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Email: Info@rpnf.ca
Facebook: <https://www.facebook.com/rpnfca>
Twitter: <https://twitter.com/rpnfca>
Address: 1854 Portage Ave.
Winnipeg, MB R3J 0G9



News from the RPNF Board

2017 RPNF Annual General Meeting Report



The Annual General Meeting of the Registered Psychiatric Nurses Foundation Inc. was held in conjunction with the AGM of the College of Registered Psychiatric Nurses of Manitoba on at the Viscount Gort Hotel in Winnipeg, MB on Thursday, May 11, 2017.

There were 7 members of the board with 3 additional guests in attendance. Minutes of the 2016 RPNF annual general meeting were circulated for review and adopted; the 2017 President's Report to the Annual General Meeting was received; and the audited financial statements of the RPNF for the year ending December 31, 2016 were approved. Jenkyns Smith Chartered Professional Accountants LLP were appointed auditor for the 2017 financial year.

A new Board of Directors was nominated and approved by acclamation.

The Awards Reception was held following the RPNF and CRPNM Annual Meetings.

The following terms have completed and are leaving the RPNF Board of Directors:

- * Pat Viskup;
- * Pamela Kachur;
- * Annette Thorimbert - Osted (Past President).

Thank you to the departing board members for their commitment, participation and support.



What's in this Edition of "Your RPNF News".

- **News from the RPNF Board**
 - AGM and Reception
- **Your RPNF Board of Directors**
 - Sub-committees
- **2017 Awards of Excellence Recipients:**
 - Clinical: Arlis Decorte
 - Leadership: Jodine Szabo
 - Clinical: Maria Bonifacio Le
 - Clinical: Daryle Duke
 - Research: Amber Gilberto
- **2017 Scholarship Recipients**
- **150 Canadians for Mental Health**
- **How you can contribute?**

Future Issues - Profiles

- RPNF Board Members
- 2017 Scholarship recipients



2017/2018 Board of Directors of the RPNF.

- **Marg Synyshyn** (Co-Chair)
- **Bonny Wynnobel** (Co-Chair)
- **Darlene Henry** (Secretary)
- **Tanya Denys**
- **Linda Earl**
- **Bev Gradidge**
- **Ryan Greenham**
- **Beverley Hicks**
- **Amy Martyniuk**
- **Mallory Schmitz**
- **Karen Street**
- **Richard Stefanyshyn**

Past President:

- **Annette Thorimbert Osted**

Past President (Emeritus)

- **Marlene Fitzsimmons**

Sub-Committee Chairs:

Scholarships:

- **Beverly Hicks**

- **Amy Martyniuk**

Awards of Excellence:

- **Tanya Denys**

- **Mallory Schmidt**

Fundraising:

- **Bev Gradidge**

Communications:

- **Darlene Henry**

Please contact us if you are interested in volunteering with any of the subcommittees.

E-mail: info@rpnf.ca

Website: www.rpnf.ca

Congratulations Fellow RPNs - May 11, 2017 - Awards

Congratulations to the recipients of the RPNF Awards of Excellence in Psychiatric Nursing Practice.



The Awards of Excellence in Psychiatric Nursing Practice are presented to Manitoba RPNs to acknowledge their contributions to the profession within the four domains of psychiatric nursing practice and to provide public recognition of the professionalism and excellence in practice that enhances the profession of psychiatric nursing.

Criteria for of nominations the Awards of Excellence are located on the RPNF website.

www.rpnf.ca

- **Daryle Duke (Clinical)**
- **Maria Bonifacio Le (Clinical)**
- **Arlis Decorte (Clinical)**

- **Jodine Szabo (Leadership)**
- **Amber Gilberto (Research)**



Arlis Decorte

Award of Excellence in Psychiatric Nursing Practice in the domain of: Clinical

NOMINATION:

"Arlis Decorte has been a Registered Psychiatric Nurse since 1991 and recently completed his Bachelor of Science in Psychiatric Nursing. He has worked at Deer Lodge Centre since graduation and over the past 11 years has been the Clinical Resource Nurse for the Dementia Care Program. Arlis is fearless leader and an expert in providing safe, resident focused, dignified quality of care. He works tirelessly with the medical team; ensuring residents receive the safest treatment options.

Arlis works endlessly educating residents and their families on the progression of Dementia and runs a monthly support group for resident families that is so valuable to them, they continue to attend after the loss of their loved one. His number one priority is always resident safety and his clinical experience and expertise is a valuable asset to the Dementia Care Program."



Arlis Decorte with nominators Meghan Gregg-Sirant and Maureen Chouinard.

Arlis Decorte - Clinical

Thank you! Let me start by expressing my appreciation to the Registered Psychiatric Nursing Foundation, its members, and to Tanya Denis and the Awards of Excellence Committee.

Thank you so much for awarding me this honor, but more importantly for expending the time and energy to create a forum where the profession of psychiatric nursing can be celebrated in our province. The evolution of our profession to become- and remain a vital part of the Manitoba health care system over the years is something to be proud of.

This award holds special importance to me because I was nominated by my peers Meghan Gregg-Sirant and Maureen Chouinard, whom I have had the pleasure of working with for a number of years, most recently as a fellow Clinical Resource Nurse and Unit Manager in the Dementia Care Program at Deer Lodge Centre. Thank you, Meghan and Maureen. That you would consider my clinical work deserving of this recognition is truly an honor.

I must say, however, that much of the recognition for this award goes to the team I work with. I believe that the nursing team, physicians and supporting disciplines in our dementia care program are responsible for the excellent work that we do.

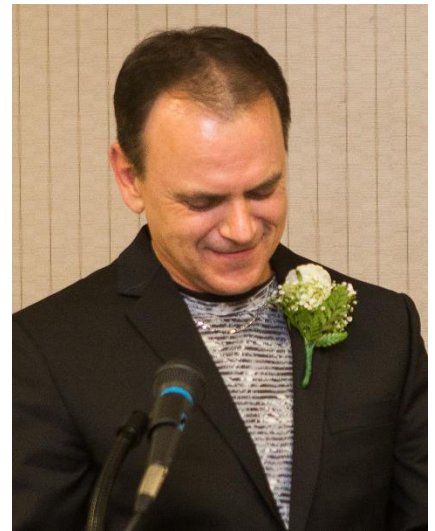
Having said that, I must take the opportunity afforded me today to highlight the strides psychiatric nurses have made within the WRHA and within Deer Lodge Centre. It's exciting to see that the trend of having psychiatric nurses employed and excelling in all program areas continues to expand. Recently a third RPN was hired into a Clinical Resource Nurse role in our facility- recognition of the excellent contribution our profession is making to interdisciplinary collaborative care.

Lastly, if I could just touch on the continuing struggle to provide excellent care within the dementia care programs in the province. Our aging population is placing a strain on the ability to provide service, as was predicted years ago.

Within our program we are seeing an ever-growing trend of referrals for clients with dementia who have a preexisting diagnosis of mental illness. The challenge to provide the needed psychiatric care while having access to only the limited long term care program supports is at times very challenging. Referring the elderly for enhanced mental health services can be quite difficult.

I would challenge our profession and college to continue to advocate for the elderly, and the desperate need for a comprehensive mental health program for the elder population-similar to that afforded children and adults. Long term care, even with the dementia care and behavioural programs operating, cannot meet the complex mental health needs of some individuals. Thank you again for this special honor today.

- May 11, 2017



Jodine Szabo

Award of Excellence in Psychiatric Nursing Practice Leadership

What an incredible honor it is to be nominated and receive the Excellence in Nursing Leadership Award from my college. I am truly humbled by this recognition.

When I began my career as a Registered Psychiatric Nurse 27 years ago, I could not have anticipated the personal reward, satisfaction, and fulfilling work I have experienced.

There have been a number of individuals and teams who have influenced and guided the development of my leadership skills throughout my journey. I would like to acknowledge some of these folks.

First – to the College of Registered Psychiatric Nurses of MB for providing the excellent foundation from which I have built my skills upon.

To the organization I work for – Prairie Mountain Health, and the exemplary standard they set of health and wellness to all. I am immensely proud of the work we do together.

To my Director of Mental Health Services, Lynda Stiles, a true leader in her own right. Lynda has fostered and nurtured my leadership skills. She is a mentor and an inspiration to all who work with her. Thank you for your unwavering trust.

To my fellow Mental Health Managers, which should absolutely include my predecessor, Allison Done, as well as Dr. Keith Jenkins. You are a specialized group of people that works hard to be innovative and skilled. I can reach out to anyone of you and I strive to adopt qualities you possess. You are a team I am grateful to be a part of.

To my Administrative team – Muriel Stocki, Susan Rathwell, and Liaison Nurse – Shannon Morrow- Stritz. You keep me grounded, organized and have tasks completed before I even ask. There are days I would be lost without you.



Jodine Szabo is the current manager at Westman Crisis Services. She is dedicated to her staff and allows them autonomy with client interactions. She remains available to all staff, even on vacation or away from the city by providing her cell number and encouraging staff to call if needed. She facilitates learning opportunities for student nurses through clinical based experience while also sitting on many boards and being an excellent wife and mother. She is available to teach and to mentor anyone who asks. Jodine was instrumental in developing our now famous STEP program (Supported Transition, Evaluation and Planning) Suicide Prevention Project. Jodine is not only a member of our local Workplace Safety and Health committee but is also the co-chair of the Workplace Management committee. She sits on the Mental Health Management Coordinating team, the CODI leadership committee, Post Exposure Protocols Committee, Brandon Police Services /Mental Health/ Emergency/ CAP meetings, as well as partaking in Mental Health Promotion. Jodine has touched the lives of more people than we can count and that is evident in her work at Westman Crisis Services. The integrity, compassion and energy she puts forth to her staff make her truly special and deserving of this recognition. Jodine believes in what she does and is committed to her profession. Jodine is a caring, kind and flexible leader who fulfills all the requirements of Excellence in Leadership.

Nominators: Brenda Hubbard /Muriel Stocki



Maria Bonifacio Le (Clinical)

The following are a few excerpts from the nomination submitted by Isabelle Jarrin and Annette McDougall for Maria's Award of Excellence.



"What an honor it is to be receiving this award. Apparently I like my job. I had no idea I was doing a good job. Liking your job, like this one makes it easy to care for patients."

The best thing about my current position is being able to develop therapeutic relationships with patients in an outpatient setting. That is pretty rewarding, as was being part of the Canadian ECT Standards Committee and participating in writing a nursing journal, and having it published in the Archives of Psychiatric Nursing.

One of the best pieces of advice I have received is: 'Don't think about what other people think, do what you think is right.'

What is the one thing I would like to change about the health care system? It would be to 'Get rid of the gap that sometimes is created when a patient is discharged from hospital until their follow up appointment. It is difficult to care for a patient when the outpatient team is not adequately provided with all relevant information about someone. This causes confusion and frustration for the health care provider and for the patient.'

...Maria demonstrates an ongoing commitment to outstanding patient care through her work on the Mental Health Nursing Practice Committee and Canadian Electroconvulsive Therapy Standards Committee...

...is a strong advocate for mental health patients and consistently challenges the status quo with the intent to improve service delivery. She works with vulnerable patients who regularly have difficulty navigating health systems.

...Patients who would otherwise have difficulty engaging with the team, or could even be fearful in those situations, feel comfortable with Maria because of her commitment to establishing a safe environment for their care.

...seeks out educational opportunities ...related to mental and physical health as they relate to her roles as the ECT nurse and the Health Maintenance Clinic where she administers long acting neuroleptic medications...

...possesses exceptional mental status and physical assessment and intervention skills...

...has demonstrated an ability to foresee potential issues and works well with her peers to arrive at team decisions.

...is highly skilled in communicating with others, whether to de-escalate a patient in crisis or solve work process issues with her peers and superiors.

...is very pragmatic in her approach and her suggestions for change are realistic, practical and easily implemented.

..."outside-the-box" problem solving abilities ...

...demonstrated exceptional innovation and motivation in coordinating the two Health Maintenance Clinics by readily engaging with all of the forensic clinic patients while utilizing one versus two nurses in clinic.

...Although her years of seniority may be less than her closest colleagues Maria has proven her leadership qualities and as such serves as a role model for other new staff members joining the team.

...In 2012 she began in the role of ECT and Health Maintenance Clinic nurse where she has enhanced her physical health assessment and intervention skills while working autonomously and within a larger team.

...displays excellent mentoring skills and an ability to teach nursing and medical students, psychiatric and medical residents and new staff to the practices of ECT and long-acting neuroleptic medications.

...developed her own orientation guide and checklists which staff can use when they are providing relief coverage in ECT and Health Maintenance.

...Her expertise is admired amongst all her colleagues, who have benefited immensely from the guidance ... for the most challenging clinical problems.

...conveys a professional approach with her genuine cheerful attitude and eagerness to work efficiently.

...Maintaining a high standard of psychiatric nursing competence is very important to Maria and she encourages others to do so as well.

...Many future mental health nurses have been inspired by their training with Maria. The other members of the team have also been inspired by her example to continue offer mentorship in ever demanding clinical situations.

...recommended by the Mental Health Medical Director to be a member of the Canadian Electroconvulsive Therapy Standards Committee.

...recipient of a Nursing Excellence Award from HSC in 2015.

...served on the CRPNM Continuing Competence Committee to review continuing competence submissions from RPNs.



Award of Excellence in Psychiatric Nursing Practice - Clinical domain.



Daryle was presented his Award of Excellence by Dr. Marlene Fitzsimmons.

Using some very eloquent words of acceptance, Daryle expressed his appreciation and extended special thanks to his nominators Christina Dueck and Jenna Smith. Daryle also expressed appreciation for the work of the Registered Psychiatric Nursing Foundation. He noted that time really has seemed to fly-by and that he and his classmates will be

celebrating their 30th year of Psychiatric Nursing practice this summer.

Daryle states: "I was very pleased to be the recipient of this award, and was nominated by my peers. I have enjoyed my Psychiatric Emergency Nurse position (casually, then a 0.69 EFT) for approx. 22 years. The professional autonomy and the ability to excel in problem solving 'on-the-fly', has been the most challenging and enjoyable aspects of my position. Assisting some of the most vulnerable (and most stigmatized) people in our society has often been rewarding in and of itself. Most of my greatest frustrations, professionally, have been due to changes that have been implemented top-down in the mental health care delivery system that has impacted many lives in a very negative sense, especially in light of past and current restructuring efforts."



Daryle Duke

Christina Dueck and Jenna Smith shared the following thoughts when they nominated Daryle Duke for an Award of Excellence in Psychiatric Nursing Practice - Clinical Domain.

"Daryle has excellent assessment skills which is beneficial in developing and implementing an intervention best suited to his clients' needs. Daryle includes the patient and family where appropriate in coming up with a plan of care. His expertise is well respected among the doctor and nursing staff in the Emergency Room where he works as a Psychiatric Emergency Nurse (PEN). He participates at the PEN mtgs. I have worked with Daryle for 3 years, he is very positive and is always current in community resources available to clients. He follows the RPNAM code of ethics, PHIA and his own moral and ethical standards. He is up to date in professional development thru workshops and education days. Daryle is an excellent role model. That is why I'd like to nominate him for the Psychiatric Nursing Excellence Award in Clinical Practice."





Amber Gilberto - Research

Award of Excellence in Psychiatric Nursing Practice

Amber Gilberto conducted a qualitative research inquiry as a way to examine the lived experience of Canadian Forces Veterans, in their journey of recovery from Post-traumatic stress disorder (PTSD). Her research involved face-to-face, semi-structured interviews with three Canadian Forces Veterans who had each completed PTSD treatment at the OSI Clinic. Amber recorded the interviews and transcribed them, then set about scouring their content for prevailing themes.

She deliberately chose to conduct qualitative research in order to balance out and complement the vast weight of quantitative research — numbers and statistics — already informing therapeutic practice at the OSI Clinic. Amber says her research identified three major themes that contribute to the recovery journey.

- First, culture plays a critical role in recovery – not only military culture, but family culture and the sub-culture of veterans living with PTSD.

“Military culture really is a separate culture distinct from our own, and that can make it difficult to integrate back into the civilian world, even when you don’t add recovery from a traumatic event to the equation,” she says. “Something utterly unique becomes deeply ingrained in you when you become part of those kinds of organizations. When you leave, you’re walking away from your identity.”

- Second, relationships are a key, complex part of the recovery journey — especially relationships within the Canadian Forces. “There’s camaraderie between members of the military quite different from any other kind of relationship, and this needs to be accounted for in the recovery journey.”

- And third, recovery is a journey. “Only part of the journey is the trauma-focused treatment we provide.”

Amber says the OSI Clinic has already adapted its programming to ongoing support to clients, including support groups and adjunctive programs that support all three themes in the recovery journey. It’s important, says Amber, for those suffering from trauma to see they’re not alone in their experience — a perspective the treatment itself might not be able to provide. “Here, they become part of a therapeutic community, one where they don’t feel they are being judged or misunderstood. They accept that they’re on a journey, and they’re not on it alone.”

Amber’s research has validated the need for these programs – but the benefits have taken even her and her fellow therapists by surprise. “There was evidence the groups would help, and we discovered that people were indeed getting better faster, or progressing in their recovery in ways they hadn’t during formal therapy. The groups also helped the clinic see more people faster and reduced our waiting list.”

In the future, Amber plans to expand her study to include the lived experiences of veterans of the RCMP. In the meanwhile, her research has had a profound impact on her own psychiatric nursing practice.



Amber Gilberto is making a significant contribution to psychiatric nursing practice and the treatment of Canadian veterans through her research into recovery from Post-traumatic Stress Disorder in the Canadian Armed Forces. Amber identified a pressing question in clinical practice, designed research to address that question, and has, through understanding the lived experience of Canadian veterans with PTSD, been able to identify important elements to their recovery process previously not addressed. Her research is directly applicable to her psychiatric nursing practice as a clinical nurse specialist and to the practice of others working with veterans in recovery from PTSD. Amber produced the Winnipeg OSI Clinic Recovery Road Map in order to incorporate her findings immediately into practice at the Winnipeg Operational Stress Injury Clinic. Her research addresses a gap in the literature on the recovery paradigm in mental health by exploring the experience of recovery from military operational PTSD. Her work extends the understanding of recovery in mental health to a new population and, in particular, uses the recovery paradigm to help understand veterans’ recovery processes.

Amber has made numerous public presentations on her research to psychiatric nurses thereby serving as a model and inspiration for others.

(Nominators: Karen Clements; Tanya Denys)



CONGRATULATIONS 2017 SCHOLARSHIP RECIPIENTS

Shown Left to right: **Glen Armstrong** (presenter); **Cyril Matthew Parrenas** (Recipient of both the Kay Armstrong Scholarship and the Annette Thorimbert-Osted Scholarship); **Nicole Duseigne** (recipient of both the Kay Armstrong and the Annette Thorimbert-Osted Scholarships); **Anita Kroeker** (who accepted the Marlene Fitzsimmons Scholarship **on behalf of Jane Karpa**); **Candice Waddell** (recipient of the Alf Barnett scholarship); **Katherine Whitebread** (recipient of the John Kellie scholarship); and **Richard Kellie** (presenter).



The John Alex Crawford Scholarship and the McCormick-Henry Scholarship were not awarded in 2017.

Watch for more information about the scholarship recipients in a future edition of "Your RPNF News".

*The **Registered Psychiatric Nurses Foundation Inc. (RPNF)** is incorporated under the Manitoba Corporations Act and has its charitable status from the Canada Revenue Agency. The RPNF's mission is to promote excellence in psychiatric nursing education, clinical practice, leadership and research. Donations to the RPNF are tax deductible and contribute to an "enduring fund in perpetuity", which will secure the Foundation's future as well as continue to fund the Scholarships and Awards of Excellence.*

Thank you everyone who donates to the RPNF using the debit plan. Your donations fund the Scholarships and Awards

150 Leading Canadians for Mental Health



Nominate a Canadian who is making a difference in mental health.

Nominations close on July 1, 2017

<https://www.supportcamh.ca/home>

You can contribute to "Your RPNF News"!

We invite you to be part of "Your RPNF" Newsletter and to submit ideas about what information or updates you would like to see in future editions. If you can assist in the growth of the foundation - **we need you!** Please contact us at info@rpnf.ca

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