



## 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 Covid19); 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](http://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 Ramsey, 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 Chrissy Heaman for ZOOM link at  
[HeamanC@brandonu.ca](mailto: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

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### 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 Duphinas, Research Assistant;  
Breanna Lawrence, Faculty of Education;  
Doug Ramsey, Rural Development;  
Candice Waddell, Faculty of Health Studies

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### Re-Storying Autism

#### Date:

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

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

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