



PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

Avoid heat exhaustion and heat stroke: take water with you

Are you aware of the special kind of interaction that may occur with hot weather/summertime and some of the drugs you may be taking?

When your body can't cool down, you may be getting Heat Exhaustion. Signs include:

- Skin clamminess even when sweating
- Tired
- Light-headed
- Thirsty
- Too hot to move

I recommend drinking fluids, preferably water, stay indoors where it is cooler and lie low.

When left unchecked, the dreaded Heat Stroke may follow. This shows itself as:

- Red hot skin
- Agitation
- Restlessness
- Confusion
- Quick heart beat
- Diarrhea

Consumer/Survivors should be aware of these very serious interactions because many drugs prescribed to them do create more susceptibility to the heat. Drugs such as Cogentin (benztidine), procyclidine, oxybu-

tynin, Prozac (fluoxetine), chlorpromazine, Haldol, and Fluanxol can disrupt some of your body's ability to cool itself down. If you are **overweight, have heart problems, high blood pressure or have diabetes**, than you have a higher chance of getting this interaction. So be careful! Always carry a bottle of water to sip, wear a light coloured hat and loose clothing, preferably a cotton blend. Be willing to go indoors if you feel a sign of heat exhaustion setting in. If you see another person with any of these symptoms, please contact medical help.

*Peter Rissi, Pharmacist
Parker Pharmacy*

Puppets give mental health message to children

The Canadian Mental Health Association (CMHA), Grey Bruce Branch announces with excitement a new mental health awareness program for children that uses child sized puppets to deliver messages about bullying, self-esteem, mental health, drugs and alcohol. The Friends and Neighbours (F.A.N) Club program uses puppets to provide positive mental health messages to children ages 5 - 11. We are planning to recruit puppeteers from secondary schools.

The Phoenix Centre created the F.A.N. Club for children and families in Renfrew County in 1995.

It's a uniquely Canadian educational, preventative program, designed to respond to the increasing need for dialogue with children about serious social problems facing them today. The programs are designed to work directly with children in a non-threatening manner.

Professionals have developed them with research assistance by child psychologists, social workers, child and youth workers, teachers and relevant organizations. The scripts are flexible enough to meet the needs of any audience's social and demographic background and will be modified as needed to ensure

that the unique needs of Grey and Bruce counties are addressed and met.

The program is supported by funding from the Ontario Trillium Foundation and partners with the Women's Centre, the Family Support Initiative, HRDC, Building Healthy Communities-Saugeen First Nations #29, FOCUS, Bruce Grey Children's Services and the Children's Aid Society.

For information or a personal interview, contact Marion Wright, Executive Director, CMHA at 371-3642 or email: m.wright@bmts.com.

Take this opportunity to meet the Alzheimer Society Staff

The Alzheimer Society is featuring **Matinee Memories** at their office, 753 2nd Avenue E, on Wednesday May 28, 2003 and Wednesday, June 18 at 1:30 pm. If you are a person with memory loss, a family member or a professional caregiver, this feature event will be of interest to you. There will be a video and discussion and time to access their resources located in the library.

Advance Care Planning Training sessions are also offered to professional caregivers, service providers and policy makers work-

ing with persons affected by dementia. Each session is part of a series being sponsored across the province through the Ontario Strategy for Alzheimer Disease and Related Dementias by the Ontario Seniors' Secretariat in partnership with the Alzheimer Society of Ontario. Registration for this is limited to 30 persons per session. Upcoming Service Provider Training Sessions are held at the Rockwood Terrace, in Durham on May 27th from 9—4:30 p.m.; Contact: Colleen Robinson 369-6035, and Grey Gables, Markdale

on June 2nd from 9—4:30 pm; Contact: Linda Lepard 986-3010.

To arrange a training session in your area contact Barbara Fox 1-519-376-7230; barbarafox@bmts.com. A 90-minute information session for the general public is also available on request. There is usually no cost to participants. Resource manual included. All welcome!!

*Deborah Barker, Executive Director
Alzheimer Society*

Everyone is welcome to attend!



a talk by
Dr. Roger S. McIntyre, FRCPC

Dr. McIntyre is currently an Assistant Professor of Psychiatry at the University of Toronto and Head of the Mood Disorders Psychopharmacology Unit at the University Health Network, Toronto Western Site.

A question period will follow the talk by Dr. McIntyre.

This talk will be of interest to consumer/survivors, family members, mental health professionals and the general public. While it is a **FREE** talk, you must pre-register by phoning the Community Network Support Team at 371-4551.

2:00 to 4:00 P.M.
Friday, June 20, 2003
Owen Sound & North Grey Union Public Library
Downstairs Auditorium
824 1st Avenue West, Owen Sound, ON

This event is co-sponsored by

Community Network Support Team
1139 2nd Avenue East
Owen Sound, Ontario N4K 2J1

JANSSEN-ORTHO INC.
(800) 387-8781
www.janssen-ortho.com

Health providers Learn about smoking

Smoking and Mental Illness is free workshop facilitated by Dr. Peter Selby, a physician with the Centre for Addiction and Mental Health (CAMH). He is the Director of the CAMH Nicotine Dependence Clinic, which offers services to clients with mental illness. The Workshop will be held on June 12 from 8:30—12:00. It's presented by the Program Training and Consultation Centre and co-hosted by Mental Illness and Smoking Issues Committee.

There is no registration fee. Lunch, refreshments and program materials are provided at no cost to participants. Deadline for registration is May 30, 2003.

For more information, contact *Donna Beatty, CAMH* at 371-6317.

www.mhagb.ca

Notice of annual meeting

The Grey Bruce Community Health Corporation's Annual Meeting will be held Wednesday, June 25, 2003 at 4:00 pm at St. Andrew's Presbyterian Church, 865 - 2nd Ave. W.

This meeting provides an opportunity for Corporation members

to review our activities of the past year and our plans for the future; to elect new Board members, and to honour long service by staff and Board members. We are looking forward to this meeting and hope you will plan to attend.



Membership renewal time & call for nominations

If you have an interest in mental health or addictions, we invite you to consider membership in our organization and participation on our Board of Directors.

Membership in the Corporation is open to anyone 18 years or older who is normally a resident in Grey or Bruce County and who pays the membership fee. *The membership fee is \$5.00, and must be received by June 10, 2003 to secure voting privileges at our annual meeting on June 25, 2003.*

Our Board consists of 12 volunteers, six are Health Care Consumers and six are Health Care Providers. A Health Care Provider is anyone who earns his/her living from funding provided by the Ontario Ministry of Health & Long

Term Care. All others are considered Consumers.

We are seeking nominations to the following Board of Director positions

- **One Grey County Health Care Consumers:** one 3-year term
- **One Grey County Health Care Provider:** one 3-year term
- **Three Bruce County Health Care Consumers:** one 3-year term, one 2-year term and one 1-year term
- **Two Bruce County Health Care Providers:** one 3-year term and one 2-year term.

In order to be nominated to our Board, you must be a member of the Corporation at the time of your election and throughout your term of office; not be employed by the Corporation and not have a spouse, child, parent, sister or brother who is employed by the Corporation.

If you are *seeking election to the Board of Directors*, you must submit a completed Nomination Form and pay the annual membership fee of \$5.00 by 5:00 pm June 4, 2003.

A Membership form follows this article in the **Pivot**. Additional forms and nomination forms may be obtained at the Corporation office. If you would like more information please contact *Sandy Stockman, Executive Director at 371-4120.*

Grey Bruce Community Health Corporation

The Grey Bruce Community Health Corporation provides community based mental health and addiction services including:

- ? mental health counselling
- ? post-emergency sexual assault counselling
- ? addiction counselling for adults

and youth

- ? affordable housing and community support for adults with serious mental illness
- ? information, education, consultation and program development assistance to stakeholders of the mental health and

addiction service systems

- ? community development services to foster linkages, peer support and self-help among consumer/survivors and families of people with mental illness



MEMBERSHIP FORM

2003 - 2004

Membership Criteria: *Membership in the Corporation is open to any resident of Grey or Bruce County, who is over the age of 18 years, and who pays the annual membership fee.*

Please Note: *New members must pay their membership fees by June 10, 2003 in order to secure voting privileges at our Annual Meeting.*

NAME: _____

ADDRESS: _____
(Residence & Mailing)

CITY/TOWN: _____ **POSTAL CODE:** _____

COUNTY OF RESIDENCE: (Please indicate) Bruce Grey

TELEPHONE:(Home) _____ **(Business)** _____

SIGNATURE OF MEMBER/APPLICANT: _____ **DATE:** _____

I wish to: (Check appropriate box)

renew my membership in the Corporation, or *become a member of the Corporation*

I enclose \$5.00 membership fee.

I am: (Check appropriate box)*

a Provider of Health Services, or *a Consumer of Health Services*

***Note:** A **Provider** is any person who earns his/her living from funding provided by the Ontario Ministry of Health and Long Term Care. All others are considered to be **Consumers**.

Please make cheques payable to: **Grey Bruce Community Health Corporation** and mail to:

Grey Bruce Community Health Corporation
1139 2nd Avenue East, Owen Sound, ON N4K 2J1



**NOMINATION FORM
2003 - 2004**

NOMINATION OF:

FULL **LEGAL** NAME: _____

ADDRESS: *(Residence & Mailing)* _____ City/Town _____

POSTAL CODE: _____ COUNTY OF RESIDENCE: BRUCE GREY

TELEPHONE: *(Home)* _____ *(Business)* _____

OCCUPATION: _____ CURRENT POSITION: _____

PLACE of EMPLOYMENT: _____

NOTE: A Provider is any person who earns his/her living from funding provided by the Ontario Ministry of Health & Long Term Care. All others are considered to be Consumers.

BIOGRAPHICAL SKETCH: Please include life and career highlights and your reasons for seeking election to the Board *(Please use another sheet if more space is needed)*

I AM a **Consumer** of Health Services OR a **Provider** of Health Services

I hereby consent to my nomination to the Board of Directors.

Name (Please Print) *Signature of Nominee* _____
Date

Name and Signature of Corporation Member supporting the nomination:

Name (Please Print) *Signature of Corporation Member* _____
Date

**NOTE: NOMINATIONS MUST BE RECEIVED BY JUNE 4, 2003 AT:
GREY BRUCE COMMUNITY HEALTH CORPORATION
Attention: Nominating Committee, 1139 2nd Avenue East, Owen Sound, ON N4K 2J1**

Chronic Pain Workshop Postponed until September

The Addiction Workers Network announced that their spring workshop, Understanding the Management of Chronic Pain Including the Opioids has been postponed. The planners believe that due to the current concern over SARS, a number of health care professionals in Grey Bruce are not able to attend this workshop scheduled for May 2nd.

Dr. Brian Kirsh, Medical Director of the Chronic Pain Management Unit at the Hamilton Health Sciences has agreed to the re-scheduling of this workshop for Friday, September 26, 2003. Registrants are being contacted to assure that

they can attend on the new date. If not, their registration fee of \$40 will be refunded.

This promises to be a most interesting workshop and we hope that this new date will allow everyone who would like to attend to do so. If you are interested in finding out more about workshop, you can call the Community Network Support Team at 371-4551, or go to the events calendar on the web site for Mental Health and Addictions Services in Grey and Bruce at www.mhagb.ca

*Tom Jenks,
Community Development Worker*

Certificate Program in Concurrent Disorders Two day workshop features mood disorders and substance use

Addiction and Mental Health Professionals will find this course valuable. Some prior knowledge or experience working with concurrent disorders is strongly recommended. This two-day workshop (third of five modules) will be offered on June 3rd and 4th, 2003 from 9:00 a.m.—4:00 p.m. in Owen Sound by Dr. Tony Toneatto, Concurrent Disorders Program, Research Scientist in the Clinical Research Department, Centre for Addiction and Mental Health. Participants will receive 50% off the

fifth course if taking the entire certificate program. Anxiety and Substance Use is the next module tentatively scheduled for Fall 2003. The cost is \$250 per course and a 15% discount applies if three or more participants from the same agency register. For more information or to register, contact Savina Cariati, Education and Training Services, Centre for Addiction and Mental Health, Savina_Cariati@camh.net or (416)535-8501, x 6639.

A terrific fit for the mental health system Introducing the new Housing & Social Support Worker

Bruce Peninsula Health Services Housing Corp. and the North Bruce Community Mental Health Team are pleased and excited to welcome Debra Fry. Debra began employment here in mid-December and has already proven to be an asset to local community mental health services in her role as a housing and social support worker. She is deployed to the North Bruce team to provide for individual client support. As well she is responsible for designing and implementing group-based leisure and educational programs and supports.

Debra attended Trent University and also has a Diploma in Recreation Leadership. She is presently completing her Addiction Di-

ploma as well as Life Skills Coach certification. She has held a variety of positions including Resource Facilitator for Community Support for Families, Clinton, and Community Support Team Coordinator, Wingham. As well she has worked in a range of residential settings and designed, developed and promoted a pilot project for Community Living, Huron County.

Her enthusiasm, upbeat personality and wonderful sense of humour are truly contagious and we believe that she is a terrific fit for the mental health system. We are thrilled to have her onboard!

*Donna Pettigrew-Hepburn
Executive Director*

New Employment Support Program- WorkAble encourages gained independence

“We are pleased to now offer an Employment Support Program aptly named *WorkAble*,” says Lezlie Martin Ellis, Co-facilitator of the new program at Bruce Peninsula Health Services Housing Corp. “Those with a Serious Mental Illness (SMI) want to be able to live in the community – and they want to be able to work here too.”

The goal of this new program is to assist people living with a SMI to develop skills and to assist them in finding volunteer or paid employment. Supported employment is a logical extension of services for this organization that is dedicated to helping people live independently. “Through employment, people gain independence, they will meet and manage challenges and they will interact with a wider circle of people in their lives,” Ellis says.

The program helps consumer/survivors improve pre-employment, job search, interviewing and resume writing skills. “Our aim is to build real skills but also confidence,” Ellis says. And, the program looks at the broader picture of employment too – not only bettering employment skills but also looking at employment planning and types of employment.

For instance, there is considerable interest among work-seekers with SMI to establish a consumer-run business. The goal is that individuals will have more control over his/her workplace and be able to pick and choose contracts that meet personal goals and needs. The good news on this front is that there are some initiatives available from the Ontario Council of Alternative Business for people with SMI to start

their own businesses.

On the flip side of the coin, area employers need to hear about the program too. Employers need to know that in some cases, some simple forms of workplace accommodation can assist people with SMI to work for them. “With a few supports, many consumer/survivors are employable in an accommodating workplace,” Ellis says. For others, a re-entry to employment can be made through part-time work or a confidence-building volunteer opportunity. Skills-based training groups will be offered to help individuals gain confidence and practical skills needed to take the next steps.

The Employment Support Program is kicking off with a focus on the North Bruce area for now. It is expected that during this initial period, the project will be operated as a pilot project in the area, before exploring other opportunities.

To participate in the program people must have SMI, be at least 16 years of age, and want to pursue employment-related opportunities. To apply, you can contact the program through the Bruce Peninsula Health Services Housing Corporation, Allied Health Building, 369 Mary St. in Wiarton, (519) 534-4388 Ext. 228.

“We are very enthusiastic about the possibilities for this program as well as the fundraising support and funding grants from the Human Resources Development Corporation, for example. That makes this possible.” says Ellis.

Donna Pettigrew-Hepburn,



One of WORKABLE’s first success placement clients, Bonnie W., is recognized for her volunteer commitment to the Wiarton Public School’s Breakfast Club and Hot Lunch Program. Pictured from left to right: Marjorie Winn Daykin, Principal and Jim Mitchell, Coordinator of the Breakfast Club.



Happy Anniversary Event
This year marks the 15th Anniversary of the Bruce Peninsula Housing Support Services Corp.! In Celebration of our Anniversary, we are hosting an “Open House” (tent actually!) that will include the planting of a commemorative tree on June 5 from 1-4 pm at the Wiarton Group Home at 615 Frank Street. Refreshments will be served under the canopy. Please join us!

New Directions for Alcohol, Drugs and Gambling FREE information session

On Monday, May 26, 2003 from 6:00 until 8:00, come to our Owen Sound office at 1051 2nd Ave. E, upstairs (above Bill Murdoch's office). You will be given information related to recognizing when

substance use is a problem, recognizing when gambling is a problem, the impact of substance abuse on individuals/families, how change can happen, safety issues, how to reduce risks, and resources

that are available in the community to help.

If you are interested in attending, register by calling 371-1232.

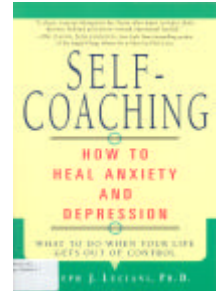
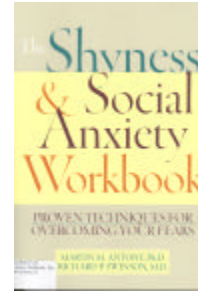
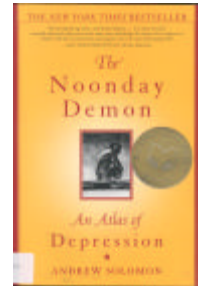
New books at the Mental Health Resource Library

Find information about the Mental Health Resource Library at www.mhagb.ca or make the trip to our office to discover many books on lots of topics related to mental health. To the right, is a sample scan of what you can find. If you haven't yet visited our physical location, please drop in to see it.

Recently, we have received 181 new lending books and 13 videos.

We are located at the Nortown Plaza in Owen Sound at 1139 2nd Avenue East. The hours of operation are Monday through Friday from 8:30 a.m. til 4:30 p.m.

For more information, call 371-4551.



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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