



**Family Caregivers Unite!**  
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**April 7th 2014: Nurses and Family Caregivers**  
**Caring for Young People with Mental Health**  
**Problems**

Shauna Johnston, RN, BScN, BSc, originally from Cape Breton Island, is a Mental Health and Addictions nurse with the Mississauga Halton Community Care Access Centre, [www.healthcareathome.ca/mh](http://www.healthcareathome.ca/mh). She talks about her career, personal experience of family caregiving, and her work with the Centre. She highlights the types of mental health problems she meets. She explains the challenges that mental health problems create for young people and their family caregivers. She discusses the challenges, including privacy restrictions, in communicating with young people who are experiencing mental health pr

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**Featured Guest**



**Shauna Johnston**

Shauna Johnston, RN, BScN, BSc, is a mental health and addictions nurse with Mississauga Halton Community Care Access Centre. Originally from Cape Breton Island, she has more than 10 years' experience working with youth, most recently with Brant County Health. She enjoys working with youth and teens, and developing community partnerships. She likes working in the community, believes strongly in prevention and early intervention, and meets clients where they are. One of her students told her, "You must be a really chill mom"; another said, "I really want to see you every week." She's an advocate for her clients. She helps them access the services they need. In one instance, she helped a stude

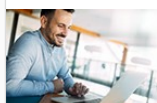
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