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# **NNMH Bulletin**

**Volume I Issue III**

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## **Dear Reader,**

Welcome to the March 2007 edition of the National Network for Mental Health's NNMH Bulletin. We hope that you find this latest edition both enjoyable and informative.

Please feel free to forward this e-mail on to others within your network who may be interested in events of interest and priority to our organization and its many stakeholders.

Anyone wanting to sign up to receive the bulletin can do so at [www.nnmh.ca](http://www.nnmh.ca). While there, if you haven't done so already, please feel free to join our membership. The larger our

membership, the Stronger our Voice!

**Federal Budget 2007 - What's in it for US?**

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On March 19, 2007 the Federal Budget 2007 was released.

The Federal government should be commended on the budget announcement for the newly announced Canadian Mental Health Commission (CMHC). We have known for many years that a national strategy on mental illness and mental health supports and services needed to be created and implemented in Canada.

Added to the announcement was the confirmation that The Honorable Michael Kirby is to lead the Commission. This is very exciting and important news to the constituency of the National Network for Mental Health.

On May 09, 2006 the Standing Senate Committee on Social Affairs, Science and Technology released the document "Out of the Shadows at Last". Mr. Kirby (then Senator) chaired the Committee as it spent more than three years researching the issues of the mental health system in Canada prior to the release of the final document. What was made clear in that document is that Mr. Kirby, and his colleagues on the Senate Committee, truly heard the voice of consumers living with mental illness and their caregivers and their dissatisfaction with the state of the current mental health system.

In conversations with individuals across Canada, clearly Mr. Kirby is the most trusted by the consumers of Canada to hear our voice and to make changes that will benefit the quality of life of consumers nationally.

We know that the CMHC will be located in Calgary Alberta and that it will have five priorities on the start-up agenda:

- Stigma reduction
- Creation of a national Knowledge Exchange Centre
- Aboriginal mental health
- Children's mental health
- Workplace mental health

Congratulations and Thank you to Michael Kirby for taking up this challenge, and congratulations to the Federal government for recognizing his value.

**CAMIMH News Release**

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Prior to the Federal Budget 2007 the [Canadian Alliance on Mental Illness and Mental Health](#) (CAMIMH) made its voice heard in a press release on the Canada News Wire.

[CAMIMH Press Release of March 16, 2007](#)

[Post Budget press release of March 19, 2007](#)

**CAEs in our Midst**

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On behalf of the Board of Directors of the National Network for Mental Health (NNMH), I would like to take this time to congratulate Constance McKnight, National Executive Director, and David Gallson, National Program Director, for their recent accomplishment of attaining their CAE designation (Certified Association Executive) from the [Canadian Society of Association Executives](#).

As an organization, the NNMH has benefited from the two year commitment of its senior staff to complete their designation, and we know that personally the designation will serve them well in their future endeavors.

Congratulations Again,

Roy Muise CPS, President  
National Network for Mental Health

**Certified Peer Mentor/Specialist Program**

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Since December 2006, a group of dedicated individuals from across Canada have been meeting to discuss the relevance and timeliness of developing a Canadian Peer Mentor/Specialist accreditation model. Peer Specialist training and certification has made a significant contribution to the mental health system in the United States and is a model that is being replicated across the globe.

In the vain of creating such a certification model for Canada, the working group has created a survey that we urge you to complete before its closing date of March 31, 2007.

The survey itself shouldn't take more than 15 minutes to complete, and the value of your opinion will help to shape the future of a Canadian Peer Mentor/Specialist certification model.

[Survey](#)

**Did You Know?**

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- Mental illnesses affect 1 in 5 Canadians during their lifespan
- In first world countries, depression alone is now the greatest cause of disabilities in working-aged women
- Mental illness accounts for 14% of lost workdays. This year alone, Canadians will lose 35 million workdays from mental illness, principally from depression
- 6 of the 10 leading causes of disability are mental disorders
- Almost 50% of years lived with disability are due to mental illness
- People with inadequately or undiagnosed mental illnesses are heavier users of

emergencies, primary care services and family practitioners for physical conditions

**Upcoming Events Across Canada....**

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**International Initiative for Mental Health Leadership**

**August 27 - 31, 2007                      Ottawa, ON**

Since its inception in 2002 IIMHL has undertaken Leadership Exchanges and Conferences.

The philosophy behind the annual IIMHL Leadership Exchange is that once key leaders are linked together they have the opportunity to begin collaborating and building an international partnership. The benefits of such a collaborative effort will cascade down to all staff and consumers. These benefits could include:

- Joint programme and service development
- Staff exchanges and sabbaticals
- Sharing of managerial and operational expertise
- Research
- Peer consultation

Canada and the United States will be hosting the exchange in 2007, with the conclusion of the conference happening in Ottawa August 30 and 31st.

The National Network for Mental Health is a sponsor organization for this event and will be hosting organizations from around the globe at its head office in St. Catharines Ontario prior to the conclusion of the event in Ottawa.

For further information please consult the [International Initiative for Mental Health Leadership](#) website.