

Katherine Rushton, BSW, RSW Member Representative

Term: 2024-2027 (1st term)
Region: Capital

Biography



Growing up in foster care and experiencing homelessness at the age of 16, Katherine has seen first hand the profound challenges faced by those navigating the social service system. These early struggles shaped her resolve and fueled her passion for making a meaningful impact in social work. Katherine's journey from adversity to advocacy has provided her with a unique perspective that she is eager to bring to the MCSW Board.

Katherine's journey of resilience took a significant turn when she moved 30 hours away with her young daughter as a single parent, with no family support. This bold step was driven by her desire to create a better life and more opportunities for her daughter-opportunities that Katherine was denied.

Despite the immense challenges, including balancing work, education, and raising her daughter, she succeeded in building a stable and supportive environment for both.

Professionally, Katherine has dedicated herself to community service and mental health support. She has managed critical programs for vulnerable populations at CMHA and the Salvation Army and served as Education and Training Supervisor in Thompson, MB. Katherine's role involved addressing crises directly, working closely with RCMP, community organisations, and schools to provide essential support.

Currently, as a Mental Health Therapist with Indigenous Services Canada in St. Theresa Point and through her work with Spirit Horse Therapy, Katherine continues to focus on innovative, culturally sensitive mental health care. Her academic achievements, including an honours degree in Indigenous Social Work from Laurentian University and the Soroptimist Wellness Award, highlight her dedication to the field.

Katherine's experiences with the Thompson Urban Aboriginal Strategy Board and the Hope North Board have further developed her skills in strategic planning and community collaboration. These roles, combined with her personal journey and professional background, provide Katherine with a unique perspective that she believes would be valuable to the MCSW Board.

Katherine is eager to bring her insights, dedication, and practical knowledge to the Board, contributing to its mission and supporting the advancement of social work practices in Manitoba.