



Mental Health Research and Knowledge Exchange

Kick-off Meeting Notes | November 8, 2024

Attendance

- Exchange Convener: Tyler Pritchard, Visiting Professor at Grenfell Campus, Clinical Psychologist,
- Bailey Reid, Mental Health Promotion Consultant, NLHS Eastern Zone
- Jessica Menard, Clinical Psychologist, NLHS
- Julie Huntington, Patient Adviser at Quality of Care/ Choosing Wisely
- Jennifer Broadbent, Counsellor at Grenfell Campus
- Jennifer Buckle, Clinical Researcher and Professor of Psychology, Grenfell Campus
- Quinn Jesso, Program Facilitator at Trans Support NL
- RKE Program Manager at NLCAHR, Rochelle Baker

Introductions

Tyler Pritchard (he/him), holds a Ph.D. in Developmental Clinical Psychology and is a researcher on suicidology; risk of living in rural areas, research methods and statistics, online activity and self-injurious behaviors. His clinical/ Private practice is at Mind Body Psychology where he works with children, adolescents, young adults, and their families using CBT, DBT, ACT, CAMS, MI.

Bailey Reid (she/her), is the Mental Health Promotion Consultant for the Eastern Urban and Rural zones with Newfoundland and Labrador Health Services. She worked in community with Canadian Mental Health Association as the manager of policy and public engagement. Bailey held various roles in government and community over the years as a social worker in mental health. She is involved in this Exchange for networking, for the knowledge exchange, and hoping to see it as a forum to support continuity of care/ care standards to address the many MH concerns we face. As the sole mental health promotion consultant for the whole eastern urban and rural zone, she handles a wide variety of demands; as such, she feels it will be important to know who's doing what and where to stay connected and coordinate efforts. She is finishing a Master's of Social Work focusing studies on art-based group therapy for people in mental distress. Interested in art-based methods, art-based research methods.

Quinn Jesso (she/her/Your Majesty) formerly worked with the Community Mental Health Initiative in Corner Brook as mental health promotion coordinator. Recently, Quinn took a new position with Trans Support NL as their program facilitator and West Coast contact. She is here for the social side, networking, and appreciates NLCAHR as a source of information and connecting with other like-minded

individuals. Hoping this forum becomes a way of figuring out the things we would like to achieve in promoting MH. Even though her current role is not as much on the mental health side as it was in her former position, Quinn recognizes that mental health is incredibly important to everyone's quality of life.

Julie Huntington serves on NL SUPPORT Patient Advisory Committee which provides the opportunity to comment and be engaged in different sessions within the healthcare system in Newfoundland and Labrador. She is also the mother of a person with lived experience of the mental healthcare system and who experienced trauma within that system and is now out of hospital and doing much better. In spite of the wealth of her and her son's experience, Julie noted that no one ever asked her, "How can we make it better?" or "What was your experience?" when her son was in hospital, nor did she have an exit survey when he was released from care to ask how the experience went for everyone, as one might expect to happen in a non-mental health related healthcare experience. In the two years since she has not spent her energies in the hospital advocating for her son, she has moved away from her former activism but is still very interested in hearing from others and in helping to inform new directions in mental healthcare.

Jessica Menard is a Psychologist whose significant dysarthria means she will use the chat feature to participate in this Exchange. Jessica's written contributions and all forms of communication that work well for her will work well for all participants. Jessica works with the Janeway Lifestyle Program, which helps kids who are at risk of chronic diseases like obesity, Type 1 and Type 2 diabetes, fatty liver disease (also more recently known as hepatic steatosis or steatotic liver disease), insulin resistance, etc. The Program also serves kids who engage in too much screen time/sedentary activity and/or have nutritional concerns. Jessica is one of the psychologists with the program which means that she helps to treat the mental health needs of children and youth. Link to introduction video for the program

<https://jlpcourse.easternhealth.ca/>

Jennifer Buckle is a psychology professor at Grenfell Campus, and a registered psychologist with a background in clinical psychology. Mental health has been near and dear to her heart for many years. She is keen to be a part of the group, interested in knowledge exchange and interested to see the new ideas and possible activities going forward.

Jennifer Broadbent also works as a counsellor at Grenfell Campus in Counseling and Psychological Services. She looks forward to networking and hearing what her fellow participants have to say. She is not a psychologist, but is a counselor and has a private practice as well. She also serves on the mental health and addictions quality assurance committee as someone with lived experience with perinatal mental health challenges and is involved with perinatal Mental Health Alliance Newfoundland and Labrador. Any topics related to mental health are near and dear to her heart.

Review of Group Objectives

Participants reviewed the group objectives which were quite outdated. Many suggestions were put forward and Tyler has started a Google Document to update them. All members of the exchange are welcome to review/edit the Google Doc here:

https://docs.google.com/document/d/1MZKdDsox13WKJv89oBlhRpYiHOa4ADiG8YthTCv_ydY/edit?usp=sharing

Member Ideas and Interests

- The Distinction between Mental Health and Mental Illness
- Emerging Trends in Mental Health Research
- Cultural Sensitivity and Inclusivity in Research and Practice
- Mental Health and Well-being among Healthcare Providers

- Collaborative Projects and Research
- A journal club with directed and open questions (share a topical publication and meet to discuss)
 - Examples of things members are reading:
 - Robert Weapond's book, *Your Consent is not required*
 - Nicole LePerra's book *How to do the Work*
- Exploring Intersectional MH Issues
- Supporting non-stigmatizing language and discussions
- Including high school students in discussions
- Indigenous mental healthcare
- Revisiting the Mental Health and Addictions Act and the needs to provide alternatives to forced care within communities.
- Holistic Alternatives to traditional MH care/ other care approaches, such as:
 - Hearing Voices Network
 - Swedish caring homes
 - Family Care Foundation
 - Spiritual Hospitals Brazil
 - Wind Horse
 - Buddhist-Based Care
 - Medication-free hospitals and care
 - Peer-run Soteria houses
 - Companion houses
- Increasing space in hospitals for people who are decreasing, changing, and coming off psychiatric meds
- Memorial Sociologist "Berry Picking Ground" (name to be determined)
- Nature-based therapies
- Current practices in mental health and addictions and possible policy changes.
- Research and evidence informed policy briefs for decision makers
- Forum for talks about community programming and community-based interventions that are happening outside of the traditional institutions/ mental health care system
- Community participatory action research
- Coming up with a research question and forming a team to do the research
- Guidance Counsellor Angie Wilmot's work on neurological perspectives
- Social Determinants of Health
- Research related to resilience (Eating Disorders) i.e., resisting diagnosis as being akin to "fate"

Activities and Plans

- Roundtable discussions on a variety of topics
- Seminars
- Potential to host a mini conference
- Workshops
- We welcome presenters from within the group or your ideas for speakers from anywhere (i.e. not limited by geography with virtual meetings)
- Will discuss in person/ hybrid/ virtual only options
- Doodle Poll to determine frequency of meetings (no obligation whatsoever for you to attend all meetings!)