



The Catholic Women's League
Manitoba Provincial Council
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ORAL REPORT
EDUCATION AND HEALTH
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I have been reading up on Mental health and what Manitoba Government is doing about it. There is a strategic plan for the mental health and well-being of Manitobans. The Vision statement is, All Manitobans experience their optimal level of mental health and well-being. Their Mission statement is: To develop, implement and maintain an integrated and co-ordinated model of mental health promotion prevention, support and treatment for Manitobans, in partnership and collaboration with people with lived experience of mental health problems and illnesses, family members and natural supports, service providers and other partners. Having hope, finding meaning, and feeling empowered.

Research has found a connection between a past history of trauma, particular, exposure to childhood trauma, addictions and mental illness but there is proven fact that this all can be controlled with help. Recovery: Means having hope, finding meaning and feeling empowered, therefore the feeling of inclusion, by actively participating in community life. We all have a role to play to help this along.

On the Manitoba website I found the 6 goals that the Government wants to implement:

GOAL 1: Mental health and well-being of the population are promoted and mental health problems and illnesses are prevented wherever possible.

GOAL 2: Access to a range of recovery-oriented services is available as close to home as possible.

GOAL 3: Innovation and research are strengthened, promoted and supported.

GOAL 4: Social inclusion of people living with mental health problems and illnesses in communities and systems is promoted and supported.

GOAL 5: Family participation is supported so that family members and natural supports can foster recovery and well-being.

GOAL 6: Workforce development strengthens the policy environment and practice guidelines needed to promote mental health, well-being and recovery.

Mental Health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find you footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.

10 myths about mental illnesses:

- #1: Mental illnesses aren't real illnesses
- #2: Mental illnesses will never affect me.
- #3: Mental illnesses are just an excuse for poor behavior.
- #4: Bad parenting causes mental illnesses
- #5: People with mental illnesses are violent and dangerous
- #6: People don't recover from mental illnesses
- #7: People who experience mental illnesses are weak and can't handle stress.
- #8: People who experience mental illnesses can't work.
- #9: Kids can't have a mental illness like depression. Those are adult problems
- #10: Everyone gets depressed as they grow older. It's just part of the aging process

I will have more on mental health in my communique which will be sent out after the convention.
A reminder to keep supporting the Catholic schools and to keep donating blood, especially during the summer when it needed.