



HEALTH STUDIES BRANDON UNIVERSITY

https://www.centreforruralmentalhealth.com/

CHECK OUT THE WEBSITE

Thanks to our Research Assistant, Parklan Cross, our website is being updated on a regular basis. Take a look for:

- A link to a new article by Rachel Herron et al. on masculinities, mental health and rural places.
• A link to a podcast on rural men's mental health featuring Centre members Richard Whitfield, Rachel Herron and Candice Waddell.
• Two webinars in the member support section: one on how to do transcription and one on knowledge translation.

We are now on Facebook and Instagram.

ENHANCING NEWCOMER WELLNESS THROUGH RESEARCH AND COMMUNITY PARTNERSHIP

The Centre has received a Brandon University Student Union Work Study Grant to work with Westman Immigration Services (WIS) to develop a program for newcomer mental wellness. A Research Assistant (Joslin Mamuric) has completed a literature review to identify best practices for newcomer mental wellness programming. Through discussions with WIS personnel, and based on the learning from the literature review, a series of modules are being developed along with a facilitator guide. The modules will be set up so that no special training is required to deliver them. The sessions can be delivered as individual modules to accommodate a 'drop-in' audience. Examples of topics include: coping with loneliness and isolation, coping with anxiety, coping with trauma, coping with stress, and coping with homesickness.



Joslin Mamuric, Research Assistant 4th Year Psychiatric Nursing Student

THE ENACTING AUTISM AND INCLUSION MULTIMEDIA STORYTELLING PROJECT

Dr. Patty Douglas is currently transitioning the Re-Storying Autism digital storytelling research to online. The research team will be making short videos with family members, educators and autistic young people about their experiences of education. The team anticipates the stories will reflect what's changed since COVID in some important ways. The Brandon/MB based workshop is scheduled for August 2020.

For more information, go to www.restoryingautism.com

Kudos—Grants

- Allan, J. (2020). Masculinity and disability in the popular romance novel. Brandon University Research Committee Research Grant: \$4988.00.
Chachula, K. (2020). RPN and RN transition to practice. Brandon University Research Committee Research Grant: \$5,000.00.
Douglas, P.—co-investigator of a 7 year SSHRC partnership grant for 2.5 million dollars titled: "What is the best policy mix for diverse Canadian families with young children? Reimagining Canadian family policies (Childcare, Parental Leave, and Employment Policies)".
Clements, K. (2020) Community mental health activism. Brandon University Research Committee Knowledge Mobilization Grant: \$1,100.00
Smith, N. L., Graham, J. M., Waddell, C., de Moissac, D., Lam, M. Belonging, pride, and mental well-being: Perspectives of Brandon University students. Faculty of Health Studies Grant: \$2,500.00
Thomson, A. (2020). Recovery oriented milieus: Nursing practices in acute care mental health settings. Brandon University Research Committee New Investigator Grant: \$2776.00.

Publications

- Herron, R., Amahdu, M., Allan, J., Waddell, C., & Roger, K. (2020). "Talk about it:" Changing masculinities and mental health in rural places?. Social Science & Medicine, 113099.
Waddell, C.M., Graham, J.M and Pachkowski, K. (2020). Battling Stigma in a stigmatized profession: A secondary analysis of Registered Psychiatric Nurse professional identity research. Issues in Mental Health Nursing. doi:10.1080/01612840.2019.1710009