On January 16, 2013 the Mental Health Commission of Canada officially released Canada’s first national standard designed to help organizations and their employees improve workplace psychological health and safety. This voluntary standard focuses on promoting employee psychological health and preventing psychological harm due to workplace factors.

The standard provides a systematic approach to develop and sustain a psychologically healthy and safe workplace including the identification of psychological hazards; the assessment and control of the risks associated with the hazards that cannot be eliminated; the implementation of practices that support psychological health and safety in the workplace; the growth of a culture that promotes such practices; and the implementation of measurement and review systems to ensure sustainability.

Some internal objectives this standard hopes to meet are the promotion and protection of workers’ well-being, job satisfaction, self-esteem and job fulfilment.

For more information visit: www.mentalhealthcommission.ca
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Executive Director:
Robert Allen, RPN
rallen@rpnas.com

Registrar:
Candace Alston, RPN
calston@rpnas.com

Office Manager:
Karen Zarowny
karen@rpnas.com

Administrative Assistant:
Kim Clory
kclory@rpnas.com

RPNAS
2055 Lorne Street
Regina, SK S4P 2M4
Phone: 306-586-4617
Fax: 306-586-6000
E-mail: karen@rpnas.com
Website: www.rpnas.com

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
I am pleased to provide an update of activities at the RPNAS for spring 2013. The past year has been challenging and rewarding for our association. Our numbers continue to rise every year with the registration of new members, and the strength of our existing membership continues to sustain us.

Members are working longer, in many cases long after what was once considered normal retirement age. Recent data from the Canadian Institute of Health Information (CIHI) highlights the fact that RPNs are the oldest group of nurses in the country. This is based on the average age of our membership. The Province should be grateful for the many extra person years our membership contributes to the care of those with serious and persistent mental illness and mental health problems.

Council and the various committees within our association have been working on developing a scope of practice document and looking at the competencies of our profession. There is much to do to educate employers and the public in general about the competencies and contributions on psychiatric nurses.

The new national exam (RPNCE) is in place and the RPNAS works with the other RPN regulatory bodies to ensure a secure, defendable and effective examination process that meets our mandate to ensure that a competent membership exists.

We do need an increase in education seats from the existing 30, and we continue to lobby government toward that end. While there have been encouraging words and signals, there has not been any serious indication from government that an increase will come soon.

The RPNAS is proud to be part of the development of the new National Nursing Assessment Service that will ensure a single point of entry for internationally educated RPNs, RNs and LPNs. We continue to work collaboratively with the Regulatory Bodies for the other nursing professions at a local, provincial and national levels.

I am pleased to inform you that the new Canadian Journal of Psychiatric Nursing (CPNR) has issued its second edition. It is highlighted on our website www.rpnas.com and provides some interesting reading.

We await news of the planned Degree program in psychiatric nursing at SIAST and wish them well in that effort. The RPNAS Council has given conditional approval to the program based on the review and recommendation by the Educational Approval Committee.

The Registered Psychiatric Nurses of Canada’s World Congress of Psychiatric Nursing in Winnipeg is drawing near and we encourage attendance to this event. Visit www.rpnc.ca or www.worldcongress.rpnc.ca for information and registration. The theme is Diversity: The People, the Places and the Practice.

The RPNAS will hold our annual AGM and education day in Saskatoon this year on Friday June 7th. Please plan to attend for an educational morning followed by the annual meeting in the afternoon.

Work is now underway to prepare for our annual audit and publication of the annual report in time for the AGM.

See you there!
At the provincial level, events are continuing to move forward to cohesively blend the practise of psychiatric nursing and our statutory and policy commitments for mental health services to the people of Saskatchewan. The adage that “There is no health without mental health,” is patently true when we know that at least one in five people will be affected by mental illness in their lifetime. Psychiatric nursing is evidenced-based knowledge and an integral part of service provision in education, prevention and direct care, contributing to the wholistic care of the individual. In order to impact the environment of mental health in Saskatchewan, service providers have to be competent in the mental, physical and spiritual aspects of a person’s life. Psychiatric nurses have the fundamental competencies and scope of practise to accomplish exactly that.

One thing that impedes the role of psychiatric nurses in the health picture lies within the Regulations of the Hospital Standards Act. We were able to meet with the Honorable Randy Weekes, Health Minister for rural and northern Saskatchewan, and raised this issue with him. We also asked about increasing the number of seats in the psychiatric nursing program and the status of the mental health strategy for the province. We only need to look to our neighbours to the south for blatant examples of holes that exist in mental health services that psychiatric nursing could fill. As a professional nursing body in this province we need a voice within government and have asked for representation in the Office of Nursing Council for Saskatchewan. Very few people with mental health issues come forth because of the stigma that still rears its ugly head; it is unfortunate that the same stigma applies to service providers. We asked about the proposed “new” Saskatchewan Hospital and were reassured that the building is in the works, having to be adjusted to the LEAN process first.

We have met with Beverley Balaski from SUN regarding presentations on Optimizing the Role of the RN. Information is sadly lacking on the role of the Registered Psychiatric Nurse and we are planning another meeting with her. In the role of president I will also be attending a presentation in Lloydminster on April 18th, 2013. The roles of the Union and the professional associations have always been distinctly separate, one being conditions of work and the other being professional activities.

We are planning collaborative meetings with the Saskatchewan Registered Nurses Association on authorized additional practise for Registered Psychiatric Nurses and Registered Nurses. On a national level the Registered Psychiatric Nurses of Canada (RPNC) has not only advanced to a national examination, but via a collaborative mechanism, there will now be one portal for overseas nurses coming into the four western provinces. Everything is geared to protection of the public.

We have given feedback to the government on proposed changes to the Social Workers Act and to changes being made by the College of Physicians and Surgeons. We have indicated to the government that giving diagnostic responsibility to social workers still does not address the issue of services.

I was appointed to the Mental Health Services Act Advisory Committee, which will be working on revising the Act. The RPNAS has put forward the position that Registered Psychiatric Nurses have the fundamental competences and Scope of Practise to complete Section 18 (Involuntary Outpatient Examination). Government should be utilizing RPNs instead of again creating boundaries.

Recently I had the good fortune of being able to attend a Weyburn branch meeting and engage with some of their members. It was good to share memories with Anne Robillard, as she and I were part of the four-province team that negotiated the first Reciprocity Agreement among the four western provinces, providing labor mobility for Registered Psychiatric Nurses. At that time there was forward thinking and collaboration that focused on the mental health needs of the population and we continue to apply those principals, today.

On the dance floor of life, and health care, there is need and room for all.

PROUD TO BE A REGISTERED PSYCHIATRIC NURSE PARTNERING WITH PEOPLE
I would like to take this opportunity to send heartfelt thanks to our office staff for facilitating the registration renewal and audit processes. I certainly appreciate and recognize their efforts. To date we have 869 active practicing and 60 non-practicing members.

Now that the registration process has been completed for 2013, it is time for the Continuing Professional Development and Hours of Work audits. Auditing is a process of checks and balances that ensure that our system works effectively. The staff randomly selected 25 members to participate in each audit. Those selected for the Hours of Work audit received a copy of the letter sent to their employer asking to verify the actual hours of work, while those who were selected for the CPD credit audit were asked to submit proof of their participation continuing education. These audits serve as evidence that the Association is in compliance with the Act and Bylaws.

Congratulations to the SIAST Psychiatric Nursing class of 2012 for passing their RPN exams and welcome to the profession of psychiatric nursing. It is indeed encouraging to see the enthusiasm these young people bring to the places where they work.

This is a reminder to register for the RPNC World Congress being held in Winnipeg Manitoba from May 2nd to 4th. The event committee has worked hard and by all indications they have done an excellent job of putting together a conference that has something for RPN’s in all domains of practice. It is a great opportunity to fulfill your continuing professional development (CPD) credits requirements while networking with RPN’s from across Canada and throughout the world. I would like to encourage members to apply for the Special Education Fund as it is available to assist RPN’s financially if they wish to attend. Please contact the office for the application package.

In closing, I would like to extend an invitation to all members to attend our Annual General Meeting and Education Day being held at the Park Town Hotel in Saskatoon on June 7th, 2013.

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Education Approval Committee

The Education Approval Committee (EAC) is in the process of putting together a group of RPNs to form a RPNAS Competency Review Team. If you are a member in good standing and you would like to participate in this important process please contact Robert Allen, before April 15th, 2013.

Your willingness to share your time and expertise will result in a commitment to review the current RPNAS document and participate in a meeting (location to be determined) to review and revise the competency document. The Education Approval Committee will be looking for at least two RPNs from each of the practice domains of Education, Research, Administration, and Clinical. Please indicate your area of interest when you contact Robert Allen. Please email your interest to rallen@rpnas.com.

Thank you in advance for your interest and willingness to give some of your time and expertise.

Submitted by:
Dr. Karl Mack, RPN, BSW, MS, EdD (RSW Sask)
PLAN TO ATTEND THIS YEAR’S AGM!!

The 2012 RPNAS Annual General Meeting and Education Day will be held on June 7th, 2013 in Saskatoon Park Town Hotel

The North Battleford Branch of the RPNAS proudly presents

the 4th annual
Champions of Mental Health
awards banquet

In recognition of individuals, organizations and businesses in our community who have a positive impact on the lives of persons living with mental illness.

Saturday, May 11, 2013
The Dekker Centre
NORTH BATTLEFORD
★ Cocktails: 5:30 ★ Supper: 6:30 ★ Presentation of Awards: 7:30 ★
Featured Entertainment: 8:30
Tickets: $45 each or Table of 8 for $320
For tickets call: Marion Palidwor 937-7057(h) 446 6042(w)
Pat Lumsdon 445-3067

The Cochin Community Players presenting “BLOOM”
a one act comedy by Saskatchewan Playwright
Leeann Minogue.
P.I.E.C.E.S. - a Retention Strategy for Educating Staff in Dementia Care Units

Putting the Pieces Together: A Model for Collaboration, Care & Changing Practice

When long-term care staff are armed with the knowledge and tools to properly care for people with dementia, the impacts go far beyond simply improving the quality of the care provided to residents. Staff begin to feel more pride in their work, empowered and more hopeful that they can make a difference. As the quality of work life improves, so do collaboration and teamwork. Finally, in an area of health care notorious for high staff turnover, retention issues begin to diminish.

These are just a few of the outcomes experienced by Regina Pioneer Village, Santa Maria Nursing Home and the Alternative Level of Care (ALC) Unit in the Regina Qu’Appelle Health Region (RQHR) when they implemented a pilot project of P.I.E.C.E.S. as a retention strategy for educating staff on dementia care units. P.I.E.C.E.S. is a comprehensive approach to teaching staff an array of assessment skills, problem solving techniques, and core competencies that are based on best practices in dementia and mental health care. The P.I.E.C.E.S. framework provides tools to assess residents in the following areas:

Physical: delirium, disease, drugs, discomfort & disability

Intellectual: cognition, perception & communication

Emotional: moods & thoughts

Capabilities: activities of daily life

Environment: stimulation, relocation, routine, noise, lighting & colours

Social: network, life story & cultural heritage.

Senior leaders in the health region participated in the Enabler Training in 2009 - eight hours of training aimed at “clearing the path for the transfer of learning.” Jean Nelson, RQHR Client Representative and Penny Gurski, Pioneer Village Care Manager, were two of those leaders; they continue to support the ongoing implementation of P.I.E.C.E.S. in the RQHR. Later that year, Penny Gurski and Krysta Wisniewski, along with 38 other staff from various disciplines from Pioneer, Santa Maria and ALC, participated in 40 hours of training on the brain and behaviour; assessment tools; psychotropic medications; dementia; mental health disorders; intervention and interaction strategies; lab values; and leadership and coaching for collaborative care and performance improvement.

Beginning with three units, and individual residents, the program is spreading within these units to other residents displaying challenging behaviours and to other units in these facilities. The hope is that P.I.E.C.E.S. will eventually be rolled out region-wide.

For more information on P.I.E.C.E.S. contact:
Jean Nelson
306-766-6412
jean.nelson@rqhealth.ca
Announcing the 2013 World Congress for Psychiatric Nurses in Winnipeg, Manitoba, May 2 to 4, 2013!

The Registered Psychiatric Nurses of Canada (RPNC) is proud to sponsor this sixth World Congress for Psychiatric Nurses where knowledge, skills and information can be shared among those people dedicated to working in the mental health field. This biennial conference has grown into a huge success story and we hope you will be able to join us from May 2-4 of 2013.

Our theme for this World Congress is "Diversity: The People, The Places and The Practice".

As Canada continues to grow and welcome new practitioners in the field of psychiatric nursing, it has become increasingly important to embrace and acknowledge the differences in how we practice as Registered Psychiatric Nurses. This theme celebrates the many diverse aspects of our profession and the uniqueness each of us bring to practice.

Enjoy your stay in Winnipeg! The sixth World Congress for Psychiatric Nurses promises to offer something for everyone. Enjoy meeting new colleagues and reacquainting yourself with old friends. Finally, be sure to enjoy the warm hospitality of the people of "Friendly Manitoba". Registration is now open! Please register now!

Contact Info:
College of Registered Psychiatric Nurses of Manitoba
1854 Portage Avenue
Winnipeg, Manitoba, Canada R3J 0G9
Tel: (204) 888-4841  Fax: (204) 888-8638  Email: crpnm@crpnm.mb.ca

Web: www.crpnm.mb.ca
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.

Available at the RPNAS office

A educational CD, “Unmasking Mental Illness,” which was played at the RPNAS AGM in June, produced by SIAST students, Kylie Jackson, Beckie Price, Ariana Hegedus and Kelsie Picard. Available at NO CHARGE!

Pivot Points - A fragmented history of Mental Health in Saskatchewan
$20

A new book by Jayne White, a mental health advocate who uses her own experience as a consumer and now as a senior, to gather information and share ideas for improving mental health for all citizens, including those who are in recovery with mental illness. Jayne’s consumer experience began in 1965 and she has been active in the CMMA since 1975.
As health care providers you may have opportunities to encourage your clients to reduce their alcohol use. But what does this really mean? Did you know that there are now national guidelines to help Canadians make informed decisions about alcohol use? The Low Risk Drinking Guidelines (LRDG) are backed by scientific research. They are the first pan-Canadian alcohol-related guidelines that educate Canadians about healthier (lower risk) drinking practices. This is good news for those who work with populations that are dealing with client mental health and/or mental well being issues. These guidelines provide consistent messages for health care and allied professionals, and for the general public. Having guidelines helps take the guess work out of ‘how’ to moderate one’s alcohol use.

LRDG refer to gender-specific daily, weekly and special occasion limits for alcohol consumption. They are not ‘drink up to’ targets. These guidelines support a culture of moderation and help reduce risks associated with alcohol misuse. The LRDG provide information for the general population. High risk groups are encouraged to exercise extreme caution regarding alcohol use or to not drink at all. This could include underage youth, young adults, those who are taking medications, and those with alcohol dependency issues. Guidelines take a cautionary approach to drinking and pregnancy. The safest option is not to drink at all when pregnant or planning to become pregnant, or before breastfeeding. And guidelines are just that - individuals must take into consideration that everyone metabolizes alcohol at different rates according to several factors including: age, medication use, gender, body weight, health conditions, etc.

These guidelines were developed following recommendations made by the National Alcohol Strategy Working Group in their document Reducing Alcohol-Related Harm in Canada: Toward a Culture of Moderation—Recommendations for a National Alcohol Strategy 2007 (http://ccsa.ca/2007%20CCSA%20Documents/ccsa-023876-2007.pdf). They were developed with experts across Canada including those in the areas of alcohol policy, industry, government, academia, and non-government organizations. They were officially launched in November 2011 by the Canadian Centre on Substance Abuse (CCSA) (see www.ccsa.ca).

The LRDG can be used as a supportive tool for health care providers. For a direct link to the LRDG including condensed information, brochures and a comprehensive report see http://ccsa.ca/Eng/Priorities/Alcohol/Canada-Low-Risk-Alcohol-Drinking-Guidelines/Pages/default.aspx.
SIAST salutes all Saskatchewan nurses for your dedication and commitment to the profession and to your patients. Your dedication to the nursing profession and your continuing support in the education of our nursing students profoundly impacts the quality of life and health care within the province.

SIAST Nursing Division’s team of 254 nationally recognized faculty and staff deliver 16 programs and 140 continuing education courses to more than 5,000 students annually – on campus, in the community and online.

Contact us today to find out more about SIAST Nursing Division programs and courses.

For more information: goSIAST.com/Nursing 1-866-goSIAST (467-4278)
Update from Partners in Recovery

Partners in Recovery is a working group at the Regina Qu’Appelle Health Region’s (RQHR) Inpatient Mental Health Unit at the Regina General Hospital formed in November 2011. Current team members include Tamara Quine, RPN, Lacey Bennett, RPN and Mark Ramnarine, Consumer Advocate. The group’s aim is to have patients and their support persons will feel welcomed to the unit and willing to participate as active members of a diverse care team. The goal is to have patients’ own goals and experiences guide their journey towards recovery and wellness.

Partners in Recovery has completed an Admission Video to orientate patients and their support persons to the unit. The video is shown to newly admitted patients and will be available on the RQHR Inpatient Mental Health and Addictions internet page. The group has also updated policies, such as the electronics policy, in order make the unit more welcoming and patient focused. A Volunteer Program provides inpatients with peer support opportunities and activities for leisure time. A Pet Therapy Program has been established and expanded to the Adolescent Unit.

Staff education opportunities and mechanisms to improve communication have been facilitated by the group. Partners in Recovery is now working on opening the kitchen galley; developing an outdoor space for inpatients; decreasing the restrictiveness of visiting hours; filming an ECT video; developing a family and friends information pamphlet and making computers available for patients on the unit.

The overall goal of Partners in Recovery is to ensure that patients and their support persons will see that the unit is committed to improving the patient experience by transparent, patient driven and continuous measurement of recovery based initiatives. The group welcomes feedback from patients, support persons and Mental Health and Addictions service providers regarding initiatives and new ideas for improvements.

Contributed by Lacey Bennet, RPN
From a Student to a Student:
Mental Health Literacy

Courtney Flanagan and Shannon McClary took on the challenge of engaging today’s adolescents. These second year psychiatric nursing students, currently placed in Prince Albert, SK, designed, researched and implemented a presentation on Mental Health Literacy for students at Carlton High School. This initiative challenged the students to prepare a presentation to a population of their choice on mental health awareness, mental health challenges, and the stigma surrounding these topics. The students went above and beyond expectations and chose a target group they believed to be both vulnerable and impressionable.

The Mental Health Literacy presentation was designed to reach out to high school students by focusing on mental health themes that are relevant and affecting today’s youth. The material was provided to the students at their learning level integrating basic, factual, influential and engaging research. The Mental Health Literacy presentation captivated the audience members, whether they were visual, auditory or kinesthetic learners, which was evident by their participation and the positive feedback received.

In addition to the influential topics, Courtney and Shannon created a simple and concise method to promote Registered Psychiatric Nurses and the RPNAS. The 6 W’s of a RPN were developed, which include:

- What they are
- Why they do what they do
- Where they work
- When they work
- Who they help
- Wholistic care

The material mentioned above allowed for student awareness, interaction and the promotion of mental health awareness. The youth were able to openly express their perspectives and experiences with mental health due to the stigma free environment.

The 6 W’s of a RPN increased their interest in becoming RPNs. The impact of the presentation was not only noted in the high school students but has also further motivated Courtney and Shannon to continue advocating for the promotion of mental health awareness. Special thanks would like to be extended to the instructor and students at Carlton High, the Psychiatric Nursing faculty, the Prince Albert instructor Jamie Louiseize and the RPNAS for their involvement and support.

“We wanted to reach youth with the intention of speaking about marginalized and often ignored topics, while promoting those people who support and are passionate about mental health.”
Courtney Flanagan

“We are passionate about mental health awareness and promoting RPNs because in high school we were both unaware and naïve about what a psychiatric nurse actually is.”
Shannon McClary
Reviewing RPN Scope of Practice

The Saskatchewan Union of Nurses (SUN) has undertaken a project that is aimed at optimizing the roles of RNs/RN(NPs) and RPNs. A series of province wide meetings have been organized to bring the three groups together and explore a series of questions related to the scope of practice for registered nurses. The person at SUN who is heading up this collaborative review of the RNs role was contacted and asked to meet with representatives from the RPNAS to discuss the project and to ensure that the voice of RPNs would have equal representation in the process. A three hour meeting took place at the RPNAS office on February, 4, 2013 with President Shirley Bedford, RPN; Executive Director, Robert Allen, RPN; Registrar, Candace Alston, RPN; Dr. Karl Mack, RPN, EdD; and invited guests, Beverley Balaski, RN and Colin Hein, RN, research/practice advisors with SUN.

The meeting commenced with the review of a presentation that had been prepared by Ms. Balaski and Mr. Hein. As the presentation was reviewed, it quickly became apparent that a lot of dialogue would be needed. The dialogue was focused on the clarification of the RPNs competencies and scope of practice. Ms. Balaski and Mr. Hein had some excellent questions regarding the competencies of RPNs; the dialogue that took place was meaningful and characterized by many discoveries.

There were several discoveries of significant importance, but three really stood out as requiring further discussion and clarification. The first had to do with the lack of clarity that exists regarding the competencies of RPNs and that a ‘scope of practice’ document for PRNs is needed. Secondly, it became clear that more work needs to be done to outline the scope of practice for RPNs. Thirdly, the term ‘registered nurse’ is sometimes used to refer to both RPNs and RNs and other times, used exclusively in reference to RNs, only.

During the meeting it was pointed out to the RPNAs that Registered Nurses (RNs) have the legislated right to coordinate care and that RNs have an exclusive role in regards to this leadership. From SUN’s perspective, the RPNAS was lacking documentation of the RPN’s role regarding having a legislated responsibility to coordinate patient/resident care because it is not stated in the RPN Act, as it is in the RN Act.

A very meaningful discussion took place that clarified that RPNs are not trained to work in all areas of the health care system (pediatrics and obstetrics) as our basic psychiatric nursing education does not include those clinical areas. However, RPNs do have the nursing competencies needed to work in many areas of the health care system, from which RPNs are currently excluded from working. The optimization of the RPN within the health care system and other community based programs is currently characterized as under-utilization and from the perspective of the RPNAS, RPNs clearly have a legislated rote to coordinate patient/resident care in environments in which RPNs have competencies to practice the profession of psychiatric nursing.

A “Scope of Practice” document has been prepared in draft format and was reviewed by the RPNAS Council on March 9, 2013. The RPNs role within the health care system and other community based services should be recognized from an optimal perspective, the same as other health care roles. The current RPN competency document may need to be updated, but the leadership role of the RPNs is clearly articulated. The RPN Act outlines the legislated responsibility of the RPNAs to define the role of RPNs and the Scope of Practice document is intended to start the process of providing more clarity.

Submitted by:
Dr. Karl Mack, RPN, BSW, MS, EdD
(RSW Sask)
CNUR 208: Spirituality & Health (CRN 21045)
A 3-credit, interdisciplinary, online elective
May 7 - June 14, 2013
Capacity – 40 students
(No pre/co-requisites)

Course Description
Learners will explore interdisciplinary literature validating the role of spirituality in health promotion. Learners also will explore challenges, opportunities and best practices for offering culturally-safe spiritual care in an ethno-culturally diverse health care environment.

Course Processes
- Through a variety of contemplative learning activities, learners will deepen their ability to address spiritual needs within themselves, their clients, & their workplaces.
- While course delivery is online, ATTENDANCE IS REQUIRED at an overnight course retreat at Calling Lakes Centre, Fort Qu’Appelle, SK either June 3/4th or June 5/6th (meals & accommodation included in course tuition)

This elective will be of interest to those in a variety of helping professions such as Nursing, Cultural/Pastoral Care, Education, Medicine, Psychology & Social Work

Please direct registration questions as follows:
Nursing Students:
Faculty of Nursing, nursing@uregina.ca
Nursing Student Services (Regina) Nursing Student Services (Saskatoon)
1-306-337-3300 1-306-659-4770
1-855-830-3300 (toll free)

NON-Nursing U of R Students:
Non-Nursing students please contact your University of Regina Admissions or your Faculty
Registration for non-nursing students opens April 3rd

For Admission to U of R:
Please contact University of Regina Admissions – see
http://www.uregina.ca/futurestudents/admissions/index.html

Please direct questions about the course to:
Karen Scott Barss, CNUR 208 Course Developer & Facilitator
Karen.barss@siast.sk.ca 306-659-4114
Mental Health First Aid Canada is training thousands of Canadians to recognize the signs of a mental health problem or illness and respond to emerging mental health problems or emergencies.

This year, Mental Health First Aid Canada trained more than 11,000 people across the country and surpassed a program milestone, training more than 50,000 people in Canada to date.

Among those trained in 2011-2012 were families, teachers, health service providers, emergency workers, volunteers, human resources professionals, staff at community agencies, and municipal, provincial, territorial and federal employees. Courses were also taught in workplaces, at universities and colleges, and at correctional institutions.

http://www.mentalhealthcommission.ca