



PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

SEASONAL AFFECTIVE DISORDER

SAD?

Winter blues are a fact of life for many Canadians, but for some, shorter days can contribute to severe bouts of depression.



"Ah, woe is me! Winter is come"
Percy Bysshe Shelley

Between five and ten per cent of the population deal with feelings of low energy, sleep disturbance and difficulty with concentration when there is less sun. SAD (perhaps no other acronym works as effectively to literally spell out the meaning of its compound term); Seasonal Affective Disorder is a form of depression that occurs mostly when days shorten and sunlight decreases. Characteristic to this disorder, the depressive symptoms which appear in winter tend to disappear in early spring.

Symptoms of SAD can include:

- Feeling tired, depressed or sad
- Increased appetite
- Craving for carbohydrates and starchy foods
- Weight gain
- Sleeping more than usual
- Social withdrawal
- Lack of interest in usual activities
- Inability to concentrate or focus
- Inability to meet deadlines
- Loss of sexual desire
- Body aches and pains (*may feel like you have a cold all winter long*)

Prior to being diagnosed with SAD, many people treated have been reported as having said they felt lazy, worthless and immature. Knowing that the disease has a name, a description and that there is affordable and effective treatment, is a relief in itself.

There are different types of treatment available that may be helpful for people living with SAD and may be used in combination including light therapy, medication, diet, exercise and clinical support.

Author and medical doctor Norman E. Rosenthal describes how he personally handles his own winter difficulties and those of his patients using a combination of different treatment interventions in his book entitled Winter Blues.*

If you are concerned about how Seasonal Affective Disorder might be affecting you or someone you know, talk to your doctor or call the mental health team in your area.

*Winter Blues Seasonal Affective Disorder/What it is and how to overcome it by Norman E. Rosenthal, The Guilford Press, New York (1993). For anyone interested, this book is available on loan through the Community Network Support Team library, 1139 2nd Ave. East, Owen Sound, 371-4551.

*Louise Chase,
Consumer/Survivor
Development Project
Assistant*



The Grey Bruce Training and Development Committee Presents:

PERVASIVE DEVELOPMENTAL DISORDERS A BEHAVIOUR AND COMMUNICATION CONNECTION

PRESENTERS: MARY JANE VENUS (BEHAVIOUR THERAPIST)
JOAN GARDINER (SPEECH-LANGUAGE PATHOLOGIST)
CPRI – PDD PROGRAM

This workshop will include a review of some of the characteristics of PDD with a focus on behaviour and communication issues. Topics to be discussed include a summary of common difficulties associated with the disorder, behavioural strategies (including evaluation and treatment), and skill building ideas. This workshop is intended to be interactive, with time allotted for discussion and questions

Attention: Maurice Voisin c/o HARC INC.
521 11th Ave. Hanover, N4N 2S3
FAX 364-7488
PHONE 364-6100
Email: maurice@bmts.com

PLEASE make cheques payable to: Grey-Bruce
Training and Development

FRIDAY, JANUARY 31, 2003
STONE TREE GOLF & FITNESS CENTRE
HWY 6/10 OWEN SOUND
9 a.m. – 3:30 p.m.
Cost \$30/person includes lunch

Mail, Fax or Email registration
information by
January 20, 2003

REGISTRATION INFORMATION:

Name _____

Phone _____

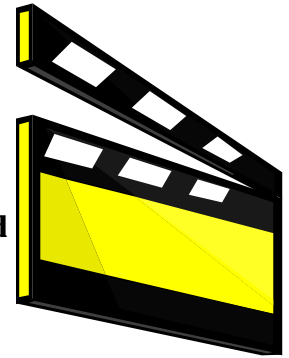
Agency _____

Office talk

Rent Two Films and Let's Talk in the Morning

The book, Rent Two Films and Let's Talk in the Morning is available at the Community Network Support Team (CNST) Mental Health Library. It is written by John W. Hesley and Jan G. Hesley. The authors talk about using popular movies in psychotherapy. The book consists of three parts; Part I is dedicated to Video Work: Theory and Application; Part II consists of An Anthology of Therapeutic Films and; Part III includes a Therapists' Film Reference. The authors note in their prologue that "each film speaks to a number of different clinical issues" and that "therapists who incorporate films into therapy will be surprised and delighted with the creative interpretations their clients draw." They say that "films don't hold any magic not already in the mind of the client.... but if a movie can help a client unlock that truth, it has done its job."

The Mental Health Library, located at **1139 2nd Ave. E, in Owen Sound** plans to acquire the newly released video, A Beautiful Mind for it's resources and hopes to add more movies of this nature into its collection. For now, the CNST staff would like to inform you of some of the most recent newer purchases that arrived in December. Now you can find two more copies of the popular book Beyond Crazy, as well as another copy of Dealing with Depression Naturally, and two new books, Depression and Bipolar Disorders and, Dual Diagnosis an introduction to the mental health needs of persons with developmental disabilities. Please stop in, or call **371-4551** to find out if there is a title you might be interested in.



Walk for Memories *January is* **Alzheimer Awareness Month**

The Alzheimer Society of Grey-Bruce will hold its annual Walk For Memories on Saturday, January 25, 2003.

This year The Walk will be held in two locations, simultaneously. In Owen Sound the Walk will again be held at West Hill Secondary School, and for the first time the Walk will also be held in Hanover, at James A. Magee Community School. Both walks open for registration at 9 a.m. and officially begin at 10 a.m.

Walk for Memories is a pledged walkathon, with a difference. It is held indoors. Spectators can mingle and socialize while they support the Alzheimer Society. Families can have everyone from toddlers to grandparents come out and take part in what has become a fun social event.

Walk for Memories is an important fund raiser for the Alzheimer society of Grey-Bruce. It contributes significantly to the annual costs of providing education and support services for persons with Alzheimer disease and for their families and caregivers.

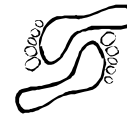
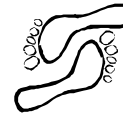
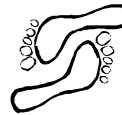
It is also an important awareness event, helping educate the community about Alzheimer Disease and the services available through the society.

In Grey-Bruce there are 2,500 people over age 65 with Alzheimer Disease. Virtually everyone knows someone who has been touched by the disease, through a family member, friend, neighbour or co-worker.

To take part in Walk For Memories as a walker or as a volunteer, or to make a pledge, contact either the Alzheimer Society office in Owen Sound at 376-7230 or the Hanover Walk For Memories office at 364-4334.

Come out and join us on a cold winter's morning. We promise to give you a nice warm feeling.

Bill Twaddle



ANNOUNCING! **Domestic Violence Program**

The sexual assault and domestic violence care center is pleased to announce that the domestic violence program is ready. This new program, at the Grey Bruce Health Services Owen Sound Site, is a pilot project funded by the provincial government, to provide services to clients coping with domestic violence or intimate partner abuse. Anyone can refer themselves to the service by calling or leaving a message on the confidential answering machine if after hours.

This service includes crisis intervention, safety planning, risk assessment, assessment of injuries and referral for medical care. Forensic documentation of injury including photographic documentation will also be offered. Education and referral to appropriate services, as well as a follow up appointment in a couple of days, will be arranged as desired by the client.

We recognize that those dealing with domestic violence are often feeling alone, their sense of trust is damaged, and they may even feel guilty or blame themselves. Therefore, we will ensure confidential respectful assistance, recognizing that the individual living in an abusive relationship is the person most qualified to make decisions regarding the best course of action.

Education regarding domestic violence will be an integral part of our interactions with clients, the community and staff. We intend to be one more link in the community dealing with domestic violence and it's devastating effects on individuals, families, and our community.

For further information, call Wendy at the Domestic Violence Program, at 519-376-2121 ext 2458.

4 Consumer/Survivor Development Project

Introducing Louise Chase

To introduce myself as a Consumer/Survivor implies that I have been a *consumer* of mental health services and I have *survived* the impact of living with mental illness. If, at first glance, this is interpreted as putting myself out on a limb, the limb I would put myself out on is one where I am not alone. Having pursued and received a full range of both conventional and alternative methods of treatment for mental illness, what remained of constant significance throughout my recovery and development has been my relationships, formally and informally, within the mental health system, people in my community who helped me foster a pathway towards healing.

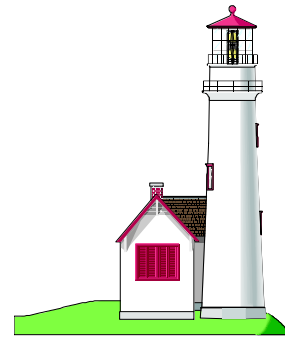
After graduating from University as a mature student where I focused on the literary narratives of people living with mental illness, I recently returned to my home province of Ontario, purchased a home in Owen Sound and happily joined the Consumer/Survivor Development Project; where I feel personally and professionally committed to providing increased support and information services to those who have experi-

enced living with a mental illness. From here, I look forward to working with Jim Lonie, Project Coordinator to fulfill the goals of this project and develop many new relationships in the community. I would also like to thank those individuals from whom I have already received a warm welcome ... *you know who you are!*

Louise can be contacted at The Consumer/Survivor Development Project, 1139 2nd Avenue East, Owen Sound, N4K 2J1, (519) 371-4582; Email: lchase@gbchc.healthserv.org.

Mood Disorders Support and Information Meetings

- | | |
|--|--|
| Hanover | Hospital: 6-8:30
Jan 9, Feb 13,
Mar 13, 2003 |
| Owen Sound | CNST office: 6:30-8
Jan 2, Feb 6,
Mar 6, 2003 |
| | |
| Consumer/Survivor Mental Health Resource Sessions | |
| Hanover | Hospital 1:30-3:30
Jan 23, Feb 27,
Mar 27, 2003 |



- | | |
|--------------------|--|
| Kincardine | Hospital 1:30-3:30
Jan 6, Feb 3,
Mar 3, 2003 |
| Lion's Head | Hospital 2:00-4:00
Mar 31, 2003 |
| Markdale | Team Site 1:30-3:30
Jan 13, Feb 10,
Mar 10, 2003 |
| Owen Sound | Hospital 6:00-8:00
Jan 7, 21, Feb 4, 18,
Mar 4, 18 2003 |
| Warton | Team Site 1:30-3:30
Jan 20, Feb 17,
Mar 17, 2003 |

Mental Health Video and Information Nights

- | | |
|-------------------|---|
| Owen Sound | CNST office: 7:00-9
Feb 5, 2003 |
| Port Elgin | Library- 7:00-9:00
Mar 5, 2003 |

Sponsorship & Leadership of the North Bruce Community Mental Health Team

I am pleased to announce that the sponsorship and leadership of the North Bruce Community Mental Health Team will be assumed by Grey Bruce Health Services effective January 2, 2003. This change was recommended by the Senior Managers of Mental Health Grey Bruce and each of the four Board of Directors.

Recruitment of a full-time Clinical Team Leader will begin immediately. The funding for this position is being shared by the Ministry of Health and Long Term Care, Mental Health Grey-Bruce and Grey Bruce

Health Services. The Senior Managers and the Board of Directors recognize the importance of full-time clinical leaders on all teams who are available to supervise, support and mentor staff. This change allows the Partnership to achieve consistency and standardization across the teams.

I would like to take this opportunity to thank Bruce Peninsula Health Services Housing Corporation Board of Directors and the Executive Director, Donna Pettigrew-Hepburn for sponsoring and leading the North Bruce Team since 1999. We recognize

the challenges for Donna, working in a dual role as Team Leader, Senior Manager and Executive Director.

Jeff Franks will continue in his role as acting Team Leader until a successful candidate is found. At this point, the North Bruce Team will continue to reside at the Bruce Peninsula Health Services Housing Corporation Corporate office.

Caroline Tykoliz, Administrative Director, Mental Health Services, Grey Bruce Health Services

Hope and Schizophrenia Group

Judith Miller explains that "Hope is the anticipation of a future which is good". With this thought in mind Mike Schwan of the North Bruce Community Mental Health Team, Julia MacLeod of the North Bruce Community Mental Health Team and Jim Lonie of the Consumer/Survivor Development Project, will again be offering the "Hope and Schizophrenia" series. The group will run for six weeks and be held at the new Library in Warton on Wednesday afternoons from 1:30-3:00 pm. This series

will begin on January 22, 2003 and run until February 26, 2003. Topics of exploration will include "What is Hope", "The Impact of Schizophrenia" and "Exploring Underdeveloped Potential". If you are interested in being a part of this group please contact Julia MacLeod at the North Bruce Community Mental Health Team **534-4388** to register. There is no cost!

Jim Lonie, Consumer/Survivor Development Project

FSI UPDATE

Family Coping Skills Workshop *Coping with a mental illness of a relative or friend*

A four-week education, support and skill building series for family and friends who care for someone with a mental illness. Learn about mental illness, its impact on your family and how to navigate the mental health system (formal & informal).

Necessary skills for stress management, effective communication, limit setting, and managing violent and disruptive behaviour are covered. Registration is required.

Flesherton United Church 7:00 8:30
Mar 5, 12, 19, 26, 2003

Family Mental Health Support and Information Meetings

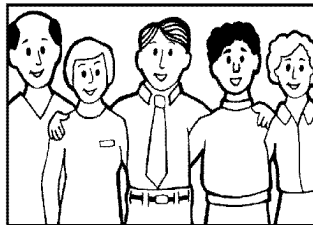
These open meetings provide an opportunity for family members and friends who care about someone with a mental illness to meet and exchange ideas. Local speakers address mental health and legal issues. Come and join other families facing the same challenges.

Hanover Hospital 7:00 8:30
Jan 28, Feb 25, Mar 25, 2003

Thornbury Grace United 7:00 8:30
Jan 14, Feb 11, Mar 11, 2003

Owen Sound Board Room 7:00 8:30
Jan 7, Feb 4, Mar 4, 2003

Warton Green House 7:00 8:30
Jan 21, Feb 18, Mar 18, 2003



Family Mental Health Resource Sessions

The first hour is an open session designed to provide family members access to educational and resource materials, as well as information about local mental health services. The

second hour is for family members who need individual time with the Family Support Worker to discuss their unique requests for information /education about a specific mental health topic.

Kincardine Hospital 1:30 3:30
Jan 20, Feb 17, Mar 17, 2003

Owen Sound Hospital 6:00 8:30
Jan 13, 27, Feb 10, 24, Mar 10, 24

Markdale Team Office 1:30 3:30
Jan 6, Feb 3, Mar 3, 2003

Hanover Hospital 1:30 3:30
Jan 27, Feb 24, Mar 24, 2003

Everybody's Got A Story

At this event a personal story of growing up with mental illness in the family is shared. The goal is to assist families in understanding that while their story of living with mental illness is unique, there are many other stories of caring for a mentally ill relative or close friend, "They are not Alone". Assistance to develop area support/education groups will be explored.

Tiverton Baptist Church 10—Noon Jan 29, 2003

Walkerton Knox Presbyterian Church 7-8:30 Mar 3, 2003
208 Cayley St., Fellowship Hall (downstairs)

For more information contact Judy Kroes at the Family Support Initiative (FSI) office, 1139 2nd Ave. E., Owen Sound, ON, 371-4802.

‘Small Steps to Smoking Less’ Workshop

In Grey and Bruce Counties, the issue of stopping or reducing smoking is gaining interest among people with mental health problems. Managing smoking was the #1 thought on the minds of 35 people, all clients of Grey Bruce mental health services who gathered recently in Owen Sound. The Oct. 2002 event was a one day workshop ‘Small Steps to Smoking Less’ with presenters Dr. Joel Goldberg, Anne Washington, & Bryon Miller from the Smokebusters Program, Hamilton Program for Schizophrenia.

People in attendance were attentive to the information and engaged enthusiastically in the hands-on activities. The excellent attendance indicated the interest in getting help to manage smoking among this group and the need for mental health professionals to become informed on the issue. Also, people with mental illness report smoking ‘helps them feel good and stay alert’ resulting in a challenging, but not impossible, task to change smoking patterns.

Changing Times

Times are changing. Grey Bruce clients are asking their mental health workers for help managing their smoking. There are several factors reasons for this:

- attitudes about smoking are shifting and there are fewer smokers among the general population (about 25%)
- the impact of the new smoking by-laws in Grey & Bruce counties
- cost of cigarettes

The new bylaws significantly restrict smoking areas and may be a catalyst for some to consider smoking reduction or cessation. Mental Health Professionals can be a source of information,

resources, and most importantly, support for clients interested in changing their smoking behaviour.

Smoking & Clients with Psychiatric Conditions

In the past, there has been concern about addressing the smoking issue and risking a relapse of psychiatric symptoms for people suffering from mental illness. It is unclear if this is correct. A 1999 article “Obligatory Cessation of Smoking by Psychiatric Inpatients”, states that:

Also, people with mental illness report smoking “helps them feel good and stay alert”, resulting in a challenging, but not impossible, task to change smoking patterns.

“abrupt cessation of smoking did not significantly affect either the severity or the improvement of psychopathological symptoms during hospitalization. No specific diagnostic group appeared to be selectively sensitive to nicotine withdrawal symptoms.” On the other hand, there are some case reports that for people with schizophrenia, nicotine withdrawal can worsen symptoms of schizophrenia. (Dalack et al, 1996; Hartman et al, 1991). When depressed smokers manage to stop, they are at increased risk of experiencing mild to severe states of depression, including full-blown major depression. (Covey, 1998) Medication adjustments may need to be made & it is important the Family Physician and/or Psychiatrist is involved and aware of efforts to change smoking.

Clients have been successful and many by their own efforts. A 2002 Canadian article, “Smoking Cessation Approaches for Persons with Mental

Illness or Addictive Disorders” published in the journal *Psychiatric Services* reports that “...the recorded quit rates of patients with psychiatric disorders were similar to those of the general population.” Studies have found that psychoeducation for chronic psychiatric patients is an important tool. This group of people may not have received formal education on the dangers of smoking and the possibility of addiction & could benefit from this approach.

Role of the Mental Health Professional

Mental health Professionals can assist their clients by:

- talking with clients who smoke about the risk of smoking-related illness
- motivating clients to change using the Stages of Change model
- providing support, information and resources for those who wish to stop or reduce smoking
-

The Addiction Clinical Consultation Service at CAMH is one resource where professionals can call with questions about smoking reduction/cessation and medication. It is designed to provide information, advice, and professional support to clinicians. The Toronto based service is available by calling 1-888-720-1117.

For a copy of the free booklet produced by the Hamilton Program for Schizophrenia, *Smoking and People with Mental Health Problems*, contact Katherine Kingsbury at Community Connections 1-519-371-2390.

Donna Beatty, Centre for Addiction and Mental Health (CAMH) on behalf of the Mental Illness and Smoking Issues Committee

Alzheimer Society Information /Support Groups

The following sessions started in December 2002 and are set to continue until next year December 2003, excluding the summer months. Each session offers information on a topic of interest to caregivers plus an opportunity for questions about their care giving role. The topics of each monthly session are as follows:

- December 2002 - *Christmas Preparation*
- January 2003 - *Safety Issues*
- February 2003 - *Available resources*
- March 2003 - *Dementia Friendly Environments*
- April 2003 - *Visiting Tips*
- May 2003 - *Being a Substitute Decision Maker*
- June 2003 - *Summer Activities*
- September 2003 - *Communication Tips*
- October 2003 - *Being an Advocate*
- November 2003 - *Approaches to Care*
- December 2003 - *Coping with Christmas*

Support groups will run for caregivers of people suffering from any form of dementia. Each of the eleven sessions is held in the listed communities and locations.

Wiarton: Gateway haven, Chapel, 671 Frank St. Wiarton; first Tuesday of the each month from 9:30 - 11:30 a.m.

Lion's Head: Golden Dawn Nursing Home, Board Room, 80 Main Street., Lion's Head; first Tuesday of each month from 1:00 - 3:00 p.m.

Hanover: Grace United Church, 310 12th St., Hanover; 1st Wednesday of each month from 9:30 - 11:30 a.m.

Owen Sound: Central Place - Lower Level, 844 3rd Ave. E., Owen Sound; 1st Wednesday of each month, 7:00 - 9:00 pm.

Meaford: Grey Bruce Health Services, Meaford Site, 229 Nelson St. W., Meaford, 2nd Tuesday of each month, 1:00 - 3:00 p.m.

Markdale: Grey Gables, Family Room, Markdale; 2nd Wednesday of each month, 2:00 - 3:30 p.m.

Southampton: Southampton Hospital, Board Room, 340 High Street, Southampton; 2nd Tuesday of each month, 9:30 - 11:30 p.m.

Kincardine: Trillium Court, 550 Phillip Place; 2nd Thursday of each month, 1:30 - 3:30 pm.

For further information about the support groups call the *Alzheimer Society of Grey Bruce* at 376-7230 or 1-800-265-9013. *Deborah Barker, Director*

March Highlight

Watch for this activity coming soon to Wiarton

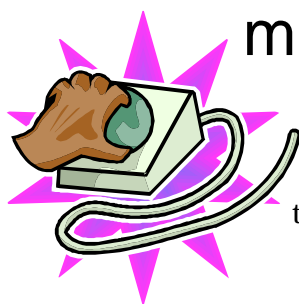
offered by the Community Network Support Team



A series of four Mental Health Information Evenings—

INTRODUCTION TO MENTAL ILLNESS—March 3, 10, 17, 24, 2003 at the WIARTON hospital.

Of note, the January series scheduled in Owen Sound reached its full capacity. Another series was scheduled to accommodate those people on a waiting list. Call 371-4551 regarding attending in Wiarton.



mhagb.ca

Don't forget to check out this web site on Mental Health and Addiction Services in Grey Bruce!

This site represents a collaborative effort of service provider organizations that offer adult mental health and addiction programs in Grey-Bruce counties. If you are not sure of the program you are looking for, use the "search" feature to find information about various services.

8 Upcoming Workshops

Chronic Pain Management Workshop—May, 2003

The Addiction Workers' Network is sponsoring a half-day workshop on the management of chronic pain. The workshop, *Understanding the Management of Chronic Pain including the Role of Opioids* will be offered by Dr. Brian Kirsh. Dr. Kirsh is the Medical Director of the Chronic Pain Management Unit at Hamilton Health Sciences in Hamilton, Ontario. Dr. Kirsh practiced Family medicine for thirteen years and developed an interest in treating chronic pain. He retrained in Psychiatry to further this career track and graduated in 1998. He has been at the Pain Management Unit since that time.

In his presentation Dr. Kirsh will give an overview of pain management techniques, speak about the relationship between pain and addiction, and use case illustrations to explore what pain is and how we deal with it. Dr. Kirsh is very interested in hearing in advance what questions the workshop attendees have regarding pain and its management. Registrant will be encouraged to submit any questions they might have when they register.

The workshop will be held **from 8:30 to 12:00 noon on Friday, May 2, 2003 at the Owen Sound Library in the downstairs meeting room.**

Registration for this event is \$40. For further information or to receive a registration form please contact the Community Network Support Team at (519) 371-4551 or email tjenks@gbchc.healthserv.org
Tom Jenks, Community Development Worker, CNST

Educational Event

Ian Chovil is 48 years old and has lived with schizophrenia for nearly thirty-years. He has been in conflict with the law, been homeless, had problems with alcohol, attempted suicide, and experienced psychosis. Yet through medication, treatment, employment, and volunteering he is now farther along the road to recovery than he has ever been. To quote Ian, the glass is now "half full". Ian will be coming to share his story with us in Grey Bruce on two occasions. You will not want to miss this event.

—Tuesday March 4th, 2003

LOCATION: Owen Sound
in the Sanctuary of St. Andrew's Presbyterian Church,
865 2nd Ave. West

TIME: from 7:00 – 9:00 pm

—Wednesday March 5th, 2003

LOCATION: Hanover
at the Collisium/Auditorium, 269 7th Avenue

TIME: from 2:00-4:00 pm.

For more information about these and other upcoming events please contact the Consumer/Survivor Development Project 1139, 2nd Avenue East Owen Sound (519) 371-4582.

Jim Lonie, Project Coordinator, CSDP

The **Pivot** is published by the Community Network Support Team, which operates under the umbrella of the Grey Bruce Community Health Corporation. The **Pivot** is published about the 15th of the month in **January, March, May, July, September, and November.**

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

Submission Deadlines

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

(for publication on the 15th of the month)

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