

Winnipeg Region NEWS

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CMHA Winnipeg Future Home Update!

It has been a whirlwind of activity for CMHA Winnipeg Region over the last 2 years, several new programs and expansions, and of course, the purchase of 930 Portage Avenue as a *future home*. What seemed like a distant dream is rapidly becoming a close reality as we welcome 2012.

In December 2011 Bockstael Construction won the contract to turn the former CJOB (Corus) radio station into an accessible and welcoming new home for the staff and clients of CMHA Winnipeg. The team at Bockstael promptly got to work tearing down walls and preparing the building for our final designs. "It is very exciting seeing this work happening" reports Executive Director Nicole Chammartin, "working with our design team at ESP design and LM Architecture we have seen some wonderful things on paper, but now we get to see things happening in 3D, this makes it very real".

CMHA Winnipeg Region also announced several new funding partners on this project recently, which had initial investments from the Province of Manitoba, Neighbourhoods Alive!, and the Winnipeg Foundation, totaling \$275,000. Recent commitments include \$35,000 from the Manitoba Community Services Council and \$20,000 from Wawanesa Insurance. In addition, the Caisse Populaire has provided project financing to ensure the work can proceed as scheduled.

"It is wonderful to see the community contributing to this endeavor, we really want to demonstrate that we live in a City that values mental health and mental health services." says George Pasieka, current Board Chair.

Alex Forrest, President of the United Fire Fighters Union recently joined the Board of CMHA Winnipeg Region and shares that this important project and the work he was seeing CMHA Winnipeg doing in the community were critical factors to his involvement. "In the work I do I can see the role mental illness plays on the streets of our City. I want to be a part of the solution, helping us grow valuable community assets like CMHA Winnipeg so that no one suffers in silence."

CMHA Winnipeg Region plans to relocate to their new site by the end of May 2012, with the full site opening planned in early autumn. Join CMHA Winnipeg on Facebook where we will be posting photos of work as it progresses. To find out how you can be involved or contribute please visit us at www.cmhawpg.mb.ca



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Mission

The Canadian Mental Health Association, a nation-wide voluntary organization, promotes the **mental health of all** and supports the resilience and recovery of people experiencing mental illness.

CMHA Winnipeg Region



is a United Way Agency

CMHA is selling cookbooks in support of the United Way. Check our website at www.cmhawpg.mb.ca to find out how to purchase your copy.



CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE



ULTIMATE LIVING

Why it is important to take breaks during the day, whether at home or at work?

Stacey Shule,
Community Educator at
the Canadian Mental
Health Association,
Winnipeg Region

A break is defined as a *pause or interval, as from work*. It's important to remember that you really do need to press the "pause" button when you take a break. Taking breaks can improve health and make us more effective on the job. Here are several reasons to get up, stretch and walk during working hours:

You'll feel more energized.

People who work continually face complete burnout. Physical exhaustion can lead to problems such as chronic headaches, fatigue, inability to concentrate and trouble sleeping at night. Even if you take 15 minutes during an 8 hour work day, you can use that time to refresh yourself and feel more energized the rest of the work day.

Your body will thank you.

Circulation is impaired by prolonged sitting; when you sit in static postures where you are not moving, circulation can be impeded. When blood flow to an active muscle is impaired, the oxygen supply is diminished, which over time can impair muscle function. The feeling of fatigue often is related to circulation and blood supply.

You'll open the way for creativity.

You'll find out what's going on around you.

You'll work more effectively.

Many studies have revealed that workers who take breaks are dramatically more productive during the day as opposed to those who do not. After a break, your performance levels increase dramatically so that you can tackle

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WALKING ON MY OWN

A Recovery Story

By *Kate Reid*

At several points in my life, I have contemplated killing myself. I came close twice. I am just one of millions who suffer from depression. When I first heard the diagnosis, I didn't know what to think. I was so conflicted. What did I have to be sad about? There are so many in this world that have it worse than I do. Yet, most of my days were spent thinking how much better the world would be without me.

I knew that no matter what goal I set ... I would have total support.

That was five years ago. I could have given up any time since then, but I chose to fight. Somehow I knew without knowing, that I couldn't do battle with my illness alone. I found my way to the Canadian Mental Health Association. I was lost in the foggy swamp of my illness with no light or sense of direction. I was interviewed and introduced to my guide. After the weeks of getting to know each other and building trust we began to map out a plan for my continued recovery and personal goals. I knew that no matter what goal I set, whether it was housing, schooling, socializing or better budgeting I would have total support.

In my lengthy journey that goal changed many times, but no matter what obstacles came my way we weathered them together. We used tools of self-reflection to find where my gifts and true passions lay. Many times my guide found resources to aid and fine tune my goals. He was an advocate when I needed to fight an injustice, or a bridge to other supports. The fog lifted, and together we found solid ground.

Today I'm a full-time student in University, I hold my head high, and the world is laid out before me. The skills

and confidence I gained from my guide will last my whole life. I know I can ask for help, and that doesn't mean I'm weak. The Rehabilitation & Recovery Service at CMHA helped me to learn how to walk on my own again. ■

STAFF

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Penny Gill

Roberta Braid

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Mindfulness Based Stress Reduction

CMHA Winnipeg Region has gone ahead with scheduling Mindfulness Based Stress Reduction events for the spring of 2012.

Check out our website for registration www.cmhawpg.mb.ca. For further information on upcoming workshops please call 982-6100 or email office@cmhawpg.mb.ca.

ASK BILL



Bill is the Information & Referral Worker at the Canadian Mental Health Association, Winnipeg Region. You can reach Bill at 982-6133 or information@cmhawpg.mb.ca.

Q Seasonal Affective Disorder (SAD)

What is it and what are the options for help?

A At this point in the year, the time between sunrise and sunset in Winnipeg is approximately 8 ½ hours. This is compared to over 16 hours between sunrise and sunset during late June and early July. With this in mind, it is not surprising that some Winnipeggers are impacted by SAD, a form of depression that occurs during the same time period every year. Symptoms of SAD often start in late fall or early winter and tend to continue through the winter months. A person with SAD will experience relief from their symptoms during the sunnier days of spring and summer. The symptoms of SAD can include, but are not limited to, depression, hopelessness, anxiety, loss of energy, social withdrawal, changes in sleeping and eating patterns, loss of interest in activities once enjoyed, and difficulty concentrating. Less frequently, SAD may cause depression in the spring and early summer.

Like most mental health problems, there is no specific cause of SAD. It is believed that the reduced exposure to sunlight in winter months can impact how our internal biological clock regulates our sleep-wake cycle. Changes related to the reduced exposure to sunlight are also believed to be connected to serotonin, a neurotransmitter that is linked to depression, and melatonin, a hormone that plays a role in sleep patterns and mood.

A recommended first step in accessing help for SAD (or any other mental health problem) is to talk to a family doctor about the symptoms you are experiencing. Treatment options for SAD include light therapy, psychotherapy, and medication. The Mood Disorders Association of Manitoba (Suite 100, 4 Fort Street, 786-0987, www.depression.mb.ca) has information on SAD and they also have light therapy devices for rent or sale. Many retailers in Winnipeg also now sell light therapy devices. In Winnipeg, the 'winter blues' can be common, but if these 'blues' are becoming more severe and impacting your day-to-day functioning, help is available.

Sources: www.mayoclinic.com; Mood Disorders Association of Manitoba.

ULTIMATE LIVING

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tasks again with renewed vigor and finish them accurately. Mistakes are also made more when you do not refresh your mind and body.

You'll like your job more.

You'll feel better at the end of the day.

It's a lot easier to enjoy family time when we come home with a reserve of energy and without headaches or pent-up stress.

That means if you work on a computer all day, you should get up and get away from it during the break. If you work inside, go outside. If you work in solitude, find interaction of some sort. A break should not only be that interval you take to get away from your work, but give you a chance to break the pattern you have while working.

If you find that you forget to take breaks, use a timer or set the alarm on your phone to remind you to take your break.

How am I going to take my break?

- ~ Go for a walk
- ~ Get some fresh air
- ~ Chat with coworkers
- ~ Stretch
- ~ Change your scenery
- ~ Practice mindfulness
- ~ Do the crossword
- ~ _____
- ~ _____
- ~ _____
- ~ _____
- ~ _____

Mental Health First Aid for Adults who Interact with Youth



Do you know how to help?

Mental Health First Aid for Adults who Interact with Youth teaches first aid skills to help youth who are developing a mental health problem or are experiencing a mental health crisis.

For more information email us at office@cmhawpg.mb.ca or visit our web site at www.cmhawpg.mb.ca where you can register online.

BOARD OF DIRECTORS 2011/2012

George Pasioka	Chairperson
David A. Newman	Vice Chairperson
Keith Maclaren	Treasurer
Jennifer Spencer	Secretary
Alex Forrest	Director (Interim)
Arsene Huberdeau	Director
Charlene Paquin	Director
Garth Fallis	Director
Janelle Wagner	Director
Jeff Wach	Director
Kathleen Hodgson	Director
Rudy Ambtman	Director
Stephanie Fehr	Director
Yutta Fricke	Director

Visit us on the web at www.cmhawpg.mb.ca

STAFF Announcements

Congratulations to . . .

Sheryl Giesbrecht, she has moved into the position of Manager in the Rehabilitation & Recovery Service.

Heidi Ruchotzki, who has taken the position of Rehabilitation Worker in the Portable Housing Benefit program.

Nancy Broza, who has moved into the position of Rehabilitation Worker in the Rehabilitation & Recovery Service.

Roberta Braid, who has moved into the position of Rehabilitation Worker in the Bell Community Housing project.

Pam Porth, she celebrated her 20th anniversary of employment at CMHA Winnipeg Region.

Ryan Rutherford has joined the Administration Team at CMHA Winnipeg Region.

As well, welcome to new staff at CMHA, Winnipeg Region . . .

Sarah Boulton Pereira, Rehabilitation Worker in the Bell Community Housing Project.

Courtney Clemons, Skills Coach in the Parent Wellness Initiative.

Arlene Mayes, Rehabilitation Worker in the Rehabilitation & Recovery Service.