

This issue of the Communications Bulletin includes the following:

1. Light Box Available
2. Shutdown of electrical power to the David Strangway building on Sunday July 20th from 1:00 AM to 6:00 AM
3. 6th Annual Forensic Psychiatry Conference (attachment)
4. 2008 Cross-Cultural Mental Health Symposium: Spirituality & Well Being - Register Early! (2 attachments)
5. WorksafeBC Request for Proposals 2008 – Innovation at Work
6. Free Proposal Writing Workshop for Innovation at Work competition
7. Parker B. Francis Fellowship Program

1. Light Box Available

The administration office has a light box available to anyone who has a use for it. Please contact Eniko at Eniko.wilkie@ubc.ca for further information should you be interested. The illuminating surface is 17x29 inches.

2. Shutdown of electrical power to the David Strangway building on Sunday July 20th from 1:00 AM to 6:00 AM

Hello All, please be advised that ALL electrical power to the David Strangway Building will be shut off on Sunday July 20th from 1:00 AM to 6:00 AM to do some preventative maintenance work to the electrical vault that serves power to the building.

The shutdown will affect the entire building (Including the parking lot, retail spaces and the 2nd floor NBOHC) as well **BACK UP POWER TO THE 2ND FLOOR NBOHC WILL NOT BE AVAILABLE DURING THIS SHUTDOWN.**

3. 6th Annual Forensic Psychiatry Conference (attachment)

Please find attached copy of the "Call for Abstracts" for the 6th Annual Forensic Psychiatry Conference held in Vancouver, 2009. Also Visit www.bcmhas.ca/Education/RVHConference.htm for information to submit abstracts.

Barb Bell

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**4. 2008 Cross-Cultural Mental Health Symposium: Spirituality & Well Being - Register Early!
(2 attachments)**

It's that time of year again...we are very pleased to announce this year's **13th Annual Cross-Cultural Mental Health Symposium on Spirituality & Well Being** and the call for nominations for the **4th Annual Soma Ganesan Spirit of Hope Award!**

Please see the full program and registration form attached, or visit our website (coming soon) at www.ccmhs.ca!

**Wednesday & Thursday, October 29th & 30th, 2008
Simon Fraser University at Harbour Centre
515 West Hastings Street,
Vancouver, BC**

The Cross-Cultural Mental Health Symposium promotes ongoing dialogue between the mental health and addictions system and cross-cultural communities by exploring current issues, potential solutions and promising practices.

Highlights:

Day One Keynote: **Dr. Stephen Aung**, *The Vital Importance of Spirituality in Medicine*

Day Two Keynote: **Dr. Gabor Maté**, *The God-Shaped Void: Spirituality & Addictions*

Participants Will:

- Discover the profound role spirituality plays in health and healing
- Examine the important relationship between spiritual isolation and addictive drives
- Explore Mindfulness-Based Cognitive Therapy and how it can help to treat depression
- Learn how Supported Self-Management can be applied across cultures in mental health care
- Consider the role of spiritual care at the end of life
- Experience meditation and mindfulness techniques helpful for individuals and groups
- Understand how 12 Step Programs can support recovery from addictions and mental illness
- Learn about innovative promising practices of community-based agency programming in churches & temples
- Have the opportunity to network with the diverse cross-section of symposium participants

Who Should Attend:

All professionals providing services, formally or informally, to immigrants and refugees, and anyone else interested in cross-cultural mental health issues. Immigrants and refugees are also strongly encouraged to attend. *Limited registration bursaries available for refugees, consumers & youth (see registration form for information).*

Nominate someone for the 2008 Spirit of Hope Award!

The winner receives \$1,000 for the program of their choice and free symposium registration! See attached nomination form. Self-nominations are welcome!

For More Information:

Janey Chang
Symposium Coordinator
symposium@shaw.ca
www.ccmhs.ca (coming soon!)

5. WorksafeBC Request for Proposals 2008 – Innovation at Work

WorkSafeBC is pleased to issue a second Request for Proposals this year for INNOVATION AT WORK grants, in partnership with the Workers' Compensation Boards of Manitoba, Nova Scotia, Saskatchewan, Workplace Health, Safety and Compensation Commission of Newfoundland and Labrador, and Alberta Employment and Immigration.

WorkSafeBC is dedicated to achieving a vision of workers and workplaces safe and secure from injury, illness and disease. In order to achieve this vision, WorkSafeBC, together with its partners, must encourage and support the development and use of the best scientific evidence on issues that workers, employers and the organization itself face in seeking to prevent injury and illness, to return injured workers to health and to work, and to provide fair compensation.

INNOVATION AT WORK grants are made available to a broad group of applicants (including professional researchers, workplace parties, unions, employer organizations, and educators) and are intended to support the development of new knowledge and/or practical problem-solving at the workplace level.

The application deadline is September 15, 2008.

For further information please visit: http://www.worksafebc.com/contact_us/research/default.asp

6. Free Proposal Writing Workshop for Innovation at Work competition

To assist applicants in preparing proposals for the INNOVATION AT WORK competition, WorkSafeBC and BCEOHRN (<http://bceohrn.ca/>) is offering a free workshop **July 24th** on proposal writing, focusing on the INNOVATION AT WORK category of funding. The workshop will be facilitated by Dr. Wahbe (Research Capacity Development Officer, BCEOHRN) who will be utilizing WebEx technology and teleconferencing to allow online viewing and participation for those not able to attend in-person.

Date: Thursday, July 24, 2008

Time: 9:00 a.m. - noon (lunch to follow for in-person attendees)

Location: WorkSafeBC Richmond Office — 6951 Westminster Hwy

Online participants will require internet access and a phone line — information on using an access link and a toll-free phone number will be provided following registration.

Register by e-mail to resquery@worksafebc.com providing your name, contact information, and whether you will be attending in-person or participating through WebEx. Registration deadline is July 21 for in-person participation and July 23 for WebEX participation.

For further information please visit: http://www.worksafebc.com/contact_us/research/default.asp

7. Parker B. Francis Fellowship Program

APPLICANTS

The ideal candidate is one with evidence of strong aptitude in research and who is in transition from post-doctoral trainee to independent investigator. It is essential that there be evidence of accomplishment and proficiency in research. Few applicants who are just beginning research training and have only one or two research publications are funded. Candidates with greater than seven years since the doctoral degree should include reasons for continued training. Candidates may hold any relevant doctoral degree (e.g., M.D., Ph.D., Sc.D., D.V.M., Dr. P.H.). Fellowships are restricted to US, Canadian and Mexican citizens or permanent residents. However, foreign nationals who document their initial steps toward permanent residence in the US, Canada or Mexico will also be considered. Documentation should include a description of steps already taken toward application for long-term residency or citizenship.

INSTITUTIONS

There are no restrictions regarding discipline or department. Clinical or basic science departments are suitable; however, it is expected that the proposed research will focus on lung biology or lung disease. Awards are limited to institutions located in the US, Canada and Mexico. **Each department may submit only one application annually and is limited to a maximum of two active fellowships at any one time.**

APPROPRIATE TOPICS

A broad array of approaches to lung biology and respiratory medicine, ranging from cell and molecular studies, to those involving epidemiologic and clinical aspects of human subjects are appropriate. We also encourage applications from pulmonary medicine specialists interested in pursuing research in bioethical aspects of pulmonary medicine or critical care. Potential topics include, but are not limited to, the ethics of clinical trials in critical care, end-of-life decisions and resource allocation. The context of all these topics should be pulmonary biology and lung disease.

Faculty of Medicine Internal Deadline: **On or before October 3, 2008**

Parker B. Francis Fellowship Deadline: October 17, 2008

For further information please visit: <http://www.francisfellowships.org/>

Call For

ABSTRACTS

6th

ANNUAL
FORENSIC
PSYCHIATRY
CONFERENCE

Mental Health and the Justice System Across the Lifespan

Topics Could Include

- + Advancing Rehabilitation Approaches for Youth, Adult, Geriatric, Aboriginal and Cross-Cultural Populations
- + Treatment and Risk Assessment Models in Forensic/ Correctional Settings
- + Innovative Approaches to Substance Use and Addiction Issues
- + Mental Health and Community Courts
- + Policing of the Mentally Ill
- + Sex Offenders Throughout the Lifecycle
- + Bridging Custodial and Community Interventions
- + Best Practices, Evidence-Based Treatment Outcomes and Their Practical Use in Forensic Settings
- + Brain Injury, Early Psychosis and Other Specialty Topics

Conference organizers encourage a variety of workshop presentations, symposia and poster sessions in keeping with the conference theme, and invite all disciplines to submit topics for consideration.

Conference Dates: April 1 - 3, 2009

Renaissance Vancouver Hotel Harbourside
1133 West Hastings Street, Vancouver, BC

**To be considered,
please submit your abstract to:**

www.bcmhas.ca/Education/RVHConferences.htm

Deadline: September 19, 2008

For more information contact:

Barb Bell, Conference Planning Coordinator
bbell@bcmhs.bc.ca : Tel: 604-524-7509

Workshop, Symposia & Poster Presentations

Hosted by:



BC Mental Health &
Addiction Services
An agency of the Provincial Health Services Authority



AMHB
ALBERTA MENTAL HEALTH BOARD
... Advancing Mental Health



The 2008 Cross-Cultural Mental Health Symposium is presented by:
The Cross-Cultural Psychiatry Program, Department of Psychiatry, VGH / Vancouver Community Mental Health Services ~
Provincial Health Services Authority, BC Mental Health & Addiction Services ~ Vancouver Coastal Health
Immigrant Services Society of British Columbia ~ Settlement Orientation Services ~ S.U.C.C.E.S.S. ~ Fraser Health Authority

13th Annual Cross-Cultural Mental Health Symposium

Spirituality & Well-Being

Wednesday & Thursday, October 29 & 30, 2008
Simon Fraser University at Harbour Centre, 515 West Hastings Street, Vancouver

Symposium Goal:

The goal of the Cross-Cultural Mental Health Symposium is to promote ongoing dialogue between the mental health and addictions system and cross-cultural communities by exploring current issues, potential solutions and promising practices in a dynamic and interactive environment.

Participants Will:

- Discover the profound role spirituality plays in health and healing
- Examine the important relationship between spiritual isolation and addictive drives
- Explore Mindfulness-Based Cognitive Therapy and how it can help to treat depression
- Learn how Supported Self-Management can be applied across cultures in mental health care
- Consider the role of spiritual care at the end of life
- Experience meditation and mindfulness techniques helpful for individuals and groups
- Understand how 12 Step Programs can support recovery from addictions and mental illness
- Learn about innovative promising practices of community-based agency programming in churches & temples
- Have the opportunity to network with the diverse cross-section of symposium participants

Who Should Attend:

All professionals providing services, formally or informally, to immigrants and refugees, and anyone else interested in cross-cultural mental health issues. Immigrants and refugees are also strongly encouraged to attend. *Limited registration bursaries available for refugees, consumers & youth (see registration form for information).*

Featuring:

Dr. Stephen K.H. Aung, “*The Vital Importance of Spirituality in Medicine*”

Dr. Aung will share his compelling insights on the impact of spirituality on healing. In complementary, alternative, and traditional medicine there are three areas called body, mind, and spirit, which have to be well-balanced, aligned, and harmonized for a general state of well-being. The spiritual part of the human body plays a major role in healing and health, so it is essential to understand the spiritual part of the body to achieve better and quicker healing.

Dr. Aung seeks to blend Eastern, Western and natural medicine as a geriatric and family physician and a traditional Chinese medical (TCM) practitioner and teacher. His primary interest is the integration of TCM and Western biomedicine within the context of a more natural and compassionate approach to primary health care for all. Dr. Aung's practice is based in Edmonton, Alberta.

Dr. Gabor Maté, “*The God-Shaped Void: Spirituality and Addictions*”

Based on his newest bestselling book, *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Dr. Maté will address how, at the heart of all addictions is a void, a sense of deficient emptiness, of a desperate insufficiency. The addicted human being seeks completion from an outside source, be it through substances or through certain behaviours or through qualities like power or lovability. Whatever the personal origins of that sense of deficiency, the root of it is our separation from the universal. Hence there is direct relationship between spiritual isolation and addictive drives, regardless of personal beliefs or formal religious precepts. As the French philosopher Blaise Pascal maintained, there is ‘a God-shaped void in the human being’, a longing which can only be filled by the Eternal. Despair at the experience of that God-shaped void underlies all addictions.

As the staff physician at the Portland Hotel in Vancouver's Downtown Eastside, Dr. Maté treats many patients suffering from mental illness, drug addiction and HIV, or all three. He is widely recognized for his unique perspective on Attention Deficit Disorder, and his firmly held belief in the connection between mind and body health. He is the author of four books -- When the Body Says No: The Cost of Hidden Stress, and Scattered Minds: A New Look at the Origins, Healing of Attention Deficit Disorder, Hold on to Your Kids: Why Parents Need to Matter More Than Peers (co-authored with developmental psychologist Gordon Neufeld) and has most recently published In The Realm of Hungry Ghosts: Close Encounters With Addiction.



13th Annual Cross-Cultural Mental Health Symposium Spirituality & Well Being

Wednesday & Thursday, October 29 & 30, 2008
Simon Fraser University at Harbour Centre, 515 West Hastings Street, Vancouver

Day Two: Thursday, October 30, 2008

0815 – 0900	Registration & Breakfast
0900 – 0910	First Nations Blessing
0910 – 0925	Welcome: Chris Friesen & Soma Ganesan, Symposium Chairs
0925 – 0945	Mental Health Service Delivery System: Health Authority Perspectives, Lorna Howes (VCH), Leslie Arnold (PHSA)
0945 – 1100	Keynote Address: <i>The Vital Importance of Spirituality in Medicine</i> , Stephen K.H. Aung, M.D., Ph.D, O.M.D.
1100 – 1130	Networking & Refreshment Break
1130 – 1215	<i>Application of Supported Self-Management for Mood Problems Across Cultural Boundaries</i> , Dan Bilsker
1215 – 1315	Lunch (provided)
1315 – 1330	<i>Soma Ganesan Spirit of Hope Award Ceremony</i>
1330 – 1445	<i>Spirituality & End of Life Panel Discussion</i> , Chair: Marjorie Girard, Panel Members: TBC
1445 – 1515	Networking & Refreshment Break
1515 – 1600	<i>Mindfulness, Meditation & Healing for Anyone: Experiential Workshop</i> , Adrienne Ross
1600 – 1645	<i>Clinical Applications of Mindfulness</i> , Andrea Grabovac
1645	Reflections & Comments on the Day

Day Two: Thursday, October 30, 2008

0815 – 0900	Registration & Breakfast
0900 – 0915	Opening Remarks: Chris Friesen, Symposium Chair
0915 – 1030	Keynote Address: <i>The God-Shaped Void: Spirituality and Addictions</i> , Gabor Maté, M.D.
1030 – 1100	Networking & Refreshment Break
1100 – 1200	<i>Twelve Step Programs: Spiritual Awakening & the Path of Recovery</i> , Larry Depow & 12 Step Group Member
1200 – 1300	Lunch (provided)
1300 – 1330	<i>Video: Aboriginal Journey in Mental Health – Walking the Path Together</i>
1330 – 1430	<i>Indigenous Spirituality & Chinese Medicine Used in the Health Practice</i> , Leoncio Ventura Tebalam
1430 – 1445	Refreshment Break
1445 – 1515	<i>Local Promising Practices Working in Churches & Temples</i> , Sherman Chan, Kelly Ng & Chris Friesen
1515 – 1615	<i>Cultural Lens on Mental “Illness”</i> , Perry Omeasoo & Leoncio Ventura Tebalam
1615	Closing Remarks

Thank you to our generous sponsors:

**Provincial Health Services Authority & Vancouver Coastal Health
Lundbeck Canada, Novartis & AstraZeneca**



13th Annual Cross-Cultural Mental Health Symposium Spirituality & Well Being

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PROGRAM CONTENT:

Application of Supported Self-Management for Mood Problems Across Cultural Boundaries - Dan Bilsker: One of the most exciting recent developments in mental health care has been the introduction of Supported Self Management (SSM) as a crucial component of the spectrum of care for depression, anxiety and other common mental health problems. A discussion of the issues of applying SSM across cultural boundaries will be presented, together with the introduction of a free self management workbook for depression, developed in British Columbia, that is available in Punjabi, French, and both written forms of Chinese.

Video: Aboriginal Journeys in Mental Health: Walking the Path Together - Introduction by Frank Fung: This compelling documentary provides personal insights from Aboriginal people recovering from depression, bipolar illness and schizophrenia. The important balance between conventional and spiritual approaches to assessment, treatment, and healing for Aboriginal People is well-captured. The documentary's goal was to provide a powerful tool to reach out to this population - one that would assist with education and inspiration along the journey of recovery.

Spirituality & End of Life Panel - Marjorie Girard, Chair: Join our panelists from differing spiritual backgrounds as they consider important issues around spiritual care at the end of life.

Mindfulness, Meditation & Healing for Anyone: Experiential Workshop - Adrienne Ross: Experience the techniques that may be used with individuals and groups. Useful techniques for specific clients and a brief introduction to Mindful-Based Stress Reduction (MBSR) will be provided followed by a "body scan" exercise, a short sitting meditation, ending with a discussion session.

Clinical Applications of Mindfulness - Andrea Grabovac: Explore a technical definition and neurobiology of mindfulness, and learn about Mindfulness Based Cognitive Therapy.

Twelve Step Programs: Spiritual Awakening & the Path of Recovery - Larry Depow & 12 Step Group Member: We witness daily the impact of mental illness and addiction on individuals and their families. Damage to physical health, self-esteem, ability to function, relationships and the very "spirit" of those who suffer can be devastating. In Vancouver and throughout the Lower Mainland there are thousands of people who have found new hope and support through various 12 Step Programs. Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, Al-Anon, and Dual Recovery Anonymous are examples of such programs. When health care professionals have an understanding of these programs, they are better able to provide information to clients and support those who are "working the steps" in recovery.

Indigenous Spirituality & Chinese Medicine Used in the Health Practice - Leoncio Ventura Tebalam: Examine the relationship between the body and the mind and how an imbalance in the physiology of the viscera may be the cause of the "chemical imbalance" that is often associated with mental conditions. By understanding the relationship between these two aspects of a being as well and recognizing that a human being is as much physical as he/she is spiritual, and taking into account all of these aspects, true healing can occur.

Local Promising Practices Working in Churches & Temples – Sherman Chan, Kelly Ng & Chris Friesen: Learn about local programs bringing mental health support to churches and temples in the Lower Mainland, fostering the connection between mental health and spirituality.

Cultural Lens on Mental "Illness": Case Study Exercise - Facilitators: Perry Omeasoo & Leoncio Ventura Tebalam

FOR MORE INFORMATION CONTACT:

Janey Chang / Symposium Coordinator / symposium@shaw.ca / Fax: 604.676.2660



13th Annual Cross-Cultural Mental Health Symposium Spirituality & Well Being

Wednesday & Thursday, October 29 & 30, 2008
Simon Fraser University at Harbour Centre, 515 West Hastings Street, Vancouver

REGISTRATION FORM

STEP 1: PARTICIPANT INFORMATION

Please type or print *clearly!*

First Name: _____ Last Name: _____

Organization: _____ Profession: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: _____ Fax: _____

E-Mail: _____

E-Mail is our primary method of contact. If you have an e-mail address, please provide it.

Special Dietary Requirements: _____

We will do our best to accommodate special dietary needs but cannot guarantee it.

STEP 2: REGISTRATION FEES

BEFORE OCTOBER 1, 2008:

- \$155 – Regular Registration Fee
- \$105 – Vancouver Coastal Health, Provincial Health Services Authority & Fraser Health Authority Employees
- \$65 – Reduced Rate (students, not-for-profit organizations registered with the *BC Societies Act*, sponsorship agt holders)
- Bursary for refugees, consumers, and youth
**A limited number of bursaries are available for refugees, consumers, and youth on a first-come-first-served basis. You will be notified of your acceptance. Those who are not accepted will be required to pay the \$65 Reduced Rate.*

AFTER OCTOBER 1, 2008:

- \$170 – Regular Registration Fee
- \$120 – Vancouver Coastal Health, Provincial Health Services Authority & Fraser Health Authority Employees
- \$80 – Reduced Rate (students, not-for-profit organizations registered with the *BC Societies Act*, sponsorship agt holders)

Cancellation Policy: Full amount less a \$25 administrative fee will be refunded if cancellation is requested, **in writing**, prior to October 14, 2008. No refunds will be granted after October 14, 2008, however substitute registrants are welcome. **A \$25 fee will be charged for NSF cheques.**

STEP 3: SUBMIT REGISTRATION FORM & PAYMENT

- Cheque Enclosed Cheque/Cash On-Site Cheque to be Mailed Please Send Invoice

Cheques payable to CROSS-CULTURAL MENTAL HEALTH PROGRAM, VGH

c/o Janey Chang, Symposium Coordinator
#103 – 240 Mahon Avenue, North Vancouver, BC V7M 3H4

FOR MORE INFORMATION CONTACT:

Janey Chang / Symposium Coordinator / symposium@shaw.ca / Fax: 604.676.2660



THE 4th ANNUAL SOMA GANESAN SPIRIT OF HOPE AWARD

*“Striving to Improve Mental Health Supports
to Immigrants and Refugees in BC”*

**Win a \$1,000 donation to a mental health program of your choice
And FREE registration to the Cross-Cultural Mental Health
Symposium: Spirituality & Well Being!**

Backgrounder

Once again, the Cross-Cultural Mental Health Conference is calling for submissions for the 4th Annual Spirit of Hope Award. The goal of the Spirit of Hope Award is to recognize an individual, program, not-for-profit agency or public institution within BC that has made a significant impact on improving the mental health conditions of immigrants and refugees. Along with the award is a donation of \$1,000 to a Mental Health program of the award recipients' choice. Previous Spirit of Hope Award winners were Access Community through English (ACE) Program (2005), Tohio! African Youth Crime Prevention Video Project, Multicultural Family Centre (2006), and Healthy Living Program for Farsi-Speakers, Canadian Mental Health Association (North & West Vancouver Branch).

Who may be an award recipient?

Mental Health support is broadly defined to include both the formal and informal mental health system – those that may be found within publicly funded institutions as well as those within, for instance, a not-for-profit immigrant serving agency. As such, an award recipient may represent:

- ✓ **an individual** who has developed a unique approach or perhaps designed a new curriculum within an academic institution, a church-based volunteer who has establish an innovative collaborative support structure, someone within the legal system who has had an impact on how mental health newcomers are supported;
- ✓ **a program** – a unique treatment model or peer support program; or,
- ✓ **a not-for-profit agency or public institution**

Who/how will nominations be reviewed?

The Selection Committee, consisting of members of the Conference Planning Committee, will select the award recipient. The following selection factors are not exhaustive but do provide insight into elements the Award Selection Committee will be considering.

Innovation: Has the program/individual introduced certain innovations that have led to improving the mental health of immigrants and refugees? Could the program be considered a promising practice? What is innovative about the program or individuals approach? Does the program resemble a similar program in your community – is it one of a kind?

Impact: Broadly defined, what has been the positive impact of the individual, program or institution on the mental health of newcomers?

What is the Application process?

Using the attached application form, tell us why you feel your program, agency or a particular individual should be recognized with the Spirit of Hope Award. **Please ensure your application is complete!**

DEADLINE FOR SUBMISSION IS FRIDAY, SEPTEMBER 12, 2008

For more information, contact:

Janey Chang, Coordinator
Cross-Cultural Mental Health Symposium
symposium@shaw.ca / www.ccmhs.ca

**THE 4th ANNUAL
SOMA GANESAN SPIRIT OF HOPE AWARD**
*“Striving to Improve Mental Health Supports
to Immigrants and Refugees in BC”*

Application Form
DEADLINE IS FRIDAY, SEPTEMBER 12, 2008

Applicant Contact Information (self-nominations are welcome)

Nominator's name: _____

Nominee's Name: _____

Program (if applicable): _____

How long program has been in operation: _____

Agency/Institution (if applicable): _____

Mailing Address: _____

Telephone number (daytime): _____

E-mail address: _____

Consent by nominee accepted: _____ Yes _____ No

If the Award is granted, what is the chosen designation for the \$1,000 donation? _____

In 500 words or less, tell us what has been the impact of your work on newcomers as an individual, program or agency? Why would you consider it innovative? How has it made a positive impact on immigrants and refugees? Please be specific. *Type your explanation below.*

Submit to:

Janey Chang, Coordinator

Cross-Cultural Mental Health Symposium

E-mail: symposium@shaw.ca / Fax: 604.676.2660 / www.ccmhs.ca