years in Community Mental Health Services as a pioneer of the Mental Health Promotion Clinic

where she helped to shape the way mental health services are delivered, particularly for persons living with severe and persistent mental illnesses."

Nominators: Kristina Lindsay RPN & Sharon Young RPN

AWARDS of EXCELLENCE

Call for Nominations

The Awards of Excellence in Psychiatric Nursing Practice are considered in the following domains:

- Education
- Research
- Clinical Practice
- Leadership

These Awards of Excellence are presented to Registered Psychiatric Nurses in Manitoba to acknowledge their contributions to the profession within the four domains of psychiatric nursing practice; to provide public recognition of the professionalism and excellence in practice that enhances the profession of psychiatric nursing.

Award winners will be announced and presentations made at the Annual General Meeting and Reception in May 2016.

The Criteria and Nomination for the Awards of Excellence are located on the RPNF website. www.rpnf.ca

The nominee and/or seconder must be Registered Psychiatric Nurses.

Nominations
close: **March 28, 2016**



RPNF Vision: "to enhance the profession of psychiatric nursing in Canada".

VOLUNTEER SPOTLIGHT

Bonita Fanzega RPN BScPN

Connecting with Registered Psychiatric Nurses & Mental Health Professionals from around the world.



Bonita Fanzega RPN BScPN feels fortunate to have had many exciting opportunities as a Registered Psychiatric Nurse. This profession has allowed me to grow in ways I could not have imagined when I graduated from Brandon University's Psychiatric Nursing program in 2008.

Most recently I had the opportunity to co-present with colleague Isabelle Jarrin and represent our facility on our work at an international conference in Copenhagen Denmark. The work we presented was titled "**Creating Safety: Client centered care or unit centered care?**" One of the key concepts of care in Mental Health is to work with the client where they are at; this is often more difficult than we anticipate when working within a large system. I was able to discuss different strategies related to client centered care with RPNs and MH nurses from around the world.

It was inspiring to know we are all working towards the same goal of client centered care, reducing stigma and advancing our professions. I feel challenged and excited by what I do, the desire to learn new things and advance my role as an RPN is one of the reasons I volunteer with the RPNF. Bonita is Vice President of the RPNF; in this role she represented the RPNF at the 2015 World Congress in Banff Alberta.

I was lucky when I began in this career I had a manager/mentor that saw things in me that I didn't see and was able to support me in making choices that have guided me to where I am. She encouraged me to trust my instinct, and helped me discover my strengths as an RPN, as well as areas that needed improvement.

I hope to one day have such a positive effect on people that I work with, we all have different assets and should encourage growth and learning in with both our colleagues and our clients.

At the World Congress, Bonita and Tracy Thiele co-presented on "Emerging Nurse Leaders, Learning about, with and from Emerging Psychiatric Nurses." Also at the World Congress, Bonita co-presented with Isabelle Jarrin and Annette McDougall on "Creating Safety: Client centered care or unit centered care?", and "Personal Safety Plans: An effective tool to reduce seclusion?"

Five Questions

What is the best thing about your current position?

I feel challenged and excited by what I do,

What are you most proud of having accomplished?

To co-present with a colleague and represent my facility on the work we are doing at an international conference in Copenhagen Denmark

What was the best piece of career advice you have ever received?

To trust my instincts

Why do you volunteer with the RPNF?

The desire to learn new things and advance my role as an RPN

Name the one thing you would like to change about the health care system.

I would improve our ability to give truly person centered care rather than a one size fits all approach. We are getting there, but it's a process





DONATIONS MAKE IT HAPPEN!

RPNF is a charitable foundation and will issue a tax receipts for your donations!

Your donations support the Scholarships and Awards of Excellence, which are funded from the interest gained from investments. The RPNF has identified the goal of \$100,000 in investments to sustain the current scholarship commitments. This investment goal is made possible through various fundraising activities and your tax deductible donations. The opportunities for you to support your Foundation can be accomplished through contributions made:

- on a one time bases;
- in honour of a fellow RPN at an event such as retirement;
- through regular transfers via the CRPNM debit plan;
- by naming the RPNF in your will or insurance policy;
- by including the RPNF as a charity of choice in lieu of flowers or requesting donations in memory of an individual.

All donations over \$10.00 will be issued a tax deductible receipts which will be emailed by the end of February each year.

"DONATION" or "In Memoriam" cards are available on request from the RPNF!



Ask for the RPNF Display Board and additional promotional information for use at your next event

Did you know...

...that to be registered as a charity, an organization's purposes **must** fall within one or more of the following four categories of charity:

- relief of poverty
- advancement of education
- advancement of religion
- certain other purposes that benefit the community in a way the courts have said is charitable

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The RPNF Board...

...must comply with several requirements in order to maintain the charitable status under the *Income Tax Act*. The Board of Directors will ensure that:

- Charitable registration is maintained
- Only allowable activities are engaged in
- Adequate books and records are maintained
- Complete and accurate donation receipts are issued
- Disbursement quotas to qualified donees are met
- annual information return with Canada Revenue Act (CRA) is filed
- The legal status as a charity is maintained
- Any changes in mode of operation or legal structure are reported
- GST and other obligations and entitlements are met
- Illegal or terrorist activity is avoided



"Mastering" our Profession

In 2011 the Brandon University initiated the Masters of Psychiatric Nursing program, designed for students who are seeking to advance their practice in psychiatric nursing. Delivered online to meet the needs of busy professionals, the program prepares graduates to be leaders in psychiatric nursing and health care. There are 44 RPNs enrolled in the program at this time. 2015 has seen the first Masters in Psychiatric Nursing program graduate two RPNs who have successfully completed the program.

Congratulations to Candace Waddell and Ashley Peterson,

Board News – WATCH FOR:

- Some Education initiatives to communicate and enhance opportunities to and for RPNs. Watch for events in the new year including an event at the next Annual Meeting.
- Regular newsletters that focus on the many and varied roles of RPN's

There are many ways to become involved in the Foundation.

- Assist as a committee member in a non-director capacity
- Volunteer to become a director
- Participate in fundraising activities
- Make a donation!



How to Stay Current

Go to www.rpnf.ca and scroll down to **Sign up for our mailing list** to receive updates from the RPNF and the latest information about the Foundation and what it can do for you.

"Follow" us on Twitter: <https://twitter.com/rpnfca>

"Like" us on Facebook: <https://www.facebook.com/rpnfca>



REGISTERED PSYCHIATRIC NURSES'
FOUNDATION INC.

Awards Committee

Calls for, receives and reviews nominations for Excellence in Psychiatric Nursing Practice Awards.

Email: awards@rpnf.ca

Communication Committee

Monitors and updates all written promotional materials as well as the RPNF website.

Email: info@rpnf.ca

Executive Committee

Meets for urgent business in between board meetings.

Email: info@rpnf.ca

Fundraising Committee

Plans for and coordinates fundraising processes and activities.

Scholarship Committee – Manitoba

Calls for, receives and reviews applications for the Kay Armstrong, Alf Barnett, John Kellie and Marlene Fitzsimmons Scholarships.

Email: scholarship@rpnf.ca

Scholarship Committee – National

Calls for, receives and reviews applications for the national John Crawford and Annette Osted and McCormick – Henry scholarships.

Email: scholarship@rpnf.ca



RPNF Vision: "to enhance the profession of psychiatric nursing in Canada".