



# PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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## Holiday Drinking Where to draw the line

The Christmas and New Year holidays are now behind us. We may still have some decorations that need to be put away and undoubtedly some bills that we will be paying off. The memories of family get-togethers, office parties and social gatherings are etched in our minds. (Or are they?) The clarity of these memories may, at least in part, be related to the amount of drinking that went on at the various functions. After all, it wouldn't be Christmas without a glass of Christmas cheer!

Drinking alcoholic beverages is an accepted part of our culture. According to the recent Canadian Addiction Survey (CAS) in the 12 month period just prior to the survey 79.3% of Canadians aged 15 and older report consuming alcohol, while another 14% are former drinkers and 7% are lifetime abstainers. Of those who reported drinking in the past year, 44% said they consumed alcohol on a weekly basis. You might be surprised to learn that the highest consumption rate was reported by young people 18 to 24 years of age, with about 90% of them consuming alcohol in the previous year.

Where is the line that separates "social drinking" from "problem drinking"? This is often not easy to say, but we do know that alcohol consumption causes prob-

lems for some people. The CAS survey reported that "nearly a quarter of the former and current drinkers report that their drinking has caused harm to themselves and to others at sometime in their lives." In fact 10% said that they experienced harm from their drinking in the past year. Areas of harm reported included

***Where is the line that separates "social drinking" from "problem drinking"? This is often not easy to say, but we do know that alcohol consumption causes problems for some people.***

physical health, friendships and social life, finances, relationships, work/school and legal problems. Almost a third of the survey respondents (32.7%) report having been harmed in the previous year because of someone else's drinking. Examples of this included taking insults and feeling humiliated, experiencing verbal abuse, arguments or quarrels, getting pushed or shoved, having marriage problems and being physically assaulted.

Have you ever asked yourself, how do I know if drinking is a problem for me? And if it is a problem, what can I do about it? Well those are the questions that two men, Bill W. and Dr. Bob, faced almost 70 years ago. Their persistence to overcome their problems with alcohol led to the beginning of the self-help movement and specifically the founding of Alcoholics Anonymous. Millions of men and women have heard or read about the unique Fellowship called Alcoholics Anonymous since its founding in 1935. Of these, more than 2,000,000 now call themselves members. People who once drank to excess, finally acknowledged that they could not handle alcohol, and found a new way of life without it.

AA has prepared a list of twelve questions (See: *Do I have a drinking problem?* on next page) According to AA if you answer "Yes" to four or more of the questions, you are probably in trouble with alcohol. Obviously deciding when something is a problem is hard to generalize. Everyone needs to look at his/her own personal circumstances, but this questionnaire gives you somewhere to start.

*Cont'd on page 2*

## Where to draw the line cont'd

If you think you might have a problem, there are several places that you can turn to for help. Grey and Bruce counties offer several services to help people who want help with an alcohol problem. Refer to the programs listed in the box at the right margin this article titled:

### **"Where can I find help?"**

In addition to the more formal helping services, don't forget about AA. It has been helping people all around the world for the past 70 years. Locally there are groups that meet every night of the week. For information about where groups are held and

who can attend, you can phone the AA representative at 376-4193 or check your local paper for a phone number in your area. You can also find information about AA on their web site:

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org) or find information about online support groups by going to the Online Intergroup of Alcoholics Anonymous at:  
[www.aa-intergroup.org](http://www.aa-intergroup.org)

*Tom Jenks,  
Community Development Worker,  
Community Network Support Team*

There are several services in the Grey Bruce area that are there to help you with alcohol and related addiction problems. Here is a list of some of the programs that you might want to contact for assistance.

### **"Where can I find help?"**

- Addiction Day Treatment Program 376-3999
- CHOICES: Drug and Alcohol Counseling for Youth 372-5487
- New Directions for Alcohol, Drug and Gambling Problems 371-1232
- Withdrawal Management Services 376-5666
- Alcoholics Anonymous/ Al-Anon 376-4193

## List of questions

### Do I have a drinking problem?

Answer YES or NO to the following questions.

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking-- stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?

4. Have you had to have an eye-opener upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get "extra" drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to,

even though you keep getting drunk when you don't mean to?

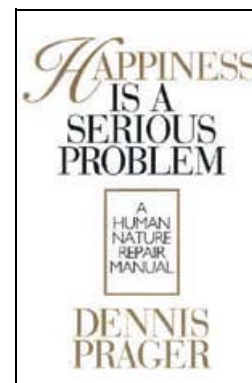
10. Have you missed days of work or school because of drinking?
11. Do you have "blackouts"?
12. Have you ever felt that your life would be better if you did not drink?

If you answered YES four or more times, you are probably in trouble with alcohol. How is this determined? Thousands of people in A.A. have said so for many years. They found out the truth about themselves — the hard way.

## Happiness is a serious problem

The mental health resource library is located at the office of the Community Network Support Team, 1139 2nd Ave. East in Owen Sound. The numerous books that are available here can help you discover various approaches to assist and empower your direction towards health and happiness. The library is open

Monday through Friday from 8:30 to 4:30 p.m. and also will be open in the evenings on the first two Wednesdays of each month from 6:00 p.m. until 8:30 p.m. Take time to check the library out and find good resources for support at the Mental Health Library. You will be glad you did.



*This book is available at the Mental Health Resource Library*

# Community Mental Health Teams

## Grey Bruce Teams provide mental health services as close to home as possible

### Who Are We?

We are five (5) Community Mental Health Teams that provide adult mental health services in Grey Bruce. The Teams are based in the communities of Markdale, Owen Sound, Wiarton, Hanover and Southamptn. As well there is a satellite office in Kincardine and regular outreach to the communities of Chesley, Durham and Meaford. Each Team provides outreach to people and communities in its service area. The Teams are operated by **Mental Health Grey Bruce**, four local organizations working in partnership to provide accessible, coordinated mental health services

### Mental Health Grey Bruce

Stakeholders of the local mental health system have stressed the need for improved service coordination, streamlined access, increased program and system responsiveness and an expanded range of community based services. Their feedback prompted four local organization to establish a legal partnership so they could pool their resources to create multi-agency mental health Teams. The partnership, Mental Health, *Grey Bruce*, was established in 1999 and includes the following organizations:

- Bruce Mental Health Services
- Canadian Mental Health Association, Grey Bruce Branch
- Grey Bruce Community Health Corporation
- Grey Bruce Health Services

### What Is Our Goal?

Our goal is to provide mental health services that are effective, coordinated and as close to home as possible. Team members work with each other and with other community supports and services to ensure that people with mental health needs and their families do not “fall through the cracks”.

### Who Do We Serve?

People aged 16 years and older are eligible for services. Our main focus is to assist people with serious mental illness and their families and people who are in acute need of mental health services.

**Calling the toll free number will direct you to the closest Team office: 1-877-888-5855 OR call directly....**

**North Bruce Community Mental Health Team**  
369 Mary Street,  
**Wiarion**  
**519-534-4388**

**North Grey Community Mental Health Team**  
1800 8th Street East,  
**Owen Sound**  
**519-371-8850**

**South Grey Community Mental Health Team**  
27 Main Street West,  
**Markdale**  
**519-986-3030**

**Central Grey Bruce Community Mental Health Team**  
90—7th Avenue,  
**Hanover**  
**519-364-7788**

**Bruce Shoreline Community Mental Health Team**  
353 High Street,  
**Southampton/Kincardine**  
**519-797-2880**

### Team Hours Of Operation

Core office hours are:  
**Monday to Friday,**  
**8:30 a.m. to 4:30 p.m.**  
Hours of operation may vary by location.



### Is There a Fee for Service?

There is no fee for any of the support services offered by the Teams. Our services are funded by the Ontario Ministry of Health and Long-Term Care.

### Is There a Wait For Service?

It depends on the type of services needed and the urgency and seriousness of the problem. The Ministry of Health and Long Term Care requires that we prioritize service for individuals who are disabled by a serious mental illness and those who have an acute need for mental health services.

### Other Team Services

Team members provide consultation to health and social service agencies, and information and education for the general public. Teams also serve as access points for referral to local Mental Health and Addiction Services. Each Team has a lending library of educational material related to mental health issues.

**Mental Health and Addiction Web Site: [www.mhagb.ca](http://www.mhagb.ca)**

*If you would like more information about Mental Health and Addiction Services in Grey Bruce counties, visit this site.*

## Bruce Mental Health Support Services

# There's action at the employment support program

There are three positive updates to be reported here. Watch for more updates to come.

- We are pleased to welcome Rebecca Simpson, who will be filling a full-time contract position here at the Bruce Mental Health Support Services.
- We are very excited to have received an Ontario Trillium Foundation grant (over three years) as well as Community

AccessAbility funding to enhance *WORKABLE* activities. Individuals in the employment program are guided through a self-exploration process to determine career options and paths. Self-awareness workshops continue to be extremely popular and well attended. Participant feedback has indicated that this service is invaluable in assisting individuals to develop employment action plans and realize their work-related goals.

- A hard-working group of individuals successfully ran Grass Roots, a lawn maintenance business, over the summer and now weekly meetings and lots of research plans for a new consumer-run business venture is underway.

For more information, please call 534-4388, ext 228.

*Lezlie Martin Ellis, Acting Director  
Bruce Mental Health Support Services*

## Alzheimer Society of Grey-Bruce

# Get information and support

Information and Support Sessions are held in three communities in Grey-Bruce.

### Warton:

Gateway Haven, Chapel  
671 Frank St.

FIRST TUESDAY of each month  
from **9:30—11:30 a.m.**

Facilitator: T. Cunningham

### Hanover:

Grace United Church  
310 12th St.

FIRST WEDNESDAY of each  
month from **9:30—11:30 a.m.**

Facilitator: B. Fox

### Owen Sound:

Kelso Villa, Chapel  
1475 2nd Ave. West  
FIRST WEDNESDAY of each  
month from **1:15 p.m.—3:15 p.m.**  
Facilitator: B. Fox

### **& 7:00—9:00 p.m.**

Facilitator: D. Fisher

Also in Owen Sound, at the Alzheimer Society of Grey Bruce office, (753 2nd Ave. E.), sessions for persons who are diagnosed with memory loss or dementia will run. *For information please call 376-7230 or 1-800-265-9013.*

Alzheimer Society of Grey-Bruce  
Walk for Memories —  
Saturday January 29, 2005

## Join Us!

Our annual *Walk for Memories* takes place Saturday, January 29, 2005 from 9 a.m. to noon at West Hill Secondary School in Owen Sound and James A. Magee School in Hanover. Lots of fun and entertainment! Lots of Great prizes!

Don't miss out!

For information and pledge sheets contact the office at 376-7230 or 1-800-265-9013

*Deborah Barker,  
Executive Director*

Provincial LHIN strategy

# Here’s a snapshot of the Southwest Local Health Integration Network

Number	Patient Care Integration Opportunity	Administrative/Support Services Integration Opportunity	
1	Link family physicians to community care.	E-health: one patient, one record.	The Ontario Ministry of Health and Long-Term Care is committed to working with our province's dedicated healthcare professionals on the implementation of <b>Local Health Integration Networks</b> (LHINs). LHINS are an important part of the evolution of health care in Ontario from a collection of services that are often un-coordinated to a true health care system.
2	Mental health and addiction services as corecomponents to an integrated health-care system.	Needs-based funding.	You can find the LHIN Bulletin on the <b>15th day of every month</b> . Also, as more information becomes available, LHIN-related updates and reports will be posted at: <a href="http://www.health.gov.on.ca/transformation/lhin/lhin_mn.html">http://www.health.gov.on.ca/transformation/lhin/lhin_mn.html</a> on the 1st day of every month on an as-needed basis. The latest workshop summary was held Tuesday, November 23, 2004 in London, Ontario. The South West Community Workshop attracted 311 participants.
3	Deliver rural and remote health-care services which are equal to urban services.	E-health in long-term care and community, creating a common data system for LHINs.	<b>Priority Integration Opportunities Identified</b>
4	Community support services must be integral to a transformed health-care	Rural networks supporting the South West LHIN.	This group identified a total of 47 patient care and administration integration opportunities. These ranged from integrating rehabilitation networks to strategies for end-of-life care services to improving rural transportation. The Top 10 priority integration opportunities, as selected by this LHIN, are detailed in the table on the left.
5	Improved rural transportation.	Human Resources	<a href="http://www.health.gov.on.ca/transformation/lhin/121504/community_workshops.pdf">http://www.health.gov.on.ca/transformation/lhin/121504/community_workshops.pdf</a>

## Take note of CSDP Project’s New Year Update

Louise and I, at the Consumer/Survivor Development Project wish you all the best for health and happiness in the coming year. The New Year will be a busy time as we will be offering a continued variety of services. The Mood Disorder Support and Information Sessions will to be offered in Hanover, Kincardine and Owen Sound. The Coping with Mental Illness group will be held in Wiarton. Stop Our Smoking Sup-

port Group will continue to be jointly sponsored by our Project and the Canadian Mental Health Association. Mental Health Information and Resource Sessions will be held at Grey Bruce Health Services, Owen Sound Site. A Leadership Skills Workshop will be held across Grey Bruce as well as the workshop Humor and Mental Health. We look forward to developing and implementing new and exciting

opportunities for service. Watch the Pivot for more updates and stay informed! If you have any questions or desire more information regarding any or all of these activities then please take a moment to call us or drop by the office. We are located at 1139, 2nd Ave. E in Owen Sound and can be reached at 371-4582...Happy New Year!

*Jim Lonie, Louise Chase, CSDP*

# “A sad tale’s best for winter” - Shakespeare

## SAD may be linked to a seasonal light variation in humans

The effect that the changing of the seasons has on our health has long been a subject of discussion.

Throughout the centuries, poets (Keats’s) and physicians (Hippocrates) have described feelings of lethargy which can accompany the changing of the seasons. Many people begin to feel tired, have trouble getting out of bed, gain weight, and struggle with the “winter blues”. These people could be suffering from an illness known as Seasonal Affective Disorder, (SAD). For those who are severely affected, it can be an overwhelming and burdensome condition. For a number of people SAD is a seriously debilitating illness which impairs functioning to the point that they can not carry out their normal routine.

Just as sunlight affects the seasonal behavior of animals such as with hibernation, SAD may be linked to a seasonal light variation in humans. The symptoms of SAD usually reappear each winter. They are obvious between September and November and abate in March or April. As the seasons alter there is a change in our biological clocks, partly due to the alterations in sunlight allocation. This could cause the Circadian rhythm to be out of sync. Melatonin, a sleep-related hormone secreted by the brains pineal gland may play a significant role in this disease. Since this hormone is produced at increased levels in a darkened environment, the manufacturing of this hormone can be amplified during the winter months.

Symptoms of SAD can include the following, wanting to oversleep, troubled sleep or waking in the early hours, inability to deal with stress, decreased sex drive, feelings of weariness and the inability to fulfill a routine schedule, a passion for carbohydrates and sweets, weight gain, feelings of despondency and low self-worth, irritability, and in some instances mood swings.



*The best winter story will end not with sadness, but with the promise of spring.*

How is SAD treated? In 1984 psychiatrist, Dr. Norman Rosenthal studied the effects of light therapy on people suffering with Seasonal Affective Disorder. Light therapy (or Phototherapy) has been connected to the suppression of Melatonin in the brain. The most familiar piece of equipment in use today is the light box. The light box provides a specific amount of balanced light comparable to being outside on a clear spring morning. The light box should be positioned in front of the viewer following the recommendations for distance and intensity. Most light boxes give off between 2,500 to 10,000 lux. (SI unit of illumination). There are individual

variations but a half hour at 10,000 lux and an hour at 5,000 lux once a day is common. Light therapy can also be delivered through a visor. More often than not this treatment takes place during the morning hours. If you want to find out more about light boxes or visors you may want to ask your Doctor or Pharmacist. In Canada the light device should be CSA approved.

Other treatments include anti-depressant medication.

These are often used in combination with light therapy. Exercise, (especially outdoors) not only increases the persons exposure to sunlight but assists in weight management. Psychotherapy helps one deal with the specific struggles of living with this illness.

If you think you may be suffering from Seasonal Affective Disorder take the time to talk to your doctor.

There are a number of good books available at the Community Network Support Team Library. (Don't Be SAD, Your Seasonal Guide to Conquering Seasonal Affective Disorder; Peters A. Celeste, and Beating the Blues; McConville Bridgid). Take Care!

Information concerning styles and pricing of light therapy devices can be found at **Uplift Technologies, Inc., (Nova Scotia) [www.up-lift.com](http://www.up-lift.com)** or email: [info@day-lights.com](mailto:info@day-lights.com) and/or **Health Lite, Inc. (Hamilton), [www.healthlite.net](http://www.healthlite.net)** or email: [healthlight@excite.com](mailto:healthlight@excite.com)

*Jim Lonie, Project Coordinator, CSDP*

# Relaxing resolutions Make health your handle for stress

## Signs you're stressed out

- Feeling depressed, edgy, guilty, tired
- Having headaches, stomachaches, trouble sleeping
- Laughing or crying for no reason
- Blaming other people for bad things that happen to you
- Only seeing the down side of a situation
- Feeling like things that you used to enjoy aren't fun or are a burden
- Resenting other people or your responsibilities

## I've tried dealing with my stress, but I just feel like giving up...

This is a danger sign. Stress can become too much to deal with. It can lead to such awful feelings that you may think about hurting--or even killing--yourself. When you feel like giving up, it may seem like things will never get better. Talk to someone right away. Talking about your feelings is the first step in learning to deal with them and starting to feel better.

## Things that help fight stress

- Eating well-balanced meals on a regular basis
- Drinking less caffeine
- Getting enough sleep
- Exercising on a regular basis

## How can I deal with stress?

Although you can't always control the things that are stressing you out, you can control how you react to them. The way you feel about things results from the way you think about things. If you change how you think, you can change the way you feel.

[www.familydoctor.org](http://www.familydoctor.org)

Information at this web site is for general educational purposes. Discuss your health concerns with a family physician.



*Trouble is only opportunity in work clothes*

*~Henry Kaiser~*



## Markdale Team Leader Welcome

I am delighted to announce the appointment of Steve Struthers as the Team Leader for the South Grey Community Mental Health Team, located in Markdale. Steve's appointment was effective December 21<sup>st</sup>, 2004 and after completing an intensive and abbreviated orientation process Steve formally commenced his duties on January 4<sup>th</sup>, 2005.

Steve hails from the Cambridge area and is a graduate of University of Waterloo, where he obtained his Master's degree and completed all but the dissertation for his PhD in clinical psychology. His career history includes 11 years as a therapist with the Mental Health Clinic at Cambridge Hospital. Steve then relocated to Colorado spending the first four years in private practice. For the

next 13 years Steve serviced as a Faculty Member in the Behavioural Science Department with the Residency Training Program at North Colorado Family Medicine. His position included both teaching responsibility (training physicians for family practice in rural areas) and clinical work with a diversified caseload.

Steve is a man of many interests. He is building a new home near Durham, where he and his partner, Phyllis, have bought an organic farm and are planning to raise alpacas.

Please join me in welcoming Steve to Grey Bruce and to his new position.

*Sandy Stockman, Executive Director, Grey Bruce Community Health Corporation*

**Feeling Overwhelmed?**  
Stress, Anxiety and Depression  
A MENTAL HEALTH INFORMATION SERIES

Are you interested in:

- learning more about stress, anxiety and depression
- how they affect us, and
- what we can do about them.

Attend the upcoming five-evening series in OWEN SOUND and learn how to deal with stress, anxiety and depression. **The series will run on the following WEDNESDAYS Feb. 9, 16, 23, Mar. 2 & 9<sup>th</sup>** Register by calling 371-4551. Location to be announced.

For more information about Community Mental Health Teams in Grey Bruce, refer back to page 2.

# 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](http://www.mhagb.ca) under resources”.

## Staff

Director - Shane Barker

Community Dev't Worker - Tom Jenks

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



You can bring in the  
new year by  
exploring different  
ways of relaxing.

This  
month's  
question...  
?

## The PIVOT wants to know about your agency

As many readers will know the *Pivot* is a forum for mental health, addiction, and social service agency news and information. This is an open invitation to social service agencies and nonprofit organizations, within the Grey Bruce area, who include within their population target people who have mental health and addiction challenges, to provide the community with an update of what is happening with your agency. **If you are interested in this opportunity please contact me and we can discuss this in more detail.**

*Shane Barker, Editor 1-519-371-4551 [sbarker@gbchc.org](mailto:sbarker@gbchc.org)*

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