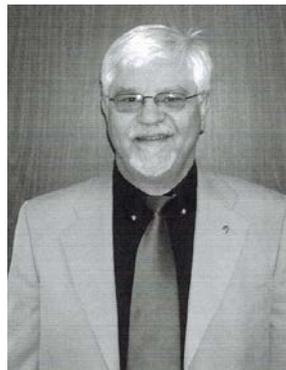


CMHA Newsletter

Printed by the CMHA Saskatchewan Division



Phyllis O'Connor



Dave Nelson

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Leadership Changes at CMHA

As of September 1, 2016, there have been changes in the Leadership team at CMHA Saskatchewan Division. As part of the Board of Directors due diligence, the Board began to look forward to ensure we were prepared for changes in leadership when they came.

In 2014, Dave Nelson, our Executive Director since 1996, brought forward a plan whereby he would reduce his hours, and our Assistant Executive Director, Phyllis O'Connor, would work full time as Acting Executive Director for a set period of time. That model began on September 1, 2015 for a probationary period, after which time the Board confirmed Phyllis as Executive Director on October 1, 2016. The Board of Directors had full confidence in Phyllis, and saw this transition as being very beneficial to the organization. Having Phyllis and Dave work together for an extended period of time allows for a smooth transition to Dave's eventual retirement in 2018 or early 2019. Dave and Phyllis have a long history of working together through thick and thin, and together have seen just about everything that comes through CMHA's doors.

Trained as both a Social Worker and Psychiatric Nurse, Dave has worked for the CMHA Regina Branch or Division for almost 27 years, and Phyllis for over 18 years. Dave continues his work with many groups, and Phyllis most recently put together, with the help of a committee, the plans and logistics for the 2nd Annual Wade Moffatt Memorial Gala, which was again a great success.

We thank our sponsors for their support.





2017 Wade Moffatt Memorial Gala

The Second Annual Wade Moffatt Gala was once again a great success in raising funds for the Canadian Mental Health Association. Many thanks to the organizing committee.

The Gala raised \$20,000 for the work of CMHA in advocacy and program support.

Kyle Moffatt gave the keynote address, and the Gala was attended by about 250 people. Sponsors included CTV, Rawlco, PostCard Portables, Mercedes-Benz Regina, Casino Regina, Busy Bee Cleaners, Chop, Speers, Exquisite Events and Wedding Décor, Remax Realty, Dominion Securities as well as volunteers from ScotiaBank.

We were very pleased to have the Lieutenant Governor, Her Honour Vaughn Solomon Schofield, in attendance.

Kyle Moffatt has been working through his grief at the loss of his dad Wade by talking.

He says that being approached by the media the week of his dad's death, and his family's decision to talk to the media, has turned into therapy for him.

Kyle also says he hopes that his talks help others to empathize with and relate to people who are experiencing mental health issues. He says it helps him, and he especially has enjoyed meeting so many people.

Kyle has spoken to students at several schools, to nursing students at the University of Regina, at the Mayor's Mental Health luncheons in Weyburn and Swift Current, and at both Galas. He has been to countless meetings and has joined the CMHA Board.



Upcoming Events

September 2, 2017 –
Caring Place Street Fair

September 24, 2017 –
Mini Indy in support of
OSI-CAN

September 18-20, 2017 –
Mental Health for All
Conference, Toronto

Mental Health

Coalition:

Next meeting in the fall! Stay tuned for the date.

Happy Summer!



Left: Kyle Moffatt addressing the crowd

Middle (L to R): Kyle Moffatt, Her Honour Vaughn Solomon Schofield, Danelle Moffatt, Lieutenant Commander Clark Northey



Cuts to Community-Based Organizations

The Government of Saskatchewan is calling for a 10% cut to the budgets of mental health community-based organizations, while at the same time waiting to receive money for mental health from the Government of Canada and providing additional tax cuts to corporations.

Community-based organizations are part of the continuum of mental health care in the province, and anything that reduces their capacity will impact on other parts of the system, most especially attendance at Emergency and pressure on inpatient wards and police resources.

Community-based organizations arise because there is a gap in the service continuum, and provide services for the formal system in a much-less expensive manner. The salaries of the providers are less than in the formal system and organizations run on a minimal budget. A 10% budget cut will force some to cease providing the services that many in the community depend on, at some peril. You may wish to write your local MLA on this subject and support the community-based organizations in your area.



Mental Health Services in Saskatchewan

The Canadian Mental Health Association, as part of its advocacy role, stays in touch with developments in mental health services around the province through its many contacts.

One consistent theme in all of our conversations with providers, families, and our consumers is that services are inconsistent from place to place and region to region, and even within regions. For example, **day hospital** is considered to be an integral service that supports consumers in their transition from inpatient to the community, but there is no day hospital associated with every inpatient unit. There are waits for **services for children and youth** in some regions but not others. There are people who are too **complex** to be returned to the community and stay in the inpatient unit for long periods. There are issues with the **transition** from Child and Youth to Adult services. There is a need for **more brief and social detox beds**, and more funding for the **Police and Crisis Teams (PACT)**.



The incidence of mental illness is growing as people become less afraid to reveal it, but funding has not increased to support the array of services needed. **Prevention and early intervention** is the best way to stabilize, and eventually decrease, the demand for expensive services, yet it gets the least funding as it is not seen as an urgent need.

Research Corner

Cannabis and Psychosis

Research over a long period and on many fronts indicates that the THC in cannabis can have acute, chronic, and long-term effects on the developing brain. The main concern with marijuana use in young teens is that it may affect executive function, which continues to develop into the twenties. Effects include changes to grey matter and white matter in the brain, memory problems, decreased cognitive function, and poor neuronal health. Because people have different genes and environments, they may be affected differently by marijuana use.

There is also evidence that marijuana use is associated with relapse after a first psychotic break.

PTSD

Post-Traumatic Stress Disorder (PTSD) is known to be a problem for accident and trauma victims and military personnel who have served in war zones. It is estimated that 9.2% of Canadians will experience PTSD in their lifetime. There are also issues with First Responders that are being recognized, due to their exposure to stressors on a continued basis. It is estimated that First Responders are twice as likely to experience the effects of PTSD. Often, there is a co-occurrence of PTSD, substance use disorder, and depression.

Crystal Meth Use in Saskatchewan

Several health regions in the province report that Crystal Meth use is one of their primary concerns, rather than opiate use. Opiate use outside of a prescription is a continuing concern across Canada, but at the moment the concern in Saskatchewan is Crystal Meth. There was considerable concern in 2006-07, at which time the response was the creation of Project Hope and the construction of a youth facility. Those presenting with this addiction use considerable resources. Working groups are pursuing best practices and other issues.

Alcohol Culture

Despite increasingly severe legal consequences and public education and public awareness, accidents and deaths stemming from alcohol continue. While alcohol may help people feel relaxed, it also slows down the brain. About 6,700 people die each year in Canada as a result of alcohol, through car and other accidents, suicides, illnesses, and health problems.

It has been shown that there are many social and cultural aspects to the consumption of alcohol. Strangely, societies that have higher everyday use of alcohol—such as Italy and France—have lower levels of problems with alcohol. The link between alcohol with celebration and transition from work to play in other societies such as the US, Canada, and the UK is thought to be part of the problem with over-indulgence and binge drinking. Normalized consumption in family situations versus illicit and binge drinking in teens is also an issue. Further research is ongoing.

Strep Throat

New research summarized from the Journal of the American Medical Association (JAMA) by MedNews on May 24, 2017 suggests a link between a positive strep test in children and a modestly increased risk of psychiatric disorders as adults, including Obsessive Compulsive Disorder (OCD) and some tic disorders. Using data from Denmark over a period of years, many children with a positive test were seen to have OCD and tic disorders, but many children without positive tests also developed these disorders. Researchers suggest that, in addition to strep, some virus infectious agents may also have an effect on developing these disorders. This research remains controversial but is seen as a possible explanation for the development of some mental illnesses.

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**Canadian Mental
Health Association**
Saskatchewan