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**Mood Disorders Society of Canada**  
Société pour les troubles de l'humeur du Canada  
[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca) | [www.troublesl'humeur.ca](http://www.troublesl'humeur.ca)



## February 2016 E-Newsletter

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Mood Disorders Society of Canada (MDSC) is a national, not for profit, consumer driven, voluntary health charity committed to ensuring that the voices of consumers, family members and caregivers are heard on issues relating to mental health and mental illness; and in particular with regard to depression, bipolar illness and other associated mood disorders. [\[Learn More\]](#)

## National, Proven Solutions for Suicide Prevention and PTSD Presented to Federal Government

The Mental Health Commission of Canada (MHCC) and the Mood Disorders Society of Canada (MDSC) presented to the House of Commons Standing Committee on Finance, as part of pre-budget consultations, an MHCC proposal for a national suicide prevention project and a joint MHCC/MDSC plan for post-traumatic stress disorder (PTSD) diagnosis and treatment. The MHCC & MDSC are in a prime position to convene the knowledge, resources and people needed to advance work in these critical areas and secure meaningful results for Canadians and save lives. [Learn More Here](#)

Watch the presentation [here](#):

**THE CANADIAN EDUCATORS CONFERENCE  
ON MENTAL HEALTH**



Westin Ottawa Hotel April 7-8

[Visit the CECMH Website](#)

We are pleased to invite you to participate in the 2nd annual CANADIAN EDUCATORS CONFERENCE ON MENTAL HEALTH April 7-8 at the WESTIN Ottawa. [Please visit the website for details.](#)



## DEFEAT DEPRESSION CAMPAIGN

The Defeat Depression Campaign provides hope and reduces stigma for those who are affected by depression and other mood disorders. Across Canada, mental health organizations, schools, community groups, caring companies and concerned volunteers are planning walks, runs, rides and other physical and social activities to raise awareness and funds for mental health initiatives. Learn more at: [defeatdepression.ca](http://defeatdepression.ca)



In 2015 the campaign exploded to 84 locations! Over \$227,000 has been raised locally across the country, by nearly 20,000 thousand Canadians to support local mental health services - with many more events planned for 2016.



We continue to expand our reach with tremendous website and social media reach!

- Defeat Depression website visits - 148,686 visits (January 1 - December 22, 2015)
- Facebook & Twitter visits - 46,820 visits (January 1 - December 22, 2015)
- Followers on Twitter - 3,597
- Likes on DD Facebook - 7,182
- Brand exposure - over **2.8 - 3 million people**

## WANT TO GET INVOLVED? HERE'S HOW:

Whether you want to do something in your home, with friends, at a school, in the workplace or if you would like to hold a Defeat Depression event in your gym or with a sports team, you can help make a real difference!

- **Organize!** **Start an event** in your community.
- **Participate!** Sign up and fundraise for an **event location** close to you.
- **Volunteer!** Send us an email at [volunteer@defeatdepression.ca](mailto:volunteer@defeatdepression.ca)
- **Share!** Spread the word through [Facebook](#) and [Twitter](#)
- **Sponsor!** We are always looking for community sponsors to support local events. Interested? Email us at [sponsorships@defeatdepression.ca](mailto:sponsorships@defeatdepression.ca)

**Sign up today!**

**Keep in touch!** On [Twitter](#) #defeatdepression #mentalhealth [Facebook](#), [Youtube](#) & [Flickr](#)

## INCREDIBLE ACCOMPLISHMENT!

2015 was a successful year for the Defeat Depression Campaign showing an increase in personal event challenges as exemplified by Clay William's Canal Pursuit for Mental Health Run. Clay exemplifies personal dedication and leadership. Gaining strength from the personal experiences within his family, Clay and the Canal Pursuit team have greatly increased awareness of mental health issues, and have rallied the running community and engaged so many people to make a change and to talk about mental illness. Clay's message was twofold: "Talk to someone you trust" and "physical activity helps make my mood disorders more manageable".





The Canal Pursuit consisted of a 750 km run roughly following the Trent Severn Canal from Port Severn to Trenton and then the Rideau Canal from Kingston to Ottawa, stopping in at each of the 91 locks on the way, and ending on Parliament Hill. Clay started the run on August 28th, and completed it as quickly as he could run 100 km per day, day and night with two-hour rest stops every ten hours, and finishing on Parliament Hill on September 4th, 2015. Clay's journey was in memory of his two brothers touched many individuals and through his personal sacrifice, faith, physical and mental endurance raised \$12,000 for mental health. On Saturday October 24th, 2015 MDSC President, John Starzynski, presented Clay Williams with the Mood Disorders Society of Canada, Marg Starzynski Award for Mental Health Leadership for Clay's contribution through the Canal Pursuit Run. Our most sincere congratulations and appreciation to Clay and his team who are planning for a new event for 2016.

## THANK YOU TO OUR NATIONAL SPONSORS

A sincere word of appreciation to our national sponsors. With your help, we are supporting local non-profit organizations to fund-raise in support of their community programs and services.

75% of net proceeds from our fundraising events go to local community organizations. Remaining funds are used to support education, awareness, stigma reduction, resource development, and administration of the Defeat Depression campaign. Thank you for your valuable contributions as we strive to improve mental health in Canada.



## APEC DIGITAL HUB for Best and Innovative Practices in Mental Health Partnerships

The Asia-Pacific Economic Cooperation (APEC) forum includes Canada and 20 other economies representing 2.8 billion people and more than half the world's economic activity.

In November 2015, the APEC foreign and trade ministers unanimously endorsed the creation of the Digital Hub, and subsequently chose Canada to host it. This is a collaboration between the University of British Columbia (UBC), the University of Alberta (UofA) and the Mood Disorders Society of Canada (MDSC). UBC will host the APEC Digital Hub and it will be managed by MDSC, which also manages on behalf of the Canadian Depression Research and Intervention Network (CDRIN).

## ELEPHANT IN THE ROOM ANTI-STIGMA CAMPAIGN

This campaign continues to grow across Canada, with Veteran's Affairs Canada and seven school boards recently coming on board. Through the Defeat Depression website, participants and hosts will also have access to Elephant in the Room fully branded posters. A printable workplace and school poster will be added to the campaign website and blue anti-stigma elephants as well as brochures will be available for order through the Defeat Depression online store.



**Elephant in the Room** is a high impact, low cost, anti-stigma and mental health awareness raising initiative. To customize the campaign and suit your specific needs, employers, organizations and schools can contact us directly at: [info@mooddisorderscanada.ca](mailto:info@mooddisorderscanada.ca). Join the campaign and show you are taking action to support mental well-being. [\[Read More\]](#)

**Tweet it!** Share a photo of your elephant with: [@MDSC\\_Elephant](#) [#StopStigma\\_Now](#)

### New locations join the campaign:

- Veteran's Affairs Canada
- Saugeen First Nation
- Ontario Hospital Association
- Pan Am Games - Integrated Security Group
- Peterborough County - City Health Unit
- Dalhousie University
- St Lawrence College
- Lutherwood
- Red River College
- Office of the Independent Police Review Director (OIPRD)
- St Francis Xavier University Student's Union
- Rocky Lake Junior High School
- Trent University Central Student Association
- Students' Association of Keyano College

## MDSC MENTAL HEALTH EDUCATION PROGRAMS



**A National Anti-Stigma Training Program for Nurses and other Health Care Professionals**

MDSC, in partnership with the Mental Health Commission of Canada (MHCC), Bell Let's Talk, and the Canadian Nurses Association (CNA) have worked together to develop a new, national mental health awareness and anti-stigma online training program for Nurses and other Health Care Professionals.

We and our partners are very excited to offer this program free of charge to all nurses and other health care professionals. The program is accessible through links on all partner websites.



**Mood Disorders Society of Canada**  
La Société Pour Les Troubles de L'Humeur du Canada



**Bell**  
Let's Talk

### **Mental Health in the Legal Profession:**

A new and dynamic collaborative partnership between MDSC, the Canadian Bar Association (CBA) and Bell Let's Talk; the Mental Health in the Legal Profession program is aimed at helping lawyers better understand mental health matters. Mental Health in the Legal Profession will offer lawyers, judges and law students throughout Canada targeted education, supports and resources to help them understand mental health issues, how mental illness can affect their own as well as their family's lives and discuss what they can do to recover and maintain wellness. Within the first several months, more than 1,100 legal professionals have taken the program! The program is accessible through [www.mdsc.ca](http://www.mdsc.ca) and links on all partner websites.



## **Post-traumatic Stress Disorder: A Primer for Primary Care Physicians**

This program will help physicians and specialists recognize PTSD and the strategies available to help provide care to patients with this condition. The content in this CPD program is evidence-based and in accordance with the preferred learning formats identified by physicians. This course integrates didactic teaching, case-based scenarios, self-assessment, and discussion with fellow participants.

### **Posttraumatic Stress Disorder**

**A Primer for Primary Care Physicians**

**An accredited online course  
for health professionals**





## MENTAL HEALTH IN THE WORKPLACE

MDSC continues to be highly engaged on workplace M/H knowledge dissemination through conference presentations and workshops, directly engaging employers, HR and staff by training them on how to address mental illness and promote mental well being.

### The Work With Us Program

Work With Us is a three year partnership program between MDSC and [The Arthritis Society](#) to address the link between depression and arthritis. Funded by the Government of Canada's Social Development Partnerships Program - Disability Component, it has been a leading example of how mental health impacts all illnesses.



Having been delivered onsite to over 170 public and private sector employers across Canada, this program has focused on educating workplaces on the impact and connection between our mental and physical health.

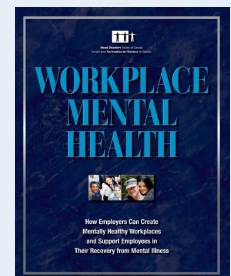
If you are an organization looking to start the conversation on supporting mental health and wellbeing in the workplace, [contact us](#) for more information or visit: [workwithus.ca](http://workwithus.ca). For those interested in making a difference, visit our [Volunteer Training](#) page and register!



**Keep in Touch!** Join us on [Twitter](#) and [Facebook](#)

### MDSC's Workplace Mental Health Guide

The [Workplace Mental Health guide](#) has already been downloaded over 20,000 times and is filled with links to free resources, tools and supports. This step-by-step book is your easy to follow guide on how to create a mentally healthy workplace and what to do when mental illness strikes. Please share the link with your family, friends and colleagues. It is a resource that everyone will value greatly.



## MDSC PEER & TRAUMA SUPPORT SYSTEMS (P.T.S.S.)

On November 13-14, 2015, a training meeting among a majority of the 24 Pan-Canadian Team members was held in Newmarket, Ontario. The meeting was sponsored in part by MDSC Executive, York Regional Police Service Chief Eric Joliffe and Myke Gabriel, Manager, Holiday Inn Express & Suites, Newmarket. Without their support we would not have been able to accomplish all we did.



### Services offered:

Our Team's curriculum is the only one in Canada that uses the training objectives as provided to by the "Guidelines for the Practice and Training of Peer Support" published by the Mental Health Commission of Canada. With guidance and advice from the members of the MDSC Peer and Trauma Support Systems Team, organizations can meet their needs for Trauma Support, Peer Selection, Training and Development within the workplace. As part of the development of support systems we can also assist organizations address the building of resilience for trauma and the de-stigmatization of mental illness.

The development of Peer and Trauma Support Systems requires step by step work with the organization, then our specific area of expertise leads into the development of peer support services, which involves three basic steps.

1. Selection of Peers, using a four step process:
2. Training of Peers, using the MDSC's Peer and Trauma Support Systems Team's 2-Day Peer Support Training program.
3. The Development of both Formal and Informal Peer Teams.

We also provide advice and services in the management of and training in:

1. Developing awareness and resilience to trauma workshops for members and their families
2. De-stigmatization of Mental Illness
3. Family Awareness and Information Events
4. Assisting your organization to effectively assess and address the 13 psychosocial factors to develop comprehensive strategies for ensuring a psychologically safe workplace using the Guarding Minds @ Work tool regardless of how large or small, or whether in the public or private sector.
5. Implementing the MHCC Standards for Health and Safety within the Workplace

**PTSS will be holding a Peer Support Training Session April 8/9 at the Trauma Centre in Newmarket, ON for details [to Register and Participate click here](#)**



## Peer & Trauma Support Systems



**Mood Disorders Society of Canada**  
Société pour les troubles de l'humeur du Canada

Like us on Facebook 

## Online Discussion Forum

MDSC provides a safe, supportive virtual place to discuss mental illness in our online Discussion Forum. With over 29,000 posts and more than 1,900 discussion threads in operation, if you need somewhere to look for support and guidance this is a great first step! We encourage you to [Visit our Forum](#).



## Canadian Depression Research and Intervention Network (CDRIN)



Canadian Depression Research  
and Intervention Network  
Réseau canadien de recherche  
et intervention sur la dépression

CDRIN is a uniquely Canadian enterprise that brings together the expertise of those with lived experience of depression and the talent of our national community of depression researchers to truly make a difference in the lives of individuals who suffer from depression. With a shared goal to advance research with impact that directly informs how we provide treatment services, CDRIN is poised to make a difference in Canada. Our founding organizations, the Mood Disorders Society of Canada, the Institute for Mental Health Research at the Royal Ottawa and the Mental Health Commission of Canada have partnered creatively to make CDRIN a reality.

Get Connected with CDRIN:

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

**Twitter:** <https://twitter.com/cdrinorg>

**Email:** [info@cdrin.org](mailto:info@cdrin.org)

**Website:** [www.cdrin.org](http://www.cdrin.org)

## PARTNERSHIPS

MDSC is always working on new collaborations and partnerships, having seen the impact that organizations can make together.

As a national mental health organization, workplace mental health is a key priority and many of our programs and services focus on changing and improving how mental illness is addressed in the workplace. That is why our working partnership with the Public Services Health and Safety Association just makes sense.



Your Health. Your Safety. Our Commitment.

The MDSC and PSHSA will work together in furthering the Peer & Trauma Support Services (PTSS). PTSS will be promoted as a service to employers by PSHSA.



We are very happy to be working with SEB Benefits & HR Consulting Inc. This new relationship will set our collective resources in motion, as SEB Benefits & HR Consulting Inc. provides a full spectrum of employer advisory services such as strategic benefits consulting, health, work and productivity, due diligence, diagnostics and HR Consulting. We provide onsite workplace mental health training, supports and resources that help your organization meet its goals.

MDSC and SEB BHR will work with Canadian employers to implement workplace programs and mental health supports. The program will incorporate the principles set out in the MDSC Mental Health in Workplace Book.

To connect with us, please [Contact Us](#) for a consultation. [\[Read More\]](#)

## THANK YOU TO OUR DONORS

MDSC would like to extend a very sincere thank you to all of the donors who support our work. While space limitations prevent us from listing the hundreds of organizations and individuals who have contributed, we want each and every one of you to know that your ongoing assistance is greatly appreciated as we continue to create programs and resources that local communities access and use to help families across the country.

**Stay Connected with MDSC: Join us on [Twitter](#) [Facebook](#) [Email](#) or [Visit Us](#)**

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 work in developing relevant programs and resources to serve the mental health community. Please make a tax-deductible donation to MDSC today!



**We were pleased to continue our partnerships with both RxHelp and innoviCares, allowing better access to brand name prescriptions.**

RxHelp.ca's mission is to provide Canadian health care consumers access to brand-name pharmaceutical manufacturers "Patient Assistance Programs".



Regardless of your existing public or private health coverage, innoviCares allows you to receive the brand-name medications and healthcare products prescribed by your physician at an equal, or similar price to the generic alternative(s).



## Give a gift today!

The Mood Disorders Society of Canada depends on the generosity of Canadians to support our work in developing relevant programs and resources to serve the mental health community.

**Donate**

**Please make a tax-deductible donation to MDSC online today!**

Stay Connected With MDSC



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

MDSC, Suite 736, 304 Stone Road West, Unit 3, Guelph, Ontario N1G 4W4 Canada

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