

June 2023

# Annual Report

April 1, 2022 – June 1, 2023

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*Rachel Herron, PhD*  
**Director, Centre for Critical Studies  
of Rural Mental Health  
Canada Research Chair  
Department of Geography and  
Environment,  
Brandon University  
Brandon, Manitoba, Canada  
(204) 727-9771**

*Tracy Young, RPN, BScPN, BSc, MPN*  
**Research Facilitator,  
Centre for Critical Studies  
of Rural Mental Health &  
Faculty of Health Studies,  
Brandon University  
Brandon, Manitoba, Canada  
Phone: (204) 571-8532**

Centre Website: <https://www.centreforruralmentalhealth.com/>

# I. Introduction

Brandon University Senate approved the establishment of the Centre for Critical Studies of Rural Mental Health in May 2019. The Centre is in the Faculty of Health Studies with the Dean of Health Studies administratively and financially responsible. The Director of the Centre is Dr. Rachel Herron, the Canada Research Chair of Rural and Remote Mental Health. Co-managing the Centre with Dr. Herron is Tracy Young, the Research Facilitator for the Faculty of Health Studies.

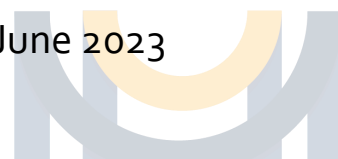
The Centre welcomed Tracy Young into the position of Research Facilitator in September 2022. She brings a wealth of frontline healthcare experience, community connections and research experience. Tracy took over the Research Facilitator experience after Madeleine Kruth left to pursue Medical School at University of Alberta.

The **LOGIC MODEL**, attached, guides Centre activities and outlines criteria for evaluating success. The logic model has four components: Building Research Partnerships, Capacity Building/Infrastructure, Knowledge Mobilization, and Funding. The Logic Model also lists anticipated outcomes resulting from Centre activities.

## MISSION/GOAL

**MISSION:** To produce high quality research on rural mental health through interdisciplinary and community partnerships while building a self-sustaining Centre.

**GOAL:** To accelerate academic research, knowledge mobilization, and community engagement initiatives related to rural and remote mental health and wellness.



## II. Building Research Partnerships

### ADVISORY COMMITTEE

**Rachel Herron** (Faculty of Science,  
Director of Centre)

**Tracy Young** (Research Facilitator for the  
Centre and Faculty of Health Studies)

**Breanna Lawrence** (Faculty of Education)

**Nancy Newall** (Faculty of Science)

**Doug Ramsey** (Faculty of Arts)

**Candice Waddell-Henowitch** (Faculty of  
Health Studies)

**Linda Ross** (Dean of Health Studies)

### PARTNERSHIP COMMITTEE

**Rachel Herron**  
Centre Director

**Tracy Young**  
Centre Research Facilitator

**Chris Bromley**  
Prairie Mountain Health

**Niki Gagnon**  
Suicide Prevention Implementation  
Network

**Gerry Friesen**  
The Recovering Farmer; Community  
Representative/Board Member, MB  
Farmer Wellness Program

**Marian Goldstone**  
Mood Disorders of Manitoba

**Corinne Hamilton**  
Addictions Foundation

**Doug Ramsey**  
Centre Advisory Committee  
Representative

**Candice Waddell-Henowitch**  
Advisory Committee Representative

**Richard Whitfield**  
Community Affiliate

**Duane Ironstand**  
Prairie Mountain Health First Nations and  
Metis Health Liaison

**Nellie Kopitz**  
Coordinator and Counsellor at the  
Aboriginal Healing and Wellness Centre

**Cynamon Mychasiw**  
United Way

#### Membership:

**21** Research Affiliates

**14** Community Affiliates

**4** Professional Affiliates

**4** Undergraduate Student

**1** Post Doc

**Total: 48**

The Centre always welcomes new membership.  
If you are interested, please contact, Tracy  
Young, Research Facilitator:  
[youngt@brandonu.ca](mailto:youngt@brandonu.ca)

## Research Assistants

7 Research Assistants have contributed to the work of the Centre over the last 14 months, on such things as literature searches, literature reviews, interviewing, transcribing, assisting with and coordinating various CCSRMH research projects, and more.

**Stephanie Spence**

**Cassidy Rempel**

**Jasmin Bhasin**

**Megan Secord**

**Rhianna Nelson**

**Alex Skelton**

**Camille Punay**

## Featured Research with Research Assistants:

### **A Warrior's Red Road: Connecting to Culture through Drum Making**

[www.awarriorsredroad.com](http://www.awarriorsredroad.com)

**Presenter: Stephanie Spence** – presented on several occasions locally as well as at the American Men's Studies Association (*AMSA*) 2023 *Conference*

**Key Words:** Indigenous men, ceremony, culture, brotherhood

**Abstract:** Due to continued colonization in Canada, Indigenous people lack opportunities to connect with cultural practices. Specifically, Indigenous men deal with negative stereotypes about their ability to fulfill social and cultural obligations. Indigenous men also deal with the added burden of lack of programming to address their specific needs as men and fathers, and intergenerational trauma. Despite decades of literature supporting Indigenous cultural programming as a means to increase and support wellness, difficulties obtaining consistent and sustainable funding lead to further program problems. Additionally, research on Indigenous men's programming rarely follows up with participants to understand the impact of programs over time. To address this, we engage with Indigenous and Spiritual leaders through community-based action research to deliver and evaluate land-based cultural practices by



hosting a program that helps connect Indigenous men to their inherent right of traditional hunting, harvesting, and drum making. The program followed Indigenous men through a traditional hunt, harvesting, creation of drums, awakening of the drums and numerous sharing circles for over a year. We aimed to improve cultural connection for men while building and evaluating traditional programming, and developing a method for the Indigenousization of research that can further benefit Indigenous communities. Through sharing circles, individual interviews and photovoice, we determined two central resources required to run programs and five overall impacts. This presentation shares the men's voices and photographs to tell the program's story and the importance of this type of research. An Indigenous research assistant presents the findings from the research integrated with their own personal perspectives. We hope that by disseminating the findings of this research, local Indigenous organizations will be able to secure sustainable funding and resources to continue to support Indigenous men in healing and wellness through land-based learning. We also hope that the conversations led by the presenter continue discussions about conducting engaged research with Indigenous partners and community.

**Co-Authors:** Candice Waddell- Henowitch, Jason Gobeil, Rachel Herron, Marti Ford & Jonathan Allan

**#drumspeaks**

**A CALL TO ACTION FOR ONGOING FUNDING TO SUPPORT INDIGENOUS MEN'S HEALING & WELL-BEING**

Indigenous men\* have higher rates of:

- incarceration,
- interpersonal violence,
- intergenerational trauma, and

a lack of programs and services addressing their specific needs.  
\*compared to non-Indigenous men, (Ivers & Anderson, 2015).

Research out of Brandon University demonstrates land-based cultural programming, like drum-making, supports the healing & well-being of Indigenous men, communities & families.

Scan to learn more

"To be able to have these extensions of myself. This is what healed me as a young man who has been through so much in my life. This drum has saved me."

Ongoing funding that supports this type of programming promotes healthy Indigenous men by providing:

KNOWLEDGE      RELATIONSHIPS  
 HEALING      PURPOSE      PRIDE

For more information: [www.awarriorsredroad.com](http://www.awarriorsredroad.com)

BRANDON UNIVERSITY  
 Social Sciences and Humanities Research Council of Canada  
 Centre for Critical Studies of RURAL MENTAL HEALTH  
 CANADA RESEARCH CHAIRS CHAIRS DE RECHERCHE DES CHAIRS  
 Canada  
 OHTIKA OCHIKIA  
 NOVEMBER

### III. Capacity Building



CENTRE FOR CRITICAL STUDIES OF  
**RURAL MENTAL HEALTH**

**ANNUAL GENERAL MEETING  
& STUDENT GATHERING**

**APRIL 11TH, 2023**  
**AGM: 9 AM-12 PM STUDENT EVENT: 12-1 PM**

**HE OYATE TAWAPI CEREMONY ROOM**  
**HEALTH STUDIES BLDG - RM 141**  
**BRANDON UNIVERSITY**

**Share research information and partner resources;  
discuss rural challenges; set goals for research and  
the promotion of rural mental health.**

**All CCSRMH Members & Partners, as well as those  
interested in joining the CCSRMH, are welcome to attend.**  
**FOR MORE INFO & RSVP, EMAIL: [youngt@brandonu.ca](mailto:youngt@brandonu.ca)**

- **CCSRMH Annual General Meeting, April 1, 9-12: Over 30 members attended!** Attendees learned about shared interests in rural mental health and recent research at the Centre. A key feature of the event was a brainstorming session focused on key issues and future collaborative actions.
- **CCSRMH Student Lunch & Learn Event, April 11<sup>th</sup>, 12-1:** Following the CCSRMH AGM students and student advocates came together to learn more about the Centre and to help identify how the Centre can further support student opportunities on Campus and within the realm of research.



## Capacity Meetings & Partnership Opportunities

- Rachel and Tracy were invited to meet with **Federal Minister Rural Economic Development, the Honorable Gudie Hutchings**, for a rural healthcare roundtable discussion with other constituents, including Erika Stebbings from the Canadian Association for Rural and Remote Nursing (CARRN), Dr. Sarah Newbery from the Northern Ontario School of Medicine, Stan Marchuk from the Nurse Practitioner Association of Canada, and Dr. Kathleen Ross from the Canadian Medical Association. We were asked to comment on the pros and cons of remote service delivery, mental health care needs, and economic developments in support of rural healthcare.
- A second roundtable discussion was held on Feb 15<sup>th</sup>, with the **Federal Minister of Rural Economic Development**. This discussion was centered on provincial and rural response to the recent Federal announcement about the Canada Health Transfer top up. Rachel and Tracy followed up with local and provincial leaders to continue to advocate for rural mental health care needs.
- The CCSRMH sent a letter to local and provincial political representatives introducing the work of the CCSRMH, advocating for changes to support the rural healthcare workforce, and offering to collaborate on future initiatives. This brought about a request for a **Tour of FHS – Psychiatric Nursing program and a Centre Meet & Greet with the Honorable Janice Morley-Lecomte, Minister of Mental Health and Community Wellness, MB.**
- The Centre for Critical Studies of Rural Mental Health secured a contract with Prairie Mountain Health to evaluate the accessibility, impact, delivery, and scalability of the mobile Rapid Access to Addictions Medicine services to rural communities. This research will inform the development and future expansion of rural addictions services in PMH, provide funding and training for three research assistants, and enable the centre to advance research in multiple priority areas.

- Two practicum students worked with the Westman Youth Wellness Hub (Huddle) to develop an evaluation tool to help the organization understand youth experiences of the wellness hub and make improvements to services.

### **Capacity Building Workshops**

#### **June 2<sup>nd</sup>, 2022 - Piloting the Kritik platform: Faculty & student perspectives.**

##### **Speakers:**

Kim Ryan, Department of Psychiatric Nursing, Brandon University

Kristen Hardy, Faculty of Health Studies, Brandon University

Martha Kovack, Faculty of Education, Brandon University

Curt Shoultz, Director, Centre for Teaching, Learning and Technology, Brandon University

#### **June 15, 2022 - Research, policy, and practice**

##### **Speaker:**

Prof. Jack Lindsay, Chair of ADES, Brandon University

#### **June 22, 2022 - The use of plain language in research settings**

##### **Speaker:**

Catherine Rodgers, Director of Communications, People First of Canada

#### **June 29, 2022 - Knowledge Translation 101**

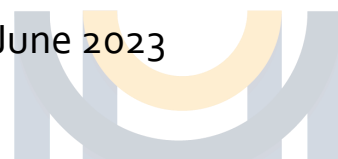
##### **Speaker:**

Leah Crockett, PhD Candidate, Dept. of Community Health Sciences, University of Manitoba

#### **April 6<sup>th</sup>, 2023 - Doing Public Scholarship: Some Practical Tips for Media Engagement**

##### **Speaker:**

Dr. Chris Schneider, Department of Sociology, Brandon University





# IV. Knowledge Mobilization

## Communication

Website: <https://www.centreforruramentalth.com/>

Twitter: <https://twitter.com/CCSRMH>

Facebook: <https://www.facebook.com/CCSRMH/>

Instagram: <https://instagram.com/CCSRMH/> \*Added March 2023

## Seminar Series

The following outlines the seminar series that were offered in the period of this report. All seminars were advertised across BU Campus to faculty, students, the Registered Nurses Association of Manitoba, the College of Registered Psychiatric Nurses of MB, the Prairie Mountain Health Region via weekly staff updates, to all CCSRMH Partners and community contacts. An average of 10 attendees joined each of the seminars in the 2022/2023 year.

### **CCSRMH & FHS Seminar & Workshop Series 2022-2023**

**April 7th, 2022 - Rural emergency medical responder mental health experiences during COVID-19: A study in burnout and moral injury**

Speaker:

Madeleine Kruth, MSc BA BSc

Research Facilitator - Faculty of Health Studies & Centre for Critical Studies of Rural Mental Health

Brandon University

**April 27th, 2022 - Belonging and mental well-being: Perspectives of Brandon University Students during COVID-19**

Speakers:

Nadine Smith & Candice Waddell-Henowitch, Department of Psychiatric Nursing, Brandon University

Jan Marie Graham, Department of Nursing, Brandon University

Michelle Lam, Director, BU Cares, Brandon University

Danielle De Moissac, Département des sciences expérimentales, Université de Saint-Boniface

**May 18th, 2022 - Incivility in nursing education: Sources of bullying and their impact on nursing & psychiatric nursing students**

Speakers:

Dr. Kathryn Chachula, Dr. Nora Ahmad, & Nadine Henriquez, Department of Nursing, Brandon University

Nadine Smith, Department of Psychiatric Nursing, Brandon University

**May 25<sup>th</sup>, 2022 - New graduates' transitions to practice**

Speakers:

Dr. Kathryn Chachula, Department of Nursing, Brandon University

Debra Dusome & Nadine Smith, Department of Psychiatric Nursing, Brandon University

**Dec 1, 2022 - The Effects of Mattering, Adaptation, Social Support and Loneliness on Psychological Well-Being of International Students in Canada amidst COVID-19**

Speaker:

Dr. Susan Chang Su, Assistant Professor Department of Psychology, Faculty of Science Brandon University

**Dec 8, 2022 - Roots and Routes of Rural Homelessness in Manitoba**

Speakers:

Candy Jones, Faculty of Education

Michelle Lam, BU Cares

Jan Marie Graham, Faculty of Health Studies

Grace Stone, Research Assistant Brandon University (\*Student - not able to present – coinvestigator/author)

**March 2, 2023 - Healing as a Warrior: Reflections of an Indigenous Student Research Assistant Navigating Two-Worlds**

\*\*Student Speaker:

Stephanie Spence, Psychiatric Nursing Student, Faculty of Health Studies

Research Assistant – CCSRMH & BU Cares

Brandon University

**March 9, 2023 - Re-Imagining the Relationship of Social Determinants to Mental Health and Eco-Poetics: Narratives of Depression in Decertified Spaces**

Speaker:

Dr. Eftihia Mihelakis, Associate Professor and Chair, Department of Francophone Studies and Languages, Brandon University



**March 16, 2023 - Recognizing the Wrong: The Use of Sexual Violence Victims/Survivors Narratives and Historical Document Analysis to Inform Policy in Post-Secondary Institutions**

Speaker:

Dr. Candice Waddell-Henowitch, Associate Professor, Department of Psychiatric Nursing  
Brandon University

**March 23, 2023 - A Preliminary View of Violence in Long Term Care in Manitoba**

Speaker:

Dr. Rachel Herron, Associate Professor, Department of Geography & Environment  
Director, Centre for Critical Studies of Rural Mental Health, Brandon University

## Mental Health on the Prairies



# Mental Health on the Prairies

CONFERENCE & CONVERSATION

A dedicated group of volunteers under the direction of Co-Chairs: Catherine Baxter and Maria Kent continue to guide the planning for the next Spring 2024 MHoP Conference & Conversation.

***SHOUT OUT*** to **MEGAN SECORD**, Research Assistant & MHoP Conference Planner for this anticipated event.


## Film Screening

A short film that celebrates creativity, joy, playfulness, community, and connection — for people living with dementia and their carers made it's Brandon debut during Alzheimer's awareness month.

The film springs from a long-running research collaboration with Brandon University. Dr. Rachel Herron is a BU researcher who recently completed a four-year research project with Dr. Mark Skinner at Trent University and Dr. Rachel Bar, Canada's National Ballet School Director for Research. Their research explored how "Sharing Dance Older Adults," a dance-based program for older adults developed by Canada's National Ballet School and Baycrest, improved the social inclusion of people living with dementia and their carers.

Canada's National Ballet School presents

# Dancer Not Dementia



**Celebrate the creativity, joy, playfulness, community and connection of dancers living with dementia and their carers.**

Directed and edited by **Anthony Grani**  
Cinematography by **Jessica De Los Santos**

CANADA'S NATIONAL BALLET SCHOOL  
*Sharing Dance*  
Lozinski Centre for Community Dance

Lozinski Centre for Community Dance at NBSS  
Founding Donors & Honorary Chairs  
Joan & Jerry Lozinski

Financial contribution from  
Public Health Agency of Canada  
Agence de la santé publique du Canada



## V: Research Funding

### PMH Mobile RAAM: \$25,000

- Rachel Herron, Tracy Young, Nora Ahmed, Karen Batson, Dana Naismith, along with Research Assistant's Stephanie Spence, Camille Punay, Alex Skelton are involved in a new funded opportunity/contract with Prairie Mountain Health to evaluate the accessibility, impact, delivery, and scalability of the PMH mobile RAAM services to rural communities. The pilot program will be offered in three rural communities with adjacent First Nations communities. This is a very exciting and important initiative for our health region, as well as a key partnership for the University and the Centre for Critical Studies of Rural Mental Health.

### BURC Grants 2023 – Congrats CCSRMH Members & Health Studies Faculty

*Rachel Herron* - Healing Rural Health Systems: Evaluating the Effectiveness of Social Media in the Dissemination of Knowledge \$ 4,999.00

*Candice Waddell-Henowitch* - Warrior's Red Path: Using a Knowledge Translation Evaluation to Advocate for Indigenous Men's Mental Health and Wellness Land-Based Initiatives \$ 4,993.00

*Kathryn Chachula* - New Graduates' Transition-to-Practice Amid the Pandemic \$ 2,000.00

*Nadine Henriquez* - Implementing a 2SLGBTQIA+ Family Case Model Education Intervention with Undergraduate Nursing Students \$ 2,000.00

**Fall Intake CCSRMH/FHS Grants** - Although the typical review process was quite delayed this past fall, until a full Review Committee could be identified, reviews were completed and recommendations for two Fall FHS Grants were made at the end of 2022.

1. Jan Marie Graham, Olufunke Sophia Adeleye, Catherine Baxter, Stacey Beeston, Oluchukwu Gladness Chijioke, Carly Mantharack, Akech Mayuom, Candice Waddell-Henowitch, Mariam Warsame, Stephanie Spence, Faithful Itohan Atomon  
*Informing Policy Creation to Support BIPoC Students in Nursing and Psychiatric Nursing Program, Approved*
2. Laura Van Mulligen, Krista Callahan, Nora Ahmad, Michelle Lam, Michelle Lowe-Puhach - *Exploring Microaggression and Cultural Competency from Nursing Students' Perspectives: What Level of Awareness, Knowledge, and Skill do BN and BScPN Students Have? Approved*



# Scholarly Contributions by Centre Members

Epp, D., Rauch, K., Waddell-Henowitch, C., Ryan, K. D., Herron, R. V., Thomson, A. E., Mullins, S., & Ramsey, D. (2022). Maintaining Safety While Discussing Suicide: Trauma Informed Research in an Online Focus Groups. *International Journal of Qualitative Methods*, 21. <https://doi.org/10.1177/16094069221135973>

Ryan K.D., Mullins S, Thomson A, Herron R.V., Waddell-Henowitch C, Rauch K, Epp D. Setting a lived experience agenda for rural suicidality research in Canada. *Rural and Remote Health* 2022; 22: 7559. <https://doi.org/10.22605/RRH7559>

Herron, R. V., Lawrence, B. C., Newall, N., Ramsey, D., Waddell-Henowitch, C. M., & Dauphinais, J. (2022). Rural older adults' resilience in the context of COVID-19. *Social Science & Medicine* (1982), 306, 115153. <https://doi.org/10.1016/j.socscimed.2022.115153>

Waddell-Henowitch, C., Gobeil, J., Tacan, F., Ford, M., Herron, R. V., Allan, J. A., Kruth, M. L., & Spence, S. (2022). A Collaborative Multi-Method Approach to Evaluating Indigenous Land-Based Learning with Men. *International Journal of Qualitative Methods*. <https://doi.org/10.1177/16094069221082359>



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