



October 2005

# PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES



**Please join us at**

**our**

**Third Annual**

**Coffee Break**

*See page 11 for  
details.*

Reduce stigma

## Create a culture of understanding, knowledge and acceptance

### **Mental Illness Awareness Week**

(MIAW), coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH), will take place from October 3- 10<sup>th</sup>. This national public awareness campaign is designed to provide education to help reduce the stigma associated with mental illness. The continuing theme of this campaign, "Facing Mental Illness" is intended to put a face to the name of mental illness. You will find profiles of people who live with a mental illness on the CAMIMH website at [www.camimh.ca](http://www.camimh.ca). Their stories dispel the misconceptions of mental illness and serve as a testament of hope and recovery.

Mental illness knows no boundaries; it can affect all people regardless of age, gender, socio-economic status, culture and education. Chances are you or someone you know has a mental illness. Nearly 6 million, or 1 in 5 Canadians today are likely to experience a diagnosable mental illness.

CAMIMH, in their development of a National Action Plan on Mental Illness and Mental Health, have identified that the reduction of stigma associated with mental illness needs to be national priority in order to create a culture of understanding, knowledge and acceptance.

"People living with mental illness should be free to deal with their issues as openly as persons suffering from heart disease or

diabetes. Research demonstrates that stigma all too often results in people delaying seeking treatment and families denying that a family member may have a mental illness." (CAMIMH)

Individuals and people affected by mental illness need accurate information about the signs and symptoms, medications, available therapy, and early warning signs of relapse. The general public also needs responsible and accurate information that challenges misconceptions and stereotypes in order to decrease the isolation associated with mental illness. In conjunction with Mental Illness Awareness Week the *Community Network Support Team* has also launched a revised "Where to Find Help in the Grey/Bruce Area," which you will find in this edition of the Pivot. Copies will also be made available at local libraries.

As always, the Mental Health Resource Library, located at 1139 2<sup>nd</sup> Avenue East, is open to the public from 8:30-4:30 Monday – Friday and every first and third Wednesday of the month from 6-8 pm. Come on by or give us a call at 371-4551. We are here to answer your questions and offer up-to-date information and resources.

*Amber Robinson, CNST*

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## 2 Consumer/Survivor Development Project

# Watch for activities held in Owen Sound, Hanover, Wiarton, Kincardine and Markdale

It is hard to believe that the summer is over. Yet with that, comes all of the excitement and freshness of fall. We are looking forward to what the coming months have to offer. We will again be hosting Mood Disorder Information and Support Groups in Owen Sound, Hanover and Kincardine. As well, we will be offering a Coping with Mental Illness Information and Support Group in Wiarton. For further information, dates and times for any or all of these groups please feel free to call us at **371-4582**.

In collaboration with Grey Bruce Health Services, Owen Sound site, we will be hosting a Mental Health Resource and Information Session every Tuesday from 6 p.m. – 8 p.m., on the Inpatient Unit. We are also planning a variety of workshops and presentations around such issues as Coping with Grief, Conflict Resolution, Stigma, and Effective Communication. During Mental Illness Awareness Week (October 3-10<sup>th</sup>), displays will be set up at the community libraries of Markdale, Hanover and

Wiarion in an effort to create awareness and dispel stigma. We are looking towards the future with great anticipation.

As life propels us towards new horizons there are times when we need to say goodbye to that which was more familiar. Towards that end, I would like to thank Louise Chase for her tremendous contribution to the Project. Louise is moving on to take another position within the Grey Bruce mental health system. She has been a joy to work with and I am sure she will be missed. Thanks Louise!  
*Jim Lonie, Project Coordinator*

**The Consumer/Survivor Development Project**  
presents

**Mood Disorder Information  
and Support Groups for 2005-06**

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

If you are someone living with a serious mental illness, these Information and Support Groups may be of interest to you.

**Upcoming Groups**

Owen Sound 6:30 - 8:00	Hanover 2:00 - 3:30	Hanover 6:30 - 8:00	Kincardine 1:30 - 3:30
<b>Evening Group</b>	<b>Afternoon Group</b>	<b>Evening Group</b>	<b>Afternoon Group</b>
Wed., Sept 21, '05	Thur., Sept 8, '05	Thur., Sept 8, '05	Mon., Sept 26, '05
Wed., Oct 19, '05	Thur., Oct 13, '05	Thur., Oct 13, '05	Mon., Oct 24, '05
Wed., Nov 16, '05	Thur., Nov 10, '05	Thur., Nov 10, '05	Mon., Nov 28, '05
Wed., Dec 21, '05	Thur., Dec 8, '05	Thur., Dec 8, '05	Mon., Dec 19, '05
Wed., Jan 18, '06	Thur., Jan 12, '06	Thur., Jan 12, '06	Mon., Jan 30, '06
Wed., Feb 15, '06	Thur., Feb 9, '06	Thur., Feb 9, '06	Mon., Feb 27, '06
Wed., Mar 15, '06	Thur., Mar 9, '06	Thur., Mar 9, '06	Mon., Mar 27, '06

For information please call the Consumer/Survivor Development Project at 371-4582

The Consumer/Survivor Development Project (CSDP) is a program of the Grey Bruce Community Health Corporation  
1139 2nd Avenue East, Owen Sound, ON N4K 2J1  
Tel (519) 371-4582 E-mail:csdp@gbchc.org  
Funding is provided by the Ministry of Health and Long Term Care

## Do you keep a journal?

Life Strategies is the #1 New York Times bestseller that has helped millions of people to change their lives for the better. The Life Strategies Self-Discovery Journal provides daily inspirations that can become a source of strength and courage if you wish to use some of Dr. Phil McGraw's thought-provoking statements that are in it such as:

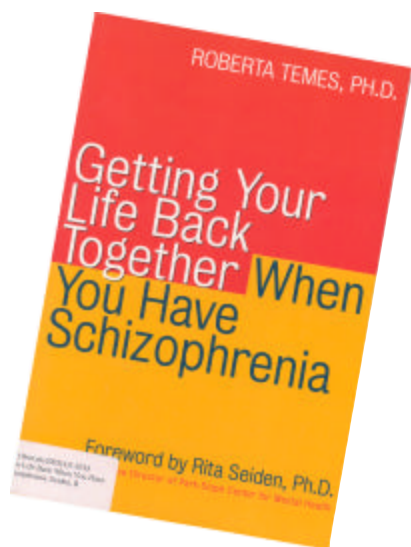
- Life is a journey. Luck comes to those who have planned carefully for it.
- Don't settle because you are afraid to take a stand.
- Be sure that you are not stopping yourself from succeeding.
- Choose a goal that you can control.

Both of these books are available at the Mental Health Resource Library, 1139 2nd Ave. E., Owen Sound.

# Staff recommend schizophrenia resources

## Books-

Getting Your Life Back Together When You Have Schizophrenia - Roberta Temes  
A Beautiful Mind - Sylvia Nasser -  
The Last Taboo - Scott Simmie and Julia Nunes - A Survival Guide to Mental Health in Canada



**If you are looking for resources about mental illnesses, please contact the Mental Health Resource Library at 371-4551**

## Websites-

[www.schizophrenia.com](http://www.schizophrenia.com) This a non-profit, web based community providing comprehensive information on symptoms, diagnoses, causes, treatment, medication, and support with discussion and chat boards. This website provides a balance of information on the biology and sociology of schizophrenia

<http://www.world-schizophrenia.org/> -World Fellowship for Schizophrenia and Allied Disorders

<http://www.chovil.com/> This is the personal website of Ian Chovil, who has lived with schizophrenia for the past 35 years. This site includes Ian's personal stories, opinions and reflections. Some topics covered include recovery, ACT Teams, family and social support, housing and medications.

[www.schizophrenia.ca](http://www.schizophrenia.ca) This website entitled ***A Reason to Hope. The Means to Cope*** is sponsored by the Schizophrenia Society of Canada. Some highlights of the site include a clear and concise Frequently Asked Questions (FAQ) section, information on advocacy and information on a national education program for family members called *Strengthening Families Together*.

## Videos-

Living With Schizophrenia - Bill McPhee

Preventing Relapse in Schizophrenia - Films for the Humanities and Sciences



**Mental Health Resource Library**

...a cooperative service of:  
 Community Network Support Team,  
 Consumer/Survivor Development  
 Project and the Family Support Initiative.



1139 2nd Ave. E  
 Owen Sound ON N4K 2J1 371-4551

## Conference

### Making Gains 2005

For more information on Canada's most important mental health and addictions conference go to web site listed below. It runs from Sunday, October 23 to Wednesday, October 26, 2005, and Ontario's leading organizations in mental health, addictions and substance abuse will be hosting this major conference at the London Convention Centre, London, Ontario.

[http://www.ontario.cmha.ca/content/inside\\_cmha/making\\_gains.asp](http://www.ontario.cmha.ca/content/inside_cmha/making_gains.asp)

## FSI

### Family Support Information Meetings are helpful!

At the Family Support Initiative we are already well into a busy fall schedule. The stress of supporting someone with a serious mental illness can be a difficult and lonely journey when you try to do it on your own. In four years of talking with family members it seems clear, that those who seek support for themselves find it very helpful.

Support can come from extended family members or friends who are willing to share the load. However, there is a danger of fam-

ily and friends feeling overwhelmed.

In my personal experience and the feedback from numerous family members throughout Grey/Bruce, Family Support Information Meetings are very helpful.

For locations and dates, call me at the office. We have many exciting events planned for the fall winter schedule. Watch for upcoming information.

*Judy Kroes, Family Support Worker*

## 4 A new face joins CNST

G'day! My name is Amber Robinson and I am very pleased to be working with the Community Network Support Team as the new Community Development Worker. My spouse and I have recently moved from rural Nova Scotia to this stunning area of sunshine, high cliffs, blue water, and friendly faces. I have an MSW plus seven years experience in a variety of

health promotion settings. I have training and experience as a community developer, mental health crisis responder, counselor for survivors of abuse, and mental health Social Worker with Nova Scotia's Children's Hospital.

I am aware and sensitive to the needs of people with mental illness and I am dedicated to serving this community with compassion and understanding.

I look forward to working with you and for you in this beautiful part of the province. I can be reached at 371-4551, by email at [arobinson@gbchc.org](mailto:arobinson@gbchc.org) or at the CNST office Monday to Friday from 8:30-4:30 most days of the week.

*Amber Robinson, Community Development Worker*

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## CSDP

### There of many paths of support Embracing new growth

As some of you may already know, I have accepted a new position of employment within the Grey Bruce Community Health Corporation and will be leaving the Consumer/Survivor Development Project (CSDP) to work with the Community Connections Housing Program effective October 17<sup>th</sup>, 2005.

In the three years of working with Jim Lonie at CSDP, I have had the pleasure and privilege of meeting people throughout Grey Bruce in various

ways including support groups, movie nights, resource sessions, project workshops, festive celebrations, consumer conferences, public events, leisure link activities and last, but not least, through the CNST Mental Health Library. As a result, I have felt enriched, inspired and profoundly grateful for the opportunity to share in a program that supports personal growth, community development and mutual aid.

Although I wholeheartedly embrace this new opportunity to start working at Community Connections in October, I leave CSDP looking forward to those gatherings during the year which will bring our communities together and to those chance and unexpected meetings when our individual paths may cross again.

*Louise Chase, Project Assistant  
Consumer Survivor Development Project*

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## Talking about mental illness

### A new dimension added to Youth Net Grey Bruce

The *Canadian Mental Health Association Grey Bruce* (CMHA) has received funding to support an expanded mental health awareness program for youth for this school year. CMHA will offer "Talking About Mental Illness (TAMI) and Youth Net as a two-session package to schools and youth groups in Grey and Bruce.

The first session consists of a formal but interactive presentation about mental illness by a youth worker from the *Canadian Mental Health Association*

and another presentation by a trained volunteer about a personal experience of mental illness. In the second session the youth worker and volunteer will lead a follow-up discussion group based on five Youth Net questions:

- What is mental health?
- What is mental illness?
- What issues are important to you?

- How do you deal with these issues? (Formal and informal supports or coping strategies will be identified.)

- How would you change the mental health service system?

If you are interested in learning more about the program or would like to get involved as a volunteer, please contact Tina Faquaharson or Katie Graham, Youth Net/TAMI coordinators at 371-3642 or by email [youth-net@cmhagb.org](mailto:youth-net@cmhagb.org).



Mental Illness  
Awareness Week  
Oct. 3—10, 2005

# Where to Find Help

in the Grey Bruce Area



Oct. 1, 2005

## ADDICTION SERVICES

**Addiction Day Treatment Program** 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. Consultation with other agencies is also provided.

**Centre for Addiction & Mental Health** 371-6317  
Web site: [www.camh.net](http://www.camh.net) CAMH Info & Support Line: 1-800-463-6273  
Email: [donna\\_beatty@camh.net](mailto: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** 534-3710  
Email: [nadap@the-matrix.ca](mailto:nadap@the-matrix.ca) Alt. Ph #: 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** 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** 371-1232  
1-800-265-3133  
Community service for individuals with alcohol, drug and/or gambling problems as well as for individuals 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. Services are free and are offered Monday to Friday with some evening appointments available.

**Saugeen Native Drug & Alcohol Counselling Centre** 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** 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 (i.e. Introduction to Recovery) are provided. Supportive housing can also be provided to clients attending the Addiction Day Treatment Program or waiting for residential treatment outside Grey Bruce.

**CHOICES: Drug and Alcohol Counselling for Youth** 371-5487  
See listing under Youth 1-800-265-3133

## CRISIS/DISTRESS TELEPHONE LINES

**Crisis Intervention Team** 376-2121, ext. 2450 or 1-888-525-0552  
Multi-disciplinary team provides assessment, consultation and referral for psychosocial and psychiatric emergencies. Available 24 hours a day, 7 days a week at the Owen Sound Hospital.

**Distress Line of Grey Bruce** 371-8485 or 1-888-371-8485  
A friendly listening service for anyone needing someone to talk to. Phones are answered by trained volunteers from 2 p.m. to 10 p.m. and weekends 6 p.m. to 10 p.m.

**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

## CRISIS/DISTRESS TELEPHONE LINES, cont'd

**Sexual Assault & Partner Abuse Care Centre** 376-2121 ext 2458  
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 Message Service** 1-800-720-7411  
Provides support services to women/teenage girls (over 16) experiencing any sexual violence or harassment. Individual counselling available in various Grey Bruce communities. Volunteer driving can be arranged. The 24-hour helpline is staffed by trained volunteers who provide supportive listening, information and referral. Also provides accompaniment to hospital, police and court. Group counselling also available.

**The Women's Centre (Grey & Bruce) Inc.** Crisis: 371-1600  
Web Site: [www.womenscentre.com](http://www.womenscentre.com) Admin: 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. We lend materials about abuse, promote an equal position for women in society, and engage in public education to end violence against women and children.

**Victim Services of Bruce Grey & Owen Sound Inc.** Crisis: 376-9852  
Hanover 364-7817; Port Elgin 389-5000; Owen Sound 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 of Bruce County** 396-9814  
Web site: [www.whbc.on.ca](http://www.whbc.on.ca) CRISIS: 396-9655 or 1-800-265-3026  
Email: [crisis@whbc.ca](mailto:crisis@whbc.ca)  
A non-profit organization to help women affected by abuse. Services include: safe, supportive shelter for women and their children; 24-hour crisis line; community counselling services in Chesley, Hanover, Port Elgin, Kincardine and Walkerton; peer support groups; a children's program; public speaking; and community education. Transportation is available.

## HOUSING SERVICES

**Bruce County Housing Corporation** 396-3439 or 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** 376-5744  
Email: [dbrainard@greycounty.on.ca](mailto:dbrainard@greycounty.on.ca)  
Provides geared-to-income housing to families, seniors and singles in Grey County and Owen Sound area.

**Housing Support Program** 371-9222  
(A program of the Y Community & Employment Services) 1-800-265-3711  
Helps youth find temporary or permanent housing in Grey Bruce. Maintains a Housing Registry (a listing of available accommodations). Matches youth with host families temporarily while a more permanent solution is found. Youth seeking housing must be attending work or school. Please give us a call if you are interested in becoming a host family or if you have an apartment to rent.

**Salvation Army Samaritan House Men's Shelter** 371-1517  
Offers emergency shelter for men aged 16 and over for short/and longer-term hostel accommodation. Room and board available. Three meals served daily to residents. Shelter opens daily at 7 p.m. Office Hours: 9-4. Referrals to agencies including welfare, clothing, housing, crisis, debt and credit counselling are made.

## HOUSING SERVICES, cont'd

### Community Connections: Housing & Support 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 55 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 Warton, which provides support, teaching and advocacy to assist clients to set and achieve vocational goals.

### The Women's Centre (Grey & Bruce) Inc. 371-1600

See listing under *Crisis/Distress* or 1-800-265-3722

### Women's House of Bruce County 396-9814

See listing under *Crisis/Distress*

## MENTAL HEALTH SERVICES

### Assertive Community Treatment Team 376-2121 ext 2386

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) 797-2880

Central Grey Bruce Team (Hanover and area) 364-7788

North Bruce Team (Warton and area) 534-4388

North Grey Team (Owen Sound and area) 371-8850

South Grey Team (Markdale and area) 986-3030

These multi-agency teams are operated by Mental Health Grey Bruce, a partnership of four 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 376-2121 ext 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).

### Dual Diagnosis Coordinator 376-2121 ext 2857

Email: jhealey@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.

### Consumer/Survivor Development Project 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, & partners with consumer/survivors, existing consumer/survivor groups and

## MENTAL HEALTH SERVICES, cont'd

### Family Support Initiative 371-4802

Promotes self-help activities which allow families opportunities for networking, information exchange and support. Provides support, information and education for family members and friends who care about persons with serious mental illness. Works in partnership with the formal and informal mental health system to create a supportive, compassionate and responsive network for family members.

### Grey Bruce Mental Health Court Support Services 370-0030

Email: canderson@cmhagb.org

Grey: 371-3642/Bruce: 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) 986-7491

The Dory (Kincardine and area) 396-5609

Union Place (Owen Sound and area) 376-8433

The Loft (Hanover and area) 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).

### Bruce Grey Children's Services 371-4773 or 1-800-567-2384

See listing under *Youth*

## REFERRAL AND PUBLIC EDUCATION

### Alzheimer Society of Grey Bruce 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 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.

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

### Community Network Support Team 371-4551

Email: cnst@gbchc.org

Provides information, education and consultation to agencies, groups, consumer/survivors, families and individuals who share an interest in mental health. 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](http://www.mhagb.ca).

### Grey Bruce Community Care Access Centre 888-371-2112

Web site: [www.g-bccac.org](http://www.g-bccac.org) Email: [general@gb.ccac.on.ca](mailto:general@gb.ccac.on.ca) 371-2112; 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 376-9420 ext405

Web site: [www.focus-alcohol.org](http://www.focus-alcohol.org) Email: [mbarclay@publichealthgreybruce.on.ca](mailto:mbarclay@publichealthgreybruce.on.ca)

An injury prevention project funded by the Ministry of Health and Long Term Care. 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. The FOCUS Project makes public information and health education resources available to the community.

### Anishnabek Child & Youth Prevention Services 797-5000

See listing under *Youth*

Grey Bruce Health Unit 376-9420

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 376-0419  
Email: gbpcha@bellnet.ca 1-800-304-0080

**Pain & Symptom Consults:** 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 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 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 371-6226  
Email: sandra.turpin@omas.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.

Ontario Early Years Centres Admin 881-0431

See listing under Youth Hanover 364-6025/1-866-483-7774  
Walkerton 881-2739/1-800-616-8116  
Bayview School Resource Library.....Owen Sound 371-7034

**SELF-HELP/SUPPORT GROUPS**

Alcoholics Anonymous 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 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 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 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.

Grey Bruce Breast Cancer Support Group 376-0592

Brain Injury Association-Grey Bruce 373-8555

**OTHER SOCIAL SERVICES (including Income/Financial)**

Bruce County Social Services 881-0431 or 1-800-265-3005

Email: bcswa@brucecounty.on.ca

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

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

(A program of Family Services Perth-Huron, Grey Bruce) Email: fsph@orc.ca  
We are 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 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 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 376-7324

Web site: www.greycounty.on.ca  
Ontario Works provides financial and employment assistance to residents who qualify as people in need. Additional services are offered through emergency housing, homemaking, hostels, shelters, Special Assistance and indigent funerals. Children's Services has Child Care System Management responsibility for all children's programs. Children's Services are available to the general public.

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

Web site: www.bmts.com/~hcss.gb Email: andy@hcss-gb.ca 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 non-profit, volunteer-driven organization, delivering the following programs across Grey and Bruce: Meals on Wheels, hot and frozen; Housekeeping; Friendly Visiting; Transportation; Home Maintenance referral; Telephone reassurance; Day Away Programs; and Caregiver Support.

Salvation Army Family Services Owen Sound- 371-0957

Warton- 534-0353 Port Elgin- 389-3942 Hanover- 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 Owen Sound 371-1732

Website: www.publichealthgreybruce.on.ca Cape Coker: 534-3753

Email: Kforyth@publichealthgreybruce.on.ca Kincardine: 396-8345

Lucknow: 529-3110 Meaford: 538-2995 Hanover: 364-2782

Port Elgin: 832-5874 Warton: 534-0353 Saugeen First Nations: 797-3336

Tara: 934-2066 Teeswater: 392-8016 Walkerton: 881-0692

A monthly program to make purchasing fresh fruit and vegetables easy and affordable. Payment is collected before order can be placed.

Local volunteers sort and pack boxes for distribution at each of the sites across Grey Bruce County. Call Public Health for information.

Men's Program 372-2720

Email: mensprogram@bmts.com

Offers a weekly educational group to help men who have been abusive to women. This group provides information and direction to encourage men to stop their abuse. Sixteen-week counselling groups and three weeks for Education for Change are available in both Grey and Bruce counties that lead men through an in-depth examination of their abuse, an understanding of the impacts of abuse on the victims, and skills and practice on relating respectfully to women.

**YOUTH SERVICES**

Anishnabek Child & Youth Prevention Services 797-5000

Provides Saugeen First Nation with culturally sensitive prevention services for children, youth and families. Provides information and resource materials to families and community members regarding child abuse,

**Bruce Grey Children's Services** 371-4773 or 1-800-567-2384  
 Email: bgcs@bmts.com Ontario Early Years Resources--371-7034 ext 12  
 A children's mental health centre which provides: counselling for and regarding children under age 16; a resource centre (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** 376-7893  
 Email: grey@cas.gov.on.ca or 1-800-263-0806  
 Working with families towards more effective parenting; recruiting and raising 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** 881-1822  
 Email: brucas@cas.gov.on.ca or 1-800-461-1993  
 Web site: www.brucecas.ca  
 The Society is mandated by the Child and Family Service Act to investigate all allegations of abuse. Whereas counselling is provided to support the family, where the needs of a child are best met; the Society provides short and long term foster care, adoption and volunteer services.

**CHOICES: Drug and Alcohol Counselling for Youth** 371-5487  
 or 1-800-265-3133  
 Provides assessment/counselling for youth being 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 in other areas of Grey and Bruce counties offered.

**Ontario Early Years Centres** Admin 881-0431  
 Walkerton 881-2739/1-800-616-8116 Hanover 364-6025/ 1-866-483-7774  
 Locations throughout Grey and 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--364-3163 Walkerton--881-4606 Owen Sound--371-9222  
 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 with an emphasis on youth.

**Kids Help Phone** 1-800-668-6868  
 See listing under Crisis/Distress Telephone Lines

**DEVELOPMENTAL DISABILITIES SERVICES**  
**WWW.DSNBRUCEGREY.CA**

**Adult Protective Services of Bruce and Grey Counties** 376-3431  
 Email: apsowensound@cas.gov.on.ca Walkerton- 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 Community Living** 519-534-0553  
 Email: clwd@bmts.com  
 Provides services and programs that support children and adults, living within the Bruce Peninsula, who are developmentally handicapped and their families so that they may have the opportunity 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.

**Community Living Kincardine & District** 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** 538-4165  
 Email: comlivmeaf@bellnet.ca  
 Provides support 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** 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.

**HARC Incorporated Hanover** 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 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** 924-3339  
 Email: archied@bmts.com  
 Provides individualized support to help adults with developmental disabilities become active participants in their communities by joining in on community events and groups, finding gainful employment, meeting people and building relationships. We partner with other services to provide accessible transportation, non-profit housing and alternative learning programs.

**Walkerton & District Community Support Services** 881-3713  
 Email: wdcss@bmts.com  
 Provides support to citizens with a developmental handicap and their families throughout Southern Bruce and Grey Counties. 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.

# Fighting the stigma of mental illness

*The following is an excerpt from Dr. Paul Garfinkel's presentation at the "Family Matters" conference earlier this year. This article has been reprinted with the permission of the Centre for Addiction and Mental Health.*

Last fall, I received a call from my physician alerting me to an abnormal result on a routine blood test. A biopsy confirmed malignancy and I was quickly admitted for surgery. It was a time of much uncertainty and anxiety, but my recovery was uneventful and characterized by what psychiatrists call "secondary gain" - flowers, fruit baskets, cards and many visits by friends and family. The worst thing I experienced was being yelled at by a nurse—the noise and laughter generated by my many visitors was proving disruptive and my guests were asked to leave.

While hospitalized, I didn't have to worry about my job, my relationships or my home. My employer emphasized that my health was the number one priority. My family was supportive and caring throughout, and my home was waiting for my eventual return.

This is not the way it would have unfolded if I had a psychotic episode, a serious depression or an addiction to prescription painkillers.

To start with, there are no blood tests for these conditions: unlike cancer, funding for addiction and mental health problems is a fraction of that of physical illnesses. This means these problems are not researched as widely and diagnostic tests are not nearly as evolved. We have to rely on symptoms, which are often extremely varied.

If I was fortunate to have someone close to me recognize my symptoms, I might get assistance.

But I may have the insight to see my behaviour is causing problems, and there is a real possibility I will alienate the very people who are prompting me to seek treatment. If my work is slipping or I make a habit of being late or forgetful, word will get to my employers, who may think "he just can't handle the pressure anymore," and colleagues will gossip and speculate on my ability to lead.

If I did have the courage and support to seek help, it may not be available. We all agree it's completely unreasonable for anyone to wait a year for a hip replacement, but the average wait time for mental health and addiction services isn't measured in years—it's *forever*. Most people who need care never receive it.

If I did manage to access care, it would probably be in a sub-optimal clinical setting, designed not as a place to regain my health but more as a detention centre or prison. The people treating me might blame me for my illness, claiming that it is a result of my moral weakness.

Finally, imagine I was fortunate to get help, and that I am progressing well with my treatment. By this time, my employer no longer needs me, my family may not want me at home, and my friends and colleagues have gone on without me, my name only coming up in conversations about how our CEO "lost it" and "went off the deep end". No one will send me a card and the term "fruit basket" will be used by a former friend to describe what became of me.

The difference between my real situation and what could have happened is not simply that one illness is in the mind and the other in the body. It can be distilled in one word: "stigma"—on the part of

family members who are embarrassed, friends who run away, employers who care only about the bottom line, and health-care workers who remain intensely judgmental in the face of contrary scientific evidence. For this discrimination to end, each of us must play a role.

As a family member, friend, neighbor colleague or perhaps an employer, you have the power to make a significant difference. Explore and change your reactions to people with mental illnesses and addictions. Simple actions like contact with people who have these problems are known to catalyze great changes in the understanding of these issues. All of us, acting in our own small ways, can have enormous impact. I have a simple test to tell that we're making a real difference. One day I'd like to make a ward rounds at beautiful revitalized Centre for Addiction and Mental Health facilities and pop in to a cheerful, home-like building. As one does on ward rounds, I will stick my head into one client's room and notice personal belongings, smiling faces in framed photographs, a bedspread and lots of flowers. I'll move next door and another client will be discussing a graded and dignified return to work with her employer. Then, drawn in by laughter, and animated chatter, I will squeeze myself into a room with a client surrounded by visitors and surprise even myself by saying "Shhhh. You're too noisy...keep it down." I yearn for this day.

Please, please help us make it happen.

*Paul Garfinkel, President, CEO  
Centre for Addiction and Mental  
Health*

**Mental Illness Awareness Week Craft Show & Sale**

**Thursday, Oct. 6—10 a.m.**

**Grey Bruce Health Services Cafeteria**

**Help support people with mental illness. Raffle tickets on a quilt make by Union Place members.**

## Victim Services

## Fall training is available for willing volunteers

After a summer of beautiful weather and refreshing holidays we are excited about our upcoming fall training for everyone interested in volunteering their time with Victim Services fo Bruce Grey and Owen Sound. We are a 24-hour, 7-day/week service offering emotional support, practical assistance and referrals to people in our communities who have been affected by:

- Domestic assault
- Sexual assault
- Sudden death
- Break and enter
- Fire
- Motor vehicle collisions
- Criminal harassment

We respond in teams of two whenever Emergency Services call us in. Requirements of our responders include:

- 19 years of age
- Access to their own vehicle
- Available 12 hours a week to be on call
- Desire to help others in their community

Our initial 40-hour training begins in September and we are accepting applications now. *Please call 1-888-577-3111 and ask for Rhonda or Mary Kay for more information.*

## Pivot Newsletter Look for new styles of delivery

Information delivery systems are changing and for this reason, *The Pivot* is reducing it's quantity of yearly publications. *The Pivot* now will be published 4 times a year on these months:

- **October**
- **January**
- **April**
- **July**

Please note these months on your calendar and feel free to contact the CNST office for more information or to submit potential articles about your program in future editions.  
*Community Network Support Team (CNST) 1139 2nd Ave. E, Owen Sound, ON N4K 2J1; 371-4551; cnst@gbchc.org*

## Strategies help protect workers against second-hand smoke



Are you exposed to second-hand smoke? Health and Social Service Providers, Mental Health Workers and Volunteers will want to attend this One Day Workshop.

### **Protecting Workers from Smoke in Home Environments**

- Nov. 15, 2005
- Best Western, Inn on the Bay,
- Owen Sound
- Workshop Leaders– Josie D'Avernas and Karen McLean

There is no registration fee. Co-sponsored by Program Training and consultation Centre (PTCC) and Mental Illness and Smoking Issues Committee  
*For more information contact Donna Beatty, Centre for Addiction and Mental Health, 371-6317.*

Fall 2005 CAMH Online Courses  
[www.camh.net/education/cpe\\_online.html](http://www.camh.net/education/cpe_online.html)

**3rd Annual Coffee Break  
Let's raise awareness  
together**

*A full cup of coffee must be carried steadily.*

**Fall is a great time to settle and enjoy home-baked cookies and treats. Take a trip to our library and share in a community break. Out of the oven and into your belly. All donations go to the Alzheimer's Society.**

**Community Network  
Support Team 1139 2nd Ave. E.,  
Owen Sound**

**371-4551**



Join our Coffee Break - our coffee is "grounded"!

**Coffee Break** is one of the most important fund raising and awareness activities run by Alzheimer Societies across Canada. Ninety-five per cent of the money

raised is used locally and the other five per cent goes to research.

In an effort to support the local Alzheimer's Society fundraiser, the Grey Bruce Community Health Corporation staff also promote awareness of mental illness. The 3rd annual **Coffee Break**

**with Icing** is a shared community celebration and will be held this year on Monday, October 31st.

This promotional fundraising event is presented by five programs at the Grey Bruce Community Health Corporation's office site. They include the Community Network Support Team, the Family Support Initiative, the Consumer/Survivor Development Project, as well as the Mental Health Evaluation Group and the Grey Bruce Community Health Corporation's Administration team.

Together, we helped to raise close to \$200/ year. It was wonderful to see many people come together to support this event. The staff baked and sold desserts, (some in large quantities) and served coffee and tea. Many people dropped in to buy desserts, donated money and took this opportunity to check out the Mental Health Resource Library at 1139 2nd Ave. East in the Community Network Support Team's office. Because of it's success we are holding it once again!

JOIN US for our 3rd Annual **Coffee Break with Icing**

**9th Annual Adolescent Workshop  
Nurturing the Adolescent  
Body, Mind & Soul**

This one-day workshop is sponsored by *Grey Bruce Public Health* in partnership with Kiwanis and Janssen-Ortho. This educational opportunity is for educators, agencies and community members who work with youth.

- Friday, November 18, 2005
- 8:30—4:00 p.m.
- Chesley Community Centre
- 129 4th Ave., S.E., Chesley
- Registration Fee: \$50.00 includes lunch, refreshment breaks and resources

**Registration Deadline: Friday, November 4, 2005**

Keynote Presenter

Miriam Kaufman, BScN., MD., FRCP is a staff physician with the Division of Adolescent Medicine at the Hospital for Sick Children and associate professor with the Department of Pediatrics at the University of Toronto. Dr. Kaufman will discuss **Adolescent Development** and its impact on the thinking, feeling and behaviour of teens as well as **Risky Behaviours & the Adolescent Spirit**.

Two additional speakers will address different topics. Duane Dhal, Assistant Director, Hamilton East Kiwanis Boys' and Girls' club will discuss **What Young People Need to Succeed: The Asset Approach**. B.J. Caldwell, HIV/AIDS Prevention and Outreach Educator will focus on: **Why Lesbian, Gay, Bisexual, Transgender, Queer Education and Resources are needed; and Free Workshops** that are available now to the Grey Bruce community.

Register with the Grey Bruce Health Unit 881-1920 or 1-800-821-7714.

**PIVOT**

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

It is published about the 15th of the month in

**Click-View and Print**

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

**Staff**

Director - Shane Barker  
Community Development Worker - 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](mailto:cnst@gbchc.org). Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation.

# Coffee Break 2005 a banner event in Grey Bruce

The Alzheimer Society Grey-Bruce 10<sup>th</sup> Annual Alzheimer Coffee Break is gearing up to be another wonderful success, thanks to hundreds of Coffee Break hosts across Grey-Bruce.

In 2004, our most Successful Coffee Break ever, 322 hosts raised \$34,000 to help us continue to provide education and support to individuals and families across Grey-Bruce.

Already this year we have more hosts than in 2004 and the number continues to grow. We are confident that Coffee Break 2005 will be another banner event in Grey-Bruce.

Want to Help? All you have to do is hold a 10<sup>th</sup> Anniversary Coffee Break. If you have held a Coffee Break in the past you know how easy and rewarding it can be.

If you have never held a Coffee Break here is your opportunity to get involved in a very important event.

Coffee Break is just what the name implies. It can be as simple or as elaborate as you like, from simply putting a donation box and Alzheimer information in front of the coffee maker at work, planning a wine and cheese party or even a potluck dinner.

Many Coffee Break hosts hold their event in the workplace,

and try to make it special by offering baked goods (some even have a bake sale) to their co-workers and their customers or clients.

Others hold Coffee Breaks after church on a Sunday, or as part of a social or service club gathering. Coffee Breaks are held in schools, offices, factories, stores and private homes. You can hold a Coffee Break just about anywhere you can have a cup of coffee.

Please consider hosting a Coffee Break (it is not too late). Coffee Break is officially Sept. 21, World Alzheimer Day, but hosts are free to choose a convenient day any time in September or into October. If you cannot host a Coffee Break you can still support us by visiting a Coffee Break in your community or by making a donation through our office.

You can even contribute online through Visa or MasterCard. Visit our website [www.alzheimergrey-bruce.com](http://www.alzheimergrey-bruce.com) and click on the DonateNow icon. Follow the instructions and when you get to the option of sending us a note, please tell us your gift is for Coffee Break.

Thank you to everyone who is making our Coffee Break 2005 another great success, as a host or supporter. You truly are making a difference right in your own community. *Deborah Barker*

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

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