WHAT'S HAPPENING AT MHERC?

Year at a Glance:

Message from Resource Coordinator:

I, Donna Hornick, will be leaving the position of Resource Coordinator at MHERC. I would like to thank all the patrons of MHERC and the volunteers and staff for your dedication and support while working here. MHERC is a fantastic resource for anyone in Manitoba to access. We have grown over the past couple of years with a new online catalogue, Wi-Fi Hot Spot location making access to your computers much easier and a new look to our website as well as pamphlets.

A special dedication to the Volunteers at MHERC as we would not be able to run this resource without you. You are all a huge contribution to MHERC. Thank you!

Breanna Hradowy, the new Resource Coordinator as of January 6, 2014. She will be a great asset due to having dealt with her own mental health struggles as well as studying psychology at the U of W. Breanna brings a lot of compassion and dedication to people living with Mental Illness.

Sandra McWilliams, currently the Administrator Assistant for SSC, will be joining our team as the Assistant Resource Coordinator at MHERC. She will bring a lot of strength with her amazing computer skills as well as dealing with people with mental illness.

CHECK OUT THE NEW LOOK OF OUR WEBSITE!
ONE YEAR AGO: APRIL 2013—HAPPY 1st AT MHERC LESIA!

Lesia Jarman, a volunteer at the Mental Health Education Resource Centre of Manitoba, sums up the stigma that is often felt by so many Manitobans who struggle with a mental illness and the role the resource centre played in her road to recovery.

"It was crucial for me to break the silence rather than the silence break me."

Lesia was first diagnosed with depression in 1987 and since then has experienced other mental-health issues, including post-traumatic anxiety. The mother of three and grandmother of five first learned of the Mental Health Resource Centre of Manitoba in 2004 after her husband of 14 years passed away. She was participating in a program by the Canadian Mental Health Association when they took a field trip to the resource centre in 2005.

"I thought ‘Wow: This place is phenomenal!’ " says Lesia. "It helped me learn more about what was going on with myself and deal with the issue of stigma. At the resource centre, they see people as people first, whereas before, I felt like people saw my mental-health issues first, before they saw me as a person."

Statistics show mental illness indirectly affects all Manitobans at some point, either through a family member, friend or work colleague. One in three Canadians will personally experience a mental-health illness in their lifetime, the Canadian Mental Health Association says.

Lesia returned to the resource centre 18 months ago, wanting to give back to the place that helped her so much. She now volunteers, helping run the resource library Wednesday evenings. "I found my passion in life," she says about her volunteer work. "My big-time dream now is to be a librarian working in the field of mental health."

The Mental Health Education Resource Centre is a provincial resource promoting knowledge exchange. It’s operated by the Manitoba Schizophrenia Society. The centre contains a large lending library with many videos, DVDs, audiobooks, training kits, newsletters, brochures and fact sheets on mental-health and related issues -- everything from post-partum depression to workplace stress, schizophrenia to healthy relationships.

"I think when people come to the resource centre and they see that the staff and volunteers are people who have either lived with a mental illness or have family members who have, it gives them a little hope, that they are not alone," says Donna Hornick, resource coordinator at the centre. "Your brain can get sick, too, just like your heart or your kidneys."

"We just hope that through education, we combat stigma." Helping others improve their mental health is another reward Lesia gets from volunteering at the resource centre. "It’s in my heart to help people living with mental-health issues," said Lesia. "Without mental health, there is no health. It feels really good when someone comes into the resource centre and you are able to help them, and they leave with a smile on their face."

"At the end of the day, I like to look in the mirror and ask myself, ‘Did I help somebody today?’ and be able to say, ‘Yes I did.’ " In an effort to reach youth -- an estimated 25 per cent of teens struggle with a mental-health issue during their adolescence -- the centre recently launched a digital lending library (www.mherc.mb.ca).

The centre is available to all Manitobans including school counsellors, teachers, students, parents, grandparents as well as all mental-health professionals. Materials can be checked out for free, either online or by visiting the centre, which is located at 4 Fort St. Suite 100.
LIST OF NEW RESOURCES ! JUST ARRIVED !

**Mental Health Issues**
- The Impact of Early Life Trauma DVD
- Gay, straight, and the reason why: the science of sexual orientation
- Gay dads: transitions to adoptive fatherhood
- Queer phenomenology: orientations, objects, others
- Coming out, coming home: making room for gay spirituality in therapy
- Overcoming Anxiety for Dummies

**Mental Health Issues cont’d.**
- OCD for Dummies
- Understanding Autism for Dummies
- PTSD for Dummies
- Anger Mgmt. for Dummies
- First Person Accounts of Mental Illness and Recovery
- Coming Around: Parenting lesbian, gay, bisexual and transgendered kids
- Sleep Apnea, CPAP & Me

**Mental Health Issues cont’d.**
- ADHD across the lifespan DVD
- Getting Control of Yourself: Anger Management Tools & Techniques DVD
- Taking Charge of Adult ADHD
- Handling OCD The Five Primary Homework Assignments DVD
- Presenting Problems DVD
- Getting Control of Yourself: Anger Management DVD

**Mental Health Issues cont’d.**
- Schizophrenia for Dummies
- Borderline Personality Disorder for Dummies
- Generalized Anxiety Disorders
- Depression
- Taking Charge of Adult ADHD
- Quiet: the power of introverts in a world that can’t stop talking
- Living with schizoaffective disorder
- Schizoaffective Disorder Simplified
- Treating BPD DVD

**Mental Health Issues cont’d.**
- Out of the darkness and into the light: my personal struggle with schizoaffective disorder and how the illness brought me closer to God
- Shamanas Among Us: Schizophrenia, Shamanism and the Evolutionary Origins of Religion
- The Horse Boy (Autism) DVD
- Skills training manual for treating borderline personality disorder
- Running on empty
- Illness Brought Me Closer to God

**Wellness/Audio cont’d.**
- Pain Relief CD
- Stressed Teens Mindfulness
- I Can Relax CD
- Relaxation Techniques CD
- Spirituality & Anger
- The Relaxation Experience: Meditations for Optimum Wellness.
- Relaxation & Wellness
### Wellness/Audio cont’d
- Relaxation and Self-Regulation Techniques for Children and Teens
- Guided Meditation Practices for the Mindful Way Through Depression
- The Smart Divorce
- A Meditation to help with anger and forgiveness
- Mindful Solutions for Adults with ADD/ADHD
- The book of affirmations: Discover the Missing Piece to Abundant Health, Wealth, Love, & Happiness

### Recovery & Self Help
- Overcoming Stress
- Overcoming Childhood Trauma: CBT
- Overcoming Sexual Problems using Self Help CBT
- Overcoming Compulsive Gambling using Self Help CBT
- Self Esteem: A Practical Guide
- Calming the Emotional Storm using DBT to manage your emotions and balance your life

### Recovery & Self Help cont’d
- The 24 hour mind: the role of sleeping and dreaming in our emotional lives
- The promise of love, sex and intimacy: how a simple breathing practice will enrich your life forever
- Understanding Co-dependency
- Stress Mgmt. for Dummies
- Co-Dependency for Dummies
- The Stress Response

### Recovery & Self Help cont’d
- Hijacked by your brain: how to free yourself when stress takes over
- 8 Keys to Brain-Body Balance
- Boundaries
- The Stress Less Workbook: simple strategies to relieve pressure, manage commitments and minimize conflicts
- Organize your mind, organize your life: train your brain to get more done in less time

### Recovery & Self Help cont’d
- Understanding Your Schizophrenia workbook
- I am Wonderfully Me: positive affirmations for me
- Life after Trauma Workbook
- Family Wellness Recovery Action Plan
- Self Compassion: Stop Beating Yourself Up and Leave Insecurity Behind
- Changing Course: Healing from Loss, Abandonment & Fear

### Recovery & Self Help cont’d
- Toward a Vision of Recovery DVD and workbook
- Beyond Psychosis DVD
- Learned Optimism
- Overcoming Mood Swings
- Shadow Voices
- Psychology & Psychiatry
- Psychology: A Short Intro
- Freud: A Very Short
- Cultural Aspects of Psychiatry

### Psychology & Psychiatry
- Youth Violence: Theory, Prevention and Intervention
- Recovery of People with Mental Illness
- Manual of Inpatient Psychiatry
- Acceptance and Commitment Therapy made simple
- Learning ACT: an acceptance & commitment therapy skills-training manual for therapists

### Professional & Educators
- Becoming Trauma Informed
- Mindfulness-Based CBT for Depression
- Play Therapy: The Art of the Relationship
- The Mental Health Professional in Court: A Survival Guide
- A Mindfulness-Based Approach to working with High-Risk Adolescence

### Professional & Educators
- Serious Mental Illness: person-centred approaches
- William Miller on Motivational Interviewing
- Movies
- Dangerous Method
- OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger’s Movie
### Child & Youth
- Daydreaming Dakota: the world’s greatest daydreamer
- Eager Eddy: the world’s most active dude: attention deficit hyperactivity disorder (ADHD)
- Time to Be: a read-along tale of healing and hope
- A family that fights
- Not everyone is nice: helping children learn caution with strangers
- The feelings book

### Child & Youth cont’d.
- Not everyone is nice: helping children learn caution with strangers
- Weekends with Dad: what to expect when your parents divorce
- When Mom and Dad separate: children can learn to cope with grief from divorce
- It’s Not the Stork
- Leave me alone
- I Can Fix It Iris the Dragon Series

### Child & Youth cont’d.
- Calming the tempest: Helping the Explosive Child DVD
- Worried No More: 1 hr. Workshop for Parents DVD
- Adolescence & Sexuality: A Fresh look at Today’s Youth using the latest understanding of human sexuality DVD
- Asperger’s, Autism & Girls
- No Fishing Allowed: “Reel in Bullying” DVD
- Overcoming your childhood fears and worries

### Child & Youth cont’d.
- Frog’s breathtaking speech: how children (and frogs) can use the breath to deal with anxiety, anger and tension
- Thinking About Thoughts
- What does it mean to be safe?
- Big
- Your fantastic elastic brain: stretch it, shape it

### Child & Youth cont’d.
- Cyberbullying and e-safety: what educators and other professionals need to know
- Co-parenting 101: helping your kids thrive in two households after divorce
- Helping your child with OCD: a workbook for parents of children with obsessive-compulsive disorder

### Child & Youth cont’d.
- He Shoots He Scores Iris The Dragon Series
- The Well in the Frog
- The 7 habits of happy kids
- Shy spaghetti and excited eggs: a kid’s menu of feelings
- Bully B.E.A.N.S.
- My Mouth is a Volcano!
- Grief is Like a Snowflake!
- Mindful Parenting CD

### Child & Youth cont’d.
- A Straight Talking introduction to children’s mental health problems
- Don’t feed the worrybug: a Worry-Woo tale
- The attachment connection: parenting a secure & confident child using the science of attachment theory
- Emotions!: making sense of your feelings
- Recovering my kid: parenting young adults in treatment and beyond

### Child & Youth cont’d.
- The panicosaurus: managing anxiety in children, including those with Asperger syndrome
- When someone has a very serious illness: children can learn to cope with loss and change
- When something terrible happens: children can learn to cope with grief
- Healing days: a guide for kids who have experienced trauma

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LIST OF NEW RESOURCES ! JUST ARRIVED ! cont’d.

Child & Youth cont’d.
- The hair pulling “habit” and you: how to solve the trichotillomania puzzle
- Cyber-bullying
- Cyber-safe
- Preventing Bullying and School Violence

Medications
- The Evidence Based Guide to Antidepressant Medications
- The Medication Question

Brain Development
- Consciousness: A Very Short Intro
- Memory: A Very Short Intro
- The Developing Mind
- Brain: A Very Short Intro

Personal Stories
- Other Side of Mind: A Journey Through Bipolar Disorder
- Just Like Someone with Mental Illness only More So: Memoir

Relationships
- Sex, Love & Intimate Relationships
- Voices About Relationships
- Friendship A Life of Meaning and Compassion
- Making Relationships
- Creating Relationships

Eating Disorders
- Body Image: A Handbook of Science, practice and prevention

Mental Illness & Addictions
- Mindfulness-Based Relapse Prevention for Addictive Behaviors
- Clinical Manual for Treatment of Alcoholism and Addictions
- Mindfulness-Based Relapse Prevention for Addictive Behaviors
- Clinical Manual for Treatment of Alcoholism and Addictions
- Now what? : an insider’s guide to addiction and recovery

Documentaries
- Tears for April

Suicide
- The American Psychiatric Publishing textbook of suicide assessment and management
- Dear Mallory: Letters to a Teenage Girl Who Killed Herself
- Understanding Suicide: Why We Don’t and How We Might

Fiction
- Angels Turn Their Backs

Seniors
- Depression and anxiety in later life: what everyone needs to know

Women Health
- Mother-to-Mother Postpartum Depression Support Book: real stories from women who lived through it and recovered
- The Postpartum Husband

Women Health cont’d.
- Postpartum Depression for Dummies
- More Than Baby Blues: Unmasking Postpartum Depression

Stigma
- No Kidding, Me 2 Mental Illness Documentary

Reference
- DSM-5 Manual & Desk Reference
BOOK REVIEW:

"Co-Dependent No More: How To Stop Controlling Others and Start Caring For Yourself" by Melody Beattie

Melody Beattie’s compassionate and insightful look into codependency — the concept of losing oneself in the name of helping another — has struck a universal chord among those struggling with a loved one’s self-destructive behavior.

"Codependent No More" helps understand that you are powerless to change anyone but yourself.

This book will help you heal through Beattie’s instructive life stories, inspiring personal reflections, exercises and self help tests. Beattie shares since writing this book, she has been to the top of the mountain, walked through dark tunnel of her son’s death, reached the Light at the end of the tunnel, and given others hope when she got there. It’s a great book to learn how to say “No” and when to say “Yes” by learning how to take responsibility for your own choices. Codependent No More is a book that will help teach What’s Codependency and Who’s Got It?, and The Basic of Self-Care.

Is someone else’s problem your problem? If you have lost sight of your own life in the drama of tending to someone else’s, you may be co-dependent and find yourself in this book.

Melody Beattie is the author of top-selling books including Beyond Codependency, The Language of Letting Go, The Grief Club, Stop Being Mean to Yourself, Playing It By The Heart and the new Codependent No More Workbook.

Top 10 Titles at MHERC of 2013

1) Driven to Distraction: Recognizing and coping with attention deficit disorder from childhood through adulthood; Edward M. Hallowell
2) Guided Mindfulness Meditation CD; Jon Kabat-Zinn
3) No Longer Alone Mental Health and the Church VHS: John Toews with Eleanor Loewen
4) The Art of Mindful Living CD; Thich
5) Chocolate for a Woman’s Soul: 77 stories to feed your spirit and warm your heart; Kay Allenbaugh
6) Anxiety Disorders: An Overview Personal Stories and Professional Perspectives; ADAM 2013
7) Letting Go of Stress; 4 Effective Techniques for Relaxation and Stress Reduction
8) The Mindful Brain CD (The neurobiology of well-being); Daniel J. Siegel
9) Sexual Healing DVD: Peter A. Levine
10) Will I ever be good enough: Healing the Daughters of Narcissistic Mothers; Karyl McBride
The following are MHERC’s library borrowing procedures:

1. A library registration form must be completely filled out and signed. Present with current address, either a Manitoba driver’s license or Manitoba Health card. Out of city borrowers can complete form via fax, email or through the MHERC website.

2. There is no charge for membership.

3. The lending period for any of the resource materials is two weeks. Items may be renewed for two more weeks, up to four times, by phone, email or on website are accepted if the resource is not in high demand or on reserve.

4. Individual is responsible for all items checked out in his/her name.

5. Reminder calls, fax, or email will be made on overdue items. A fine will be charged for overdue material of 40 cents per day on each item with a maximum of $10.50 per item. MHERC will give one waive ONLY on the account to assist with overdue fees.

6. Should material be lost, full replacement cost will be charged to the person whose authorized signature is on the registration form.

7. All reference material, vertical file material and journals must remain in library. Photocopies requested within copyright regulations at a fee.

8. We will mail out resources for those unable to visit the Resource Centre, due to lack of transportation, rural transportation etc.