



PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

Women's House of Bruce County

How to help someone who suffers emotional abuse

Violence against women happens to more women than we think and in more ways than we realize. Most women who are physically abused by their intimate partner are also emotionally abused. It is likely that you know a woman who is emotionally abused by her partner. It may be your friend, co-worker, sister, or neighbour. It is difficult to admit to ourselves that this abuse is real and that there are ways we can help. You may not know how to help or may think that these problems are "private business". It is important that you know there are real ways to help even though you may not be an expert in the field. It is not worth waiting before you do something. More women are killed by their intimate partners than by strangers. Here are some things you can do:

1. Gather information about abuse and find out what resources are available in your community. Look for crisis lines in the front of your phone book. *Understand what emotional abuse is so you know what she is going through.*
2. Recognize that emotional abuse has as much, if not more of an impact on a woman as physical abuse. She may become ill, depressed, anxious or use drugs or alcohol to cope. *Encourage her to take care of herself, to speak to a counsellor or another supportive person. Assist her with child care if necessary.*
3. Assure her that you believe what she is saying and you take it

seriously. Listen and encourage her to talk. *Let her know you will keep her conversations private.*

Let her know of your concern for her safety.

4. *Don't blame her or make excuses for her partner's actions or words.* Alcohol, drug use or job loss are not an excuse for abuse. **There is no excuse for abuse.** Even though she may deny or minimize some of what happens to her it is a very difficult time for her.
5. Help her to understand that *emotional abuse could lead to other abuse, like physical assault or murder.* Abused women are most at risk when they leave their partner. She may be afraid of him. Take this seriously. Let her know about crisis lines or how to access a supportive counselor at a shelter who will keep her issues



Go to www.whbc.on.ca for more information

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Abuse prevention awareness during a decade of non-violence

confidential and help her through this. Suggest she develop a safety plan. See www.whbc.on.ca for safety plans. Help her to understand her legal rights.

6. Don't try to give her advice – just options. *She will make her own decisions at her own time.*
7. Help her to realize she has inner strength. *Encourage her to set small but realistic goals for changing her life and reaching out for help.*
8. *Respect her decisions and keep supporting her even if she decides to stay in the abusive relationship.* It is very difficult for her to leave. She may lose her home, car, farm, animals, and financial support if she leaves. Abusers often use children or threaten to abduct the children if she talks about leaving.

Recognizing and identifying emotional abuse is the first step. It may take time for her to make changes in her life, *but with your support she will have an easier time reaching her goal of a violence free life.*

Women in crisis can call [519-396-9655](tel:519-396-9655) or [1-800-265-3026](tel:1-800-265-3026) for a supportive counsellor by phone, a no-charge community counselling appointment or help with finding housing, court advocacy or accessing financial support. Safe shelter is available at Women's House of Bruce County. We are open 24 hours/day and 7 days per week.

Karen Lowe – Interim E.D. / Outreach Manager (some information taken from Education Wife Assault)

Lessen stress over Christmas

Manage your Choices: This a time of year when we are surrounded by options. It is important to remember that the choices we make often increase or decrease our stress. To the best of your ability try to make wise decisions about such things as time, money and what you are able to do.

If you need help ask for it: You do not need to do it all or be it all. Look around for people and services that can give you support. Learning to delegate tasks can also be an important aspect of this. If you are feeling stressed and need help let someone know that they can lend you a hand.

Use Healthy Coping Techniques: Use them all the time, but particularly during the holidays. This is a time when you face more family times, interruptions of your usual routines, financial pressures as well as social pressures. Take time to be yourself.

Plan some "alone" time: This gives you time to recharge your batteries and reduce those stressful feelings. It helps to prevent you from feeling overwhelmed by what is going on at times. Remember, saying "no" to activities and invitations can be okay once in a while.

Show Someone that you Care: Take a moment to do something nice for someone else, make them a gift, send them a card, call, visit or just go for coffee. You never know what a deliberate or even a random act of kindness could mean to someone during the Christmas holidays.

Jim Lonie, Consumer/Survivor Development Project

www.quotationspage.com

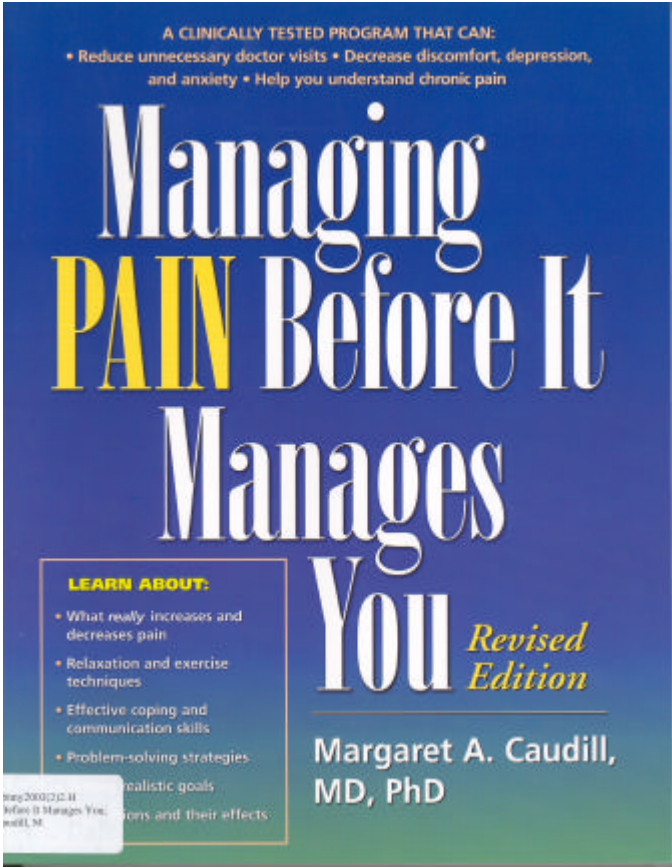
It is our choices...that show what we truly are, far more than our abilities.

J. K. Rowling, Harry Potter and The Chamber of Secrets, 1999

Addictions Pain Management Workshop was a success

On September 26th, 2003, The Addiction Worker's Network (AWN) held its seminar titled, *Understanding the Management of Chronic Pain Including the Role of Opioids*. The speaker was Dr. Brian Kirsh, Medical Director of the Chronic Pain Management Unit at Hamilton Health Sciences Center. Despite being delayed from its original May 2nd presentation date, the seminar was a resounding success. The event attracted 55 participants, representing a broad range of service providers from the Grey - Bruce area. Subsequently, 62% of participants submitted evaluation forms, and 79% of these respondents reported a high degree of satisfaction with the presentation and its relevance to their provision of services. As a result of attending Dr. Kirsh's presentation, participants identified an increased awareness of the importance for professional collaborations, for accurate assessments of pain and addictions, and for the need to balance professional caution with empathy and compassion. As always, there was singular emphasis on maintaining respect for the consumer of services. Participants also provided many excellent suggestions for consideration toward development of our next AWN workshop. Congratulations to Elizabeth McKinlay, winner of the early bird prize.

Bill Burton, AWN Committee



McMaster University New Professional Development Workshops in Addiction Studies

Are you interested in refining or updating your skills in the field of addiction counselling and treatment, social services, or health sciences? The Centre for Continuing Education, McMaster University, is offering Professional Development Workshops in the Winter term.

Participants will receive a Certificate of Attendance at the end of each workshop.

Concurrent Disorders

Peter Sacco, Ph.D.

Participants will develop a better understanding of addictions and mental health by fostering empathy toward the etiology, assessment and treatment of addictions, and the services/models of treatment available. The course will examine the mental health disorders most concurrent with addictions, as well as the most common addictions that lead to or are caused by mental illness. Attention will be paid to mental disorders in the DSM-IV.

February 7, 2004 (9:00 – 4:30) Cost: \$165 Approved for 6.5 Core CEU hours by CACCB.

Professional Boundary Challenges for Addiction Workers

Carol Melnick, B.Sc., M.S.W., R.S.W.

Linda Cox, M.S.W.

This workshop will address key boundary challenges for addiction workers. It will discuss such topics as dual relationships, diversity, authority issues with mandated clients, the continuum of worker self-disclosure, confidentiality, supervision and client advocacy. Participants will learn how the “helper as person/professional” is key to problem-solving and decision-making with boundary issues and will practice developing and using these skills.

March 20, 2004 (9:00 – 4:30) Cost: \$165 Approved for 6 Core CEU hours by CACCB.

Pharmacology for Addiction Counsellors

Rick Csiernik, Ph.D.

This workshop will provide an overview of core pharmacological principles. Fundamental concepts and basic terminology will be examined. Participants will gain an understanding of addiction from a pharmacological perspective and will learn a working knowledge of the different groupings of psychoactive drugs.

April 3, 2004 (9:00 – 4:30) Cost: \$165 Approved for 6 Core CEU hours by CACCB.

To register, call (905) 525-9140 ext. 24321.

For further information regarding the workshops, please contact:
Christie McGaghan, Addiction Education Program Manager, Centre for Continuing Education, McMaster University, Downtown Centre
Hamilton, Ontario (905) 525-9140 ext. 23329
e-mail: mcgagh@mcmaster.ca

24-hour-a-day problems 3 24-hour-a-day help

Mental illness and addictions are 24-hour-a-day problems. The R. Samuel McLaughlin Addiction and Mental Health Information Centre provides up-to-date information on mental health and addiction problems, trends, facts, programs, treatments, and prevention strategies through a toll-free Information and Support Line, a website, recorded messages and storefront. Information is available in English and French.

The Ontario toll-free Information and Support Line: 1-800-463-6273. To find the website: www.camh.net/McLaughlin

CAMH Events Calendar

A series of Community Information Forums offer a greater understanding of emerging mental health and addiction issues, treatments and healthy living strategies.

Getting Help for an Addiction or Mental Health Problem is one forum that will address the common difficulties many people face. The issues will be explored from the perspective of service providers who face unique challenges when trying to support clients within complex systems, as well as from individuals who find themselves trying to negotiate services which often seem inaccessible. The forum will highlight current challenges and practical suggestions for alternatives for clients, family members and service providers.

Free Admission. No registration required. Seating on a first come basis.

Speakers:

Moderator - Wayne Skinner, Clinical Director, Concurrent Disorders Program, CAMH

Dennis James, Clinical Director, General Treatment and Treatment for Special Populations, Addiction Programs, CAMH
Janice Harris, RN, Coordinator of Emergency Services, CAMH - Clarke Site

Personal Perspective: TBA

Contact: Barbara Steep - barbara_steep@camh.net - tel:416 535 8501 ext. 4553 or visit www.camh.net for a full schedule.

International Certificate Programme Two options of training

Brock University in association with Niagara University (Lewiston, New York) and the National Association offer an excellent learning opportunity with their programme for Dual Diagnosis (NADD). One or two courses are run each summer; courses are a full week each. Course offerings include a core program, clinical applications and management and leadership issues. Internationally recognized experts in the field of dual diagnosis deliver each course.

A few of our local colleagues and I have attended these courses over the past 2 years. In 2001/02, we heard from Denver psychiatrist Dr. Ruth Ryan on the subject of diagnosing mental and physical health problems in developmentally disabled people. She used a number of video clips and an adult learning model to demonstrate signs of psychosis (especially in nonverbal people), mood disorders, seizures and PTSD. This year, two courses were offered. Dr. Bob King of the Developmental Disabilities Pro-

gram at North Bay Psychiatric Hospital covered a week of psychopharmacology. After reviewing pharmacokinetics and pharmacodynamics (whew!) he then examined the different classes of medications and their applications to mental health problems in this specialized population. The second course focussed on using a biopsychosocial approach to *individualized* behavioural support plans for 'challenging behaviour'. Dr. Bill Gardner, PhD presented the rationale and methodology for this approach with great thoroughness.

If you would like more information about the International Certificate Programme in Dual Diagnosis, you can visit the website at www.brocku.ca/dualdiagnosis and check the links to the Programme Information and Course Offerings. You could also call 905-688-5550 ext. 3740 and ask for Carol Penner. If you would like testimonials about the past courses to determine whether this programme is for you, speak to colleagues Daphne Tacon at Commu-

nity Living Owen Sound & District (371-9251), Dr. Karen Baker with Regional Support Associates (881-0922), Lezlie Martin Ellis at Bruce Peninsula Health Services Housing Corporation (534-4388) or myself at 376-2121 ext. 2857.

There is also a new Certificate Program in Dual Diagnosis being offered by Continuing Education at York University. Consisting of 6 courses delivered over 26 evenings, this program is intended for managers and front-line staff from the allied health and social service sectors. This may be a more feasible option for people who are unable to devote a full week to training. For more information contact the Division of Continuing Education at York University, 416-736-5616 or dce@yorku.ca or visit www.atkinson.yorku.ca/dce. I would be interested in hearing feedback from anyone attending this new program.

*Jennifer Healey, GBHS-OS
Dual Diagnosis Coordinator*

New Dual Diagnosis Psychiatric Clinic

The Mental Health Grey Bruce partnership is pleased to announce that Dr. G. Andy Wilson is now providing outpatient psychiatric consultations in Grey and Bruce Counties. Dr. Wilson specializes in the assessment and treatment of mental illness and behavioural problems in developmentally disabled adults. This population can be difficult to assess and treat properly, particularly if the person is nonverbal or moderately—severely intellectually disabled. Dr. Wilson has developed his expertise after years of consulting to Mental Health Centre-Penetanguishene, Huronia Regional Centre and several Associations for Community Living in

the Barrie and Muskoka areas.

Clinics will be held 1-2 days each month and are based at the Grey Bruce Health Services-Meaford site. Dr. Wilson works in collaboration with the person's family physician or psychiatrist. His consultation model involves meeting with the person, family members, and developmental and/or mental health support staff. Depending on the presenting problem, a series of visits might be required to review behavioural changes and refine treatment.

As the Dual Diagnosis Coordinator, I am responsible for the scheduling and preparation for these clinics. A referral from a physician is required.

Please contact me at 376-2121 ext. 2857 or pager 373-8624 for an appointment or any questions regarding the clinic.

The Dual Diagnosis Clinic is a joint venture of the Mental Health Grey Bruce partnership and funded by the MOHLTC. We are working together to meet the needs of people with developmental disabilities and mental health problems, and their families, in our community. We are very pleased to be able to offer this service to those who support them.

*Jennifer Healey, M.A.Sc., C. Psych.
Assoc., Dual Diagnosis Coordinator-
Jhealey@gbhs.on.ca*

Why do women stay in abusive relationships?

The Sexual Assault and Partner Abuse Care Centre has been in operation since January of 2003. This is a new name (changed to partner abuse from domestic violence). Many of our community partners are learning about the service we provide and are referring clients to us. Self-referrals are starting to come in.

For those dealing with partner abuse, which may include emotional, physical, sexual, financial or psychological abuse, we offer crisis intervention, safety planning, risk assessment, assessment of injuries, referral to medical care and forensic documentation of injuries as desired by the client. Probably the most important part of our work is letting women know that they have options, they are not alone, and whatever they choose to do will be right for them at that time. We are committed to providing education and information for our clients and the public regarding the effects of abuse on the individual, families

and our community.

One of the most frequent issues we find with partner abuse is the frustration that friends, family and or service providers experience when they cannot understand 'why she just doesn't leave him?!' There are many individual reasons why women want or need to stay in the abusive relationship. The fact is she may still love him and want him to continue to be a father to their children and help support the family. She may not want to give up her home, the income and security she has for an even more uncertain future. She just wants the abuse to stop!

Sometimes the abusive relationship breaks down the ability of the woman to resist, with tactics such as mixing violence with caring, using isolation and control until resistance seems futile, or at least it is easier to comply with the abuser. This may then lead to a loss of self-esteem, self-motivation and

initiative; leaving the woman to feel dependent, indecisive and blaming herself. A simple tool to remind us of some of the reasons why women stay in abusive relationships is the **7 F's** and the **5 S's**. (unfortunately, unable to reference source)

The 7 F's: fear – financial – father figure – faith – family pressures – forgiveness – fatigue

The 5 S's: socialization – sanctions – system failure – security – substance abuse

On November 21 the Honourable Marion Boyd will be presenting 'The Health Effects of Woman Abuse' for doctors and nurses at the Owen Sound hospital. If you are a health care provider and would like more information please call 519-376-2121 ext. 2458.

Wendy Margetts, Grey Bruce Health Services, Owen Sound Site

The Women's Centre (Grey & Bruce) Inc.

Who do women tell?

Telling someone that your partner is abusing you is one of the most difficult things a woman can ever do. A woman often feels that she won't be believed, especially if her partner is an influential member of the community or family. This fear of not being believed often prevents women from calling the police, even when the situation becomes increasingly dangerous. One study found that many women are unable to share their story unless they are asked specifically about abuse, on more than one occasion. When women do choose to share their experience, it is important to note that it is rarely with a service that specializes in assisting victims of woman abuse (e.g. shelter or crisis line). In fact, fewer than 10% of abused women will ever access this type of service. Rather, women most often tell a friend or family member. A Saskatchewan study showed that friends and family members played vital roles by listening, intervening to calm the partner down, sheltering women in their own homes, assisting her leave, taking her to hospital or to

the police, and providing support for ongoing appointments such with police, lawyers or court. In families, often siblings are chosen to be taken into confidence over parents due to reluctance to "burden parents" or "disappoint them". Family doctors, ministers, other counselling services such Al-Anon, and school counsellors were all described as being the first to receive information about the abuse. Anyone of us can have a huge impact by being the first person to whom the woman tells her story – and how we react to her story may assist her to reaching out for further help.

If a woman tells you that she is being abused believe her. And be patient. Most women will attempt to leave 6-8 times before they are finally able to make a new start for themselves. A supportive friend or family member can help to reverse the isolation that an abusive partner may use to control her actions. If it is safe for the woman, phone calls to check-in, outings away from the family home, and encouragement to reconnect with other family and friends

can be important steps in increasing self-esteem and a woman's sense of control.

Stating and overstating that abuse is illegal and not her fault begins the sometimes slow process of helping an abused woman to hold the abuser responsible for his own actions, rather than taking responsibility for his abusive behaviours. The supportive friend or family member will not blame or verbally attack the abuser as the abused woman often loves him very much and will defend him against any criticism, in turn isolating herself further. Encourage her to seek help in developing a safety plan for the time when things may become dangerous for her and/or her children.

For more information, contact The Women's Centre (Grey & Bruce) Inc. (519) 376-0755. 24-hour crisis Line 371-1600 or 1-800-265-3722.

Taken from The Women's Centre (Grey & Bruce) Inc. 2003 Spring Newsletter, Anne-Marie McLeish, Executive Director

The Community Network Support Team

Community presentations for 2003-2004



Introduction to
Mental Illness
A four-evening series

2003-04

Who would be interested in attending this series of talks—
Anyone who who like to learn more about mental illness, what we know about its causes, and what the current treatments are. These might include people with mental illness, family members, friends, neighbours, nurses, social workers, clergy, students, teachers, other health and social service workers and the general public.

Series of four talks from 7:00 to 8:30 P.M.

In Hanover on November 4, 12, 19 & 24, 2003

In Owen Sound on December 2, 4, 9 & 11, 2003



Are you interested in:

- learning more about stress, anxiety and depression
- how they affect us, and
- what we can do about them.

Sign-up for this FREE 3-evening educational series.

Series of four talks from 7:00 to 8:30 P.M.

In Meaford on January 15, 22, & 29, 2004

Schedule for February, March and April, 2004 to be announced

If you would like to attend either of these sessions—

These series are FREE, but you must pre-register to attend. To reserve your space, or for more information, please call the Community Network Support Team in Owen Sound at 371-4551.

The Family Support Initiative



Upcoming Meetings 7:00 to 8:30 P.M.

Owen Sound	Thornbury	Warton	Hanover	Kincardine
Meeting Location: CNST Office 1139 2nd Ave. East	Meeting Location: Grace United Church 140 Bruce St.	Meeting Location: The Greenhouse 509 Berford St.	Meeting Location: Hanover & District Hospital	Meeting Location: Malcolm Place 255 Durham St.
Meeting Dates:	Meeting Dates:	Meeting Dates:	Meeting Dates:	Meeting Dates:
Tuesday, Oct 7, '03 Tuesday, Nov 4, '03 Tuesday, Dec 2, '03 Tuesday, Jan 6, '04 Tuesday, Feb 3 '04 Tuesday, Mar 2, '04 Tuesday, Apr 6, '04 Tuesday, May 4, '04 Tuesday, Jun 1, '04	Tuesday, Oct 14, '03 Tuesday, Nov 11, '03 Tuesday, Dec 9, '03 Tuesday, Jan 13, '04 Tuesday, Feb 10 '04 Tuesday, Mar 9, '04 Tuesday, Apr 13, '04 Tuesday, May 11, '04 Tuesday, Jun 8, '04	Tuesday, Oct 21, '03 Tuesday, Nov 18, '03 Tuesday, Dec 16, '03 Tuesday, Jan 20, '04 Tuesday, Feb 17, '04 Tuesday, Mar 16, '04 Tuesday, Apr 20, '04 Tuesday, May 18, '04 Tuesday, Jun 15, '04	Tuesday, Oct 28, '03 Tuesday, Nov 25, '03 Happy Holidays Tuesday, Jan 27, '04 Tuesday, Feb 24, '04 Tuesday, Mar 23, '04 Tuesday, Apr 27, '04 Tuesday, May 25, '04 Tuesday, Jun 22, '04	Thursday, Oct 16, '03 Thursday, Nov 13, '03 Thursday, Dec 11, '03 Thursday, Jan 8, '04 Thursday, Feb 12, '04 Thursday, Mar 11, '04 Thursday, Apr 8, '04 Thursday, May 13, '04 Tuesday, Jun 10, '04

If you are a family member or a friend of someone with a mental illness, these meetings might be of interest to you.
For further information call FSI at 371-4802

Family Support/Information Meetings
Would you like to hear about the experiences of others who have been there?
Would you like to experience support from others who really understand?
Are you wondering how other families cope with mental illness?
Do you want information and resources to help you understand your role as a family member?

The Consumer/Survivor Development Project



Upcoming Groups

Owen Sound	Hanover	Hanover	Thornbury	Kincardine
Thursday, 6:30 - 8:00	Thursday Afternoon 2:00 - 3:30	Thursday Evening, 6:30 - 8:00	Tuesday, 6:30 - 8:00	Monday 1:30 - 3:00
Oct 2, 2003 Nov 6, 2003 Dec 4, 2003 Happy Holidays Feb 5, 2004 Mar 4, 2004 Apr 1, 2004 May 6, 2004 June 3, 2004	Oct 9, 2003 Nov 13, 2003 Dec 11, 2003 Jan 8, 2004 Feb 12, 2004 Mar 11, 2004 Apr 8, 2004 May 13, 2004 June 10, 2004	Oct 9, 2003 Nov 13, 2003 Dec 11, 2003 Jan 8, 2004 Feb 12, 2004 Mar 11, 2004 Apr 8, 2004 May 13, 2004 June 10, 2004	Oct 14, 2003 Nov 18, 2003 Dec 16, 2003 Jan 20, 2004 Feb 17, 2004 Mar 16, 2004 April 20, 2004 May 18, 2004 June 15, 2004	Nov 24, 2003 Dec 22, 2003 Jan 26, 2004 Feb 23, 2004 Mar 22, 2004 Apr 26, 2004 May 24, 2004 June 28, 2004

If you live with a serious mental illness, the Information and Support Groups may be of interest to you. For further information, call the CSDP at **371-4582**

Mood Disorder Information and Support Groups 2003-04
Would you like the opportunity to share experiences and activities with other consumer/survivors?
Do you seek understanding in a safe and supportive environment?
Are you interested in learning how other individuals are coping with serious mental illness?
Do you want more information and resources to help you understand the impact of mental illness and the resources that are available?

The generosity of the community allows us to provide meals at no cost

Here at the Salvation Army Samaritan House Soup Kitchen and Emergency Men's Shelter, we hardly had a chance to catch our breath from a busy summer into full speed for the fall. Our numbers have increased dramatically to the point where we served as many meals in a year, two years ago, that we now serve in a two-month-period! **The last week of October past saw over 150 meals served per day.** We do not always see the same people at both meals. This has been a challenge with just two staff but we depend heavily on our volunteers who make these meals happen. We serve breakfast five mornings from 9:30 am. and lunch six days a week from 1:30 p.m.

At meal time supervision, we notice that more women and people in their forties and fifties are here. This trend seems to follow into our shelter with more men over forty arriving and seeking accommodation, and settling here with the support of the Soup Kitchen providing their meals.

The Emergency Shelter has 25 beds available on a short-term basis depending on availability. We are the only men's shelter, Salvation Army or otherwise, between here and Barrie to the East, and Guelph to the South. We receive referrals from community agencies as well as police and hospitals in the Grey Bruce area. We also receive referrals from local high schools where young men have found themselves out on the street, with no money, no job and still attending class. We also assist those coping with marital breakdown, job loss, mental stress, addictions or just have found themselves in a housing situation more than they can handle. Owen Sound has several agencies that we refer our patrons to. We are extremely grateful to all of our community who help us help others in need.

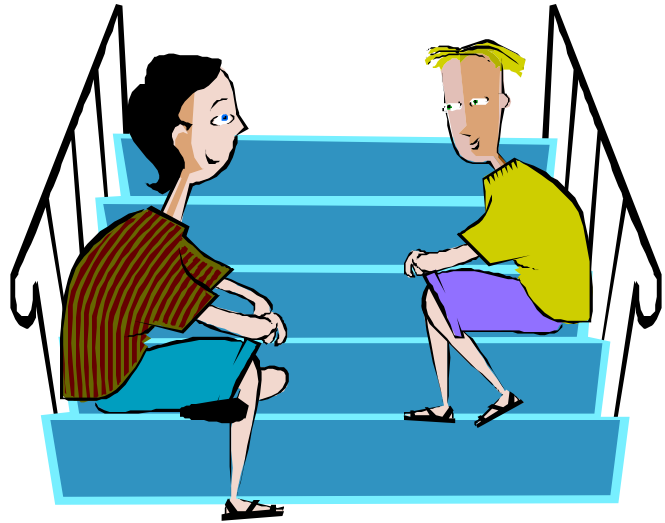
If you would like more information about our shelter or would like a tour, please contact us at 371-1517.

*Brenda MacDonald, Supervisor
Salvation Army Samaritan House
233 8th Street East, Owen Sound*

Find out what is meant by happiness

Visit Psychological Self-Help on the web, for their overview. In chapter six, after briefly discussing happiness, the signs of depression are considered: How is it recognized? Of course, each of us feels and acts differently when depressed. There are many ways to become depressed; thus, several explanations of sadness will be looked at.

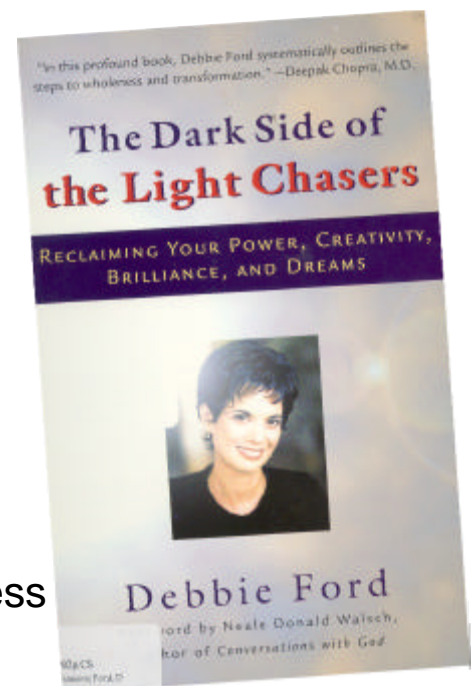
<http://mentalhelp.net/psyhelp/chap6/chap6b.htm>



Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love. ~~ Lao Tse

What's your big picture?

Self-care,
self-esteem
and building
confidence
is a healthy process



Complete the evaluation Participate and win

A new bookmark is on its way. The draft version is inserted below. We want it to serve you as a reminder of your due date and if you place it inside the returned book or video you borrowed from the Mental Health Resource Library, prior to the due date, we will enter your name in a draw. We hope you will take time to fill out your evaluation of the item and wish you good luck at your chance to win a Gift Certificate. Draws will occur monthly.

Mental Health Resource Library Valuable resources for recovery

Why is the library important?

At 1139 2nd Avenue East in Owen Sound there is a comfortable setting that holds a large collection of information specific to mental illness. There are books, videos, internet pages, pamphlets and booklets filled with information about local mental health and addiction services and various mental illnesses. On site, staff are available to assist you with questions related to your research on depression, bipolar disorder, anxiety, schizophrenia, borderline personality disorder, etc. These valuable resources are written to help people understand and cope with their personal experiences, and others learn tools to assist their living and working with people who have illnesses. Reading lets the individual connect with other consumer/survivor, family and clinical perspectives. Should you wish to research some topics or apply new information related to your own health and well-being, find time to visit the office.

This library simplifies crucial effort by providing information about the many resources in our area, and giving access to clearer understanding and education. Healing feelings, finding inspiration and motivation, and strengthening your ability to cope at your own pace is part of the power of self help.

There are many depictions and theories. Make your move. Learn what you can. Work on components of self-help, such as assertiveness, anger, communication, setting limits and re-defining supportive strategies to develop healthy self acceptance. Be the best you can be.

The Mental Health Resource Library

Rate the content of one book and/or video loaned, by choosing one expression face below.



Title:



General Comments and Suggestions

Are there other topics you would like to reference or borrow?

The Mental Health Resource Library is a cooperative service of:
*Community Network Support Team,
Consumer/Survivor Development Project,
Family Support Initiative.*

Use our new bookmark to give us your valuable feedback. Return it to us, inside your book or video on the due date.

Due:

Take time to fill out your evaluation of the item borrowed, our library, and the services offered by FSI, CSDP and CNST and we will enter your name in a draw. The draw will occur at the end of each month. The winner will receive a certificate to use at **Blockbuster**.

Provide a name, phone number and address to be entered in the draw.

Hours of Operation: 8:30-4:30 Monday through Friday
(519)371-4551 / email: cnst@gbchc.org / web: www.mhagb.ca

1139 2nd Ave East, Owen Sound, ON Mental Health Resource Library

Looking for help?

"Where to Find Help in the Grey Bruce Area, July 2003" can be found in the resource section of www.mhagb.ca or call 371-4551. This resource contains phone listings for the Men's Program, Crisis Intervention Team, Distress Line of Grey Bruce, G & B House and Credit Counselling to name a few.

Parker Home Health Care Sufferers of Seasonal Affective Disorder may benefit from light therapy

Research shows that light of daytime intensity is a critical element in body clock synchronization. Those of us who live in northern latitudes like Canada, where daylight hours are seasonally shorter often experience what is commonly referred to as the “winter blues”. Those experiencing “winter blues” or Seasonal Affective Disorder (SAD) may feel low energy levels, moodiness, social withdrawal and generally feeling “down.” There may be drowsiness or difficulty falling asleep at desired times and possible cravings for carbohydrates and some weight gain during these

months when light levels are at a minimum. At **Parker Home Health Care, 1555 16th St. E** in Owen

When your body clock is working properly, your day/night activity pattern is synchronized with your work schedule and lifestyle, and you “feel better.”

Sound products are available to rent: 10,000 LUX Light Box, 10,000 LUX Light Desk Mount, Lifebook, and Glasses. Renting a unit prior to purchasing is recommended. While

light therapy has gained much support over the past few years, it does not work for everyone. The rental amount can be placed toward the purchase price, should you decide to purchase. Consult with your physician prior to exposure to any light therapy source. If you have eye problems or are on any light sensitive medications, you should discuss any ramifications of SAD therapy with your physician.

For more information contact Sandra Chamberlain, Manager, 376-8252.

Seasonal Affective Disorder Resources can be found nearby

The Mental Health Resource Library at 1139 2nd Ave. E, carries books that cover the topic of Seasonal Affective Disorder. Some of the titles include: Don't be SAD, Winter Blues and the Hibernation Response. There are a lot of books in the Depression category. Some of these address this disorder such as Malignant Sadness, Sunshine and Shadow and On the Edge of Darkness. The library is open Mon-Fri from 8:30 until 4:30.



There is good news!

Avoid the trap of self-reproach. If you give light treatment and weight maintenance your best shot and appetite continues to be a problem, don't let the fact get you down. Absolutely refuse to let something beyond your control dictate how you feel about yourself. Self-recrimination will only fuel your sense of depression and make it worse.
Taken from Don't Be SAD, p. 142.

Gatherings to enhance communication

The Kincardine Interagency Network invite “Helping” professionals to get together to enhance communication on **November 12, 2003** at the South Grey Health Centre, 43 Queen St., from 11:00 a.m. to 12:00 pm.

Plan to join the Action Advisory Committee for Seniors. They are entering the third year acting on behalf of seniors in the Kincardine Municipality. Jim Semple will present.

On **December 10th**, at 11:30 a.m. Andy Burgess of the Christmas Hamper and Good Food Box asks that you bring a non-perishable food item and meet to share a Christmas meal at the Embassy Restaurant in Kincardine.

What's inside the Good Food Box?

Variety....economy....convenience

For seven years people in Grey-Bruce have been enjoying good healthy food from the Good Food Box. At the beginning of the month, customers pay for their box of fresh fruit and vegetables, and later in the month, they pick it up. It's as simple as that.

In Owen Sound, customers can pay \$8.00 for a small box or \$12.00 for a family-size. The wonderful staff at St. Mary's, Central Westside, and St. Andrew's churches will accept payments up to the first Friday of the month. On

the third Tuesday of every month, volunteers (anyone who wants to help!) gather at Central Westside Church at 10th Street West and 3rd Avenue West around 9:30 a.m. to have coffee, set up tables, and get ready for the packing. When the food arrives, we fill the boxes with a dozen different fruits and vegetables – in a typical month, a large box might have 5 pounds of potatoes, 2 pounds of onions, 2 pounds of carrots, an English cucumber, an acorn squash, a bunch of broccoli, a head of lettuce, a cantaloupe, 3 ki-

wis, 6 oranges, two pears, 8 apples and 8 plums.

Before noon the boxes are all filled. Volunteers clean up and enjoy a delicious lunch prepared by the students and staff of the SALEP program of the Bluewater District School Board. The customers begin to arrive to pick up their boxes (some people who can't get out have them delivered for \$2) and by 2 o'clock we're on our way home.

For more information on this co-operative way to eat well, call Anne at 371-6642.

Canadian Mental Health Association - Grey Bruce Branch Puppets are coming to Grey and Bruce

The Grey Bruce Friends and Neighbours (F.A.N.) Club is a mental illness prevention and a mental health awareness program established through the Canadian Mental Health Association, Grey Bruce Branch. This service has been specially developed for the Children, their Families, and the Communities of Grey and Bruce.

The program is designed to "work with" the children in a warm and entertaining manner, by using life-sized colourful puppets. The purpose is to allow the child to feel comfortable with who they are, to acknowledge and accept their strengths, and to assist them in building and utilizing their problem-solving skills.

The Grey Bruce F.A.N. Club is a unique program using puppets that address social issues through lively and thought provoking puppet

shows. These shows are designed for children 4 to 11 years of age. A typical show lasts approximately 30 minutes and consists of a short skit followed by a question and answer period. The scripts are designed to tackle some difficult issues, such as bullying, self-esteem, substance abuse, friendship and respect, good mental health, ADD/ADHD in a fun, engaging, and non-threatening way. The Grey Bruce F.A.N. Club puppet shows encourage children to talk, listen, learn, and find solutions in this complicated world.

The puppets used in the F.A.N. Club are hand and rod puppets and the style of puppetry applied is based on the Japanese Bunraku (Boon-rack-oo) puppet theatre. Recently, the Bunraku puppets have been declared a National Treasure of Japan. The

puppeteer traditionally stands directly behind the puppet and wears black clothes and gloves to fade into the background (some Bunraku puppeteers also wear black hoods, but this is your own personal choice). The audience very quickly focuses completely on the puppets rather the puppeteers.

I am asking volunteers to become puppeteers. The only requirement to make a good puppeteer is commitment and loads of energy. Training is provided to anyone interested in making a difference for the children in our communities of Grey Bruce. Please contact the F.A.N. Club Program Coordinator, Todd Anderson by calling 371-3642 or by email tanderson@bmts.com.

*Odina Partridge, President,
The Grey Bruce F.A.N. Club*

PIVOT

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

It is published about the 15th of the month in **January, March, May, July, September, and November.**

Click-View and Print

You can now access the *Pivot* Newsletter and Where to Find Help in Grey Bruce on-line at www.mhagb.ca under resources”.

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Submission Deadlines

January 1st
March 1st
May 1st
July 1st
September 1st
November 1st

Submissions are subject to editing. Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation

What is Emotional Abuse?

Information about Emotional Abuse can be found in a publication put out by National Clearinghouse on Family Violence. It states that there is no universally accepted definition of emotional abuse. Like other forms of violence in relationships, emotional abuse is based on power and control. The following are widely recognized as forms of emotional abuse:

Rejecting—refusing to acknowledge a person’s presence, value or worth; communicating to a person that she or he is useless or inferior; devaluing her/his thoughts and feelings.

Degrading—insulting, ridiculing, name calling, imitating and infantilizing; behaviour with diminishes the dignity and self-worth of a person such as yelling, swearing, publicly humiliating or labelling a person as stupid.

Terrorizing—inducing terror or extreme fear in a person; coercing by intimidation; placing or threatening to place a person in an unfit or dangerous environment.

Isolating—physical confinement; restricting normal contact with others; limiting freedom within a person’s own environment.

Corrupting/Exploiting—socializing a person into accepting ideas or behaviour which oppose legal standards; using a person for advantage or profit, training a child to serve the interests of the abuser and not of the child.

Denying Emotional Responsiveness—failing to provide care in a sensitive and responsive manner; being detached and uninvolved; interacting only when necessary; ignoring a person’s mental health needs.

- Emotional abuse follows a pattern; it is repeated and sustained. If left unchecked, abuse does not get better over time. It only gets worse.
- Like other forms of violence in relationships, those who hold the least power and resources in society, for example, women and children, are most often emotionally abused.
- Emotional abuse can severely damage a person’s sense of self-worth and perception.
- In children, emotional abuse can impair psychological development, including: intelligence, memory, recognition, perception, attention, imagination and moral development. Emotional abuse can also affect a child’s social development and may result in an impaired ability to perceive, feel, understand and express emotions.

This publication can be read in detail or made available to you upon request.

It covers much more including: **How Widespread Is Emotional Abuse? Facts to Consider, Detecting Emotional Abuse, Possible Indicators of Emotional Abuse and Neglect, Legal Interventions, and Knowing What You Can Do to Help. Where to go for Support Services, and Suggested Resources.**

Call the National Clearinghouse on Family Violence toll-free: 1-800-267-1291 or visit <http://www.hc-sc.gc.ca/hppb/familyviolence/pdfs/emotion.pdf>

IF UNDELIVERABLE RETURN TO:
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1139 2nd Avenue East
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Publication Sales Agreement
OL005913
Owen Sound, ON

The United Nations has declared 2000-2010 the Decade of Non-Violence

We can all start now working in our own homes and communities to stop violence. **What can I do to prevent abuse in the long run?** Make a difference. For a new approach try ideas listed at <http://www.canadian-health-network.ca> on the FAQs page.