



Canadian Mental
Health Association
Saskatchewan
Mental health for all

2020-2021 Provincial Board Election Slate

PRESIDENT

Susan Grohn

Susan Grohn is a nurse and Grey Nuns graduate. She sat on the Saskatchewan Registered Nurses' Association Disciplinary Committee for two terms.

Susan has served on several boards in the community such as the Church Board, Bursary Committee and the CMHA Weyburn Branch Board.

Susan has served on the CMHA Weyburn Branch Board for 17 years, serving in the capacity of both President and Vice-President. She has been very influential in promoting CMHA in the community by working closely with the media. Susan has also been instrumental in providing education and awareness in the schools and has played an active role on the Parent Teacher Association for Suicide Prevention and Intervention. She has also been an active chairperson for the suicide focus group.

Susan originally became a member of the CMHA Provincial Board in 2003. She served as President from 2006 to 2009 and as Past President from 2009-2012. Currently Susan serves as the CMHA Saskatchewan Division representative on the CMHA National Board.

For several years Susan owned and operated a personal care home in Weyburn until her recent retirement.

TREASURER

Bryan Leier

Bryan Leier grew up on a mixed farming operation around the Sedley/Francis area. He was a small business operator for 25 years and currently works as a Manager at the Bennett Dunlop Ford Collision Centre.

Bryan has served on the Sedley Village Council since 1988 – serving as a Councillor for 20 years and Mayor for 11 years. He has served on many community boards in Sedley and remains active as a volunteer for the Fire Department and chairs the Parks and Recreation Committee for the Village of Sedley.

Bryan has served on many provincial bodies including Chair of the Conexus Arts Centre (11 years), Director and Finance Committee Chair of the Regina Qu'Appelle Health Region (10 years), and Board Chair for the Health Insurance Reciprocal of Canada (14 years) to name just a few.

He currently sits as a Director and past Vice-Chair of the Apprentice and Trade Certification Commission and is also an industry representative on the Sask. Auto Dealers Association. Bryan is also a Director on the Saskatchewan Collision Repair Association (SAAR). He has been a member of the Canadian Mental Health Association (Saskatchewan Division) Board for several years, serving as the Finance Committee Chair.

With extensive board experience, Bryan has spent a considerable amount of time working with organizations to establish solid planning, governance, and short and long term strategic planning, along with solid financial determinants.

He enjoys community affairs, politics, cars and Arizona. Bryan is married to Rose and they have three children and three grandchildren.

MEMBERS AT LARGE

Mal Barber

For more than 40 years, Mal Barber's concern for people has been demonstrated through his altruistic dedication to making his community a better place to live. As the owner of Barber Motors in Weyburn (GM dealer 50 years), Mal uses what he has – his time, resources and his place of business – generously sponsoring events and community programs.

Mal has a BA/BAdmin Psychology and Behavioral Major from the University of Regina as well as a G/M University Management.

Mal has many interests: Coaching, officiating and management -- hockey, fastball, basketball (junior varisty University of Sask), summer speed swimming, Manager Zone 1 Summer Games Swim Team 92 and 96, member of the Weyburn Summer Games Committee, and annual GASP Sask. Cycle Touring.

Mal has also been active with the Weyburn Rotary Club, District Rotary Rep Polio Plus eradication, the Community Homecoming Committee and Weyburn Young Fellows Club. He served on the Board of Governors of the University of Regina and chaired the Saskatchewan Auto Dealers Association. He has also served on the Provincial Board of the MS Society and chaired the Weyburn MS Walk for 7 years. Mal has also served on his church Board for 25 years. He has served on the CMHA Weyburn Branch board for 6 years and has also sat on the Paul Hill School of Business Leadership Council.

Mal has received the Swim Sask. Development Award and the Chamber of Commerce Golden Spike Award. He was named Saskatchewan McLeans Auto Dealer of the Year and received the Saskatchewan Lt. Gov. Volunteer Medal in 2017. He was also the recipient of the Canadian Auto Dealer Laureate Award in 2018.

Mal is dedicated to his family including 10 grandchildren.....and more to come.

Myla Bulych

Myla Bulych has a passion and dedication for learning, teaching and personal development in pharmacy and leadership roles. She has strong verbal and written communication skills which allow her to effectively translate and transform knowledge through program development, in-person education and personal coaching. She tries to be fully present with each person she interacts with, listening to their needs and providing feedback, support or direction in a way that resonates with them. This is needed now more than ever in the constantly changing pharmacy landscape and the complex world of management and leadership.

Myla is the Director of Professional Practice with the Pharmacy Association of Saskatchewan. Her role at PAS requires her to be highly collaborative and to provide outputs with quick turnaround, while being flexible and meeting the needs of many pharmacists and pharmacy organizations. She is able to be successful in her stimulating and ever-changing role because of the value she places on effective communication, respect for others and the ability to work in formal and informal teams across the pharmacy sector. Myla also maintains her practising pharmacy license.

Myla has also served on the Board of Directors of ICF Saskatchewan Branch (present), Chaired the Wade Moffatt Memorial Gala, acts as a Mentor Pharmacist with Careers Unlimited, was committee member of the Vibank Centennial Celebrations, and worked as a volunteer pharmacist in the Prevention Through Empowerment, Woman's Health Medical Caravan in Tanzania, Africa.

Myla is interested in golf, triathlon and yoga and is an avid concert goer and world traveler.

Grant Rathwell

Grant Rathwell is a Clinical Oncology Social Worker with the Allan Blair Cancer Centre in Regina. Previously, he was the Senior Clinical Social Worker with the Moose Jaw Mental Health and Addiction Centre, Five Hills Health Region. He has an extensive background in professional practice in human services and in mental health administration. He has worked as Program Consultant with Community Care Branch, Saskatchewan Health. He has also worked as Director of the Edmonton Catholic Family and Child Service, Director of the Port Alberni, B.C. Mental Health Centre, Executive Director of Mental Health for Southwest Saskatchewan and Director of Mental Health and Addictions – Northern Health Services Branch (Sask.).

Grant has an undergraduate degree in Psychology and French, a Master's degree in Clinical Social Work and a Diploma in Health Services Management.

James Schwindt

James began his work in mental health through his involvement with CMHA, first as a practicum student and later as a consultant. This work led to additional opportunities, which afforded him the privilege of becoming an Adult Counselor for the Saskatchewan Health Authority.

James' continued work in this field is to ensure that all those seeking support are provided access to the most appropriate services that allow them to live healthy, productive lives, both physically and mentally. This goal is met through delivering both direct counseling services as well as advocacy.

James looks forward to expanding this work through his involvement on the Provincial Board of CMHA Saskatchewan Division, on which he previously served from 2016 – 2018.

REGIONAL DELEGATES

Micheal Halyk

Micheal Halyk is a retired farmer who lives in the Melville area but still works as an automotive sales representative in Yorkton. He and his wife Karen have two children – a daughter Morgan, who is married with two children of her own, and also a son Tyler. It was their son Tyler's struggles with mental illness that opened up their eyes to the trials and tribulations of mental illness.

Micheal is a member of the CMHA Melville Branch and has enjoyed the work they are doing to try to grow and expand the knowledge of the Canadian Mental Health Association in their area.

Because of his personal history of sitting on a corporate board, as well as many other provincial and national organizations, coupled with training in proper Policy Governance Board operations, Micheal feels somewhat equipped to take on the challenge of sitting on the CMHA Saskatchewan Division Board. Due to a serious health setback a number of years ago, he had to drop out of many boards and groups he was involved in. He recently realized that he missed the challenge and knowledge gained through that involvement.

Early in life, Michael was involved for over ten years with the 4-H movement in the Melville/Yorkton area, first as a member and later in life as a leader of the club. While he had a goal of obtaining a degree in agriculture at the University of Saskatchewan, because of his father's health as he aged and the fact he was the youngest of the children, he made the decision to go back to the farm, team up with his father in the livestock operation and see how that worked for a while. Of course, opportunity knocked and a neighbour's land came up for sale and the rest is history. Eventually his two brothers came back to join him in the farming operation. Eventually they formed a company under the Cooperatives Act and did what all others did in that time span. They continued to expand and face the trials and tribulations of farming throughout the last 30 years of the 20th century and the first 10 of the current century.

While Micheal was very active and busy being a farmer, husband and eventually a father, he had other interests besides farming. Early in his life he was very active in the Farm Union movement, which gave him a huge education on the policy of Agriculture. This involvement lead him into running in 1978 for an advisory position to the Canadian Wheat Board – an elected position he held for 20 years. While there he saw the CWB evolve into a farmer-directed grain corporation and he was successful at being elected to the first farmer Board of Directors of the Canadian Wheat Board. He held that position for 4 years but, partially due to a strong push to undermine the direction the farmer board was going and partially due to a lingering health issue that wasn't identified, he was defeated and 2003 found him away from a corporate board table for the first time in a long while. During those 24 years he had also become a Director on a local Credit Union, very involved in sports groups in our area, a league governor for the SJHL and also a trustee for the Melville and rural school district.

Not one to sit still, he then started a career in economic development and for 9 years was very successful doing economic development for Melville and 7 other municipalities and small towns. It was during the latter part of that time period that his son's life wasn't going well and eventually he was diagnosed and institutionalized with a mental health issue. Michael and his wife Karen tried to live as normal a life as possible and did whatever they could to learn more about mental illness and how to cope and still be there for your child. Through it all they realized that there was not a lot of support, first for the client themselves and then for the families who always appeared to be in the dark on what to expect next. Eventually, after many setbacks, Tyler had been stabilized and his meds were working to allow him to start a slow rebuilding process. Through it all their entire family stuck by Tyler's side and tried to understand the slow baby steps that had to be taken to bring some sense of normality to everyone's life.

Around this time Micheal lost his job as an economic development person, partially because of some mistakes and mismanagement issues. He and his wife and family had no idea what was happening to his life, but it was unravelling and causing marital and family stress in a huge degree. A short time after his dismissal, Micheal was diagnosed as having a right frontal brain tumor. He went into hospital and after almost a year, a couple of major operations and lots of treatment he was given a new lease on life.

Micheal told himself that he would no longer try to solve all the world's woes and would try to take care of his family and himself. He regained enough mental stability to re-enter the work force and has had eight very good years as an automotive salesman.

Micheal still finds it hard to not be involved in certain issues and organizations so when he was approached to help build a local branch of the Canadian Mental Health Association in Melville and area, he felt he needed to get involved. This involvement has led to his submitting his name for the CMHA Saskatchewan Division Board.

Micheal is currently 65 years old, in relatively good health and still resides on a farm although he is not actively farming. He tries to spend as much time as possible with his family and especially his grandchildren.

Micheal looks forward to the opportunity to serve and preserve the mandate of the Canadian Mental Health Association.

Nicole Hebert

Nicole Hebert has a Bachelor of Social Work through the University of Regina and has been working as a clinical social worker with the Saskatchewan Health Authority for the last two years. Prior to this she worked with the Ministry of Social Services in Protection and Emergency Duty Worker Services.

Throughout her experience as a frontline and clinical social worker, Nicole has prioritized the importance of continuous education from person-centred services catered towards mental health initiatives, along with the policies and programs around accessibility for appropriate supports and resources within the community. She has experienced policies within both the Ministry of Health and the Ministry of Social Services and has learned from the deficits at both the regional and provincial level experience in terms of policies and programs based towards mental health initiatives. Further to this, through her experience in both the clinical field and on the frontlines, she has also witnessed the impacts of mental health initiatives and policies within the Ministry of Education in relation to how the Ministry of Social Services and the Health Region relate and engage with one another on a rural and provincial level.

Nicole has volunteered with the CMHA Moose Jaw Branch and has served as a Board Member. She is involved with the Journey to Hope Moose Jaw team and has worked with them for the past five years. She is a firm believer in the arts and its impact in community policy making, funding and as a means to connect communities together. Nicole has performed and been a part of the Saskatchewan theatre community since 2012 and has also been involved in music and art-related projects aimed towards mental health, awareness, education and wellness.

Nicole is committed to pursuing continuous professional development and personal growth, while serving the needs of CMHA in Saskatchewan.