

## TELEHEALTH PROGRAM

### EVALUATION REPORT ON FIRST FALL TELEHEALTH SESSION

#### *Mental Health 101*

October 3, 2006

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The first Telehealth Session of the Fall season was *Mental Health 101* with Alan Regenstreif, Social Worker and Caring Voice Network's Mark Stolow. Held Tuesday, October 3, 2006, from the Montreal Children's Hospital, this two-hour session was very well attended by 5 sites, including one of the four pilot sites, Thetford Mines, and three new communities: Eastern Townships (Granby and Lennoxville) Outaouais, and Rouyn-Noranda, collectively hosting 60 people. The session was very interactive with regular question periods dispersed throughout. The last half hour was devoted to exploring Caring Voice Network's telephone education workshops, a series of teleconferences about issues related to Mental Health ([www.bienveillir-vitalaging.com](http://www.bienveillir-vitalaging.com)).

Eighty-three percent of session participants completed evaluations. Participants' positive comments centered on the usefulness of the handout, the organized way in which the presenter explained concepts, and that he was well versed and spoke clearly. Overall, participants appreciated the question and answer format of the session. Constructive feedback focused on the desire for more dynamism on the part of the speaker. Evaluations revealed the need for additional information about the treatment of depression, the difference between stress and depression, and homeopathic medicine. And other topics of interest to participants include: epilepsy, Alzheimer's disease, acute stress disorder, to name a few.

When asked, "*What did you learn that is worth remembering for a lifetime?*" participants cited the following memorable quotes:

"The question to ask a suicidal person: 'Do you want to die or do you wish you could stop the great pain you are in?'"

"Clinical depression is an illness, not person's fault."

"No one is alone that suffers."

"Encourage and support the depressed or suicidal individual."

"How to help someone in a suicide crisis or if they are contemplating suicide. Very good advice was given."

"You can heal from depression. In 99% cases you will heal from depression if you get help."

"That mental health can touch us in many ways through family or friends (It is good to understand it)."

"Prepare yourself before going to see a physician so that you have a list of what you need to have answered."

"Depression and stress are not related. Family history an important factor in depression."

"Statistics worth knowing – more women diagnosed, more men commit suicide, for example – telling of the idea that men may go without treatment."

The next Telehealth session (selected by Gaspé), *Bullying* with Desiree Chaker, Family Life Educator, is scheduled for October 17, 2006.

*Revised 18 October 06*