



FOR IMMEDIATE RELEASE
April 18th, 2015

Saint John Regional Hospital Foundation's MindCare NB announces major funding support of mental healthcare delivery in New Brunswick - including what is quite possibly the largest private investment in mental health care in our Province

Saint John, NB: On Saturday, April 18th, 2015, The Saint John Regional Hospital Foundation's MindCare New Brunswick granted a total of **\$357,000 in funding for mental health programming throughout the province of New Brunswick.**

Through the support of generous community donors, The Saint John Regional Hospital Foundation, under its MindCare banner, raises and distributes funds to numerous programs across New Brunswick that promote mental wellness and provide expert services to those living with mental illness.

"Each year, our MindCare Committee receives and reviews applications for funding from across New Brunswick, said Jean-Marc Poirier, member of the Saint John Regional Hospital Foundation's Board of Directors and Chair of the MindCare Committee. "We're thrilled to be able to distribute funds this year for healthcare professional development, transformational projects and therapeutic programs that will have a positive impact in our province."

"Today is the culmination of a year of fundraising for mental wellness," said Jeff McAloon, President and CEO of the Saint John Regional Hospital Foundation. "The funding distributed today was raised through a variety of initiatives including major private and corporate donations, our Investor's Group Skate to Care event and the Foundation's Hospital Home Lottery. It will be directed to three areas:

- **Professional Development \$143,000**
- **Transformational Funding Project \$ 107,000**
- **Therapeutic and/or Treatment Programs \$107,000**

We are very grateful for the generous community support that made this possible."

Professional Development Funding

Continuing education is extremely important for physicians and health care workers. A generous gift from the Pannell Family Foundation and Agrium Inc. will fund a series of professional development workshops throughout the year for Saint John Area Department of Psychiatry. Workshops will be led by world-wide subject matter experts in various disciplines of current mental healthcare therapy.

Transformational Funding

Horizon Breast Cancer Survivorship Program – a multi-disciplinary program designed to screen and increase awareness of the mental health needs of breast cancer patients as they move through the various phases of their treatment.

Therapeutic and/or Treatment Program Funding Recipients:

Recipient Name	Program Description
Horizon Health Addictions & Mental Health Sussex Kathryn Scott	“Art Express” is a weekly therapeutic art program for local clients that provides a safe and creative environment in which to explore various art mediums. Participants receive guidance, instruction and encouragement to improve their skills.
Horizon Health Addictions & Mental Health Moncton (Inpatient) Jill Leblanc-Farquharson	The Recovery Model recommended by the Mental Health Commission of Canada. Funding will be used to provide outdoor space as suggested by clients as well as promote hope that the clients have a life beyond their illness/symptoms.
Canadian Mental Health Association NB Saint John Dawn O'Dell	Programs such as “Understanding Anxiety & Panic Disorders”; “Depression: Help Can Make A Difference”; “Hope & Healing: Coping with the Suicide of a Loved One”; “Mindfulness”; “Building Self-Confidence”; “Building Assertiveness Skills”; “Coping with Anger in relation to Trauma”.
Gentle Path Saint John Margaret Totten	A Pilot Project: “Process-oriented Group Therapy Program” offering group therapy to clients who require assistance but have no means of paying for service.
Partners for Youth Fredericton John Sharpe	DOTS NB Youth Leadership in Action for Mental Health. Engage high school youth to address mental health awareness and stigmatization in their school and to empower high school youth to develop and deliver peer based projects to address mental health awareness and stigmatization in their school.
P.R.O. Kids Saint John David Dobbelsteyn	PRO Kids matches children and youth in financial need and have been referred by a mental health professional, with a recreation or sporting program of their choice.
SHARE – Activity Centre Saint John Elaine Hooper	Funding for client social activities that promote healthy living, positive self-esteem and socialization such as Tim Hortons Coffee Club, yoga classes, haircuts, walking shoes for members who participate in daily walking club.
Sussex and Area Activity Centre Davine McLean	“The Best Me I Can Be” program is open to men and women over the age of 18. It promotes healthy self-esteem, acceptance and love of self, positive affirmations, assertiveness. A new topic is presented each week with handouts and discussion.

Recipient Name	Program Description
YM/YWCA Greater Saint John Cindy Floyd	Rainbows Program offers a safe and supportive environment to help children, youth and adults process their feelings through a unique peer support program. And fosters emotional healing among children, youth and adults grieving a loss from a life-altering crisis.
Addictions & Mental Health Services, Bay St. Saint John Cynthia Boyd	Funding will be used to allow the Clinical Supervision external expert to assist the Inpatient Working Group to adapt the model to meet the specific needs of inpatient detox and psychiatric services.

MindCare New Brunswick is a committee of the Board of Directors of the Saint John Regional Hospital Foundation and is a major funder of community mental health initiatives and mental health advocacy in New Brunswick.

The **Saint John Regional Hospital Foundation** raises funds to support excellence and innovation in the areas of equipment, mental health, research, education, and patient comfort at the Saint John Regional Hospital, the largest healthcare centre in the province – providing world-class care for all New Brunswickers.

For more information about the Saint John Regional Hospital Foundation and MindCare New Brunswick, please visit www.sjrhf.ca

- 30 -

Contact:

Christine Gilliland, Manager of Communications
 Saint John Regional Hospital Foundation
 christine.gilliland@HorizonNB.ca | (506) 648-6410