



 Canadian Mental Health Association
Nova Scotia
Mental health for all

Association canadienne pour la santé mentale
Nouvelle-Écosse
La santé mentale pour tous

CMHA NS 2014-2015 HIGHLIGHTS



This year has been one of intense review and assessment for CMHA Nova Scotia Division; one that will prove to set a solid foundation for years to come.

A new Executive Director, Pamela Magee, joined the division in 2014. Her wealth of experience in the field of mental health has already proven invaluable to staff, the Board and the clients we serve.

The Division continued to provide provincial leadership, for and on behalf of Nova Scotians, in: mental health promotion (education/training and the SEAK Phase II, social and emotional learning pilot project); mental health-related injury/disease prevention (Communities Addressing Suicide Together [CAST] Program); and mental health recovery (Gambling Awareness Peer-support and Recreation for Mental Health Pilot Projects).

We are pleased to bring you a few of the highlights from this past year and tell you that we are excited to launch a new three year strategic plan! Watch for more information in the coming months on our web site as we work together with our strategic partners to bring change to Nova Scotia, and mental wellness to our communities.

Charles Bruce & Pamela Magee

This past year has been an extremely busy transitional year that showed the completion of innovative mental health promotion project pilots and new beginnings such as:

The successful completion of SEAK Phase II, Public Health Agency of Canada, Innovation Strategy funded mental health promotion pilot project that tested an integrative whole school community social and emotional approach in 5 communities across Canada; 2 NS school boards, 1 Manitoba school district, 2 Alberta school boards.

The development of an Atlantic Inter provincial Collaborative Scaling Up of School-Community Based Social and Emotional Learning, Vision Document. The Vision Document informed the development of a Letter of Intent (LOI) application for an additional 3 years of Public Health Agency of Canada Innovative Strategy funding. CMHA NS and the Atlantic Department of Education and Health partners' LOI was approved by the Public Health Agency of Canada to move to full Phase III grant proposal development. CMHA NS and its Atlantic partners worked diligently over the winter-early spring months to develop a full proposal for submission to PHAC.

CMHA NS in collaborative partnership with Hinks Dellcrest's Handle with Care, a community based social and emotional learning program developed and tested a school community social and emotional learning approach for adults/parents to support a wrap around SEL support approach for students receiving school based SEL (PATHS) and adults living with and supporting the same children and youth.

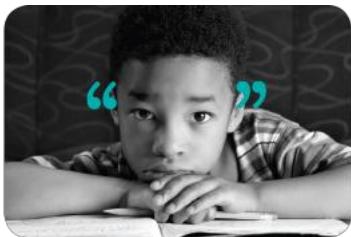
"CMHA NS provided provincial leadership, for and on behalf of Nova Scotians, in: mental health promotion (education and awareness); mental health-related injury/disease prevention; and mental health recovery."



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CMHA NS partnered with the Atlantic Summer Institute and the ACCESS Mental Health CIHR funded initiative to plan for and develop content to support the delivery of the 2015 ASI Symposium to be hosted in PEI in August 2015. The Gambling Awareness Peer Support (GAPS) funded project completed the pilot testing of a 12 week peer support applied approach in December 2014. The data and learnings gathered from the pilot were used to inform the development of the GAPS Facilitators Handbook and resource supports to support the delivery of a Gambling Peer Support Program. The final report for the funded initiative is due in October 2015.



Communities Addressing Suicide Together (CAST) Program collaborated with CMHA National and CASP on the development of national suicide prevention standards and development, which are still in the development phase. CAST also supported the 1st Annual Alex MacLaughlin Memorial Basketball Suicide Prevention fundraiser summer 2014 and hosted a provincial suicide prevention conference in the fall, 2014.

CMHA NS in collaboration with Recreation Nova Scotia and Dalhousie University completed the 2nd year of a 3 year Recreation for Mental Health Project, a NS Department of Health funded initiative. The purpose of the



project is to explore the role of recreation in the mental health recovery of Nova Scotians living with mental illness. To further support the initiative CMHA NS collaborated with a Dalhousie post-doctoral student in the development and submission of a MITACS Grant for the development of resiliency based mental health promotion education-training for post-secondary institutions

CMHA NS partnered with Atlantic post-secondary institutions to plan a Post-Secondary Healthy Minds-Healthy Communities Summit

CMHA NS board members and staff began the development of its new strategic 5-year rolling plan January 2015.

To support its aging building, CMHA NS applied for a HRM structural assessment and building maintenance grant.

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