

**Subject:** Incoming Mental Health Policies and Outdated Treatment

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**From:** Fresh Outlook Foundation [mailto:admin@freshoutlookfoundation.org]

**Sent:** Friday, July 05, 2019 8:24 PM

**To:** Colleen Hannigan <channigan@barriere.ca>

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Inspiring community conversations for  
sustainable change

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## Incoming mental health policies and outdated treatments

Four things to check out this week!

### 1. ***New Mental Health Care Plan for BC***

The Ministry of Mental Health & Addictions just released its plan for better mental health and addictions care in BC. Check out [A Pathway to Hope](#) to see how the ministry plans to make care in BC work for everyone, "no matter who they are, where they live, or how much money they make. Our vision is one where every one of us can live in a state of physical, spiritual, mental, and emotional well-being."

The cornerstone of the plan is improved mental health prevention and treatment services for children and youth. Another focus is the overdose crisis, which Minister Judy Darcy says, "has revealed enormous gaps in addictions care."

FOF has invited Minister Darcy to present her plan at our [Community Mental Health Summit](#) in Kelowna next spring. We'll let you know!



### 2. ***Mental Health Treatment History: From Open Heads to Open Minds***

Read our [blog](#) about archaic mental health treatments that began seven thousand years ago, when "healers" drilled or sawed holes in people's heads to release the demons that were "obviously" trapped there. Other dubious remedies followed, finally leading us to the science-based study of neuroplasticity we're beginning to understand today. Take the treatment tour with us today! [Continue reading...](#)

### 3. ***Check Out Our Newest Summit Sponsor!***

A HUGE thank you to [The Resilient Mind](#), which offers proven online education, training, and

mentor support for people ready to address stress and/or mental health challenges in an informative, interactive, and fun way. Check out The Resilient Mind [video](#). Blending distance education tactics with social media technologies, this groundbreaking program offers resilience assessments along with 7-week online or in-person resilience games and training exercises for individuals or employee groups. And being science-based, it incorporates the latest findings from social and behavioural psychology and the study of neuroplasticity (your brain's capacity to change continuously throughout your life).



#### 4. ***Get 'Social' About Mental Health***

Join us on [Facebook](#) and [Twitter](#) for regular updates about the [Community Mental Health Summit](#) as the program unfolds and warm-up events are announced.

Check our [website](#) to see how the Summit will engage people from all sectors, age groups, genders, and cultures in conversations about mental health challenges, successes, and opportunities at the individual, family, workplace, and community scales!

And please forward this info to anyone you think might be interested in attending or sponsoring the event. They can subscribe for future email blasts [here](#).



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