



October 2006

PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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Mental Illness Awareness Week Activities

Together we can strengthen mental health

Mental Illness Awareness Week

(MIAW) runs from October 1—7, 2006. The Community Network Support Team, Family Support Initiative and the Consumer/Survivor Development Project programs will focus on promoting their services and help build awareness about Mental Illness through the following activities.

1. Mental Illness Awareness Week displays will be set up in five local libraries. A variety of mental health resources will be available.
2. *Out of the Shadows*, a movie portraying Mental Illness in a family, will be shown in Hanover on Tuesday October 3rd and Owen Sound on October 4th. Call 371-4802 for more details.
3. CNST Library "Open House" on October 4, 8:30—4:30. Our library contains over 1400 books and films dealing with a variety of mental health subjects. There is no fee required to become a member. Drop in and take a look at what we have available. A special door prize will be awarded to one lucky visitor. The winner will receive an autographed copy of Ron Ellis' book *Over the Boards*. This book deals with Ron Ellis' hockey life and how he dealt with depression.

<p><i>Consumer/Survivor Development Project</i> 519-371-4582</p>
<p><i>Family Crisis Support</i> 519-376-2121, X2777</p>
<p><i>Family Support Initiative</i> 519-371-4802</p>
<p><i>Community Network Support Team</i> 519-371-4551</p>



VISIT US AT 1139 2nd Ave. E., OWEN SOUND

MENTAL HEALTH RESOURCE LIBRARY
Mental Health Information/Resources

4. "Where to Find Help" is a listing of some of the mental health, addictions and social service agencies serving Grey and Bruce counties along with a brief description of their services and a contact phone number. CNST has targeted a variety of agencies and programs to receive free copies including all adult mental health and addiction programs. Give us a phone call if your agency is interested in getting some copies as well.
5. To highlight our local internet site that lists mental health and addiction services in Grey and Bruce fridge magnets will be distributed at all of our sponsored activities. To visit this site go to mhagb.ca and see what is happening.

Four-part Family Coping Skills series will run in an area near you

Pre-register by calling 371-4802

It's hard to believe that Summer is just about over and Fall is on our door step! We are shifting into high gear again for our Fall and Winter programming. In addition to the regular **Family Support and Information Groups** that we facilitate in Hanover and Kincardine, we will be offering several psycho-educational series throughout Grey and Bruce Counties. The 4-part **Family Coping Skills** series will be offered on Wednesday evenings in Markdale from September 27th through October 18th and on Thursday evenings in Port Elgin from November 16th through

December 7th. During the Winter we hope to run this series in Wiarton and Meaford/Thornbury areas (dates to be published in the next issue of the Pivot). In the Family Coping Skills workshops, families and friends that care for someone with mental health issues will learn some coping strategies, how to handle anger constructively, what it's like to be mentally ill, stress management and how to create a low-stress atmosphere, communication skills, problem solving, and how to handle violent, disruptive and self-destructive behaviours. On October 25th we are hosting an information session on

Wills and Henson Trusts for those who want to do advance financial planning for their family member that will not interfere with any disability pension or health benefits they may be receiving. A local lawyer, Mary McKerroll will be the speaker at this event. All of these sessions are free but participants must pre-register by calling 519-371-4802. We continue to provide packages of information on a variety of mental illnesses and **individual information and support sessions** throughout the year.

Georgia Palmer,

Family Support Worker

CSDP

Update for Fall

This stage of year marks a very busy time for us at the Consumer/Survivor Development Project. Cheryl and I are looking forward to touching base and seeing many of you who have been away over the warm summer months. Both new and continued programs and projects are in the works and we are encouraged!

We will be offering Mental Health Resource Sessions every Tuesday evening at Grey Bruce Health Services, Owen Sound Site. These are held in the 4-6 Conference room. This is a fabulous opportunity for consumers, family members and the general public to access general information around a variety of mental illnesses, medications,

self-help supports and community mental health resources.

We will be hosting Mood Disorder Support and Information Groups in Hanover and Owen Sound. We will also be hosting, "Coping with Mental Illness" information and support groups in the Kincardine and Wiarton areas. Journal writing, Healthy Relationships, Motivation and Self-Esteem workshops and seminars will be offered in Owen Sound, Hanover, Kincardine, Markdale and the Wiarton areas. A joint Journal Writing session will be presented in conjunction with Community Connections: Housing and Support Group Services Program.

The Fall edition of the People In Progress newsletter is ready to go to press shortly. Call or stop by the office for your free copy. In December we will be doing a seminar on "How to Handle Holiday Stress" in all five of the catchment areas. These projects and many more are on the way.

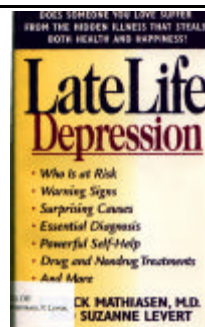
If you require any further information regarding any or all of these events please call us at **519-371-4582** or drop by the office at 1139, 2nd Avenue East in Owen Sound. Just ask for Jim or Cheryl. We look forward to hearing from you! See you soon!

Jim Lonie, Project Coordinator

Consumer/Survivor Development Project (CSDP)

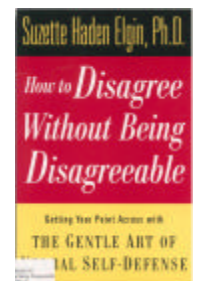
October: Library Month

Libraries play a valuable role in our communities



MENTAL HEALTH RESOURCE LIBRARY

1139 2nd Ave. E
Owen Sound



Learning opportunities keep you up-to-date

Check out "Healthcare Transformation in Ontario: Evolution or Revolution?"

Kirby Report "Out of the Shadows at Last"

In May, the Senate Committee on Social Affairs, Science and Technology, chaired by Senator Kirby, released a new three-year study on mental health, mental illness and addiction in Canada. *Out of the Shadows at Last* has been declared as the most comprehensive report on mental health in the history of Canada. For the highlights and recommendations visit: <http://www.parl.gc.ca/39/1/parlbus/commbus/senate/com-e/soci-e/rep-e/rep02may06high-e.htm> or type in "Out of the Shadows at Last Highlights and Recommendations" into your google.ca search engine. There are also numerous reviews of the report put out by various organizations.

Professional Development

Geneva Centre for Autism, Toronto Ontario has a new Fall 2006/Winter 2007 Calendar of Training Events. Visit www.autism.net

Professional development sessions designed for nurses, and other health practitioners, http://www.nursinglinks.ca/frameset_workshops.html

Leading Edge Seminars Fall Schedule:

- Fri. Oct. 13 *Cancer is a Word Not a Sentence: What Helping Professionals Need to Know About Cancer.*

- Mon. Oct. 16 & Tues. Oct. 17 *Emotions, Wiring and the Brain/ Body Connection*
 - Thurs. Oct 19 & Fri. Oct 20 *New Understandings of Grief: Current Theoretical Perspectives and Innovative Intervention Techniques*
 - Mon. Oct. 23 & Tues. Oct. 24 *Cross the Threshold: Risk Engagement and Wholeness*
 - Thurs. Oct 26 & Fri. Oct 27 *Internal Family Systems Therapy*
- Visit <http://www.leadingedgeseminars.org/> for more information.

Upcoming Conferences

Fourth Annual Conference hosted by CMHA, CAMH, Ontario Federation of Community and Mental Health Programs and Addictions Ontario **Making Gains, 2006 in Mental Health and Addictions: Healthcare Transformation in Ontario: Evolution or Revolution?** Sunday November 5 to Wednesday November 8, Toronto, Ontario. www.makinggains.ca

Fetal Alcohol Spectrum Disorder Northwest is hosting a conference entitled: "**Stronger Together: Moving Forward for Fetal Alcohol Spectrum Disorder**" October 18th & 19th, 2006 Dryden, Ontario. Target audience includes parents & guardians, health, social,

and educational service providers, community members, addictions and mental health workers & survivors, correctional workers, researchers, individuals affected by FASD. For more information visit: www.fasdnorthwest.org

The Centre for Addiction and Mental Health, Pan American Health Organization and the Canadian Centre on Substance Abuse is hosting **Knowledge Exchange & Translation Seminar** on Friday October 6, 2005 8 am – 1:30 pm in Toronto. A FREE seminar on substance use of interest to Policy Makers, Advisors, Practitioners and Researchers. For more information contact Michelle Tortolo at 416-535-8301 ext 6173, Michelle_tortolo@camh.net

Ontario Public Health Association Conference: **Cooperation, Collaboration, Synergy: A Foundation for Public Health** October 25 to 27 Cornwall Ontario. A forum for high quality learning and networking opportunities for public health professionals, Board of Health members, policy makers, urban planners, researchers, students and others interested in public health. www.ophaconference.ca

*Amber Robinson,
Community Development Worker, CNST*

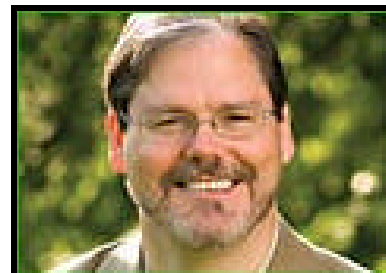
Find MIAW Displays at these local public libraries

Mental Illness Awareness Week is October 1st- 7th. This year's theme is "**Face Mental Illness**". In an effort to promote this event and to help reduce stigma, the Project will be setting up Mental Health displays and distributing resources at the following Public Library locations.

- **Chesley**- Monday, October 2nd- 1:00-4:00 pm

- **Hanover**-Tuesday, October 3rd- 10:00-3:00 pm
- **Markdale**- Wednesday, October 4th- 1:00-4:00 pm
- **Kincardine**- Thursday, October 5th- 10:00-3:00 pm
- **Warton**- Friday, October 6th- 1:00-4:00 pm

We hope to see you there!
*Jim Lonie, Project Coordinator,
CSDP*



Meet Dr. Michael Paré, one of the **FACES** of mental illness found at: <http://www.miaw-ssmm.ca/>
The courageous "faces" of the 2006 campaign share their stories to help bring mental illness out from the shadows. Through proper diagnosis, treatment, and awareness, people with mental illnesses can live productive and fulfilling lives.

“Through the strength of others we find our hope, our heart, our heroes...our inspiration”

Third Annual Inspiration Awards

Nominate someone for a Hero, Hope or Heart Award. Nominations are due no later than Friday, November 3, 2006.

Award criteria: Nominations in the following three categories are open to individuals across Canada.

The Selection Committee will be chaired by Dr. Anthony Levitt, Chief of Psychiatry, Sunnybrook Health Sciences Centre and a distinguished panel of judges. In 500-1000 words please answer the questions in the appropriate nomination category. Tell us why you feel your nominee should be honored with an Inspiration Award:

DELOITTE HERO AWARD

Awarded to a high profile individual who has completed, or is on, the journey through a mood disorder and who publicly supports/advocates for those who face the challenge of a mood disorder. This individual uses his or her high profile to eliminate stigma and inspire others. A true hero.

- Has this person experienced his/her own struggle with a mood disorder? Please describe.

- Has this person achieved high profile/celebrity status in the community? Please describe.
- How has this person publicly advocated for and supported others who are affected by mood disorders?
- How has this person used his/her high profile to combat the stigma/discrimination associated with mental illness?
- How has this person inspired others? Please give specific examples.

ELI-LILLY HOPE AWARD

Awarded to an individual who has made an outstanding contribution to mood disorders in the area of diagnosis, treatment or research. This individual uses his/her expertise to bring hope and inspiration to those who suffer from mood disorders.

- In what area of the health care community does this person work (e.g. scientist, physician, therapist etc.)?
- Give a brief history of the highlights of this person's career in the area of mood disorders and the impact it's had on patients.
- How has this person's work been

- recognized by others (both colleagues and/or patients)?
- What will be the legacy of this individual's work?

KPMG HEART AWARD

Awarded to an individual who has given exceptional support in the role of caregiver. This individual has put his/her heart into supporting and inspiring a co-worker, friend, or loved one who suffers from a mood disorder.

- What is the relationship being described?
- Briefly describe the mood disorder journey and the types of support given (e.g. physical, emotional, financial, spiritual etc.).
- Describe the impact of the support given.
- Describe how the nominee has inspired others.

For more information call the Mood Disorder Association of Ontario 1-888-486-8236, or visit: www.mooddorders.on.ca

In Crisis? CALL...1-877-470-5200

The newly established Mental Health Crisis Line of Grey and Bruce (a combination of the former Crisis Line and the Distress Line) is available **24 hours-a-day, 7 days-a-week, 365 days-a-year.**

The phone line seeks to support callers in emotional distress as well as callers experiencing a mental health emergency. Callers can expect caring, non-judgmental support aimed at helping them to seek solutions to the challenges they face.

Calls are answered by trained and professionally-supervised volunteers.

If you, or someone you know, is struggling to cope encourage them to reach out for help by calling 1-877-470-5200.

If you would like to know more about the Mental Health Crisis Line, or if you would like to offer feedback about the service, please contact Hazel Lyder, the Mental Health Crisis Line Coordinator, at 519 371 3642 (ext 25).

Family Crisis Worker

If you are a family member or friend who accompanies a loved one to ER at GBHS, Owen Sound and wish to have your concerns heard, ask to see a Family Crisis Worker.

Judy Kroes, Family Crisis Worker at GBHS, Owen Sound 519-371-2121, x2777

Online Yellow Book Update

The Yellow Book is expanding to include more organizations

The Community Network Support Team (CNST) has received tremendous response to our "call for updates and new submissions" to the Online Yellow Book Directory found on the website www.mhagb.ca.

The Online Yellow Book Directory is designed to provide the residents of Grey and Bruce with centralized and current information on not-for-profit mental health and social service agencies/programs in Grey and Bruce. Anyone who has access to the internet can use the search function in the directory to look up a local organization. Each entry provides you with contact information, a description of services, the population served, whether there is a cost for service and other important information.

Over the summer, CNST contacted organizations who are

listed in the directory and invited them to review and update their entries online with the use of a login name and password. In response, CNST received over 40 updates and we look forward to receiving more in the near future.

Because change is inevitable the online directory is always a work in progress. Organizations and programs change and we hope to keep the directory as current as possible. Organizations listed in the directory will receive a friendly reminder and "how to update" instructions every six months. But you need not wait for our reminder. If you have your login name and password, you can make updates anytime. If you have forgotten your login name or password just call us at 371-4551.

In addition to the updates, the Yellow Book is expanding to include more organizations. Over the summer we received over 20 new submissions and are eager to accept more. With more submissions, CNST hopes to develop a hard copy of the Yellow Book Directory making it more accessible. If you would like your organization listed in the Online Yellow Book Directory contact Shane Barker at 371-4551 or visit the website at www.mhagb.ca and click "Online Yellow Book Directory" and then click "Add Record."

Thanks again for providing the residents of Grey and Bruce with current information on your services! Your cooperation is appreciated by all!

Amber Robinson, Community Development Worker, CNST

New Smoking Study Is Helping People Quit!

The Tobacco Treatment Team at the Grey Bruce Health Unit is pleased to announce that in addition to our present clinical tobacco treatment services, Nicotine Replacement Therapy (NRT) is being offered to Grey Bruce citizens who wish to quit smoking. The availability of free NRT (patches, gum and inhalers) is a result of our participation in a provincial research study, called the *Smoking Treatment for Ontario Patients (STOP) Study*. Other partners include: the Centre for Addiction and Mental Health; Pfizer Consumer Healthcare, and the Ministry of Health and Long-Term Care.

Frequently, we hear smokers say that they believe NRT would strengthen their efforts toward their goal to be smoke free. However, many smokers find the expense of these products prohibitive, even though research shows that NRT significantly improves the success of quit attempts. NRT allows a person to function while learning to live without cigarettes. In addition, Public Health Nurses provide counseling to assist smokers achieve a long term smoking behaviour change. Recruitment for Grey Bruce study participants is expected to continue until December 1, 2006.

For more information on participating in the STOP Study contact the Health Unit at 519-376-9420.

*Lisa Prowd, R.N., B.Sc.N
Public Health Nurse, Tobacco Control Program, ext. 437*



Mark these great web sites for information about suicide...

- <http://www.befrienders.org/>
- <http://www.suicideinfo.ca/>

**STRENGTHENING
Mental Health
*Together***

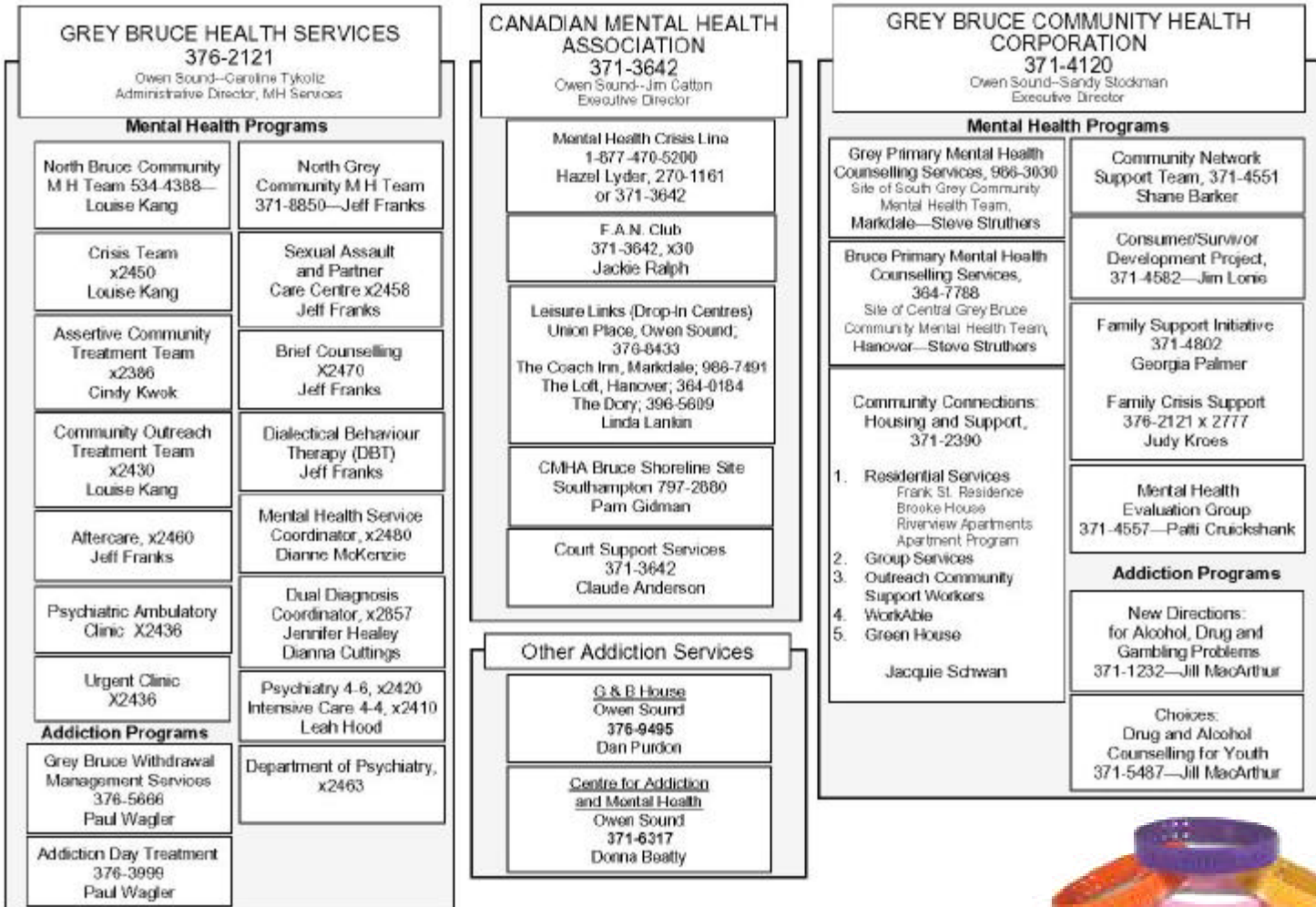
**WORLD MENTAL
HEALTH DAY—
October 10, 2006**

**Building
Awareness—
"Reducing Risk:
Mental Illness and
Suicide"**

Mental Health Grey Bruce Partners

Mental Health Services System Chart

MENTAL HEALTH/ADDICTION SERVICES - GREY/BRUCE COUNTIES



Mental Health Grey Bruce—“Partners in Mental Health” Wristbands show support

In support of **Mental Illness Awareness Week** (MIAW), the Mental Health Grey Bruce partners held a contest to develop a wristlet slogan. The contest’s goal was to find a slogan which highlighted the importance of mental health. Staff from the Canadian Mental Health Association; Grey Bruce Branch, the Grey Bruce Community Health Corporation and

Grey Bruce Health Services were invited to participate. In total there were 72 excellent entries however one seemed to stand out. The winning entry **“Partners in Mental Health”** comes from a united effort by the staff of Unit 4-5 of the Owen Sound site of Grey Bruce Health Services. This winning entry was rewarded with a \$75 Tim Horton’s Gift

Certificate. The wristlets will be distributed during MIAW, October 1st—7th, 2006.

*Shane Barker, Director
Community Network Support Team
519-371-4551*

Ontario Disability Support Program Changes to ODSP

You may have heard about a series of changes to the Ontario Disability Support Program. Amber Robinson, Community Development Worker had a chance to speak with Sandra Richardson, Income Support Manager with ODSP, to learn more about these changes and when the changes take effect.

I understand there are several changes to ODSP, some which come into effect in November 2006 and some which have already been implemented as of April 1, 2006.

What changes are already in place?

As of April 1, 2006, non-disabled spouses of ODSP recipients who don't have medical or caregiving responsibilities may be required to look for work with the help of Ontario Works employment services.

April 1, 2006 also marked the date for improved access to employment services. In Grey and Bruce this means that ODSP has established contracts with Career Horizons, HARC Inc., and Community Living organizations. People on ODSP can access these services through ODSP directly or through any of these three agencies. ODSP will pay these agencies only

when competitive employment (minimum wage or better) is secured for a total of 13 consecutive weeks. ODSP will also pay agencies for assisting clients in successful job retention. This means that the client and the agency have to be motivated to secure and retain employment.

What changes are taking effect in November 2006?

In November, ODSP will replace a more complex system of determining the earning exemption with a 50% flat rate earning exemption. This means that only half of the recipients' net income will be deducted from the ODSP benefit. Additionally, the recipient and each eligible member of the family who works may be eligible for a \$100 per month employment benefit. This translates into more money into the pockets of recipients and family members.

There are also a number of increases to existing benefits and deductions. Can you tell me more about these?

Other changes beginning November 2006 include: an increase from \$390 - \$600 in the maximum

deduction for informal child care costs, a maximum of \$600 for upfront informal child care cost to recipients commencing a new employment activity, and an increase in the maximum deduction for disability work related expenses from \$140-\$300.

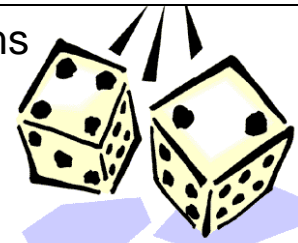
I've heard that there are number of changes that affect people who leave ODSP for employment. What does this entail?

ODSP has also introduced a new \$500 employment transition benefit for recipients who leave ODSP for employment. As well, ODSP will provide ongoing health related benefits (prescription drugs, dental and vision care) until employer coverage is available. If the job doesn't work out and you need to reapply for ODSP, changes in the rapid reinstatement rules will make it faster and easier to return to ODSP.

For general inquiries about ODSP please call 376-1951 ext 271 to receive a voice mail message for Employment Supports. For specific inquiries call 376-1951 and press 2 for a Customer Service Representative.

New Directions for Alcohol, Drug & Gambling Problems Free information sessions

Do you have questions about an addiction?



New Directions for Alcohol Drug & Gambling Problems is located at 1101 2nd Avenue East, Suite #207 in Owen Sound. If you are interested in gathering information about alcoholism or drug and/or gambling addictions, take advantage of the following upcoming sessions in Owen Sound and Walkerton.

OWEN SOUND
1101 2nd Ave. E

1. Monday, October 16 - 6:30 to 8:00 p.m.
2. Wednesday, November 15 - 1:30 to 3:30 p.m.

WALKERTON

South Bruce Grey Health Centre (Walkerton Hospital) Conf. Room
21 McGivern Street

1. Monday, October 16 - 1:30 to 3:30 p.m.
2. Wednesday, November - 22 1:30 to 3:30 p.m.

For more information call their office at 519-371-1232.

PIVOT

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

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

Click-View and Print

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

Staff

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

Submission Deadlines

January 1
April 1
July 1
October 1

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

Alzheimer Society of Grey-Bruce Get your resource package

The Alzheimer Society of Grey- Bruce has put together pre-made resource packages. Learn how to best care for someone with Alzheimer Disease. Inside this package is "A Handbook for Care". It outlines caregiving strategies for day-to-day living, safety concerns, the effects of Alzheimer Disease and signs and symptoms of the disease. There are other pamphlets as well including a poster with these helpful absolutes of caregiving.

The Ten Absolutes of Caregiving

1. Never argue...instead agree
2. Never reason...instead divert
3. Never shame...instead distract
4. Never lecture...instead reassure
5. Never say "remember"...instead reminisce
6. Never say "I told you"...instead repeat
7. Never say "You can't"...instead "Do what you can".
8. Never command ...instead ask or model.
9. Never condescend instead...encourage and praise.
10. Never force instead...reinforce.

The Alzheimer Society Grey Bruce can be reached at 519-376-7230 or visit their office at 753 2nd Ave. E., Owen Sound.

Where To Find Help *Grey/Bruce* is a guide that highlights local services, directing you to get the care you need.



**Call CNST for your
copy of WTFH.
519-371-4551**

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

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