



MARCH 2005 NEWSLETTER

PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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The Consumer/Survivor Development Project

presents

“Living Again”

with

Barbara Frampton

A Mental Health Journey of Hope, Recovery and Personal Medicine

OWEN SOUND

MARCH 30 from 7:00—8:30 p.m.
St. Andrew's Presbyterian Church,
865 2nd Ave. W

HANOVER

MARCH 31 from 2:00—3:30 p.m.
Hanover Aquatic Centre Auditorium
269 7th Avenue

SPEAKER INFORMATION

Barbara Frampton is a Consumer/Survivor who is currently living with a mental illness. She will be sharing both her personal story and insights she discovered along the way. She has given keynote addresses, lectures, and led numerous workshops across both Canada and the United States. She works as an independent consultant, facilitator, speaker and research assistant. She is the Chair of the Regional Mental Health Care London/ St. Thomas Patients Council and an executive member of the Ontario Association of Patient Councils. She is an active peer advocate and has a background in volunteer management and small business.

To register for this free workshop call the
Community Network Support Team at 371-4551

Funded by the Ministry of Health and Long Term Care

Published for caring individuals

The Consumer/Survivor Development Project Program Update

This is a very exciting time for Louise and I as we look forward to many of the special educational events that will be happening, as well as the continuance of our group and resource work. The following activities are available for your consideration.

Coping with Mental Illness Support Group

Warton- April 26th, May 24th,
June 28th-1:00-3:30pm

Mood Disorder Support and Information Groups

- Owen Sound-April 13th, May 11th, June 8th-6:30-8:00pm
- Kincardine-April 25th, May 23rd, June 27th- 1:30-3:00pm
- Hanover-April 14th, May 12th, June 9th-2:00-3:30pm and 6:30-8:00pm

Grey Bruce Health Services Information Resource Sessions

Each Tuesday from 6:00-8:00 pm
at GBHS in the 4-6 Conference
Room.

*For more information about any or
all of these events please call us at
(519) 371-4582 We look forward
to talking with you!*

*Jim Lonie,
CSDP Project Coordinator*

Upcoming Events

The Community Network Support Team will be offering educational opportunities over the coming months

Introduction to Mental Illness A Four Evening Series

This series of four presentations will be of interest to anyone who would like to learn more about mental illness, what we know about its causes, and what the current treatments are. Using a combination of slides and video we will discuss:

- What is mental illness and mental health
- Some current theories about the possible causes of mental illness
- Descriptions of mental illnesses such as schizophrenia, anxiety disorder, bipolar disorder and depression
- Treatment options for different disorders
- What services are available in the Grey Bruce area

This series will be offered in the Warton area beginning on Monday, March 14th through to April 11, 2005.

Feeling Overwhelmed? Stress, Anxiety and Depression

This series of five evenings will be of interest to anyone who would like to learn more about stress, anxiety and depression and how they affect us. Those attending will also have an opportunity to practice some of the stress reducing methods such as breathing exercises, guided imagery, meditation and other stress managing techniques.

This series is scheduled to start in the Hanover area in April and in the Meaford area in late May.

*Please call the CNST office at
371-4551 for further information or
to register.*

*Tom Jenks, Community Development
Worker*

For information about mental
health and addiction programs
in Grey Bruce visit...

www.mhagb.ca
www.mhagb.ca

Mental Health
Grey Bruce

The Family Support Initiative
proudly presents

RELATIONSHIP SKILLS FOR THE CAREGIVER

w i t h Linda Farrell, Family Therapist

*Linda Farrell is a dynamic workshop presenter
with extensive experience in mental health issues.*

This info-packed workshop is for family members or friends who care about someone with a serious mental illness. This workshop is an opportunity for the family caregiver to refuel and recharge.

The workshop will explore:

- Relationship skills
- Communication
- Conflict resolution
- Telling your story as a caregiver

The workshop will include:

- A creative learning environment geared to adults which includes relevant information presented in a dynamic way
- Opportunity to connect with other families who care about an adult with a serious mental illness
- A question and answer period dealing with the specific concerns of family members

Saturday, March 19th, 2005 from 8:45 a.m. — 2:30 p.m.

Registration fee of \$8.00 includes lunch and refreshments

You must pre-register as space is limited.

**Calvary Missionary Church (rear entrance)
655 10th Street West, Owen Sound**

CALL: 371-4551 Make cheques payable to:

Grey Bruce Community Health Corporation,
1139 2nd Ave. E., Owen Sound, ON N4K 2J1

Women's House of Bruce County

New, expanded services help reach women

The Women's House of Bruce County is pleased to announce changes to the TRANSITIONAL HOUSING SUPPORT PROGRAM. As a result of new funding from the Ministry of Community and Social Services for housing support services we have been able to expand our Transition Program to work with women in the community as well as women who use our other agency services. We recognize the needs of abused women are often complex. By offering a range of services in our expanded program we hope to better serve a larger number of women in our community.

The focus of the new program is serving women in the community. By expanding our client group we can offer support to

include women who are living in a variety of housing situations, not just in emergency shelters, (e.g. second stage/transitional housing; social housing or other housing accommodation).

The purpose of the program is to help abused women as they build stable lives by assisting them in establishing a network of supports and to find and maintain housing. We accept referrals from emergency shelters, counselling programs, social housing providers, other service providers, and self-referrals from women in the community.

Women can access a range of support services through this program, safety planning; transition planning and assistance carrying out their plan; referrals to counsel-

ling services, including child witness program and other community agencies/resources (eg. rent bank, social assistance, parenting support, education/training, health services). We also offer advice in the area of finding and maintaining housing (eg. budget management, life skills), assistance in avoiding eviction, advocacy with third parties in specific cases (e.g. landlords, interaction with Children's Aid, court appearances).

We are looking forward to working with other services in our community to make this program a success. For further information please call The Transitional and Housing Support Worker at (519)396-9814, ext. 26 or 1-800-265-3026. *Elaine Walden, Transitional and Housing Support Worker*

The Men's Program (Grey/Bruce)

New program offers a wide range of volunteer opportunities

The Men's Program provides counseling and educational services for men who have been abusive towards women and children and support to their partners as well as public education on violence against women.

The Men's Program is in the process of creating a comprehensive Volunteer Program. The goals of the program are to support men who come to the program in order to change their behaviour as well as to increase public awareness for the issues of violence against women and children in our community.

I am the coordinator for the Volunteer Program and I am

searching for women and men in Grey and Bruce counties who would like to become volunteers for the Men's Program or who would like to find out more about our program.

If you have any questions about the Volunteer Program or about the Men's Program please call Joachim Ostertag, Volunteer Coordinator at the Men's Program (519)372-2720.

Volunteer Opportunities

The Men's Program (Grey/Bruce) offers opportunities for volunteers in Grey and Bruce to work towards ending woman abuse in the following areas:

- Orientation and Educational Programs for men who have been abusive
- Support for men who want to change

- Life Skill Training
- Public education: Media events, speaking engagements, school programs
- Literacy/Tutoring
- Fundraising
- My Dad's Groups; Parenting Program for Fathers
- Men Mentoring Men

Grey and Bruce Developmental Support Network Coordinated access ensures system-wide response to unmet or critical needs

Member agencies of the Grey and Bruce Development Support Network include: Community Living Owen Sound and District, 371-9251; Community Living Kincardine and District, 396-9434; Community Living Meaford, 538-4151; Walkerton and District Community Support Services, 881-3713; Bruce Peninsula Community Living, 534-0553; South-East Grey Support Services, 924-3339; and Harc Inc. Hanover, 364-6100. These programs offer support to people with developmental disabilities

To obtain support or information, the individual, family or advocate may make an enquiry at any one of the member agencies. If supports are not readily available at the access point, and if it is not a crisis, the option of having the request forwarded to other member agencies will be provided. If this option is desired, the receiving agency will forward the request to the Community Services Team who will inform the other agencies of the request. Requests will be added to the Regional Priority Data-Base.

This data-base is reviewed every four months. If the matter is considered a crisis a response will be made within 48 hours by the originating agency.

Development Supports are available for adults, their families, and for children (Eligibility requirements are available from any member agency.).

For more information contact the closest office nearest you. Phone numbers are listed above.

Canadian Cancer Society We're here to help

Almost everyone is affected by cancer at some point in their lives, either directly or through a family member or friend. Sixty years ago, only one in five cancer patients recovered. Today one in two cancer patients is likely to survive. Research has made that progress possible. But there is still so much more to do. The Canadian Cancer Society is here to help.

The Canadian Cancer Society is a national community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. We work to achieve this mission by funding important cancer research, providing patient services and advocacy for healthy public policy.

Services We Offer:

Information

At the Bluewater office, in Owen Sound and at numerous public information sites throughout Grey & Bruce counties, the Canadian Cancer Society is committed to providing a wide range of educational ma-

terials free to the community, about all types of cancer, treatments, prevention & early detection, dealing with side effects, clinical trials, and alternative therapies.

Transportation

If you need help getting to your cancer-related care, we can work with you to find the best way to get you there. For example, a volunteer driver could pick you up and take you to your appointment while offering friendly support along the way. For more information about this free service please call (519) 376-6011 or 1 800 430-6228.

Resource Room

Visit the Bluewater office at 163 8th Street East and spend time in our Resource Room. Available resources include wigs, turbans and temporary breast prosthesis. This quiet room is also available to view videos or to speak privately with staff or volunteers.

Peer Support Groups

If you or someone you know has been diagnosed with cancer and would like someone to talk to, con-

tact the office at (519)376-6011 or 1-800 430-6228 to find out about peer support in your community.

Telephone Support

CancerConnection is a Canada-wide peer support program that matches you over the phone with a trained volunteer that has been through a similar experience. You can reach this free, confidential service directly by calling 1-800 263-6750.

Our goal at the Canadian Cancer Society is to ensure that the needs of people living with cancer and the community are met and will continue to be met into the future, through the generous support of donors, sponsors and volunteers. This project is funded in part by the Government of Canada, Job Creation Partnership Program. For more information please call 1-888-939-3333 or visit our website at www.cancer.ca.

Wendy Tomlinson, Information Outreach Coordinator, Canadian Cancer Society

Thinking About Drinking Free staff development opportunity

Thinking About Drinking is a fun and interactive one-hour presentation that will provide personal and professional information to help you "reduce the risk". It is brought to you by the Focus Project of Grey Bruce.

- Watch a video about real people, their stories and statistics on alcohol use in Grey and Bruce counties
- Learn to evaluate your own drinking and make healthy choices
- Learn to recognize the signs associated with problem drinking
- Learn where to go for confidential help

*"Sometimes alcohol use is looked at as being a black and white thing...you're either an alcoholic or you're not. This presentation challenges participants to look at all of the categories in between, and to make lifestyle choices that lower risks associated with alcohol use."
Bettilyn Berglund, Counsellor,*

Call one of us to set up a time for your organization!

For more information: contact Marie Barclay, Focus Coordinator at 376-9420 or committee members: Jill MacArthur 371-1232, Donna Beatty 371-6317, Crystal Clarke 376-9420

Mental Health Books and Videos

Coming Soon!

Watch for our April Launch

New books available soon

The Mental Health Library continues to be open two evenings a month as well as the regular operating hours. Please note that the library hours are Monday through Friday 8:30 to 4:30. During the next two months, the Wednesday evening dates are April 6th and 13th as well as on May 4th and 11th from 6-8:30 p.m..

Here is a preview of some of the new book titles:

Just Checking- scenes from the life of an obsessive-compulsive; Emily Colas

Positive Options for Seasonal Affective Disorder; Fiona Marshall; Peter Chevers

Beat Depression and Reclaim Your Life; Alexander Massey

The Peace of Mind Prescription; Dennis Charney; Charles Nemeroff

Healing Schizophrenia; Dr. Abram Hoffer

Shyness and Social Anxiety Workbook; Martin Antony, Richard Swinson

One-day clinical conference

The Royal Victoria Hospital of Barrie Mental Health and Addiction Program presents a one-day clinical conference ...

Mental Illness and Adolescents: Identification and Treatment Approaches.

It is facilitated by Dr. Clive Chamberlain, Senior Staff Psychiatrist, Centre for Addiction and Mental Health, Associate

Professor of Psychiatry, University of Toronto. The conference will be of interest to physicians, psychiatrists, Psychiatric nurses, social workers, experienced mental health and addiction counsellors, case managers and youth workers.

Date:
TUESDAY, APRIL 12TH, 2005

Location:

HORSESHOE RESORT and CONFERENCE CENTRE, R.R. #1, Barrie

Costs: \$125.00

Limited spots available-register early!

For information on the conference and to book your program's display space contact: Rosemary Rak, (705)728-9090, ext. 4523

Myths & Facts About Senior Drivers Information seminar will address challenges

The following informative seminars will help participants sort out the myths from the facts related to senior driving issues. Strategies to address some of the challenges associated with driving cessation will also be offered.

PORT ELGIN

April 27th 2005 7-8:30 PM
Legault's Your Independent Grocer Community Room,
Port Elgin

Presenter: Barbara Fox, Education Coordinator,
Alzheimer Society of Grey-Bruce

MARKDALE

May 19th 2005 7-8:30 PM
Home & Community Support Services Office, Lower Level of Grey Gables Building
206 Toronto St. South, Markdale

Entrance to parking lot across from Foodland
Presenter: Barbara Fox, Education Coordinator,
Alzheimer Society of Grey-Bruce

There is no charge for the seminars but pre-registration is requested. To register please call 376-7230 or 1-800-265-9013

Free Information Session

Is substance use or gambling a problem for you?

Are you interested in ...

- Recognizing when substance use and/or gambling is a problem?
- The impact of substance abuse on individuals/families?
- How change *can* happen?
- Safety issues and how to reduce risks?
- Resources that are available in the community to help?

New Directions for Alcohol, Drug and Gambling Problems invites you to attend any one of the sessions happening in Owen Sound or Walkerton listed to the right.

Owen Sound

Mondays

- April 11, 2005 from 6-8 p.m.
- May 2, 2005 from 1:30—3:30

Walkerton

Wednesdays

- April 20, 2005 from 6-8 p.m.
- May 18, 2005 from 1:30-3:30

Please call 371-1232 to confirm your attendance and for more information.

National Volunteer Week
April 17– 23, 2005

Steps to Smoking Less Get support to help you meet your goal

7

- **Wednesday afternoons**
- **April 6, 13, 20, 27**
- **No Cost!**

Steps to Smoking Less is a series for smokers living with a mental illness who want to cut back or quit smoking.

This series will look at:

- Why we smoke & why it is difficult to quit
- Getting ready to quit –
 - how others did it
 - how nicotine replacement can help
- Having a plan & supports in place
- Handling withdrawal symptoms and relapse

For further information or to register, Contact: Katherine Kingsbury, *Community Connections: Housing & Support* at 371-2390

For additional, ongoing support to individuals wanting to reduce or quit, contact Louise Chase about the SOS Self-Help Group at 371-4582.

Upcoming workshops

Older Persons Mental Health and Addictions Network of Ontario are developing a resource kit for front line staff that will be presented at a May 24 afternoon workshop. Other workshops for seniors, families and caregivers will be offered in communities in Grey and Bruce. For more information contact Marguerite Thomas, BScN., Public Health Nurse, Grey Bruce Health Unit, 1-800-821-7714, ext 246

World Health Day
April 7th, 2005

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 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

Persons with Disabilities Online

Visit this useful site to access a range of programs and services

Persons with Disabilities Online is a site where persons with disabilities, their family members, caregivers and service providers can access a full range of information on disability-related programs and services in Canada. PWD-Online is part of the Government Online initiative, which seeks to provide all government information and services on the internet.

What is PWD-Online?

- Single access point for Government of Canada information on disability-related programs and services

- Its development is driven by citizens
 - A fully accessible and usable site for users
- Don't forget to check out the many links. Users can also access partnering sites.

CHECK OUT
www.PWD-Online.ca

For more information on the Government of Canada visit:
www.Canada.gc.ca

Moving Lives Forward Scholarship

Check out the eligibility requirements online

Although funding is limited, these scholarships (a joint endeavour of SSO and Eli Lilly Canada) have enabled individuals to resume their education and regain skills that help them re-integrate into society. There are outlined eligibility requirements that can be accessed on line where you can learn more about the scholarship. If your loved ones are not at a stage where returning to school is a possibility don't be discouraged. A number of our recipients have had very

serious struggles with schizophrenia for many years, but eventually recovered to the point that resuming their education became a possibility. **The deadline for applications is April 15, 2005.** For more information please call 416-449-6830 or visit www.schizophrenia.on.ca

*Deborah Deacon, Program Director,
Schizophrenia Society of Ontario*

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

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