Commissioner Appointed to Review Mental Health and Addiction Issues in Saskatchewan

The Saskatchewan government has appointed a commissioner to lead the Mental Health and Addictions Action Plan for the province. The province appointed Saskatoon-based clinical psychologist Dr. Fern Stockdale Winder to the post. She will advise Minister of Health Dustin Duncan in the development of a plan to strengthen interventions for mental health and addictions issues. The front-line clinician for the past 15 years will lead a review of mental health and addictions services in Saskatchewan and will come up with recommendations for the Minister of Health in the fall of 2014.

"Our top priority is to find out from the residents of Saskatchewan what it is they're really looking for in terms of what improvements need to be made to mental health and addictions services in Saskatchewan," Stockdale Winder said. "Access has certainly been something that people talk about a lot and in particular with a population as far flung as ours the access in rural and remote areas is sometimes really problematic. So that would be something I think probably I'd want to be having a close look at."

Stockdale Winder has served on the Board of Directors of the Mental Health Commission of Canada.

CBC News Saskatoon, June 7, 2013
WE NEED YOUR STORIES!

We would like the RPNews to be both interesting and informative, not just of Association matters, but of issues of interest to RPNs in many areas of practice. You can inspire your fellow RPNs, province wide! Please send your story submissions for the RPNews to: carlabolen@sasktel.net

RPNAS CENTRAL OFFICE HOURS
Monday to Friday
0830-1600
Closed on Statutory Holidays
I hope everyone had an enjoyable summer and that this fall lasts until December!

I want to raise awareness among our membership of the national project we have embarked on, funded by HRSDC. Things are moving rapidly and by this time next year we should have a document of newly validated entry level competencies for RPNs as well as a Competency Profile.

If selected, your involvement may be as a content expert, taking part in focus groups, or completing a survey. I want to emphasize that all these processes are important but completion of the survey by a large number of members is very important. Please help us by doing the survey right away and sending it to us!

The collaborative conference for RNs, RPNs, and LPNs is set for October 22nd at the Saskatoon Inn. So far registration numbers are low so please consider attending this exciting and motivating conference. It is called Nursing Together and promises to deliver a great educational experience.

The announcement of the BPN Degree at SIAST is great news for our profession. We are proud of the work the faculty at SIAT did to develop this Bachelor of Psychiatric Nursing Degree program. Detailed information is available on the SIAST website as well as on a link from our website www.rpnas.com.

We are currently looking for a branch to host the 2014 AGM, so if you are involved in your branch please consider proposing to them that they might host the AGM.

The Executive met with the new Mental Health Commissioner Fern Stockdale Winder and offered full support and assistance to her, as well that she consider having an RPN seconded to work with her. Our priorities were shared with her.

RPNs are the largest group of health providers in mental health in western Canada and have much to say about the current and desirable state of care in Saskatchewan. The RPNAS council also met with the SUN board recently and proposed ideas to enhance relationships and collaboration. There has never been more need to work together, and RPNs are collaborators by profession.
President’s Report

Marion Palidwor,

Each successive President of the RPNAS is more difficult to follow. I have been told that I possess the gift of writing but it seems that when it comes down to writing a well written and thoughtful president’s address I am somewhat at a loss for words.

First on my mind is the recent loss of one of our members, Don Yates. He was involved with the RPNAS as one of the members on the Legislative Committee. Don was very knowledgeable on this committee and will be missed. As a RPN, he worked at the Battleford’s Mental Health Center in North Battleford. I did not personally work with Don, but have heard that he was a great person to work with and for. Don was a great vocalist, a spiritual man, a good friend, and a great human being. My condolences go out to his family and friends on their loss.

I am really thrilled that the first intake of our new Bachelor of Science in Psychiatric Nursing Program (graduates from 2010 and beyond) began their program in September 2013. Congratulations to SIAST on getting degree granting status. Good luck to all the applicants, I am sure that the next few years of your nursing education will be very interesting and exciting. I understand that there are also a few seats for RPNs that graduated prior to 2010, which starts in January 2014. Applications are being accepted currently and I would hazard a guess that if you are interested you need to apply soon or wait until the next intake.

Thirdly, I am excited and hopeful about the work being done to gather information for Saskatchewan’s new Mental Health Strategy. Dr. Fern Stockdale Winder has been charged with this very onerous task, sifting through all the information that is gathered and coming up with a first rate Mental Health Strategy for our province. The RPNAS met with her this past month and provided her with our perspective on how this Mental Health Strategy should look. We offered her an RPN secondment if she wanted a wholistic perspective on mental health in Saskatchewan and I am hopeful that she accepts our offer.

For all the exciting progress that has been made, we as RPN’s and the RPNAS need to continue to press for more seats in the Psychiatric Nursing Program at SIAST. Ours is one of the nursing groups which has the most to lose should those who can retire do so. We have been told several times by Lynn Digney-Davis, Chief Nursing Officer, that we are getting more seats for the diploma program at SIAST but to date we have not been the recipient of them.

We also need to continue to push forward our agenda within the Mental Health Strategy for Saskatchewan. Others have an opinion of how they think mental health programming should be. RPNS, and those patients we serve, know what great mental health programming looks like.

There is a preconceived idea that RPN’s have a lessor education background than our RN counterparts, when in fact we have taken many of the same classes. The notable difference is our extended education in psychotropic medications as well as additional education related to social-psychology, therapeutic relationships, and counseling skills.

This misconception of our education has, for many reasons, prevented us from applying for and filling positions that have been posted within all health authorities. As nurses belonging to the Saskatchewan Union of Nurses, we must demand more respect for the knowledge we have and the jobs we do, and in turn insist on equal access for position postings within the health authorities.
RPNAS Involved in a National Project

The Registered Psychiatric Nurses of Canada (PRNC) has launched a pan-Canadian initiative aimed at improving the mobility and assessment of Canadian and internationally educated Registered Psychiatric Nurses (RPNs).

National entry to practice competencies will be developed and validated and will include a competency profile of the RPN. Stakeholder groups from all facets of health care in Canada will come together at a Forum September, 2014 and will collaborate with the RPNC to ensure that individuals who are qualified to work as RPNs are able to do so across Canada.

Canadian and Internationally Educated RPNs will benefit by:

- reduced barriers to labour mobility to practice in Canada;
- greater coordination and collaboration between nursing regulators across Canada; and,
- more tools available such as a competency to curriculum mapping tool to support the foreign qualification recognition of internationally educated psychiatric nurses in Canada.

You can be involved in this exciting initiative by:

- Participating in the development and validation of the entry to practice competencies and RPN competency profile by completing interviews, focus groups, or online surveys;
- Keeping informed of the project’s status by checking the RPNC website; and
- Participating in the stakeholder forum in 2014.

Update Education Approval Committee

In the spring edition of the RPNews, Karl Mack, chair of the Education Approval Committee, put out a call for volunteers to be a part of a Competency Review Team. He was looking for two RPNs from each of the practice domains of Education, Research, Administration and Clinical.

To date, Mary K. Renwick RPN has been appointed to the Education Approval Committee, and the committee will be involved in the competency profile development as well as the development of national education program approval standards.
PLAN TO ATTEND NEXT YEAR’S AGM!!
The 2014 RPNAS Annual General Meeting and Education Day will be held on June 5 & 6, 2014.

Registered Psychiatric Nurse Scope of Practice

Psychiatric nursing is recognized as a distinct health care profession throughout western Canada and many other countries. The Registered Psychiatric Nurses Association of Saskatchewan (RPNAS) has the legislated authority to determine the scope of practice for registered psychiatric nurses (RPNs) in this province and to regulate the practice of registered psychiatric nursing in the public’s interest and to self-regulate the profession. This is done in accordance with the Saskatchewan RPN Association Act, bylaws, code of ethics, standards of practice, pledge, guidelines for independent practice and the RPN competency profile.

The RPNAS’s Scope of Practice document is taken from the Registered Psychiatric Nurses Competency Profile for the Profession in Canada (2001). The RPNAS currently regulates seven categories of membership including:

- Practising membership;
- Graduate psychiatric nurse membership;
- Non-practicing membership;
- Student membership;
- Life membership;
- Associate membership; and
- Honorary membership.

Only practicing members of the RPNAS are entitled to practice as registered psychiatric nurses to the full scope of practice. Additional categories of practices are currently being developed by the RPNAS.

SAVE THE DATE

The Registered Psychiatric Nurses’ Association of Saskatchewan (RPNAS), the Saskatchewan Association of Licensed Practical Nurses (SALPN) and the Saskatchewan Registered Nurses’ Association (SRNA) are hosting an event October 22 at the Saskatoon Inn. We’re still working on the exact agenda, but we’re expecting to host interactive sessions to support you in your practice.

For more information go to: http://rpnascom.jumpstartdev.com/publications
Late Fees Reminder
Registration Renewal Forms (including those of prepaid members) not received by November 30th will be subject to late and/or reinstatement fees as follows:
- Registrations for Practising Licenses received in Central Office after November 30th but before December 31st will be subject to a late fee of $25.00.
- Registrations for Practising Licenses received in Central Office after December 31st will be subject to a fee of 10% of the annual fee.
- Registrations for Non Practicing Licenses received after November 30th will be subject to a late fee of $10.00.

Bylaw VI Section 3 (4) states: Members who have not paid the annual licensing fee and other fees prescribed by council by December 31 shall cease to be members of the association.

Bachelor of Psychiatric Nursing Update

The Minister of Advanced Education has authorized SIAST to offer the Bachelor of Psychiatric Nursing (BPN) Degree Completion program. RPNs will now have an opportunity to complete a degree in psychiatric nursing in Saskatchewan. This is SIAST’s first degree offering and it is a historic milestone.

The BPN Degree Completion program will be offered as a part-time program to assist students to complete their education while continuing their employment. The program will consist of one or two courses per term over eight terms or two and a half years. The courses will be delivered using blended learning, with the courses offered through online and distance learning.

Over the past year, the Psychiatric nursing faculty has been busy designing and developing the new curriculum, and are looking forward to delivering this long awaited degree. The BPN Degree Completion program for graduates from 2010 and beyond starts September 16, 2013 and for the graduates prior to 2010, the BPN Degree Completion starts January 6, 2014.

The BPN degree completion program provides contemporary and evidence-informed practices in psychiatric nursing. Students will gain additional knowledge, skills, values and attitudes necessary to achieve standards and competencies of roles related to clinical practice, leadership and management, education and research.

For more information about the program, please go to the website at:


Submitted Sue Myers RPN, Program Head, Psychiatric Nursing Program, SIAST
The College of Registered Psychiatric Nurses of Manitoba Hosted the 6th Annual World Congress for Psychiatric Nurses

In May 2013 the Registered Psychiatric Nurses of Canada (RPNC) hosted the sixth World Congress for Psychiatric Nurses where knowledge, skills and information were shared among those people dedicated to working in the mental health field. The theme was “Diversity: The People, Places and The Practice.”

The group, Drum Café Winnipeg, had the 315 delegates from all over the world smiling and drumming to the same beat. The chair of the organizing committee, Isabelle Jarrin explained that the African drumming spoke to the theme of diversity. An attendee from Brazil added, “...it makes you feel like everyone’s here for one purpose.”

RPNAS delegates, Marion Palidwor, Shirley Bedford & Sydney Bolt

RPNC Award of Excellence in Psychiatric Nursing recipients: Anna Haluka (BC) Robert Lockheart (AB) Karl Mack (Sask) Laura Henry (MB)
Parenting teens offers many challenges and rewards. Health care providers are in a unique position where they can provide support and information for parents when questions and inquiries arise regarding teens and family issues. Parents may not realize that they are powerful influencers. How parents use and talk about alcohol can affect children’s decisions and shape their values about alcohol use.

The issue of alcohol use may emerge during the pre-teen and teen years. As a health care provider, you can highlight why it is important for your clients to have conversations with their children about family values and expectations. The following suggestions may guide you in this role.

Help parents know that talking about alcohol use is ideally done throughout childhood and not through a single conversation or when something bad happens. Being a proactive parent can mean initiating these conversations, being available to answer questions, and identifying when to insert questions and comments into regular conversations. Let your clients know that ideal times for these discussions can include:

- When talking about every day activities (e.g., sports, school, friends);
- When one’s teen talks about friends who are struggling at school or home;
- While watching TV ads, YouTube videos or movies showing alcohol being used; and
- Prior to friends visiting and when there will be alcohol present.

Help parents by suggesting questions to start or continue conversations with their teens, such as:

- “Why do you think alcohol is illegal under age 19?”
- “What do you think about our house rules? If you were a parent what would you change?”
- “Have you been bothered by someone’s alcohol use?”
- “Do any of your friends drink alcohol? When and why do you think they do?”
- “What do you think when kids your age drink alcohol?”
- “What would you say if your friend offered you some alcohol?”

Dialogue can be powerful. When you have clients that are parents of pre-teens and teens, encouraging these crucial conversations can have long lasting impact. This includes delaying early alcohol use and mitigating against alcohol-related harms. For more information on how to provide support to parents, visit the Saskatchewan Ministry of Health at [www.healthysask.ca](http://www.healthysask.ca).
2013 AGM in Saskatoon

2013-2014 COUNCIL MEMBERS
Louise Burridge (Public Representative), Don Froese, Christina Chernick, Brenda Francis, Pam Watt & Shirley Bedford, (Members at Large), & Marion Palidwor (President).
Missing: Sydney Bolt (President Elect) & Tamara Quine (Member at Large)

Karolayna Isley, this year’s recipient of the R. E. “Duke” Leflar Memorial Award, given to the student with the highest mark on the registration exam, with RPNAS Registrar, Candace Alston, RPN.
Students, teachers and RPNs from all across the province attended this year’s AGM in Saskatoon.
Canadian Alliance on Mental Health and Mental Illness - Mental Illness Awareness Week 2013

The Canadian Alliance on Mental Illness and Mental Health (CAMIMH) is a non-profit organization comprised of health care providers as well as organizations, which represent individuals with lived experience of mental illness. Established in 1998, CAMIMH is a volunteer run organization that provides mental health education to the public. A fundamental objective of CAMIMH is to engage Canadians in a national conversation about mental illness. By starting this conversation, CAMIMH hopes to reduce the stigma associated with mental illness and provide insight into the services and support available to those living with mental illness.

One of CAMIMH’s major annual initiatives is the Faces of Mental Illness campaign, a national education campaign that operates in conjunction with Mental Illness Awareness Week (MIAW), October 6 to 12, 2013. MIAW will reach more Canadians than ever before through their annual campaigns. We hope you join the conversation and help put an end to the stigma associated with mental illness.

http://camimh.ca/mental-illness-awareness-week-english/about-miaw/