



April 2007

PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

INSIDE

- 3 MHAGB web site updates
- 5 Information and Education
- 6-7 Across Grey Bruce

Margaret Trudeau launches new Mental Health Crisis Line

MEDIA RELEASE
11th April 2007

On **Tuesday, May 1st 2007** the celebrated mental health advocate, **Margaret Trudeau**, will launch the **Mental Health Crisis Line** of Grey & Bruce. Sharing the story of her own journey through illness and treatment to recovery and hope she confronts the stigma that often surrounds a mental illness diagnosis.

For all her adult life, Margaret Trudeau has suffered from the debilitating effects of bipolar disorder, a form of depression characterized by mood swings between two poles – depression and mania. Having overcome her own fears about asking for help and seeking medical treatment, Ms Trudeau will talk about the balance and happiness she has achieved in her life.

Trudeau acknowledges that it is difficult to admit that you are ill and need help. Initially she was also reluctant to take medication, afraid that it would undermine her

creativity and in some way diminish her true personality. Now she believes that medication in conjunction with caring support and compassion are vital components in recovery.

Ms Trudeau is pleased to officially launch the Mental Health Crisis Line – a 24 hour caring response and hopes her story will make it easier for others to overcome barriers.

Ms Trudeau will deliver a free public lecture on **Tuesday, May 1st at 7.30 p.m. at the OSCVI auditorium.**

In addition, there will be an array of displays in the atrium area showcasing mental health programs available in Grey & Bruce.

All are welcome. There is no charge for this event. **Doors open at 6.30 p.m.**

The Mental Health Crisis Line of Grey & Bruce is a joint initiative of *Grey Bruce Health Services* and *The Canadian Mental Health Association (Grey Bruce).*

Hazel Lyder



Margaret Trudeau

Officially launching
THE MENTAL HEALTH CRISIS LINE

of Grey & Bruce

1-877-470-5200

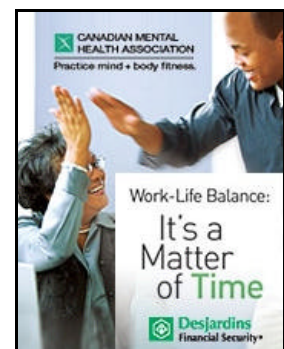
May 7—13th, 2007

National Mental Health Week

This year the *Canadian Mental Health Association (CMHA)* wants Canadians to achieve a better work-life balance.

If you find it difficult to balance the different roles in your life, you're not alone. Read more on their web site:

www.cmha.ca/bins/index.asp



2 Family Crisis Support Worker

Do you know when to get help?

Who am I?

The Family Crisis Support Worker is available to family members who are present at the Emergency Department of the Owen Sound hospital with a relative or friend in a psychiatric and/or psychosocial crisis.

Referrals are made by members of the Crisis Team.

What is Crisis?

Crisis can be defined as a:

dangerous or worrying time:

a situation or period in which things are very uncertain, difficult, or painful, especially a time when action must be taken to avoid complete disaster or breakdown

(MSN Encarta Dictionary)

What do I do?

- Provide immediate support for the family while their relative is being assessed by a Crisis Worker
- Provide assistance to understand Emergency Department policies and procedures
- Provide assistance in navigating the mental Health System within the hospital and Grey/Bruce
- Provide information to family members about the Mental Health Act and the Personal Health Information Protection Act
- Provide information and resources regarding the various diagnoses of serious mental illnesses
- Offer educational activities that help equip family members to

support a loved one with a mental illness. These activities focus on coping skills, communication techniques and problem solving

Can I help you?

If you would like more information about the role of the Family Crisis Support Worker, call Grey Bruce Health Services at 519-376-2121 Extension 2777. Hours of operation are Monday to Friday 8:30 am to 4:30 pm.

Judy Kroes, Family Support Initiative
Family Crisis Support is a joint venture of the Grey Bruce Community Health Corporation & Grey Bruce Health Services (Owen Sound Site)

Access valuable resources at the Mental Health Resource Library

The Mental Health Resource Library is a service of the *Community Network Support Team, Consumer/Survivor Development Project and the Family Support Initiative*. These program offices and the Adult Mental Health Resource Library are located at 1139 2nd Ave. East in Owen Sound. The library is a free service, open to the public. It houses an extensive collection of books and videos covering different aspects of mental illness.

Specific topics include:

Schizophrenia
Depression
Anxiety
Bipolar Disorder
Borderline Personality Disorder
Medications
Self-Help
Family Support
Consumer/Survivor Issues

If you take the time to visit our offices or the library, feel free to pick up copies of the *Pivot Newsletter, Where to Find Help in Grey Bruce*, a quick-find reference outlining local services in our community, or our Program Brochure that describes our services.

Team Brochures about the services of Mental Health *Grey Bruce* can also be obtained through our office.

If you would like more information about our library resources, or the programs here at this site, call us at 519-371-4551.



May 27th, 2007
Schizophrenia Walk
of Hope

**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



May 15th, 2007
International Day of Families

Community Network Support Team

Mental Health and Addiction web site updates

The Community Network Support Team (CNST) has been busy updating the *Mental Health and Addiction in Grey Bruce* web site so that residents of Grey and Bruce are able to access the most current information on mental health, addiction and other social services in the area. www.mhagb.ca has detailed information on mental health and addiction services in Grey and Bruce. During the past few months, we have been working to make the site more relevant and user friendly. If you go to the site you will find new information in the following areas.

Upcoming Events

This is the spot where we list all conferences, educational events, support groups, meetings, workshops and seminars that might be of interest to people in the Grey Bruce area. They may be open to the public or specific audiences. They may be in town or out of town. If you are holding a mental health event or if you know of a mental health event that would be of interest to others, please call (519) 371 4551 or email nhall@gbchc.org.

Employment

This is the spot where we list all current and relevant employment opportunities within the Grey Bruce Community Health Corporation, Grey Bruce Health Services and the Canadian Mental Health Association. If you know of an opportunity that you think would be of

interest to people accessing this site, please call (519) 371 4551 or email nhall@gbchc.org.

Online Yellow Book

For many years the Yellow Directory has been widely used across Grey and Bruce counties by people needing information about health and social services. If you have held on to your old Yellow (binder) Directory, you will be happy to hear that the Community Network Support Team (CNST) is working to make the online version just as relevant and useful. The Online Yellow Book Directory was designed to provide 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. It allows anyone to access information in the database that lists not-for-profit and government funded health and social service agencies. Each entry provides contact information, a description of services, the population served, whether there is a cost for the service and other important information. Anyone who has access to the internet can use the search function in the directory to look up a local organization.

Because organizations and programs are constantly changing, the online directory is a work in progress. We try to keep the directory as current as possible however. To see if an organization is listed

and view its information, go to the web site www.mhagb.org. There you will find a direct link to the Yellow Book directory. You can also access the directory by going first to "Resources" and then in the drop down menu, clicking *Yellow Book Online*. You can then use the search function in the directory to look up an organization. Over the summer, CNST contacted organizations that were 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, we received over 40 updates. We have also received over 40 new submissions since that time. We now have, 110 organizations listed in the Directory and all have been updated. We are hoping that organizations listed in the Yellow Book will check their entries regularly and update them as needed or let us know about changes as they occur.

There are plans to expand the directory. In the next few months, CNST will be contacting social service agencies not listed in the directory, inviting them to add their information. If you have any questions about this project, would like to be included in the directory or know of an organization that you think should be included, please contact CNST by calling 519-371-4551.

*Nancy Hall,
Community Development Worker*

Schizophrenia resources at the Mental Health Resource Library

REACHING OUT

Schizophrenia affects one in every 100 Canadians. The usual time of onset for this neurobiological illness is between 15 and 25 years of age. Thus, high school students are in the age group that is at risk.

Unusual behaviours often attributed to adolescence may be indicative of the onset of mental illness.

The resource tool "Reaching Out", is designed for teachers, and was published by the British Columbia Schizophrenia Society. Two copies are available here at our office for loan. There is no cost to borrow items, however, we require that you fill out a lending agreement. Our office hours are from 8:30—4:30 pm. Monday through Friday.

Donation forms for

Walk of Hope

are available at...

<http://www.walkofhope.ca/don.pdf>

Stay in touch to take advantage of upcoming events and activities!

Well if many of you are like me, you are glad to see the heels of winter and the spring flowers starting to work their way through the ground. All are signs of new life and the change of season. This time of year brings about many changes for us at the Project, yet some important activities will remain the same. We are looking forward to co-hosting with CNST and FSI a number of exciting summer activities. We are planning on the Adult Mental Health Library being open some evenings during the summer. We are hoping to introduce a new slate of movies for the ever popular evening

discussion series regarding "Mental Illness as Portrayed in Contemporary Film". There will also be a number of helpful and interesting presentations, dynamic speakers and special events occurring over the summer months. I will be conducting a number of Men's mental health roundtable discussion groups across the area while Cheryl will be offering workshops including Self-esteem and Journaling. The Mood Disorders Support and Information groups in Owen Sound and Hanover will continue to meet during the summer as will the Warton and Kincardine Coping with Mental Illness

Information and Support Groups. For any information concerning any or all of these events please call us at the Consumer/Survivor Development Project (519) 371-4582 or drop by the Office at 1139 2nd Avenue East...we would be glad to meet you.

I would also like to thank the many people who turned out to the Theresa Claxton presentations "Finding My Way Back to Myself"... they were a resounding success!

*Jim Lonie, Project Coordinator
Consumer/Survivor Development Project*

Family Support Initiative Update

The warm and spring weather breathes new life. With no winter storms to battle, our spring programs are moving out into the southern end of Grey and Bruce Counties.

Coping with the Mental illness of a Relative or Friend

The goal of this four-week educational series is to assist family members/friends who live with the reality of mental illness in their family or friend. The course will cover:

- Coping strategies
- Handling feelings & anger constructively
- What it's like to be mentally ill
- Creating a low stress atmosphere
- Stress management
- Communication skills
- Problem solving
- Handling violent, disruptive and self-destructive behaviour

This series will be held on Thursday evenings from 7:00 – 9:00 p.m. at these locations:

Hanover – April 12, 19, 26 & May 3, 2007

Kincardine – June 7, 14, 21 & 28, 2007

The sessions are free but you must call **519-371-4551** to register and for exact location.

Your Partner & Mental Illness

- This 4-part series deals with issues commonly experienced when a spouse/partner has a mental illness. The topics are:
- What Happened to "Happily Ever After"?
- Rebuilding the Partnership
- Hot Topics (Finances, Sex, Children)
- Meeting *Your* Needs

This course will be held on Thursday evenings from 7:00 – 9:00 p.m. at the following location:

Hanover – May 10, 17, 24 & 31, 2007

This workshop series is free but you must call **519-371-4551** to register and for exact location.

Family Support and Information Groups

We are starting a new Family Support and Information Group in Thornbury on Wednesday, April 11, 2007. We are also changing the day that the Kincardine group meet from Tuesdays to Wednesdays starting April 18, 2007. The Hanover group will continue to

meet on the fourth Tuesday of the month and will not be changed to Wednesday evening until June 27, 2007. The time frame of 7– 8:30 p.m. will remain the same for all groups. The new schedule will be as follows:

- **Owen Sound**
- The 1st Wednesday of each month
- **Thornbury**
- The 2nd Wednesday of each month
- **Kincardine**
- The 3rd Wednesday of each month
- **Hanover**

The 4th Tuesday of each month in April and May and the 4th Wednesday of each month thereafter.

For exact location please call me at 519-371-4802.

One-On-One Information and Support

In addition to group education and support, the Family Support Initiative offers individual sessions to provide information and support to family members or friends of someone with a mental illness. Just call 519-371-4802 to make an appointment.

*Georgia Palmer
Family Support Worker*

Resources

Families can get information about co-occurring mental health and substance use problems

Your Feelings (Stigma by Association) are a Normal Reaction Education is key to moving beyond stigma. The Centre for Addiction and Mental Health (CAMH) has developed the *Family Guide to Concurrent Disorders* for families of people with co-occurring substance use and mental health problems. Based on CAMH’s work in running family support and education groups, this guide is designed for families to use on their own or with a treatment program. It includes insights from other families, information about treatment options, plans for self-care, advice on how to move beyond stigma and much more. To download the guide and other information on concurrent disorders, go to www.camh.net and type in the words “family guide to concurrent disorders.” (Available Summer 2007)

About Stigma

Feeling ashamed about problems is a sign that there is stigma attached to the situation. “Stigma” refers to negative attitudes (prejudice) and negative behaviour (discrimination) toward people with substance use and mental health problems.

The Effects of Stigma

The effects of stigma may be even more painful and harmful for families than dealing with the fact that a loved one has substance use and mental health problems. Stigma can discourage families from seeking care and support for both their loved one and themselves.

*Excerpt from Brochure
“Moving Beyond Stigma” CAMH*

To order copies of the above-named brochure, or other CAMH publications contact
Publication Services:
1-800-661-1111



Local Owen Sound Office for the Centre for Addiction & Mental Health: (519)371-6317
The local office links the local community with current research and knowledge available through CAMH in Toronto.
Email: donna_beatty@camh.net.

Concurrent Disorders Consultant hired with *New Directions for Drug, Alcohol and Gambling Problems.*
(519)371-1232

**Refer to Page 6
for more
information.**

Promise to wear, promise to care bracelets

A reminder to take time for mental health

Promotional bracelets can be picked up at the Community Network Support Team’s office, 1139 2nd Ave. E. Mental Health *Grey Bruce* commissioned the development of a special bracelet to support the National Campaign that focused on the importance of good mental health during Mental Illness Awareness Week in October, 2006. The green bracelets sport a slogan “Partners in Mental Health—MHGB”.

Pick up bracelets from our office and wear these as a reminder to take time for your mental health. The Partners in Mental Health *Grey Bruce* are: *Canadian Mental Health Association, Grey Bruce Branch, Grey Bruce Community Health Corporation and Grey Bruce Health Services.* Help them to promote mental illness awareness by partnering with them and wearing this wristband.



Partners in Mental Health—MHGB
www.mhagb.ca

New Directions for Alcohol, Drug and Gambling Problems

Meet our new Concurrent Disorders Consultant!

Welcome Brenda

The staff of *New Directions* and *CHOICES* are very pleased to welcome Brenda Côté who recently joined *New Directions*' team as a Concurrent Disorders Consultant. Brenda's very valuable knowledge and experience will assist our addiction and mental health system to advance their capacity to serve individuals with concurrent substance abuse and mental illness. Brenda has a Master's degree in Clinical Psychology with valuable employment experience in a Concurrent Disorders

Program, Psychological Services and Correctional Services in Thunder Bay and the surrounding rural area. Brenda will be a resource to staff of the addiction and mental health services providing education and consultation as well as supporting the system as a whole to integrate and strengthen services for people with concurrent disorders.

All staff of *New Directions* and *CHOICES* remain very busy providing assessments, ongoing treatment, referrals and education to

adults and youth & their families in Grey and Bruce Counties who are affected by alcohol, drug or gambling problems. We offer our services at 7 outreach offices and all high schools across the two counties. People are welcome to attend one of our information sessions as well as a monthly parents group.

*Jill MacArthur, Director
New Directions for Alcohol, Drug and
Gambling Problems*

Grey Bruce Mental Health Court Support Services

Release Planning Case Manager—a new position!

Thanks to the efforts of the Human Services and Justice Coordinating Committee's efforts, *Grey Bruce Mental Health Court Support Services* has added the position of Release Planning Case Manger to its existing services. This program offers a discharge planning process, for individuals suffering from a serious mental illness and who are currently in custody, to reintegrate into their community once they are released.

This position is funded by the Ministry of Health and Long Term Care and is sponsored by the Canadian Mental Health Association Grey Bruce Branch. Since May 2nd 2005 Mental Health Court Support has been available to both the Owen Sound and Walkerton court house. The Release Planning program works with this existing mental health court support service.

The goals of Release Planning are:

- To establish community linkages by networking with existing community services
- To provide outreach to local jails, and provide a central point of contact for individuals to negotiate the community and mental health services they require
- To provide a comprehensive assessment of needs and assist individuals in establishing goals for their release
- To provide individuals with systemic advocacy and coordination of services as needed

The Program has a voluntary mandate and serves people over the age of 16 who have a serious mental illness, and /or developmental delay or acquired brain injury and find themselves involved in the justice system in Grey or Bruce counties. Referrals are taken from all sources and can be made by calling (519) 371-3642.

Margaret Forbes has been working in the capacity of Release Planning Case Manger since December 2006. The community programs and the local jails have been very supportive of this new service. If you would like more information about the Program or would like us to do a presentation or receive our brochures, do not hesitate to call CMHA (519) 371-3642.

Margaret Forbes, Case Manager

Low Risk Drinking Committee of FOCUS

A hangover may be the least of your worries

Most people know that drinking too much alcohol can lead to some unwelcome symptoms the next day. But the trademark headache, upset stomach and fatigue you experience from a hangover may be the least of your concerns. According to the World Health Organization, alcohol is the third most harmful risk factor for chronic disease (WHO, 2003).

Research indicates that drinking more than 1 standard drink per day for women and 2 for men is associated with increased risks of high blood pressure, stroke and some types of cancer. As the amount of alcohol consumed increases, the risk of these conditions also increases. “We need to clear up misconceptions that people may have about alcohol and health,” says Marie Barclay, Coordinator of the Grey Bruce FOCUS Project. “The bottom line is that for healthy people who choose to drink, reducing intake will help reduce the risk for chronic disease and other alcohol-related problems.”

In February FOCUS communities across Ontario launched a province-wide campaign to raise awareness about alcohol and chronic disease, including the risk of stroke. Drinking more than 1-2 drinks per day and binge drinking (more than 5 drinks at one time) can double the risk of ischemic stroke and increase

the risk of hemorrhagic stroke two-to three-fold. Alcohol use at these levels increases the risk of stroke by raising the blood pressure and contributing to obesity.



So if you don't drink, don't start. But if you choose to drink alcohol on occasion, the best advice is to limit your intake to no more than one to two standard drinks a day. The weekly limit for women is nine drinks; for men, it's 14. And remember, there are some situations where you should not drink at all (e.g., pregnancy, addiction, some chronic illnesses, driving).

The FOCUS Community Program is an initiative of the Ministry of Health Promotion. Grey Bruce FOCUS Project is one of 22 FOCUS communities in the Province of Ontario.

The overall goal of the program is to prevent problems, including injuries and chronic disease associated with alcohol and other drug use. The Grey Bruce FOCUS Project along with community partners CAMH, Heart & Stroke Foundation of Grey Bruce, Grey Bruce Health Services, the Canadian Cancer Society and New Directions for Alcohol, Drug and Gambling Problems implemented a local campaign in order to disseminate low risk drinking information community wide.

For more information on low-risk drinking call Grey Bruce FOCUS at Public Health, 1-800-263-3456 or visit our website at www.focus-alcohol.org

*Marie Barclay, R.N. B.N., Coordinator, Grey Bruce FOCUS Project
Jill MacArthur, Program Director, New Directions & CHOICES
on behalf of the Low Risk Drinking Committee of FOCUS*

8th Annual CMHA Consumer Conference

**Working towards a balance...
What works for you?
Live, laugh and love**

**Presentations—Food
Music—FUN
GREEN HOUSE
WIARTON**

**Cost \$5.00
Wednesday, May 9 2007
To register and for information, contact any Leisure Links siteCMHA**

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 - Nancy Hall
Program Secretary - Joanna Depencier

Submission Deadlines

January 1
April 1
July 1
October 1

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

Engaging Patients in their treatment

The Illness Management Recovery Program is the First Annual Spring Forensic Workshop for Mental Health Professionals and is co-sponsored by: *Mental Health Centre Penetanguishene Division and The University of Toronto Department of Psychiatry.*

Cost: \$300

Workshop Hours:
June 13 and 14—8:45 a.m.-4 p.m. and June 13 in the evening.

This workshop will provide clinicians with two intensive days of training in the use of Mueser and Gingerish's Illness Management Recovery Program. Because the Program adopts a multidisciplinary

team approach, interested clinicians are encouraged to attend this workshop with other members of their team. In order to understand the focus of the Program and this workshop, potential attendees are strongly encouraged to visit this web site for detailed information: <http://www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/illness/>

Registration Deadline:
May 15th 2007

Direct all inquiries to Ms Christine Trendell, Forensic Division Assistant 705-549-3181, x 2650.

For more information visit: www.mhcva.on.ca/forensic/index.htm

Excerpt from brochure

Brain Injury Association of Grey-Bruce New Location for support group meetings

BIAGB has recently found meeting space in the United Way Building at 380 9th St. E in Owen Sound. The office is open once a week on Wednesdays. Support Group Meetings run once/month. Upcoming meetings are April 26

and May 24th, beginning at 7 p.m. Survivors, caregivers, professionals are welcome to attend. Inquiries are also welcome.

Call: 519-373-8555 or
Visit: <http://biagb.com/>

Sandy Ribey, Chairperson

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1139 2nd Avenue East
Owen Sound, Ontario N4K 2J1

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