



The Catholic Women's League
Manitoba Provincial Council

71st Annual Convention
June 9, 2019

ORAL REPORT
Education and Health
Doreen Howe, Chairperson

My report can be found on pages 47-49.

I have been cleaning my books and reports for the next chairperson to take over Education and Health, I do wish I was more organized during the last two years so I wouldn't have such a job to do. In the past two years I have taken on mental health with information that I sent out to all councils and also the Catholic schools. Blood services is also very important to me and I have sent out information on that as well.

With our national theme being "CARE FOR OUR COMMON HOME" I encourage everyone to make sure that you recycle whatever can be recycled. Anything with a triangle and number on it, with the exception of the number six, can be recycled. Also, plastics can be kept and reused or given to Janet Brunger our president-elect to be used as braided mats for the homeless. Make sure that they are cleaned and dried before giving them and if you can, please roll them in balls of 50 or so, because that makes it easier to transport. Composting also is a big help for the environment, if possible, please do so and use the beautiful earth for your gardens and flowers.

Canadian Blood Services is always in need of blood of all types, so if you can give please donate, especially during the summer months. Last year we pledged 200 units and only gave 167 units. The pledge for this year is 200 units again and I am hoping that we will reach that goal. Make sure that you use the CWL number when you are donating. The number is **CATH011269**, and if you use this number on your first visit, it will always be with your name, and you do not have to give it again. Give this number to all of your family and friends who donate to use it, men and women, members and non-members.

Another thing that we all should do, is help out our Catholic schools. Get in contact with the one closest to you and ask what your council can do to help them. It is important that we help them so they do not vanish like so many things do these days.



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70th Annual Convention
June 3, 2018
ORAL REPORT
EDUCATION AND HEALTH
Doreen Howe, Chairperson

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.