



Opening Minds Projects

April 2010

HEALTH CARE PROGRAMS

1. ***Addiction and Mental Health (North Bay General Hospital, North Bay, Ontario):*** This project is in development stages but will involve health care providers at North Bay General Hospital as participants and consumers telling their stories. North Bay is amalgamating 3 hospitals (one of which is a mental health hospital) into one new hospital, and wants to reduce stigma before amalgamation takes place.
2. ***Brandon University Psychiatric Nursing Program (Brandon University, Brandon Manitoba & University of Winnipeg, Winnipeg, Manitoba):*** This endeavour is comprised of a recovery narrative assignment as part of a 4th year Psychiatric Rehabilitation and Recovery course. Recovery narratives demonstrate recovery and the inherent strengths of people who face the challenge of psychiatric disability. This assignment involves meeting with an identified client over the course of the term (September to December) to construct a recovery narrative for that client. The recovery narrative assignment has taken place within the Psychiatric Rehabilitation and Recovery course for the past 10 years at the Winnipeg and Brandon sites.
3. ***Castlegar Mental Health and Addiction Services (Interior Health, Castlegar, British Columbia):*** Currently in the development stage this initiative will be aimed at front-line staff in the hospital emergency department and triage services.
4. ***Centre de formation et de preceptorat en santé mentale (Centre hospitalier universitaire, Sherbrooke, Quebec):*** The project involves a panel presentation with a consumer, psychiatrist, care giver and journalist which involves each member discussing mental illness related stigma. The presentation involves the consumer sharing their story with the audience as well as perspectives from the other panel members. There will also be discussion which will be led by a facilitator. Participants will be health care providers or health care providers in training.
5. ***Changing Minds – Newfoundland (Canadian Mental Health Association – Newfoundland Division, St. John’s, Newfoundland and Labrador):*** An innovative, multi-use educational DVD about mental illness was created to address a community need for mental health education, stigma reduction and a better understanding of mental health and mental illness. The DVD contains the stories of 10 consumers and their experience of mental illness and has been used to train health care providers.

6. ***Changing Minds – New Brunswick (Canadian Mental Health Association – New Brunswick Division, Fredericton, New Brunswick)***: An innovative, multi-use educational DVD about mental illness was created to address a community need for mental health education, stigma reduction and a better understanding of mental health and mental illness. The DVD contains the stories of 10 consumers and their experience of mental illness and has been used to train health care providers.
7. ***Client-Educator Programme (Occupational Therapy Department, Faculty of Rehabilitation Medicine, University of Alberta, Edmonton, Alberta)***: is part of the Occupational Therapy Program offered at the University of Alberta to the 1st year MScOT students. The program involves the students meeting with consumers/client-educators. The goal is to help students learn more about persistent mental illness and the myths associated with it. The program takes place over 8 weeks.
8. ***Combating Stigma and Discrimination Among Social Work Professionals and Students (School of Social Work, Faculty of Liberal Arts and Professional Studies, Toronto, Ontario)***: This 3 hour program takes place in a class for social work students at York University. The program addresses different types of stigma. There are 2 people serving as facilitators – one is a consumer-survivor, one is a social work instructor who could also be a consumer. The program includes a lecture explaining mental health, recovery and information on mental health recovery as critical to social work. The “Extra Ordinary People” documentary (see ***Centre for Building a Culture of a Recovery***) is viewed, followed by a discussion.
9. ***Extra Ordinary People (Centre for Building a Culture of a Recovery, Penetanguishene, Ontario)***: This is a documentary on a DVD called “Extra Ordinary People”. It is about stigma and discrimination endured by people with mental illnesses and includes stories of people from a variety of backgrounds including the aboriginal community and young people. It aims to show the power of dignity, spirit and hope found in recovery. The length of the DVD is 109 minutes.
10. ***Healthcare Professionals Champion an Anti-Stigma Approach (Progress Place and the University Health Network (UHN), Toronto, Ontario)***: This approach will involve training healthcare providers in hospitals in the University Health Network (three hospitals in Toronto) with an anti-stigma program delivered by Clubhouse members from Toronto’s Progress Place. The program will take place onsite at each of the three hospitals, and will include clubhouse members telling their personal stories of mental illness and their road to recovery.
11. ***Mental Health Services (Cape Breton Regional Health Authority (Cape Breton, Nova Scotia)***: This program is in development stages but will be aimed at front-line staff in the hospital emergency department.

12. ***Mental Health distress and being in society / Stigma and its implications for nurses (University of Calgary Faculty of Nursing, Calgary, Alberta)***. This first year nursing class of 90 students meets weekly for three hours. During the first week of March, 2010 one class will deal with stigma. The class will include a presentation about stigma research by an Associate Professor. The students will read from "Schizophrenia: Hearing Our Voices" plus view a portion of a related DVD called "Hearing Our Voices".
13. ***Photovoice: Exposing Our Path To Wellness (Canadian Mental Health Association, Thunder Bay Branch, Ontario)***: This involves a creative tool that educates an audience about what it is to live with a mental illness as well as exposing issues surrounding the recovery process. A group of consumers are given disposable cameras, and asked to shoot photos which answer the question, "What is my experience of living with mental illness?" A collage of photos is created and used as a way to talk about what the images mean to them. Five photos are then chosen per individual to include in a presentation as an intervention to reduce stigma. A discussion also takes place.
14. ***Recovery Education (The Self Help Alliance, Guelph, Ontario)***: This venture involves a program led by a consumer. When speaking, the consumer tells his/her personal story first, before talking about the concept of recovery, organizational policies and services needed. The speaker explains what it is like being a consumer in the mental health system.
15. ***Setting the Benchmark and Evaluating and evaluating 18 ERs (The Children's Hospital of Eastern Ontario, Ottawa, Ontario)***: The program is in development stages but will involve health care providers at the Children's Hospital of Eastern Ontario and in 18 Emergency Departments at hospitals in the region. This research project is being managed by Dr. Heather Stuart and will involve input from Aliya Kassam and/or Michelle Koller.
16. ***Stand Up for Mental Health (Stand Up For Mental Health, Vancouver, British Columbia)***: This project involves Stand Up for Mental Health members showing a 1.5 hour video presentation to 2nd year medical students at University of British Columbia, as well as telecasting it to medical students at the Universities of Victoria and Northern British Columbia. The video presentation will consist of trained comedians on stage where they touch upon taking medication, seeing counsellors, getting diagnosed, and surviving the mental health system. SMH uses contact-based education and comedy as a medium by which the road to recovery is described to the audience.
17. ***Understanding the Impact of Stigma: Mental Illness and Addictions (Central Local Health Integration Network (LHIN, Markham, Ontario)***: This program entails consumers talking about the impact of stigma on their recovery and what helped make a difference in their recovery. The consumers do not deliver the training content of the course but rather compliment and reinforce

the content through the sharing of their stories. Clips from a DVD are shown and activities are also conducted. A discussion at the end includes a consumer.

18. ***Walk a Mile in my Shoes (Ontario Shores Centre for Mental Health Sciences, Whitby, Ontario):*** This initiative is based on an innovative approach – the simulation of interactions with patients who have mental illnesses, presented in a video-based format that can be made available over the Internet. The educational content will be based on a cutting-edge recovery-based curriculum aimed at nurses and nursing students.
19. ***IWK Health Centre (Halifax, Nova Scotia):*** The IWK Hospital has offered itself as a test site for anti-stigma efforts in an emergency department setting. The hospital has agreed to conduct benchmarking research to inform Opening Minds about the experiences of patients and their families, including how they feel about the treatment they have received from health care providers. It will also introduce programs for health care providers to reduce the stigma and discrimination experienced by patients and family members.
20. ***Key 56 (Louis H. Lafontaine Hospital, Montreal, Quebec):*** The hospital hired a film-maker and gave him a key (Key 56) to unlock the doors in the psychiatric ward. He followed 2 patients from the time they arrived on the ward until they were back in the community, and created several short episodes which can now be seen on YouTube. The hospital plans to screen the episodes for high school students, to determine the film's effectiveness at reducing stigma.

YOUTH PROGRAMS

21. ***Beautiful Minds/Beautiful Minds in Secondary Schools (Canadian Mental Health Association – Grand River Branch, Guelph, Ontario):*** This is a program aimed at high school youth to increase their knowledge of mental health and to reduce the stigma that surrounds mental health issues. It includes a four component package for teachers to adapt to fit the needs of their classroom. One of components is a live presentation by a mental health facilitator and one or two consumers (persons with lived experience of a mental illness). Consumers receive 8 hours of free training. School support staff is required to be present to support students if needed. It is most often delivered to grade 11 physical and health education classes in a high school setting.
22. ***Challenge Day (Canadian Mental Health Association – Caribou Chilcotin, Williams Lake, British Columbia):*** A 6 hour facilitated, experiential workshop for high school teens. It is designed to break down the barriers that separate teens/adults such as stigma, racism, etc. Teens come in, play games and get to know each other on an entirely different level. When they leave they are connected by a true understanding of each other and a new found respect for those around them.

23. ***Cobblestone Youth Theatre Project (Mixed Company Theatre, Toronto, Ontario)***: This approach offers a forum and a voice for youth who have experienced depression, mental health issues, homelessness and street life. Working with a core group of 10-15 people who experience mental health issues and are homeless, or have experienced homelessness, each Troupe is guided over a three-week period to develop a 75-minute play as a means of creative expression and to educate their community. The plays then tour at community gathering places (hostels, shelters, job training centres) and also for national and international mental health, poverty and activist organizations. The Cobblestone Youth Troupe's use of Forum Theatre, and of actors from within the homeless community, provides multiple perspectives, encourages understanding of different lifestyles, and helps to make people aware of the consequences of the actions they take.

24. ***Durham Talking About Mental Illness (TAMI) Coalition (Ontario Shores Centre for Mental Health Sciences, Whitby, Ontario)***: This is a program which combines education, protest and contact with those who are living with a mental illness. The program offers material to accompany a 5-day curriculum as well as professional development workshops for teachers. The program is delivered by representatives from community agencies, speakers who are living with mental illness (who tell their stories) and community volunteers. Also now offered is a one day Stigma Summit, which involves students and teachers from many high schools coming together for one day at a mental health facility to receive education, experiential exercises and contact with speakers.

25. ***Health Literacy Comic Books (The Healthy Aboriginal Network, Vancouver, British Columbia)***: This program involves comic books created to focus on health and social issues for youth. Topics covered so far are suicide prevention, gambling addiction, diabetes prevention, staying in school and, most recently, a book on anxiety and child & youth mental health.

26. ***Iris the Dragon Series and Brave New Minds Walk (Iris the Dragon (Charity), Perth, Ontario)***: This was founded to create tools in the form of children's books that would address the topic of children's mental health challenges in a non-threatening and supportive way. The books help to educate the readers about mental health and wellness at the same time as showing how a caring community can support children to reach their potential in the community. The books have addressed several topics including Bipolar, Anxiety Disorder, ADHD and the latest one on Asperger's Syndrome.

27. ***Mental Health Matters (Digby Clare Mental Health Volunteers Association, Digby, Nova Scotia)***: This initiative goes into high schools offering panel presentations with a psychiatrist and 2 youths who have personal experience of a mental illness. The presentation involves each member discussing mental illness related stigma. The consumers share their stories with the audience as well as participating with other panel members. An audience discussion is led by a facilitator.

28. ***mindyourmind (Family Service Thames Valley, London, Ontario)***: This is a youth engagement program, primarily on-line, focused on providing accurate information, resources and interactive coping tools created for youth and by youth, who are at risk for stress, mental health disorders, suicide and self-harming behaviours. mindyourmind trains youth teams to develop resources, promote positive mental health and assist in facilitating and developing community outreach/ health promotion presentations. Youth reside at the core of the program. mindyourmind works to reduce stigma and other barriers to youth seeking help.

29. ***Partnership Education Program (Schizophrenia Society of Alberta, Calgary Chapter, Calgary, Alberta)***: This is a panel presentation aimed at reducing the stigma and misconceptions attached to mental illness. Teams of three people, including a person living with schizophrenia, a family member who has an ill relative and a mental health professional, deliver presentations by sharing their personal life stories. The presenter with the illness describes living with schizophrenia, the family member outlines the impact of the disease on the family unit, and the mental health professional provides a clinical overview. Participants will be high school students.

30. ***Partnership Program (Schizophrenia Society of Saskatchewan – Regina Chapter, Regina, Saskatchewan)***: This is a panel presentation aimed at reducing the stigma and misconceptions attached to mental illness. Teams of three people, including a person living with schizophrenia, a family member who has an ill relative and a mental health professional, deliver presentations by sharing their personal life stories. The presenter with the illness describes living with schizophrenia, the family member outlines the impact of the disease on the family unit, and the mental health professional provides a clinical overview. Participants will be high school students.

31. ***Partnership Program (Schizophrenia Society of Saskatchewan – Saskatoon Chapter, Saskatoon, Saskatchewan)***: This is a panel presentation aimed at reducing the stigma and misconceptions attached to mental illness. Teams of three people, including a person living with schizophrenia, a family member who has an ill relative and a mental health professional, deliver presentations by sharing their personal life stories. The presenter with the illness describes living with schizophrenia, the family member outlines the impact of the disease on the family unit, and the mental health professional provides a clinical overview. Participants will be high school students.

32. ***Rendezvous in the Classroom, Workman Arts (Toronto, Ontario)***: Touring to students in local and regional high schools, this program consists of screening short films that address mental illness. A discussion follows the movies with a panel of people including a filmmaker, and those with personal and / or professional experience with mental illness. The program has been designed to fit within a 75-minute class. A resource guide is made available to teachers prior to the screenings. Students from Ontario, both with and without a diagnosis of mental illness, served as curators for the movies which are included in “Rendezvous in the Classroom”. This program builds on the success of Rendezvous with Madness Film Festival’s youth program.

33. ***Talk To Youth Lately (TTYL) (Family Outreach and Response (FOR), Toronto, Ontario):*** The program uses a youth engagement approach. A panel of young people who have either experienced a mental health issue or are a friend or family member of someone who has, go into high schools and present to grade 11 and 12 students. The program involves a 1 hour intervention involving a youth speaker and a facilitator who is in his/her 20's. The personal story comes first, followed by a question and answer session.
34. ***Talking About Mental Illness (TAMI) (Canadian Mental Health Association, Hamilton, Ontario):*** TAMI is an awareness program in the classroom aimed to bring about positive change in students' knowledge and attitudes about mental illness and reduces the stigma that surrounds it. This program provides students in grades 7-12 the opportunity to hear the stories of community members who have experienced mental illness. The program also provides information about local mental health resources that provide support and help to youth coping with a family member or friend's mental illness. The plan is designed to increase knowledge, provide early intervention, and raise awareness of mental health, while decreasing the stigma of mental illness for high school students.
35. ***Talking About Mental Illness (TAMI) (Centre for Addiction and Mental Health, Hamilton, Ontario):*** TAMI is an awareness program in the classroom aimed to bring about positive change in students' knowledge and attitudes about mental illness and reduces the stigma that surrounds it. This program provides students in grades 7-12 the opportunity to hear the stories of community members who have experienced mental illness. The program also provides information about local mental health resources that provide support and help to youth coping with a family member or friend's mental illness. The plan is designed to increase knowledge, provide early intervention, and raise awareness of mental health, while decreasing the stigma of mental illness for high school students.
36. ***Talking about Mental Illness/Parlons de la maladie mentale (Canadian Mental Health Association, Champlain East Branch (Cornwall/Ottawa, Ontario):*** The goal of the program is to reduce mental illness stigma through education. The program's key activities are: to provide teachers/educators with appropriate support and materials to enhance learning from the awareness program; to organize awareness presentations in local high schools or other community venues; to provide an opportunity for high school students to learn from people who have experienced mental illness first-hand; to provide high school students with information about mental illness and local youth friendly resources for support; to provide opportunities for consumer/survivors of mental illness to build their capacity and to support them in their recovery.
37. ***The Dream Team (The Dream Team / House Link, Toronto, Ontario):*** This is a group of people with lived experience of mental health and addiction issues who advocate for more supportive housing

for people who live with chronic mental health and addiction issues in Ontario. By telling their personal stories, by advocating for policy reform, by conducting and presenting research, by educating the public on issues of stigma and human rights, the members of the Dream Team demonstrate the life-altering benefits of supportive housing and strive to create an environment where people with lived experience of mental illness can thrive. Dream Team members take their message to politicians, schools, universities, public servants, service agencies and the general public to increase awareness about the lives and the contributions that people with mental health issues can and do make to the community.

38. ***The New Mentality* (Joint Project of Children's Mental Health Ontario & The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO, Toronto, Ontario):** This project engages youth from across Ontario (both consumers and non-consumers) to address the stigma associated with mental health and advocate for more accessible mental health services for children and youth.

39. ***Youth Net* (Mood Disorders Association of British Columbia, Vancouver, British Columbia):** This program delivers mental health discussions to groups of youth in high schools (at the grade ten level) to educate and reduce stigma associated with mental illness. The presenters are themselves young people with a connection to mental illness. They are recruited, trained and are paid to deliver the program's 90 minute workshop which examines mental illness/health and attitudes toward both. The discussion covers signs and symptoms, stress and healthy coping, and presents personal stories/experiences. The program is delivered in a classroom setting, but without the presence of a teacher/counselor or other adult presenter. The program aims to help youth identify healthy, positive coping skills, to teach signs and symptoms to better recognize mental illness, to emphasize mental health is as important as physical health in your life, and to start kids talking about mental health by exposing myths, thereby erasing stigma.

40. ***Youth Speak* (Laing House, Halifax, Nova Scotia):** This program uses a peer-to-peer education approach to increase knowledge, awareness and understanding of mental health issues while decreasing stigma and discrimination often associated with it. The interactive workshops, led by Laing House members who are mental health consumers themselves, encourage the audience to seek help, speak out and engage in dialogue to break down the barriers of mental illness.