



# PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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## Walk the World for Schizophrenia on May 29th

### Do you know what this illness is?

The Huron Chapter Schizophrenia Society of Ontario would like you to help them provide a reason to hope, and the means to cope. Families and Consumer/Survivors benefit from your efforts to help champion research into the cause and cure for schizophrenia, and into improving the quality of life for those coping with it today. Dispel the myths, misunderstandings and unwarranted stigma associated with schizophrenia so the challenges faced are reduced. Join and support the cause.

Call 519-357-3261 for information.

The walk will be held on

- **Saturday, May 29, 2004, at 10:00 am.**
- ***at the Rotary Cove, St. Christopher's Beach, Goderich. (Park at the South end of the waterfront at Rotary Cove).***

Despite everyone knowing this illness' name, very few really know what it is.

- Schizophrenia is NOT split personality, and it's not an emotional disorder.

- Schizophrenia is a serious, wide-spread but treatable brain disease.
- It affects the way the brain works, dramatically and involuntarily changing the way a person thinks and feels, which in turn affects their behaviour.
- 1 in 100 Canadians are living with the consequences of this illness.
- It plays no favourites, but first strikes most often between the ages of 15 and 25, and robs a worryingly large number of young Canadians of the sort of life most of us take for granted.
- While a definitive cause is still unknown, much, thankfully, is known and proven about how to help people living with schizophrenia to cope and even flourish.

Even if you do not participate in the Walk of Hope, you can still make an enormous difference with your donation, or your volunteer efforts. Call 1-800-449-6367.

[www.walkofhope.ca](http://www.walkofhope.ca)

## Can schizophrenia be treated?

Yes, schizophrenia is a brain disease that can be treated. Medication is the foundation of treatment. Fortunately, many of the newer drugs have fewer side effects than the older medications. This means people with schizophrenia can have a much better quality of life than they would have years ago.

Doctors work closely with patients to find the right drug(s) and the right dose for each person.

In addition to seeing a psychiatrist, people recovering from schizophrenia often benefit from the services of a case manager or therapist. They will probably need help to understand their illness. People with schizophrenia also need support in their community, like safe and affordable housing, social and job training programs and social interaction. Family members and friends also need support, education, and counselling. They are an important part of the person's treatment and overall plan for recovery.

New technologies are helping doctors understand more about schizophrenia, and how the illness affects people.

[www.schizophrenia.on.ca/brochures.html](http://www.schizophrenia.on.ca/brochures.html)

## Why isn't everyone with schizophrenia diagnosed early?

Delays between the early signs of schizophrenia and diagnosis include these reasons: Adolescence, a time of change when many parents reason that moods and behaviours are "just a phase." People with schizophrenia often do not realize they are sick. There is no medical test that can tell if some-

one has schizophrenia. The diagnosis is based on many factors, including behaviours that the person reports and that others observe. Most family doctors do not have specialized training to recognize psychiatric disorders. Schizophrenia is a disease that still

scares people and makes them uncomfortable. Because of the stigma attached to schizophrenia, families may be reluctant to accept the fact that a relative has the illness.

[www.schizophrenia.on.ca/brochures.html](http://www.schizophrenia.on.ca/brochures.html)

## 2 Grey Bruce Community Health Corporation It's time for Board Nominations and the Annual Meeting

The Grey Bruce Community Health Corporation is a non-profit, charitable organization that was established in 1985 to operate community mental health and addiction programs across Grey-Bruce. We currently operate two addiction programs, five community mental health programs and three Community Investment Fund projects. We also sponsor two multi-agency community mental health teams. Our services include the following:

- Mental health counselling
- Post-emergency sexual assault counselling
- Addiction counselling for adults and youth
- Affordable housing and community supports for adults with serious mental illness
- Information, education and consultation for stakeholders of the mental health and addiction service systems
- Education, information and community development services to foster linkages, peer support and self help among consumer/survivors and families of people with serious mental illness

The Corporation is a member of Mental Health *Grey Bruce*, a partnership of four local organizations that provide adult mental health services. The partnership was established in January, 1999 to enable the four organizations to develop and operate multi-agency community mental health teams across Grey-Bruce. There are now five teams throughout the district. Each team includes staff of the partner organizations who, with supervision from a Team Leader, provide a range of mental health services to a designated catchment area. The goal of Mental Health *Grey Bruce* and of its community mental health teams is to enable people with serious mental illness and/or acute mental health needs and their families to access effective, coordinated mental health services as close to home as possible.

### Call for nominations

If you have an interest in mental health or addictions; we invite you to consider membership on our Board of Directors. We are now seeking nominations for six (6) Board of Director positions.

- In order to be nominated to our Board, you must:
- normally reside in Grey or Bruce County
- be eighteen years or older
- 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 and
- submit a completed Nomination Form and Membership Form and pay the 2004-2005 membership fee of \$5.00 by 5:00 pm on June 1, 2004.

**Nomination and Membership forms can be obtained at Grey Bruce Community Health Corporation 1139 2nd Avenue East, Owen Sound, Ontario, N4K 2J1.**

If you would like further information about Corporation membership or nomination to the Board, please contact myself, Sandy Stockman at (519)371-4120.

*Sandy Stockman, Executive Director*

### Notice of Annual Meeting

The Grey Bruce Community Health Corporation's Annual Meeting will be held on Wednesday, June 23, 2004 at 4:00 p.m. at St. Andrew's Presbyterian Church, 865 2nd Avenue West, Owen Sound.

The meeting will provide 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 the meeting and hope you will plan to attend.

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You are  
invited to  
attend the annual  
meeting

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### Early signs of schizophrenia

The warning signs of schizophrenia are different for everyone. Symptoms may develop slowly over months or years, or may appear abruptly. Although individual symptoms alone may not indicate the possible presence of mental illness, several symptoms may continue on a persistent basis—and a family history of mental illness—may be a cause for concern. Early detection may help lessen the impact wrought by full-blown schizophrenia. Schizophrenia Digest, Spring 2004 (*available at the CNST*) highlights "Seeing the Signs", an article written to help you uncover hints that will sound the alarm before schizophrenia strikes.

# Family to family Stay tuned for life's road

We have many reactions to mental illness when it strikes someone we love. Family members seldom get a chance to talk about those feelings with people "in the system." But, with other family members we **can** talk about our reactions. A family support meeting is the place to share with other family members how we feel, how the stress and worry affects our lives.

I have listed the common stages we all experience. Wherever you are in these Stages of Emotional Response, a support group is the place to share the experience. From literally hundreds of conversations a year between family members in the support groups, I know we experience intensely painful feelings and reactions to mental illness and these reactions are perfectly normal responses, given the catastrophe we are trying to deal with.

*Judy Kroes, Family Support Initiative*



## Mental Health tune-up

### Stages of Emotional Responses

#### I. Dealing with catastrophic events

Crisis / Chaos / Shock  
Denial; "Normalizing"  
Hoping Against Hope

Needs: Support, Comfort,  
Empathy for Confusion  
Help Finding Resources,  
Crisis Intervention,  
Prognosis, Empathy for Pain

#### II. Learning to Cope

Anger / Guilt / Resentment  
Recognition  
Grief

Needs: Vent feelings, Keep  
hope, Education, Self-care,  
Networking, Skill Training,  
Letting go, Cooperation from  
system

#### III. Moving Into Advocacy

Understanding  
Acceptance  
Advocacy / Action

Needs: Activism, Restoring  
balance in life, Responsiveness  
from system

*For tips on advocating, please read  
"Family Tips" on page 9 of the Pivot.*

Call me today for a support  
group near you.

*Judy Kroes, Family Support Worker,  
371-4802*

### Resources are valuable

During this lifetime, 20% of Canadians will suffer from a mental illness. The remaining 80% will be indirectly affected through a family member, friend or colleague. In addition to that, mental health is constantly challenged by various stresses in life. Keeping balanced is key during the growing processes. During Mental Health Week, get your mental health "tune-up" locally by visiting the Community Network Support Team's Mental Health Library (CNST), 1139 2nd Ave. E, Owen Sound. Be proactive and learn more about improving your mental health. Some of the newest book purchases are listed on page 8.

### Plan on turning body shame into body pride

The **\*Bulletin**, Issue Feb 2004, lists some tips as methods to help turn body shame into body pride such as:

- Find creative outlets for your feelings around your body; write about them, or paint.
- Think about how you treat yourself, and your body. Think of ways that you can be gentle with yourself; Massages, hot baths, wearing favourite colours, fabrics and styles are all ways of pampering your body.

**\*The Bulletin newsletter is published by the National Eating Disorder Information Centre, in Toronto (1-866-NEDIC-20) [www.nedic.ca](http://www.nedic.ca) or you can look through a collection of past issues at CNST.**

Mental Health week  
(May 3—7)

May 15th—International  
Day of Families

No-Diet Day— May 6

## Yellow Directory

# Back by popular demand

The Grey Bruce Information Directory, formerly known as the Yellow Directory, is making a comeback. First published in 1983 by the Community Network Support Team (CNST), this little yellow binder full of information about local health and social service agencies is soon to be reborn as the *Yellowbook*. It will be available online as a part of the [www.mhagb.ca](http://www.mhagb.ca) web site and in a printed version that you can purchase and carry with you.

“The last printing of the Yellow Directory was in 1995 and we have had numerous requests to update it since then,” said Shane

Barker, Program Director of CNST. “We are pleased to be able to not only update the printed book, but also offer all of the information contained in the *Yellowbook* online as a part of the web site for mental health and addiction services in the Grey-Bruce area.”

CNST is working on modifying the web site to accommodate the addition of the *Yellowbook* and on gathering the current information for the programs and services that will be included in the database. Shane stated that “We will soon be mailing out an information gathering form to many local health and social service agencies

so they can provide information about their programs and services. We hope that they will respond promptly to our request for information so that we can move ahead with this project.”

The new *Yellowbook* should be available online later this summer. If all goes well the new printed version should be available this fall. If you have any questions about this project or would like to be included in the *Yellowbook's* listings, call the CNST office at 371-4551.

*Tom Jenks, Community Development Worker, CNST*

## HIV/AIDS Support

# Obtain telephone services

The AIDS Committee of Guelph and Wellington County is kindly offering their assistance to our area as Grey Bruce does not currently have an active HIV/AIDS service organization. The AIDS Committee is a United Way member

agency. The toll-free number is accessible during daytime hours, Monday to Friday.  
Call 1-800-282-4505 ext. 26

*Debby Minielly, Public Health Nurse  
Grey Bruce Health Unit*

## Women's Group

# Meet at the Kincardine Hospital for support

The “Women to Women” facilitated peer support group continues to run every Thursday morning in Kincardine. It is based on common themes relating to abuse, separation, social isolation, etc. To register and for more information, call the Women's House counselling department at 396-9814, ext. 24. In May, we will be offering a 10-week SELF ESTEEM group. If you are seeking (free) one on one confiden-

tial counselling or advocacy call Trudy, Community Counsellor at 396-9814, ext 38 or Amy, Transition Counsellor at 396-9814, ext 26.

*Dennise Miller, Women's House of  
Bruce County Transition Dept. Group  
Facilitator*

The Order of Ontario is the province's most prestigious official honour. The award was created in 1986 by the Government of Ontario to recognize the highest level of individual excellence and achievement in any field. The men and women invested to the Order represent the best in Ontario's caring and diverse society and stand as shining examples for everyone. All information received as part of the nomination is presented for consideration to the Advisory Council in its entirety. The closing date for receipt of nominations is May 28, 2004. Any person can nominate an individual for this honour. Please note that all information is confidential and protected by the Freedom of Information and Protection of Privacy Act.

[www.gov.on.ca/citizenship](http://www.gov.on.ca/citizenship)

## Board members are needed You can provide leadership & direction to mental health services

If you are over 18, interested in mental health issues in your community, have expertise in areas such as finance, marketing, health care or business and could offer 3—5 hours of extra time per month, the nominating committee of Bruce Mental Health Support Services

would like to hear from you. Bruce Mental Health Support Services is a non-profit organization providing a range of housing and social support services to adults with serious mental illness from Grey Bruce and committed to delivery of accessible, effective mental health services to

people as close to home as possible. For further information, please contact Allen Partridge, Board Chair, or Donna Pettigrew-Hepburn, Executive Director, 534-4388, [bmhss@bmts.com](mailto:bmhss@bmts.com)

## Support Group & Community Development Participants create more positive changes

In a further attempt to respond to client and worker concerns about smoking (for persons living with mental illness), the Mental Illness and Smoking Issues (MISI) inter-agency committee (est. 1998) hosted a Tools for Change Workshop on Wednesday, February 18<sup>th</sup>, 2004. Forty-three mental health consumers, support workers, guest speakers and members of the MISI committee gathered for an all-day event at the Stone Tree in Owen Sound. Taking a whole health approach to smoking reduction, participants were invited to explore self-help strategies while focusing on nutrition, physical fitness, nicotine replacement treatment and personal support development.

When asked what they hoped to take from the workshop at the start of the day, participants offered such sentiments as:

- *Help to quit smoking altogether*

- *Tips to cut down*
- *What to do to manage cravings?*
- *Healthier lifestyle*
- *How to stop thinking about the next cigarette*
- *Self-help tools*
- *Gain heart health*
- *Hope*

Additional feedback received on the workshop evaluations indicated that of the 30 returned evaluations, 23 individuals identified that they believed the workshop to have been excellent. Other comments included statements such as; “I will try to be healthier. I stopped smoking for almost 2 months now and after this group will not smoke any more”, “Glad to have been part of the day – really good stuff”, “Well done and really helpful for me”. Also, more than 60% of the persons who attended expressed an interest in attending a follow-up support group to

help implement some of the tools recognized as beneficial. Following up on this expressed need, Steve McNall, Social Rehabilitation Worker from CMHA will launch a weekly support group with Louise Chase, Community Development Assistant at CSDP who will be involved during the groups formative stages. Wednesday starting May 12<sup>th</sup>, - 1:00 to 2:00 pm

- at the CMHA Board Room, 1024 2<sup>nd</sup> Avenue East in Owen Sound.
- **This group is open to any person living with a mental illness who wants to reduce or quit smoking.**

Persons requiring additional information can call Steve at 376-8433.

*Louise Chase, (CSDP) and,  
Les Dobisz, M.S.W., R.S.W.,  
North Grey Community Team*

### New Name

The Board of Directors is pleased to announce that effective immediately the Bruce Peninsula Housing Corp. organization will be: Bruce Mental Health Support Services. Contact information is as follows: 369 Mary Street, Ste 111, Box 178, Wiarton ON, N0H 2T0, (519)534-4388, Fax: (519) 534-4501 [bmhss@bmts.com](mailto:bmhss@bmts.com).

### Legal Clinic Update

We offer free legal services for the benefit of low-income residents of Grey and Bruce Counties. Services include “Clinic” law, Tenant Duty Counsel, Public Legal Education, Law Reform and Community Development. For info, call 370-2200 [www.gblegalclinic.com](http://www.gblegalclinic.com)

### Come-and Go Tea

A FAREWELL CELEBRATION FOR ED BASTIAN will take place on Tuesday, May 18 from 2:00 to 4:30 p.m. (Presentations at 3:00 p.m.) at the Grey Bruce Community Health Corporation, 1139 2<sup>nd</sup> Avenue East, Owen Sound. RSVP 371-4120.

## Summer planning

# We hope to see you at the Consumer/Survivor Development Project

I always consider it a joy and a privilege to share with you what we are doing at the Consumer/Survivor Development Project (CSDP). After all, we seek to serve and to offer programs and opportunities that will be helpful to you in your journey. We honor the opportunity that we have from time to time to come alongside and to walk the road of shared experience.

Summer is almost upon us, and with it a variety of opportunities abound. Some of the programs we will be offering include; a number of Mood Disorder Information and Support Groups, a Men's Mental Health Roundtable Discussion, and start up assistance

with a new Mental Health and Smoking Reduction Self Help Group. We will host some thematically-based Mental Health Information Evenings in the Library at the Community Network Support Team, and we will continue working in conjunction with Grey Bruce Health Services Owen Sound Site in the provision of the Consumer/Survivor Mental Health Information and Resource Sessions. These are held on the Inpatient Unit every Tuesday and Thursday Evening from 6:30 pm to 8:00 pm. The area is well marked so you will be able to find it easily.

There are other motivating possibilities in the works, like

leadership skills, so stay current and read the Pivot.

One of the most exiting ventures that summer affords us is good weather. So why not take advantage of it and plan to visit either Louise Chase or myself at the Consumer/Survivor Development Project. We are located at the offices of the Community Network Support Team, 1139, 2<sup>nd</sup> Avenue East in Owen Sound; 519-371-4582. This is right next to the Boot and the Blade Restaurant. We look forward to meeting you!

*Jim Lonie, Project Coordinator, Consumer/Survivor Development Project*

## “Safely Home” gives peace of mind to people with memory loss

The Alzheimer Society of Grey-Bruce is pleased to announce we have received a special grant to promote and encourage local participation in “Safely Home”. This nationwide program was developed by the Alzheimer Society of Canada in partnership with the RCMP to give added security to people with memory loss at risk of leaving home, getting confused and becoming lost. The official launch and first enrolment session will take place **Thursday, June 17 at 10:00 am at Owen Sound's Heritage Place Mall, in the Sears Court area across from the Police Community Services storefront.** Coordinators will be available to give information and help register individuals until 8:00 pm!

When a person is registered, vital personal information to aide in the search is stored on a confidential police database. This

information includes any locations where the individual is likely to go. Registrants receive an ID card and bracelet which identifies them by first name and their “Safely Home” registration number and says “Memory Loss -- Call Police”. “Safely Home” also provides information and helpful strategies to prevent someone from becoming lost.

There will be 20 special enrolment events held in Long Term Care facilities across Grey-Bruce throughout June and July. The Alzheimer Society of Grey-Bruce is subsidising \$5 off each enrolment fee (usually \$25, but only \$20 at enrolment events. Veterans are exempt from the fee.) People can register themselves or a loved one. There will be a free photo session at each enrolment session. A recent photo is an important aide in any search for a missing person.

A full schedule of these events will be available soon.

Another important component of the “Safely Home” Grey-Bruce initiative is to lead a full-day workshop for Long Term Care facilities on how to search for a person with dementia and state of the art rescue procedures for their facilities. It will also provide facilities with aerial photographs and topographical maps of the immediate area around their facility which would be useful in a search for a missing resident.

For details about other enrolment event locations call the Alzheimer Society of Grey-Bruce at 376-7230 or 1-800-265-9013 or log onto [www.alzheimergreybruce.com](http://www.alzheimergreybruce.com)

*Deborah Barker, Executive Director, Alzheimer Society of Grey-Bruce*

# Friday Afternoon Videos Definitely not the soap opera

**Time: 1:00 - 3:30 p.m.**  
**Place: St Andrews Presbyterian Church**  
**865 1st Avenue West, Owen Sound**  
**(upstairs in the lounge)**

Friday afternoon video presentations are held by the Sexual Assault Care Centre. Please mark your calendar on these two dates: May 28 and June 25th. Join in on exciting discussions regarding women in society today and in the past. Topics such as the harmful effects of media and pornography, women and the economy, women's past and present spirituality will be explored. You are invited to bring a friend. Opinions and strong feelings are welcomed! If you can, give us a call so we know how many chairs to put out and how much coffee and munchies to make 369-6633.

**May 28th** features "Goddess Remembered". This video is the first in the series of three. This looks at how women were once regarded and respected, a historical review of a time when women were free to be powerful. This video also looks at the transition from female to male domination.

**June 25th** features "The Burning Times". This second video (in the series) looks at the holocaust women of the 14th century who suffered as the church and government moved from Pagan to Christian belief systems and the toll it took on women kind...many of the damaging results are still in effect today in government, church, media and society as a whole.

Watch for other videos coming soon: "Killing Us

Softly" - Advertising's Image of Women Jean Kilbourne's work has influenced many on an international scale ...with wit and warmth she shows over 160 ads and commercials to question advertising's image of women.

"Who's Counting?" Marilyn Waring on Sex, Lies and Global Economics. A study of how women's work such as mothering feeding and raising the world, is not counted as profitable by the world economy and how to influence change.

"A Drug called Pornography" This video examines the harmful effects and history of pornography in our society towards internet users, children and women. Never before has the media been so responsible to such influences.

*Bonita Johnson deMatteis, Sexual Assault Centre*

## Sexual Assault Help Line Call one central, confidential number to access assistance

Providers of sexual assault and sexual abuse counselling services jointly coordinated a new initiative that will make finding help easier. A new information tear-off sheet will be distributed across Grey and Bruce Counties to promote a faster, more effective way to connect you to the right help you need 24 hours a day. The interagency team consists of the Sexual Assault Centre of Grey and Bruce, Women's Cen-

tre, Bruce Grey Children's Services, The Sexual Assault/Partner Abuse Care Centre, the Children's Aid of Owen Sound and Grey and the Children's Aid of Bruce County, Community Mental Health Teams and the Ontario Provincial Police. This group is expanding to include other services and organizations to ensure the most effective inter-agency response to sexual assault.

The centralized phone

number 1-800-720-7411, is operated through the Sexual Assault Centre of Grey and Bruce, a program of the Women's Centre (Grey & Bruce) Inc. This help can be accessed by anyone, of any age, and the caller will be assisted with linking to the appropriate agency and service.

Please contact: Rebekkah Alexander-Adams 376-0755, x105 or Ann Schneider 371-4773, x109.

### May is Sexual Assault Awareness Month

The Sexual Assault and Partner Abuse Care Centre present an overview of clinical work in the area of Sexual Abuse—Theory and Practice in the 21st Century. This happens on May 17 from 9-2:00 p.m. Call 376-2121 for info.

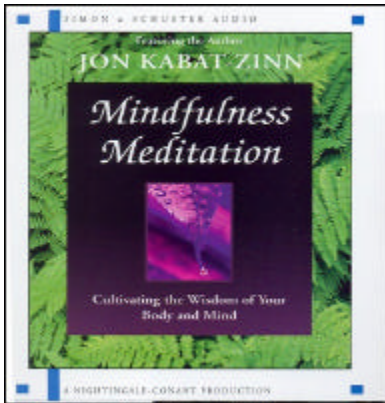
### Women's Centre (Grey & Bruce) Inc. Get support and advocacy

The Women's Centre, Transitional Support Program is a program for women in the community who are dealing with the Legal System, CAS and various other agencies. The Support Counsellor offers sup-

port and advocacy and will also assist you with appropriate referrals to meet your needs. For assistance call *Joyce Ann 371-5549, ext 109 or 371-1600, Transitional Support Counsellor*

## New book purchases

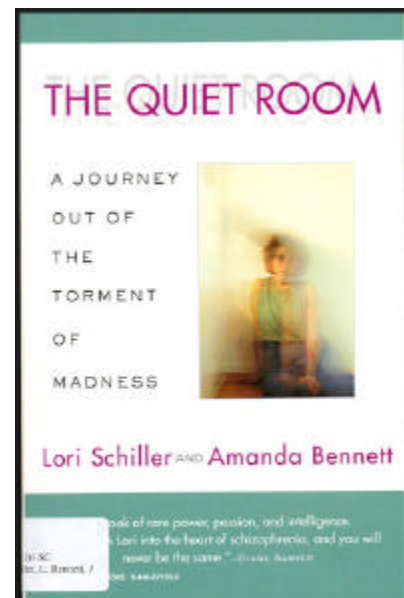
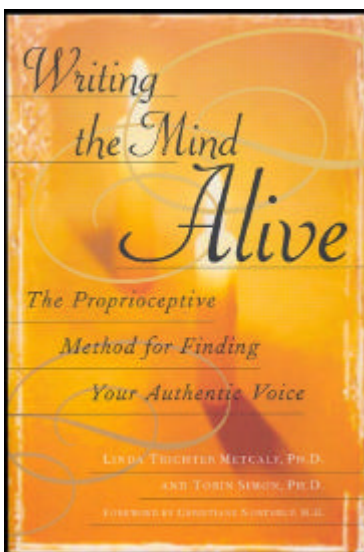
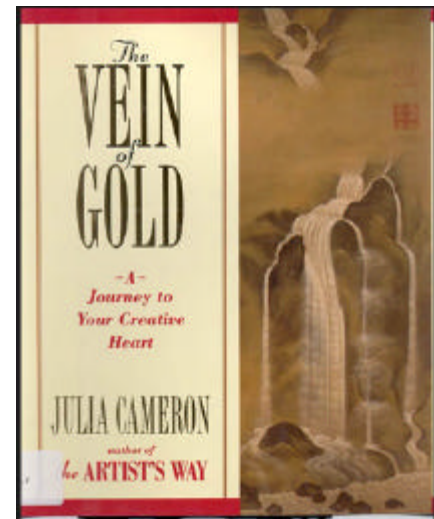
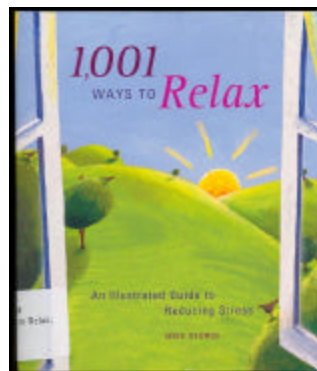
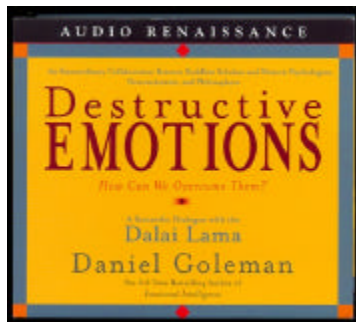
## Recreational reading can motivate creativity



We are sensitive to the fact that some people don't enjoy reading and sometimes find it hard to read when they are in different phases of their mental illness. For this reason, you may find it interesting to know that in addition to the large selection of books that we carry, there is also a selection of videos available. This year we have bought more audiocassettes for meditative purposes, CDs to help calm mind stress and a variety of books to motivate you in

your creative ventures. The traditional selection of workbooks and the latest information on relevant topics of mental illness continues to be well stocked. Please visit our library and take a look at all the resources that are available for you, your neighbour, your friend or family member. It's worth the trip to the CNST, 1139 2nd Ave. E., Owen Sound, 371-4551.

Bring someone with you!



## Family Tips

# Get through the maze of confusion even when your loved one won't trust you

1. Keep records! Include in these: names, dates, addresses, phone numbers, circumstances, medications, dosages, along with any clues to your loved one's state of mind.
2. When speaking to someone always be calm and polite. You may need this person later and a good rapport may be the only reason they will give you any information.
3. A possible starting point with a new contact could be; I'm not sure if I have the right department..... Oh, I'm sorry, could you please direct me to someone who can help me. Thank you so much I hope I haven't disturbed you.
4. Keep in contact with anyone involved in your loved one's case, even if it's just to say, "Hi, I know he/she won't speak to me right now, but would you please give him/her a message that "It's okay, you love him and won't be going away"."
5. Another approach is.. I realize you can't give me details, but how is his/her general appearance? Does he/she seem to be taking care of himself?
6. If they tell you he/she is not available this could mean they are in the locked unit.
7. Hypothetical questions usually get real answers.
8. You are allowed to give all the information you can about your loved one. Doing this can only help them to understand what is normal for your loved one and what is not. Remember you know your family members best and your information is invaluable in their treatment plan.
9. Report any changes in behaviour to ACCT, COTT, probation officer, or anyone involved who could prevent anything serious from happening.
10. Don't harass, but be consistent and firm.
11. Listen and take notes, but try not to leave a paper trail to your contacts; you will keep them longer and they will be more forthcoming if they know you will protect your source.
12. There will be many who will stick to the rules and tell you nothing; after all it's the law and it could mean their jobs. We must respect that. Do not give up, move onto someone else. There are many compassionate support staff that are truly concerned about your loved one and realize that you can make their job easier by keeping them informed. There are also those who realize that when your family member is very ill they are not able to make the decision as to who gets information and who doesn't. If you are a family member who shows true involvement and may be the only constant in their patient's life they may involve you.
13. Never divulge these contacts to your ill relative. It could come back to haunt you later. Use wording to explain that neither agrees nor disagrees with their suspicions.
14. Remember court proceedings are public and if you can't be there you can call the courthouse and at least find out the results of the case as well as future court dates.
15. Be extremely appreciative of any help given; people respond to gratitude. This is not to con people; this gift is self-serving in that your own sincerity is developed and hopefully will be returned. One example could be, "you have no idea how your cooperation has helped me understand this." Another example could be, "you have no idea how much you have put my mind at ease."

*These tips were submitted to the Family Support Initiative from a mother who supports her son with schizophrenia.*

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If you are a family member who shows true involvement and one of the only constants in their (patient's) life the support staff may involve you.



# Meet the central managers of the Grey Bruce Mental Health System

This article represents the second in a series to introduce the management team responsible for the delivery of mental health services in Grey-Bruce. In this edition of the Pivot we will profile the Managers of mental health programs who deploy staff to the five Community Mental Health Teams and who are also responsible for leading core services which have not been decentralized but are pivotal to the district as a whole.

In this edition we will present the Managers responsible for programs including: Aftercare case management; Assertive Community Treatment Team (ACTT); Community Connections; Leisure Links and Community Leisure Access; Crisis Intervention; Community Treatment Team; and Quick Response Team. These programs and the linkages developed between them and the Community Mental Health Teams are critical to the seamless, integrated delivery of mental health services to clients, their families and other stakeholders in Grey-Bruce.

**Craig Olynyk**, RN, Dip. Psych.N., BA, BN – Craig brings a wealth of knowledge and experience in psychiatric nursing care given his extensive academic credentials and years of experience working in most areas of inpatient psychiatric nursing including Provincial Psychiatric Hospitals and Schedule 1 Inpatient Units. He understands community service and client needs thoroughly from the time he spent providing outpatient services on the Aftercare Team and the Community Treatment Outreach Team at Grey Bruce Health Services where he is employed.

Craig accepted the position of Manager, Outpatient Acute Mental Health Services which includes the programs of Crisis Services,

COTT, emergency psychiatry (Quick Response Team, psychiatric holding beds and Dual Diagnosis Services) approximately two years ago and brings enthusiasm, insight and leadership to this new role. He is a strong advocate for client-centered services as well as a positive liaison between the community and inpatient services.

According to Craig, “I am impressed with the Partnership model as the focus is with the client receiving services in their area as opposed to coming to Owen Sound for all services.” He reports that over the years he “has seen this Team concept promote to caregivers and managers the awareness of each other’s services which in turn promotes solidarity among providers which results in better service to all. I am optimistic that Mental Health, Grey Bruce will continue to grow and provide a higher standard of care to the people we provide care for.”

**Linda Lankin**, RPN - Linda is the Manager for the Leisure Links programs and Community Leisure Access programs located in Owen Sound, Kincardine, Markdale, Southampton, Hanover, and Warton, sponsored by the Canadian Mental Health Association. These programs offer leisure programming in a relaxed environment offering participants’ opportunities to make friends, socialize and take part of in learning. CLA provides one-to-one support for individuals who are isolated and need help sourcing social recreational activities in their community.

Linda brings a broad range of experiences to her role as Manager having worked for many years at Grand River Hospital, Bruce Peninsula Health Services and Warton Community Living. She started

with CMHA in 1989. As well she operated a certified Demeter organic farm and has a large menagerie of critters including a cow named “Buttercup”!

Linda feels that “being part of Mental Health, Grey Bruce has enabled us to bring our services to the folks with serious mental illness who reside in Grey-Bruce. Because each community in this area is unique, it has been exciting to be part of restructuring our programming to meet the special needs of each community and to take advantage of the unique opportunities each has to offer.”

**Jacquie Schwan** – Jacquie is the Director of Community Connections, a program of the Grey Bruce Community Health Corp., which offers supportive housing (group home, apartment building, and a homelessness project), outreach community support, a Housing Registry and group services.

Her professional background is in business and social work and she brings over 20 years of management experience in the field of community mental health services. She is the former Executive Director of Bayview Community Services (Sunnybrook Hospital); Fair Haven Home; Scarborough Homes (CMHA); and Regeneration Homes, Inc. Jacquie is a founding member of the Supportive Housing Coalition and has been active in proposal development to create innovative programs for those with serious mental illness including one for the first high support housing facility in the province.

Jacquie believes that changing perspectives in the mental health field, new approaches to developing housing and customer feedback particularly evidenced in the project “A Step Forward” (which she chaired)

# Mental Health, Grey Bruce In the spot light - central program managers cont'd

suggests that housing needs to be offered throughout Grey-Bruce and via mainstream housing options. She suggests that expressed needs by clients must be met through flexible and portable support and a range of housing options.

She reports that "it has been my observation that the Mental Health Teams have helped us to build those options in communities and have provided a home base to deploy my employees to. This enables individuals to succeed in their chosen housing situations and 'wrap-around' supports are available through the teams and based on the special needs of the individual. It's a win-win situation for housing and for the people we serve!"

**Karen Croker** – Karen is the Manager of the Aftercare case management services and the Assertive Community Treatment Team, Grey Bruce Health Services, which are intensive services provided on an outpatient basis to people with serious mental health problems. Aftercare is available via the five Community Mental Health Teams in the community, whereas ACTT which operates out of the Owen Sound hospital serves clients living within a 30 km radius of Owen Sound.

Karen has a nursing background and a Master's Degree of Education in Counselling from University of Western Ontario. She has worked extensively in mental health nursing in London, Timmins and Owen Sound in a variety of positions.

Karen says that "since the inception of the team structure for Grey and Bruce Counties, I have been aware that clients are able to receive mental health services in a more cohesive, comprehensive manner and are served closer to their home."

**Shane Barker** – Shane joined the Grey Bruce Community Health Corporation in 1992. He is responsible for the day to day operations of the Community Network Support Team as well as providing administrative direction to the Consumer/Survivor Development Project, and the Family Support Initiative. These three non-clinical programs deliver community development focused services with special emphasis on the dispersal of mental health information, education and support groups. Shane is also administratively responsible for MHEG, a computerized client service data system for local adult mental and addiction services.

Shane has 27 years of experience in mental health, 21 of them in management. His resume covers a wide spectrum of mental health settings: a Provincial Psychiatric Hospital – Vocational/Recreation Services, a Long Term Care Facility – Rehabilitation Services, the Ministry of Health-Community Mental Health Consultant, and a Community Mental Health Hospital – Community Services and Strategic Planning.

Shane believes that the implementation of the Mental Health Grey Bruce partnership and the establishment of five multi-service teams have brought vital mental health services to the doorsteps of these communities. This coordination of services has benefited not only the client but increased the coordination and interchange between the other system mental health services in Grey Bruce.

**Series III will introduce the senior management team of Mental Health, Grey Bruce**

*Donna Pettigrew Hepburn,  
on behalf of Mental Health,  
Grey Bruce*

## Fifth Year Anniversary

Mental Health Grey Bruce



**Mental Health, Grey Bruce**, the partnership of the four organizations providing adult mental health services celebrates five years of providing services through the inte-

grated Community Mental Health Team model this month! How quickly time has passed and how much has been accomplished in this time frame! We have five fully operative teams serving the entire catchment area through clinic-based and outreach services. Accessibility to service has been streamlined for clients. Service delivery is integrated to en-

sure that individuals do not "slip through the cracks". More than fifty employees from the organizations are deployed to the teams. These are great accomplishments and we are extremely proud of this model and the hard work of our staff! Many thanks to everyone for their support, commitment and good humour in making this a best practice model which is applauded provincially.

# 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 Development  
Worker - Tom Jenks  
Program 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

## Teenage drinking parties

# Parents can make this season safe for everybody

During the spring, many parents celebrate special moments with their children such as prom and graduation. Some parents host parties with alcohol for their teenager's friends, either to be "cool" or in an attempt to reduce risks such as drinking and driving. Their intentions may be good but the results can be costly, even deadly. It is illegal, unsafe and unhealthy for anyone under the age of 19 to drink alcohol. **Parents who host lose the most. Don't be a party to teenage drinking.**

Here are the facts:

- Recent studies prove that teenage drinking and driving has dramatically decreased. Teens are getting the message and know what to do to prevent impaired driving.
- Parents who give alcohol to their teen's friends under any circumstances, even in their own homes, are breaking the law.
- Parents may be assuming legal liability allowing a person under 19, other than their own child, to remain in their home or on their property while consuming or possessing alcohol.
- Others can sue you if you give alcohol to anyone of any age and they, in turn, hurt someone, hurt themselves or damage property.

What can parents do? Refuse to supply alcohol to children in your home or on your property. Be at home when your teenager has a party. Make sure your teenager's friends do not bring alcohol into your home. Talk to other parents about not providing alcohol at youth events. Provide teenagers with opportunities for alcohol-free events and activities. If you're going out of town or out for the night, use the Ultimate Party Pact/Police Authorization to Enter Dwelling Form, found at your local police detachment or travel agency.

The Focus Project and Sacred Heart & Walkerton District Addictive Substance Committee have launched the "**Parents Who Host, Lose The Most**" public awareness campaign to help parents think about the dangers of teenage drinking parties. The goal is to remind parents that serving alcohol at teen parties is against the law.

*For more information contact Linda Yenssen, Public Health Nurse, Grey Bruce Health Unit, 881-1920 or 1-800-821-7714 Ext. 231*

Central Ontario Mental Health and Addictions Awards Ceremony was held in Barrie Ontario, on May 5, 2004.  
Congratulations to the winners!

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