



CENTRE FOR CRITICAL STUDIES OF
RURAL MENTAL HEALTH

September 2021 Newsletter

Monthly Highlight



United Way
Brandon & District

United Way of Brandon & District

United Way Brandon & District is a local organization that works to impact the lives of the people here in our own community. As a working and financial partner to many front line social service agencies, we are often seeing the correlation between mental health struggles and poverty, addiction, homelessness, abuse and overall self-worth. Our mental health affects the way we feel and act, how we handle stress, relate to others and make healthy choices.

United Way impacts the lives of 1 in 3 people in our community. Coincidentally, prior to the pandemic 1 in 3 individuals over the age of 15 indicated significant mental health or substance abuse challenges. These numbers have only grown over the past year as the increase in isolation, fear, and uncertainty caused a deterioration of mental health for so many. A great deal of how we recover as a society will depend on the support, de-stigmatization and conversation surrounding mental health.

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spread effects of mental health require cross-sector advocacy and research to fully understand what we need to do moving forward. We are thrilled to be part of a network of individuals providing mental health education and stimulating the conversation locally and throughout rural Manitoba.

Submitted by Cynamon Mychasiw (She/Her), Chief Executive Officer at United Way of Brandon & District, Member of the Centre for the Critical Studies of Rural Mental Health Partnership Committee.

[Visit their website!](#)

Member Showcase



Cynamon Mychasiw (She/Her)

Chief Executive Officer at United Way of Brandon & District

Member of the Centre for the Critical Studies of Rural Mental Health Partnership Committee



Mental Health on the Prairies Conference 2021

After an abrupt cancellation in 2020 due to the Covid-19 pandemic, Brandon University Centre for Critical Studies of Rural Mental Health is excited to bring back the Mental Health on the Prairies Conference this October. The goal of the

about mental health.

Keynote speakers include Jordin Tootoo, former NHL star, best-selling author, and mental health advocate, and Dr. Michael Ungar, renowned resilience specialist and best-selling author. Jordin Tootoo will speak to why 'Inclusivity Matters' and Dr. Michael Ungar is providing a 2-hour workshop on 'Nurturing Resilience Through a Strong Community' as well as free community talk. The conference also features a lived experience panel where registrants will hear from those with personal stories of mental illness, rapid research presentations with ample time for questions and discussion, and a world café which is used to foster conversations around critical questions to conclude the conference.

The conference will take place virtually over Zoom **October 20th, 21st and 28th, 2021** and registration is only **\$50.00**.

A more detailed program will follow, please visit <https://www.brandonu.ca/mhp/> for more details and registration.

Contact prairiehealthconference@brandonu.ca if you have any questions.

Kudos & Grants



Grants

Faculty of Health Studies/Centre for Critical Studies of Rural Mental Health Grant

Deadline: October 15th, 2021

A Faculty of Health Studies and the Centre for Critical Studies of Rural Mental Health Research Grant is available to Primary Investigators who are tenured and tenure track faculty in Health Studies **or** to co-primary investigators from Health Studies and the Centre. The total amount of funding available annually

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For more information go to:

<https://www.centreforruralmentalhealth.com/funding-opportunities>

Kudos

Chachula, K., Smith, N., & Dusome, D. *Transition to Practice: Finding Our Methodological Way Without Losing Ourselves*. Abstract accepted for poster presentation at the International Institute of Qualitative Methodology: Thinking Qualitatively Conference – Virtual International Conference hosted by UBC Okanagan: July 5, 2021..



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2021 Centre for the Critical Studies of Rural Mental Health,
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