

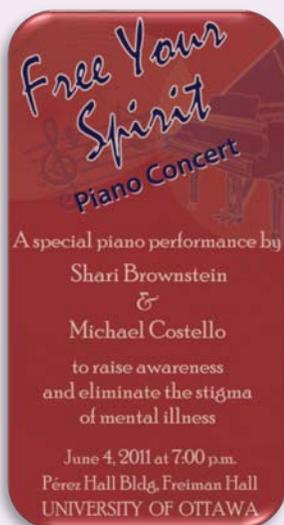
## Ride Above Depression Cycle Trip For a Great Cause

Mood Disorders Society of Canada (MDSC) is pleased to sponsor this cycle challenge to raise awareness about the effects of depression and the benefit of exercise to support mental health. Corey Boulton, whose father, Jeff Boulton, recently lost his battle with depression, along with two friends Jeff Lloyd and Will Johnston want to make a difference and help prevent other families from experiencing the pain of depression.

In memory of his father, Corey and his friends are cycling from Vancouver to Winnipeg to raise funds and spread awareness about depression and mental illness. They see this ride as an opportunity not only to challenge themselves – but also to assist those who deal with the challenges of depression every day.

Corey and his friends will ride approximately 2,300 km on a fully self-supported tour that began on May 15, 2011. They are biking across Canada's vast landscape to arrive in Winnipeg about six weeks later, towards the end of June. This means they will be travelling alone without a guide – carrying all the gear they will require on their bikes and camping the whole way through. Follow their journey on our [website](#) or [Facebook](#) where you can track their current location by [GPS](#), view tour [photos](#) and get the latest **news** from the road. You can also send Corey and the team **messages of encouragement**.

Please support Corey and the Ride Above Depression Team! Contributions to Corey's Ride Above Depression can be made through [Canada Helps](#) or you can simply text **MDSC** to **45678** on your cell phone/mobile device to give \$10 (added to your mobile bill). All proceeds go to help MDSC carry on anti-stigma and depression-awareness activities – particularly focused on children and youth. Donations are greatly appreciated.



## Piano Concert "Free Your Spirit"

MDSC is proud to present a special evening of musical inspiration with piano virtuosos Shari Brownstein and Michael Costello, on **June 4, 2011** in **Ottawa**. MDSC is striving to take the mask off stigma and recognize it for what it is: harmful and discriminatory. According to a recent study, stigma is the leading barrier that prevents people who have mental illness from seeking help. This [event](#) is being hosted to increase acceptance and awareness of mood disorders while decreasing the stigma associated with mental illness.

## Program

<b>WELCOME</b>	
<b>PART 1</b>	<b>PART 2</b>
Michael Costello ~Preludes For Piano, George Gershwin ~Clair De Lune, Claude Debussy ~Rondo in Bb Major, W.A Mozart (Piano Sonata k333,3rd mov.)	Shari Brownstein ~Everlast in D Minor ~Moonlight Sonata Beethoven ~Meadow of Pink Roses in A Minor
Shari Brownstein ~Floating in A Minor ~Apres L'amour in G# Minor ~Serendipity in C Minor	Michael Costello F. Chopin ~Fantasie Impromptu in C#Minor ~Nocturn in Eb Major ,Op9 No2 ~Polonaise in Ab Major, Opus 53
Duet ~Polonaise in A Major, Chopin	Duet ~Alla Turca for Flute and Piano, Mozart
<b>REMARKS BY MDSC</b>	
<b>INTERMISSION</b>	<b>THANK YOU</b>

Please join us for an evening that you will surely remember. This is a wonderful opportunity to bring a loved one to an event which will move you with inspiration as the individual talents and duet performances will truly **Free Your Spirit**.

For Concert Tickets, please visit our website at [www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca) or call 519-824-5565 to get your tickets before June 4, 2011. Proceeds will go to MDSC's anti-stigma programs. We hope you are able to attend, enjoy the night and support our cause!



## MDSC & CMA Develop CME Web-Based Course

It is widely recognized that Canadians with mental illnesses are stigmatized and suffer undesirable consequences such as increased social exclusion and isolation, limited life opportunities, and decreased access to treatment. International and national studies have shown that persons experiencing mental illness have experienced discrimination from general practitioners and from mental health professionals. Research confirms that persons and their families living with mental illness view the stigma of mental illness in the health care community to be pervasive. By no means are family physicians alone in this situation, however, as the primary first point of contact by many persons seeking help for mental illness, it is crucial we support family physicians and specialists by providing a well-structured and evidence-based learning tool that will assist them in providing services free of stigma and discrimination.

In a major initiative aimed at modifying the status quo, Mood Disorders Society of Canada has partnered with the Canadian Medical Association (CMA), Bell, the Mental Health Commission of Canada, North Bay Regional Health Centre, AstraZeneca Canada and Memorial University. The initiative will result in a one-hour continuing medical education (CME) web-based course on the stigma of mental illness and what individual physicians and specialists need to understand to combat stigma within the

profession. The partners believe that once the national anti-stigma program has been successfully initiated, it will evolve to become a benchmark for other health care providers, researchers and governments.

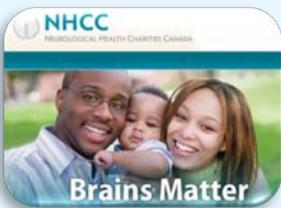
The project needs assessment has been prepared by Memorial University and we have hired two very knowledgeable Subject Matter Experts (SMEs), Dr. Rivian Weinerman and Dr. Thomas Ungar. Both SMEs are psychiatrists with experience as physicians as well. We also have created an advisory committee to provide input to the project from the mental health community. We are planning to have the program completed by early fall. As we move forward we will keep stakeholders and the public updated on our progress.

Upon completion, the program will be submitted for accreditation by The College of Family Physicians of Canada and Royal College of Physicians and Surgeons of Canada.



### **MDSC Partners with Correctional Services of Canada**

MDSC is currently working with the Correctional Services of Canada (CSC) to develop a mental health training program and associated supports for front line staff of CSC. The purpose of the project is to develop training curriculum to assist parole officers, community mental health professionals and community employment coordinators to identify and find strategies to address the many barriers ex-offenders face when re-integrating back into society. The program will offer practical skills-based learning so that attendees feel more confident in their ability to assist this group. Work and meaningful daily activity is important to successful community integration for ex-offenders with mental health problems post-release. The project will assist CSC build upon the knowledgebase of front line staff and will also affect their practice in a positive way so that they are more successful in helping ex-offenders integrate into the community. The project will also include a toolkit to support their success.



### **MDSC joins Neurological Health Charities Canada**

MDSC is proud to have been invited to join the [Neurological Health Charities Canada](#) (NHCC). NHCC is a collective of organizations that represent people with chronic, often progressive, neurological and/or neuromuscular diseases, disorders, conditions and injuries in Canada. NHCC's role is to provide leadership, evaluating and advancing new opportunities for collaboration specific to advocacy, education and research projects, related to brain health. MDSC has been accepted to NHCC with the intentional purpose of being a conduit between the mental health and neurological communities.



### **MDSC Presents at Upcoming Conferences**

#### ***Conference Board of Canada Workplace Mental Health 2011***

MDSC will be providing a presentation on living and working with a mental illness at the Conference Board of Canada [Workplace Mental Health Conference](#) in Toronto June 20-21, 2011. The presentation will focus on struggling with a mood disorder in the workplace and the types of interventions and actions that can help.

#### ***12th Annual Collaborative Mental Health Conference in Halifax***

During the [Collaborative Care Conference](#) in Halifax June 23-25, 2011, MDSC will be providing two interactive workshop presentations on our work.

Presentation 1 “Building Bridges 2: A Pathway to Cultural Safety, Relational Practice and Social Inclusion” by Bill Mussell, (Native Mental Health Association of Canada); Phil Upshall, (MDSC); Richard Chenier, (MDSC).

This interactive workshop will provide participants with an in-depth overview on how cultural safety could be used to create a space for critical reflection and dialogue that will lead to action, improved mental well-being for all Aboriginal peoples and Canadian consumers. We will also define how cultural safety can serve as a means to support social justice and the mental well-being of First Nations, Inuit and Métis in Canada.

Presentation 2 “Developing a National Anti-Stigma Training CME for Family Physicians and Specialist” by Phil Upshall (MDSC), Chairing presentation. Panel: Dave Gallson, (MDSC), Micheal Pietrus, (MHCC), Richard Chenier, (MDSC).

This interactive workshop will provide an overview of a new anti-stigma CME-designed course to assist Family Physicians and Specialists provide environments free from stigma and discrimination leading to enhanced patient services. The project represents the culmination of years of research on stigma and discrimination and will provide a central point of access for all Family Physicians and Specialists to information and resources on mental health stigma within the medical profession and what to do about it. The program will be submitted for accreditation by The College of Family Physicians of Canada and Royal College of Physicians and Surgeons of Canada.



### **MDSC Improves Access to Website**

With the assistance of Canadian Heritage and the Government of Canada, MDSC is currently in the process of developing a complete French website to provide persons experiencing mental health issues and their families with support and information in both official languages. The work is progressing very well and an anticipated launch date is at the end of June.

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***Help Us Help Others. Your financial support makes our work possible.***  
***Text “MDSC” to 45678 to give \$10 today ~ or ~ donate online by visiting [CanadaHelps](http://CanadaHelps)***

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