

Our Voice – January 2016

A Resolution to be Proud of: The Power of Employee Giving

Happy New Year! 2016 is going to be a fantastic year for *changing the way people think* about mental illness in our province, and we hope Nova Scotia Health Authority employees will be part of this change.

Employee fundraising campaigns and dedicated giving to the Mental Health Foundation of Nova Scotia can have a huge impact on the programs the Foundation is able to support this year within the health system and beyond.

The Mental Health Foundation of Nova Scotia is a charity organization that strives to make a difference in the lives of Nova Scotians by supporting mental health initiatives in our communities. Our granting programs make this possible. *It's likely you've worked with or alongside a Foundation grant program without even realizing it!* For a full list of recently funded grants, visit mentalhealthns.ca/grants

As employees within the health system, you've seen the need for increased mental health programming, and the impact one fantastic program can have. The Foundation's Community Grants and annual Nova Scotia Health Authority, Central Zone Addictions & Mental Health Program Grants support projects that focus on recreation, creative expression, rehabilitation, reintegration, education, awareness and more.

One example of a grant made possible by the Foundation is Coffee Hour at Emerald Hall.

Coffee Hour provides participants with a safe, home-like environment where they can enjoy complimentary coffee or tea and snacks while socializing with peers. For Beth MacLean, and some other clients of Emerald Hall, it also serves as a work-readiness program.

"I learned how to serve the coffee. I learned how to clean up," says Beth. But there's no disputing what she likes best... *"Serving people and getting paid!"*

Melissa Baker is an Occupational Therapist who has worked with Beth for eight years. She understands the true importance of a seemingly simple cup of coffee.

"This program, and other funded grants, provide Beth and other clients with opportunities to practice the skills of living in natural environments. They allow Beth to develop and enhance her fine motor skills, her thinking skills, and her social skills. 'Coffee Hour' and recreational outings motivate Beth- they give her something to look forward to, while also providing structure and routine in her life.

Beth's confidence, attention, and ability to complete tasks thoroughly have improved tremendously over the years. Without the continued generous support of the Mental Health Foundation of Nova Scotia, we simply would be unable to fund such initiatives."

Here's something amazing: Coffee Hour on Emerald is funded for only \$500 a year. And it is changing lives.

You can be part of this change. Foundation grants help improve quality of life, provide an outlet for emotion, and grow self-esteem. Every dollar makes a difference. We hope you'll join us as we work to see Nova Scotians living with mental illness thriving in our communities.

Give Now

Employees can easily sign up to give through payroll deduction or by becoming a monthly donor. Visit us at mentalhealthns.ca/donate for all the details.

Fundraise

Employees can also organize fundraisers! Bake sales, staff competitions, and Blue Nose race teams are just some of the many ways you can raise funds and have fun. Reach out to the Foundation and we can help get you started! info@mentalhealthns.ca