

April 2021

Annual Report

May 22 2019-March 31 2020

April 1 2020-March 31 2021

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

Donna Epp

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	2
II. Build Research Partnerships	3
III. Examples of Partner Organizations and Community Members	4
IV. Capacity Building/Infrastructure	6
V: Funding	19
Appendix A: Scholarly Contributions by Centre Members	20



I. Introduction

Brandon University Senate approved the establishment of the Centre for Critical Studies of Rural Mental Health in May 2019. The Centre is located 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 Donna Epp, the Research Facilitator for the Faculty of Health Studies.

Logic Model

The logic model below guides Centre activities and outlines criteria for evaluating success. The logic model has four components: Build Research Partnerships, Capacity Building/Infrastructure, Knowledge Mobilization, and Funding. The Logic Model also lists anticipated outcomes as a result of Centre activities.

MISSION/GOAL

MISSION:

To produce high quality research on the subject of 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

Centre for Critical Studies of Rural Mental Health 2020/21				
Components	Build Research Partnerships	Capacity Building/Infrastructure	Knowledge Mobilization	Funding
Objectives	<ol style="list-style-type: none"> Build on existing research strengths and partnerships within the University and external to the University Develop new research partnerships and collaborations with the community beyond Brandon University including local, provincial, national, and international organizations and agencies 	<ol style="list-style-type: none"> Build research capacity within Brandon University faculty in the area of rural mental health Build research capacity in both undergraduate and graduate students from across Brandon University 	<ol style="list-style-type: none"> Establish mechanisms for knowledge mobilization from the rural and remote mental health research 	<ol style="list-style-type: none"> Develop a small projects funding pool to support research in rural mental health and wellness
Activities	<ul style="list-style-type: none"> Advisory Committee made up of faculty and external community representatives meets Partnership Committee will meet Recruit faculty and community to become members of the Centre A newsletter will go to members every two months to highlight with Centre activities and achievements Regular website updates and Facebook and Twitter posts to extend our networks Develop new partnerships/collaborations 	<ul style="list-style-type: none"> Host visiting scholars and post-doctoral research fellows Organize a joint seminar series between the Centre and Health Studies Provide workshops on research methods and other interests on research Plan and deliver the Mental Health on the Prairies Conference and Gathering Create Research Assistant (RA) positions to provide high quality experiential training Provide opportunities to students to co-author reports, presentations, and publications Provide Summer Research Skills Workshop Series 	<ul style="list-style-type: none"> News releases, television appearances, radio, interviews Public presentations and citizen's forums to reach community stakeholders Update the Centre website, Facebook page, and Twitter account Place reports, policy briefs, and fact sheets on the Centre website The Partnership Committee will meet to strengthen community partnerships and ground research interests in the needs of community The Mental Health on the Prairies Conference and Gathering will disseminate current research, and generate future community-university opportunities 	<ul style="list-style-type: none"> Seek out contracts with agencies such as Manitoba Health or Prairie Mountain Health to develop a funding pool for future research Work with non-profits to meet their research needs and incorporate a small fee for funding future projects Seek funding from Foundations for research Acquire grants that allow for overhead and/or funding for Centre based RAs
Activity indicators	<ul style="list-style-type: none"> Advisory Committee meets 4x/year Partnership Committee meets 3X/year Membership to the Centre increases Activity and responses from website, Facebook, Twitter, and Newsletter are monitored New partnerships/collaborations are established (as indicated by members in annual report) 	<ul style="list-style-type: none"> Visiting scholar makes a site visit or joins the Centre community through ZOOM A Centre/Health Studies seminar series is developed The Mental Health on the Prairies Conference and Gathering is held RAs have been hired to assist the Centre An RA has been recognized on a publication, presentation or report Several capacity building workshop are held Summer Research Skills Workshop Series held 	<ul style="list-style-type: none"> Monitoring numbers of news releases, television appearances, radio, interviews Monitor attendance and participation at public presentations A Centre website, Facebook and Twitter are being maintained Reports and fact sheets, provided by members are available on the website A minimum of three meetings will be held with the Partnership Committee One research project will be developed from the catalyst of the Mental Health on the Prairies Conference and Gathering 	<ul style="list-style-type: none"> A contracted project is established with an outside agency (e.g. MB Health, Prairie Mountain Health, or non-profits) A request is made to a Foundation for funds to support research at the Centre A minimum of one grant that provides for overhead for the Centre will be acquired
Outcomes	<ul style="list-style-type: none"> Advisory and Partnership Committees met as per terms of reference 10 new members are recruited 6 Centre newsletters are sent to members/community affiliates 3 new partnerships/collaborations have been established through the Centre 1 visiting scholar is hosted either on site or through ZOOM 	<ul style="list-style-type: none"> 6 Centre/Health Studies seminars are delivered 3 RAs are affiliated with the Centre 1 RA has been recognized on a publication, presentation or report 4 capacity building workshops are held Establish a baseline number of attendees at public presentations Website, Facebook, and Twitter maintained and updated 	<ul style="list-style-type: none"> 3 new fact sheets/reports will be housed on the website 1 Centre research project is established 1 contracted project with the community is developed 1 grant application is made to a Foundation 1 grant that includes overhead for the Centre is awarded 	
Goal	To accelerate academic research, knowledge mobilization, and community engagement initiatives related to rural and remote mental health and wellness			

II. Build Research Partnerships

ADVISORY COMMITTEE

Sheelagh Chadwick (School of Music)

Donna Epp (Research Facilitator for the Centre and Health Studies)

Rachel Herron (Faculty of Science, Director of Centre)

Breanna Lawrence (Faculty of Education)

Nancy Newall (Faculty of Science)

Doug Ramsey (Faculty of Arts)

Candice Waddell-Henowitch (Faculty of Health Studies)

(Two members of the Partnership Committee to be identified)

PARTNERSHIP COMMITTEE

Erin Alexander
Suicide Prevention Intervention Network

Chris Bromley
Prairie Mountain Health

Donna Epp
Centre Research Facilitator

Joy Escalara
Westman Immigrant Services

Niki Gagnon
Suicide Prevention Intervention Network

Marian Goldstone
Mood Disorders of Manitoba

Corinne Hamilton
Addictions Foundation

Riley Hammond
Brandon University student

Rachel Herron
Centre Director

Angela McGuire Holder
Brandon School Division

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

Doug Ramsey
Centre Advisory Committee Representative

Janet Smith
Community Representative/Past Manager of the Manitoba Farm, Rural & Northern Support Services

Candice Waddell-Henowitch
Advisory Committee Representative

Richard Whitfield
Community Affiliate

Membership:

18 Research Affiliates

11 Community Affiliates

1 Undergrad Student

Total: **30**

The Centre welcomes new membership at all times. If you are interested, please contact:
Donna Epp, Research Facilitator

III. Examples of Partner Organizations and Community Members



PRAIRIE MOUNTAIN HEALTH

I joined the centre to collaborate with local researchers, community members and service providers in ensuring we continue to improve and grow in our understanding, awareness and support for those with mental health or substance use problems in our rural areas.

Chris Bromley
Director, Health Services, Mental Health at Prairie Mountain Health



Spinning a Web of Support

SPIN joined a partnership with the Centre for Critical Studies of Rural Mental Health to combine efforts in Suicide Prevention, continue to support & share knowledge of our communities current needs, and participate in educational and research opportunities. The networking has led to many new opportunities!

Niki Gagnon
SPIN Chair



Brandon University Health Studies Student Association (BUHSSA) joined the partnership committee to continue building strategic networks with other organizations and local initiatives, to demonstrate a commitment to supporting rural health research in Manitoba, and to reinforce opportunities going forward for Faculty of Health Studies students to become more engaged in rural health research initiatives.

Riley Hammond



I believe that being part of the Partnership Committee benefits both our organization and the committee. It serves as a venue to share the experience of newcomers and refugees, as well as our experience as service providers, hoping for the more people and organizations to gain understanding of the settlement sectors' issues on mental health, and also to seek support and inspiration from, and network with other members on how to deal with mental health-related issues that we face.

Joy Escalera
Manager, Settlement Services, Westman Immigrant Services



Walking in Two Worlds

I choose to join the committee because I feel it is important to include the unique voices of Indigenous peoples' to the group. The CCSRMH can benefit our organization through research, education, collaboration and supporting Indigenous mental health beliefs and cultural practices.

Nellie Kopitz
Coordinator | Wellness Counsellor
Aboriginal Healing & Wellness



United Way
Brandon & District

It is United Way's mission to ensure that all people in our community have the opportunity to thrive. Mental health is a challenge for so many, and it is only through collaborations like these that we are able to truly have a positive impact in the lives of those affected.

Cynamon Mychasiw
(She/Her)
Chief Executive Officer at United Way of
Brandon & District

Community member

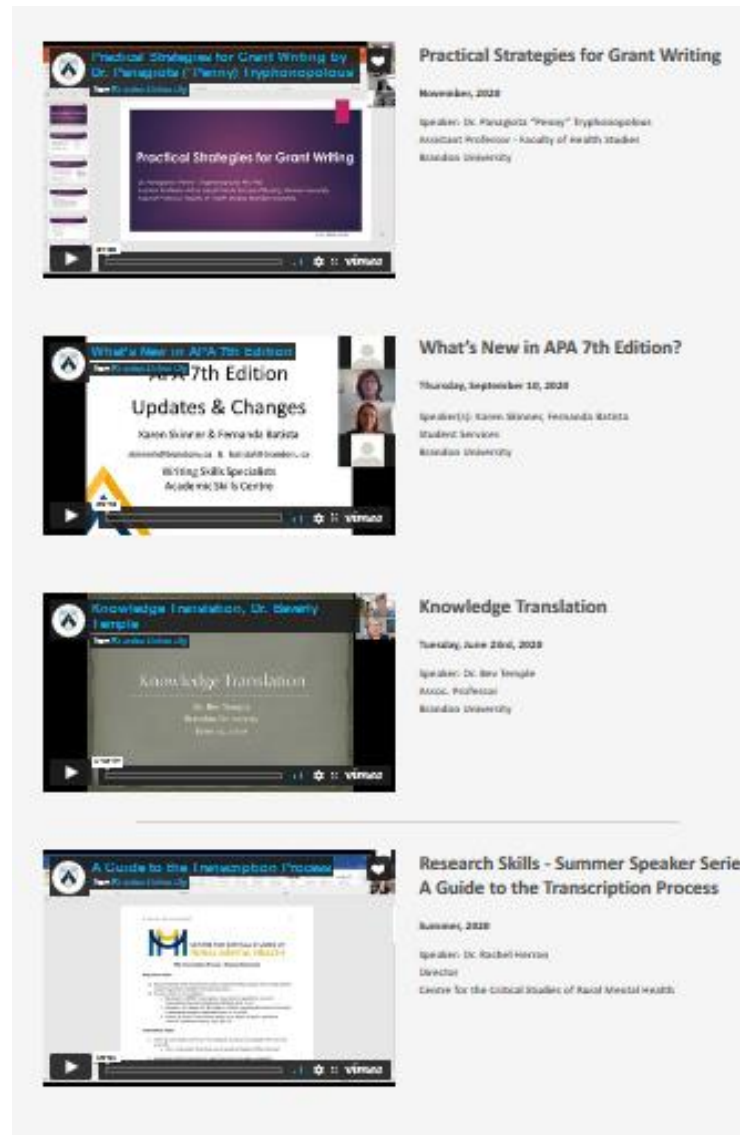
As a mental health advocate who spent years in silent recovery, I joined the Centre Partnership Committee to give a voice to those not yet ready to speak on their behalf.

As an individual with decades of lived experience, I joined the Centre in the belief that research should not be separate from the population that it seeks to understand.

Richard Whitfield

IV. Capacity Building/Infrastructure

Examples of Capacity Building Workshops



The collage displays four Zoom workshop sessions:

- Practical Strategies for Grant Writing**
November, 2020
Speaker: Dr. Paragita "Penny" Tryphonopolous
Assistant Professor - Faculty of Health Studies
Brock University
- What's New in APA 7th Edition?**
Thursday, September 10, 2020
Speaker(s): Karen Skinner, Fernanda Batista
Student Services
Brock University
- Knowledge Translation**
Thursday, June 28th, 2020
Speaker: Dr. Bev Temple
Assoc. Professor
Brock University
- Research Skills - Summer Speaker Series
A Guide to the Transcription Process**
Summer, 2020
Speaker: Dr. Rachel Herron
Director
Centre for the Critical Studies of Racial Mental Health

Visiting scholar joins the Centre community through ZOOM

A pilot “mini-publishing” session was co-hosted by Centre members Donna Epp from Health Studies and Jonathan Allan from Arts. Through this series, which was held once a month from September 2019 to May 2020, two visiting scholars were hosted through ZOOM technology: Jo Van Every, an academic writing coach, on September 13, 2019; and Dr. Maher El-Masri, Editor-in-Chief, Canadian Journal of Nursing Research on October 11, 2019.

Seminar Series

The following table outlines the seminar series that were offered in the period of this report. All seminars were advertised to faculty, students, the Registered Nurses Association of Manitoba, Prairie Mountain Health Region in their weekly staff email, and to the public through the Brandon University Communications Department. An average of 24 attendees joined each of the seminars in the 2020/2021 year.

Faculty of Health Studies and the Centre for Critical Studies of Rural Mental Health Seminar Series May 22 2019-March 31 2020 April 1 2020-March 31 2021	
<p>April 10, 2019 Kathryn Chachula, Department of Nursing Brandon University</p> <p>Understanding Undergraduate Nursing and Psychiatric Nursing Students' Perceptions and Experiences of Trauma: Preliminary Findings</p>	<p>April 17, 2019 Rachel Herron, Department of Geography Brandon University</p> <p>Violence and victimization across the dementia care continuum</p>
<p>September 18, 2019 Jonathan Allan, Faculty of Arts, Brandon University</p> <p>Boys Don't Swim: Men, Masculinities, and Infertility</p>	<p>May 29, 2019 Candice Waddell, Nadine Smith Department of Psychiatric Nursing Jan Marie Graham, Department of Nursing Sherry Sawatsky-Dyck, Student Services Brandon University</p> <p>Reducing Brandon University student risk: Consultation with students</p>
<p>October 9, 2019 Kim Ryan, Department of Psychiatric Nursing Tammy McKenzie, Department of Psychology, Brandon University</p> <p>Quantitative Research Investigation of Equine Assisted Therapy Effectiveness: Advances and Pitfalls</p>	<p>November 14, 2019 Jan Marie Graham, Department of Nursing Nadine Smith, Department of Psychiatric Nursing Brandon University</p> <p>"Cruel to be kind:" An exploratory study of nurses' perceptions of being "the tough guy." A look at the preliminary data</p>
<p>December 11, 2019 Nadine Henriquez Department of Nursing Brandon University</p> <p>Exploring Lived Experiences of LGBTQ People Utilizing Healthcare Services in Rural Manitoba</p>	<p>February 12, 2020 Nora Ahmad, Nadine Henriquez, Department of Nursing, Brandon University Penny Tryphonopolous, Arthur Labbatt Family School of Nursing, Western University</p> <p>Medical Assistance in Dying (MAID) – 'Putting a value on human life and right to die'</p>
<p>March 11, 2020 Rachel Herron, Department of Geography Jonathan Allan, Department of English and Creative Writing and Gender and Women's Studies Candice Waddell, Department of Psychiatric Nursing</p> <p>"Talk about it:" Examining masculinity and mental health in rural Southern Manitoba</p>	<p>March 27, 2020 Andrea Thomson Department of Psychiatric Nursing Brandon University</p> <p>Situational awareness in acute care psychiatric nursing: A hermeneutic phenomenological study</p>

**Faculty of Health Studies and the Centre for Critical Studies of Rural Mental Health Seminar Series
May 22 2019-March 31 2020 April 1 2020-March 31 2021**

<p>April 8, 2020 Catherine Baxter, Department of Nursing Brandon University Online, Situated Learning: Preparing BN students for Maternal Child Nursing Practice in Rural Communities</p>	<p>Thursday, October 22, 2020 Dr. Patty Douglas, Faculty of Education, Brandon University Re-Storying Autism</p>
<p>Wednesday, November 18, 2020 Andrea Thomson, Dana Naismith, Nadine Smith Department of Psychiatric Nursing Brandon University Mentors Experiences in an Undergraduate Psychiatric Nursing Peer Mentorship Program</p>	<p>Thursday, November 26, 2020 Dr. Catherine Baxter, Department of Nursing Brandon University A Narrative Analysis of Filipino Nurses Experiences Living and Working in Rural Manitoba</p>
<p>Wednesday, December 9, 2020 Candice Waddell, Department of Psychiatric Nursing Brandon University “Racism is a very subtle, sly, slimy thing”: A need for anti-racism praxis in Nursing and Psychiatric Nursing Education</p>	<p>Wednesday, January 13, 2021 Kathryn Chachula, Department of Nursing Brandon University Professional Quality of Life in Psychiatric Nursing & Nursing Students: Findings & Discussion</p>
<p>Thursday, January 28, 2021 Meaghan D’Mello, Psychiatric Nursing Masters Student Brandon University Psychiatric Nursing Identity in British Columbia</p>	<p>Thursday, February 25, 2021 Dr. Breanna Lawrence, Assistant Professor Faculty of Education, Brandon University Youth Mental Health During COVID-19: Emerging Trends and Insights</p>
<p>Wednesday, February 10, 2021 Andrea Thomson, Sharran Mullins Department of Psychiatric Nursing, Brandon University Recovery-Oriented Milieus in Acute Care Psychiatric Settings</p>	

Mental Health on the Prairies



CANCELED DUE TO COVID 19 PANDEMIC

A dedicated group of volunteers under the direction of Co-Chairs **Rachel Herron** and **Chris Bromley** came together to plan for the Mental Health on the Prairies conference in 2020 which had to be cancelled due to the pandemic.

Watch for a virtual version in fall of 2021.

Shout out to Joslin Mamuric, Research Assistant extraordinaire, who managed the MHoP project.

Research Assistants (RA)

4 RA II's working with the Centre to do literature searches, literature reviews, interviewing, and transcribing.

Vanessa Neufeld, Joslin Mamuric, Riley Hammond, Yamini Patel

1 RA managing the website, social media, newsletters

Mandy Reine Hilda Swidersky (March 2, 2020 to May 2020), Parklan Cross (May 25, 2020 to present)

7 RAs hired to assist with and coordinate a number of centre projects

Mairo Ahmadu, Jennifer Dauphinais, Margaret de Jager, Madeline Kruth, Joslin Mamuric, Kyrra Hunter Rauch, Jesse Windsor

Westman Immigrant Services

In 2020, the Centre received a BUSU Work Study grant to develop a series of modules for introducing newcomer mental wellness. **Joslin Mamuric** developed the first two modules as a template. The following modules were completed as student practicums.

Nursing Practice VII (71.465), a community health clinical practicum

Heidi Ruz, Katherine Gasapos, Carol Hutchinson and Megan Lowry

69:360 Community Health Bachelor of Science in Psychiatric Nursing

Dharti Prajapati, Yachna Hooda, Lindsay Sparrow and Katelyn Dutchak

A Psychology Honours student **Aderonke Olasunkanmi** took on the process evaluation of the first module as her Honours thesis: Program Evaluation of Newcomers in Canada Workshop: Supporting Newcomers Mental Health, Loneliness and Social Isolation

Research Assistant Publications

Herron, R., Newall, N., Lawrence, B., Ramsey, D., Waddell, C., **Dauphinais, J.** (2021) Conversations in times of isolation: Exploring rural-dwelling older adults' experiences of isolation and loneliness during the COVID-19 pandemic in Manitoba, Canada. International Journal of Environmental Research and Public Health.

Epp, D, **Hunter Rauch, K., Windsor, J. Dauphinais, J.,** Herron, R., Mullins, S., Lee, S., Ramsey, D., Ryan, K., Thomson, A., Waddell-Henowitch, C. (2021). Suicidality in rural and/or remote communities: A scoping literature review. Report for Public Health Agency of Canada.

Hunter Rauch, K. Epp, D. (2021). Suicidality in rural and/or remote communities: Recommendations from a scoping literature review. Report for Public Health Agency of Canada.

de Jager, M., Herron, R., Lawrence, B., Newall, N., Ramsey, D., & Waddell, C. (2020, July). Rural community health and wellbeing during COVID-19: *Research bulletin*. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB.

de Jager, M., Gobeil, J., Tacan, F., Herron, R., Waddell, C., Allan, J., & Roger, K. (2020) Healing Journeys: Indigenous men's reflections on strength and barriers to mental wellness. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB

Ahmadu, M., Herron, R., Waddell, C., Allan, J., & Roger, K. "Talk about it": A stakeholder report on rural men's mental health and changing masculinities in southern Manitoba, Canada. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB.

Kruth, M., Herron, R., Waddell, C., Allan, J., & Roger, K. (2020) Newcomer men's mental health in Brandon, Manitoba: Experiences, perceptions, and recommendations. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB.

Epp, D., **Neufeld, V., Mamuric, J., Hammond, R.** (2019). Brandon area vital signs. Report for the Brandon and Area Community Foundation. <http://bacf.ca/wp-content/uploads/2019/11/bacf-vital-signs-report-2019.pdf>

IV. Knowledge Mobilization

Communication

6 Newsletters to members

Shout out to Parklan Cross, an Assiniboine Community College Interactive Media Arts graduate who gives our website, newsletter and social media sites more pizzazz.

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

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

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

Research Summary: Social Participation Study

This "Social Participation" study was conducted by researchers from the University of Manitoba and Brandon University and ran from May 18 - June 29, 2020. The purpose of this study was to ask individuals aged 55+ about: (a) their social well-being and the kinds of social programs they prefer (pre and during Covid-19); (b) how they get access to information about social programs (pre and during Covid-19); and (c) their opinions on promotion brochures designed to increase social participation.

The survey was delivered online using SurveyMonkey and three focus groups were conducted using Zoom.

To read the full research support, visit our website at:
www.centreforruralmentalhealth.com

“ [Since Covid-19]... “Gardening, I've taken on more... a friend gave me a grow light that she wasn't using, so I started a few tomatoes. I always did flowers, but doing container vegetable gardening has been really something new for me, and it's great.”

- Quote by focus group participant ”

Funding

The Faculty of Health Studies Grant is now available to Centre Members. To be eligible for the grant, Centre members must be co-principal investigators with a Health Studies Faculty member.

Deadline is October 15, 2020.

For more information go to:
<https://www.centreforruralmentalhealth.com/funding-opportunities>

Kudos

Kathryn Chachula who successfully defended her PhD in Nursing at the University of Saskatchewan on July 28. The title of her dissertation was "Shining a Light: Compassion Fatigue in Psychiatric Nursing and Nursing Students."

Grants
Chachula, K. RPN and RN Transition to Practice. Brandon University Research Committee Research Grant: \$5000.00

Thomson, A. Recovery-Oriented Milieus: Nursing Practices in Acute Care Mental Health Settings. Brandon University Research Committee New Faculty Research Grant: \$2,776.00

Webinar
Graham, J.M., & Smith, N. L. (2020). Cruel to be kind, When the nurse is the "tough guy." Webinar for the Canadian Federation of Mental Health Nurses.

Calendar

Examining Mental Health Experiences and Resource needs during COVID-19

Date:
Thursday, September 17, 2020 | Time: 12:00-1:00 p.m.

Presenter(s):
Kyrra Rauch, Research Assistant, CCSRMH;
Candice Waddell, Faculty of Health Studies;
Dr. Doug Ramsay, Rural Development;
Dr. Breanna Lawrence, Faculty of Education;
Margaret de Jager, Research Assistant;
Dr. Nancy Newall, Faculty of Science;
Dr. Rachel Herron, Director, CCSRMH

Contact Chissy Heaman for ZOOM link at
HeamanC@brandonu.ca

When 'Just Doing My Job' Isn't Enough

Date:
Wednesday, September 23, 2020 | Time: 12:00-1:00 p.m.

Presenter(s):
Jan Marie Graham, Department of Nursing;
Nadine Smith, Department of Psychiatric Nursing,
Brandon University

Contact Chissy Heaman for ZOOM link at
HeamanC@brandonu.ca

What We Can Learn From Older Adults about Mental Health during COVID-19

Date:
Wednesday, October 14, 2020 | Time: 12:00-1:00 p.m.

Presenter(s):
Dr. Rachel Herron, Director, CCSRMH;
Nancy Newall, Faculty of Science;
Margaret de Jager, Research Assistant;
Jennifer Duphinais, Research Assistant;
Breanna Lawrence, Faculty of Education;
Doug Ramsay, Rural Development;
Candice Waddell, Faculty of Health Studies

Contact Chissy Heaman for ZOOM link at
HeamanC@brandonu.ca

Re-Storying Autism

Date: Thursday, October 22, 2020 | Time: 12:00-1:00 p.m.

Presenter: Dr. Patty Douglas, Faculty of Education,
Brandon University

Contact Chissy Heaman for ZOOM link at
HeamanC@brandonu.ca

Podcasts:

BUCARES has developed a Leaning In and Speaking Out Podcast. The Centre collaborated with BUCARES to produce the following podcasts:



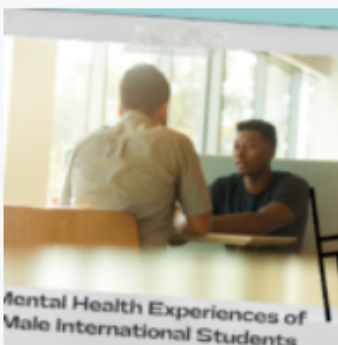
RURAL MEN'S MENTAL HEALTH

How are rural men unique when it comes to mental health? How is Covid-19 having an impact? Join Jackie and Michelle with guests Richard Whitfield and Dr. Rachel Herron as they discuss mental health, men, and rural areas.



RURAL MEN'S MENTAL HEALTH

In the second installment of the Movember Men's Mental Health series, Canada Research Chair and director of the Centre for Critical Studies in Rural Mental Health Dr. Rachel Herron talks about rural men's mental health and lived experience with mental health advocate and speaker Gerry Friesen, a.k.a. the Recovering Farmer. Learn more about Gerry at www.gerryfriesen.ca, and see the centre's report on rural men's mental health at <https://www.centreforruralmentalhealth.com/publications-media>.



MENTAL HEALTH EXPERIENCES OF MALE INTERNATIONAL STUDENTS

In this third installment of the Movember Men's Mental Health series, Centre for Critical Studies in Rural Mental Health research assistant Mairo Ahmadu talks about the mental health experience of male international students with guest and BU student Jorge Lozano.



NEWCOMER MEN'S MENTAL HEALTH

In this fourth instalment of the Movember men's mental health series, guest host and Centre for Critical Studies in Rural Mental Health RA Madeleine Kruth talks about newcomer men's mental health with Local Immigration Partnership's Coordinator Enver Naidoo. To learn more about newcomer men's mental health experiences in Brandon, visit <https://www.centreforruralmentalhealth.com/centre-reports>; to learn more about the Brandon Neighbourhood Renewal Corporation's Local Immigration Partnership, visit <https://bnrc.ca/>



RURAL MEN'S MENTAL HEALTH SERVICE USE AND PROVISION

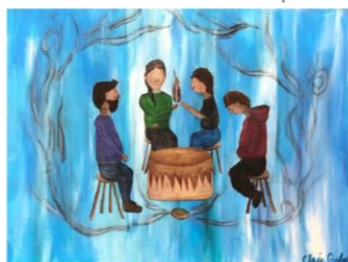
In this fifth and final installment of the men's mental health Movember podcast series, guest host and Assistant Professor of Psychiatric Nursing Candice Waddell-Henowitch talks about rural men's mental health service use and provision with Janet Smith, of Klinik Community Health.

Example Reports and Bulletins on the website:



Healing Journeys: Indigenous Men's Reflections on Strengths and Barriers to Mental Wellness

September 2020



"Healing The Spirit"

By: Cloie Gobeil



Indigenous Men's Reflections on Strengths and Barriers to Mental Wellness

Lack of research focused on Indigenous men's mental health has created a gap in understanding how Indigenous men are healing and the barriers they face along the way. Researchers from Brandon University collaborated with Indigenous community leaders in an attempt to bring to light the strengths and challenges faced by Indigenous men on their mental health journeys. Through sharing circles and individual interviews, researchers and community partners learned from the Indigenous men who participated.

By: Margaret de Jager, Frank Tacan, Jason Gobeil, Candice Waddell and Rachel Herron





CENTRE FOR CRITICAL STUDIES OF
RURAL MENTAL HEALTH

**RURAL COMMUNITY MENTAL HEALTH AND WELLBEING DURING
COVID-19
Research Bulletin**

June 22, 2020

On May 11, 2020 The Centre for Critical Studies of Rural Mental Health at Brandon University announced a research project to study the impact of COVID-19 on the mental health and wellbeing of rural Manitobans. The research team is currently examining the resources and mental health experiences of rural health care workers during the COVID-19 pandemic as well as the influence of social and physical distancing on older peoples' mental health.

Over the past month, the research team has conducted in-depth telephone interviews with 25 older adults (65+) living in rural Manitoban communities as well as an online survey of over 130 health care workers who are currently working in rural communities or rural service centres. The survey closed June 15, 2020 and results will be reported in upcoming bulletins.

We have completed our first round of telephone interviews with older people and we will be following up with them to see how their experiences have changed over the past month. We are surprised by the diversity of responses and experiences during COVID-19 and as we transition into different phases of reopening in the province of Manitoba. We look forward to sharing more findings in our next monthly bulletin.

This research project is funded by the Canada Research Chair Program and has been approved by the Brandon University Research Ethics Committee. Anyone interested in learning more about the study can contact Dr. Rachel Herron, Principal Investigator, Canada Research Chair in Rural and Remote Mental Health, Brandon University at herronr@brandonu.ca.

Stay Connected Stay Involved



CENTRE FOR CRITICAL STUDIES OF
RURAL MENTAL HEALTH

Do you want to get more involved in online/telephone activities? The programs below might be of interest to you:

Senior Centre Without Walls

- This program offers FREE Telephone Group Activities for older adults living in Manitoba. They provide activities such as travelogues, book clubs, language classes, and educational presentations. All activities are completed by phone, and any materials you need for the classes are mailed out to you.
- To Register:
 - www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/
 - www.aosupportservices.ca/wp-content/uploads/2020/04/AO-SCWW-Volume-11-SPRING-2020-Registration-Sheet-FILLABLE-v3.pdf
- This program also offers "The Daily Hello", designed for people who like to connect with a group of their peers via telephone three times a week.
 - To Register:
 - Email: mwilford@aosupportservices.ca
 - Call: (204) 956-6440
 - www.aosupportservices.ca/wp-content/uploads/2020/05/Daily-Hello-Info-JUNE-2020-Calendar.pdf

Canada's National Ballet School – Bring Dance Into Your Home

- Canada's National Ballet School offers chair dancing classes for seniors, right from the comfort of their homes.
 - www.nbs-enb.ca/sharing-dance/bring-dance-into-your-home/seniors

Senior Planet

- Although this is an American website, Senior Planet offers FREE Zoom courses on technology (Instagram, Google Maps, Twitter) and health and wellness (Yoga, Dance). All you have to do is register for the Zoom classes here:
 - www.seniorplanet.org/get-involved/online/

The Centre for Critical Studies in Rural Mental Health

- Stay up to date on the local research findings and take part in events hosted by the CCSRMH.
 - www.centreforruralmentalhealth.com/

Do you want to stay more "in the loop" with Government Programs?

Programs and Services for Seniors – Government of Canada

- If you are curious about your health, your CPP, or funding programs, this Government Website might have the answers you are looking for.
 - www.canada.ca/en/employment-social-development/campaigns/seniors.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_seniors
 - By Phone: 1 800 O-Canada (1-800-622-6232).

In an emergency, please call: 911

If you need to speak with someone immediately about your mental health and wellbeing, please call:
Mobile Crisis Unit
(Crisis Line/Suicide Prevention)

- 1-888-379-7699
- Available 24/7



This "Social Participation" study was conducted by researchers from the University of Manitoba and Brandon University and ran from May 18 - June 29, 2020. The purpose of this study was to ask individuals aged 55+ about: (a) their social well-being and the kinds of social programs they prefer (pre and during Covid-19); (b) how they get access to information about social programs (pre and during Covid-19); and (c) their opinions on promotion brochures designed to increase social participation. The survey was delivered online using SurveyMonkey and three focus groups were conducted using Zoom.

ONLINE SURVEY PARTICIPANTS

109 participants
84% females, 16% males
Age: 25% < 65, 75% 65+

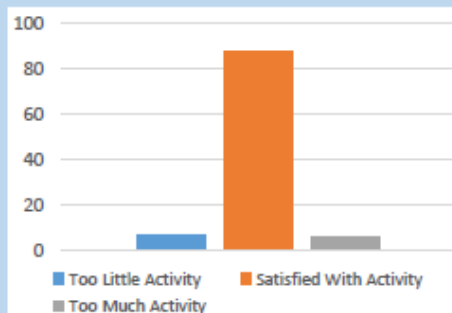
ONLINE FOCUS GROUPS

17 individuals participated
in 3 focus groups via Zoom

Some general findings

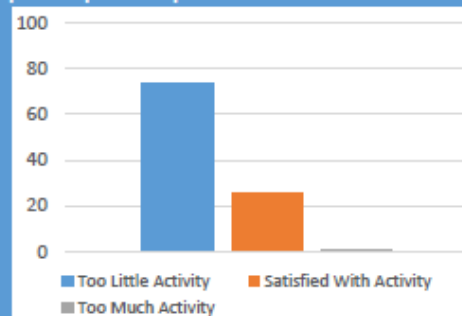
PRIOR TO COVID-19...

88% of respondents were satisfied with the amount of activities they were participating in per month



DURING COVID-19...

Only 25% were satisfied with the amount of activities they could participate in per month



"My sister and I go to the Wellness Institute. So, we were there 2 or 3 times a week, and I also worked at home with a personal trainer. So, with COVID, and once everything shut down, that all came to an end. So, I really miss that."

Quote by focus group participant

PRIOR TO COVID-19...

11% felt lonely (3-4 days a week or more often)

23% of respondents felt depressed some of the time (1-2 days a week or more often)

DURING COVID-19...

31% felt lonely (3-4 days a week or more often)

58% of respondents felt depressed some of the time (1-2 days a week or more often)

During Covid-19 social distancing, **56%** of respondents were able to add **NEW** social activities to replace ones they could no longer do

Added New Activities During Covid-19

Response	Percentage
Yes	56%
No	44%

[Since Covid-19]... "Gardening, I've taken on more... a friend gave me a grow light that she wasn't using, so I started a few tomatoes. I always did flowers, but doing container vegetable gardening has been really something new for me, and it's great."

Quote by focus group participant

91% had someone they could confide in or talk to about private matters during Covid-19

99% had someone they could call in case of an emergency during Covid-19

90% were able to connect by phone or online with friends on a weekly basis or more during Covid-19

Top 3 ways people get information during Covid-19 about social activities: (1) family/friends; (2) social media; (3) Senior Centres

REFLECTIONS ON THE 3 BROCHURES DESIGNED TO PROMOTE SOCIAL PARTICIPATION

1

2

3

56% of survey respondents preferred Brochure 3 and **53%** said it caught their attention most.

Most survey and focus group participants preferred the more **positively-themed** brochures (1 and 3).

"My favourite was Brochure 3 because it's very positive seeing the smiles and the laughter but, also, because sometimes I found that men thought there were a lot of women at senior centres, so this is two pictures showing men actively involved."

Quote by focus group participant

This study is part of the larger 'Older Winnipeggers Social Engagement Project' conducted by A & O Support Services for Older Adults Inc., Active Aging in Manitoba, Manitoba Association of Senior Centres, Transportation Options Network for Seniors, and the University of Manitoba. The project is funded by the Government of Canada's New Horizons for Seniors Program and was conducted by Drs. Menec, Newall, and Parker from the University of Manitoba and Brandon University.

For more information contact: verena.menec@umanitoba.ca

Examples of News Releases:



Patty Douglas

BU prof part of a national families study

May. 30, 2020

A Brandon University professor is getting the chance to participate in a new seven-year study led by Ontario's Brock University that has received \$2.5 million in funding.

Patty Douglas of the university's education department is one of 53 researchers across Canada looking into the impacts of policies on child care, parental leave and employment on families.

"What's new with this partnership grant is the way in which it asks what the best mix of all of those things for diverse Canadian families (is)," Douglas said. "Single parents, LGBTQI2S families whether parents or kids, Indigenous families, etc. ... all of those families have differential access to child care, child care subsidies, to employment, to parental leave and are impacted and experience those policies in many different ways."

Douglas said this new study will build on the research a core group of academics have been working on for the past 30 years. She is the Brandon lead for the project and is partnering with the Brandon Friendship Centre to do her research.

Brandon University researchers to look at rural community mental health during pandemic

May 11, 2020

Brandon University researchers are exploring the impact of Covid-19 on the mental health and wellbeing of rural Manitobans. This new project will focus on two potentially vulnerable groups: older people and frontline health care professionals.



Dr. Rachel Herron

"Although everyone has been affected by Covid-19, rural communities and particular groups within those communities will be affected differently," said Dr. Rachel Herron, the Canada Research Chair in Rural and Remote Mental Health, who is leading the project. "It is critical that we examine how these groups are experiencing Covid-19 as well as promising practices for supporting good mental health during this time."

Members of the Brandon University Centre for Critical Studies of Rural Mental Health, including Drs. Herron (Geography and Environment), Breanna Lawrence (Education), Nancy Newall (Psychology), Doug Ramsey (Rural Development) and Candice Waddell (Psychiatric Nursing), have combined their expertise to develop research in response to rural community needs. The

researchers plan to inform critical responses to the pandemic through monthly public bulletins sharing general findings and recommendations.

Contribution by Members: Appendix A provides an overview of some of the research activities accomplished by our members over the past year.

V: Funding

Contracts:

Brandon and Area Community Foundation: **\$5000**

-To develop a Vital Signs Document for Brandon and Area Community Foundation

Public Health Agency of Canada **\$60,000**

- Stakeholder Engagement on Suicide and its Prevention to Inform a Canadian Research and Knowledge Translation Agenda - Identifying needs of the rural and remote population of Canada

Total: \$65,000

Mental Health on the Prairies (MHoP)

Herron, R., Farrell A.J., Lawrence, B.C., Waddell, C.M. Moraros, J., Lam, M., Hudson Breen, R. E. SSHRC Connection Grant, 2019-2020, **\$12,000**. Mental Health on the Prairies Conference and Community Gathering: Social Justice, Vulnerability, and Resilience

Brandon First **\$4,000**, Healthy Together Now **\$5,000**, Suicide Prevention Intervention Network **\$1,000**

Dean contribution from respective Faculties **\$4,000.00**, Remaining funds from previous MHoP **\$8,929.53**

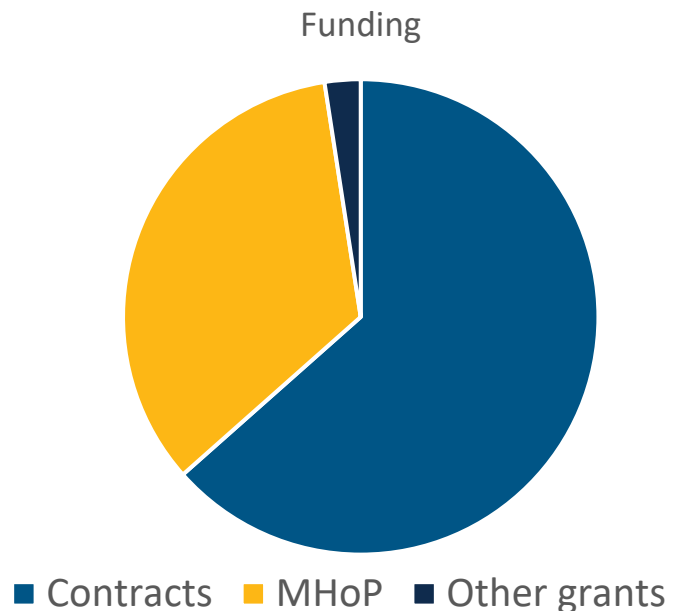
Total: \$34,929.53

Other Grants

BUSU Work Study Grant: **\$2,500.00**,

Total: \$2,500.00

Grand Total: \$102,429.53



Appendix A: Scholarly Contributions by Centre Members

Research Affiliate Activities for 2019/20/21

Dean Care	
Grants	<p>2017-2020 Co-Investigator – “Role Stressors and Coping Strategies of Nurse Managers in Rural Manitoba”</p> <ul style="list-style-type: none"> ▪ Co-Investigators: Graham, J.M., Udod, S.A., Ahmad, N., Henriquez, N., Goosen, P., & Ellis, M. ▪ Funded through a Brandon University Research Grant ▪ Amount funded: \$7,495 <p>2020 Primary Investigator – “Faculty Mobility Proposal”</p> <ul style="list-style-type: none"> ▪ Grant application submitted in April 2020 to Global Affairs Canada, Emerging Leaders of the Americas Program (ELAP). ▪ Amount requested: \$5,900 (2020-2021). Awaiting a Decision
Oral Presentation	<ul style="list-style-type: none"> • Udod, S., Care, W.D., Cummings, G., Graham, J.M., Henriquez, N., Ahmad, N., & Smith, M. (2019, June 17). <i>How do Nurse Managers ‘Manage’ their Role? An Investigation of Workplace Stressors and Coping</i>. Professional Development Webinar, Association of Registered Nurses of Manitoba. Winnipeg, MB. • Udod, S., Care, W.D., Cummings, G., Graham, JM, Henriquez, N, Ahmad, N, & Smith, M. (2019, October 4). <i>How do Nurse Managers ‘Manage’ their Role? An Investigation of Workplace Stressors and Coping</i>. Professional Development Seminar, Association of Registered Nurses of Manitoba. Boundary Trails Health Centre, Winkler, MB.
Poster Presentation	<ul style="list-style-type: none"> • Care, W.D., Udod, S.A, Graham, J.M., Henriquez, N., & Ahmad, N. (2019, October). <i>An investigation into workplace stressors and coping strategies of nurse managers in Western Canada</i>. Poster presentation at the Nursing Management Congress 2019, New Orleans, Louisiana, USA.

Kathryn Chachula	
Grants	<p>2020 Primary Investigator – “Registered Psychiatric Nurse and Registered Nurse Transition to Practice”</p> <ul style="list-style-type: none"> ▪ Co-Investigators: Debra Dusome & Nadine Smith ▪ Funded through a Brandon University Research Committee (BURC) Grant ▪ Amount funded: \$5000 (March 2020-2021) <p>2017-2020 Primary Investigator – “Perceptions and Experiences of Trauma within Undergraduate Nursing Education”</p> <ul style="list-style-type: none"> ▪ Co-Investigator: Dr. Emma Varley ▪ Funded through Workers Compensation Board (WCB) Grant Received (Funding ends December 2020 – opportunity to extend available) ▪ Amount funded: \$56,408.66
Publications	<ul style="list-style-type: none"> • Chachula, K. (2021). Professional Quality of Life Factors and Relationships in Nursing and Psychiatric Nursing Students: An Exploratory Study. <i>SAGE Open Nursing</i>, 7, [Article number: 994394]. 1-13. https://journals.sagepub.com/doi/full/10.1177/2377960821994394 • Chachula, K. (2020). A comprehensive review of compassion fatigue in pre-licensure health students: Antecedents, attributes, and consequences. <i>Current Psychology</i>. PMID: 33078054. 1-13. doi: 10.1007/s12144-020-01122-3 • Hyndman, K., Thomas, R., Schira, R., Bradley, R., & Chachula, K. Patterson, S., Compton, S. (2019). The effectiveness of tobacco dependence education in health professional students’ practice: A systematic review and meta-analysis of randomized controlled trials. <i>International Journal of</i>

	<p><i>Environmental Research and Public Health</i>, 16(21), [Article ID: 4158], 1-22. doi:10.3390/ijerph16214158. Open access link: https://www.mdpi.com/1660-4601/16/21/4158/pdf. Published as part of an open access special issue of Smoking Prevention and Tobacco Control available online: https://www.mdpi.com/journal/ijerph/special_issues/smoking_prevention</p> <ul style="list-style-type: none"> • Henriquez, N., Hyndman, K., & Chachula, K. (2019). It's complicated: Improving undergraduate nursing students' understanding and care of LGBTQ older adults. <i>Journal of Family Nursing</i>, 25(4), 506-532. https://doi.org/10.1177/1074840719864099 • O'Neill, A., Leverington, C., & Chachula, K. (2019). <i>Acquired brain injuries: A review of resources and recommendations</i>. Created for the Society for Manitobans with Disabilities as part of Nursing Practice VII (71.465). • Elias, K., Rogalsky, S., Sweetman, K., & Chachula, K. (2019). <i>Safety huddle implementation policy</i>. Created for Prairie Mountain Health Region – Patient Safety & Quality as part of Nursing Practice VII (71.465).
Oral Presentation	<ul style="list-style-type: none"> • Chachula, K. (2021, January 13). <i>Professional quality of life in psychiatric nursing & nursing students: Findings & discussion</i>. Brandon University Centre for Critical Studies of Rural Mental Health Seminar oral presentation & discussion - Brandon, Manitoba. • Chachula, K. (2020, October 13). <i>Professional Quality of Life in Psychiatric Nursing and Nursing Students: Implications for Students and Educators</i>. Association of Regulated Nurses of Manitoba 'Talk Tuesday' Presentation and Discussion. • Chachula, K. (2020, June 22-24). <i>Nursing students' perceptions and experiences of psychological trauma</i>. Abstract accepted for solution lab oral presentation at the Canadian Nurses Association Biennial Convention - Ottawa, Ontario. Event subsequently cancelled due to the novel coronavirus pandemic. • Chachula, K. (2019, December 4). <i>Nursing and psychiatric nursing students' perceptions and experiences of Psychological Trauma: A solution lab for Brandon University Student Services</i>. Oral presentation and discussion roundtable for Brandon University Student Services and Dean of Student Services. Brandon, Manitoba. • Chachula, K. (2019, October 19). <i>Student nurse perceptions and experiences of psychological trauma</i>. World-Class Research Built in Brandon Presentation & Poster - Brandon University Alumni Event, Brandon, Manitoba. • Chachula, K., Robinson, S., & Braun, A. (2019, October 16). <i>CTLT: Take 22 for Moodle Makers</i>. Brandon University Centre for Teaching Learning and Technology oral presentation & discussion - Brandon, Manitoba. • Chachula, K. (2019, April 10). <i>Perceptions and experiences of trauma in undergraduate nursing and psychiatric nursing programs: Preliminary findings</i>. Faculty of Health Studies Seminar Series.
Poster Presentation	<ul style="list-style-type: none"> • Chachula, K., Smith, M., & Hyndman, K. (2020, June 22 – 24). <i>From practical nurse to bachelor of nursing student: Bridging the transition</i>. Abstract accepted for 'Innovation station' poster presentation at the Canadian Nurses Association Biennial Convention - Ottawa, Ontario. Event subsequently cancelled due to the novel coronavirus pandemic. • Henriquez, N., Chachula, K., & Hyndman, K. (2019, September 29 – October 1). <i>It's complicated: Improving undergraduate nursing students' understanding and care of LGBTQ older adults</i>. Abstract accepted for poster presentation at the Global Alliance for Human Caring Education: Human Caring Conference - Victoria, British Columbia. • Chachula, K. (2019, July 25-29). <i>Student Nurse Perceptions and Experiences of Trauma</i>. Abstract accepted for poster presentation at the Sigma Theta Tau International Honor Society: 2019 Congress - Calgary, Alberta.

Patty Douglas	
Grants	<p>2021 Principal Investigator – “Mitacs Special Indigenous Project Funding Project: Autism, Indigeneity and Inclusion: An Indigenous Approach.”</p> <ul style="list-style-type: none"> ▪ Proposed Partners: Brandon Friendship Centre and Manitoba Metis Federation Southwest Region ▪ Funded through MITACS ▪ Amount funded: \$33,750 <p>2020-27 Co-investigator – “What is the Best Policy Mix for Diverse Canadian Families with Young Children? Re-imagining Family Policies”</p> <ul style="list-style-type: none"> ▪ Principal Investigator: A. Doucet, Brock University ▪ Funded through SSHRC ▪ Amount funded: \$2,499,444
Publications	<ul style="list-style-type: none"> • Hodge, N., Douglas, P., Kruth, M., Connolly, S., Martin, N., Gowler, K. & C. Smith. (Accepted). Contemplating teacher talk through a critical autism studies lens. In D. Milton & S. Ryan (Eds.). <i>Routledge Companion of Critical Autism Studies</i>. • Douglas, P., Rice, C., Runswick-Cole, K., Easton, A., Gibson, M.F., Gruson-Wood, J., Klar, E. & R. Shields. (2021). Re-storying autism: A body becoming disability studies in education approach. <i>International Journal of Inclusive Education</i>, 25(5), 605-622. https://doi.org/10.1080/13603116.2018.1563835 • Douglas, P., Runswick-Cole, K., Ryan, S. & P. Fogg. (2021). Mad mothering: Learning from the intersections of madness, mothering and disability. <i>Journal of Literary and Cultural Disability Studies</i>, 15(1), 39-56. https://doi.org/10.3828/jlcs.2021.3 • Douglas, P., Orsini, M., & Klar, E. (2021). Five ways to challenge systemic ableism during Autism Acceptance Month. <i>The Conversation</i>, 21 April. • Douglas, P., (2021). Re•storying autism: An interview with Patty Douglas and Carla Rice. <i>International Journal of Narrative Therapy and Community Work</i>. • Douglas, P. & Martino, A. S. (Eds.). (2020). <i>Canadian Journal of Disability Studies</i>, Special Issue on Disability Studies in Education—Critical Conversations, 9(5). • Douglas, P. & A. S. Martino. (2020). Foreword: Disability Studies in Education—Critical Conversations. <i>Canadian Journal of Disability Studies</i>, Special Issue on Disability Studies in Education, 9(5), 1-19. • Rice, C., LaMarre, A., Changfoot, N. & P. Douglas. (2020). Making spaces: Multimedia storytelling as reflexive, creative praxis. <i>Qualitative Research in Psychology</i>, 17(2), 222-239. DOI: 10.1080/14780887.2018.1442694 • Douglas, P., Rice, C., & A. Siddiqui. (2020). Living dis/artfully with and in illness. <i>Journal of Medical Humanities</i>, 41, 395-410. https://doi.org/10.1007/s10912-019-09606-5 • Underwood, K., Lawrence, B. & P. Douglas. (2020). Policy brief no. 9. Reconciling interests of children and economies during the COVID-19 pandemic: Learning from families in Brandon, Manitoba. Inclusive Early Childhood Education Project. https://www.ryerson.ca/inclusive-early-childhood-service-system/findings/publications/ • Douglas, P., & Hamm, A. (2020). Autism and ways of being. <i>Research Connection Podcast</i>, Brandon University, January. https://www.brandonu.ca/bu-cares/podcasts/autism-and-ways-of-being/
Oral Presentations	<ul style="list-style-type: none"> • Douglas, P., Shields, R. & Singer, K. (2021, June 1-4). Alternative outputs: Mediated and arts-based theorising beyond the academy. Canadian Sociological Association, Congress for the Humanities and Social Sciences Annual Conference, Western University, London, ON. (cancelled conference) • Douglas, P. & R. Shields. (2021). Re•Thinking Autism Beyond Applied Behavioral Analysis. Social Service Worker Program, George Brown College, Toronto, ON. • Douglas, P., & Shields, R. (2020, June 1-4). Alternative outputs: Mediated and arts-based theorising beyond the academy. Canadian Sociological Association, Congress for the Humanities and Social Sciences Annual Conference, Western University, London, ON. (cancelled conference)

	<ul style="list-style-type: none"> • Douglas, P., Rice, C., Hodge, N. & S. Connolley. (2020, April 27). Re•Storying autism in education. Sheffield Hallam University. (cancelled event). • Douglas, P. (2020). Re•Storying Autism. Faculty of Health Studies and the Centre for Critical Studies of Rural Mental Health Seminar Series Fall 2020, Brandon, MB. • Douglas, P. (2020). How a digital storytelling project is changing minds about the problem of autism in schools. BU at the Brandon Public Library Speakers Series, Brandon, MB. • Douglas, P. & C. Rice. (2020, April 27). Re•Search Re•Vision Re•Story — Creative Research Methodologies Changing the World. iHuman, The University of Sheffield. (cancelled event). • Douglas, P. (2020, February 24). A new view of autism. Deloraine School Support Team, Deloraine School Division, Deloraine, MB. • Douglas, P. (2020, January 18). Introducing the re•storying autism in education multimedia storytelling project: Changing minds about autism through disability arts. Presentation at the Wingspan Project Roundtable (PI: Leslie Roman). Green College, University of British Columbia.
Poster Presentation	<ul style="list-style-type: none"> ▪ Rice, C., Jones, C., Mundel, I. & Douglas, P. (2021, April 17-20). Stretching Our Stories (SOS): Disability Digital Worldmaking in Troubled Times. Society for Disability Studies@OSU Multiple Perspectives Conference. ▪ Douglas, P. & A. S. Martino. (2020, May 30 – June 4). How a small disability studies in education project is bridging epistemological divides and shifting inclusive practice. Canadian Association for Educational Psychology, Congress for the Social Sciences and Humanities, Western University, London, ON. (cancelled conference). ▪ Douglas, P. & S. Easton. (2020, June 2-4). Neuroqueer in school: How the re•storying autism Project is bridging divides around queer autistic identity. Queer Studies in Education, Congress for the Humanities and Social Sciences, Western University, London, ON. (cancelled conference). ▪ Douglas, P. & A. S. Martino. (2020, June 1-4). Intersectional disability studies: The promise for public schools. Panel on Intersectional Disability Studies in Early Childhood and Public Education, Canadian Sociological Association, Congress for the Humanities and Social Sciences, Western University, London, ON. (cancelled conference).

Donna Epp	
Grants	<ul style="list-style-type: none"> ▪ Brandon and Area Community Foundation: \$5000 -To develop a Vital Signs Document for Brandon and Area Community Foundation ▪ 2020 Primary Investigator – “Suicidality in Rural, Remote, and Isolated Communities: Stakeholder Consultations” -Co-Investigators: Herron, R., Ramsey, D., Lee, S., Ryan, K., Waddell, C., Thomson, A., Mullins. S. -Funded through the Public Health Agency of Canada (PHAC) -Amount funded: \$60,000
Publications	<ul style="list-style-type: none"> • Epp, D., Neufeld, V., Mamuric, J., Hammond, R. (2019). Brandon area vital signs. Report for the Brandon and Area Community Foundation. http://bacf.ca/wp-content/uploads/2019/11/bacf-vital-signs-report-2019.pdf • Epp D, Grypma S, Astle B. Living Well With Type 1 Diabetes for 40 Years or More. Can J Nurs Res. 2020 Mar;52(1):54-65. doi: 10.1177/0844562119859135. Epub 2019 Jun 29. PMID: 31256634. • Friesen H, Harrison J, Peters M, Epp D, McPherson N. Death education for children and young people in public schools. Int J Palliat Nurs. 2020 Oct 2;26(7):332-335. doi: 10.12968/ijpn.2020.26.7.332. PMID: 33108923.

Jan Marie Graham	
Publications	<ul style="list-style-type: none"> • Udod, S., Care, D., Graham, J. M., Ahmad, N., Henriquez, N., & Charski, V. (2021). From coping to building Nurse Manager resilience in rural workplaces in Western Canada. <i>Journal of Nursing Management</i>, doi: 10.1111/jonm.13350. • De Moissac, D., Graham, J. M., Prada, K., Gueye, N. R., & Rocque, R. (2021). <i>Mental health status and help-seeking strategies of Canadian international students</i>. Canadian Journal of Higher Education/la Revue Canadienne d'enseignement supérieur. Special Issue: <i>Emerging Issues in the Internationalization of Canadian Higher Education</i>. • Waddell, C. M., Graham, J. M. and Pachkowski, K. (2020). Battling associated stigma in Psychiatric Nursing. <i>Issues in Mental Health Nursing</i>. doi: 10.1080/01612840.2019.1710009

Rachel Herron	
Grants	<p>2020 Co-Investigator – “Suicidality in Rural, Remote, and Isolated Communities: Stakeholder Consultations”</p> <ul style="list-style-type: none"> ▪ Principal Investigator: Donna Epp ▪ Co-Investigators: Ramsey, D., Lee, S., Ryan, K., Waddell, C., Thomson, A., Mullins, S. ▪ Funded through the Public Health Agency of Canada (PHAC) ▪ Amount funded: \$60,000 <p>2020 Principal Investigator – “Safe Places for Aging and Care? A site-specific analysis of features influencing violence and care for older adults”</p> <ul style="list-style-type: none"> ▪ Co-investigators: Aubrecht, K., Brownridge, D., Funk, L., Kelly, C., Spencer, D., Weeks, L. ▪ Funded through CIHR Project Grant, 2020-2025 ▪ Amount funded: \$260,000 <p>2020 Co-Investigator – “Evidence to assess the impact of COVID-19 on community-based dementia care in Nova Scotia”</p> <ul style="list-style-type: none"> ▪ Principal Investigator: Aubrecht, K. ▪ Co-Investigators: Keefe, J., Pertl, M., Hadfield, K., Kelly, C., Moody, E., Hamilton-Hinch, B., Sim, M., Gahagan, J., Dryden, O., & Goldstein, J, Hande, M.J. ▪ Partners: Alzheimer Society Nova Scotia (Nadeau, S.), Alzheimer Society of Ireland (Rock, B.), Eviance (Hardie, S.); ▪ Collaborators: V.O.N. Nova Scotia (Babin, D.); Maritime SPOR Support Unit (Rowe, L.), Nova Scotia COVID-19 Health Research Coalition: Rapid Research Call – COVID-19 Response, Jun. 2020-Apr. 2021 ▪ Amount funded: \$58,908 <p>2019-2020 Principal Investigator – “Mental Health on the Prairies Conference and Community Gathering: Social Justice, Vulnerability, and Resilience”</p> <ul style="list-style-type: none"> ▪ Co-Investigators: Farrell A.J., Lawrence, B.C., Waddell, C.M. Moraros, J., Lam, M., Hudson Breen, R.E. ▪ Funded through the SSHRC Connection Grant ▪ Amount funded: \$12,000
Publications	<p>Refereed Journal Articles</p> <ul style="list-style-type: none"> • Herron, R., Newall, N., Lawrence, B., Ramsey, D., Waddell, C., Dauphinais, J. (2021) Conversations in times of isolation: Exploring rural-dwelling older adults’ experiences of isolation and loneliness during the COVID-19 pandemic in Manitoba, Canada. <i>International Journal of Environmental Research and Public Health</i>. • Roger, K., Herron, R.V., Ahmadu, M.E., Allan, J.A., Waddell, C. (2021) Exploring Ageing and Time as Resources in Men’s Mental Health Experiences. <i>Ageing & Society</i>.

- Waddell, C.M., de Jager, M.D., Gobeil, J., Tacan, F., **Herron, R.V.**, Allan, J.A., Roger, K. (2021). Healing Journeys: Indigenous Men’s Reflections on Resources and Barriers to Mental Wellness. *Social Science & Medicine*.
- Funk, L., Spencer, D., **Herron, R.** (2021) Making sense of violence and victimization in health care work: The emotional labour of ‘not taking it personally’ *International Review of Victimology*, 27(1) 94–110.
- Allan, J.A., **Herron, R.V.**, Ahmadu, M.E., Roger, K., Waddell, C. (2020). “I never wanted my children to see their father the way I’ve seen mine”: Caring masculinities and fathering on the Prairies, NORMA. DOI: 10.1080/18902138.2020.1866322
- **Herron, R.**, Kelly, C., & Aubrecht, K., (2021). A Conversation About Ageism: Time to Deinstitutionalize Long-Term Care? [Special issue] *University of Toronto Quarterly*.
- **Herron, R.**, Funk, L., & Spencer, D. (2020). Stories of violence and dementia in mainstream news media: applying a citizenship perspective. *Dementia*. doi/pdf/10.1177/1471301220981232
- Waddell, C., **Herron, R.**, Gobeil, J., Tacan, F., de Jager, M., Allan, J., Roger, K. (2020). Grounded in culture: Reflections on community-based health research with Indigenous men. *Qualitative Health Research*, 30(14), 2343–2350
- Kosurko, A., **Herron, R. V.**, Skinner, M. W., Bar, R. J., Kontos, P., Grigorovich, A., & Menec, V. (2020). Opportunities and Challenges of Digital Delivery of Sharing Dance Seniors for Social Inclusion. *Romanian Journal of Communication and Public Relations*, 22(2), 23-37.
- Kontos, P., Grigorovich, A., Kosurko, A., Bar, R. J., **Herron, R. V.**, Menec, V., Skinner, M. (2020). Dancing with dementia: Exploring the embodied dimensions of creativity and social engagement. *The Gerontologist*. doi:10.1093/geront/gnaa129
- **Herron, R.**, Ahmadu, M., Allan, J., Waddell, C., Roger, K. (2020). “Talk about it:” Changing masculinities and mental health in rural places? *Social Science and Medicine*. 258, 1-7.
- Funk, L., **Herron, R.**, Spencer, D., & Thomas, S. (2020). Aggression and Older Adults: News Media Coverage across Care Settings and Relationships. *Canadian Journal on Aging*, 1-12. doi:10.1017/S0714980820000197
- **Herron, R.V.**, Funk, L.M., Spencer, D. (2019). Responding the “Wrong Way”: The Emotion Work of Caring for a Family Member With Dementia, *The Gerontologist*, gnz047, <https://doi.org/10.1093/geront/gnz047>
- Funk, L.M., **Herron, R.**, Spencer, D., Dansereau, L., & Wrathall, M. (2019). More than “petty squabbles” – developing a contextual understanding of conflict and aggression among older women in low-income assisted living. *Journal of Aging Studies*. doi: 10.1016/j.jaging.2018.11.001

Book Chapters

- Power, A., & **Herron, R.**, (In press). Informal Care: The forgotten frontline of Covid-19. In G. Andrews, V. Crooks, J. Pearce & J. Messina (Eds.), *COVID-19 and Similar Futures: Geographical perspectives, issues and agendas*. Springer.
- **Herron, R.**, & O’Shea, E. (2021). Critical perspectives on mental health, dementia and rural ageing. In Mark Skinner, Rachel Winterton, Kieran Walsh (Eds.) *Rural Gerontology: Towards Critical Perspectives on Rural Ageing*. New York: Routledge.
- Skinner, M.W., & **Herron R.V.** (2020). Caregiving/Care/Caring. In A. Kobayashi, & I. Luginaah (Eds.) *International Encyclopedia of Human Geography*, 2nd ed.. Elsevier.
- **Herron, R.**, Skinner, M., Bar, R., Kontos, P., & Menec, V. (2019). Beyond therapy: Exploring the potential of dance to improve social inclusion for people with dementia. In R. Hunt & S. Atkinson (Eds.), *Geohumanities and Health*. Springer.

Book Reviews

- **Herron, R.V.** (Accepted). Remote and Rural Dementia Care: Policy, Research and Practice. Policy Press: UK, 2020. In Anthea Innes, Debra Morgan, and Jane Farmer (Eds.). *Canadian Journal on Aging*.

Reports

- Epp, D., Hunter Rauch, K., Windsor J., Dauphinais J., **Herron R.**, Mullins, S., Lee, S., Ramsey, D., Ryan, K., Thomson, A., Waddell- Henowitch, C. (2021). Suicidality in rural and/or remote

	<p>communities: A scoping literature review. Centre for Critical Studies of Rural Mental Health, Brandon University</p> <ul style="list-style-type: none"> • de Jager, M., Herron, R., Lawrence, B., Newall, N., Ramsey, D., & Waddell, C. (2020). Rural community health and wellbeing during COVID-19: Research bulletin. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB. • Herron, R., Dauphinas, J., De Jager, M., Lawrence, B., Newall, N., Ramsey, D., & Waddell, C. (2020). Rural community health and wellbeing during COVID-19: Research bulletin. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB. • Kruth, M., Herron, R., Waddell, C., Allan, J., & Roger, K. (2020). Newcomer men’s mental health in Brandon, Manitoba: Experiences, perceptions, and recommendations. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB. • de Jager, M., Gobeil, J., Tacan, F., Herron, R., Waddell, C., Allan, J., & Roger, K. (2020). Healing Journeys: Indigenous men’s reflections on strength and barriers to mental wellness. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB. • Ahmadu, M., Herron, R., Waddell, C., Allan, J., & Roger, K. (2020). Talk about it”: A stakeholder report on rural men’s mental health and changing masculinities in southern Manitoba, Canada. Centre for Critical Studies of Rural Mental Health, Brandon University, Brandon, MB. • Kosurko, A., Herron, R., Skinner, M., Kontos, P., Menac, V., Bar, R. (2020). Brandon pilot phase three (B3) report: Process and outcomes. Brandon University, Brandon, MB.
Oral Presentation	<ul style="list-style-type: none"> • Herron, R., Lawrence, B., Waddell, C., Ramsey, D., Newall, N., De Jager, M., & Dauphinas, J. (2020, October 15). Conversations in times of isolation: Exploring rural-dwelling older adults’ experiences of the COVID-19 pandemic in Manitoba. Brandon University Science Seminar. • Herron, R., Lawrence, B., Waddell, C., Ramsey, D., Newall, N., De Jager, M., & Dauphinas, J. (2020, October 14). What we can learn about resilience and mental health from older adults during COVID-19. Health Studies Seminar Series. • de Jager, M., Waddell, C., Rauch, K., Herron, R., Ramsey, D., Lawrence, B., & Newall, N. (2020, October 6). Rural health care workers’ needs and experiences during COVID-19. Talk Tuesday – Association of Regulated Nurses of Manitoba. • Rauch, K., Waddell, C., Ramsey, D., Lawrence, B., De Jager, M., Newall, N., & Herron, R. (2020, September 17). Examining the mental health experiences and resource needs of “frontline” healthcare workers in rural Manitoba, Canada during COVID-19. Health Studies Seminar Series. • Funk, L., Herron,* R., Saj, D. & Spencer, D. (2019). ‘Uncivilized Children’ or ‘Victims of Dementia’? Interpretations of Aggression in Assisted Living. Paper presented at the Gerontological Society of America Annual Scientific Meeting, Austin, Texas. (*Presenting author) • Herron, R., Skinner, M., Kosurko, A., Kontos, P., Menac, V., Bar, R. (2019). Exploring the critical contributions of arts-based approaches in rural dementia care. Paper presented at the Gerontological Society of America Annual Scientific Meeting, Austin, Texas. • Herron, R., (2019). Rural Dementia Care: From Challenges to Innovative Solutions. Invited keynote at the RaDAR Knowledge Network in Rural and Remote Dementia Care. Saskatoon SK. • Funk, L. & Herron, R. (2019). In the news today: Newspaper coverage of aggression in older adults. Webinar for the Canadian Network for the Prevention of Elder Abuse. • Herron, Rachel; Ahmadu, Mairo; Waddell, Candice; Allan, Jonathan, & Roger, Kerstin (2019). “Talk about it:” A preliminary analysis of masculinity and mental health in rural Southern Manitoba. Paper presented at the Prairie Association of Geography Annual Meeting, Moosejaw, Saskatchewan. • Herron, R., Skinner, M., Kosurko, A., Kontos, P., Menec, V., Bar, R. (2019). Encountering the transformative potential of Sharing Dance for people living with dementia and carers across spaces of care. Paper presented at the International Medical Geography Symposium, Queenstown, New Zealand. • Herron, R., Funk, L., Spencer, D. (2019). Responding the ‘Wrong Way’: Examining the Emotion Work Involved in Caring for a Family Member with Dementia. Paper presented at the Global Carework Summit, Toronto, ON.

	<ul style="list-style-type: none"> • Herron, R. (2019). Exploring the potential of Sharing Dance for people living with dementia and carers. Paper presented at Manitoba Neuroscience Network Annual Scientific Meeting, Winnipeg, Manitoba. • Herron, R., Skinner, M., Kosurko, A., Kontos, P., Menec, V., Bar, R. (2019). Exploring social inclusion, embodiment and citizenship through dance for older people living with dementia and their carers. Organized panel presented at the Joint Conference of NANAS and ENAS, Peterborough, ON. • Herron, R. V., Allan, J., Roger, K., Waddell, C. (2019). Are Rural Prairie Masculinities Traditional, Hegemonic, or Hybrid Masculinities? Paper presented at the American Men’s Studies Association, Brandon University, Manitoba. • Waddell, C. Herron, R. V., Allan, J., Roger, K. (2019). Process, Method, and Researching Men and Masculinities on the Prairies paper presented at the American Men’s Studies Association, Brandon University, Manitoba. • Abdul Salam, A., Herron, R. V., Allan, J., Roger, K., Waddell, C. (2019). Working with male international students to support their mental health needs. Paper presented at the American Men’s Studies Association, Brandon University, Manitoba. • Herron, R. V. (2019). What have we learned from Sharing Dance with people living with dementia and their carers? at the Manitoba Centre on Aging Annual Research Symposium, University of Manitoba. • Herron, R. V. (2019). Violence and victimization across the dementia care continuum at the Faculty of Health Studies Seminar Series, Brandon University.
--	---

Nancy Newall	
Publications	<ul style="list-style-type: none"> • St John, P., Menec, V., Tate, R., Newall, N., O’Connell, M., & Cloutier, D. (In press). Healthcare utilization among Canadian adults in rural and urban areas - the Canadian Longitudinal Study on Aging. <i>Canadian Journal of Rural Medicine</i>. • Herron, R., Newall, N. E. G., Lawrence, B. C., Ramsey, D., Waddell, C. M., & Dauphinais, J. (2021). Conversations in times of isolation: Exploring rural-dwelling older adults’ experiences of isolation and loneliness during the COVID-19 pandemic in Manitoba, Canada. <i>International Journal of Environmental Research and Public Health</i>, 18, 3028. https://doi.org/10.3390/ijerph18063028 • St John, P., Menec, V., Tate, R., Newall, N., O’Connell, M., & Cloutier, D. (2021). Functional status in rural and urban adults – the Canadian Longitudinal Study on Aging. <i>Journal of Rural Health</i>. Advance on-line. https://doi.org/10.1111/jrh.12578 • Menec, V., Newall, N., MacKenzie, C., Shooshtari, S., & Nowicki, S. (2020). Examining social isolation and loneliness in combination in relation to social support and psychological distress using Canadian Longitudinal Study of Aging (CLSA) data. <i>PLOS ONE</i>, 15(3), e0230673. https://doi.org/10.1371/journal.pone.0230673 • Newall, N., E. G., & Menec, V. H. (2020). A comparison of different definitions of social isolation using Canadian Longitudinal Study on Aging (CLSA) data. <i>Ageing and Society</i>, 40, 2671-2694. https://doi.org/10.1017/S0144686X19000801

Ashley Pylypowich	
Grants	<p>2020 Principal Investigator – “Exploring the Lived Experience and Resilience Traits amongst Undergraduate Students”</p> <ul style="list-style-type: none"> ▪ Co-Investigators: Van Mulligan., Baxter, C. ▪ Funding requested through FHS Grant ▪ Amount requested: \$2,500. Awaiting a decision. <p>2020 Co-Investigator – “Nursing Program Effectiveness Measures Across Canada”</p> <ul style="list-style-type: none"> ▪ Principal Investigator: Duff, E. Co-Investigators: Farthing P., Pavolff, M., O’Rourke, T., Keen, T. ▪ Funded requested from WNECASN ▪ Amount requested: \$5,000. Awaiting a decision. <p>2020 Co-Investigator – “Manitoba, we have a problem, Accessing Opioid Replacement Therapy in the Community Setting”</p> <ul style="list-style-type: none"> ▪ Co-Investigator with Duff, E. ▪ Other Investigators: Levine, & K., Turcotte, D. ▪ Funding requested from Research Manitoba, New Investigators Grant ▪ Amount requested: \$20,000. Awaiting a decision.
Oral Presentation	<ul style="list-style-type: none"> • Pylypowich, A. (2020). Implementing and Optimizing the Role of the Nurse Practitioner in Waywayseecappo Community School. Presented by teleconference for stakeholders engaged with Martin Family Initiative. • Pylypowich, A. (2019). Strategies for Implementing and Optimization of the role of Nurse Practitioner for Power Transmission Project. Presented for Voltage Power, Winnipeg, Manitoba to Health and Safety Team via Zoom.

Philippe Roy	
Grants	<p>2021 Co-Investigator – L’intervention psychosociale à distance dans les services de première ligne offerts aux hommes : Quelles sont les bonnes pratiques?</p> <ul style="list-style-type: none"> ▪ Principal Investigator: Gilles Tremblay. ▪ Funding requested from Ministère de la santé et des services sociaux. ▪ Funding requested: <p>2021 Principal Investigator - Projet "la santé mentale positive des agriculteurs: démarche photovoie".</p> <ul style="list-style-type: none"> ▪ Funding requested from Financement demandé au Fonds québécois de recherche sur la société et la culture, programme Relève ▪ Amount funded : \$62,500 <p>2021 –Principal Investigator - Projet "santé et bien-être des hommes: transfert de connaissances Québec - Pays nordiques".</p> <ul style="list-style-type: none"> ▪ Funding requested from Financement demandé au Ministère des relations internationales et francophonie avec le Conseil nordique des ministres ▪ Amount funded : \$20,000 <p>2020 Co-Investigator - Projet pilote Accorderies en soutien à la résilience des personnes et des communautés.</p> <ul style="list-style-type: none"> ▪ Principal Investigator: Paul Morin ▪ Amount funded : \$439,959
Publications	<ul style="list-style-type: none"> • Lambert, A., Roy, P., Leblanc, C., Noël, J., Jean, M.-E. (In press). Utilisation des forces dans la formation en travail social: l'importance de la cohérence et du croisement des savoirs. <i>Revue Intervention</i>. Accepted February 25, 2021. • Deslauriers, J.-M., Tremblay, G., Genest-Dufault, S. Desgagnés, J.-Y. (Éds.). (In press). <i>Regards sur les hommes et les masculinités</i>, 2e édition. Chapter accepted January 2021. • Roy, P., Villeneuve, P., Poirier, L., Chamberland, I. (In Press). Programme Et moi comment ça va ? en prévention du suicide auprès des hommes. In Deslauriers, J.-M., Tremblay, G., Genest-Dufault,

	<p>S. Desgagnés, J.-Y. (Eds.) <i>Regards sur les hommes et les masculinités</i>, 2nd Edition. Chapter accepted January 2021.</p> <ul style="list-style-type: none"> • Hébert, M., Marcoux, L., Roy, P., Lemire, L. (2020). Exploration des effets de la COVID-19 sur les agriculteurs : perspective d'une travailleuse de rang. <i>Revue Intervention, Hors-série, (1)</i>, p. 47-58. • Pineault, M.E., Cotton, J.C., Roy, P., Roy, S. (2020). L'intervention en santé mentale auprès des personnes LGBTQ+. Quintessence. www.qualaxia.org • Roy, P., Beaugard, N., Verville, S., Bilodeau, J. et Therrien, A. (2020). Promouvoir la santé mentale des agriculteurs: outiller pour mieux soutenir. <i>Revue Canadienne de Santé Mentale Communautaire, 39(2)</i>, p. 77-81. • Roy, P. et Akbari, Z. (2020). Éditorial : La lutte à l'oppression de genre pour une meilleure santé mentale. www.qualaxia.org • Roy, P. Tremblay, G., Robertson, S., Collin, M.-P. (2020). Real farmers real men. In Deslauriers, J.-M., Tremblay, G., Lafrance, M. (Éds.). <i>Forgotten masculinities</i>. Chapter summary accepted February 12, 2020.
--	--

Kim Ryan	
Grants	<p>2020 Co-Investigator – “Stakeholder Engagement on Suicide and its Prevention to Inform a Canadian Research and Knowledge Translation”</p> <ul style="list-style-type: none"> ▪ Principal Investigator: Donna Epp ▪ Funded through PHAC ▪ Amount funded: \$60,000 <p>2020 Principal Investigator – “On-line forum discussion instructor feedback: Undergraduate pre-psychiatric nursing students’ perceptions of its use to improve fundamental writing skills”</p> <ul style="list-style-type: none"> ▪ Co-Investigator: Dr. Catherine Baxter ▪ Funding Requested from BUREC
Oral Presentation	<ul style="list-style-type: none"> • Ryan, K. & McKenzie, T. (2020, February 27). EAGALA Model based EAP/EAL Effectiveness with Children/Adolescents: Preliminary Research Findings. Presented via Zoom during the 20th Annual EAGALA Conference, Lexington, Kentucky. • Ryan, K. & McKenzie, T. (2019, October 9). Quantitative Research Investigation of Equine Assisted Therapy Effectiveness: Advances & Pitfalls. Invited Presentation, Faculty of Health Studies Seminar Series. • Ryan, K. & McKenzie, T. (2019, October 19). Equine Assisted Psychotherapy Research: Use of OQ Measures. World-Class BUILT in Brandon presentation during Homecoming weekend, held at Brandon University.

Nadine Smith	
Grants	<p>2020 Principal Investigator – “Belonging, pride, and mental well-being: Perspectives of Brandon University students”</p> <ul style="list-style-type: none"> ▪ Co-Investigators: Graham, J. M., Waddell, C., de Moissac, D., Lam, M. ▪ Funded from a Faculty of Health Studies grant ▪ Amount funded: \$2,500.00 <p>2019 Co-Investigator – “Registered Psychiatric Nurse and Registered Nurse transition to practice”</p> <ul style="list-style-type: none"> ▪ Principal Investigator: Chachula, K. ▪ Co-Investigator: Dusome, D. ▪ Funded through a Brandon University Research Committee (BURC) Grant ▪ Amount funded: \$5,000.00 <p>2019 Co-Investigator – “Mentors’ experiences in an undergraduate psychiatric nursing peer mentorship program”</p> <ul style="list-style-type: none"> ▪ Principal Investigator: Thomson, A. ▪ Co-Investigator: Naismith, D.

	<ul style="list-style-type: none"> ▪ Funded through a Health Studies Research Grant ▪ Amount funded: \$2,500.00
Oral Presentation	<ul style="list-style-type: none"> • Graham, J. M. & Smith, N. L. (2019, November 19). “Cruel to be Kind”: An exploratory study of nurses’ perceptions of being “the tough guy.” A look at the preliminary data. Faculty of Health Studies Seminar Series. Brandon, Manitoba. • Waddell, C., Graham, J. M., Smith, N. L., & Sawatzky-Dyck, S. (2019, September). Reducing Brandon University student risk, Dean’s Council, Brandon University, Brandon, Manitoba. • Waddell, C.M., Graham, J.M., Smith, N. L., & Sawatzky-Dyck, S (in absentia). (2019, May 29). Reducing Brandon University Student Risk: Consultation with Students. Faculty of Health Studies Seminar Series. Brandon, Manitoba. • Waddell, C., De Moissac, D., Smith, N.L., Graham, J. M., Rocque, R., Gueye, R., and Sawatzky-Dyck, S. (2019, June 11 - 14). <i>Student Mobilization and Engagement around Issues of Well -Being and At-Risk Behaviour on Campus</i>. The Annual Conference for the Society for Teaching and Learning in Higher Education. Winnipeg Manitoba. (Refereed)

Andrea Thomson	
Grants	<p>2019 Principal Investigator – “Peer Mentorship Research Project”</p> <ul style="list-style-type: none"> ▪ Current Project ▪ Co-Investigators: Dana Naismith and Nadine Smith ▪ Funded through a Health Studies Research Grant (August 13, 2019) ▪ Amount funded: \$2500.00 <p>2019 Principal Investigator – “Recovery-Oriented Milieu Research Project”</p> <ul style="list-style-type: none"> ▪ Current Project ▪ Co-Investigator: Sharran Mullins ▪ Funded through a New Facility BURC Grant (December 20, 2019) ▪ Amount funded: \$2,776.00
Publications	<ul style="list-style-type: none"> • Lalonde, J., Thomson, A., Duncan, K., & Roger, K. (2020). Hearing their voices: A qualitative study of the housing experiences of youth post-care. <i>Qualitative Social Work</i>. Advanced Online Publication. https://doi.org/10.1177/1473325020923022
Oral Presentation	<ul style="list-style-type: none"> • Lalonde, J., & Thomson, A. (2020, June). <i>Hearing their voices: The housing experiences of youth post-care</i>. Abstract accepted to the Canadian Collaborative Mental Health Care Conference. Conference cancelled due to COVID-19 • Thomson, A. (2020, May). <i>Caring for the entire unit: The complex use of awareness</i>. Abstract accepted to the Horatio Congress in Berlin, Germany, Europe. Conference cancelled due to COVID-19.

Candice Waddell-Henowitch

Grants

- 2020 Co-Investigator - **“Belonging, Pride, and Mental Well Being: Perspectives of Brandon University Students”**
 - Current Project
 - Primary Investigator: Nadine Smith
 - Funded through Brandon University Health Studies Research Grant
 - Amount funded: \$2500.00
- 2020 Co-Investigator – **“Program Evaluation of a Supporting Newcomers Workshop on Social Isolation and Loneliness”**
 - Primary Investigator: Jan Marie Graham
 - Co-investigators: Newall, N., Waddell, C., Mamuric, J., & Olasunkanmi, A.
 - Funded through Health Studies Research Grant
 - Amount funded: \$2444.26
- 2020 Co-Investigator – **“Enhancing newcomer wellness through research and community partnership”**
 - Primary Investigator: Dr. Rachel Herron
 - Co-investigators: Epp, D.
 - Funded through Brandon University Student Union Work Study Program
 - Amount funded: \$2500.00
- 2020 Co-Investigator – **“Stakeholder Engagement on Suicide and its Prevention to Inform a Canadian Research and Knowledge Translation Agenda Identifying needs of the rural and remote population of Canada.”**
 - Primary Investigator: Donna Epp
 - Co-investigators: Herron, R., Ramsey, D., Lee, S. L. W., Ryan, K. D., Mullins, S., & Thomson, A.
 - Funded through PHAC
 - Amount funded: \$60,000.00
- 2019 CIHR PhD Scholarship – **“Why can’t she just “get over it”? A qualitative study on the impact of sexual trauma on University Alumni**
 - Current Project
 - **McPhail, D** (Nominated PI), Gingras, J (PI), Jette, S (PI), Rail, G (PI), Harbin (Co-I), and Ward, P (Co-I). “Reproducing Stigma: Obesity and Women’s Experiences of Reproductive Care.” CIHR. \$230,130.
 - Funded through Canadian Institute of Health Research PhD Scholarship
 - Amount funded: \$32,000.00
- 2019 Co-Investigator – **“Mental Health on the Prairies Conference and Community Gathering: Social Justice, Vulnerability and Resilience”**
 - Current Project
 - Primary Investigator: Dr. Rachel Herron
 - Funded through SSHRC
 - Amount funded: \$11,000.00
- 2019 Primary Investigator – **“Racism within the Health Care System: Reflections of Psychiatric Nursing Students”**
 - Current Project
 - Funded through Brandon University Research Committee
 - Amount funded: \$7453.12

Publications

- Peer-Reviewed Publications**
- **Waddell, C.** (In Press). *Inuit Laws: Tirigususiit, Piqujait and Maligait* – Book Review. Canadian Journal of Native Studies, 39(1).
 - de Moissac, D., **Waddell, C.M.**, Smith, N., Gueye, N.R., and Rocque R. (In Press). Using knowledge mobilization to promote student engagement in health promotion on Canadian Campuses. *Collected Essays on Learning and Teaching*.
 - Robinson, J. R., & **Waddell, C. M.** (In Press). Community Mental Health Promotions. In

Candice Waddell-Henowitch

Vollman, A & Jackson, S. (Eds.), *Canadian Community as Partner, 5th Edition*. Wolters Kluwer. Forthcoming.

- Crawford, A., **Waddell, C.**, & Lund, C. (In Press). Unsettling healthcare with Inuit in Canada: Cultural safety education for healthcare providers. In Schiff, R. & Molle, H. (Eds.), *Health and Healthcare in Northern Canada*. University of Toronto Press. Forthcoming.
- Herron, R.V., Newall, N. E.G., Lawrence, B. C., Ramsey, D., **Waddell, C.M.**, & Dauphinais, J. (2021). Conversations in times of isolation: Exploring rural-dwelling older adults' experiences of isolation and loneliness during the COVID-19 Pandemic in Manitoba, Canada. *International Journal of Environmental Research and Public Health*, 18(3028). <https://doi.org/10.3390/ijerph18063028>
- Roger, K., Herron, R., Ahmadu, M., Allan, J., & **Waddell, C.** (2021). Exploring Ageing and Time as Resources in Men's Mental Health Experiences. *Aging and Society*. <https://doi.org/10.1017/S0144686X21000362>
- **Waddell, C.M.**, de Jager, M.D., Gobeil, J., Tacan, F., Herron, R.V., Allan, J.A., Roger, K. (2021). Healing Journeys: Indigenous Men's Reflections on Resources and Barriers to Mental Wellness. *Social Science and Medicine*, 270. doi.org/10.1016/j.socscimed.2021.113696
- Allan, J., Herron, R., Ahmadu, M., **Waddell, C.**, Roger, K. (2020). "I never wanted my children to see their father the way I've seen mine": Caring Masculinities and Fathering on the Prairies. *NORMA*, 16(1). doi.org/10.1080/18902138.2020.1866322
- de Moissac, D., **Waddell, C.M.**, Smith, N., Gueye, N.R., and Rocque R. (2020). Student's perspectives on mental health: Using World Cafés to engage in dialogue about health promotion and support services. *Collected Essays on Learning and Teaching*, XIII.
- **Waddell, C.M.**, Herron, R.V., Gobeil, J., Tacan, F., De Jager, M. D, Allan, J. A, Roger, K. (2020). Grounded in Culture: Reflections on sitting outside the circle in community-based research with Indigenous men. *Qualitative Health Research*, 30(14). 2343-2350. doi.org/10.1177/1049732320960050
- Herron, R., Ahmadu, M., Allan, J., **Waddell, C.**, & Roger, K. (2020). "Talk about it:" Changing masculinities and mental health in rural places? *Social Science and Medicine*, 258. doi.org/10.1016/j.socscimed.2020.113099
- **Waddell, C.M.**, Graham, J.M and Pachkowski, K. (2020). Battling Associative Stigma in Psychiatric Nursing. *Issues in Mental Health Nursing*, 41(8). doi:10.1080/01612840.2019.1710009
- Graham, J. M., **Waddell, C., M.**, Pachkowski, K., & Friesen, H. (2020). Educating the educators: Determining the uniqueness of Psychiatric Nursing practice to inform Psychiatric Nurse education. *Issues in Mental Health Nursing*, 41(5). doi.org/10.1080/01612840.2019.1678081
- **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 (Refereed)

Reports/Non-peer reviewed publications:

- Kruth, M., & **Waddell, C.** (2021). 'Racism is a subtle, sly, slippery thing': A need for anti-racism praxis in nursing education. Brandon University Research Connection, 4(1).
- Rauch, K., de Jager, M., Ramsey, D., Herron, R., Lawrence, B., **Waddell, C.**, & Newall, N. (2021). *Impacts of Covid-19 on rural health care workers in Manitoba*. Brandon University Research Connection, 3(2).
- Epp, D., Rauch, K.H., Windsor, J., Dauphinais, J., Herron, R., Mullins, S., Lee, S., Ramsey, D., Ryan, K., Thomson, A., **Waddell-Henowitch, C.** (2021). *Suicidality in rural and/or remote communities: A scoping literature review*. Public Health Agency of Canada.
- Kruth, M., Herron, R.V., **Waddell, C.**, Roger, K., & Allan, J. (2020). *Newcomer men's mental health in Brandon, Manitoba: Experiences, perceptions, & recommendations*. Brandon University Research Connection, 3(5).
- Allan, J., Herron, R.V., Ahmadu, M., **Waddell, C.**, & Roger, K. (2020). *Caring masculinities and fathering on the prairies*. Brandon University Research Connection, 3(3).

Candice Waddell-Henowitch	
	<ul style="list-style-type: none"> De Jager, M., Tacan ,F., Gobeil, J., Waddell, C., & Herron, R. (2020). <i>Healing Journey's: Indigenous Men's Reflections on Strengths and Barriers to Mental Wellness</i>. Prairie Mountain Health Plus. De Jager, M., Gobeil, J., Tacan, F., Herron, R., Waddell, C., Allan, J., & Rogers, K. (2020). <i>Healing Journey's: Indigenous Men's Reflections on Strengths and Barriers to Mental Wellness</i>. Centre for Critical Studies of Rural Mental Health. Rauch, K., Waddell, C., Ramsey, D., Lawrence, de Jager, M., Newall, N., & Herron, R. (2020). <i>Examining the mental health experiences and resource needs of "frontline" health care workers in Rural Manitoba, Canada during COVID-19</i>. Prairie Mountain Health Plus. Herron, R., Lawrence, B., Ramsey, D., Newall, N., & Waddell, C. (2020). <i>COVID-19 is a marathon: Healthcare workers need support to finish</i>. Brandon Sun. De Jager, M., Herron, R., Lawrence, B., Newall, N., Ramsey, D., & Waddell, C. (2020). <i>Rural Community Mental Health & Wellbeing during COVID-19: Research Bulletin 2020</i>. Centre for Critical Studies of Rural Mental Health. Kruth, M., Herron, R., Waddell, C., Allan, J., Roger, K. (2020). <i>Newcomer men's mental health in Brandon, Manitoba: Experiences, perceptions, and recommendations</i>. Centre for Critical Studies of Rural Mental Health. Ahamadu, M., Herron, R., Waddell, C., Allan, J., & Roger, K. (2020). <i>"Talk about it": A stakeholder report on rural men's mental health and changing masculinities in southern Manitoba, Canada</i>. Centre for Critical Studies of Rural Mental Health. https://www.centreforruralmentalhealth.com/publications-media Herron, R., Waddell, C., & Whitfield, R. (2020). <i>COVID 19: Not the new normal but a chance to change our response to mental illness</i>. Canadian Federation of Mental Health Nurses- News. https://www.cfmhn.ca/2020/05/12/covid-19-not-the-new-normal-but-a-chance-to-change-our-response-to-mental-illness/ de Jager, M., Gobeil, J., Tacan, F., Waddell, C., Herron, R., Allan, J., & Roger, K. (2019). <i>Healing journeys: Shared insights from Indigenous men in Brandon</i>. Brandon University Research Connection, 3(4). Salam, A.A., Herron, R., Ahmadu, M., Waddell, C., Allan, J., Roger, K., & de Jager, M. (2019). <i>Being African, male and an international student negotiating mental health and wellness</i>. Brandon University Research Connection, 3(3). Herron, R., Ahmadu, M., Waddell, C., Allan, J., Roger, K., de Jager, M., & Salam, A.A. (2019). <i>Mental Health: Are men "talking about it?"</i> Brandon University Research Connection, 3(1). Smith, N., Waddell, C., Graham, J.M., deMoissac, D. (2019). <i>Risk taking behaviours among Brandon University Students</i>. Prairie Mountain Health Pulse. Waddell, C., Graham, J.M., Smith, N., Sawatzky-Dyck, S., de Moissac, D., Rocque, R., & Gueye, N.R. (2019). <i>Reducing Brandon University Student Risk</i>. Brandon University, Brandon, MB. Waddell, C.M., Gilberto, A., & Smith, A. (2019). <i>Pitfalls and Challenges: Interactive Case Study</i>. Filmed by: The Centre for the Advancement of Teaching and Learning: Manitoba Flexible Learning Hub. (Refereed) Waddell, C.M. (2019). <i>Beth – Branching Case Study</i>. Filmed by: The Centre for the Advancement of Teaching and Learning: Manitoba Flexible Learning Hub
Oral Presentation	<ul style="list-style-type: none"> Waddell, C., McPhail, D., Kelly, C., & Ferris, S. (2020, May 14 - 16). <i>"If I knew then what I know now": Reflections of Sexual Violence Survivors</i>. Horatio, European Psychiatric Nursing Congress. Berlin, Germany. Conference cancelled due to COVID- 19. (Refereed) Smith, N.L., Waddell, C., de Moissac, D., Graham, J.M., Sawatzky-Dyck, S. (2020, May 14 - 16). <i>Engaging students though a world café</i>. Horatio, European Psychiatric Nursing Congress, Berlin, Germany. Conference cancelled due to COVID – 19. (Refereed) Ahmadu, M., Herron, R., Allan, J., Waddell, C., & Roger, K. (2020, April 29 – May 1). <i>"Talk about it:" A preliminary analysis of masculinity and mental health in rural Manitoba</i>. Mental Health on the

Candice Waddell-Henowitch

- Prairies, Brandon, MB. **Conference cancelled due to COVID- 19.** (Refereed)
- Denys, T., **Waddell, C.**, Dusome, D., & Wedgewood, B. (2020, April 29 – May 1). *Learning from the experts: Bachelor of Psychiatric Nursing Students’ Experiences with the Recovery Narrative Assignment.* Mental Health on the Prairies, Brandon, MB. **Conference cancelled due to COVID- 19.** (Refereed)
 - Stephen, H., Tabatabaei, D., & **Waddell, C.** (2020, April 29 – May 1). *Racism within the Health Care System: Reflections of Psychiatric Nursing and Nursing Students.* Mental Health on the Prairies, Brandon, MB. **Conference cancelled due to COVID- 19.** (Refereed)
 - Gobeil, J., Tacan, F., de Jager, M., **Waddell, C.**, Herron, R., Allan, J., & Roger, K. (2020, April 29 – May 1). *Sharing stories about collaboration, healing and fathering in partnership with Indigenous Men, Symposium.* Mental Health on the Prairies, Brandon, MB. **Conference cancelled due to COVID- 19.** (Refereed)
 - Smith, N., de Moissac, D., Gueye, N.R., **Waddell, C.**, Graham, J. (2020, April 29 – May 1). *Technology and University Students’ Mental Health.* Mental Health on the Prairies, Brandon, MB. **Conference cancelled due to COVID- 19.** (Refereed)
 - Betker, C., Budden, F., Bradley, L and **Waddell C.** (2020, April 16). *Coffee with Claire: Conversations on COVID-19 with CNA’s President – Nurses’ Mental Health Needs.* Webinar.
 - **Waddell C.**, Herron, R., Gobeil, J., Tacan, F., de Jager, M., Allan, J., & Roger, K. (2020, March 19 - 22). *The Healing Journey: Indigenous Men’s Experiences.* The American Men’s Studies Association Conference, Greeley, CO. **Conference cancelled due to COVID- 19.** (Refereed)
 - Roger, K., Ahmadu, M., Herron, R., Allan, J., & **Waddell C.** (2020, March 19 - 22). *Men’s sense of time over time: Experiences of mental health and aging in a rural context.* The American Men’s Studies Association Conference, Greeley, CO. **Conference cancelled due to COVID-19.** (Refereed)
 - **Waddell, C.**, Graham, J., Pachkowski, K., & Friesen, H. (2019, October 9 - 11). *Educating Registered Psychiatric Nurses: Tackling Associative Stigma from the Beginning.* Canadian Federation of Mental Health Nurses, Winnipeg, MB. (Refereed)
 - Herron, R., & **Waddell, C.** (2019, September 26). Invited Speaker – *Mental Health Matters. Community Event,* Brandon Manitoba.
 - **Waddell, C.M.**, Graham, J.M., Smith, N., & Sawatzky-Dyck, S. (2019, September 20). *Reducing Brandon University Student Risk: Consultation with Students.* Presentation to Dean’s Council. Brandon Manitoba.
 - **Waddell, C.**, De Moissac, D., Smith, N., Graham, J. M., Rocque, R., Gueye, R., and Sawatzky- Dyck, S. (2019, June 11 - 14). *Student Mobilization and Engagement around Issues of Well-Being and At-Risk Behaviour on Campus.* The Annual Conference for the Society for Teaching and Learning in Higher Education. Winnipeg Manitoba. (Refereed)
 - Gueye, N . R., de Moissac, D., Rocque, R., **Waddell, C.**, Graham, J.M., Leboeuf, G., Guimond, F., Hull, K., Linden- Anderson, S., Delaquis, S., Vigier, D., and Perron, C. (2019, June 11 - 14). *Consommation du cannabis en milieu universitaire canadien: tendances suite à la légalisation.* The Annual Conference for the Society for Teaching and Learning in Higher Education. Winnipeg Manitoba. (Refereed)
 - **Waddell, C.M.**, Herron, R.V., Tacan, F., Gobeil, J., Allan, J.A., Roger, K. (2019, June 12 - 13). *Process, Method, and Researching Men and Masculinities on the Prairies.* The American Men’s Studies Association Annual Conference. Brandon, Manitoba. (Refereed)
 - Abdul Salam, A., Herron, R.V., Allan, J.A., Roger, K., **Waddell, C.M.** (2019, June 12 - 13). *Working with male international students to support their mental health needs.* The American Men’s Studies Association Annual Conference. Brandon, Manitoba. (Refereed)
 - Herron, R., V., Allan, J.A., Roger, K., **Waddell, C.M.** (2019, June 12 – 13). *Are Rural Prairie Masculinities Traditional, Hegemonic, Hybrid Masculinities?* The American Men’s Studies Association Annual Conference. Brandon, Manitoba. (Refereed)
 - **Waddell, C.M.**, Graham, J.M., Smith, N., & Sawatzky-Dyck, S. (2019, May 29). *Reducing*

Candice Waddell-Henowitch


	<p><i>Brandon University Student Risk: Consultation with Students.</i> Faculty of Health Studies Seminar Series. Brandon, Manitoba.</p> <ul style="list-style-type: none">• Waddell, C.M., Graham, J.M., Pachkowski, K & Friesen, H. (2019, May 9 - 12). <i>Battling Stigma in a Stigmatized Profession.</i> 5th Horatio Festival of Psychiatric Nursing. Copenhagen, Denmark.(Refereed)
Poster Presentation	<ul style="list-style-type: none">• Waddell, C., Stephen, H., Tabatabaei, D. (2019, October 14 - 19). <i>Racism within the Health Care System: Reflections of Psychiatric Nursing Students – Poster Presentation.</i> World-Class BUILT in Brandon, Brandon, Manitoba.• Waddell, C., Graham, JM., Vigier, D., de Mossiac, D., & Rocque, R. (2019, October 9 - 11). <i>Risk taking behaviours and Mental Health Indicators: How do nursing and psychiatric nursing students compare to other students in University?</i> Poster Presentation. Canadian Federation of Mental Health Nurses, Winnipeg, MB. (Refereed)• Herron, R., Ahmadu, M., Waddell, C., Allan, J., & Roger, K. (2019, October 5 - 6). <i>“Talk about it”: A preliminary analysis of masculinity and mental health in rural Southern Manitoba.</i> Paper presentation, Association of Geography Annual Meeting, Moosejaw Saskatchewan. (Refereed)





 /CCSRMH

 @CCSRMH

 (204) 571-8532

 centreforruralmentalhealth.com

 CCSRMH@brandonu.ca