



PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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National Addiction Awareness Week November 15 -19

Speaker's Corner on the New VR Students, this is your opportunity

The more comfortable we feel communicating with each other and discussing drug-related issues as a family, community and a society, the better we will become at recognizing and addressing drug-related problems.

This year during Drug Awareness Week, communication is the focus. Five area high schools will be involved with activities that encourage youth to verbally create their own message about issues surrounding alcohol and related risks. The World Health Organization document, *Broadening the horizon: Balancing protection and risk for adolescents 2002*, states, "A world fit for children is one which... all children, including adolescents, have ample opportunity to develop their individual capacities in a safe and supportive environment'. Adolescents say they need an environment that reduces risky behaviour and supports their development. One factor in such an environment is 'encouragement of self-expression'. Students will have an opportunity to express their feelings and attitudes on the

New VR's popular television show, "Speaker's Corner". They will respond to one of four statements:

1. Talk to us about how your friends may or may not influence you about using alcohol and other drugs.
2. Talk to us about what else there is to do in our area besides drinking or doing other drugs.
3. Talk to us about the impact that media messages about alcohol have on you and your friends.
4. Talk to us about what you would do if your designated driver had been drinking.

*Marie Barclay, Public Health
Focus Project*



*The new VR
Speaker's Corner*



Grey Bruce Addiction resources

Addiction Day Treatment
Manager, Paul Wagler
495 9th Avenue E. PO Box 846
Owen Sound, Ontario N4K 5W9
376-3999

Centre for Addiction and
Mental Health
Project Consultant, Donna Beatty
1278 4th Ave. W
Owen Sound, Ontario N4K 4W6
371-6317

CHOICES: Drug and Alcohol
Counselling for Youth
Program Director, Ellie Jenks
1101 2nd Avenue East, Ste 207
Owen Sound, Ontario N4K 2J1
371-5487

G & B House
Executive Director, Dan Purdon
509 - 9th Avenue East
Owen Sound, Ontario N4K 3E2
376-9495

Grey Bruce Withdrawal
Management Services
Manager, Paul Wagler
495 9th Avenue E. PO Box 846
Owen Sound, Ontario N4K 5W9
376-5666

New Directions for Alcohol,
Drug and Gambling Problems
Program Director, Jill MacArthur
1101 2nd Avenue East, Ste 207
Owen Sound, Ontario N4K 2J1
371-1232

Ontario Drug Awareness Partnership

Parent Kit

Help young people face drug and alcohol issues

Parents, you have the power to influence your child's decisions about alcohol and other drugs!

A new parent information kit, *Alcohol & Other Drugs*, will be launched during the week. This kit has been created based upon the specific information that parents in Grey and Bruce counties have told us they need. It is a parent's guide to help young people who may be facing challenging situations and tough decisions about alcohol and other drug use.

To obtain a free copy of the **Grey Bruce Parent Information Kit** call:

- Owen Sound area 376-9420 or 1-800-263-3456;
- Walkerton area: 881-1920 or 1-800-821-7714

*Marie Barclay,
Public Health, Focus Project*

Addressing substance use during pregnancy & beyond

Supporting Change - a workshop you will want to attend

Workshop Details

- Nov. 22, 2004
- 9:00 a.m. to 4:00 p.m.
- Elmwood Community Centre,
Bruce Rd.10 Fire # 38,
Elmwood
- Register by Nov. 17th
- Fee \$20.00
- Speakers include Ellie Jenks,
Jill MacArthur, Amanda
McManaman and Julie Lipsett.

Objectives are to understand the effects of substance use during pregnancy; identify and use a screening tool for detecting substance use; develop confidence in screening and counselling women with substance use and refer them to appropriate services & identify local and provincial resources and services to help women. This workshop is organized by the Substance Use and Early Years Committee.

For more information call 376-9420 x448.

Find resources on Fetal Alcohol Spectrum Disorder

The Ontario Early Years Centre—Grey Bruce Owen Sound, in partnership with Grey Bruce Children's Services is pleased to announce that their library has been expanded by 12 new books, plus

videos, booklets and articles courtesy of FASD Community Mobilization Group. Get information on this topic by visiting 845 2nd Ave. East, Owen Sound, or calling 371-4773. Web site: www.bgcskids.org.

Owen Sound Methadone Clinic

Dr. Keith Dyke gives informative responses when asked about the Methadone Clinic

Methadone is a long-acting opioid, or narcotic medication that prevents withdrawal symptoms and helps reduce drug cravings in opioid dependent individuals. The *Methadone Maintenance Guidelines* report, published in 2001, indicates that methadone can prevent the occurrence of withdrawal symptoms or cravings when a patient receives an optimal

dose and enables individuals to function and perform mental and physical tasks without impairment.

Louise Chase from the Consumer/Survivor Development Project interviewed Dr. Keith Dyke, Clinic, Director from the Owen Sound Methadone Clinic. Questions are highlighted to help you find specific information. Louise is grateful for his

thoughtful responses that can be shared here and hopes that you will find the following information interesting.

When and why did the Owen Sound Methadone Clinic first open? Ontario Addiction Treatment Centers own and operate 20 methadone clinics across Ontario including

Cont'd on page 7

Concurrent Disorder

The Mental Health Library has lots of good information

The resources highlighted in this article could be helpful to people who wish to be educated about Concurrent Disorder (a mental health disorder and a alcohol/drug addiction occurring at the same time). The books and videos listed here relate to an addiction occurring with a serious mental illness (SMI). SMI's include Anxiety, Depression, Bipolar Disorder, Schizophrenia, and Personality Disorder.

Books at the Mental Health Resource Library are grouped under various categories. Some of the categories compliment each other, and a person will often find that more than

one section can be beneficial to them. So when you make your first visit to the library, don't feel overwhelmed by the large assortment of books that are available. Assistance is just a question away.

Reading is for learning, enjoying and doing ie. making small changes over a long period of time when it's time to. Reading and "doing" what a book advises will not guarantee the same experience for everyone. Pondering over messages to determine what is "right" for you is also valuable. Engage yourself in a book to help you better deal with the issues that you might have difficulty with or feel are

too sensitive, painful or too overwhelming to tackle on your own. Books:

- Counselling Clients with Chemical Dependency and Mental Illness
- Overcoming Addictions—Skills Training for People With Schizophrenia
- Substance Abuse Treatment for people with Severe Mental Disorders

Videos:

- Double Trouble, Part I & II
- Addictions and Mental Illness

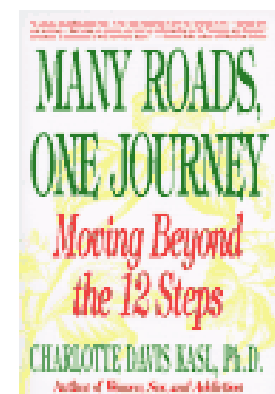
A variety of books and videos are available at the Mental Health Library, 1139 2nd Ave. E., Owen Sound 371-4551.

There are many faces of alcoholism

Alcohol use, abuse and addictive tendencies are described by author, Charlotte Davis Kasl in her book, *Many Roads One Journey*. These types are listed below:

1. Robot Drinking
2. Escape-hatch Drinking
3. Stimulant addiction for low blood sugar
4. Heavy Drinkers
5. Classic Alcoholism

On page 127 of this book she reviews myths and realities of alcoholism. One example of a misconception she gives is that addiction to alcohol is primarily physiological, not psychological. Alcoholics become addicted because their bodies are physiologically incapable of processing alcohol normally. Find this book at the Mental Health Library, 1139 2nd Ave. E., Owen Sound, 371-4551.



Some good news for smokers

It's never too late

Up to 90% of people living with mental illness have issues with smoking as opposed to 22% of the general population. For individuals thinking about making a New Year's Resolution to quit or reduce their smoking, here is some interesting news:

As soon as you snuff out that last cigarette, your body will begin a series of physiological changes.

Within 29 minutes: Blood pressure, body temperature and pulse rate will drop to normal.

Within eight hours: Smoker's breath disappears. Carbon monoxide level in blood drops and oxygen level rises to normal.

Within 24 hours: Chance of heart attack decreases.

Within 48 hours: Nerve endings start to regroup. Ability to taste and smell improves.



Within three days: Breathing is easier.

Within two to three months: Circulation improves. Walking becomes easier. Lung capacity increases up to 30 per cent.

Within one to nine months: Sinus congestion and shortness of breath decrease. Cilia that sweeps debris from your lungs grow back. Energy increases.

Within one year: Excess risk of coronary heart disease is half that of a person who smokes.

Within two years: Heart attack risk drops to near normal.

Within five years: Lung cancer death rate for average former pack-a-day smoker decreases by almost half. Stroke risk is reduced. Risk of mouth, throat and esophageal cancer is half that of a smoker.

Within 10 years: Lung cancer death rate is similar to that of a person who does not smoke. The pre-cancerous cells are replaced.

Within 15 years: Risk of coronary heart disease is the same as a person who has never smoked.

For more information contact Grey Bruce Mental Illness & Smoking Issues Committee at 371-6317 or the S.O.S. Self Help Group 371-4582.

Alzheimer Society Grey-Bruce "Walk for Memories"

Find a better way to stay warm

It is a Saturday morning, late January 2005. It is cold, almost blustery. You look out the window and shiver. Thoughts of snuggling back under the comforter spring gladly to mind.

STOP! I know a better way to get a nice warm feeling. How about a morning of camaraderie, fun, and fellowship and a little moderate exercise, perhaps? A muffin or a couple of Tim Bits with a cup of coffee wouldn't hurt either.

Join us for the annual Alzheimer Society of Grey-Bruce Walk for Memories. This indoor walkathon is just the thing to help

When you pick up a pledge sheet and ask people to support your participation in the Walk for Memories you will be helping people you know and care about right here in your own community.

lift the mid-winter blahs. You will be supporting an organization that

provides important support and education services to persons with Alzheimer Disease and related disorders across Grey-Bruce. And you will be having a good time doing it.

The Alzheimer Society of Grey-Bruce Walk for Memories take place in Owen Sound and Hanover on Saturday **January 29, 2005** from 9 a.m. to noon. The Owen Sound walk takes place at West Hill Secondary School and the Hanover

The Sexual Assault Centre of Grey and Bruce Eliminating violence against women is celebrated on November 25th

An outline of some up-and-coming workshops and groups are listed below. At these groups you can work at healing the scars that violence creates. If any of these groups interest you, make a phone call today.

Presently, we are running a group for adult women that have **survived childhood sexual abuse**. Even though this group is full, we have a **waiting list** for the next group. Please call to place your name on the list for the next group to be held in the spring.

December, Thursday's 9th and 16th:
"Christmas de-stress Workshop"

What does Christmas mean to you as a survivor of sexual abuse? What should it mean? Can you create NEW traditions. These and other perspectives will be discovered during this workshop.

January, Thursday's 13th & 20:
"Persephone Days"

In this workshop, we will examine how and why we need to self care during the dark days of winter. As Survivors of sexual abuse, winter months, post Christmas and festive times, can be very difficult and depressing. How can we use this dark time of the year to ensure comfort and perspective?

February, Thursday's 10 & 17th:
"Biblio-therapy Workshop"

Simply put, a book review workshop! As a survivor of sexual abuse, what do you read to keep you going? Reading is a great source of comfort and encouragement. Come and share your best reads and be introduced to some new ones. Also, enjoy a sample reading of Eve Ensler's, "The Vagina Monologues"

March, Thursday's 17th, 24th & 31st:
"Mask Workshop"

As adult women and survivors of sexual abuse, how have we protected ourselves by using masks? Come and discover how masks have influenced our lives and how masks have been perceived throughout history. This is a very popular workshop and space is limited so please register early for this exciting and intense workshop.

All workshops presented by The Sexual Assault Centre of Grey Bruce are free. Some assistance with transportation and childcare can also be arranged.

If you have any questions please give me a call, Bonita Johnson deMatteis at 369-6633.

Christmas expectations Take charge of stress

When we think of the Christmas season many people associate it with Charles's Dickens literary Classic A Christmas Carol. Yet more often than not, it can be reflective of the opening lines of one of his other popular books A Tale of Two Cities. "It was the best of times; it was the worst of times...It was the spring of hope, it was the winter of despair" For the last few years the Consumer/Survivor Development Project has been offering seminars on "How to Handle Holiday Stress". Traditionally, these talks have been for people dealing with a serious mental illness, however many of these helpful tips can be of value to us all. Listed below are a few points that we hope will be helpful to you as you enter the holiday season.

Manage your Choices: This is a time of year when we are surrounded by many choices. Each one significant and all seemingly demanding our immediate attention. It is important to remember that the choices we make often increase or decrease our stress. To the best of your ability try to make wise decisions about such things as time, money, rest, and what you are able to commit to.

If you need help ask for it: You do not need to do it all or be it all. You are not responsible for making everyone's holiday journey a "Kodak Moment". Look around for family, friends, people or services that can provide you with help and support. Learning how to delegate tasks can also be important. If you are feeling

stressed and need help let someone know, it may be one of the best gifts that they can give you.

Choose Healthy Coping Techniques: Use them all the time but particularly during the holidays. This is a time when you will often face more family get-togethers, interruptions to your usual routines, financial and social pressures, and just the general busyness of the season. Take some time to be "yourself".

Plan some "Alone" Time: Take a quiet moment to recharge your batteries and help reduce those stressful feelings. It can help to prevent you from feeling overwhelmed by what is

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You can nominate a person for an MDAO Inspiration Award

Do you know one of these people?

We know that one in five people will experience a mood disorder in their lifetime. What we don't always know is how many extraordinary people contribute to the recovery of our co-workers, friends and loved ones. The Mood Disorders Association of Ontario (MDAO) has created awards to recognize these people.

- Is there someone you know who supported and inspired you through a caring relationship?
- Do you know someone working in the field to bring us hope through treatments and therapies?
- Do you know someone who shines a light on their own story as they work to eliminate stigma?

Please tell us about your special person...

Award Criteria

Nominations are open to individuals across the Province of Ontario. Please obtain a form at www.mooddorders.on.ca to describe why you feel your nominee should be honoured with an award.

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 suffer the pain of a mood disorder. This individual uses their high profile to eliminate the stigma of mood disorders and inspire others. A true hero.

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 their expertise to bring hope and inspiration to those who suffer from mood disorders.

HEART AWARD

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

The Selection Committee will be chaired by Dr. Anthony Levitt, Chief of Psychiatry, Sunnybrook and Women's Health Sciences Center, and a distinguished panel of judges.

The winner in each award category will receive a specially commissioned award. All nominees in each category will receive a certificate of recognition. The Award recipients and their guest will be invited to join their corporate sponsor at the Awards Celebration Dinner, "MAD About You" – A Celebration of Hearts and Minds. This dinner will be held on February 12, 2005 at the Eglinton Grand in Toronto. All proceeds will benefit the one in five people who are affected by a mood disorder by enabling the Mood Disorders Association of Ontario to expand its programs and outreach.

To nominate a person for an "MDAO Inspiration Award":

All nominations must be received by: Wednesday, December 15, 2004. Forms can be obtained at www.mooddorders.on.ca

Consumer Survivor Development Project Christmas expectations cont'd

going on at times. Remember that "No" is a complete sentence. Saying no to activities and invitations can be okay once in a while.

Show Someone that You Care: Take a moment to do something nice for someone else. You can make them a gift, send them a card, make time to visit or go for a coffee. It doesn't need to be expensive it really is "just the thought that counts". You never know what a deliberate or even random act of kindness could mean to someone during the Christmas season.

Let's take a moment to care about each other. Isn't that what it's all about?

The Consumer/Survivor Development Project will be offering a shortened version of this seminar on Wednesday December 15th at the Community Network Support Team office, 1139 2nd Avenue East in Owen Sound. For more information or to register please contact the CSDP at 371-4582...and Happy Holidays!

Jim Lonie, Consumer/Survivor Development Project

CNST has upcoming educational events

Introduction to Mental Illness-

Four evening sessions about mental illness held in:

- Hanover, Nov. 24, Dec. 1, 8, & 15th
- Owen Sound, Jan. 12, 19, 26 & Feb. 2nd

Feeling Overwhelmed, Stress, Anxiety & Depression-

Five evening series to learn how to deal with stress coming to...

- Owen Sound, Feb. 9, 16, 23, Mar. 2 & 9th
- Register by calling 371-4551.

Tom Jenks,

Community Network Support Team

Owen Sound Methadone Clinic cont'd

“The Owen Sound Clinic”. As a group we have the largest cohort of methadone patients in North America and one of the most comprehensive treatment programs for both methadone and Hepatitis C. The Owen Sound Clinic was opened in late 2002 after many patients from the area approached “The Barrie Clinic” for help with their opiate addiction. There was a significant need recognized in Grey and Bruce counties due to the larger number of opiate addicted patients. These individuals were mostly addicted to prescription opiates provided from their physicians and the local ER departments. The ER was traditionally an easy source for opiates—a trend that I am happy to see changing. Some departments now having a “no narcotics policy”. Since the clinic opened we had to expand and move to our current location due to patient demand.

How is the program staffed? The clinic is run by two family physicians that have special

With added stability there is less criminal activity and decreased morbidity and mortality.

training in methadone and drug addiction. We have three nursing support staff and two receptionists. In addition to methadone maintenance we offer a comprehensive hepatitis C treatment program using Pegetron coordinated by our hepatitis C nurse and by Dr. Mike Linglay, an infectious disease specialist who regularly comes to the clinic. Our patients get treatment and specialist consultation which would otherwise be unlikely to get in our area.

How are these services covered? The service of coming to the clinic is paid by OHIP, however Methadone is a medication and has to be paid by the patient or by an insurance plan or via Ontario Drug Benefit card.

What are some of the benefits gained from a methadone maintenance program? The goals of our program are two-fold in that

we want to help patients with their opiate addiction but also promote health and harm reduction. IA recent study done in New Brunswick revealed that for every opiate addicted patient enrolled in a methadone maintenance treatment program, the health care system saved \$8,000 to \$11,000 dollars per year. At the clinic our patients receive excellent comprehensive medical care that they would otherwise unlikely get. We focus on preventative medicine and ensure that annual health exams, vaccinations and chronic medical conditions are properly managed. We provide an entrance to higher levels of mental health care and specialist support that is difficult to achieve in our area.

Stability is a key word in the treatment program. With stability in ones life the patient can focus on their health, education and employment so that they are productive members of society. With added stability there is less criminal activity and decreased morbidity and mortality.

How many people do you serve on an average day or week?

Our clinic serves over 118 patients. Some patients who have tapered off methadone and become free of opiates may return on occasion for counseling but most are able to do well on their own. Anyone who has ever been part of the program is always welcome to return and take advantage of the treatment we provide. We recognize that with success comes the occasional setback.

What form of counseling does the Owen Sound clinic offer and/or what other community agencies do you work with to make those services readily available to clients?

The clinic is served by two family physicians who offer one on one counseling to all patients. When patients begin the program they see a physician weekly. Every other day nursing staff help with the patient’s needs. Counseling is one of the most important parts of any addiction treatment program. We strongly advise patients to also take advantage of the services offered by “New Directions” and by “Withdrawal Manage-

ment” as well as other local programs. Due to the recent rapid growth of the clinic we are now seeking an addictions councilor/psychologist to attend the clinic 2-3 times per week and meet with the patients one-on-one as well as run group therapy sessions.

Methadone clinics have been seen as somewhat controversial in other communities, has this been the case for Owen Sound and if so, to what extent? The public,

What our community needs is tightened control of opiate prescriptions that cause the problem and not marginalization of the patients who are trying to get help.

health professionals, and especially law enforcement officials have misunderstood methadone maintenance treatment programs in the past. Although that problem does not seem to be as significant here in Owen Sound it still exists. The majority of our patients were started on opiates by their physicians without the proper warning of addiction or the understanding of how severe that addiction could be. We have a very regulated set of rules (established by the College of Physicians and Surgeons of Ontario) that we follow. Patients are not just given methadone and sent on their way. Most patients come to the clinic everyday and drink their methadone at the clinic. We also have strict urine testing to detect if the patient is still taking their methadone once they do get “take home” doses. Methadone is a very dangerous medication when it is not properly monitored. Public and patient safety is the top priority of all our clinics. What our community needs is tightened control of opiate prescriptions that cause the problem and not marginalization of the patients who are trying to get help.

Can readers who want more information, contact the clinic directly?

Yes. 1161 2nd Ave. E., (519) 371-0007. Please call or email to confirm hours of operation, email: info@oatc.ca web site www.oatc.ca

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, March, May, July, September, and November.**

Click-View and Print

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

Staff

Director - Shane Barker
Community Development
Worker - Tom Jenks
Program Secretary -
Joanna Depencier

Submission Deadlines

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

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

Alzheimer Society Grey-Bruce Walk for Memories cont'd

walk is at James A. Magee School. There will be music and entertainment, coffee and snacks, and some really great prizes. You won't want to miss out.

We know that across Grey-Bruce there are more than 2,500 persons over the age of 65 who are living with memory loss. Virtually everyone knows somebody who has been affected, either personally or through a family member, a friend, a neighbour or a co-worker.

Ninety-five per cent of the money raised will be used right here in Grey-Bruce to provide education and support services. The remaining five per cent goes to research into a cause and a cure.

When you pick up a pledge sheet and ask people to support your

participation in the Walk for Memories you will be helping people you know and care about right here in your own community. Please join us on Saturday, January 29, 2005. We promise to give you a nice warm feeling.

To get your Pledge Sheet

Call the Alzheimer Society of Grey-Bruce at 376-7230 or 1-800-265-9013 to register

*Bill Twaddle, Community Development
Coordinator, Alzheimer Society of
Grey-Bruce*



How to handle **Holiday** Stress

- **Wed. Dec. 15, 2004, 7-8:00 p.m.**
- **1139 2nd Avenue East, Owen Sound**
- **This FREE talk is presented by the Consumer/Survivor Development Project and is for Consumer/Survivors of Mental Health Services.**
- **Contact CSDP to register at 371-4582**

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

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