



July 2006

PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

INSIDE

- 3 Family Crisis Support Update
- 4 & 9 Across Grey Bruce
- 5 thru 8 *Where To Find Help Grey/Bruce* **Insert**

Mental Health Information and Resources

Watch for updates to Mental Health and Addiction web site & Yellow Directory

The *Community Network Support Team (CNST)* has been busy updating our directory and website so that residents of Grey and Bruce are able to access the most current information on mental health, addiction and other social services in the area.

Inside this month's edition of the Pivot you will find an updated version of *Where to Find Help Grey/Bruce*. This directory has been published for the past 10 years and was last updated October 2005. "It is designed to provide a quick snapshot of some of the many services in our area. It is widely used and requested by other service providers, as well as the general public" said Shane Barker, Director of CNST.

The *Mental Health and Addiction in Grey Bruce* site: www.mhagb.ca has more detailed information on mental health and addiction services in Grey and Bruce. On this website you will also find a link, under "Resources" to the *Yellow Book Online Directory*. This directory provides people with quick and easy access to information about various social services throughout Grey and Bruce. CNST will soon be requesting information updates from service providers listed in this online directory. By providing organizations with a login script and password, CNST hopes to make it easy and convenient for them to input their own updated information. CNST will also offer technical support as they make their revisions.

While the directory hosts information for 88 different organizations, there are plans to expand the directory. CNST will be contacting other social service agencies not listed in this directory, inviting them to add their information. If you have any questions about this project or would like to be included in the directory please contact CNST by calling 371-4551 or email: arobinson@gbchc.org.

Thank you to all the service providers who have provided CNST with updated information. Your cooperation in the dissemination and distribution of current resources to the residents of Grey and Bruce is appreciated by all.

*Amber Robinson,
Community Development Worker*

Name Change

Effective June 1, 2006 Bruce Grey Children's Services became ...



As always, *Keystone Child, Youth & Family Services* promotes the optimal well-being of children, youth and their families by providing preventive and mental health services. Keystone works in concert with other community service partners such as schools, hospitals and the justice system to

provide a range of individual, family and group programs at no charge for residents of Grey/Bruce. These services include mental health counseling, emergency response, youth court assessments, residential services, pre-school preparation, parent mutual aid, pre-natal support and support for new moms.

For more information about these services contact
Keystone Child, Youth and Family Services
at 371-4773 or visit the website:
www.keystonebrucegrey.org

The Consumer / Survivor Development Project Summer activities are busy

Well the warm days of summer are finally here. Just as everyone's personal calendar is beginning to fill-up with plans and activities, so is ours. In the next few weeks we will be offering a number of Healthy Relationship and Writing Workshops across Grey Bruce.

As many of you know we have been offering Mood Disorder Information and Support Groups in Owen Sound, Kincardine, and Hanover, as well as a Coping with Mental Illness Support and Information Group in Wiarton.

These groups will continue to be offered over the summer. Please call the Project at 371-4582 if you want further information regarding dates and times.

During the summer months we will continue to conduct the Mental Health Resource Sessions at the Grey Bruce Health Services Owen Sound Site. These are available in the 4th floor Conference Room, every Tuesday evening from 6:00 pm-8:00 pm. There are many other fresh and exciting activities being considered for September.

We look forward to sharing these with you.

We will also be involved in co-hosting a number of the Movies during the Summer Mental Health Film Series to be held on Monday evenings. These will be held at the Community Network Support Team Office. (Call 371-4551 to register or get more information.) Have a super summer!

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

Mental Health Resource Library More books added to the library

Recently, over 130 new books were added to our library. Highlighted below are our newest **DEPRESSION** book titles. If you are interested in a certain book, please contact us or drop in to look at our wide selection of on-site books, DVDs and meditation CDs. The library was under renovation for a period of time and is now up and running. We would like you to come by, especially if you have not had a chance to see our new layout. For your convenience, a drop-off slot will soon be installed, so that books can be returned after hours.

During the summer on **Monday MOVIE Night**, the library will also open from 6:00—8:00 p.m. Normal office hours are Monday through Friday, 8:30—4:30. Visit us at 1139 2nd Ave. E in Owen Sound, 371-4551.

DEPRESSION

- Morning Has Broken
- Against Depression (2 copies)
- Living Longer Depression Free
- Freedom from Depression Workbook
- Lifting Depression

- Your Depression Map
- Peace of Mind Prescription (2 copies)
- The Mood Cure
- Words that Heal the Blues
- Antidepressant Solution (2 copies)
- Understanding Depression
- Blue Genes
- Does Your Man Have the Blues?
- Beating Depression the Journey to Hope
- Feeling Good
- Depression and Your Thyroid
- Is He Depressed or What?
- Talking to Depression
- Growing Up Sad
- Depression the Way Out of Your Prison

SUMMER MENTAL HEALTH FILM SERIES



Make time for your mental health and visit the Mental Health Resource Library Monday evenings

Monday evening Movie Night Features for July 2006

- July 3 - Proof
- July 10 - A Beautiful Mind
- July 17 - As Good as it Gets
- July 24 - The Dream Team
- July 31 - Circuits of Fear: Anxiety Disorders

8:00 pm - 8:30 pm
Movie starts at 6:00 pm

Information about mental health topics will be available at each

Watch for next month's Movie schedule

PRE-REGISTER BY CALLING OR VISITING

Community Network Support Team
1139 2nd Avenue East, Owen Sound

371-4551

Family Support Initiative

Summer Support Groups are still running

The Spring has flown by quickly with the completion of three successful educational workshops. The four-week series on Family Coping Skills was conducted first in Hanover and then in Kincardine. A new four-week series called "What Happened to Happily Ever After" was offered in Owen Sound for people who have a partner with a serious mental illness. This was very well received. It has been encouraging to hear from partici-

pants of these workshops how they are successfully putting into practice the things they have learned. They also appreciated the opportunity to share with others in the similar situation and feel that they are not alone. New people have joined the Family Information and Support Groups in Hanover, Kincardine and Owen Sound. These support groups are held on a monthly basis and are continuing throughout the summer months.

New members are always welcome. Although there will be no educational groups during July and August, anyone who cares for someone with a mental illness is welcome to come into the office for an individual consultation. Support and information is available, as well as some helpful books from our great library.

*Georgia Palmer,
Family Support Worker
519-371-4802*

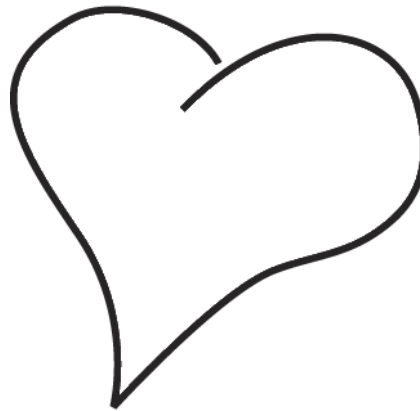
Family Crisis Worker Update

Support is available to those who come to ER with a loved one in crisis

Greetings everyone!

I remember a time not so long ago when I was sitting in the ER with my own adult child who was in a deep depression. I was worried for my adult child's safety and exhausted from trying to insure that safety "24/7". When we arrived at the ER my child was taken back to be assessed by a crisis worker and, hopefully seen by a psychiatrist.

I remember sitting out in the waiting room wondering what was going on. How long would it be before someone came to speak with me? Would they talk to me? I felt so emotional and kept my eyes glued to a magazine that I wasn't even reading. I wished there was someone I could talk with. I felt like I was in a crisis too. I wished there was someone who could support me and answer some of my questions. I really needed someone who had been in this place before.



In a joint effort of *Grey Bruce Health Services* and *Grey Bruce Community Health Corporation* my wish that day has become a reality. A Family Crisis Worker is now based at the hospital to support family members who come to the ER with a loved one who is in crisis. After working in the community as a Family Support Worker for four years the Family Support Initiative created a

position and I became the Family Crisis Worker. I moved to the hospital on January 30, 2006 to assist families who accompany their loved one to Crisis for mental health reasons.

It is a privilege to meet family members in the ER and provide immediate support while their loved one is being assessed. I am able to answer questions they may have about navigating the hospital's mental health system or the larger Grey/Bruce mental health system. When I think of what I do as a Family Crisis Worker I would describe it as being a three-pronged approach: Support, Information and Education.

The feedback has been very positive. I look forward to giving you a fuller report in the fall.

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

Interview with Gordon Kewageshig from Saugeen Native Drug and Alcohol Counselling Centre on page 11

Healing, Hearing, Hope Project Update

Two groups will start in late September

The Male Sexual Abuse Survivors Working Group is pleased to update service providers and the community on the **Healing, Hearing, Hope Project**, a pilot project to build the community's capacity in Grey/Bruce to provide treatment services to adult male survivors of sexual violence.

In November 2005 the *Male Sexual Abuse Survivors Working Group* was informed our application to the Ministry of the Attorney General Ontario Victim Services Secretariat for funding of the Hearing, Healing, Hope (a Project for Men who are Survivors of Childhood Sexual Abuse), had been approved. Over a relatively short period of time we have worked hard to complete a number of the core components of the project. These included a one-day community training session that provided 58 local service providers with information on the Project and more specific information and training on male victimization, the aftermath of trauma and engaging with clients who are survivors of childhood sexual violence. We also completed the training of 10 clinicians who attended

an intensive four-day training session following the Community Day. Finally, the first of two planned groups for Male Sexual Abuse Survivors started this past May in Owen Sound and will wind up in early August.

We are now planning for the fall and to date, two groups will start in late September. The following is the information required to direct men who may be suitable referrals for one of the groups in the fall.

We will now accept referrals to the two "second round" of treatment groups for male survivors of childhood sexual abuse. The groups will start on September 27 and continue for 12 weeks. One group will be located in Owen Sound with the second location to be determined based upon referral locations. The groups will be continue to be led by trained, experienced clinicians under the ongoing supervision of Rick Goodwin and Dr. George Renfrey. There is no fee and funds can be made available to assist with the cost of transportation and/or childcare. The process for referring potential clients

to the groups is simple. Men seeking information or applying for the group make an initial phone call to Ruth Schneidmiller at 519-371-1147. Ruth will take their name and a contact number and a Group Leader will return this call and setup an assessment for the appropriate group.

We look forward updating the community at the completion of the groups and the Project in the new year. For additional information contact Peter Dimoff at 519-371-1147 or email execdir.m.wik@bmts.com

Dan Purdon, Chair Hearing, Healing, Hope Working Group

Membership of the Male Sexual Abuse Survivors Working Group includes representation from: Ministry of Community Safety and Correctional Services, Sexual Assault and Partner Abuse Care Centre – Grey Bruce Health Services, M'Wikwedong Native Cultural Resource Centre, G&B House, The Men's Program Grey/Bruce, Victim Services of Grey Bruce and Owen Sound, and the Children's Aid Society of Owen Sound and the County of Grey.

YMCA Youth Gambling Program

The YMCA Youth Gambling Program first made its appearance in Grey and Bruce in 2003. This program has recently been added to Ontario's Ministry of Health Promotions team, and has much to offer our community.

My name is Suzanne Koessler and I am the Outreach Worker who delivers this service throughout Grey and Bruce. I am one of nineteen outreach workers located across the province. I invite you to take advantage of the perspectives this program has to offer and the unique approach it takes to addressing the topic of youth's gambling. In our open discussions, we seek to engage the

audience to talk about gambling in a judgement-free atmosphere and help uncover society's habits. The hope is that through this method of discussion, we can arrive at conclusions that support individual choices and yield the greatest health for our youth and society.

The Youth Gambling Program has offers presentations that will meet your needs:

- **Adults / Professional Workshop** – We offer interactive, one-hour workshops for professionals that can be used as a Professional Development opportunity to educate your staff on the

prevalence of gambling among the youth today, the risks involved and what adults can do to help empower youth to make healthier decisions.

- **Formal Youth presentations** – We also deliver interactive, age-appropriate, one-hour presentations to youth aged 8 to 24 years. These classroom-like formatted presentations are designed to raise awareness about the issue, and equip youth with strategies that reduce the potential harm associated with gambling.

Cont'd on page 10



Where to Find Help Grey/Bruce

July 2006

ADDICTION SERVICES

Addiction Day Treatment Program 519-376-3999

Provides assessment, day treatment, group therapy, individual therapy, family and marriage counselling, education, follow-up services and relapse prevention groups for individuals 16 years and over who have substance abuse related problems.

Centre for Addiction & Mental Health 519-371-6317

Web site: www.camh.net CAMH Info & Support Line: 1-800-463-6273

Email: donna_beatty@camh.net

Provides information, resources, training opportunities and health promotion consultation related to substance abuse or mental health issues in Grey Bruce. The Owen Sound office links the local community with current research and knowledge available through CAMH in Toronto.

National Native Addiction, Drug and Alcohol Program 519-534-3710

Email: nadap@the-matrix.ca Alt. Ph #: 519-534-0373

Provides assistance to native people suffering from addictions through: assessments, counselling, referrals to treatment or healing facilities, and traditional approaches to treatment. Helps native people recognize their inner strength by providing materials and information to guide them in their rehabilitation.

G & B House 519-376-9495

A 15-bed, long-term residential treatment facility for adult male substance abusers. We provide individual and group counselling as well as life skills coaching in a home-like atmosphere.

New Directions for Alcohol, Drug and Gambling Problems

519-371-1232 1-800-265-3133

Serves individuals with alcohol, drug and/or gambling problems as well as people who are affected by someone else's gambling, and/or alcohol or drug use. Services are offered in various locations throughout Grey and Bruce. The programs offer assessments, referrals, counselling, information sessions and family support.

Saugeen Native Drug & Alcohol Counselling Centre 519-797-2882

Assists residents of the Saugeen First Nations to forego drinking and drug dependency by means of awareness/acceptance/treatment of alcoholism. Self-help groups, emergency transportation for detoxification purposes, referrals and youth worker available for teens on reserve.

Withdrawal Management Services 519-376-5666

Provides a safe and supportive environment in which individuals who are intoxicated or in withdrawal can detoxify. Assessment, referral, motivation towards positive lifestyle change and group sessions are provided. Supportive housing can also be provided to clients attending the Addiction Day Treatment Program or waiting for residential treatment outside Grey Bruce.

CRISIS/DISTRESS

Mental Health Crisis Line of Grey & Bruce 1-877-470-5200

24 hours/day, 7 days/week, 365 days/year. A helpline available for people experiencing stress or crisis. Trained volunteers, supervised by professionals, provide caring and non-judgmental support and works to empower callers to seek solutions to the challenges they face. The helpline reduces the risk of suicide and assists callers to access other services, in conjunction the Owen Sound Hospital's Crisis Intervention Team provides assessment, consultation and referral for psychosocial and psychiatric emergencies.

D'binooshnowin Crisis Centre and Crisis Line 519-534-4338

Email: dbinooshnowin.staff@the-matrix.ca Admin: 519-534-3764

Providing temporary emergency shelter services to Native and non-Native women and their children fleeing violence. Services include support, advocacy, transportation, individual and group peer counseling.

CRISIS/DISTRESS, cont'd

Kids Help Phone 1-800-668-6868

A toll-free 24-hour helpline for troubled and abused children and teens from 4 to 23 years. Professional counsellors offer assistance to children with a wide variety of problems, issues and concerns. Confidential.

Kabaeshiwim Respite—Women's Shelter/Crisis Line 519-797-3715

Business Line: 519-797-2521

Helps support women and their children who are fleeing abuse or are at risk of abuse. Open 24 hours-a-day, 365 days-a-year. Provides services to native and Non-Native women and children, transportation, housing search, in-house counselling, referrals and support groups.

Sexual Assault & Partner Abuse Care Centre 519-376-2121, x2458

Provides consultation and/or counselling to men and women who have been sexually assaulted/abused, and to their families. Provides consultation and training to health professionals in Grey/Bruce. Provides information/education to the public and non-profit organizations.

Sexual Assault Help Line 1-800-720-7411

Provides support services to females over 16 experiencing any sexual violence or harassment. Individual counselling available in Grey Bruce communities. The 24-hour helpline is staffed by trained counsellors who provide counselling, information and referral. Also provides volunteer driving, accompaniment to hospital, police and court. Resources, group & individual counselling are available.

The Women's Centre (Grey & Bruce) Inc. Crisis: 519-371-1600

Web Site: www.womenscentre.com Admin: 519-376-0755 or 1-800-265-3722

Provides support services to women in crisis including safe shelter, short-term affordable housing, 24-hour crisis line, transportation, counselling, information and advocacy. Services also provided to women who have experienced sexual assault. Promotes public education to end violence against women and children.

Victim Services of Bruce Grey & Owen Sound Inc. Crisis: 519-376-9852

Hanover: 519-364-7817 Port Elgin: 519-389-5000 Owen Sound: 519-376-9317

Admin: 888-577-3111

A free, confidential service for victims of crime and tragic circumstance, providing immediate emotional support, practical assistance and referral for longer term supports.

Women's House Serving Bruce and Grey 519-396-9814

Web site: www.whbc.on.ca CRISIS: 519-396-9655 or 1-800-265-3026

Email: crisis@whbc.ca

Helps women affected by abuse and sexual assault. Services include: safe, supportive shelter for women and their children; 24-hour crisis line; community counselling services throughout Grey/Bruce; peer support groups; children's counselling; public speaking; and community education. Transportation is available.

HOUSING SERVICES

Bruce County Housing Corporation 519-396-3439 /1-800-265-3022

Provides rent geared-to-income and market housing to families, senior citizens, singles, childless couples and people with disabilities in Chesley, Kincardine, Lucknow, Mildmay, Port Elgin, Ripley, Paisley, Tara, Tobermory, Southampton, Teeswater, Walkerton and Warton. Family Units: Kincardine, Port Elgin, Walkerton.

Grey County Housing 519-376-5744

Email: dbrainard@greycountry.on.ca

Provides geared-to-income housing to families, seniors and singles in Grey County and Owen Sound area.

Housing Support Program

519-371-9222

(A program of the Y Community & Employment Services)

1-800-265-3711

Helps people find temporary or permanent housing in Grey Bruce. A Housing Registry lists available accommodations. If you have a rental accommodation to list please contact us.

Community Connections: Housing & Support

519-371-2390

1-800-235-2967

Provides housing and support services for adults with serious mental illness. Housing services include: supported accommodation for up to 26 adults in 3 residential settings where skills are developed for independent living and the Apartment Program which provides rent subsidies to enable 74 clients across Grey Bruce to secure affordable housing. Support Services include: Community Outreach Support Services which are provided via workers deployed to 5 mental health teams (counselling, skills training, assistance with activities of daily living); Group Services which include life skills training and social/recreational activities; Housing Supports which include assistance with housing search and relocation, support for tenants and tenants; The Green House drop-in program which provides social recreation activities, education and peer support and WorkAble, located in Wiarton and Owen Sound, which provides support, teaching and advocacy to assist clients to set and achieve vocational goals.

MENTAL HEALTH SERVICESAssertive Community Treatment Team

519-376-2121, x2386

ACTT provides intensive community based services for persons with severe mental illness. Provides treatment, rehabilitation and support using a multi-disciplinary client centered approach. Purpose is to provide interventions and support to enable clients to live in their community of choice.

Community Mental Health Teams

1-877-888-5855

Bruce Shoreline Team (Southampton and area)

519-797-2880

Central Grey Bruce Team (Hanover and area)

519-364-7788

North Bruce Team (Warton and area)

519-534-4388

North Grey Team (Owen Sound and area)

519-371-8850

South Grey Team (Markdale and area)

519-986-3030

These multi-agency teams are operated by Mental Health Grey Bruce, a partnership of three organizations that have pooled their resources to provide integrated, accessible services throughout Grey Bruce. Each Team provides streamlined access to a range of core mental health services for adults (16 years and over) with serious mental illness or acute mental health problems and their families. Team services include: information and referral, mental health counselling, intensive case management, housing and outreach community support, social recreational activities and leisure access support services. The Teams have access to psychiatry consultation and work in close cooperation with other local mental health services. The Teams also operate lending libraries, provide consultation to other human service providers and information and education for the general public.

Community Mental Health Service Coordinator

519-376-212, x 2480

Email: dmckenzie@gbhs.on.ca

Provides information and education to health-care professionals, community services, consumers and family members regarding Community Treatment Orders, the Mental Health Act and the Health Care Consent Act (1996).

Consumer/Survivor Development Project

519-371-4582

Promotes self-help activities which allow consumers opportunities for networking, information exchange, and support. Works to increase the support and education available to those with serious mental illness.

Family Support Initiative

519-371-4802

Provides support, information and education for family members and friends who care about persons with serious mental illness. Promotes self-help activities which allow families opportunities for networking, information exchange and support. Family Crisis Worker is a service offered to families or others who are coming to the Emergency Department of the Owen Sound Hospital with a relative or friend in a psychiatric emergency. **Family Crisis Worker** 519-371-2121, x2777

Grey Bruce Mental Health Court Support Services

519-370-0030

Email: canderson@cmhagb.org

Grey: 519-371-3642/Bruce: 519-396-4532

For persons 16 and older who have a mental illness and have involvement in the criminal justice system because of a criminal charge. Services include court diversion, case management, court support and consultation. Referrals accepted from all sources.

Leisure Links Program

The Coach House (Markdale and area)

519-986-7491

The Dory (Kincardine and area)

519-396-5609

Union Place (Owen Sound and area)

519-371-3642

The Loft (Hanover and area)

519-364-0184

These four sites offer social and leisure activities for adults with serious mental illness. Activities include: Drop-in activities (during specific, posted hours depending on location), and planned social and recreation activities (based on participants' interests).

REFERRAL AND PUBLIC EDUCATIONAlzheimer Society of Grey Bruce

519-376-7230 or 1-800-265-9013

A charitable, non-profit organization committed to relieving the effects of Alzheimer Disease or related dementias on the individual and family/caregiver, and to supporting research to find a cause and cure. Provides advocacy, education, awareness of disease, supports to person with disease and their caregiver and funding research.

Canadian Mental Health Association, Grey Bruce Branch

519-371-3642

A charitable, not-for-profit agency which offers information on subjects dealing with mental health and mental illness. A variety of pamphlets and a small resource library is available in our office.

Youth Net is a mental health awareness program for youth, offered by youth, throughout Grey and Bruce counties.

Community Network Support Team

519-371-4551

Email: cnst@gbchc.org

Provides information, education and consultation to agencies, groups, consumer/survivors, families and individuals who share an interest in serious mental illness. The goal is to contribute to the knowledge, resources and service coordination of both the formal and informal mental health services in Grey Bruce. Hosts a local mental health and addiction website www.mhagb.ca.

Grey Bruce Community Care Access Centre

888-371-2112

Web: www.g-bccac.org Email: general@gb.ccac-ont.ca 519-371-2112; 519-881-1181

Offers help for clients with acute or chronic illness or disabilities, those requiring placement to a long-term care facility and children with special needs requiring assistance to attend school. Services include: Information and Referral, Case management, Long-term Care Placement Coordination, Nursing, Dietetic Counselling, Occupational Therapy, Physiotherapy, Speech Language Pathology, Social Work, Homemaking/personal Support, as well as providing some medical supplies and equipment.

Grey Bruce FOCUS Project

519-376-9420, x405

Web site: www.focus-alcohol.org Email: mbarclay@publichealthgreybruce.on.ca

The FOCUS Project is a community-based coalition that supports research, policy formation and local initiatives to reduce injury and chronic diseases associated with alcohol and other drug use and abuse in the local population. Public information and health education resources available to the community.

Grey Bruce Health Unit

519-376-9420

Web site: www.publichealthgreybruce.on.ca

Work to prevent disease and provide leadership in health protection and promotion. Public Health encourages good health through the following programs and services: Cancer; Communicable & Infectious Diseases; Dental Services; Family Health; Food Safety; Health Hazard Investigation; Heart Health; Immunization; Injury Prevention; Nutrition; Physical Activity; Rabies Control; Safe Water; Sewage Disposal Systems; Sexual Health; Tobacco & Health; Traveler Information.

Grey Bruce Palliative Care Hospice Association 519-376-0419

Email: gbpcha@bellnet.ca 1-800-304-0080

Pain & Symptom Consults: 519-794-3571

Provides information and support for individuals and families living with a life-threatening illness. Pain and symptom management, consultation, hospice volunteer visiting, palliative care education and bereavement support.

Queen's Bush Rural Ministries 519-369-6774

Provides a compassionate ear to problems in rural community. Provides information and referral to appropriate services in the area. Expertise in assisting farmers, their families and others coping with the stresses of agriculture.

Quill Learning Network 519-881-4655 or 1-800-530-6852

Provides information and referral service about literacy, basic skills upgrading and employment training readiness program in Grey Bruce. Also provide literacy awareness sessions and clear language consultations to agencies.

Service Ontario 519-371-6226

Email: sandra.turpin@omaf.on.ca 1-888-647-3654

Answers to questions about government services; referrals to government staff who can provide specialized help; application forms for birth, marriage or death certificates, passports, pardons, social insurance numbers etc.; Access to internet to search government sites.

SELF-HELP/SUPPORT GROUPSAlcoholics Anonymous 519-376-4193

Provides a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from alcoholism. Only requirement for membership is a desire to stop drinking. No dues or fees.

Al-Anon Family Groups 519-376-4193

Includes Adult Children of Alcoholics & Alateen. Confidential self-help through shared experience for family and friends of alcoholics. Provides welcome, comfort, strength and hope in order to solve the common problem of living with an alcoholic.

Alzheimer Support Groups 519-376-7230 or 1-800-265-9013

Caregiver Information and Support Sessions offer practical coping and caregiving strategies and address ongoing grief associated with dementia care, in a positive and supportive setting. Groups meet monthly throughout Grey Bruce.

Chronic Fatigue Syndrome/Fibromyalgia Support Group 519-371-9145

Meets monthly (except July/Aug.) in Owen Sound to exchange information on chronic fatigue syndrome and fibromyalgia. Informal group setting, often a featured speaker.

Diabetes Support Group 519-371-0153

Information sessions are offered every second month (with the exception of the summer). Sessions provide information on the signs and symptoms of diabetes and how to access other resources/services in the area. Please call for date, time and location.

Grey Bruce Breast Cancer Support Group 519-376-0592Brain Injury Association-Grey Bruce 519-373-8555S.O.S (Stop Our Smoking) 519-371-3642, x28

A self help group for people living with a mental illness who want to reduce/quit smoking. Group meets weekly.

OTHER SOCIAL SERVICES
(including Income/Financial)Bruce County Social Services 519-881-0431 or 1-800-265-3005

Email: bcswa@brucecounty.on.ca

The Bruce County Social Services Department consists of four divisions: Income Support, Day Care, Brucelea Haven Home for the Aged, Gateway Haven Home for the Aged and Social Housing.

Credit Counselling 519-371-7864 or 1-800-268-0903

(A program of Family Services Perth-Huron, Grey Bruce) Email: fsph.ccs@brucecountycouncil.com
A not-for-profit, accredited, government licensed, credit counselling organization that offers help with debt and budget problems, creditor approved debt consolidation and certified bankruptcy counselling.

Grey-Bruce Community Legal Clinic 519-370-2200

or 1-877-832-1435

A law office which provides free legal information, advice and representation, as well as other services, to low income residents of Grey and Bruce counties.

Grey County Employment Resource Centre 519-369-5058

Web site: www.greycounty.on.ca Email: durham@greycounty.on.ca

A non-profit organization providing employment services, including job-search, resume writing, newspapers, fax, photocopying and general information, etc. All are welcome to visit the Centre.

Grey County Social Services 519-376-7324

Web site: www.greycounty.ca

Ontario Works provides financial and employment assistance to residents who qualify as people in need. Additional services include emergency housing, homemaking, hostels, shelters, Special Assistance and indigent funerals. Children's Services are available to the community. Please refer to the Grey County web site.

Home and Community Support Services 1-800-267-3798

Web site: www.bmts.com/~hcscs.gb Email: andy@hcscs-gb.ca 519-372-2091

Provides community based services that support independence and enhance the quality of daily life for seniors, adults with disabilities and their families. We are a volunteer organization delivering the following programs: Meals on Wheels, hot and frozen; Housekeeping; Friendly Visiting; Transportation; Home Maintenance referral; Telephone reassurance; Day Away Programs; and Caregiver Support **throughout Grey and Bruce.**

Ontario Disability Support Program-Employment Supports

519-376-1951, x271 or 1-800-419-4919, x2283

Helps people with disabilities to get and keep jobs. Also helps people with disabilities who are employed to overcome a job crisis so they don't lose their job.

Salvation Army Family Services Owen Sound- 519-371-0957

Warton- 519-534-0353 Port Elgin- 519-389-3942 Hanover- 519-364-3450

Offers emergency assistance that may involve food, shelter, transportation, household articles, advocacy help with government agencies, budget help, clothing, trustee assistance, missing person services and fire victim assistance.

Good Food Box 519-376-9420 or 1-800-263-3456

Website: www.publichealthgreybruce.on.ca Email: kforsyth@publichealthgreybruce.on.ca

A monthly program to make purchasing fresh fruit and vegetables easy and affordable. Available in Cape Croker, Lucknow, Meaford, Owen Sound, Hanover, Port Elgin, Kincardine, Tara, Thornbury, Warton, Saugeen First Nation, Walkerton, Teeswater, and Markdale.

Men's Program 519-372-2720

Email: mensprogram@bmts.com

Offers weekly groups to help men stop their abuse to women. Groups are available throughout Grey/Bruce. Groups lead men through an in-depth examination of their abuse, the impacts of abuse on victims and families and skills and practice on relating respectfully to women.

YOUTH SERVICES

Anishnabek Child & Youth Prevention Services 519-797-5000
Provides Saugeen First Nation with culturally sensitive prevention services for children, youth and families. Provides information and resource materials regarding child abuse, parenting skills, child development, substance abuse and child care.

Keystone Child, Youth & Family Services 519-371-4773
Email: bgcs@bmts.com 1-800-567-2384
www.keystonebrucegrey.org Ontario Early Years Resources--519-371-7034 x12
Provides mental health counselling for and regarding children under 16; Bayview School Resource Library (lending books and videos); and a crisis residential service for youth under age 16. **Brighter Futures**, and **Early Years**, provincially funded programs offer a variety of services to parents of children under 6 years.

Children's Aid Society of Owen Sound /Grey County 519-376-7893
Email: grey@cas.gov.on.ca or 1-800-263-0806
Working with families towards more effective parenting; recruiting and training foster care/adoptive parents; placing children for adoption; providing support for youth moving toward independent living; therapy for victims of sexual abuse; investigate complaints of children alleged to be at risk, applying for legal guardianship when necessary.

Children's Aid Society of the County of Bruce 519-881-1822
Email: brucas@cas.gov.on.ca or 1-800-461-1993
Web site: www.brucecas.ca
Mandated by the Child and Family Service Act to investigate all allegations of abuse. Counselling is provided to support the family, where the needs of a child are best met; provides short and long term foster care, adoption and volunteer services.

CHOICES: Drug and Alcohol Counselling for Youth 519-371-5487
or 1-800-265-3133
Provides assessment/counselling for youth affected by alcohol and/or other drug abuse, their own or someone else's. Information/counselling for parents available. Main office in Owen Sound; outreach to other areas of Grey/Bruce.

Ontario Early Years Centres Admin: 519-881-0431
Walkerton 519-881-2739/1-800-616-8116 Hanover 519-364-6025/1-866-483-7774
Locations throughout Grey/Bruce where parents, caregivers and children can access supports and activities focused on healthy child development. Services help give children a healthy start in life. People can borrow educational toys, games, puzzles and parenting books/videos.

Y Community & Employment Services 1-800-265-3711
Hanover--519-364-3163 Walkerton--519-881-4606 Owen Sound--519-371-9222
www.ymcaowensound.on.ca Email: yesos@ymcaowensound.on.ca
A non-profit organization that provides employment counselling, career exploration, assistance in finding a job, subsidized training opportunities and non-emergency housing support. Available to youth and adults.

DEVELOPMENTAL DISABILITIES SERVICES WWW.DSNBRUCEGREY.CA

Adult Protective Services of Bruce and Grey Counties 519-376-3431
Email: apsowensound@cas.gov.on.ca Walkerton-- 519-881-3772
Provides support to developmentally handicapped adults, aged 18 and over, in leading lives as independent as possible, within a community setting.

Bruce Peninsula Association for Community Living 519-534-0553
Email: clwd@bmts.com
Provides services and programs that support children and adults who are developmentally handicapped and their families with the goal to participate and share in community life. Services include individualized supports for children, adult residential supports in independent and group settings, as well as Community Day Supports.

DEVELOPMENTAL DISABILITIES SERVICES cont'd

Community Living Kincardine & District 519-396-9434
Email: clkd@tnt21.com
Provides support to people in Kincardine, Huron and Bruce townships who are developmentally delayed. Supports may be offered through the Infant Development Program, Family Support, Behaviour Services, Support Living in the Community, Employment Services, Drop In Centre, Youth and Out of Home Respite.

Community Living Meaford 519-538-4165
Email: comlivmeaf@bellnet.ca
Provides assistance to people with development needs. Services include the Downtown Connection Centre, Community Access Program, Clarksburg Development Program, Woodworking Department, Supported Independent Living Program, Group Homes and employment opportunities through Workers Co-op.

Community Living Owen Sound and District 519-371-9251
Email: comlivos@comlivos.on.ca
Provides assistance to children and adults who are developmentally disabled within Owen Sound and District. Services include: Infant Development Program, Preschool Resource Program, Family Support, Adult Assistance, Worker Co-ops and Volunteer Recruitment.

Dual Diagnosis Coordinator 519-376-2121, x2486
Email: jhealey@gbhs.on.ca or dcutting@gbhs.on.ca
Provides a community resource contact to link services for people with a developmental disability and mental health needs. Can assist healthcare and developmental service professionals and families to access support services for dually-diagnosed people. Also provide links to training and information on the topic of dual diagnosis.

HARC Incorporated Hanover 519-364-6100
Email: harcinc@bmts.com
Provides a variety of support services to people with a developmental handicap and their families who live in Hanover, Neustadt and area. Programs include Residential Services, Special Services at Home, Home Support, Living in the Community, Working in the Community, Day Programs and the Day Program Egg Business.

Participation Lodge 1-888-353-5542
Email: partlodge@bmts.com 519-794-3201
Participation Lodge is a long-term care facility for the mentally and physically challenged that focuses on the individual needs of our residents.

South-East Grey Support Services 519-924-3339
Email: archied@bmts.com
Provides support to help adults with developmental disabilities become active participants in community events and groups, finding gainful employment, meeting people and building relationships. Partner with other services to provide accessible transportation, non-profit housing and alternative learning programs.

Community Living Walkerton & District 519-881-3713
Email: clwalkerton@clwalkerton.org
Provides support to citizens with a developmental handicap and their families in Southern Bruce Grey. Services include Case Management, Infant Development, Behaviour Training and Family Relief. Also assists with living arrangements, career opportunities via employment support and leisure and recreational activities.

Please direct any changes in information to the *Community Network Support Team*, 1139 2nd Ave. E, Owen Sound, ON, N4K 2J1 or call (519)371-4551 or email cnst@gbhc.org

Where to Find Help in the Grey Bruce Area is produced by the Community Network Support Team (CNST) and may be reproduced as long as reference to CNST is given. For updates and revisions, call 371-4551 or email cnst@gbhc.org.

www.mhagb.ca

YMCA

Community Justice Services introduces two new youth diversion programs

The Owen Sound & Area Family YMCA Community & Employment Services, over the course of the past year, has introduced two new youth diversion programs to their array of Community Justice Services.

The **Extrajudicial Measures (EJM)** and **Extrajudicial Sanctions (EJS)** Programs are rooted in the idea that community based alternatives often provide the most appropriate responses to youth crime. Not only do community approaches allow for timely intervention and implementation of meaningful consequences, they also allow for victim input and/or participation and help to reduce the stigmas associated with being involved in the criminal justice system. The Youth Criminal Justice Act encourages the use of out of court measures which could include extrajudicial measures or extrajudicial sanctions (formally known as Alternative Measures under the Young Offenders Act) to deal with youth crime.

Both the EJM and EJS Programs are reserved for youth between the ages of 12 and 17, who reside in Grey or Bruce County and have committed a relatively minor offence. The only real distinction

between the two programs is the referral source and at what point, in the criminal justice system process, the community approach is sought out.

There are two points of intervention, pre-charge and post-charge. The Youth Criminal Justice Act provides both Police Officers and Crown Attorneys with the discretion to refer a youth to a diversion program such as EJM or EJS, if it is deemed adequate in dealing with the youth. Before laying a formal charge, Police Officers are required to consider if the youth could be dealt with by way of a warning or referral to a community diversion program. If the Police Officer decides that a referral to an EJM Program would be appropriate, it is considered a pre-charge diversion as the youth has not yet been formally charged with the offence. Even after an officer has laid a charge and a youth has been required to appear in court, the Crown Attorney can review the case and refer the youth to an EJS Program. This is considered a post-charge diversion, as the youth has been formally charged by police.

Youth referred to the program must consent to participate and be willing to accept responsibility for the

alleged offence. In addition, the youth must also agree to perform specific tasks in order to repair harms incurred by victims or the community.

Measures/Sanctions are client based and are tailored to each client's situation and needs. The goal is to implement a measure/sanction that will be meaningful as well as facilitate a learning opportunity for the youth. Victim participation is encouraged and, whenever possible, attempts are made to include victims in the process by soliciting feedback regarding appropriate measures/sanctions. Measures/sanctions could include but are not limited to: essays, crime prevention assignments, personal service to victims, community service, compensation, restitution, attendance at an educational/information session or workshops, Youth Justice Circle or a referral to any program/agency considered appropriate.

For more information on these or any other programs offered by the Owen Sound & Area Family YMCA Community and Employment Services, please visit our website at:

www.ymcaowensound.on.ca

WIN Conference 2006

WIN 2006 is a Professional Development Conference for Front Line Workers, funded by Service Canada and organized by Grey Bruce Community Partners. This one-day workshop offers a selection of 24 diverse, professional workshops and a charismatic keynote speaker. Network with other organizations, enjoy a great meal and enhance your knowledge!

For information, or to register, call Eileen Comars, Event Coordinator at (519) 372-1158 or ecomars@bmts.com.

“What’s Important Now”

Friday, October 13, 2006

8:30 – 3:30 p.m.

CAW Education Centre

Port Elgin, ON

COST: \$50.00

Workshops selections include!

- Effective networking
- Customer service skills
- Balancing Work and Family
- Strategies for workplace organization
- Dealing with work conflict
- Pandemic

Campaign calls attention to one of the world's greatest public health epidemics

Building Awareness– Reducing Risk: Mental Illness and Suicide.

The World Health Organization (WHO) estimates that 50% of all people who complete suicide have at least one (often undiagnosed) mental illness or abuse alcohol or other drugs. The World Federation for Mental Health (WFMH) is pleased to collaborate with the *International*

Association for Suicide Prevention to jointly promote **World Suicide Prevention Day (September 10)** and the **2006 World Mental Health Day (October 10)**. The **2006 World Mental Health Day (October 10)** campaign will provide an in-depth look at the role in which mental illnesses play in suicide, and will serve as a powerful strategy to

counter the commonly held perception that mental illnesses are a “luxury” health concern that can be delayed until more “immediate and pressing” concerns have been addressed.

Please watch www.wfmh.org for the latest updates on plans for World Mental Health Day!

Check out these professional development web site links

TAPE - Toronto Advanced Professional Education services
www.adv-edu.com

- August 21: Early Response Filed Trauma Response
- August 21-22: Trauma and Resiliency
- August 22: Compassion, Fatigue, Resiliency & Recovery
- August 22-23: Working with Anxious, Angry and Depressed Students

Upcoming Conferences

- Schizophrenia Society of Canada Conference: *Voices of Resiliency* July 13-15, 2006 Winnipeg
www.mss.mb.ca
- Psycho-social Rehabilitation Conference: *Building on the Basics Annual National Conference and Bi-Annual Ontario Chapter Conference* September 12-15, 2006 Kingston
www.psrrpscanada.ca



Be committed to lifelong learning

YMCA Youth Gambling Program (cont'd from page 4)

Program will engage people to discuss gambling topics in a judgement-free atmosphere

- **Informal youth presentations** – Are you part of a church youth group or recreational youth group? We can give a presentation for these types of groups! These presentations take a fun

games-based approach to relaying our messages.

Feel free to contact me at the Y Employment Services office in Hanover at (519) 364-3163, x27 to book a presentation for either your

staff as a professional development workshop, or any group of youth with whom you are in contact. You'll be glad you did!

Suzanne Koessler, Outreach Worker

People in Progress

Newsletter will soon be available. Call the Consumer/Survivor Development Project for a copy, 519-371-4582.

Is your service in the Yellow Book?

Call CNST for more information, 519-371-4551 (refer to front page.)

Monday Night Movies

At the CNST Library. Visit CNST at 1139 2nd Ave. E for August's movie schedule.

The Saugeen Native Drug and Alcohol Counselling Centre

Traditional healing approaches

Native approaches to healing take into account the unique history and culture of Native people. Amber Robinson, Community Development Worker with CNST, met with Gordon Kewageshig, Coordinator of the *Saugeen Native Drug and Alcohol Counselling Centre* to learn more about traditional native healing and the services that they provide. The Centre is located in the Mino Bimaadsawin (place of healing) Health Centre on the Saugeen First Nation Reserve.

What services does the Saugeen Native Drug and Alcohol Counseling Centre provide?

The Services include short term counseling, traditional healing, referrals, aftercare, anger management, weekly Alcoholic Anonymous meetings, addiction awareness, cultural awareness programming and programs designed specifically for youth. The men's anger management series that I run is a 14-session program. This program focuses on

healthy ways of releasing pain and anger, taking responsibility, identifying triggers to alcohol/drug use and teaching effective communication skills.

Who do you serve?

The Centre provides services to residents of Saugeen First Nation and members of the reserve but services are available to anyone.

What strengths does the community bring to helping people with substance use problems?

The greatest strength our community has to offer is our ability to work together. The community has all kinds of programs including addiction counseling, Healthy Babies Healthy Children programs & Native Language Programming. These programs work together with the community to help heal past wounds and make the community the healthiest place it can be for raising a new generation of healthy people.

When you say you provide traditional healing what do you mean?

Traditional healing means standing by people and working with people to re-balance what has become unbalanced in their lives. Rebalancing might mean a healing circle where sacred space is created to resolve problems, or it could include the use of traditional medicines and safety blankets to release pain while standing grounded. It is about helping re-awaken dreams that have been lost or hidden by things such as drugs or alcohol, abuse and oppression. We use story telling and the Seven Grandfather Teachings of Honesty, Humility, Respect, Bravery, Love, Wisdom and Truth to guide healing and wellness.

There is no cost for any of these services. *If you or someone you know would benefit from the services offered at the Saugeen Native Drug and Alcohol Counselling Centre call Gordon at 519-797-2882.*

Amber Robinson, CNST

Quick facts on Mental Illness and Addiction from Mood Disorders Society

Below is an excerpt taken from **Mental Health Notes which is published by CMHA, Ontario.

The Mood Disorders Society of Canada has published "Quick Facts on Mental Illness and Addiction in Canada" to bring together in one handbook a collection of important statistics.

The society produced the handbook to encourage public understanding and discussion of "taboo" subjects. The statistics tell the story not only of how mental illness and addiction affects individuals and families, but also the health care system, the

workplace and the economy as a whole. The society says that there is a need to understand the relationship between mental illnesses, addictions and physical illnesses.

"Quick Facts" includes statistics on types of mental illness as well as on groups that are vulnerable. There has been a 34% increase in hospital inpatient stays since 1987 for Canadian girls under 15 years of age with an eating disorder. The handbook also has facts about substance abuse and mental health policy and services. The society says that all facts in

the handbook are based on evidence, with sources available at their website. Comments and questions about the handbook can be submitted to the society at their website. *The handbook was funded by several pharmaceutical companies. See "Quick Facts: Mental Illness and Addiction in Canada," Mood Disorders Society of Canada: www.mooddisorderscanada.ca.* ****Mental Health Notes** *A free weekly newsletter featuring mental health news and events. To submit news for Mental Health Notes, send complete details to news@ontario.cmha.ca.*

PIVOT

The *Pivot* is published by the Community Network Support Team, **519-371-4551**, which operates under the umbrella of the Grey Bruce Community Health Corporation.

It is published about the 15th of the month in

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 under "resources".

Staff

Director - Shane Barker
Community Development
Worker - Amber Robinson
Program Secretary -
Joanna Depencier

Submission Deadlines

January 1

April 1

July 1

October 1

Submissions are subject to editing. Send potential submissions to cnst@gbchc.org. Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation.

Owen Sound ServiceOntario Centre Making it easier

ServiceOntario is the place to obtain Ontario government information and services online, by phone and in person. ServiceOntario is making it easier for Ontario citizens and business to access information and services how, when, and where they need them.

Get government information and services:

- Online through ServiceOntario.ca
www.serviceontario.ca
- By phone through ServiceOntario's Contact Centre
Toll-free: 1-800-267-8097
TTY toll-free: 1-800-268-7095
- In person through ServiceOntario Centres and kiosks.
ServiceOntario Centres and kiosks are located across Ontario.
The centres are open from 8:30 a.m. to 5 p.m., Monday to Friday.
Visit www.serviceontario.ca for the location of the centre or kiosk nearest you.
Owen Sound ServiceOntario Centre
1400 First Ave. W, Ste. #3
Owen Sound, ON N4K 6Z9

The Owen Sound Centre provides:

- Applications for birth, marriage and death certificates and Social Insurance Numbers
- Life events information packages, such as the Lost Wallet Kit and Getting Married
- Answers to frequently asked questions about government services
- Referrals to government staff and agencies that can provide specialized help
- Internet access to search government programs and services
- Health card registration services
- Government publication orders using Publications Ontario Online, the Ontario government's virtual bookstore
- Access to specialized programs, including the Ontario Disability Support Program, the Assistance for Children with Severe Disabilities Program and the Special Services at Home Program
- Youth Justice Services

IF UNDELIVERABLE RETURN TO:
Community Network Support Team
1139 2nd Avenue East
Owen Sound, Ontario N4K 2J1

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