

"Your RPNF News" Summer 2021



2021 Board of Directors

President	Bev Gradidge
Vice-President	Jennifer Adair
Secretary	Vacant
Treasurer	Doreen Fey
Past President	Bonny Wynnobel
Scholarship Chair	Amy Martyniuk
Scholarship Co-chair	Beverley Hicks
Awards Chair	Mallory Schmitz
Awards Committee Rep	Marg Synyshyn
Scholarship Committee Rep	Dana Naismith

Kim Toews

Marycia Kruk

Danah Bellehumeur

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HOW TO KEEP IN TOUCH WITH US

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Twitter: <https://twitter.com/rpnfca>
Address: 1854 Portage Ave. Wpg., MB R3J 0G9



"Maybe this one moment, with this one person, is the very reason we're here on this Earth at this time"

Jean Watson, Nursing Theorist



2021 Board Members Bio's

Bev Gradidge RPN, BScMH

President



Bev graduated from Brandon Mental Health Centre (BMHC) in 1982, and completed her BScMH (post diploma degree) at Brandon University in 2004. Bev provided acute in-patient services as a Registered Psychiatric Nurse at BMHC and worked as an Adult Community Mental Health Worker in Central Region, moving into management in Southern Health, and subsequently at the Crisis Response Centre, WRHA prior to her retirement in 2018. Bev was gold medalist (BScMH) as well as recipient of the Kay Armstrong Scholarship (BScMH), RPNF Award of Excellence (Leadership), Mental Health Hero Award (Central Region), and Quality Service Award (Southern Health). Areas of interest have included Recovery-Oriented practice, Dialectic Behaviour Therapy, Peer Support and Offender Treatment. Bev believes that the RPNF's support of the profession through scholarships and awards promotes psychiatric nurses as front-runners in achieving best-practice mental health service across Manitoba and Canada. This is Bev's first year as President.

Jennifer Adair, BScPN, RPN

Vice President



Jennifer graduated from the BScPN program at Brandon University's Winnipeg Campus in 2009. She started her career as an RPN at St. Boniface Hospital in the inpatient adult mental health unit. From there she moved to the Addiction Foundation of Manitoba's Methadone and Suboxone treatment program. Jennifer is a student in the Master of Psychiatric Nursing program at Brandon University, specializing in Education. She is currently working as an Instructional Associate with the Brandon University Department of Psychiatric Nursing at the Winnipeg Campus. This is Jennifer's first year as Vice President.

Secretary

Position Vacant

See page 12 for details



Doreen Fey RPN, BA, MSA

Treasurer



Doreen graduated as an RPN in 1979, received her BA in 1991 and MSA in 1997. Doreen's clinical roles were at SMHC, Seven Oaks Psychiatry and Manitoba Adolescent Treatment Centre. Her leadership roles began at MATC as Director of Residential Services. In 1997 she was intrigued as regionalization was beginning in Manitoba. She became the VP Planning in the Interlake Regional Health Authority from 1997-2012 and her responsibilities included Mental Health services, health planning, strategic planning, capital projects, and leadership in areas like Quality, Risk Management and Patient Safety. In 2012 she assumed a new portfolio when two regions amalgamated as VP Primary Health Care which included mental health, public health, community wellness, chronic disease prevention, nurse practitioners and First Nations and Metis Health. As a leader in large complex health systems, her education and skills as a RPN were always a great asset.

Doreen has been an Accreditation Canada national and International surveyor since 1999 and continues as a fellow with the organization. On a volunteer basis Doreen has been on the Board, Treasurer and Advisory Committee member with the CRPNM, and as a Board Member for the Manitoba Branch of the Canadian Cancer Society.

Since retiring from the RHA in 2015, Doreen has continued to be a health management consultant focusing on organizational design and strategic, operational and capital planning. She has also become an investigator for the CRPNM. Doreen is a strong advocate for registered psychiatric nursing education, role development and promoting the attributes of this unique profession. This is Doreen's second year as Treasurer.

Bonny Wynnobel, PN (retired)

Past President



Bonny is a retired registered psychiatric nurse with 39 years of experience in the field of mental health. The majority of her career was leading the Selkirk Mental Health Centre (SMHC) through major transformation initiatives. From Education Services to Continuous Improvement, to MB Health Policy and Planning to her unique role as Redevelopment Coordinator, Bonny lead projects with a patient safety and recovery-oriented lens. She consistently consulted the people with lived experience, families, staff, leadership, stakeholders, community partners and other national and international people to discover and implement new ideas and create new best practices.

Some of the projects included: establishment of the Family Advisory at SMHC, construction of the Tyndall Building and Acquired Brain Injury Residence; development of the acquired brain injury program; evaluation of the Psychosocial Program; implementation of a new pharmacy medication dispensing system; implementation of a comprehensive electronic clinical record (including Resident Assessment Instrument for Mental Health (RAI-MH) and National Rehabilitation Reporting System (NRS); participation in the Canadian Mental Health & Addictions Quality Initiative; assisting Artists in Healthcare to provide clients a range of opportunities in art, music, dance, and Playback Theatre; and completed the 2015 Selkirk Mental Health Centre's Consultation Strategy and Environmental Scan to assist SMHC in its ongoing strategic directions. In 2017, Bonny was one of 150 Canadians chosen as a "Difference Maker" in mental health and addictions and in 2019 won the Manitoba Government Service Excellence Premier's award. Bonny has been a RPNF Director since 2015.

Amy Martyniuk RPN, BScPN, MHS

Scholarship Committee Chair



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; and in 2017 she graduated from Athabasca University with a Masters in Health Studies. Amy's experience includes: 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". Amy enjoys volunteering and public education in the areas of mental health, Women's issues and FASD, and hopes to continue in this capacity in part through her role as a board member.



Dr. Beverley Hicks PN (retired), BN, MEd, PhD

Scholarship Committee Co-chair



Dr. Beverley Hicks came from New Zealand as a registered nurse to complete the post-graduate psychiatric nursing diploma at Brandon Mental Health Centre in 1967. The majority of Beverley's practice was as a Community Mental Health Educator, and during Mental Health Reform in the nineties, as a Resource Developer. She completed her career as Faculty at Brandon University in the Department of Psychiatric Nursing. In 2008, Beverley earned a PhD with her research entitled, "From Barnyards to Bedsides to Books and Beyond: the Evolution and Professionalization of Registered Psychiatric Nursing in Manitoba 1955-1980". She has just completed a book on one hundred years of psychiatric nursing in Manitoba entitled, "Politics, Personalities, and Persistence: One Hundred Years of Psychiatric Nursing Education in Manitoba." 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 recipients to the board. Beverley continues to support the evolution of psychiatric nursing in Canada through her writing and sharing her knowledge and expertise with the RPNF board.

Mallory Schmitz RPN BScPN

Chair, Awards Committee



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. Mallory currently works with Education Services as a Mental Health Nurse Educator supporting the 230 nurses at SMHC in their professional development. She coordinates the placement of student nurses completing their mental health clinical rotations, is a Mental Health First Aid trainer and facilitates the Applied Suicide Intervention Skills Training (ASIST) program.

Dana Naismith, RPN, BScPN, MHS

Scholarship Committee Rep



Dana graduated from the BScPN program at Brandon University in 2003, part of the first class to complete the whole four-year program at the Winnipeg campus. She had her first son after graduation so started her career working part-time at the Manitoba Adolescent Treatment Centre. Eventually she moved into a full time position and after about 5 years began working at the Addiction Foundation of Manitoba's Methadone and Suboxone Program. It was during that time that she began and completed her Master's degree in Health Studies through Athabasca University. When she completed her MHS in 2015 she went to work at Brandon University in the Psychiatric Nursing program, Winnipeg campus. She is currently on a tenure track as Assistant Professor.

Kim Toews, RPN, ADPN, BScPN, MPN



Kim is currently the Manager of the Adult Community Mental Health Program in Brandon. Her previous experience includes being Manager of the Primary Health Care Centre in Ste. Rose du Lac including collaborative services & the Health Promotion Program at that setting. She has also held positions as Community Mental Health Worker in Parklands and in Central Regions; worked at the MATC; held positions as Project Manager, Crisis Worker, Mental Health Promotion Facilitator and Mental Health Clinician in Southern Region; and, Liaison Nurse for Westman Crisis Services. Her Master's thesis project (in the Leadership stream) studied the unique experiences of psychiatric nurses in rural and isolated areas.



Marycia Kruk BA, LLB



Marycia graduated from Brandon University in 2005 with a Bachelor of Arts. She attended law school at the University of Manitoba and graduated in 2009 with her Bachelor of Laws. Marycia went on to article with Manitoba Prosecutions at their Brandon office and was Called to the Bar in Manitoba in 2010. She continued to work for Manitoba Prosecutions until 2013. Through her work she received experience and training relating to mental health, addictions, FASD awareness, and psychiatric reports.

Danah Bellehumeur, C.Mgr



Danah is a Chartered Manager with the Canadian Institute of Management and has an Advanced Accounting Certificate from the University of Manitoba. She is the Executive Director for the University Medical Group (UMG) which is a business office for more than 600 doctors. UMG is a non-profit association of doctors that are faculty members in the Max Rady College of Medicine at the University of Manitoba. UMG doctors teach students and other learners, conduct research on behalf of the University, lead/manage programs, and provide clinical services at one or more of its affiliated teaching hospitals. Prior to UMG, Danah worked at the Selkirk Mental Health Centre (SMHC) for 12 years, starting as the Manager of Financial Services, then the Manager of Support Services, and finally as the Chief Executive Officer for her last 8 years. Danah is committed to lifelong learning and is passionate about helping organizations find ways to achieve excellence. Danah is most proud of being part of the team that lead SMHC from 'Accreditation with Condition' to 'Accreditation with

Exemplary Standing' during her time as CEO.

Marg Synyshyn RPN BHS (Psych. Nsg.), MA.

Awards Committee Rep



Marg Synyshyn worked in the area of child and adolescent mental health as a clinician, manager and director for over 30 years. Marg recently retired as the CEO of the Manitoba Adolescent Treatment Centre (MATC), a position that she held from 2014 - 2019 and Director, Child and Adolescent Mental Health Services, WRHA Mental Health Program. Marg has done many presentations, 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. From 2007 to 2012, Marg had an appointment to the Child and Youth Advisory Committee for the Mental Health Commission of Canada. As well, Marg 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 held the position of President of the College of Registered Psychiatric Nurses of Manitoba, as well as National President of the Registered Psychiatric Nurs-

es of Canada. She was the 2008 Manitoba recipient of the Registered Psychiatric Nurses of Canada award for Professional Leadership. Marg has served on various committees with the RPN. In 2010, Marg received the Marlene Fitzsimmons Scholarship for her presentation overseas.



Annual General Meeting

President's Report

REPORT TO THE 2021 ANNUAL GENERAL MEETING May 12, 2021

This past year has been an unprecedented year as the world has had to manage with the many challenges presented by the Covid-19 pandemic. It has changed the way we live our lives and for many people it has increased their isolation and loneliness. The need for Registered Psychiatric Nurses continues to increase as they fulfill a unique role in the mental health system, working with individuals, groups and communities; assisting them with their mental health, wellness and recovery.

The Registered Psychiatric Nurses' Foundation's (RPNF), is a registered charitable organization that supports psychiatric nursing education and excellence by awarding seven scholarships, up to eight awards of excellence, two gold medals of excellence, and a bursary. This year the Foundation is awarding nine scholarships (5 Provincial and 3 National scholarships valued at \$5000. This year two additional scholarships will be awarded through the funds from two scholarships that did not have applicants.

Each year, through the Manitoba Awards of Excellence Program, we ask for nominations of Registered Psychiatric Nurses (RPN) who are excelling in leadership, clinical practice, education, and research. This year we changed the criteria that required that one of the nominators had to be an RPN. We heard how many RPN work in a variety of roles where they may be the only RPN. So we eliminated the barrier. It is our role is to celebrate and highlight the great work being done by RPNs! This year we are presenting three awards; two in leadership and one in clinical practice.

The scholarships and Awards of Excellence will be presented this evening via Zoom.

In 2020, the College of Registered Psychiatric Nurses of Manitoba (CRPNM) transferred the privilege of awarding the Gold Medals of Excellence to two graduates of the Bachelor of Science in Psychiatric Nursing (B. SC.P.N.) from Brandon University. While due to the pandemic, the ceremonies were cancelled, the Foundation was able to present the recipients with the new RPNF Gold Medals of Excellence - Shelby Eng from the Brandon Campus and Taylor Maida from the Winnipeg Campus.

Brandon University also awards the RPNF Bursary to a student who has completed 3rd year and is entering their 4th year in the B.Sc.P.N. program. The 2020 bursary was awarded to Jessica Kis valued at \$700.00

The Foundation was not able to hold the annual Grey Cup raffle last year due to the pandemic. Instead we held a virtual 50/50 raffle which ended up being fun and successful! Thank you to everyone who participated! This last year we also sold a number of RPNF clothing items and water bottles.

Congratulations to Dr. Beverley Hicks, a Board Director, who is the author of "Politics, Personalities, and Persistence: One Hundred Years of Psychiatric Nursing Education in Manitoba"! Dr. Hicks is *donating* \$10.00 from every book sale to the Foundation. Check it out! It is a great read. *Thank you Beverley!*

Stay tuned for the 2022 Psychiatric Nursing Education Event – "Celebrating 100 Years of Psychiatric Nursing in Canada, in terms of education and practice." A great team of RPNs from the four western provinces have formed a committee and are busy planning for May 2022. Proceeds from this event will go towards supporting the work of this Foundation. *Thank you!*

The RPNF would like to formally acknowledge the Foundation's 2020 donors, whose financial support ensures that psychiatric nursing students and Registered Psychiatric Nurses are supported in their studies and acknowledged for their work:

- | | |
|---------------------------|-------------------------|
| * Dr. Marlene Fitzsimmons | * Dr. J. Renee Robinson |
| * Dr. Annette Osted | * Marg Synyshyn |
| * Darlene Henry | * Doreen Fey |
| * George Tipliski | * Dr. Beverley Hicks |
| * Sharon Young | * Bev Gradidge |
| * Kaylie Cole | * House of Silver |
| * Mike Cook | * Bonny Wynnobel |



In 2020 the Foundation experienced the loss of two popular sources of donations: 1) debit plan (tied to the RPN registration for the College of Registered Psychiatric Nurses of Manitoba) and 2) not able to host the annual Awards Event in person. While there has been a slight decrease in funding, the Foundation is doing well. We will be looking for new opportunities to connect/inform people about the Foundation and thus continue to further build the Foundation. Donations can be made by cash, cheque, CanadaHelps and e-transfer.

A thank you is graciously extended to the many people who gave many volunteer hours and used their skills and abilities to enhance the Foundation in many different ways:

- * Executive Committee - Marg Synyshyn (Vice-President), Bev Gradidge (Secretary) and Doreen Fey (Treasurer) who worked to ensure all the key business processes were in place, (previously completed by the CRPNM), were captured, completed, documented and filed. Doreen Fey managed the finances and Bev Gradidge managed the secretarial/communication. Both major roles for the Foundation.
- * Contract staff, Kathe Meseman, accounting services, and Audrey German, administrative support services, who assist in completing the daily business in a timely manner.
- * Scholarship Evaluation Committee - Amy Martyniuk (co-chair) and Dr. Beverley Hicks (co-chair), Dana Naismith (Director). Other provincial volunteers who participated in the scholarship committee included Dr. Philip Woods (Sask Rep.), Dr. Anthony Brannen (Alb Rep), Dr. Michel Tarko (BC Rep), and Dr. Renee Robinson (MB rep).
- * Awards of Excellence Committee - Mallory Schmitz (Chair) and Marg Synyshyn.
- * Communication Committee – Bev Gradidge, Mallory Schmitz, Dana Naismith, Jennifer Adair and Audrey German who worked together and ensured the Foundation's messages were communicated in an effective and timely manner, using all possible means. This included the Foundation's website, FaceBook, Instagram, Twitter, and email. This committee had a busy year!
- * Many of the Directors were also busy revising and developing policies/procedures plus establishing terms of references for the various working committees. Thank you to all the committees for your work and a big thank you to Bev Gradidge for tapping into her policy writing abilities and to Danah Bellehumeur for providing the detailing and final polish.
- * Bev Gradidge who created the executive position descriptions and yearly calendar. Those are essential tools for a volunteer board!
- * The College of Registered Psychiatric Nurses of Manitoba for their ongoing support and assistance as required.
- * The Association of Regulated Nurses of Manitoba who have assisted the Foundation with promotions of special events.

Respectfully submitted,

Bonny Wynnobel, President

Highlights.....

- ◆ Adjusted all RPNF business processes to virtual format due to the pandemic;
- ◆ Provided \$5,000 in RPNF Scholarships and 3 RPNF Awards of Excellence (2 - Leadership & 1 - Clinical Practice);
- ◆ Awarded Medals of Excellence in Psychiatric Nursing Practice to graduating students at both the Winnipeg and Brandon University campuses;
- ◆ Provided the RPNF Brandon University Bursary to one student;
- ◆ Formally changed the Awards of Excellence Nominator criteria to allow non-psychiatric nursing nominators;
- ◆ Held the RPNF's first virtual 50 / 50 Fundraising Draw, which was a great success;
- ◆ Helped promote Dr. Beverley Hicks' book, Politics, Personalities and Persistence: 100 Years of Psychiatric Nursing Education in Manitoba, and in turn Dr. Hicks (one of our Directors) is donating a portion of proceeds to the RPNF;
- ◆ Updated several key policies, including formal budget and finance processes;
- ◆ Developed Role Statements for Officers, & Calendar of Executive Tasks;
- ◆ Held the Annual General Meeting virtually;
- ◆ Hosted RPNF's First Virtual Scholarships & Awards Reception;



“Treat someone as they are, and they will remain as they are. Treat them as they could be and they will become what they could be” - Goethe;



Treasurers report on RPNF Financial Statements Year Ended Dec 31, 2020

Dean Jenkyns from Jenkyns Smith- Chartered Professional Accountants conducted the 2019 audit for the RPNF this year.

The Independent Auditor's report opinion states "the accompanying financial statements present fairly, in all material respects, the financial position of the RPNF as at Dec 31, 2020 and the results of its operations and cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations." In other words we received a clean audit!!

Statement of Financial Position

Our assets include \$13,816 in the bank as cash and \$85,158 in marketable securities at TD Waterhouse. Therefore at the end of 2020 we have \$99,224. This does not include accounts payable of **\$3002**.

Statement of revenues and expenditures

To give you an idea of where the **\$12,298** revenue comes from:

Donations- \$7,471 which includes donations through Canada Helps and direct donations via our website. Of note is that this year we no longer have access to CRPNM debit plan deductions or the awards banquet, therefore we are looking for new ways to find donors. Our donations were down by approximately **\$1,400** this year.

Fundraising Revenue - \$2,830 from our new 50/50 draw, which resulted in an increase of **\$800** this year.

Interest- \$1792 from our TD investment portfolio.

Promotional sales- \$205 from the sale of water bottles and clothing

Our larger expenses this year included:

Fundraising expense \$1,813 for our 50/50 draw, which is expected in this type of fundraising endeavour.

Meeting expense \$179 which includes the video-conferencing charges which support all committee, board and special project meetings. This year we found that ZOOM was much less expensive and we saved almost **\$500**.

Office, printing and stationary and other has increased by **\$1000** to include our contract for Admin services from Audrey German.

Professional fees \$3,727 which includes the audit fee and the accounting fees. These fees rose by **\$1000** as this was the first full year of having accounting service contract with Kathe Meseman

Scholarships and Bursaries \$4,500 which includes all scholarships in 2020.

Website \$1,543 which includes our fees to the new website provider. This line has increased by approximately **\$300** as this is our primary communication method.

Statement of Changes in Net Assets.

This year we had a deficiency of revenue over expenses of **\$1026**, therefore our net assets now stand at **\$96,222**.



RPNF INC.

Statement of Financial Position December 31, 2020

	2020	2019
ASSETS CURRENT		
Bank	\$ 13,816	\$ 16,327
Marketable securities (Note 3)	\$ 85,158	\$ 83,356
Accounts Receivable	\$ 250	\$ -
	<u>\$ 99,224</u>	<u>\$ 99,692</u>
LIABILITIES CURRENT		
Accounts payable	\$ 3,002	\$ 2,265
Due to CRPNM	\$ -	\$ 179
	<u>\$ 3,002</u>	<u>\$ 2,444</u>
NET ASSETS		
GENERAL FUND	<u>\$ 97,248</u>	<u>\$ 96,579</u>
(Deficit)/Profit	(\$ 1,026)	\$ 669
	<u>\$ 96,222</u>	<u>\$ 97,248</u>

Our goal in 2021 and beyond is to find ways to increase our donations and fundraising revenue. We have also reviewed our investment portfolio and hope to increase our return. The expenses to run the RPNF as an independent organization have increased as was expected.

I want to thank our Executive committee, who does double duty as the Finance committee, Kathe Meseman for our accounting services, Lyle Didyk, our investment advisor and of course Dean Jenkyns our auditor. This year we also developed a budget process and financial policies, to formalize our business. I would also like to thank Danah Bellehumeur for her work and expertise in developing finance policy.

Respectfully Submitted,
Doreen Fey, Treasurer

Congratulations to the 2021 RPNF SCHOLARSHIP RECIPIENTS

The awarding of these scholarships is based on the academic and scholarly work of the applicant. The RPNF focuses on academic excellence in both undergraduate studies in an approved psychiatric nursing education program, and with psychiatric nursing education at the masters and doctoral levels.

MANITOBA BASED SCHOLARSHIPS:

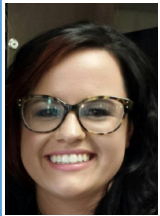
Kay Armstrong Scholarship is awarded to a 4th year student in the baccalaureate program at Brandon University, with a minimum GPA of 3.0.

Joslin Mamuric



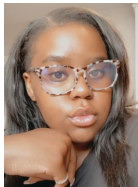
Joslin is a 4th-year student in the Bachelor of Science in Psychiatric Nursing Program at Brandon University, and is a past recipient of a number of awards and scholarships. Joslin's work in research and on the frontlines, as well as volunteer experience working with the immigrant population has provided significant opportunity to apply Psychiatric Nursing skills and prepare for future leadership in the field. Joslin plans to pursue graduate studies in rural health with a focus on health of the BIPOC population, promoting a more inclusive health care system, reflective of the needs of current society.

Leanne Milne (partial scholarship)



Leanne is a 4th-year student in the Bachelor of Science in Psychiatric Nursing Program at Brandon University. Leanne also provides in-home healthcare, and volunteers with numerous community organizations focusing on addictions, brain injury and intellectual disability. Leanne plans to pursue in acute care and corrections, with specific attention to the system's impact upon individuals with mental illness. Leanne ultimately plans to complete graduate studies in psychiatric nursing.

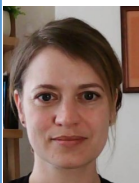
Keisha-Mae Kaddu (partial scholarship)



Keisha-Mae Kaddu is a 4th-year student in the Bachelor of Science in Psychiatric Nursing Program at Brandon University. Keisha-Mae's employment with the Department of Canadian Heritage has provided significant opportunities to hone critical thinking, multi-tasking and teamwork skills. Volunteering in the sporting community has also contributed to Keisha-Mae's insight into the multitude of factors affecting youth. Future plans include work with diverse populations and to pursue graduate studies.

Alf Barnett Scholarship is awarded for an RPN enrolled in a Masters or Doctoral program.

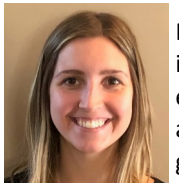
Katherine Pachkowski



Katherine's doctoral research focuses on examining the nexus of issues underlying non-criminal exploitation of persons with enduring mental illness, using a critical discourse analysis approach. The goal of the study is to define noncriminal exploitation experienced by people with mental illness and to explore roles and obligations of mental health workers encountering this exploitation. Katherine also hopes this research will further challenge the profession to become aware of how mental health providers unintentionally reinforce discourses which marginalize people with lived experience of mental illness.

John Kellie Scholarship is awarded to a 3rd year student in the baccalaureate program at Brandon University with a minimum GPA of 3.0

Evana Popovich



Evana is a 3rd year student in the Bachelor of Science in Psychiatric Nursing Program. Evana works and volunteers in various capacities in the health care system and has noted that in particular, the experience of working with the elderly population offers the opportunity to develop skills in empathy, compassion, attending and active listening; all skills foundational to a psychiatric nursing career. Evana plans to pursue work with the elderly upon graduation and pursue the Master of Psychiatric Nursing Program in the future.



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

Not awarded

NATIONAL SCHOLARSHIPS:

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

Laura Panteluk (partial scholarship)



Laura's graduate level qualitative exploratory research study examines nurse manager stress and coping by investigating the ways in which Manitoba's nurse managers deal with stress experienced in their roles. The study explores the factors that help and hinder nurse managers to cope with the stress of their professional role, and builds upon existing knowledge in this important area. This research creates an opportunity for Psychiatric Nurse managers to discuss stress experienced in their roles and identify methods used to deal with that stress.

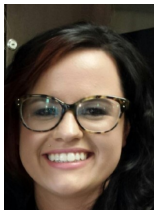
Katherine Pachkowski



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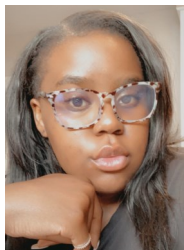
Annette Thorimbert Osted Scholarship – awarded to a 3rd or 4th year student enrolled in a baccalaureate program in psychiatric nursing in Canada, with a minimum GPA of 3.0.

Leanne Milne



Leanne is a 4th-year student in the Bachelor of Science in Psychiatric Nursing Program at Brandon University. Leanne also provides in-home healthcare, and volunteers with numerous community organizations focusing on addictions, brain injury and intellectual disability. Leanne plans to pursue employment in corrections, with specific attention to the system's impact upon individuals with mental illness, and ultimately complete graduate studies in psychiatric nursing.

Keisha-Mae Kaddu



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McCormick/Henry Scholarship: awarded to a RPN in Canada who is taking further studies in seniors' mental health at the graduate level (MA or PhD) or through an accredited certificate program.
Scholarship Recipients **Not awarded**



Awards of Excellence in Psychiatric Nursing Practice

Congratulations to the 2021 Recipients of the Awards of Excellence in Psychiatric Nursing Practice

Karen Batson

Award of Excellence in Psychiatric Nursing Practice - Leadership



Karen Batson is the recipient of the 2021 RPNF Award of Excellence for Leadership. Chief Batson graduated in 1987 and has always been conscientious and a hard worker. Her leadership, dedication and easy going manner are positive qualities that are admired by others. She currently serves as elected Chief of her Indigenous Community of Pine Creek, Manitoba, where she was raised. Karen has worked tirelessly as leader of a community with many very serious challenges. Strong leadership skills and great courage have been essential assets for Chief Batson as she has navigated a range of challenges while improving the quality of life for her community. Financial self management was

restored in the first two years of Chief Batson's leadership tenure. She aggressively negotiated major highway repairs with the Province, ensuring safe access to her community as well as acquiring federal funding for mental health initiatives such as the planning, development and building of a youth program centre with a multidisciplinary staff, through "Jordan's Principle". Additional accomplishments include training, development, and equipment for safety and security needs. Chief Batson also facilitated the reopening of local businesses and services that had previously been closed, ensuring renewed access to a range of goods and services for constituents. Under her leadership, housing expansion of 33 new modular homes, the construction of a multi unit Elders Residence, Arena expansion, and other new building projects for Pine Creek are underway. In addition, 5G internet cable is currently approved and being trenched toward the Community, earmarked as a youth initiative protect for 2021. Formerly, Karen has worked as an Assistant Professor of Psychiatric Nursing at Brandon University (a position being held by Brandon University for her should she decide to return) developing a necessary skill set in forming Indigenous Mental Health Professionals. Karen is an active participant in the Southern Chiefs Organization of Manitoba. In 2018, Karen was a speaker at the United Nations in New York regarding the impoverished conditions of many First Nations people in Canada. In 2019 she received an Award of Recognition in the Manitoba Legislature for leadership in the advancement of Indigenous issues. In 2020 she was an Indigenous Representative to Cuba to explore links and the development of health care initiatives in a Canadian context. Karen is a dedicated and loving wife, mother and grandmother. She has consistently embraced her many challenges with great enthusiasm, devotion and energy. The Nominators note that the above is not an exhaustive list of achievements. Nominated by Daryle Duke and George Olfert.

Rodney Jones

Award of Excellence in Psychiatric Nursing Practice - Leadership



Rod has been an RPN for over 31 years in western Manitoba. He has worked in a variety of settings but mainly with children and adolescents in community mental health and now as the Client Care Coordinator of the Crisis Stabilization Unit (CSU) at the Child and Adolescent Treatment Centre in Brandon. Rod was also the coordinator for the Fetal Alcohol Spectrum Disorder Program and has worked in acute care settings as he is also a Registered Nurse.

His clinical skills are exemplary and he always strives and models enhanced engagement, collaboration and problem solving with the staff of the CSU. Rod communicates well which is important in leading and managing the coordination of client needs. He has made positive changes and improvements and motivates others to be creative and forward thinking.

Rod is committed to mentoring and training psychiatric nurses and is passionate about quality care. He is a valued team member who always takes the time to listen, provide helpful feedback and move forward in innovative ways.





Kyla Johnston

Award of Excellence in Psychiatric Nursing Practice - Clinical

Kyla is co-founder of DBT Winnipeg and The Mental Health Collective Inc., working in independent practice. Kyla developed intervention strategies to take a family member from being severely at risk, to enjoying a life where they continue to strive for acceptance and happiness, directly because of her involvement. She only took a 4 month leave after becoming a parent, not to leave her patients for too long. Her positive delivery and ability to assist our family member with maintaining the critical support they need to face every day through this socially restrictive pandemic has been top notch, professional and patient.

Kyla has empowered our family member through practice of Dialectical Behaviour Therapy (DBT). She has been a committed member of their team for almost 4 years now, without whom I know they would be suffering. She demonstrates an exemplary commitment to ethical practice". Nominated by the Pepper Family.

RPNF Secretary Role Vacancy

The Registered Psychiatric Nurses Foundation is seeking a volunteer Director to serve on its Board Executive, in the role of Secretary (term two years). Registered Psychiatric Nurse preferred.

Responsibility includes attending two meetings per month, recording and circulating minutes to Directors, as well as a range of Executive functions. Complete role description available.

Must have access to computer, Google & Outlook Programs, Microsoft Word, as well as be familiar with Google Drive file storage.



Please join the Registered Psychiatric Nurses Foundation Inc. mailing list.

To facilitate communication with RPN's we ask you to provide us with your email address.

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Check us out on our social media pages, and find out what is new with psychiatric nurses and the RPNF!

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RPNF Medal of Excellence

In 1998, the Registered Psychiatric Nurses' Association of Manitoba (RPNAM) began awarding the RPNAM Medal of Excellence in Psychiatric Nursing Practice to students who met specified criteria, and were graduating from the psychiatric nursing education program at Brandon University. When the RPNAM mandate changed, and the College of Registered Psychiatric Nurses' of Manitoba was established as strictly a regulatory body, it was noted that while it was a pleasure to do so, recognition of graduates through this award would fall outside the scope of a regulatory body.

Accordingly, in 2019 the Registered Psychiatric Nurses' Foundation, Inc. was approached by the College and invited to assume the honour of awarding the Medal of Excellence to graduating students. Given the Foundation's existing dual function providing Scholarships and Awards of Excellence, the role of awarding the Medal of Excellence was seen to fit well, and the RPNF Board enthusiastically added the Medal of Excellence in Psychiatric Nursing Practice to its annual presentations. The purpose of the RPNF Medal of Excellence is to promote values of safe, competent and ethical practice in future Registered Psychiatric Nurses by recognizing leadership, academic excellence and clinical proficiency among students in an approved psychiatric nursing education program in Manitoba. The Medal is awarded annually to two (2) graduating students in the Bachelor of Science in Psychiatric Nursing Program at Brandon University who have consistently demonstrated these standards. One medal is awarded to a student from the Winnipeg campus and one is awarded to a student at the Brandon campus.

Faculty members from the Psychiatric Nursing Education Program, Faculty of Health Studies, Brandon University select the two (2) annual recipients based on criteria mutually agreed upon between the Faculty and the RPNF. Recipients of the RPNF Medal of Excellence have demonstrated * academic excellence, through consistently high attainment in prescribed coursework, * excellence in clinical psychiatric nursing practice demonstrated through high achievement in clinical courses, including the senior practicum, and have demonstrated * leadership through involvement in professional, community and / or student activities.

The RPNF proudly awarded its first two Medal of Excellence in Psychiatric Nursing Practice in 2020. The Medals would typically be presented at the BScPN reception(s) following Brandon University convocation, however due to Covid 19, this event did not occur in 2020 as per usual, and presentation of these Medals was delayed until the Fall of 2020. Worthy 2020 recipients were **Taylor Maida** (Winnipeg Campus) and **Shelby Eng** (Brandon Campus).

The RPNF is pleased to announce 2021 recipients of the RPNF Medal of Excellence in Psychiatric Nursing Practice:

Michelle Franceschetti (Winnipeg Campus)



Joslin Mamuric (Brandon Campus).



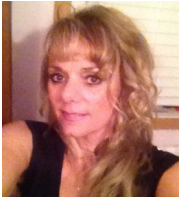
Please join us in celebrating and congratulating these psychiatric nursing graduates for their hard work and accomplishments in completing their BScPN!

The RPNF would like to acknowledge the generous role of House of Silver in providing these stunning gold medals in 2020 and 2021.



Registered Psychiatric Nurses (RPNs) Expand Practice to Remote Learning Support Centres

Barbara Nixon and Kelly-Ann Stevenson are Registered Psychiatric Nurses who epitomize diverse psychiatric nursing careers. The duo currently job-share a psychiatric nursing position in the newly initiated Remote Learning Support Centre in Winnipeg as part of the clinical team addressing the health and well-being of students and teachers engaging in the province's pandemic-related remote learning program.



Barbara Nixon graduated from psychiatric nursing in 1983 and has worked as a psychiatric nurse in a wide variety of settings including in-patient rehab, child & adolescent day treatment, the school system, adult community mental health, emergency room psych liaison nursing, depot clinics and resource development as well as program planning with the Mental Health Branch. Barbara has done ground breaking work developing the psychiatric nursing role at both Manitoba Hydro and Manitoba

Public Insurance providing employee assistance services and workplace mental health promotion, before expanding to disability management and vocational services, quickly discovering that her psychiatric nursing experience with children, adults, families and health promotion positioned her perfectly to address needs within the corporate setting.



Kelly-Ann Stevenson graduated from psychiatric nursing in 1984 and has spent her entire career working with youth. Kelly-Ann applied her psychiatric nursing skills within a wide range of roles at the Manitoba Adolescent Treatment Centre, Youth Forensic Services and Marymount Youth Addictions Stabilization Unit focusing on addictions and trauma. Kelly-Ann is also experienced in labour relations and has held the position of 3rd Vice President with the MGEU as well as participating in the Governor General's Tour in 2008 representing Manitoba on issues of Mental Health as well as Labour. Kelly-Ann notably co- presented to the United Nations Commission Status of Women on "Lessons from the Heart"

with members of the indigenous community, and has held positions of VP of the National Council of Women of Canada, as well as President of the Council of Women in Winnipeg.

When the pandemic hit and schools pivoted to online learning, Kelly-Ann and Barbara took their combined nearly 80 years of psychiatric nursing experience to the Remote Learning Support Centre. Remote learning is essentially the eye of the pandemic for young people, and this duo quickly demonstrated that Registered Psychiatric Nurses are equipped with the ideal skill set to assist youth in these unprecedented times. Barbara and Kelly-Ann underscore appreciation for all members of the clinical team (Psychologists, Occupational Therapists, Social Workers) however pride themselves and fellow psychiatric nurses on the ability to provide aspects of the services offered by fellow professionals, while applying specialized skill sets targeting the bio-psycho-spiritual-social and community spheres of families' lives, as well as expertise in psychiatry such as ability to perform mental status examination, understand psychotropic medications and evaluate contributing physical factors. Barbara and Kelly-Ann assert that psychiatric nurses are inherently trained to apply the most holistic, inclusive approach to mental health intervention of all professions.

Since the program's inception, Barbara and Kelly-Ann have oriented the school system to the diverse role of psychiatric nurses, coaching teaching staff on a range of communication strategies and leading practices as well as providing direct interventions with youth and families dealing with a myriad of mental health difficulties in the context of pandemic. They are passionate about the importance of promoting the scope and role of psychiatric nurses in schools, and note that there are youth (with mental health needs) who are thriving in the remote learning setting and may benefit from ongoing remote learning services post-pandemic.

As anticipated, the pandemic has had untold impact on the lives of youth and families, as well as the school system and beyond. Families are experiencing high acuity pandemic-related stress in their homes. Routine contacts with families frequently reveal complex stressors, and the need for crisis response and brief intervention. Job loss, financial pressures, grief, home-schooling burden, social isolation, crowding and normal health anxiety are commonplace. By



assisting the entire family, psychiatric nurses can ensure wrap-around support for the child. They have found that youth are experiencing increased anxiety, depression, social isolation issues, dysregulated emotion, eating disorder and addiction. On a positive note, by connecting with youth in their home setting, the clinical team has an opportunity to better understand home-life factors in the context of a child's academic life.

Virtual work poses challenges, however Barbara and Kelly-Ann agree that psychiatric nurses are trained to think outside the box, creatively finding ways to engage without visuals, interpreting (sometimes) sparse "chats" and performing assessment using combinations of all methods. They note that a significant portion of their role also revolves around building relationships and providing education to teachers. Both Barbara and Kelly-Ann believe that the presence of RPN's in the school system would dramatically reduce absences and prevent suspensions by enabling early and preventative intervention.

Notably, their job sharing arrangement has effectively combined the skill sets of two highly experienced professionals, assisting children, families and staff through not only the robust standard knowledge base of psychiatric nurses, but the expertise of a psychiatric nursing duo specializing in youth mental health, crisis intervention, brief counselling, trauma, behavioural treatment, family therapy, accommodation and rehabilitation, addictions, forensic services, feminist and culturally appropriate intervention, mental health promotion and mental health literacy.

Barbara and Kelly-Ann offer the following advice to psychiatric nurses trailblazing emerging roles for psychiatric nurses. "Apply for jobs that fit with the full scope of your profession, whether or not a job posting cites RPN qualifications. Continue to appreciate and demonstrate your value as a psychiatric nurse. Once a psychiatric nurse's holistic skill sets are recognized, doors continue to open. The possibilities for psychiatric nurses pioneering diverse career paths are limited only by ones' own hesitancy. Never stop promoting yourself and your profession".

Congratulations to these outstanding RPN's for their diverse and challenging career paths. They set an example to all psychiatric nurses by pushing boundaries and demonstrating the unique versatility and expertise of psychiatric nurses in unprecedented times.

RPNF 2021 Scholarships and Awards of Excellence Reception Webinar



The RPNF 2021 First Virtual Scholarships & Awards Reception was held on May 12, 2021 at 7 PM, celebrating the award of 9 RPNF Scholarships & 3 RPNF Awards of Excellence! In attendance were our worthy recipients, RPNF Board of Directors, Past Presidents, Dr. Cheryl Cusack (Executive Director ARNM) & Tracey Thiele (President CRPNM), Academic representatives from across Canada, Scholarship Families, as well as RPNs across the country and beyond, families, friends and colleagues! To view the recorded event, click on the link below. Headphones are recommended



May 12, 2021 07:00 PM Winnipeg Meeting Recording:

https://us02web.zoom.us/rec/share/2UkkdviP_PpmsqagC4f0v8XL3us!_AgjFFbgCgeSnQgD6dRwX-





The RPNF shares in the mourning of 215 children discovered in an unmarked mass grave at the Kamloops Indian Residential School. We stand with the Tk'emlups te Secwepemc First Nation, all Residential School survivors and Indigenous communities across Canada who continue to live with the trauma and long-term effects of the residential school system.

YOUR DONATIONS MAKE IT HAPPEN!

The Registered Psychiatric Nurses' Foundation Inc. is able to provide its scholarships and awards through the generosity of many donors and the sound investments of the board of directors managed through a permanent endowment fund. The sustainability of its awards will only be possible through continued donations.



The RPNF is a charitable foundation and issues a tax deductible receipt for all donations over \$10.00.

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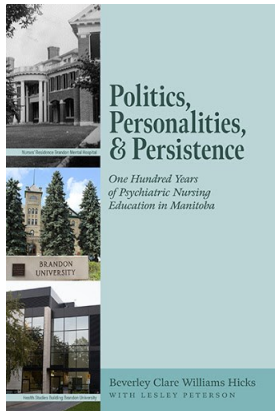
by Cheque, Etransfer or Canada Helps here:

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Fundraising



Politics, Personalities, and Persistence

One Hundred Years of Psychiatric Nursing Education in Manitoba by:

[Beverley Clare Williams Hicks](#)

Politics, Personalities and Persistence, written by RPNF Director Dr. Beverley Hicks tells the story of the evolution of registered psychiatric nursing in the province of Manitoba. This comprehensive account traces the distinct profession's transition from the asylums of Manitoba, where for seventy years psychiatric nurses had cared for the mentally ill when few others were interested in them, to the halls of academia in Brandon University in 1986, the first university in Canada to grant a baccalaureate degree to psychiatric nurses. Congratulations to Dr. Hicks on the nomination of this book for the Margaret McWilliams Award celebrated by the Manitoba Historical Society.

Contact us at info@rpnf.ca to order:

\$32 without mailing cost/\$45 with Canada Post

A portion of proceeds from the book will be donated to the RPNF Inc.

For more information see Dr. Hicks' website:

<https://www.politicspersonalitiesandpersistence.com> .

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