



Canadian Mental Health Association  
Prince Edward Island Division

# Changing Minds

Community education about the experience of mental illness

## • A Two Day Workshop for front-line responders •

presented by the ...

**Canadian Mental Health Association/PEI Division**

**When: May 26-27, 2009**

**Where: Murchison Centre, 15-17 St. Pius X Avenue, Charlottetown**

**Cost: \$250/participant**

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One in five Canadians will have a mental illness at some point in his/her life, and the rest of us will be indirectly affected as family members, friends or co-workers. Despite the fact that it is very common, mental illness continues to be a 'last frontier' in terms of general understanding and acceptance as a health issue. People in many occupations and in the community at large are involved in responding to persons with mental illness, yet many feel that mental illness is a phenomenon that, without special training, they cannot understand or provide help.

*Changing Minds* is an innovative, multi-resource, mental illness education program designed particularly for front-line responders such as police officers, crisis response workers, paramedics, correctional workers, home care staff, health care and income support workers as well as family members and friends. It was created to address a community need for mental health education, stigma reduction and to promote a better understanding of mental health and mental illness.

The *Changing Minds Program* was developed in Atlantic Canada and grew out of research and interviews with a diverse group of people (approximately 25) living with mental illness. A key premise of this program is that we can learn to understand mental illness better when we get to know the individual affected and learn how the illness affects him or her.

***The workshop is limited to a maximum of 20 participants to ensure a highly interactive environment in which to optimize learning.***

## Program Structure

- *Changing Minds* consists of eight instructional modules, including a practice module, delivered as a two-day workshop.
- Each module has an information component and a communications component which helps improve the participants' awareness of their own communication styles and offers some guidelines for effective communication.
- Each program module contains video stories of people who have major mental illnesses or complex mental health problems. They tell us, in terms we can all identify with, how the symptoms of their illnesses affect them (whether it's a delusion, an obsession or depression) and how they cope.
- The modules build on each other and take participants through descriptions and video examples of the major mental illnesses and their symptoms.
- A primary goal of *Changing Minds* is to help participants understand that mental illness is part of the broad range of human experience – something that can happen to any of us.



### Changing Minds Registration Form

(Payment must accompany registration to confirm your seat for this workshop)

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

• Please make cheques payable to “Canadian Mental Health Association/PEI Division” •

(For more information about this workshop please contact: [division@cmha.pe.ca](mailto:division@cmha.pe.ca),  
phone 902 566-3034, or visit our website at [www.cmha.pe.ca](http://www.cmha.pe.ca).)

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Knowledge • Communication • Understanding

**Changing Minds**