



# PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

## *A celebration of* RECOVERY

### *Mental Health Week May 5—9, 2003*

Each year across Canada we recognize Mental Health week through community celebrations. Throughout Grey and Bruce communities there are a variety of events scheduled from May 3 through to May 9, 2003 in recognition and celebration of mental health. This year the focus of the celebration is on **recovery**.

The Canadian Mental Health Association provides statistics that indicate approximately 80% of Canadians during their life time, will be affected by mental illness; either personally or within their families. Although this may seem like a shocking statistic, approximately 80% of individuals affected by mental illness will recover! Our focus this year is on Recovery...providing a sense of hope for individuals affected by mental illness and their families.

The activities will begin with a "recovery" sale by Union Place in Owen Sound on Saturday, May 3rd, 8 a.m. to 12:00 p.m. in the Canadian Mental Health Association parking lot. Throughout the week, art, hand-work and artifacts will be on exhibit at Grey Bruce Health Services and a sale of these items and home baking is scheduled for Friday, May 9th, in the hospital cafeteria.

Our 4th Annual Consumer Conference is scheduled for Wed., May 7th at the library in Owen Sound. The theme is "Sharing our Recovery" and the day provides an opportunity for networking, developing and renewing friendships and sharing of personal stories.

On Friday, May 9th we will recognize and celebrate the 5th anniversary of the Distress Line of

Grey and Bruce. At that time, more than 10,000 calls will have been received and many individuals will have been supported through the work of these dedicated volunteers. You will be able to read about our Distress Line in more detail on p2.

Please stay tuned to the web site [www.mhagb.org](http://www.mhagb.org) for up-to-date information on additional events.

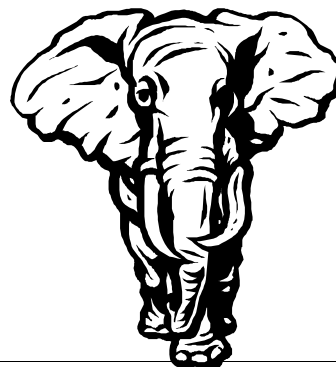
Should you require more information, please call the Canadian Mental Health Association, Grey Bruce Branch at (519)371-3642.

*Marion Wright, Director  
Canadian Mental Health Association,  
Grey Bruce Branch*

## CMHA's Recovery Yard Sale

Are you looking for a way to support Mental Health Week? If you have any household possessions, personal articles or white elephants that you would like to donate to the CMHA's yard sale please call 371-3642.

*Consider this your personal invitation to browse and buy.*



**Don't Forget**  
**May 3rd**  
**8 a.m. to**  
**12 p.m.**  
**CMHA's**  
**parking lot**

## 2 10,000 Thanks! Grey Bruce Distress Line

Five years ago the Distress Line arrived in Grey and Bruce and quietly set about its business of providing support to a great number of people in the community who needed a patient, confidential place to talk through what is troubling them. And, we are still at it today.

It is estimated that the Distress Line will achieve a new record this year, taking almost 2,500 calls/year and during the first five years of service 10,000 calls in total.

Patience and non-judgemental acceptance are the hallmarks of the Distress Line. Each caller is given time to talk through whatever concern, big or small, has prompted the call. No worry is a trivial one. Each person experiences stress differently and each one of us will benefit from being

listened to in a careful and attentive way.

A team of 30 dedicated volunteers ensure that the unique listening service provided by the Distress Line is available 365 days and nights of the year. The only reward they receive for their dedication is the satisfaction of being there for someone in need.

The Distress Line is a service provided by the Canadian Mental Health Association (Grey Bruce Branch) and we think our record is something to celebrate. All our friends and supporters will be helping us take a bow during Mental Health Week. Help us cut (and eat) the birthday cake on Friday May 9th at the Owen Sound and Grey Union Public Library at 2:30 p.m. Guest speakers and a colourful

information display will tell you more about our wonderful success story.

*Hazel Lyder, Service Coordinator*

The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.

**Francis Maitland Balfour**  
1851 - 1882

*If you know an organization that deserves special recognition for its work with needy children, read this.*

## Ruth Atkinson Hindmarsh Award 2003

The Ruth Atkinson Hindmarsh Award was established in 1998 to celebrate and encourage the heroic efforts of organizations that marshal their resources against the tragically persistent fact of child poverty and its cruel and costly consequences. In different ways, each organization is trying to improve the prospects of children who, through no fault of their own, must struggle more than most to realize the promises of one of the world's most advanced and wealthiest societies. While many organizations will deserve the award of \$50,000, only one will be selected; one that has implemented an activity that significantly improves the life prospects of children at risk. The gift will allow the winning organization to build on its success.

Send a nominating letter with the name and brief description of the organization. (Please note that the award can be granted only to Ontario-based registered charities or organizations sponsored by, and affiliated with,

a registered charity. In less than two pages, answer the following questions:

1. What is the activity, program or service?
2. Specifically, how is it different from other activities that target needy children?
3. How has the activity made an impact in Ontario? What results can you show to demonstrate the activity's effectiveness?
4. What is the activity's potential for expansion and replication?
5. How could the award be used to expand, replicate or promote this work?

For more information, call Christine Avery Nunez, Coordinator, Atkinson Charitable Foundation at (416)368-5152 or write; c/o The Atkinson Charitable Foundation, One Yonge St., 15th Fl, TO ON M5E 1E5.



*The award is dedicated to the memory of Ruth Atkinson Hindmarsh, daughter of the Atkinson Charitable Foundations' founder, Joseph E. Atkinson, and president of the foundation until her death in 1994. During her more than 40 years of work at the foundation, Mrs. Hindmarsh was an ardent supporter of organizations that helped children living in poverty. Among her favourites were the Fresh Air Fund and the Santa Claus Fund - two charities created by her father and operated by The Toronto Star Newspaper.*

*This award honours Mrs. Hindmarsh's spirit of compassion, and her devotion to the tragic plight of our society's most defenceless victims.*

*The Ruth Atkinson Hindmarsh Award is sponsored by The Atkinson Charitable Foundation and the four Hindmarsh families.*

# WorkAble in Warton

## Employment program

The development phase of Employment services offered through Bruce Peninsula Health Services Housing Corp. began in May through August 2002. Funding received from Human Resources Development Canada allowed us to offer a variety of vocational related supports to individuals who have a serious mental illnesses and who live in the north Bruce Peninsula area. Vocational interests may include volunteer work, education and training, paid

employment, prevocational work, etc. The support is flexible to meet individual needs although we will soon be starting work skills groups. As well, we have created an Employment Resource Work area with internet access. The program is called WorkAble.

*For additional information, please call Lezlie Martin Ellis at (519)534-4388, ext 228 or email at [jobclub@bmts.com](mailto:jobclub@bmts.com).*

## Madness and Arts 2003 offers an eclectic feast of music, dance, theatre and fine art from around the world.



RYUZANJI & COMPANY  
Tokyo, Japan

During the festival's run, more than 100 artists from eight countries will be involved. All will address the central issue of creativity and mental health in a wide variety of interesting and entertaining ways.

Madness and Arts 2003 World Festival, explores the mind through the arts. This unique celebration of creativity and mental health is presented by the Workman Theatre Project of Ontario and the

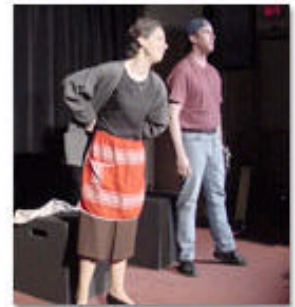
Centre for Addiction and Mental Health in association with Harbourfront Centre.

From March 21 to 30, more than 100 artists from around the world will gather at Toronto's Harbourfront Centre to perform their works and to participate in a series of seminars, workshops and lectures.

At [www.camh.net/madnessandarts/index.asp](http://www.camh.net/madnessandarts/index.asp), you'll find everything you need to know about Madness and Arts 2003 - who we are, what we're doing, the artists and performers you'll see, the educational opportunities available, how to buy tickets.

We believe you'll like what we're doing so much, Madness and Arts will evolve into a popular bi-annual event hosted by different countries every other year.

*Special rates are available for Mental Health Consumer/Survivor groups. Contact the Festival Outreach Coordinator at (416) 535 - 8501 ext. 1932 for more information.*



WORKMAN THEATRE PROJECT  
Toronto, Canada

## Attention Consumer Artists, Crafts People and Creative Writers

In August 2002 we set up three locked display cases in the Mental Health Services areas of the hospital in Owen Sound.

Consumers were invited to submit their artwork for show, and for sale, if they wished.

During Mental Health Week May 5-9, 2003, we intend to expand this display by setting up exhibits in the display windows located near the hospital cafeteria. These windows are deeper so we could include three-dimensional crafts, carvings, sculptures etc.

Everyone is invited to submit their artwork for viewing in the locked display cases. To ensure confidentiality, no names will be posted with the artwork unless permission is given. Works will be identified by the name of the piece and a log will be kept of every-

thing displayed. Any person wanting to sell their work can let us know the price they wish to put on the piece and we will handle the sale transaction for them (10% of the sale price will be donated to the GBHS foundation).

Anyone wishing to have their work displayed or wishing to make a purchase can do so by contacting Carol Heydon at Grey Bruce Health Services, Mental Health Services Department, (519)376-2121 extension 2467, or, by advising your Mental Health Services Program Worker who will be happy to make the arrangements.

We look forward to everyone's participation in this new venture.

*Carol Heydon  
Grey Bruce Health Services*

# Workshops – Workshops

- The Consumer/Survivor Development Project (CSDP) presents **Health, Wellness and Hope**, a FREE talk by Allan Strong. Allan will speak from a consumer perspective. He is the Executive Director of the Wellness Network, a Consumer/Survivor run organization dedicated to investigating and addressing the needs of consumer/survivors within the Central West Region of Ontario. It will be held on Tuesday, March 18th from 7-9 p.m. at the Owen Sound Presbyterian Church, 865 2nd Ave. W and on March 19th from 7-9 at the Hanover Aquatic Centre Auditorium. Call 371-4551 to register.
- The Family Support Initiative (FSI) proudly presents **Self Care Strategies for the Caregiver**, with Linda Farrell, Family Therapist on March 22, from 8:45 am. until 2:30 p.m.. This workshop is an opportunity for families to refuel and recharge at the Stone Tree Golf and Fitness Club; 1/2 mile south of Owen Sound on Hwy 6/10. The workshop is FREE but you must pre-register by calling 371-4551 as space is limited.

## The Family Support Initiative

presents

FRIDAY, MARCH 21st  
St. Andrew's Presbyterian Church  
865 2nd Avenue West,  
Owen Sound ON  
7:00 to 9:00 p.m.



## Family to Family

### An Evening with Ian Finley

Come and hear the personal story of living with and caring for someone with a mental illness. Ian (Butch) Finley will share his personal experience of caring for his wife and son who both have a serious mental illness. He approaches the role of being a caregiver with honesty, compassion, and humour. People who know Butch describe him as a "real character with a wealth of information." His candid approach is refreshing and humorous.

Butch is a member of the parent support group (PEPP) in London, Ontario. The group began in 1997 with a handful of parents whose children used the services of the Prevention and Early Intervention Program for Psychoses (PEPP) at The London Health Sciences Centre. Since then, they have taken on many ambitious tasks.

*He will talk about:*

- The experience of being a parent and spouse of a person with a mental illness.
- His experience with PEPP and the need for the family involvement in the overall treatment program.
- The positive changes that he has experienced in the treatment of mental illness over the last twenty-five years.
- Activities that the PEPP parents undertake and the goals of the support group.
- The reasons for hope for the future of those who have a mental illness.

Admission is FREE, but you must call to reserve a seat.  
Please call The Family Support Initiative at (519)371-4551.

## and more Workshops

- The Community Network Support Team (CNST) presents a FREE evening talk by Dr. Clive Chamberlain, Associate Professor in Psychiatry, University of Toronto. He will talk about **Schizophrenia, What we Know and What we Don't Know**, on Tuesday, March 25, 2003 from 7:00 p.m.—8:30 p.m. at St. Andrew's Presbyterian Church.
- The Mental Health Information Evenings will run in Lion's Head in April. This **Introduction to Mental Illness, a four-evening series** is FREE
- The Addiction Worker's Network presents **Understanding The Management of Chronic Pain including the Role of Opioids** with Dr. Brian Kirsh, Medical Director Chronic Pain Management Unit, Hamilton Health Sciences on Friday, May 2, 2003 from 8:30—12 noon at the Owen Sound Library Meeting Room. Registration to this event is \$40.00.  
*Pre-register prior to attending any of these talks by calling CNST at 371-4551.*

## MENTAL HEALTH FACTS

### Canadian Mental Health Association

#### It impacts all of us

Health Canada (2002) indicates that 20% of Canadians will personally experience a mental illness in their lifetime:

- 8% will experience a major depression
- 1% will be diagnosed with schizophrenia
- 12% will suffer mild to severe impairment as a result of an anxiety disorder
- suicide accounts for 24% of all deaths among 15-24 year olds, and 16% among those from 25 to 44

#### It's a growing problem

- Mental health disorders are one of three leading causes of disability in the world today\*
- Since 1994, depressive disorders have grown 100% as a percentage of short term and long-term disability claims, 40% as a percentage of Worker's Safety and Insurance Board claims and 55% across all categories of disability-related absences from work\*
- Stress and mental health-related problems currently represent 40-50% of the short-term disability claims among employees of some of Canada's largest corporations\*

- Over the next 20 years, Harvard University and the World Bank foresee depression becoming the leading source of workdays lost through disability and premature death. Heart disease will be #2\*
- Psychiatric claims are now the fastest growing category of long-term disability in Canada (Manulife Financial Group)

#### It's an expensive problem

- In Canada, the cost of mental illness represents nearly 14% of all corporate income\*
- Households with a disabled family member consume, on average, 40% less in goods and services than the average household\*
- The Canadian economy loses an estimated \$30 billion a year in productivity due to mental illness and addiction problems (Global Business and Economic Roundtable on Addiction and Mental Health)

*\*Statistics from Wilkerson, (2000) (2001) (2002)*

## The Experience of Schizophrenia, Ian Chovil's Homepage

Find the personal story of Ian Chovil, a person with schizophrenia at [www.chovil.com](http://www.chovil.com). The site contains a lot of information about his personal experience with schizophrenia. **Visit this page and search others out by linking via the Mental Health Grey Bruce site [www.mhagb.ca](http://www.mhagb.ca).**

## “The Loft” is moving

CMHA' Leisure Links program in Walkerton is pleased to announce that it has relocated to the town of Hanover as of February 28, 2003. This move has been much anticipated by the members of the Loft, staff and the Central Grey Bruce Community Mental Health Team. The new site has been strategically chosen to act as central location that will better serve the majority of participants attending the program. We are situated on the

main floor of an older house that is filled with character and warmth. We have a back yard, a small deck and ample parking. Jane and I would like to extend our thanks to our partnering agencies who in the past have graciously worked in unison with us in order to provide a variety of programs and services for Loft members. We value your continued support and look forward to seeing you at our new location. During the past few months

CMHA staff consistently provided us with help in our search for a new location and we would like to thank them for their support. Please join us at our open house on Wednesday, April 9, 2003. All are welcome. 435 14th Avenue, Hanover, ON N4N 2Y3 ph# 364-0184, fax: 364-3923.

*Valerie Kurck & Jane Pletsch  
Social Rehabilitation Worker.*

## Withdrawal Management Services

welcomes new supervisor

Grey Bruce Withdrawal Management Services (WMS) welcomes Iren Pashchenko-Graef as their new Supervisor. Iren comes to Owen Sound from the WMS in Brampton. She has a post graduate Diploma in

Addiction Counselling as well as extensive background in Psychiatry and Addictions from her native Republic of Georgia. We are confident that Iren's expertise will be of great value to the WMS program as well as the

addiction system in Grey Bruce. Please join us in welcoming Iren to our area.

*Paul Wagler, Manager  
Addiction Treatment Services*

## The Institute of Chartered Accountants of Ontario FREE TAX CLINICS

Chartered Accountants are helping those in need. They will prepare your tax return for FREE! To be eligible, individuals must have a total household income of less than \$15,000 without dependents and less than \$22,500 with dependents.

APPOINTMENTS MUST  
BE MADE EARLY

What you need ...

1. Last year's completed income tax return and Notice of Assessment
2. This year's blank income tax return

3. Social Insurance Number for you and your spouse (*if applicable*)

4. All receipts of income:

- Salary, wages
- Old age security benefits
- Interest income
- Social assistance payments
- Pension, annuity income
- Worker's Compensation
- Registered retirement income
- Canada Savings Bond Interest benefits
- Employment Insurance

5. All receipts for expenses:

- Child care expenses
- Medical expenses
- Charitable donations
- Property taxes or rent
- Political donations
- Union dues
- Tuition fees

**DATE:** March 15<sup>th</sup>, 2003

**TIME:** 9 a.m. to 5 p.m.

**PLACE:** Salvation Army Church  
**(by appt. only)**

**CALL FAMILY SERVICES AT  
371-0957**

## Is There A Future For Home Detoxification Services?

Recently in the news there has been talk of “home detoxification”. As we all know, the use detoxification or withdrawal services bring about the safe elimination of toxic substances such as alcohol or drugs from a person’s body. This is a vital step in assisting someone addicted to alcohol, street drugs, or even prescription drugs to overcome their addiction and begin the road to recovery.

In Grey and Bruce Counties this first step of detoxification has been offered through the Withdrawal Management Services located in Owen Sound. We thought it might be interesting to ask *Paul Wagler, Manager of the Withdrawal Management Services*, what he thought about the idea of home detoxification. Here are some questions that the Pivot asked him about the future of withdrawal management and home detoxification.

**PIVOT:** Where is the interest in home detoxification as an alternative to programs such as Withdrawal Management Services coming from?

**Paul:** Much of the interest seems to be coming from Government. They would like to be able to show that they are getting services out to people in their own homes. In part they may also be seeing it as cheaper than developing new residential services. There is also a push from some communities and sectors within communities. There are a minority of clients for whom Community Withdrawal Management Services (WMS) are not very accessible or not desirable.

**PIVOT:** What do you think are some of the advantages of home detoxification?

**Paul:** As I said earlier for some people, for various reasons, residential WMS are not very accessible or comfortable. For example, there are people with physical limitations such as the blind, or those with mental health problems such as phobias, for whom it is difficult to go to a residential WMS. Women may be reluctant to go to a co-

ed residential facility due to history of abuse, or may have child care issues that make it difficult for them (although the latter can be true for men as well). The elderly also tend to want to stay in their own homes. Individuals with some occupations such as farming may have a problem being away from their jobs for several days. Community WMS may be the only option for them if they want and need support to withdraw.

**PIVOT:** Do you think there are also some disadvantages?

**Paul:** There are a number of disadvantages. For some, the severity of their withdrawal, lack of a support person with them, or not having a home that would not be a quiet, comfortable place to withdraw, makes community WMS inappropriate. As part of the intake process in a Community WMS, staff assess the client for these safety and support issues and refer to a Residential WMS if the client is assessed as not being appropriate for Community WMS. Safety is a considerable factor. Individuals in severe withdrawal can die from the withdrawal symptoms. The assessment for safety and having a support person available are critical. All Residential WMS’ are parts of hospitals and usually relatively close to the hospital. This makes access to any necessary medical attention much easier.

Another disadvantage is the lack of exposure to a recovery environment. WMSs, whether residential or community, attempt to do much more than just withdraw the client from their substance of choice. We attempt to help the client see that he/she can live a life free of that substance and to want that substance free lifestyle. We then assess the client for appropriate treatment and make these needed referrals. These things can all be done more easily in a residential setting. In Residential WMS staff can spend more time with the client being supportive and encouraging ongoing treatment, and the client

can attend Introduction to Recovery groups. As well, exposure to peers who are going through withdrawal at the same time, sharing their stories, seeing the severity of their withdrawal, etc. can often have a significant impact in helping the client make the decision to go on to more treatment.

Although Community WMS may be less intrusive in some cases, in others it is actually more intrusive, not to the client but to the family. Does the family, especially those with young children, need or want to see their loved one experience a withdrawal seizure, vomiting, shakiness, etc? In many cases the family needs a break from the addicted family member. Getting the addict out of the home can be beneficial to the entire family.

Cost may be another serious disadvantage. The per unit cost of delivering this service in many cases is more expensive in the community than in a residential setting. This is particularly true in rural communities like Grey Bruce. The cost of staff time and expense to travel to client’s homes throughout Grey Bruce becomes very expensive.

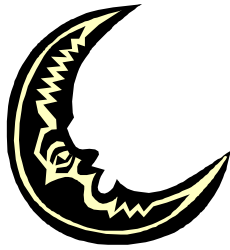
**PIVOT:** Is it likely that Grey Bruce will see a change in the way we offer withdrawal services in the near future?

**Paul:** I do not see this as an option that we can implement in the near future. The Addiction system is in serious financial crisis. It is becoming impossible to continue services at the existing level without a considerable increase in funding, let alone develop new or expanded services.

**PIVOT:** Thank you, Paul for taking time to share this information with us. If any of our readers have comments about this interview, we would welcome hearing from you. Just write to The Pivot, c/o the Community Network Support Team.

*Tom Jenks,  
Community Development Worker*

## Consult our on-line Guide CAMH



### Distress Line

371-8485

**NOW operating from  
2 p.m. until 6 a.m.  
7 days a week!**

Do you need information on the services that are available at the Centre for Addiction and Mental Health (CAMH)?

Go to [www.camh.net/guide/index.html](http://www.camh.net/guide/index.html). If you can't find what you are looking for in the *Guide*, you can learn about addiction and mental health issues by contacting CAMH's Alcohol, Drug and Mental Health Information Centre toll free line: 1-800-463-6273. The centre is staffed from 9 a.m. to 9 p.m. every day except statutory holidays. Telephone callers can also access an automated information service containing recorded messages in English, French and 15 other languages, 24 hours per day, 7 days per week.

**Prefer on-line  
Pivot availability?**

**Let us know!  
371-4551**

**Click,  
View and  
Print**



**You can now access the Pivot  
Newsletter & Where to Find Help in the Grey Bruce  
Area on-line at [www.mhagb.ca](http://www.mhagb.ca) under "resources".**

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)*

### Staff

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

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

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