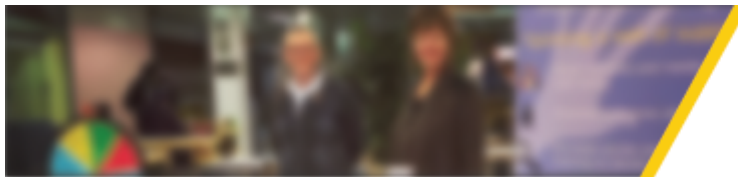




CENTRE FOR CRITICAL STUDIES OF
RURAL MENTAL HEALTH

December 2021 Newsletter

Monthly Highlight



Suicide Prevention Implementation Network

The Suicide Prevention Implementation Network (SPIN) is a network of organizations, and community people who work together to promote mental wellness and reduce the risk of suicide. Our network meets on a monthly basis to share community activities, identify gaps and needs for the Brandon and area. SPIN develops a yearly action plan to follow, which is guided by our objectives, Mission and goals. SPIN's goals include striving to build resilience and mental well-being in our community members. SPIN takes time to attend wellness fairs to promote awareness of the crisis services and community resources. These events along with our community stakeholders help open up a dialogue with individuals to reduce stigma around asking for help, and to collect information from the community as to what people need for services. SPIN wants to encourage all people in distress to seek help. One of SPIN's most popular items is the power card. This wallet sized resource card is filled with the community's resources for easy access. Agencies are welcome to request this resource card to have in their work places to provide to their

Livingworks -START online program.

More information on these educational opportunities are posted on the SPIN website www.spinbrandon.ca for people to explore and register.

Another important resource SPIN offers is the Brandon and Area Suicide Bereavement Support Group. This group recognizes the unique and often complex grief a loved one goes through when they have lost someone to suicide. This group provides a safe place to share your story and feelings, while providing hope in moving forward.

To get connected to this support group, please contact Amy at

204-761-4083

or email

brandonareaSBSG@gmail.com

To stay up to date on SPIN's activities please follow us on social media,

Facebook: spinbrandon

Instagram: @spin_brandon

Twitter: @brandon_spin

It is important to stress that we are not a crisis service but a committee who wants to assist the community to access resources when in need. SPIN is proud to have been in the Brandon and area for the last 20 years. SPIN is also grateful to the United Way Brandon and District for the funding of an administrative support to enhance our community presence.

If you would be interested to participate on the committee please contact SPIN at 204-578-2599 for further information.

Submitted by Niki Gagnon

CRISIS SUPPORT

Child & Adolescent Treatment Centre 204-578-2700 or 1-866-403-5459

Westman Crisis Services 204-725-4411 or 1-888-379-7699

Manitoba Suicide Prevention and Support Line 1-877-435-7170

Manitoba Farm, Rural & Northern Support Services 1-866-367-3276

Kids Help Phone 1-800-668-6868 or text TALK to 686868

Indigenous Hope for Wellness Helpline 1-855-242-3310

Canada Suicide Prevention Service 1-833-456-4566 or text 45645

Residential School Survivor Support Line 1-866-925-4419

SUPPORT GROUPS

Anxiety Disorders Association 204-725-8550

Mood Disorders Association 204-721-2174

Brandon Suicide Bereavement Group

204-761-4083 or brandonareaSBSG@gmail.com

LINKS AND RESOURCES

spinbrandon.ca

moooddisordersmanitoba.ca

adam.mb.ca

stresshacks.ca

afm.mb.ca

kidshelpphone.ca

reasontolive.ca

supportline.ca

Member Showcase

Niki Gagnon

Chair of the Suicide Prevention

Implementation Network Brandon and Area

Niki is a Registered Psychiatric Nurse who

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works full time with Prairie Mountain Health and also provides private Counseling at Home Counseling and Wellness.

BLUE MONDAY ((ripples))

Holding on to Hope: Surviving, Reviving, & Thriving in Challenge & Change

Free Virtual Event - Space is Limited*

Keynote Speaker: Paul Wesselman - The Ripples Guy

Date: January 24th, 2022

6:30pm - 8:00pm

*First 100 to Register Recieve a Local Mental Wellbeing Resource Package and Gift from Keynote Speaker

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((ripples))



Keynote Speaker:

Paul Wesselmann
The Ripples Guy

FREE VIRTUAL EVENT - SPACE IS LIMITED
FIRST 100 TO REGISTER RECEIVE A LOCAL MENTAL
WELLBEING RESOURCE PACKAGE AND GIFT FROM
KEYNOTE SPEAKER

BLUE MONDAY

Holding on to Hope: Surviving, Reviving,
& Thriving in Challenge & Change.

JANUARY 24, 2022

6:30 - 8:00 P.M.

Presented by:



Mood Disorders
Helping people
help themselves



PRAIRIE MOUNTAIN HEALTH



REGISTER AT:

[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZ0KDUMTQTKUETS6JQC77BIUYVVKV7CBAJ](https://us02web.zoom.us/join/register/tz0kdumtqtks6jqc77biuyvkv7cBAJ)

Special Announcements

Donna Epp, the Research Facilitator and Co-
Founder of the Centre for the Critical Studies of

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Donna has worked with Rachel Herron, the Director, to create a Centre we can all be proud of. We'd like to extend a huge thank you to Donna for all of her hard work and her contributions to all of the research accomplished by the Centre, their partners, and community members.

Podcasts



Suicidality in Rural Communities Podcast - BU Cares

Three podcasts were developed based on the results from a project the Centre completed on 'Suicidality in Rural Communities'.

The discussion includes our very own Kyrra Rauch (Research Assistant for the Centre). This special three-episode series was aired on the BU Cares 'Leaning In and Speaking Out' podcast.

Listen here: [Suicidality in Rural Communities - Part One](#)

The first episode features guest Richard Whitfield, Centre member and mental health advocate, where they discuss the impacts of stigma on mental health and suicide in rural communities.

Listen here: [Suicidality in Rural Communities - Part Two](#)

She is joined next by Kim Moffat, Centre member and Farm Wellness Consultant, where they discuss services and accessibility in rural areas.

Listen here: [Suicidality in Rural Communities - Part Three](#)

on lived experience of suicide, including experiencing suicidal ideation and knowing someone who died by suicide. They leave listeners with a message of hope.

Kudos & Grants



Kudos

Presentations:

Ahmadu, M., Herron, R., Allan, J., Waddell-Henowitch, C., & Roger, K. (2021, October 21). *“Talk about it”: A preliminary analysis of masculinity and mental health in rural Manitoba* [Conference presentation]. Mental Health on the Prairies Conference and Community Conversation, Brandon, MB.

Graham, J. M. (2021, October 21). Sexual Health Practices and International Students: What We Know So Far [Conference presentation]. Mental Health on the Prairies Conference and Community Conversation, Brandon, MB.

Kruth, M., Herron, R., Doell, S., Lawrence, B., Ramsey, D., Waddell-Henowitch, C., Smith, N. et al. (2021). Rural healthcare workers' mental health experiences during COVID-19. Mental Health on the Prairies Conference and Gathering. Brandon, Manitoba. October 21, 2021. 3 Minute Thesis Presentation.

Ryan, K., & McKenzie, T. (2021, October 21). Equine Assisted Psychotherapy/Learning Effectiveness: Preliminary Research Findings [Conference presentation]. Mental Health on the Prairies Conference and Community Conversation, Brandon, MB.

Rauch, K., **Epp, D., Herron, R., Waddell-Henowitch, C., Thomson, A., Ryan, K., Mullins, S., Ramsey, D., & Lee, S.** (2021, October 21). Suicidality in rural

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Community Conversation, Brandon, MB.

Smith, N. L. & Graham, J. M. (2021). When the nurse is the "Tough Guy". Mental Health on the Prairies Conference and Gathering. Brandon, Manitoba. October 21, 2021. 3 Minute Thesis Presentation.

Smith, N., Graham, J. M., Waddell-Henowitch, C., de Moissac, D., Gueye, N. (2021). Technology and university students' mental health. Mental Health on the Prairies Conference and Gathering. Brandon, Manitoba. October 21, 2021. 3 Minute Thesis Presentation.

Smith, N. (2021). Vertical violence against student nurses: The role of power in the clinical setting. Mental Health on the Prairies Conference and Gathering. Brandon, Manitoba. October 21, 2021. 3 Minute Thesis Presentation.

Smith, N., Chachula, K., Dusome, D. (2021). Finding balance and belonging while facing racism, sexism, and criticism: The first year of RPN and RN transition in the workforce. Canadian Federation of Mental Health Nurses Virtual Conference. October 21, 2021. Oral Presentation.

Publications:

Ahmadu, M., Herron, R. V., Allan, J. A., & Waddell, C. M. (2021). Identifying places that foster mental health and well-being among rural men. *Health & place*, 71, 102673.



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