

Your RPNF Invitation

JUNE 2019

Registered
Psychiatric
Nurses'
Foundation
Inc.

HOW TO KEEP IN TOUCH WITH US

Email: Info@rpnf.ca

Facebook: <https://www.facebook.com/rpnfca>

Twitter: <https://twitter.com/rpnfca>

Address: 1854 Portage Ave.
Winnipeg, MB R3J 0G9



REGISTERED PSYCHIATRIC NURSES'
FOUNDATION INC.

Awards Reception held May 16, 2019

The Awards Reception of the Registered Psychiatric Nurses' Foundation was held at the Viscount Gort Hotel in Winnipeg on Thursday May 16, 2019 following the Annual General Meeting of the RPNF and in conjunction with the College of Registered Psychiatric Nurses of Manitoba AGM.

Highlights of the Annual General Meeting included the adoption of By-law revisions for the Registered Psychiatric Nurses' Foundation and the appointment of the new Board of Directors for 2019 to 2021 term.

The RPNF Awards Reception was held to honor the recipients of Scholarships and Awards of Excellence in Psychiatric Nursing Practice. Seven Scholarships were delivered to the successful applicants and six Awards of Excellence were presented to honor Registered Psychiatric Nurses who were nominated and met the criteria.

This edition of Your RPNF News highlights the recipients of the Awards of Excellence in Psychiatric Nursing Practice.



Congratulations! Thank you for your professionalism!

What's In This Issue

- Reception
- Scholarships
 - Nitasha Chaudhry
 - Jessica Anderson
 - Alana Preject
 - Candice Waddell
 - Jennifer Whitehurst
- Awards
 - Marianne Curran
 - Carma-Jean Byczkowski
 - Denise Thomas
 - Connie Holmlund
 - Jacqueline Williams
 - Debbie Frechette
- RPNF Merchandise
- New Board of Directors
- President's Report
- Volunteers welcome
- Word Search
- Who's Who?
- How to Donate



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



2019 SCHOLARSHIP RECIPIENTS

Each year, since 1998, the Foundation grants scholarships to applicants who have met specific criteria. The Foundation has 4 Manitoba Scholarships and 3 national scholarships awarded to qualified applicants.



Jessica Anderson, Alana Prejet, Nitasha Chaudhry, Candice Waddell (missing Jennifer Whitehurst from BC).

Congratulations to our Scholarship Recipients.



Manitoba Scholarships:

- | | |
|--------------------|-----------------------------|
| ◆ Alana Prejet | ◆ Alf Barnett Scholarship |
| ◆ Candice Waddell | ◆ Alf Barnett Scholarship |
| ◆ Jessica Anderson | ◆ Kay Armstrong Scholarship |
| ◆ Nitasha Chaudhry | ◆ John Kellie Scholarship |
| ◆ Candice Waddell | ◆ Marlene Fitzsimmons |

National Scholarships:

- | | |
|-----------------------|-----------------------------|
| ◆ Nitasha Chaudhry | ◆ Annette Osted Scholarship |
| ◆ Jennifer Whitehurst | ◆ John Crawford Scholarship |
| ◆ Not Awarded | ◆ McCormick/Henry |

Donations support the Awards of Excellence & Scholarships!

Presentation of Scholarships



Nitasha Chaudhry receives the Annette Osted Scholarship from Annette Torminmbert-Osted.



Jessica Anderson was presented the Kay Armstrong Scholarship by Glen Armstrong (Kay's son) - Introduced by Dr. Beverley Hicks



Candice Waddell was the recipient of the Marlene Fitzsimmons Scholarship which was presented by Dr. Marlene. Fitzsimmons.



Jennifer Whitehurst
xxxxxxxxxxxxxxxxxxxxxxxx
Maple Ridge, BC ۱۹۱۱ ۱۹۱۱
April 14, 2019

John Crawford Scholarship - Jennifer Whitehurst

Registered Psychiatric Nurses' Foundation
John Crawford Scholarship
1854 Portage Avenue
Winnipeg, MB R3J 0G9

Dear Registered Psychiatric Nurses' Foundation:

I am honoured to be the recipient of the John Crawford Scholarship. I wanted to thank you, with sincere gratitude, for your generous support in my education.



I am currently working on my Master of Psychiatric Nursing thesis, and hope to defend by the end of this year. I am so thrilled to have chosen this program at Brandon University, as both the mentoring I have received from faculty and the support received from my classmates has surpassed all my expectations. I am so proud to be obtaining a graduate education from an institution so dedicated to the future of psychiatric nursing. In the future, I plan to pursue a doctorate also relating to psychiatric nursing.

Though I do work full time, it has still been difficult financially at times to pursue my learning goals – particularly at this time, when I have had to reduce my work hours in order to dedicate that time to my research. You have helped lighten the financial burden and allowed me to focus more on my thesis project this summer term.

Once again, thank you for this generous opportunity. I am truly honoured.

Sincerely,

Jennifer Whitehurst, RPN, BPN, MPN(c)

Jennifer Whitehurst from Maple Ridge, BC, sent this Thank you for her national scholarship award

AWARDS OF EXCELLENCE IN PSYCHIATRIC NURSING PRACTICE

The Awards of Excellence in Psychiatric Nursing Practice are presented to Registered Psychiatric Nurses in Manitoba who have been nominated by their peers in recognition of excellence high degree of professionalism.

Intent of the Awards:

- To acknowledge contributions of psychiatric nurses to the profession within specific domains of practice.
- To provide public recognition of excellence within the profession.
- To increase public awareness of services and contributions made by psychiatric nurses

Awards of Excellence - Nomination Process:

Each year a call for nominations is sent to all Registered Psychiatric Nurses in Manitoba. The nominator and / or the seconder must be practicing members of the College. A Committee- appointed by the RPNF Board of Directors reviews all nominations and present recommendations to the RPNF Board for approval.



Nitasha Chaudhry - recipient of the John Kelly Scholarship - Manitoba.



Alana Preject was presented the Alf Barnett Scholarship by board member Marg Synyshyn



Candice also received the Alf Barnett Scholarship



The Award Committee co-chair Mallory Schmitz, shared the nomination information and introduced the recipients of the RPNF Awards of Excellence. Awards were presented by board member Bev Gradidge.

Award of Excellence of Psychiatric Nursing Practice - Clinical Marianne Curran

Nominated by Ainsley Hebert & Leslie Wulowka:

Marianne "moved to Canada approximately twelve years ago and brings with her a wealth of knowledge, skill and experience in mental health. She has practiced over the past 30 years, in hospital and community settings and has enhanced the lives of her patients/consumers/clients and their families, across the life span. She has an impressive skill set having extensive experience in forensic, acute and seniors nursing, as well as leadership roles. She is currently employed as a Community Mental health Clinician for seniors in The Pas, however her role is much greater. She is a true professional who is committed to providing optimum mental health care delivery,

Practicing from a holistic model of care delivery, in addition to her regular duties, she has become a facilitator for "Get Better Together", actively participates in the Community Wellness challenges and tirelessly searches for ways to enhance the lives of her clients through these approaches. Her fierce advocacy for clients' rights, respectful care delivery and the protection of client dignity is well known through the community.



She also holds a position on the Board for The Pas Women in Crisis and has been instrumental in promoting education and collaboration between agencies, with the goal of service enhancement.

Working in a rural area, faced with limited resources, complex trauma and frequent staff shortages, her quick thinking, keen problem solving abilities and creativity has assisted in waitlist management and providing interim supports. She is both well known and well respected among the professional community, her clients, their families as well as her colleagues.

She has enthusiastically provided preceptorship and mentoring to nursing students, new staff members, as well as an ongoing support in peer consultation." **Congratulations Marianne!**



Award of Excellence of Psychiatric Nursing Practice - Clinical



Carma-Jean Byczkowski

Her nominators were Myrna Houston & Shannon Newing who submitted: "Carma-Jean currently works for Seniors Mental Health for Prairie Mountain Health. Prior to her current position, which she has held for over 14 years, she worked for Mobile Crisis Services and started her career at Brandon Mental Health Centre. Carma is a supportive mentor for new staff. Her knowledge, experience and approachable style foster a team approach. She is first to offer support and assistance in any difficult situation. She is very client centered and has excellent assessment skills. The client's needs, as well as the needs of the family come first and foremost when Carma approaches any situation. Carma has worked with challenging situations and always put client care first.

Over the years, Carma has developed excellent critical thinking skills and focuses on developing practical interventions for the clients she serves, but also taking into consideration the families or other supports within the community. Carma provides clear communication to all members of the treatment team and is very collaborative in developing plans of service for clients. Carma promotes positive change in service delivery by advocating for those who can no longer advocate for themselves. Working in geriatrics for over 14 years, and Crisis Services prior to that, has given her excellent insight into the challenges in providing services to high needs clients in the community.

Carma works collaboratively with clients and their families to empower them to have a voice in their own care, or the care of the loved ones. She also strives to provide support to clients without informal supports and that have to rely on formal supports for their mental health needs. Carma is dedicated to providing client centred services that emphasize on client safety. Identifying potential problems and pro-actively planning to prevent further crisis has always been one of Carma's main goals in working with all clients.

Carma participates actively in the development of her profession by taking part in ongoing learning activities and by mentoring new staff. She encourages new RPN's to not hesitate to call her and her relaxed manner makes her approachable. Her compassion and sense of humour with both clients and co-workers make Carma someone you can trust and rely on. Carma demonstrates commitment to ongoing professional development by staying current with information, participating in reviews with other staff and encouraging others to be active is asking for help when needed. She is not afraid to advocate for both clients and co-workers. During her career, she has seen the transition from institutionalized care to community based care and this gives her a lot of insight into both benefits and challenges for staff in providing appropriate services to vulnerable clients."



Congratulations Carma-Jean!



Award of Excellence of Psychiatric Nursing Practice - Clinical



Dee Thomas

Dee's nominators Isabelle Jarrin & Tina Curtis said: "Dee Thomas is an amazing RPN who emanates respect for others in each and every interaction. Dee began working at the Health Sciences Centre (HSC) in 1988 on the general psychiatry and eating disorders inpatient unit, where she worked until 2011. Dee was born in Sagkeeng First Nation and was raised in the city of Winnipeg from a young age. She has shared her Indigenous culture with her colleagues and clients in a variety of ways.

Dee became involved in facilitating the Cultural Awareness Workshops at HSC and focused her experience as an RPN to help health care staff value the importance of recognizing culture as part of their approach with patients. In 2005, Dee was featured in the Manitoba Nurses Union (MNU) newsletter for her work with the Cultural

Awareness Workshops. She vowed to help the MNU raise its profile with Indigenous nurses and also invited Indigenous nurses to become involved with the MNU so that their perspectives and concerns could be heard by MNU board members.

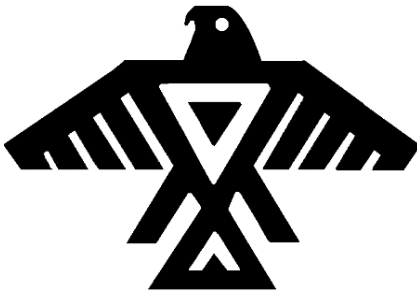
In 2004, while still working weekends at HSC, Dee became a Community Support Worker at the Indigenous (At that time known as "Indian") Family Centre on Selkirk Avenue. There she provided Aboriginal Cultural Awareness Workshops and connected with community members who availed themselves of the programs at the Centre. In her own words she focused on "connecting with young and old and from all walks of life and in their time of struggles or disconnection from body-mind and or spirit." Dee worked in this capacity until 2008, upon which time she returned to work full time at HSC.

In 2011, Dee expanded her role as an RPN and became the Education & Training Coordinator for the Winnipeg Regional Health Authority (WRHA) Indigenous Health-Cultural Initiatives. She was instrumental in the creation of the Culture of Well-Being Workshop for mental health staff. She used her knowledge of psychiatric nursing and Indigenous cultural theory to collaborate with mental health education staff to create a unique curriculum that would teach mental health staff how to incorporate Indigenous cultural awareness into their mental health practice. Dee also helped create WRHA policy that would guide staff on incorporating and following Indigenous practices with clients. Dee was a member of the planning committee for the 2013 World Congress for Psychiatric Nurses and led the abstract selection committee. . Dee also volunteered with the College of Registered Psychiatric Nurses of Manitoba (CRPNM) on the Continuing Competence Committee until 2010.

cont.d...



In 2018, Dee retired from the WRHA to pursue an independent psychiatric nursing practice. Her practice, grounded on her 30 years as an RPN included the initial curriculum development with the Mental Health First Aid for First Nations with the Mental Health Commission of Canada. Dee is currently providing mentorship to Indigenous nurses and working with Canadian Mental Health Association (CMHA) and their Indigenous Cultural Adaptation program. Dee is a member of the CMHA Indigenous Advisory Council.



Dee is a proud Anishinabe woman who has shaped her career as an RPN to teach about Indigenous Culture. Dee is an outstanding RPN who demonstrates exceptional leadership in psychiatric nursing practice. We are proud of her accomplishments and contributions to the profession of psychiatric nursing and request that the nominations committee consider awarding Dee Thomas the Award of Excellence in Psychiatric Nursing Practice – Clinical Award"

Gichi-apiitendaagwad Denise – Congratulations Denise!

Award of Excellence of Psychiatric Nursing Practice - Clinical

Connie Holmlund

Connie was nominated by Andrea Abrahamson & Heather Howie who share the following: Connie graduated from Brandon University and became a psychiatric nurse in 1993. Throughout her career she has worked in various roles; however, her heart lies in working with youth. Working in the Community Mental Health - Child & Adolescent program, Connie demonstrated consistent respect of individual, cultural and socioeconomic diversities which earned her the respect and high regard with the communities, clients, families and colleagues/organizations she worked with.

Connie would sometimes have to travel through unfavorable weather conditions to provide consistent access to northern Indigenous communities, which is key to developing and maintaining a therapeutic alliance. Consistently, Connie has demonstrated commitment, professional expertise, reliability, and accountability to those she serves.



Connie's stellar professional reputation in working with youth work has not gone unnoticed as she was the successful recipient of the first Mental Health Clinician position as a Psychiatric Nurse for the Sunrise School Division, thereby trailblazing a new role for psychiatric nurses in the education system. This role involves being involved in developing a program for an RPN within the school division, which has never before been done in Manitoba.

In Connie's current position at Sunrise School Division, she takes on various roles. She is well versed in many treatment modalities, is proficient at identifying individual strengths, encouraging development of goals, creating individualized treatment plans, and promoting recovery and positive mental health. She acts as a liaison using a systems approach style to make sure youth are supported and connected with appropriate resources, and provides professional development teaching staff to better enable them to support the student population. (cont'd)



Connie not only has outstanding clinical skills, she is also very well-spoken and proficient at delivering education to students, colleagues and community members. Over the years she has delivered a range of outreach training education sessions, including the following: Applied Suicide Intervention Skills Training (ASIST), SafeTalk, Mental Health First Aid, Mental Health First Aid for Adults Who Interact with Youth, Mothers and Daughters in Touch as well as ongoing education sessions in the workplace.

Connie demonstrates exemplary community volunteerism. Connie has volunteered on many local boards, some of which include the Nursery School Board, Parent Advisory Committees, SARAH program, and she has sat on the Survivor's Hope Crisis Center Board for many years. Each and every one of her roles contribute to building strong community, resiliency and mental health promotion.

Not only is Connie accomplished, she is ready and willing to share her knowledge for the betterment of all. She is empowering to friends, family, co-workers, community members, and most of all to the individuals she works with. When Connie is asked about her job as an RPN she will no doubt tell you she truly loves her job and has never questioned her career path. Connie is a team player. She is always ready and willing to collaborate, she is receptive to learn from those who have knowledge or perspectives other than her own, and she is constantly reading, researching and looking for best-practice resources and tools. Connie is a role-model and has inspired others to join the force of RPNs. In 2017, I personally graduated from the BScPN program – when deciding on a career path several years previously, I was strongly impressed by Connie's passion for her work, her confidence, her skillful problem-solving abilities and her ability to effect change in such a positive manner. More recently, her own daughter has been accepted into the BScPN program; this demonstrates the kind of impact Connie's role modelling has on those closest to her. Heather Howie, RPN and co-writer of this nomination, has worked with Connie for 17 years in both the Community Mental Health Program and in Sunrise School Division. She describes Connie as a "cracker-jack" and extremely proficient at her craft. She states that Connie has been the ideal co-worker demonstrating an eagerness to collaborate, consult with, and co-facilitate presentations; furthermore, Connie is a supportive work-partner to debrief with after difficult situations in the workplace.

Connie is fearless when it comes to challenges. She operates and upholds herself to high personal standards in addition to best-practice standards and the Code of Ethics of Psychiatric Nursing. Working in rural Manitoba poses increased ethical challenges when upholding the confidentiality of others and privacy of one's own personal life. Connie has a knack for maintaining confidentiality in a seamless fashion. Connie is always cognizant of the comfort level of others and has led a lifestyle that demonstrates respect. And somehow, through all the difficult days and the vicarious trauma one accumulates over the years in such a challenging career path, Connie chooses to focus on the positive, the recovery stories and hope. Connie maintains an authentic approach, a sense of humour, a contagious smile, commits to practicing self-care, and most of all offers a positive and non-judgmental outlook regarding youth, their abilities, and each individuals potential for recovery.



- Congratulations Connie!

(Content edited to fit - Staff from Sunrise School Division also submitted quotes in support of Connie's nomination)



Award of Excellence of Psychiatric Nursing Practice - Leadership

Jacqueline Williams



Nominators Bradley & Michael Sokolyk wrote that: Jacquie has been the Coordinator of Patient Services in the Dialectical Behavior Therapy Program at the Selkirk Mental Health Centre since its creation in 2012. Since its inception the program has received a nomination for a service excellence team award, accreditation with exemplary status, and recognition by accreditation Canada for the innovation of the DBT program with the recommendation it be named a Leading Practice for Canada. The program owes this recognition to a substantial decrease in metrics related to seclusion/restraint use, discharge time, patient flow, and patient satisfaction, as well as its commitment to empathy, validation, and compassion for the patients it serves. Her leadership has fostered a complete shift in nursing philosophy to one which focuses on patient empowerment,

collaborative teamwork, and most importantly an environment which uses least restraint practices that is beginning to reach completely restraint free practices.

Dialectical Behavior Therapy is a modality that is not traditionally delivered to inpatients, and provides care that is somewhat different than usual mental health services. Typical inpatient policies and procedures needed to be adapted and changed to remain adherent to the philosophy underpinning the treatment. This treatment program offers hope to individuals who are frequently turned away from traditional mental health settings. The team has developed a safe and validating space for intensive treatment for individuals who have been living in crisis for years. As such, the development of the program required strong relationship based leadership that was sensitive to not only the needs of the patients, but the staff members involved in implementing the change. In the development of this team, Jacquie brought together a multidisciplinary team of staff with limited experience in delivering DBT, and coordinated training opportunities, peer-supervision meetings, and team building activities. Her team is now regarded throughout Manitoba as experts in the delivery of Dialectical Behavior Therapy and are often consulted to share their knowledge and experience, to improve the system. To this end, Jacquie was also instrumental in creating a role for Selkirk Mental Health Centre's first advanced practice RPN, leading the way to expanding the RPN's scope of practice, and benefit to their patients. Jacquie also guided her team through the challenging change process, by maintaining an optimistic outlook and an unwavering commitment to evidence based practice. Jacquie's team regularly surveys the lengthy DBT waiting list, and has made updates to the admission criteria in order to ensure the program is meeting the needs of system and the public it serves.

Throughout Jacquie's career as a RPN, she exemplified caring and commitment to those she served as well as to her colleagues. Her strong communication skills, attention to detail and dedication to helping people advance in their recovery make her an excellent role model.

Jacquie is a long-time volunteer with the Alzheimer's society of Manitoba, and facilitates support groups for families and those who care for people living with dementia, in person and via telehealth throughout the province. She additionally volunteers with Special Olympics, meals on wheels and delivering Christmas hampers to those in need.



- Congratulations Jaqueline!



Award of Excellence of Psychiatric Nursing Practice - Leadership

Debbie Frechette

Debbie's nomination by Isabelle Jarrin & Patrick Griffith tells us that: "Debbie is an exceptional leader in psychiatric nursing administration and leadership.

Debbie pushes the boundaries of her scope of practice as an RPN and has worked in a variety of psychiatric nursing roles throughout her career. For example, Debbie worked at Health Sciences Centre (HSC) in Child & Adolescent Mental Health as a unit psychiatric nurse before moving to positions with the psychiatric nurse consult liaison program and the sexual assault nurse examiner role in the emergency department. Debbie then moved into administration, first as a Manager in Mental Health at Seven Oaks General Hospital and then transitioned to Director of Mental Health at Health Sciences Centre & Nursing Lead for the Winnipeg Regional Health Authority (WRHA) Mental Health Program.



Debbie values education and has furthered her skills and knowledge by completing her Bachelors of Science in Mental Health from Brandon University followed by a Masters in Arts in Leadership from Royal Roads. She also completed courses such as the Dorothy Wylie Health Leaders Institute and other workshops offered at Health Sciences Centre. Debbie has demonstrated support for advancing academic preparation through active encouragement on a direct personal level but also through her flexibility and willingness to consider any and all options to allow staff to avail themselves of opportunities.

Debbie is an active member on several boards and committees in her professional role and as a community member including various HSC and WRHA administrative committees and the CRPNM. Debbie began as a CRPNM board member in 2004, Treasurer in 2008, Vice-President in 2011 followed by a term as President in 2015. Debbie was a member of the CRPNM Professional Practice Committee in 2005 and Advanced Practice Committee in 2015, which she currently chairs. Debbie was also a member of the planning committee for the World Congress for Psychiatric Nurses in 2004 and 2013.

Debbie has presented at numerous conferences including the HORATIO Psychiatric Nursing conference in Sweden in 2013. Following a pilot study at HSC on the Six Core Strategies for Reducing Seclusion and Restraint Use (SCS) funded by the Workers Compensation Board of Manitoba, Debbie was instrumental in securing further funding to roll-out the SCS in the Mental Health Program at HSC and more widely for the WRHA Mental Health Program. This program not only promotes best practices in client-centred care but helps maintain a safer environment for mental health staff.

Debbie continuously seeks ways to link people and projects so that patient care can be directly or indirectly enhanced. For example she created two clinical resource nurse positions for the role-out of the Six Core Strategies, an opportunity for 2 direct-care RPNs to enhance violence prevention at HSC. She supported a model that helped to structure the relationship of the Clinical Nurse Specialist, Quality Manager, and Nurse Educator for the HSC mental health program. This model helps to ensure clinically based issues, needs and strengths are identified, addressed and managed in an effective manner with ongoing evaluation. ...cont'd



Debbie has encouraged and supported innovation on the part of her management team to seek out opportunities to develop new strategies, through self-directed learning, conference, and workshop attendance, to improve patient care. One example includes supporting attendance of managers and direct care staff to attend the Dorothy Wylie Health Leaders Institute.

Debbie has shown a commitment to enhancing psychiatric nursing employment opportunities and ensured that mental health nursing job descriptions list RPNs as preferred applicants.



Debbie is an exceptional leader and role model to those around her. Debbie has the ability to recognize strengths in people that they don't always see in themselves and when the opportunity presents itself, links the person to the opportunity. She has the ability to create team cohesiveness by surrounding herself with individuals who bring a variety of strengths and expertise to the table.

Debbie has supported the HSC Critical Incident Stress Management (CISM) Program by ensuring that training is available to mental health staff interested in the program. She ensures mental health staff are available to facilitate CISM debriefings for HSC staff involved in stressful workplace events.

Debbie has initiated and been an active partner on a number of research projects, including involving Mental Health Peers, a joint project with Dr. Diana Clark from the University of Manitoba.

Debbie has taught as a sessional instructor for the Psychiatric Nursing Program at Brandon University for a number of years. In this capacity she shares her clinical and administrative experiences with the students.

Debbie is an outstanding RPN who demonstrates exceptional leadership in psychiatric nursing administration and leadership. We are proud of her accomplishments and contributions to the profession of psychiatric nursing and request that the nominations committee consider awarding Debbie Frechette the Excellence in Psychiatric Nursing Leadership Award. - **Congratulations Debbie!**

RPNF Merchandise

The Fundraising Committee is exploring options for future merchandise sales that would be of interest to psychiatric nurses and that would promote the profession. Proceeds would help to fund future awards and scholarships.

If you have suggestions or ideas or experience in this area, we would love to hear from you.

Message us on Facebook, or
E-mail to: info@rpnf.ca

Karen Street - Board





Bonny Wynnobel Marg Synyshyn Darlene Henry Beverley Hicks Annette Osted Mallory Schmitz Bev Gradidge Doreen Fey

(Missing: Ryan Greenham; Karen Street; Amy Martyniuk; Tanya Denys; Dana Naismith; Kim Toews)

Board of Directors

- Tanya Denys (2015-2021) (Continuing)
- Doreen Fey (2019-2021) (New Member)
- Bev Gradidge (2015-2021) (Continuing)
- Darlene Henry (2015-2021) (Continuing)
- Dr. Beverley Hicks (2013-2021) (Continuing)
- Amy Martyniuk (2017-2021) (Continuing)
- Dana Naismith (2019-2021) (New Member)
- Mallory Schmitz (2015-2021) (Continuing)
- Karen Street (2015-2021) (Continuing)
- Marg Synyshyn (2017-2021) (Continuing)
- Kim Toews (2019-2021) (New Member)
- Bonny Wynnobel (2013-2021) (Continuing)

We welcome our new RPNF Board members
Doreen Fey, Kim Toews, and Dana Naismith.

Thank you to those who have completed
their term with the RPNF Board of Directors.
Annette Thorimbert-Osted and Ryan Greenham

Volunteer Opportunities

- Scholarship Committee
 - Manitoba - National
- Awards of Excellence Committee
- Finance Committee
- Fundraising Committee
 - Events - Donations
- Educational events
- Communications Committee
 - Website & Email - Social Media (i.e. Facebook)
 - Privacy/Data Security - Newsletters & publications.

2019 President's Annual Report

Bonny Wynnobel, President of the Registered Psychiatric Nurses' Foundation presented the Annual Report which included:

"...The Board of Directors continues to review, evaluate and monitor the progress in fulfilling the four major goals of our strategic plan in order to fulfill the mission:

1. To acquire \$100,000 in an enduring fund by 2020 (Raise \$10,000 a year)
2. To increase awareness about the RPNF
3. To have all communication processes done efficiently
4. To have effective and efficient administrative processes.

Some of the our activities related to the Strategic Plan include continuously looking for ways to increase the awareness of the Foundation in order to increase the number of scholarship applications, increase the number of nominations for the awards of excellence, and increase funds to meet the \$100,000 target. This past year we participated in a successful fundraising event (selling Grey Cup Tickets) and have also updated the by-laws and are in the process of ensuring policies and procedures are current.

The Foundation is very grateful to those individuals who have made donations to the foundation and would like to find ways to more effectively recognize them. People can give directly, through CanadaHelps, in memoriam donations, and by donating through the CRPNM debit plan which is still an excellent option for all current, past and future RPNs. Some other fundraising activities include selling items such as the clothing..."

The full report is available on
our website at <https://rpnf.ca>.



RPNF Scholarship and Award Word Search



REGISTERED PSYCHIATRIC NURSES'
FOUNDATION INC.



REGISTERED PSYCHIATRIC NURSES'
FOUNDATION INC.

B
 E J R
 V O R P K
 G H P P N N R
 R N N F N F N F K
 A K P N F F R P N F U
 D E N I S E T H O M A S I
 I L J O H N C R A W F O R D N
 D L X N I T A S H A C H A U D R Y
 G I C O N N I E H O L M L U N D C A T
 E E J A C Q U I L I N E W I L L I A M S R
 J E S S I C A A N D E R S O N R P N F N P R A
 M A R L E N E F I T Z S I M M O N S I R P N F P M
 L E B O N N Y W Y N N O B D A R L E N E H E N R Y N Y
 K A R E N S T R E E T M A R I A N N E C U R R A N O P F M
 R P N F N P R D E B B I E F R E C H E T T E N R A B F L A V A
 G U Z T I M H C S Y R O L L A M S I T E J E R P A N A L A
 N R P N F D E T S O T R E B M I R O H T E T T E N N A
 O R P N F C A R M A J E A N B Y C Z K O W S K I V
 R P N F R P N F Y R N E H K C I M R O C C M M
 T T S R U H E T I H W R E F I N N E J S A
 S L L E D D A W E C I D N A C C Y H
 M S S K C I H Y E L R E V E B N N
 R M A R G S Y N Y S H Y N E E
 A N N E T T E O S T E D E
 Y R P N F R P N F A R
 A N P R P N F Y G
 K R P N F N N
 y N F A A
 F T Y
 R

Scholarships & Winners

☐ JOHN KELLIE
☐ KAY ARMSTRONG
☐ ALF BARNETT
☐ MARLENE FITZSIMMONS
☐ JOHN CRAWFORD
☐ MCCORMICK HENRY
☐ ANNETTE OSTED
☐ ALANA PREJET
☐ CANDICE WADDELL
☐ JESSICA ANDERSON
☐ NITASHA CHAUDRY
☐ JENNIFER WHITEHURST

Board Members

☐ BONNY WYNN NOBEL
☐ MARG SYNYSHYN
☐ DARLENE HENRY
☐ ANNETTE THORIMBERT OSTED
☐ TANYA DENYS
☐ KAREN STREET
☐ BEV GRADIDGE
☐ RYAN GREENHAM
☐ BEVERLEY HICKS
☐ AMY MARTYNIUK
☐ MALLORY SCHMITZ

Awards of Excellence recipients.

☐ JACQUELINE WILLIAMS
☐ MARIANNE CURRAN
☐ DEBBIE FRECHETTE
☐ CARMA JEAN BYCZKOWSKI
☐ CONNIE HOLMLUND
☐ DENISE THOMAS

☐ RPNF
☐ (how many can you find?)



Who's Who? And what do they do?



The Registered Psychiatric Nurses' Foundation is a registered charity run by volunteers. The RPNF receives donations to provide annual scholarships and Awards of Excellence. Vision: To enhance the profession of psychiatric nursing in Canada.

The Registered Psychiatric Nurse Regulators of Canada (RPNRC) is the national umbrella organization for Registered Psychiatric Nurse regulators in Canada, but is not itself a regulator. Rather, each member has a provincial mandate to protect the public by regulating RPNs to be safe, competent and ethical. Manitoba, Saskatchewan, Alberta, British Columbia, and the Yukon Territory have mandates through legislation to regulate psychiatric nursing as a distinct profession.



Solutions to Word Search

Scholarships & Winners

JOHN KELLIE
KAY ARMSTRONG
ALF BARNETT
MARLENE FITZSIMMONS
JOHN CRAWFORD
MCCORMICK HENRY
ANNETTE OSTED
ALANA PREJET
CANDICE WADDELL
JESSICA ANDERSON
NITASHA CHAUDRY
JENNIFER WHITEHURST

Board Members

BONNY WYNNOBEL
MARG SYNISHYN
DARLENE HENRY
ANNETTE THORIMBERT OSTED
TANYA DENYS
KAREN STREET
BEV GRADIDGE
RYAN GREENHAM
BEVERLEY HICKS
AMY MARTINIUK
MALLORY SCHMITZ

Awards of Excellence recipients.

JACQUELINE WILLIAMS
MARIANNE CURRAN
DEBBIE FRECHETTE
CARMA JEAN BYCZKOWSKI
CONNIE HOLMLUND
DENISE THOMAS

RPNF 18 (how many can you find?)

Donations make it happen!

A tax deductible receipt will be issued for all donations of \$10.00 or more prior to the end of the February.

RPNs or any member of the public anywhere, can make donations on the RPNF website (www.rpnf.ca).

Automatic Debit: for RPNs in Manitoba, the easiest way to donate is to add a few dollars to the monthly CRPNM debit plan.

Donations can be made via Canada Helps OR by an Annual donation to the RPNF by cheque mailed to:

RPNF,
1854 Portage Avenue,
Winnipeg, Manitoba, R3J 0G9.

Join our Mailing List
- "SIGN UP" on the RPNF website: <https://rpnf.ca>

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

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

