



Jan 2007

# PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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## Help for Seasonal Affective Disorder

The effect that the changing of the seasons has on our health has long been a subject of discussion. Throughout the centuries, poets (Keats) and physicians (Hippocrates) have described feelings of lethargy which can accompany the changing of the seasons. Many people begin to feel tired, have trouble getting out of bed, gain weight, and struggle with the "winter blues". These people could be suffering from an illness known as Seasonal Affective Disorder (SAD). For those who are severely affected, it can be an overwhelming and burdensome condition. For some people, SAD is a seriously debilitating illness which impairs their functioning to the point that they can not carry out their normal routine.

Just as sunlight affects the seasonal behavior of animals such as with hibernation, SAD may be linked to a seasonal light variation in humans. The symptoms of SAD usually reappear each winter. They are obvious between September and November and abate in March or April. As the seasons alter there is a change in our biological clocks, partly due to the alterations in sunlight allocation. This could cause the Circadian rhythm to be out of sync. Melatonin, a sleep-related hormone secreted by the brain's pineal gland may play a significant role in this illness. Since this hormone is produced at increased levels in a darkened environment, the manufacturing of this hormone can be amplified during the winter months.

Symptoms of SAD can include the following: wanting to oversleep, troubled sleep or waking in the early hours, inability to deal with stress, decreased sex drive, feelings of weariness, the inability to fulfill a routine schedule, a passion for carbohydrates and sweets, weight gain, feelings of despondency and low self-worth, irritability, and, in some instances, mood swings.

How is SAD treated? In 1984 psychiatrist, Dr. Norman Rosenthal studied the effects of light therapy on people suffering with Seasonal Affective Disorder. Light therapy (or Phototherapy) has been connected to the suppression of Melatonin in the brain. The most familiar piece of equipment used for light therapy is the light box. The light box provides a specific amount of balanced light that is comparable to being outside on a clear spring morning. The light box should be positioned in front of the viewer following the recommendations for distance and intensity. Most light boxes give off between 2,500 to 10,000 lux. (SI unit of illumination). There are individual variations but a half hour at 10,000 lux and an hour at 5,000 lux once a day is common. Light therapy can also be delivered through a visor. More often than not this treatment takes place during the morning hours. If you want to find out more about light boxes or visors you may want to ask your Doctor or Pharmacist. In Canada the light device should be CSA approved.

Other treatments include anti-depressant medication. These are often used in combination with light therapy. Exercise, (especially outdoors) not only increases the person's exposure to sunlight but assists in weight management. Psychotherapy helps one deal with the specific struggles of living with this illness.



*Exercise, (especially outdoors) not only increases the person's exposure to sunlight but assists in weight management.*

If you think you may be suffering from Seasonal Affective Disorder take the time to talk to your doctor. There are a number of good books available at the Community Network Support Team Library: (Don't Be SAD, Your Seasonal Guide to Conquering Seasonal Affective Disorder; Peters A. Celeste, and Beating the Blues; McConville Bridgid). Take Care!

*Jim Lonie, Project Coordinator  
CSDP (519)371-4582*

## 2 Consumer/Survivor Development Project Hope and Mental Illness Series coming to Wiarton

Cheryl Jackson and I would like to take this opportunity to wish you a very Happy New Year. May 2007 be a joyous one for you and yours!

Here at the Project, many programs continue while other ventures are on the horizon. Coping with Mental Illness Information and Support groups are held in Wiarton and Kincardine. Mood Disorder Information and Support Groups are available in Hanover and Owen Sound.

Mental Health Resource Sessions continue to be made available on the Inpatient Psychiatry Unit at GBHS Owen Sound site. The sessions are held at the Unit's Meeting Room, where you can access general mental

health and mental health services information. This service is a collaborative effort with Grey Bruce Health Services Owen Sound site. The sessions are held every Tuesday evening from 6:00-8:00 pm. Follow the signs to find us.

In collaboration with the group services staff of *Community Connections: Housing and Support* we will be co-facilitating the very popular "Hope and Mental Illness" series. This series will be held in Wiarton. As well, we are in the process of securing a speaker to come and share his/her journey of hope and recovery with us.

We will soon be ordering more books for our Mental Health

Resource Library and we would like your help. If you have read a book that you think would be beneficial for us to have in our library. Thanks!

If you require further information about any or all of our service activities, give us a call or drop by the office; we would enjoy talking to you. The Consumer/Survivor Development Project is located at 1139, 2<sup>nd</sup> Avenue East in Owen Sound and can be reached by calling 519-371-4582 or by email at [csdp.gbchc.org](mailto:csdp.gbchc.org)...Have a great day!

*Jim Lonie, Project Coordinator  
(519)371-4582*

## Mental Health Crisis Line of Grey Bruce 1-877-470-5200 Working around the clock to empower you

### If someone you know:

- threatens suicide
- talks about wanting to die
- shows changes in behaviour, appearance, mood
- abuses drugs, alcohol
- deliberately injures themselves
- appears depressed, sad withdrawn...

### You can help:

- stay calm and listen
- let them talk about their feelings
- be accepting; do not judge
- ask if they have suicidal thoughts
- take threats seriously
- don't swear secrecy - tell someone

### Get help: You can't do it alone.

**Contact:** Family, friends, relatives, clergy, teachers, counsellors, doctors, crisis lines, mental health services or hospital emergency departments

*Excerpt from Centre for Suicide Prevention  
<http://www.suicideinfo.ca/csp/go.aspx?tabid=75>*

The Mental Health Crisis Line of Grey Bruce is a professionally supervised mental health telephone helpline staffed by trained volunteers who serve people in distress or crisis. It offers caring, non-judgmental support to all those seeking help. It works with you to empower you to seek solutions to the challenges you face.

**OPEN 24 HOURS,  
7 DAYS a WEEK,  
365 DAYS a YEAR**

*Excerpt from Mental Health Crisis Line  
of Grey Bruce brochure*

### Interesting web sites on various topics

TOPIC: **Hemochromatosis**  
Canada's most common genetic disorder. Early symptoms can include mood swings and depression  
[www.cdnhemochromatosis.ca](http://www.cdnhemochromatosis.ca)

TOPIC: **Alzheimer Disease**  
January is Alzheimer Awareness Month  
[www.alzheimergreybruce.com](http://www.alzheimergreybruce.com)

TOPIC: **Depression**  
Self-test: Are you depressed?  
[www.moodsmag.com](http://www.moodsmag.com)

TOPIC: **Eating Disorders**  
February 4 - 10, 2007  
Eating Disorder Awareness week  
[www.nedic.ca](http://www.nedic.ca)

# Mental Health Resource Library

## Did you know?

### In-House References

The Diagnostic and Statistical Manual of Mental Disorders IV, known as the DSM IV is an in-house book that is available to reference on site at the Mental Health Resource Library. You can also purchase your own copy from University of Toronto Bookstore, Medical Books Department. For information: Call 416-640-7900 or visit [www.uoftbookstore.com](http://www.uoftbookstore.com)

### CAMH 2007 Courage to Come Back

Nomination Forms can be picked up at our library. Living with mental illness and addiction takes courage. The most courageous person you know could live next door, or in your own home, or could work along side you because one in four Canadians will be affected by mental illness/or addiction during their lifetime. Dinner to be held May 3 2007. Deadline for nominations: Feb. 13th.

### NEW Books will arrive soon!

There is always more to learn about mental health. We value your feedback! If you have resource suggestions and recommendations, please call the Community Network Support Team office at 519-371-4551.

## CNST

# Introducing our new Community Development Worker

My name is Nancy Hall and I have just been hired as the Community Development Worker with the *Community Network Support Team*. My background, training and experience are in the field of education and I'm hoping that I'll be able to bring a fresh and creative approach to this role. I'm still in the process of meeting people who work for the Grey Bruce Community Health Corporation, as well as many others who work in the field of mental health in Grey and Bruce. Starting a new job is always exciting, although a little stressful, and I must say that all of the people who I have met so far, have done a wonderful

job of making me feel like a valued member. Thank you to everyone for the warm welcome in my introduction to the organization!

In the coming weeks, I hope to meet more people who work in the field of mental health, learn more about what they do and how I, as the Community Development Worker, can help them.

Please give me a call at 519- 371-4551 or email me at [nhall@gbchc.org](mailto:nhall@gbchc.org). I am also in the CNST office at 1139 2<sup>nd</sup> Avenue East on Monday to Friday from 8:30 – 4:30. I look forward to talking with you.  
*Nancy Hall*

## Family Crisis Support Service Happy Birthday

*Family Crisis Support* is a joint effort of Grey Bruce Health Services, Owen Sound and the Grey Bruce Community Health Corporation. This program started running a year ago to help families feel less alone in the Emergency Department (ER). Many families, mine included, may deal with a crisis at home for several days before they actually arrive at ER. I empathize with people who are exhausted, worried, and confused by their loved one's unwillingness to go to the hospital for an assessment. Frequently families, after finally having convinced a loved one to go to the hospital, feel in crisis themselves. The waiting room may be full of people but it can be very lonely for family members who have been on a wild roller coaster ride. It is important to remove families who are feeling this way from the ER and take them to a quieter place.

My goal as the Family Crisis Support worker is to meet the family as soon as their loved one is seen for an assessment. Family members are assured that as soon as the assessment is complete the crisis worker will call

me. Many family members are grateful for a quiet place to wait. Some just want to talk about how difficult it has been for them.

A follow-up appointment is usually arranged to equip family members with coping strategies and self-care techniques. They are made aware of the educational resources and support available in the community.

The feedback has been amazing. "I cried when I discovered that there was someone at the hospital just for me." "I want to express my thanks to the hospital for recognizing how fragile the family can be and providing support for us too." "I was so angry when I was not allowed to be present while my son was being assessed. The Family Crisis Support worker took me to her office and explained the privacy legislation to me...explained that it is difficult for someone to focus when their mind is already racing...extra people in the Crisis room could be a distraction."

*Judy Kroes,*  
Family Crisis Support Worker,  
519-376-2121, x2777

Family Support Initiative Presents:

# **MENTAL ILLNESS & FAMILY FINANCES: CREATIVE FINANCING IN TROUBLED TIMES**

**Speaker: Holly Devlin**

(Accredited Member: Ontario Assoc. of Credit Counselling Services)

- \$** Has mental illness in your family affected your financial stability?
- \$** Are you on a limited income and need help with budgeting to make ends meet?
- \$** Do you struggle with decisions of which bills to pay or not to pay each month?
- \$** Are you so far in debt that you don't know how you will ever get out?

If you are living with a mental illness in you family and answered "Yes" to any of the above questions, this workshop is intended to offer help in dealing with some of your financial issues.

**Wednesday, January 31, 2007 – 7:00 P.M.**  
**Location: Owen Sound**

**Sessions are FREE but you must pre-register. For location and registration call Georgia at 371-4802.**

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The Family Support Initiative is a program of the Grey Bruce Community Health Corporation  
1139 2<sup>nd</sup> Avenue East, Owen Sound, ON N4K 2J1  
Telephone: 519-371-4802 Email: [fsi@gbchc.org](mailto:fsi@gbchc.org)  
Funding is provided by the Ministry of Health and Long Term Care

## Family Support Initiative

# Mark these activities on your calendar

### Winter Activities

A four-part series, "*Coping with the Mental illness of a Relative or Friend*" is underway on Thursday evenings (7:00 – 9:00 p.m.) in **Thornbury**. The three remaining sessions will be held on January 18<sup>th</sup>, 25<sup>th</sup> and February 1<sup>st</sup>. The same series is being offered in **Owen Sound** on Monday evenings—February 5<sup>th</sup>, 12<sup>th</sup>, 29<sup>th</sup> and 26<sup>th</sup> and in **Warton** on Thursday evenings—March 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>. (We plan to get back down to the south end of Grey & Bruce Counties in the spring.) These sessions are free, but you must pre-register so that we can prepare enough materials for all participants.

We are offering a free workshop on "*Mental Illness & Family Finances: Creative Financing in Troubled Times*" in **Owen Sound** on

Wednesday, January 31, 2007 – 7:00-9:00 p.m. The guest speaker is Holly Devlin, a government-licensed and accredited member of the Ontario Association of Credit Counselling Services. This seminar is targeted for family members who are struggling to make ends meet on a limited income and/or dealing with a heavy debt load due to the mental illness of a family member. You must call 371-4802 to register and obtain further details.

The *Family Support & Information Group* meetings will continue to run (weather permitting) in the evenings from 7:00 – 8:30 p.m. in **Owen Sound** on the first Monday of each month, in **Kincardine** on the third Tuesday of the month, and in **Hanover** on the fourth Tuesday of the month.

Due to the fairly large enrollment in our **Thornbury** educational series, a monthly Family Support & Information Group in the Meaford-Thornbury area will be considered if enough people are interested. If you have an interest in this, please give me a call.

You may not be able or ready to attend a support or educational group but still may benefit from some information and support. I am always available to meet with you individually and am just a phone call away.

### Weather Cancellations

Weather conditions may not always allow safe travel to the scheduled program events. Please listen to CFOS for any cancellations.

*Georgia Palmer, Family Support Worker 519-372-4802*

## Mental Health Works

# Mental Health Issues in the Workplace – a resource tool to help managers

**Mental Health Works** is a project of the *Canadian Mental Health Association (CMHA), Ontario Division*, in partnership with the Ontario Ministry of Citizenship and the Global Business and Economic Roundtable on Addiction and Mental Health.

In the booklet, Managing Mental Health in the Workplace, an overview is given to help managers talk to employees, deal with problems and assess risks. No one is immune from mental health problems. There are a number of warning signs that can indicate that a person has a mental health problem. Behaviour changes that can indicate an underlying mental health problem include:

- Consistent late arrivals or frequent absences
- Lack of cooperation
- Decreased productivity
- Increased accidents

- Frequent complaints of tiredness
- Difficulties concentrating
- Making excuses for missed deadlines
- Less interest in one's work
- Working excessive overtime
- Strange or grandiose ideas
- Displays of anger

There are good reasons that a person might not disclose their mental health problem to you. There are a number of ways you can contribute to a positive outcome, both for the employee and for the organization.

With early and appropriate treatment and support, the great majority of people with mental health problems recover.

Failing to act can result in serious problems. Openness and flexibility are key to making it possible for people with mental health problems to work productively.

### The Facts

- In a recent Canadian survey of over 400 companies, STRESS was the Major workplace health risk—83% (Buffet Taylor's National Wellness Survey)
- By the year 2020, depression will rank second only to heart disease as the leading cause of disability worldwide (WHO)
- Psychiatric claims are the fastest growing category of long-term disability claims in Canada (Manulife Financial Corp.)
- Canada's economy loses approx. 30 billion annually due to mental disorders and substance abuse (Global Business and Economic Roundtable on Addiction and Mental Health)

*Excerpt from Mental Health Works booklet.*  
email: [info@mentalhealthworks.ca](mailto:info@mentalhealthworks.ca);  
web site: [www.mentalhealthworks.ca](http://www.mentalhealthworks.ca).

## Pledge Sheets available for 2007 Alzheimer Walk for Memories Take part in an important fund-raising activity

Pledge Sheets are now available for the *Alzheimer Society of Grey-Bruce* Manulife Walk for Memories which takes place January 27, 2007 at West Hill Secondary School in Owen Sound and at The Royal Canadian Legion in Hanover. Walk for Memories is an indoor, pledged walkathon. Money raised is used to provide education and support to persons with Alzheimer Disease and related disorders, and to their families and caregivers. More than 95 per cent of the money raised is used right here in Grey-Bruce. The balance goes to research into a cause and a cure.

This year the Walks, sponsored provincially by Manulife Financial, have incentive prizes for walkers who reach \$100, \$500, \$1,000 or \$2,500 in pledges raised. The top pledge earner in Owen Sound and in Hanover will win weekend in Toronto prizes including one night's accommodation, car rental and spending money. As well they will be entered into a draw along with the top pledge earners at each walk in Ontario to win a Mexican vacation. Odds on winning the vacation in Mexico for the top pledge earners will be approximately 1/45. As well there will be dozens of other great prizes to be won.

"Walk for Memories is one of our biggest and most important awareness and fund raising activities," said Bill Twaddle, community Development Coordinator for the Alzheimer Society of Grey-Bruce. "Last year we had more than 200 walkers and volunteers take part and they raised more

### **Saturday January 27, 2007** *Manulife Walk for Memories*

9:00 a.m.

Royal Canadian Legion, Hanover  
& West Hill Secondary School,  
Owen Sound

than \$44,000. Based on comments we heard from participants after last year's Walks, we expect to have an even larger turnout for 2007."

"It is important for people to know that the money raised at the Walks in Owen Sound and Hanover is used right here in Grey-Bruce to provide education and support to those with Alzheimer Disease or a related disorder, and to their families and caregivers," Twaddle said. "When you support Walk for Memories you are supporting people you know and care about right in your own community."

Anyone who wants a pledge sheet or who wishes to make a donation to the walk can contact the Alzheimer Society of Grey-Bruce office at 753 2<sup>nd</sup> Ave. E. in Owen Sound or by phoning 519-376-7230 or 1-800-265-9013. Walkers can also register online at [www.walkformemories.ca](http://www.walkformemories.ca) and pledges can be made online at the same web site. Walk for Memories is an entertaining morning of fellowship and fun. Join us for a comfortable walk, some coffee, juice, snacks, and a chance to win one of several great prizes.

Come out and join us on a cold January morning. We promise to give you a nice warm feeling.

#### **Please note:**

**HANOVER LOCATION**

Royal Canadian Legion on 8<sup>th</sup> Ave.

#### **Friday, January 12, 2007**

*Alzheimer Society Grey-Bruce*

Open House 1:00-4:00 p.m.

Please drop by for tea or coffee, a tour of our Resource Centre and an opportunity to talk with staff.

*Deborah Barker*

*Executive Director,*

*Alzheimer Society of Grey Bruce*

[www.endabusenow.ca](http://www.endabusenow.ca)

## One-stop community resource

On December 6<sup>th</sup>, as part of the National Day of Remembrance and Action on Violence Against Women, the *Grey Bruce Domestic Violence Coordinating Committee* (GBDVCC) launched a new website:

[www.endabusenow.ca](http://www.endabusenow.ca)

The Website (above) provides information, resources and links on all forms of abuse and how we can work together to end it. It is a one-stop community resource for people

looking for information on woman abuse, child abuse, elder abuse, community supports and services and links to local, provincial and national resources. This site is a project of the Grey Bruce Domestic Violence Coordinating Committee, a coalition of community organizations committed to safety, accountability, awareness and the prevention of abuse. The development of a one-stop information website for Grey and Bruce was a recommendation from the GBDVCC's 2005

Community Report Card on Domestic Violence. The development and launch of this new community resource was made possible through funding from the Ontario Ministry of Community and Social Services. Contact the GBDVCC at

[www.endabusenow.ca](http://www.endabusenow.ca)

*Colleen Purdon, Project Coordinator*

*Grey Bruce Domestic Violence*

*Coordinating Committee*

*271 4<sup>th</sup> St. East, Owen Sound, ON*

*N4K 1A7 Ph: 519-376-7145*

*cpurdon@bmts.com*

# Strengthening Families for the Future Exciting, new prevention program!!

This exciting new prevention program, developed by the Centre for Addiction and Mental Health (CAMH), will be launched in Owen Sound in 2007. This is a whole-family program, for families with children between the ages of 7 and 11 who may be at risk of developing a wide range of problems, including substance abuse and mental health problems.

**The goals of the program are to:**

- Reduce children’s intention to use alcohol &/or other drugs, and reduce other behaviour problems
- Increase children’s resilience and life skills
- Increase positive and effective parenting
- Increase family communication

**How the program works:**

The Strengthening Families program is presented in 14 consecutive weekly sessions. Sessions last about three hours and include a communal meal. The meal is followed by separate skill-based sessions for parents and children, lasting one hour. Finally, the families’ come back together for the family session, where they practise skills they learned in their separate sessions. The sessions are fun & activity-based.

The Parent & Child sessions are each led by two co-facilitators. All four facilitators are present for the family session. A project co-ordinator supports the program getting started.

**Strengthening Families in Owen Sound**

Locally, this project is part of the Grey Bruce FOCUS Coalition and planning is through a committee with representatives from: CAS, Keystone, M’Wikwedong, New Directions & Choices, FOCUS, & CAMH. One-time funding for this program is through CAMH & FOCUS. Facilitator training will be held on:

**Jan. 31st in Owen Sound**

For more information about the training and/or the program, contact *Donna Beatty, Centre for Addiction and Mental Health* 519-371-6317 or email: *Donna\_Beatty @camh.net*

*Donna Beatty  
Project Consultant*

## Addictions Information Sessions Raise your awareness

*New Directions for Alcohol, Drug and Gambling Problems* offers free information sessions aimed at increasing awareness in the following areas:

- Recognize when substance use is a problem
- Recognize when gambling is a problem
- Learn about the impact of substance abuse on individuals/families
- Implement healthy changes
- Access local community resources

*Please call to confirm the day that you plan to attend*

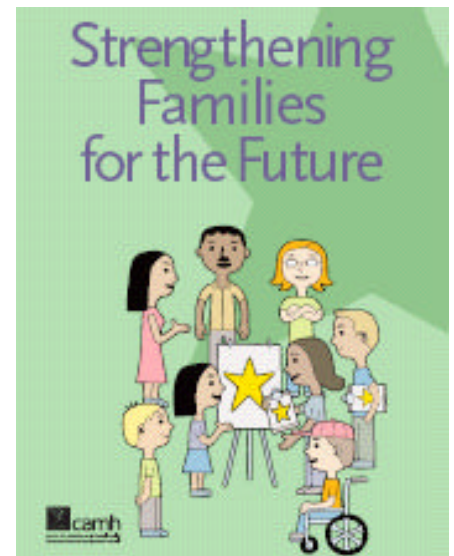
**Owen Sound**

Monday, March 12, 2007 from 1:30 to 3:30 p.m.  
1101 2nd Avenue East, Ste #207  
(above Boot’n Blade Restaurant)

**Walkerton**

Wednesday, February 7, 2007 from 1:30 to 3:30 p.m.  
South Bruce Grey Health Centre, Conference Room  
21 McGivern Street (Walkerton Hospital)

CALL New Directions for Alcohol, Drug & Gambling Problems at 371-1232 or 1-800-265-3133



*The complete Strengthening Families for the Future resource kit, including program manuals, can be ordered from CAMH. Cost is \$90.00 plus GST and shipping.*

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# PIVOT

The *Pivot* is published by the Community Network Support Team, **371-4551**, which operates under the umbrella of the Grey Bruce Community Health Corporation.

It is published about the 15th of the month in January, April, July and October.

## Click-View and Print

You can now access the *Pivot* Newsletter and Where to Find Help in the Grey Bruce Area on-line at [www.mhagb.ca](http://www.mhagb.ca) under "resources".

## Staff

Director - Shane Barker  
Community Development Worker - Nancy Hall  
Program Secretary - Joanna Depencier

## Submission Deadlines

January 1  
April 1  
July 1  
October 1

Submissions are subject to editing. Send potential submissions to [cnst@gbhc.org](mailto:cnst@gbhc.org). Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation.

## St. Joseph's Health Care MHSD takes the lead

*Mental Health Service for the Deaf* (MHSD) is the only centre to provide full psychiatric and psychological assessment and care throughout the lifespan to this population. Their goal is to be the Centre of Excellence for providing accessible, comprehensive evaluative and consultative mental health care service to severely mentally ill Deaf, deaf, deafened, hard

of hearing and deafblind persons in Southwestern Ontario and eventually Canada.

*For more information:*  
Regional Mental Health Care,  
Room E225; R2, 850  
Highbury Ave. N,  
London, ON N6A 4H1.  
(519)455-5110, x 47272  
[www.sjhc.london.on.ca](http://www.sjhc.london.on.ca)

*Excerpt from Brochure*

## Southwest Local Health Integration Network Update

The following update was excerpted from the web site of the *South West Local Health Integration Network (LHIN)*. For more information or to access the latest edition of the LHIN Newsletter, go to the LHIN web site listed below.

### Establishment of our Priority Action Teams

"The South West LHIN has completed its Integrated Health Service Plan (IHSP) and is now in the process of establishing its Priority Action Teams to move the priorities forward.

Priority Action Teams (PATs) will play a critical role in overseeing and shaping the activities to be completed for each integration priority and associated action plans. These activities include completing an environmental scan, engaging health and

community partners, including the public, and developing recommendations and implementation strategies."

PATs are being established for each of the following integration priorities:

1. Building Linkages Across the Continuum - All Seniors and Adults with Complex Needs
2. The Right Services, in the Right Place, at the Right Time, by the Right Provider
3. Preventing and Managing Chronic Illness
4. Strengthening and Improving Primary Health Care

[www.southwestlhinc.ca](http://www.southwestlhinc.ca)

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Owen Sound, Ontario N4K 2J1

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