



MDSC Newsletter - Spring 2014

About the Mood Disorders Society of Canada

Mood Disorders Society of Canada was launched in 2001 to provide people with mood disorders, their families as well as caregivers with a strong, cohesive voice at the national level on issues relating to mental health and mental illness.

We have evolved to become one of Canada's leading mental health NGOs with a demonstrated track record for forging and maintaining meaningful and sustained partnerships built on trust and mutual respect between the public, private and non-profit sectors throughout Canada.



Anti-Stigma

The [Elephant in the Room anti-stigma campaign](#) has been adopted by a growing number of leading organizations across Canada over the past six months.

The blue anti-stigma elephant is an effective symbol used by businesses, educational institutes and organizations indicating that their site is a safe place for dialogue on mental health. Too often, people are hesitant to talk about mental illness, often due to stigma. By displaying the blue elephant, people will either ask what the elephant is about (which leads to the discussion about mental illness), or they will know that it represents a safe place to talk about mental illness, without feeling afraid that they will be stigmatized.

Opening up the conversation is the single best thing anyone can do for someone who is going through issues. The little blue elephant is a perfect way of doing this. We are very proud the anti-stigma campaign has been implemented at the following new locations over the last few months:

- Catholic District School Board of Eastern Ontario, (50 schools);
- Toronto Police Services;
- United Steel Workers, local 2250;
- InTouch Mobile;
- Ipsos Canada;
- Bristol-Myers Squibb;
- Northern Ontario Suicide Prevention Network;
- Sudbury Catholic Schools;
- Conseil, scolaire public Grand Nord de l' Ontario;
- Rainbow Schools;
- Conseil, scolaire public catholique du Nouvel-Ontario.
- Support Works Calgary;

- United Counties of Leeds and Grenville;
- Vineland School.

This extremely successful anti-stigma campaign has also been implemented internationally in Ireland and the U.K. through our partnership with [Praxis Care](#). For more information on this anti-stigma campaign or to learn about how you can implement the campaign in your organization, please visit our [page](#) or follow the Elephant:

Twitter: https://twitter.com/MDSC_Elephant



[Defeat Depression Campaign](#)

With well over 40 events planned for this spring, and many more Canadians expected to join, the Defeat Depression awareness, anti-stigma and fundraising campaign is in full swing! Volunteers are organizing walks, runs, and other physical or social activities encouraging people to ...***move for mental health***. We are raising awareness, knowledge, and acceptance of mental illness while fundraising in support of local mental health services. We want to reduce stigma and create an environment that encourages people to come forward for early intervention and treatment.

You're invited! We need you to get involved with the campaign! Everyone can join! Register for your local event at: www.defeatdepression.ca

Once registered, you'll automatically receive your own customizable event page!

PERSONALIZE IT! You can personalize your fundraising page by uploading an image, video or story to share your journey to Defeat Depression! Post your personalized webpage on your Facebook page and link to [Defeat Depression](#).

FUNDRAISE! Upload contacts and email your personalized web page to friends, family and colleagues. Ask for their support to help you reach your fundraising goal or invite them to join the event!

Other ways you can participate:

VOLUNTEER! We can always use a helping hand. If you are interested in volunteering at your local event, send us an email at volunteer@defeatdepression.ca

SHARE! Spread the word to your friends and family and ask for their support in helping raise mental health awareness. Have your company form a team! Get your school involved!

We're growing! The campaign is adding new communities all the time. We are pleased to welcome the Catholic District School Board of Eastern Ontario schools who will be participating in the Defeat Depression campaign. We are thrilled to welcome all of their high schools and many elementary schools who are planning a variety of activities including Zumba, basketball, baseball, and volleyball games, dances and walks. We also have many universities and colleges taking part. Be sure to check our website often to see how we're expanding!

Don't see an event in your community? Start one of your own! For more information email us at info@defeatdepression.ca and follow us here:

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

Facebook: <https://www.facebook.com/DefeatDepression.ca>

A sincere THANK YOU to our national sponsors who support our efforts to grow and support the campaign, raising awareness for depression and other mood disorders. Our sponsors' commitment to addressing mental health, and their dedication to improving services within communities shows a profound dedication to the health of Canadians.



Work With Us, a new partner program developed by Mood Disorders Society of Canada and [The Arthritis Society](#) has been instrumental in improving access to [important resources](#) while building awareness of the direct connection between our physical and mental health.

The program was first offered to workplaces in various provinces starting in January, 2014. During the inaugural year, *Work With Us* was delivered to nearly 500 participants in Nova Scotia, Ontario, Manitoba and British Columbia. We have delivered the program to many business and organizations. As part of our commitment in supporting local organizations, we provide free training and support to community organizations and provide resources for them to use.

Now entering the second year of delivery, the program continues to raise the profile around the importance of showcasing new tools to support both employees and employers experiencing depression and/or arthritis. It will be featured in upcoming wellness fairs at Dare Foods, the Town of Oakville and Workplace Safety and Prevention Services' [Partners in Prevention 2014 Health & Safety Conference & Trade Show](#) April 29-30th.

On June 11th, *Work With Us* will be profiling the first year's results to industry professionals at the Conference Board of Canada's [Workplace Wellness and Mental Health 2014](#). To learn more about how you can get involved with this great program, visit our [Volunteer Training](#) page and learn how you can become a workplace wellness leader on May 13th and 15th. For more information on our program and resources, also visit [Work With Us](#) or follow us here:

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

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



[Canadian Depression Research & Intervention Network \(CDRIN\)](#)

The Canadian Depression Research and intervention Network held its inaugural conference in Ottawa on March 26th and 27th. CDRIN is a partnership between [Mood Disorders Society of Canada](#), the [Mental Health Commission of Canada](#) (MHCC) [The Royal's Research Institute](#) and the [University of Ottawa Institute of Mental Health Research](#) (IMHR).

CDRIN aims to build new connections and cohesion among Canada's mental health research community, a vast array of service providers and persons living with depression and Post-Traumatic Stress Disorder (PTSD). CDRIN's goal is to open new approaches to detect, prevent and treat these life-altering illnesses.

CDRIN will foster multi-disciplinary collaboration and information sharing, helping build a consumer / patient-oriented environment. We hope to meld the current isolation and fragmentation of research activity and enhance information dissemination and uptake. The Network will also work to create a coordinated capacity to conduct the large multi-site and long-term studies required to achieve significant gains in research knowledge about depression, PTSD and related medical conditions for effective treatments.

Over the past six months, MDSC and CDRIN have delivered two research training sessions for thirty-one persons with lived experience (PLE). This training is our process to actively engage PLE as full participants in CDRIN's research.

CDRIN is also developing a training program for the next generation of researchers. We look forward to this program being implemented in the near future.

CDRIN will serve as a catalyst for innovation, engaging a diverse spectrum of partners, including those with lived experience for depression and aims to bring about measurable change. To learn more about CDRIN [visit us](#), or follow us here:

Twitter: <https://twitter.com/CDRINorg> **Facebook:** <https://www.facebook.com/CDRIN.org>

Mood Disorders Society of Canada Mental Health Education Initiatives

[A National Anti-Stigma Training Program for Nurses and other Health Care Professionals](#)



Mental Health
Commission
of Canada
Commission de
la santé mentale
du Canada



CANADIAN
NURSES
ASSOCIATION

Stigma and discrimination by association still have a strong impact in nursing as well as other health care professions. Stigma is particularly problematic as it can interfere with our

understanding and/or our ability to communicate about mental illness and delay or prevent someone from reaching out for the support they need.

When it comes to our healthcare system, stigma can contribute to the development of an unhealthy work environment or the deterioration of services for patients. Mood Disorders Society of Canada, in partnership with the [Canadian Nurses Association \(CNA\)](#) and [Mental Health Commission of Canada](#) are working together to develop a new, national mental health awareness and anti-stigma training program for Nurses and other Health Care Professionals.

The program is aimed at changing perceptions around mental illness and improving health care services for improved patient outcomes. It will build upon the foundation of a National Anti-Stigma Training CME for Family Physicians and Specialists, developed in 2011/2012.

A digitized version of the course is expected to be completed by the end of June, 2014. All partners will offer access from their websites and we encourage all health care providers to access this program.

[Canadian Lawyers Mental Health Program](#)



Statistics have shown that practicing law and maintaining good mental health can be challenging. It is important that more programs are put in place to support and assist lawyers in protecting their psychological well-being.

The Canadian Lawyers Mental Health Program is a proactive and dynamic partnership between MDSC, the [Canadian Bar Association](#) and [Bell Let's Talk](#). This is a national self-learning program that will focus on the following components:

- Training to increase knowledge of mood disorders, causes, symptoms and treatment options;
- How to foster positive prevention strategies;
- Treatment and recovery strategies of depression, anxiety and stress;
- How to address and reduce stigmatizing behaviours and attitudes; and
- Offer support and resources for recovery and maintaining wellness.

The program is expected to be completed by the end of October, 2014.

[A National PTSD Training Program for Family Physicians & Specialists](#)



MDSC, the [Canadian Depression Research \(CDRIN\)](#) and the [Canadian Medical Association](#) (CMA) are in the final stages of developing a Post-traumatic Stress Disorder (PTSD) Continuing Medical Education (CME) training program for Canadian physicians and healthcare providers.

The official announcement of this PTSD training program happened in Ottawa on March 27th at this year's CDRIN Conference. Subject Matter Experts, Dr. Catherine Classen from the University of Toronto and Women's College Hospital and Dr. Alexandra Heber from the Canadian Armed Forces, presented a prototype of the course.

This new ground breaking national e-learning initiative is designed to enhance the knowledge of physicians in identifying and treating PTSD. It features resources, latest treatment options as well as support networks throughout Canada. The training module is expected to improve the delivery of health services for PTSD patients as well as their families.

This innovative and interactive learning module is in the final stages of completion and will be submitted by the end of April, 2014 to the College of Family Physicians Canada and the Royal College of Physicians and Surgeons of Canada for accreditation.

From the outset, this project has been supported and led by a ten member, national Advisory Panel comprised of highly trained professionals along with a strong representation of persons with lived experience.

[Workplace Mental Health Guide](#)

MDSC recently received an educational grant from [Lundbeck Canada](#) and [Eli Lilly](#) to develop a practical, solutions oriented Handbook for employers on mental health in the workplace.

The topic of workplace mental health is of critical importance to Canada's employers and employees. According to the [Mental Health Commission of Canada](#), approximately 30% of short and long-term disability claims are attributed to mental health problems and illnesses. Of the total economic burden caused by mental illness in Canada (\$51 billion), \$20 billion stems from workplace losses. Employers are also asking for help to support their employees in their recovery and return to work.

MDSC is extensively involved in workplace mental health. We support employers through workplace presentations, training and supports.

The Workplace Mental Health handbook will offer common sense approaches to addressing and improving the psychological safety in the workplace. The Handbook, now in development, is expected to be available in hardcopy and for download this May, in time for the Defeat Depression campaign.



[Partnerships](#)

Conference Board of Canada

Mood Disorders Society of Canada is pleased to support the Conference Board of Canada's [Workplace Wellness and Mental Health 2014](#) conference taking place June 10-11, 2014 at the Toronto Marriott Downtown Eaton Centre Hotel.

Now in its fourth year, this event is quickly becoming the must-attend event for professionals and practitioners from across the country. The 2014 agenda will feature some of Canada's top experts. The conference will provide new, practical ideas to take your work to the next level, and ensure your wellness effort is competitive in the marketplace. Benefit from the innovators' practices, ideas, and insights to optimize wellness.

Save on registration with our special partner rate! [Register online for this event](#) and quote rebate code PRM9 to save \$460 off of the total registration fee! You may use this rate for

yourself or a colleague, but please note that it is available for non-registered delegates only. If you have any questions on the event, or this special rate, contact Joel Elliott at: elliott@conferenceboard.ca.

RxHelp and innoviCares



MDSC reminds our many followers that we were pleased to have developed partnerships with both RxHelp and innoviCares, allowing better access to brand name prescriptions. This free card offers coverage for many medications and healthcare products. Please visit their [website](#) to obtain your free card today.

Social Media

MDSC is always connecting and sharing with Canadians through our social media platforms. We have well over 19,000 followers who share ideas, news, successes, personal experiences and viewpoints.

Twitter handle: <https://twitter.com/MoodDisordersCa>

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



[Canadian Alliance on Mental Illness and Mental Health \(CAMIMH\)](#)

CANADIAN ALLIANCE ON MENTAL ILLNESS AND MENTAL HEALTH ALLIANCE CANADIENNE POUR LA MALADIE MENTALE ET LA SANTÉ MENTALE

MDSC is a proud founding member of the [Canadian Alliance on Mental Illness and Mental Health](#) (CAMIMH) - a national collaboration of associations representing health care providers, service providers, organizations representing persons with mental health issues, and family groups.

On May 5th, CAMIMH will host the [Champions of Mental Health Awards](#) in Ottawa. These awards recognize exceptional Canadians who have made outstanding contributions to the field of mental health and to the awareness of mental illness in Canada over the past year. MDSC congratulates these outstanding Canadians and commends them for their accomplishments. To learn more please visit [CAMIMH](#).

[Discussion Forum: Peer Support is Here to Help](#)

MDSC provides a safe virtual place to discuss mental illness issues in a supportive environment through our web-based [Discussion Forum](#), which continues to be one of the most visited places on our website. The forum has surpassed 27,000 posts with more than 1,700 discussion threads. If you are looking for a safe place to share your experiences, seek peer support, or offer your experiences and knowledge to others, we encourage you to join the Forum.

Positive change begins at home; please make sure to talk with your family about mental health.

Mood Disorders Society of Canada depends on the generosity of Canadians to support our efforts. Please make a donation to MDSC online, simply click on the image below:

Help Us Help Others



CanadaHelps.org
Giving made simple.

Donate Now