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### October 2018 Edition "Your RPNF News"

- Apply Now for Scholarships
  - ✓ Provincial Scholarships
  - ✓ National Scholarships
  - ✓ Scholarship Application process /responsibilities
- Meet the RPNF Board of Directors.
  - ✓ Board Member Profiles
  - ✓ Thank you for serving



- News from the RPNF Board
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  - ✓ Donating made easy

#### **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.



### **APPLY NOW for 2019 RPNF SCHOLARSHIPS**

**Applications for the annual scholarships  
will close on January 15, 2019  
NO LATE APPLICATIONS WILL BE CONSIDERED**

**RPNF website: [www.rpnf.ca](http://www.rpnf.ca)**

- Scholarships are awarded annually at the May RPNF AGM;
- Scholarships are awarded based on the academic and scholarly work of the applicant;
- Financial need is NOT considered in the criteria;
- 3 scholarships are currently available nationally (*Crawford, Osted, and McCormick/Henry*);
- 4 provincial scholarships are available within Manitoba (*Kelly, Barnett, Armstrong and Fitzsimmons*);
- 3 are undergrad scholarships (*Osted, Kellie, and Armstrong*);
- The undergraduate awards are limited to students preparing to become Registered Psychiatric Nurses in an approved 4 year undergraduate psychiatric nursing degree program;
- 3 graduate awards are available to RPNs who are pursuing a Masters or PhD (*Crawford, Barnett, & McCormick/Henry*);
- 2 awards may be used by RPNs for continued certificate studies (*Fitzsimmons, and McCormick/Henry*);
- 1 award is reserved for continuing studies in the area of Seniors Mental Health (*McCormick/Henry*);
- 1 award can be used to support an RPN who is presenting or has presented a paper at a conference (*Fitzsimmons*).



# RPNF SCHOLARSHIPS

RPNF scholarships promote academic excellence in both undergraduate studies within an approved psychiatric nursing education program, and with further psychiatric nursing education at the masters and doctoral levels.

## Manitoba based scholarships ([Click here](#)):



### Alf Barnett Scholarship

Alf Barnett was a visionary who led the psychiatric nurses to gain their first legislation in Manitoba in 1960 and he was the first president of the Registered Psychiatric Nurses Association of Manitoba, precursor to the College of Registered Psychiatric Nurses of Manitoba.

**The scholarship is awarded to a psychiatric nurse, registered in Manitoba who is pursuing relevant studies at a masters or doctoral level. The value is \$1000.**

**\$1000**

### John Kellie Scholarship

John Kellie was a psychiatric nursing educator at the Portage la Prairie School of Psychiatric Nursing. He contributed to the development of standards of psychiatric nursing education and practice and was an advocate for psychiatric nursing education.

**The scholarship is for a 3<sup>rd</sup> year baccalaureate student with a minimum GPA of 3.0 in the Brandon University program.**

**\$ 500**

### Kay Armstrong Scholarship

Kay Armstrong was a long time psychiatric nursing educator at Brandon Centre for Psychiatric Nursing Education. She was a strong advocate of higher education for psychiatric nurses.

**This scholarship is awarded to a 4<sup>th</sup> year student in the baccalaureate program at Brandon University, with a minimum GPA of 3.0.**

**\$ 500**

### Marlene Fitzsimmons Scholarship

Marlene Fitzsimmons is the founding President of the Registered Psychiatric Nurses Foundation Inc. Marlene started the foundation in memory of a fellow RPN and friend who died at a young age. She wanted to find a way to honour him and his memory. The Foundation was first established in 1980 and was finally incorporated and became a designated charity under Revenue Canada in 1998. Marlene was the first Registered Psychiatric Nurse to receive an honorary degree from a Canadian university (Brandon University). She has provided leadership to the Foundation for well over 30 years and continues to provide sage counsel and advice to the current board of directors as well as continuing to be a major donor to the Foundation.

**This scholarship is awarded to a RPN who is enrolled in a relevant certificate course or, who is presenting at a local, national, or international nursing conference. The value is \$500.00**

**\$ 500**



## National Scholarships ([Click here](#)):

# \$ 1000

### John Alex Crawford Scholarship

The John A. Crawford National Scholarship was named for a Registered Psychiatric Nurse who was committed to quality education for psychiatric nursing students and continuing professional development for all RPNs. John coordinated the development of National Standards of Psychiatric Nursing Practice in 1979, the first such professional standards (nationally) of any nursing profession in Canada. John obtained his psychiatric nursing diploma in Saskatchewan and moved to British Columbia to develop his career in psychiatric nursing education. He was doing his PhD studies in caring and empathy when he died of brain cancer in 2004. **This scholarship is awarded to a RPN who is doing graduate or doctoral studies and has a value of \$1000.00 .**

# \$ 500

### Annette Thorimbert Osted Scholarship

The Annette Thorimbert Osted Scholarship was named for a Registered Psychiatric Nurse who constantly believed in the value of Registered Psychiatric Nurses and promoted the profession at local, national and international levels. Annette was committed to the evolution of the psychiatric nursing education programs at the undergraduate and graduate levels. **This scholarship is awarded to a student psychiatric nurse in the 3<sup>rd</sup> or 4<sup>th</sup> year of an undergraduate psychiatric nursing program in Canada and has a value of \$500.00.**

# \$ 1000

### McCormick/Henry Scholarship:

The Henry/McCormick Scholarship was named for a family committed to the assurance of quality services for elderly persons who also have cognitive or emotional difficulties. The scholarship aims to promote studies and research in the field of elders' mental health and provides an incentive for such work. **The scholarship is awarded to a RPN who is doing graduate or doctoral work in the field of elders' mental health or who is taking a post-baccalaureate program, such as a certificate program, in the field and has a value of up to \$1000.00.**

**APPLY NOW**

**Applications for the annual scholarships awarded by the RPNF will close on **January 15, 2019**.**



## RPNF SCHOLARSHIPS

### [Applicant Responsibilities](#) [\(Link\)](#)

The RPNF Scholarships are awarded on the basis of excellence of scholarly work.

- For the student awards this means your GPA as well as your ability to articulate in a clear and well written piece your goals and aspirations.
- For the graduate scholarships this means the way in which you identify your research questions and your research methodology, identify the goals of your study, the significant literature related to your study and the expected outcomes.

### Please remember:

- Application must be accompanied by Official Transcripts and Letters.
- All supporting documents must be submitted in PDF form.
- It is the responsibility of the applicant to ensure that the application is submitted **prior to January 15, 2019** with the appropriate documentation.
- Late, inadequately documented, or incomplete applications **will not** be considered.

**Please notify the RPNF immediately of difficulties using the on-line application.**  
**Email: [scholarships@rpnf.ca](mailto:scholarships@rpnf.ca)**





## 2017 - 2019 RPNF Board Member Profiles



**L-R:** Bonny Wynnobel (President); Dr. Annette Thorimbert-Osted (Past President); Amy Martyniuk; Dr. Beverley Hicks; Marg Synyshyn (Vice President); Tanya Denys; Dr. Marlene Fitzsimmons (Past-president); Darlene Henry; Karen Street. **Missing:** Ryan Greenham, Bev Gradidge; Mallory Schmidt.



### **Bonny Wynnobel RPN**

### **- President**

Bonny Wynnobel is recently retired from the A/Director of Operations at the Selkirk Mental Health Centre (SMHC), having the unique opportunity of assisting the Centre to implement new initiatives such as the electronic patient record (and all of its components) and SMHC's Consultation Strategy and Environmental Scan. Bonny is a Registered Psychiatric Nurse with Certificates in Quality Management, Health Services Management and PRINCE2 Foundation. With over 35 years of experience in the field

of Mental Health, Bonny focuses on the big picture and finds ways to assist the staff in providing services that are aligned with best practices in mental health and acquired brain injury. Bonny has been an RPNF Director since 2015 and is currently the President of the Board of Directors.



### **Marg Synyshyn, RPN**

### **- Vice President**

Marg Synyshyn, RPN BHS (Psych. Nsg.), MA has been working in the area of child and adolescent mental health as a clinician, manager and director for over 30 years. Marg is currently CEO of the Manitoba Adolescent Treatment Centre (MATC), since 2014 and Director, Child and Adolescent Mental Health Services, WRHA Mental Health Program. Marg has presented locally, nationally and internationally, on the topics of child and adolescent mental health, mental health service delivery and gender issues in

the area of mental health and received the 2010 Marlene Fitzsimmons Scholarship for her presentation overseas. From 2007 to 2012, Marg had an appointment to the Child and Youth Advisory Committee for the Mental Health Commission of Canada. Marg is a member of the mental health working group for The Sandbox Project, a national group, funded by Telus, that looks at different aspects of child and youth development and health and is a knowledge user on a number of CIHR funded research projects provincially. She is sought out by for commentary and advice on the topic of child and youth mental health by other service providers, government departments and the media. Marg has served as President of the College of Registered Psychiatric Nurses of Manitoba and National President of the Registered Psychiatric Nurses of Canada. In 2008, she was the Manitoba recipient of the Registered Psychiatric Nurses of Canada award for Professional Leadership. Marg currently serves as Vice President of the RPNF Board.

## 2017-2019 RPNF Board of Directors

The Registered Psychiatric Nurses Foundation Inc. is governed by a volunteer board of directors. Directors may be RPN's or members of the public with an interest in the goals and objectives of the Foundation.

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.

**President:** - Bonny Wynnobel

**Vice-President:** - Marg Synyshyn

**Secretary/Treasurer:** - Darlene Henry

**Scholarships:** - Dr. Beverley Hicks;

- Amy Martyniuk;

- Ryan Greenham

**Awards:**

- Tanya Denys;

- Mallory Schmitz

**Fundraising:**

- Bev Gradidge;

- Karen Street

**Communications:** - Darlene Henry;

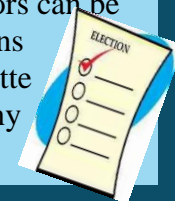
- vacant

**Past President (voting):**

- Dr. Annette Thorimbert-Osted

## SEEKING NOMINATIONS for the RPNF BOARD

A new Board of Directors will be elected at the May 2019 Annual General Meeting. Expressions of interest for a two year term on the RPNF Board of Directors can be made to the Nominations Committee Chair Annette Thorimbert-Osted or any member of the board.





### **Darlene Henry, PN - Secretary/Treasurer**

Darlene Henry graduated from Brandon Mental Health Center in 1978 and retired in 2014 following 35 years of working within the Mental Health Services of BMHC/Brandon RHA/Prairie Mountain Health Region. Darlene's main area of expertise is 25 years in the field of psychogeriatrics, with experience working with the elderly in urban and rural settings.

Involvements have included development of the Psycho-Geriatric Assessment unit (1986) and transition of the Unit from BMHC to the Brandon Regional Health Center (1988); evolution of community based Seniors Mental Health services for assessment and treatment, psychogeriatric day program and initiation of the Mental Health Resource Nurse positions in rural facilities. She was also involved with conferences and initiatives through the Manitoba Network of .Psychogeriatric Program Specialists, Canadian Coalition for Seniors Mental Health, and the steering committee for the development of the National Seniors Mental Health Policy Lens and Service Providers Guide. In 2015 Darlene and her family initiated the national McCormick /Henry Scholarship for Seniors Mental Health for graduate students. The first scholarship was granted in 2016. Darlene has been an RPNF board member since 2015 and is currently secretary/ treasurer and Chair of the Communications Committee with responsibility for the RPNF Facebook page and RPNF newsletter.



### **Dr. Beverley Hicks PN, BN, MEd, PhD**

Dr. Beverley Hicks graduated as a psychiatric nurse in New Zealand immigrating to Manitoba in 1967. The majority of Beverley's practice was as an educator at Brandon Mental Health Center. She completed her career as faculty at Brandon University in the Department of Psychiatric Nursing. In 2008, Beverley earned her PhD with her research entitled "From Barnyards to Books and Beyond". She is currently

writing the history of psychiatric nursing at Brandon University. Beverley continues to support the evolution of psychiatric nursing in Canada through her writing and sharing her knowledge and expertise with the RPNF board. Beverley is very supportive of the RPNF having served on the board since 2009, and as chair of the Scholarship Committee since 2010. In this position she has worked with RPN's in Manitoba and nationally to annually receive, evaluate and recommend the seven Manitoba and National scholarship winners to the board.



### **Ryan Greenham, BScPN, RPN**

Ryan graduated with honors from Brandon University as an RPN in 2015. He currently works at the Selkirk Mental Health Centre as an Acting Coordinator of Patient Services in the Psychosocial Rehabilitation Program. His experiences in mental health are many and varied since his first employment in 2007, including work as a Psychiatric Nursing Assistant, with the PACT program in Winnipeg and with groups at SMHC. Ryan

is an avid learner, as is evidenced by his long list of educational sessions attended and his various roles as an educational trainer. Ryan has been the recipient of many awards including the RPNF John Kellie and Kay Armstrong Scholarships. Ryan felt fortunate to receive the scholarships from the RPNF and believes that by volunteering with the RPNF it will allow him the chance to give back.

## **BOARD COMMITTEES**

### **Executive Committee - RPNF Board**

In accordance with the Bi-laws, s, and Terms of Reference, the Executive schedules board meetings, identifies signing officers and addresses any urgent business in between board meetings.

Email: [info@rpnf.ca](mailto:info@rpnf.ca)

### **Scholarship Committee (Manitoba)**

Calls for, receives and reviews applications for scholarships available within Manitoba and recommends the respective recipients of the Alf Barnett, Kay Armstrong, John Kellie and Marlene Fitzsimmons Scholarships to the Board. Email: [scholarship@rpnf.ca](mailto:scholarship@rpnf.ca)

### **Scholarship Committee (National)**

Calls for, receives and reviews applications for the national scholarships and makes recommendations to the Board for the respective recipients of the John Crawford, Annette Osted, and McCormick – Henry Scholarships.

Email: [scholarship@rpnf.ca](mailto:scholarship@rpnf.ca)

### **Awards of Excellence Committee**

Calls for, receives and reviews nominations and recommends the Excellence in Psychiatric Nursing Practice Awards in four domains: Education, Clinical, Leadership and Research to the Board.

Email: [awards@rpnf.ca](mailto:awards@rpnf.ca)

### **Communication Committee**

Monitors and updates all written promotional materials as well as the RPNF website, Facebook, Twitter, Email and Your RPNF News.

Email: [info@rpnf.ca](mailto:info@rpnf.ca)

### **Fundraising Committee**

Plans for and coordinates fundraising strategies, processes and activities which fund the Scholarship program and operations of the Foundation

Email: [info@rpnf.ca](mailto:info@rpnf.ca)







### **Amy Martyniuk BScPN RPN MHS**

Amy Martyniuk has been working with the Correctional Service Canada's Community Mental Health program since May 2007. She graduated from Brandon University in 2002, with a Bachelor of Science in Psychiatric Nursing. Amy's experience include: working in the field of community mental health; addiction, including methadone maintenance; crisis stabilization; and working on inpatient psychiatry units. She is

currently responsible for the coordination of mental health services and supports for offenders with mental disorders on conditional release from federal institutions and for facilitating continuity of care in community. Amy also provides training to parole officers, police officers and other professional and non-professional groups in the areas of mental health, FASD, addictions, employment and intervention strategies. In 2016 Amy received the Alf Barnett and John Crawford Scholarships for her master's work related to "Effective intervention strategies for working with adults with FASD and co-occurring mental health challenges: A teaching manual". Amy previously served on the Board of the CRPNM and the RPNF 2013-2015. She volunteered with the RPNF Scholarship Committee in 2017. "I enjoy volunteering and public education in the areas of mental health, Women's issues and FASD, and I hope to continue in this capacity in part through my role as a board member." Amy serves as co-chair of the Scholarship Committee.



### **Tanya Denys BScPN RPN**

Tanya graduated from Brandon University in 1998 and has been practicing ever since in and around Brandon since her graduation. She has worked predominantly in the area of crisis and trauma having worked for Westman Crisis Services since 1998 and for The Department of National Defense as The Mental Health Nurse from 2008-2014, having moved into Academia at Brandon

University in The Department of Psychiatric Nursing in 2014. Tanya has worked casual and or short term in many other areas as well over the past years including Centre for Adult Psychiatry, Child and Adolescent Treatment Center and as a Mental Health Nurse in Killarney. Tanya has been involved with the RPNF in previous years from 2004-2009 as Chair of Scholarships and since 2015 as Chair of Awards of Excellence. In April 2017 Tanya, worked with other Brandon board members to facilitate/host a successful SudSpud Fundraiser in 2017.



### **Bev Gradidge BScMH RPN.**

Recently retired, Bev completed 36 years of psychiatric nursing in a variety of settings. Bev initially trained at the Brandon Mental Health Centre, and in 2004 graduated from the BScMH program at Brandon University. Started her career in 1982 working as a nurse in acute psychiatry at Brandon Mental Health Centre, engaging also in collaborative work with Justice in the Fresh Start sex

offender tx program. Moved into Community Mental Health in Portage la Prairie in 1992 working in the adult program in Central Region providing counselling services. In 2005, shifted her focus to management and worked with a variety of CMH Programs throughout former Central Region and the newly formed Southern Health. In 2016, accepted a position with the Crisis Response Centre as Manager and enjoyed her final years working in this innovative program within WRHA. Bev is grateful for the support of the RPNFM over the years and is enjoying the activities of this vibrant group of Registered Psychiatric Nurses supporting fellow nurses advance their academic endeavours."

## **Thank You for Serving**

### **Richard Stefanyszyn, LLB**

was involved with the RPNF since its inception in 1980.

The Foundation is grateful for his many years of support and the many pro-bono services he has provided over the years.

**Linda Earl** left the Board of Directors in May 2018. We extend our best wishes and Thank you for your input.

### **Marlene Fitzsimmons**

We thank Marlene, a founding member of the Registered Psychiatric Nurses Foundation, for her many years of service and continued support and advice to the current board of directors. A strong advocate for the profession of Psychiatric Nursing with a passionate commitment for supporting students and continuing education, Marlene has made major contributions to the profession of psychiatric nursing, psychiatric nursing education at Brandon University and innovative mental health service in Brandon and the province of Manitoba. In 2009, Marlene was awarded the degree of Doctor of Science (honoris causa) from Brandon University. Thank your Marlene for many years of contribution to the RPNF.

## **Thank You**





### **Mallory Schmitz RPN BScPN**

Mallory completed her B.Sc.P.N. from Brandon University in 2005. Since that time she has worked at Selkirk Mental Health Centre as an RPN in both the Geriatric and Rehabilitation Programs. In 2007 she became a Psychosocial Rehabilitation (PSR) Resource Nurse facilitating education sessions for patients, staff, family members and community partners and supporting SMHC in its ongoing redevelopment. Currently she is

the Co-Chair of the PSR Manitoba Board and sits on the Recovery Champions Committee.

Mallory is as a Mental Health Nurse Educator working to support the 240 nurses currently working at SMHC. She coordinates the placement of student nurses completing their mental health clinical rotations, is a Mental Health First Aid trainer as well as facilitates the Applied Suicide Intervention Skills Training (ASIST) program.



### **Karen Street RPN.**

Karen graduated in 1991 from Brandon Psychiatric Nursing Program. Since graduation she has worked various areas as an RPN including at the Manitoba Developmental Center, Portage, at the Mobile Crisis Unit in Winnipeg, at Eden Mental Health Center, and as an Intensive Case Manager and Child and Adolescent CMHW. She is currently working two part time jobs; as a Mental Health Liaison Nurse and Community Mental

Health Worker in the Emergency Department at Boundary Trails Health Center, Winkler and at Pathways Community Mental Health as an Assessment Clinician. In these roles she provides support and education to patients, families and staff as indicated. She works collaboratively with other community organizations to promote mental health and health initiatives to the broader community. Karen has been an RPNF board member since 2015. In this role she appreciates working with RPN's to promote the overall goals and objectives of the Foundation. Karen looks forward to her continued involvement with the RPNF and sees her role as director as a way to broaden her knowledge of psychiatric nursing in Manitoba.



### **Annette Thorimbert Osted, PN, LL.D. (Hons) - Past President**

Annette held the position of Executive Director/Registrar of the College of Registered Psychiatric Nurses of Manitoba for almost 35 years. During that time, the organization evolved from being an association with the members' interests to that of a regulatory body that provides supports to its registrants

to ensure safety and quality services for the public. Annette believes in volunteerism and demonstrated that throughout her career; volunteering with several organizations, especially those working for the welfare of persons with a mental illness. She has presented papers nationally and internationally on mental illness issues, psychiatric nursing and the roles of staff and boards in volunteer-based organizations.



"The RPNFM is planning a  
**Bud, Spud and Steak**  
event in the spring of 2019!  
Planned in Winnipeg, this  
event promises to be a fun  
packed evening and is a  
major fundraiser for the  
Foundation!  
Stay tuned for more details!"

### **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](mailto:info@rpnf.ca)





## AWARDS OF EXCELLENCE IN PSYCHIATRIC NURSING PRACTICE

Do you know a deserving RPN who should be recognized?  
Someone who has lead by example? **An amazing co-worker?**  
**A supportive boss?** A mentor for co-workers? A role model?  
One that always went out of their way to be helpful and support  
new staff? The researcher whose relevant work is related to  
current issues, trends or epidemics affecting mental health?

That amazing teacher who supports students to grow,  
excel and graduate?

**An RPN who has provided excellent patient care!**

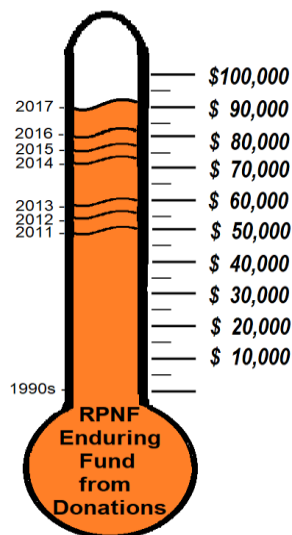
**Recognize your fellow RPN by nominating them for an  
Award of Excellence in Psychiatric Nursing Practice today!**

### Goal 1: To acquire \$100,000 in an enduring fund by 2020.

*Help us reach our  
goal to sustain the  
scholarships that  
support psychiatric  
nursing education.*

*Help us surpass  
our goal in order to  
expand the number  
of scholarships and  
supports offered to  
psychiatric nurses  
in Manitoba and  
across Canada.*

#### "GOAL"



***RPNF attracts and manages gifts from donors  
through a permanent endowment fund.***

### Donating made easy!

For **RPNs in Manitoba** the easiest way to donate is to add a few dollars to the **monthly CRPNM debit plan**. Adding \$10.00 to the regular registration fee payments would provide a donation of \$90.00 to the Foundation, the donation for which the donor will receive a tax deductible receipt by the end of the following February.

**RPNs or any member of the public anywhere**, can make donations on the **RPNF website** ([www.rpnf.ca](http://www.rpnf.ca)); donating via **Canada Helps OR** by an annual donation to the RPNF by **cheque** mailed to: RPNF, 1854 Portage Avenue, Winnipeg, Manitoba, R3J 0G9.

**In Memoriam** or donations **in Honour** of someone can also be done either through the RPNF website or by mail. Those donations received by mail will be acknowledged, however we do not always get contact information for donations made through Canada Helps. Donations made in **honour of someone or in memory of a deceased friend or colleague** will result in a card being sent to the individual or family by the RPNF.

### Join our Mailing List

"SIGN UP" on the RPNF website:  
[www.rpnf.ca](http://www.rpnf.ca)

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

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

