



Chalmers Foundation receives a \$12,000 Bell Let's Talk Community Fund grant

FREDERICTON, NB, November 26, 2019 – The Chalmers Foundation is pleased to receive a \$12,000 grant from the Bell Let's Talk Community Fund in support of the Horizon's Addiction and Mental Health Services Cognitive Behavioural Therapy Project.

The Chalmers Foundation is a non-profit healthcare organization that raises funds to support healthy communities through innovative and effective programs and initiatives at Horizon's Dr. Everett Chalmers Regional Hospital in Fredericton and in western and central New Brunswick. This grant will enable Addiction and Mental Health services to enhance their Cognitive Behavioural Therapy Project through standardized training, counselling, treatment and inpatient programs.

The project will support adolescent, adult and senior patients in the Fredericton and Upper River valley areas who experience persistent addiction and or mental health issues.

"Mental Health and addiction services are integral to the province's healthcare system," said Gilles Allain, Executive Director of the Chalmers Foundation. "The Chalmers Foundation aims to identify areas of need and works to elevate services for patients in western and central New Brunswick. The Bell Let's Talk Community Fund grant will help to provide patients with easier access to these services."

Bruce MacPherson, Director of Addiction and Mental Health Services Area 3 for Horizon Health Network added, "We are very grateful for the funding from Bell Let's Talk. Grants like this provide us opportunities to enhance our service delivery. This funding will allow us to sustain and expand our Cognitive Behavioural Therapy project resulting in increased access to one of the most effective forms of treatment for those struggling with depression and anxiety."

One in 10 New Brunswickers use health services for a mood or anxiety disorder each year. The goal of this program is to develop a standardized and internally sustainable fundamental Cognitive Behavioural training process for all Addiction and Mental Health staff providing direct care in the Fredericton and Upper River Valley areas, to ultimately increase the capacity for providing appropriate treatment options. It will work to:

- Train 25 Addiction and Mental Health clinicians providing direct care, and eight peer mentors in fundamental Cognitive Behavioural Therapy; focusing on depression, anxiety, and substance abuse
- Develop peer mentor capacity
- Develop standardized content and transfer-to-practice support derived from feedback throughout the process
- Provide resource materials which enhance training and support of Addiction and Mental Health staff and expand to training and supporting 25 health centre care providers.

"Bell Let's Talk is pleased to help the Chalmers Foundation enhance its Cognitive Behavioural Therapy Project to support more people with mental health and addiction issues in western and central New Brunswick," said Mary Deacon, Chair of Bell Let's Talk. "This year we are helping over 120 organizations in communities across Canada, like the Chalmers Foundation, which are making a difference in the lives of people living with mental illness and their families."

The Bell Let's Talk initiative promotes Canadian mental health with national awareness and anti-stigma campaigns like Bell Let's Talk Day and significant Bell funding of community care and access, research and workplace leadership initiatives. To learn more, please visit Bell.ca/LetsTalk.

About the Chalmers Foundation Inc.

Established in 1983, the Chalmers Foundation is committed to transforming healthcare. The vision is an engaged community that nurtures wellness and quality care. The funds raised are allocated to innovative and effective programs and initiatives at Horizon's Dr. Everett Chalmers Regional Hospital and in western and central New Brunswick. Through the support of our generous donors we are changing lives and saving lives every day.

For information on ways to give, please visit chalmersfoundation.com

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