

TELEHEALTH PROGRAM

EVALUATION REPORT ON TELEHEALTH SESSION

Mental Health

May 8, 2007

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In honor of Mental Health Awareness Week our second Telehealth session of the funding year, *Mental Health*, with Moira Edwards of AMI Quebec took place on Tuesday, May 8, 2007, from the Montreal Children's Hospital. Hosted by Townshippers' Association and moderated by Jo Ann Jones, the session followed an interactive format with regular question periods throughout and an optional 30-minute question period at the end.

The following are highlights of results:

- Communities: 5, including 6 sites: CASA, MCDC, OHSSN, Townshippers' Association (Estrie and Montérégie), and Vision Gaspé Percé Now.
- Number of participants: 33
- Completed evaluations: 85%
- Positive comments: how the questions were concisely answered, hearing the presenter's stories, interactive sharing and information presented, the clarity of the information presented, including descriptions of the different types of mental illness.
- Level of satisfaction: People agreed (on a scale of 4/5) that the presentation was helpful, interesting, met their expectations and that the resources were useful.
- New Partnerships: AMI Quebec

A link was also made with the March 13 radio show *Let's Talk Health!* on Mental Health broadcasted from CJMQ in Lennoxville in which host Kelly Howarth interviewed guest Judy Ross, Executive Director of Mental Health Estrie. At this session, Kelly introduced Judy Ross and highlighted her resource list, which was also made available to session participants. Judy explained how this list could be helpful. One particular resource of note is the Canadian Mental Health Association at www.cmha.

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

- “A better understanding of mental illness.”
- “The family is not responsible in any case.”
- “There is help.”
- “To get support.”
- “People with mental illness need to be understood and also need help coping with the illness.”
- “Recovery is possible.”
- “There is always hope.”
- “You can have a depression after a stroke.”

“The importance of early diagnosis and compliance with medications.”
“Get psychiatrist to include friend in treatment plans.”

Constructive feedback centered on the technical glitches and how the transmissions were sometimes interrupted.

The question and answer format went smoothly, with communities asking questions such as:

- Why do people generally avoid the mentally ill in family situations?
- Is mental illness genetic?
- If a mentally ill person does not want to see anyone, is it still a good idea to send a card on special occasions?
- Can you be diagnosed as schizophrenic and have other associated disorders?

Future topics requested by participants include: different medications used in mental illness and why, depression, bi-polar disease, mental illness in children, grief, ovarian cancer, and osteoarthritis.

Asked what more could be done in their communities around the issue of Arthritis, participants cited the following:

- Continued education
- Access to doctors who speak English
- Education starting in school
- Support groups
- Acceptance and treatments need to be improved

The next Telehealth Session, *Arthritis*, with Physiotherapist, Myra Siminovitch, is scheduled for September 18, 2007.