



PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

INSIDE

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Yellow Book starts online June 1st Community Resource Directory makes comeback

If you have faithfully held on to your old Yellow (binder) Directory, you will be happy to hear that the Community Network Support Team (CNST) is breathing new life into this old standby. For many years the Yellow Directory was widely used across Grey and Bruce counties by people needing information about health and social services. While CNST was the originator of this resource over the last 10 years a variety of organizations took the lead in updating the Yellow Book. You may have noticed that the last version is badly out of date. I am pleased to announce that once again CNST will assume leadership in the relaunching of this community resource.

The new Yellow Book will first make an appearance online as a part of the *Mental Health & Addiction in Grey Bruce* web site (www.mhagb.ca). This will allow anyone to access information in the database that lists not-for-profit and government funded health and social service agencies. While initially CNST will coordinate the updates, eventually those organizations that are a part of the database

will have the ability to go online and update their own information. This should help to keep the database information current and reduce the amount of work necessary by CNST. "We know that there will initially be some information that needs to be updated. We are hoping that the organizations listed in the Yellow Book will check their information and let us know what changes are needed" said Shane Barker, Director of CNST. "We realize that there are some not-for-profit or government funded services and organizations that are not yet listed. We are hoping that they will contact us so that we can include them as a part of the Yellow Book," said Barker.

CNST hopes to release a printed copy of the Yellow Book once the database is complete and needed revisions have been made. Any questions or comments about this project are welcome and can be made by phoning the CNST at 371-4551 or emailing: info@mhagb.ca.

*Tom Jenks, CNST
Community Development Worker*

Understanding schizophrenia

Schizophrenia is a very serious yet highly treatable mental illness. It's a complex brain disease that can present with delusions &/or hallucinations, lack of motivation, social withdrawal and thought disorders. The earlier it's diagnosed and treated the better the opportunities are for recovery. Medications are the cornerstone of effective treatment. The World Health Organization reports that schizophrenia ranks among the top ten causes of disability in developed countries worldwide. It affects approx. 1% of the Canadian population and 1.1% of the population worldwide. At any one time as many as 51 million people worldwide suffer from schizophrenia. It occurs in all societies at approximately the same rate, regardless of class, religion, culture or education. Schizophrenia is a disease that begins in early adulthood, often between the ages of 15-25. Men tend to develop schizophrenia slightly earlier than women. The average age of onset in males is 18 whereas it is 25 in women. Development of this illness is rare for people under 10 and over 40 years of age. While research into this illness is ongoing it is important to remember that people with schizophrenia can and do stay well and live full and productive lives.

*Jim Lonie, CSDP
Look for program update on page 7*

**June is Senior's
Month**



Published for caring individuals

**June 7-13, 2005
SUN Awareness Week**

Celebrating 20 years of community service

It's annual meeting time!

This year's Annual Meeting will mark the Corporation's 20th anniversary as a provider of community-based mental health and addiction services in Grey-Bruce. Our organization was established in 1985 in response to "A Plan for Mental Health in the Grey-Bruce District", a report of the Grey Bruce District Health Council. The report presented a comprehensive and innovative design for the local mental health system. The design was approved by the Ministry of Health, which granted funding for several new hospital programs as well as for the establishment of Corporation and our first five community programs.

The past 20 years have seen significant changes within the Corporation. Our organization now operates 2 addiction programs and 8 mental health programs that together serve approximately 2,000 area residents per year. We also sponsor 2 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 past 20 years have also marked significant change at the system level. These have included the introduction of addiction services for youth and for people affected by problem gambling. They have also brought a strong

emphasis on collaboration and on coordination and integration of services. To this end, the Corporation places great value on the positive working relationships its programs have established within their respective service sectors. The Corporation is also proud to be a founding member of Mental Health Grey Bruce, a partnership of four local organizations that provide integrated delivery of mental health services through multi-agency mental health teams.

The Corporation owes its success to the talent and commitment of its staff and Board, the support of its funders and the good will and assistance of its stakeholders, including clients, family members, referral sources and other human service providers throughout Grey-Bruce. The past 20 years have brought their fair share of challenges for us and for many of our colleagues, however, they have also brought many rewards, accomplishments and reasons to be hopeful for the future.

Notice of Annual Meeting

The annual meeting will provide an opportunity to celebrate the past 20 years and to share our plans for the future. We are delighted to report that we will also have a special guest to share in our celebrations.

Date: June 29, 2005
Time: 3:00 p.m.
Place: St. Andrew's Presbyterian Church
965 2nd Avenue West,
Owen Sound
Speaker: Deputy Minister,
Ron Sapsford,
Ministry of Health and
Long Term Care

We are looking forward to our annual meeting and hope that you will be able to join us.

If you would like further information about Corporation, please contact Sandy Stockman, Executive Director at (519)371-4120.

You are invited to attend the annual meeting

Mental Health Resource Library
Ask to see our books, videos & pamphlets
Schizophrenia

Visit us at 1139 2nd Avenue East in Owen Sound!

For reference purposes we also include the following information as part of our valuable resources:

- Rays of Hope Publication
- Guidebooks on Schizophrenia, Women and Psychosis and First Episode Psychosis
- Schizophrenia Digest Magazine

Some book highlights related to schizophrenia are highlighted on page 6

New! June Support Group

PARTNERS of someone who suffers mental illness should plan to attend

It is great to be back to work at the Family Support Initiative (FSI). Many thanks to all the people who sent their best wishes. Since returning to work I have been busy planning what is left of our spring. All of our support groups will continue until the end of June. The various members of the support group(s) have chosen to break for the summer. During the months of July & August, support groups will not be running.

All Family Support Groups will resume in September.

In October of 2004 some of us had the privilege of hearing Colleen Moore share her personal experience of living with a partner with a serious mental illness. Her story was both inspiring and hopeful.

Since then, the Family Support Initiative has heard from many partners expressing a desire to have a support group exclusively for

Partners of People with a serious mental illness. We recognize that they are in a unique position.

The first meeting for *Partners of People with a serious mental illness* will be held in Owen Sound on **Saturday June 11th** from 10:00 – 12:00. Phone the CNST office for location and details (371-4551).

Please see the advertisement below for the next, *Coping with the Mental Illness of a Relative or Friend* series. Remember you must pre-register for this series.

Judy Kroes, FSI,
371-4802

The Family Support Initiative
presents

*Coping with the Mental Illness
of a Relative or Friend*

Information and Practical Skills

Thursday Evenings – 7:00 to 9:00 P.M.
Series of 4 Sessions – May 19, 26, June 2, 9, 2005

The goal of this four week educational series is to assist family members who live with the reality of mental illness in their family.
The course will cover:

- Coping strategies
- Handling anger constructively
- What it's like to be mentally ill
- Creating a low stress atmosphere/ Stress management
- Communication skills/ Problem solving
- Handling violent/ Disruptive/Self destructive behavior

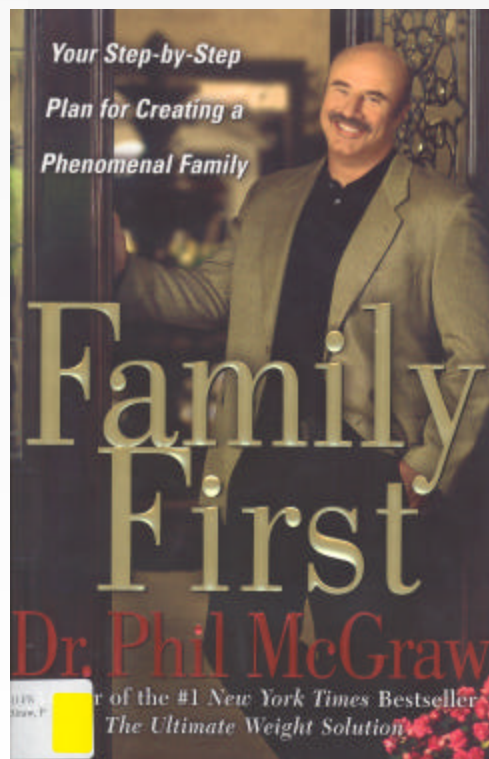
It is estimated that **one in four Canadians** will be affected by a mental illness at some time in their lives.

Who Should Attend?
Family and friends who care about someone with a serious mental illness.
If you have any questions or require further information please call (519) 371-4802

Location: Owen Sound Area
(Call for meeting location)

Sessions are **FREE** but you must pre-register by calling Joanna at the Community Network Support Team, 371-4551

The Family Support Initiative (FSI) is a program of the Grey Bruce Community Health Corporation
1139 2nd Avenue East, Owen Sound, ON N4K 2J1
Tel (519) 371-4551 E-mail: fs@gbchc.org
Funding is provided by the Ministry of Health and Long Term Care



Find our newest book purchases 2005. Visit our Resource Library, 1139 2nd Ave. E., Owen Sound.

Breaking the Silence

Call the SAAN hotline to determine how to best handle your situation

24-Hour Hotline: 519-371-4357

The Seniors Advocacy and Awareness Network (SAAN), jointly with *Grey Bruce Community Care Access Centre* has secured funding for two years to hire a Senior Abuse Resource Coordinator.

Breaking the Silence is a newsletter of the Senior Advocacy and Awareness Network and Grey Bruce Community Care Access Centre. In Vol. 1, Issue 1, elder abuse is outlined. Many acts of abuse are criminal offenses; none are acceptable. This includes but

is not limited to: Physical Abuse; Emotional Abuse; Financial Abuse; Sexual Abuse & Neglect. Services are available to help older persons in a crisis situation, to advise service providers and, or to provide in-house training.

Every situation of abuse is different. There is no set list of questions that can be asked to determine if an individual is being abused. However, asking direct questions often gets direct answers. Even if a person does not honestly answer the first time, you are signalling to him/her that you

are a person willing to discuss their concerns when they are ready to do so. If you would like to discuss a situation where you suspect or know an older adult is being abused, contact Laura Balletta, Senior Abuse Resource Coordinator at 371-2112, ext. 485.



CMHA

Mental health court support

The Canadian Mental Health Association is proud to announce the new "Mental Health Court Support Services". This program offers 3 distinct services to the Grey Bruce area. "Court Diversion" is a post-charge, pre-trial procedure which at the discretion of the Crown Attorney can have an individual embark on a Support Treatment Program.

Individuals experiencing serious mental illness, developmental disability or acquired brain injury are the target populations for this service.

The second stage service is "Case Management". A case manager is assigned to support the individual in the community. The case manager will also provide regular updates of the individual to

the Crown for a maximum period of one year. The third service "Court Support and Consultation" provides consultation to the court with respect to individuals with mental health issues, supports individuals through the court process and aids individuals to access support for their mental health needs.

For information call 371-3642

Workshop(s): Assessing Older adults' substance use and misuse Heightening our sensitivity and awareness

In these days of doctor shortages and the high cost of drugs, it has never been more important to be a wise and informed consumer and health care worker. Public Health and community partners will be bringing two helpful workshops to Grey Bruce in May. Front line staff are invited to the Rusty Gull from 1:00 - 4:00 on May 24 for "Heightening Our Sensitivity and Awareness: Understanding Older Adults' Substance Use and Misuse"

Please contact Public Health in Owen Sound to register.

Older Adults and their caregivers and health care workers are invited to the Kincardine Legion from 9:00- 12:00 on May 25 for "Medications, Alcohol and Health: Give Me the Information: I'll Decide." Many older adults enjoy a drink and this workshop will include information on the balance needed with alcohol, prescription medication, over-the-counter

medication and herbal remedies. **Call Public Health in Walkerton to register.**

The presenters are traveling throughout Ontario thanks to funding provided by the Health Canada Drug Strategy so that no workshop fee is needed. For more information contact Public Health in either Walkerton 881-1920 or Owen Sound 376-9420.
*Marguerite Thomas,
Public Health Nurse, 519-881-1920*

Tuesday books and film night

Lights, camera, action one evening per week

Starting Tuesday June 7th through until August 30th, the Adult Mental Health Resource Library will open it's doors on Tuesday evenings from 6—8:00 p.m. On Tuesday evenings you may partake in a movie or film portraying mental illness as well as check out our Mental Health Library.

Some feature possibilities include:

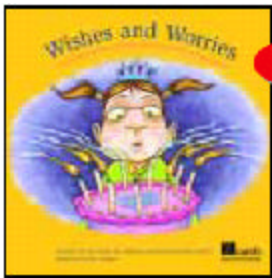
Ulee's Gold, A Beautiful Mind, Benny and June, Dream Team K-PAX, Saint of Fort Washington Whale Music, Caine Mutiny, Shadowlands, Good Will Hunting, Frances, What about Bob, As Good as it Gets, Discovery Series: Anxiety Disorder, Late Life Depression;

Humanities Series: Managing Stress, Surviving Bipolar Disorder. Watch for a movie schedule to be released, or call for more details. Each session will provide resource materials and information about a different disorder.

To help us plan for seating, call CNST to pre-register. No cost. 371-4551

Storybooks for Children Series

Order resources from CAMH



Wishes and Worries A Story to Help Children Understand a Parent Who Drinks Too Much Alcohol

Children living with a parent dealing with substance use and/or mental health problems often have important and unanswered questions. Why does my mom or dad act the way he/she does? Will mom or dad get better? Why is my family so different? Is it my fault? Will it happen to me?

Wishes and Worries tells the story of Maggie and her struggle to understand her father's problem with

alcohol. In this new book, Maggie wishes that her ninth birthday party will be better than her eighth. What a mess that was! Her father had been drinking and totally embarrassed her in front of her friends. Over the year, Maggie begins to get answers to some of her questions as she talks to her teacher, her school counsellor and her parents about her father's problem with alcohol and how it affects everyone in the family. She learns that she is not responsible for her father's drinking, that it's OK to reach out for help, and that there are people in her life who she can trust and talk to about her feelings.

Order this book by calling Centre for Addiction and Mental Health at 1-800-661-1111. Costs \$9.95

Donna Beattie, CAMH

Smoking Cessation in Mental Health: Treatment Interventions

June 16th, 2005
from 8:30 - 12:00

The workshop will be of interest to professionals in addiction, mental health or public health services.

Presenters:

Kristen Cleary M.A. & Shelley Munro, R.N.
from CAMH Nicotine Dependence Clinic in Toronto.

Place:

Rusty Gull, Owen Sound
There is no cost for registration.

For further information, contact Donna Beatty, CAMH, 371-6317.

Preview at CNST or order your own copy from CAMH



Good Food Box

Services in Grey Bruce are coordinated through the Owen Sound Health Unit. For the Owen Sound GFB, contact Grant Bradley -Low; 371-1732. Pay for GFB at the pickup site ahead of time. Sites are: St. Mary's; Central Westside & St. Andrew's. Owen Sound Health Unit 519) 376-9420, 376-0605

The edge of spring



Coping tips for people who have loved ones with psychosis

Management of Terror:

The goal is to decrease the sense of terror and despair that comes with awareness of being psychotic. Treating the reaction to loss of normal mental functions requires an intervention that, in some respects is not easily described. Ask your loved one about being frightened and state that you would be frightened under the same circumstances. The knowledge that someone else can recognize the sense of terror without it having to be explained can be tremendously reassuring. Probably the greatest difficulty facing you is to understand the extent of your loved one's desperation while at the same time not to become overwhelmed by it.

Reassure: While obvious this simple measure is often overlooked. Help reassure your loved one that the fear is normal, and that the psychotic experience – although terrible – will improve. Avoid false cheerfulness, which will be picked up as feigned.

Provide Companionship: Even when verbal communication cannot be reciprocated, companionship can be very reassuring to your loved one that he/she is not completely alone.

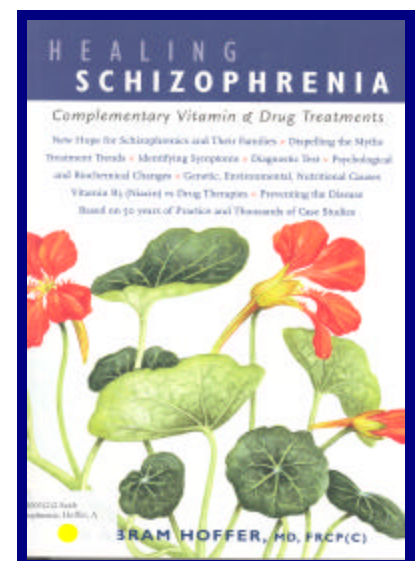
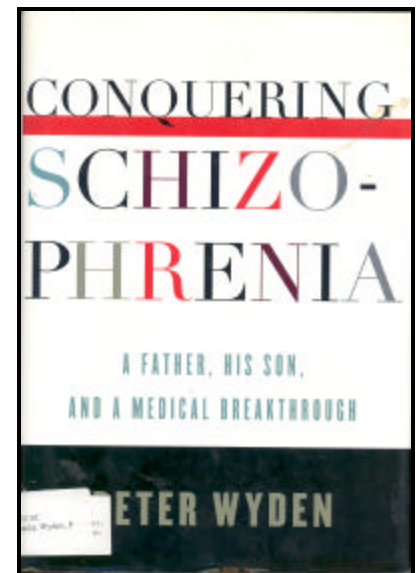
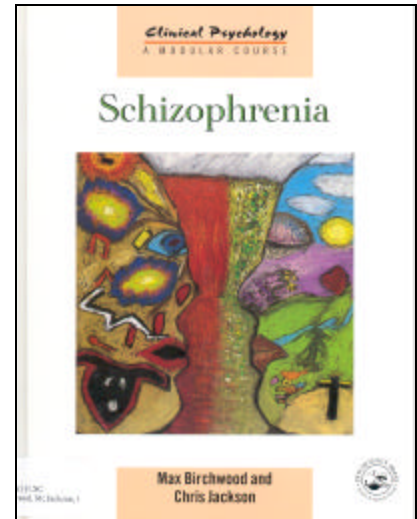
Body Language: While in the presence of your terrified loved one, proper physical positioning is important. You should remain slightly to one side and avoid staring; the aim is for an easy accompanying. An air of quiet confidence is also needed because anxiety is contagious. Little should be said except for occasional reflections about what your loved one must be experiencing in their presumed state of mind. Words like

“wandering”, “aimless”, “frightened”, “bewildered”, or “vulnerable” might be tried to see if you loved one can acknowledge any of these states. Your attempts to make contact with your withdrawn and frightened loved one are best rendered by combining these descriptions with short empathic statements such as, “How awful” or “it must be frightening.”

Leave Your Loved one Alone: Paradoxically, at the same time as offering companionship, you need to be able to leave your loved one alone. The skill here is to know how to be able to sit with your loved one and, at the same time give your loved one enough emotional space. It is important to avoid being intrusive. Some emotional distance should be maintained because anxiety over excessive verbal interventions or interpersonal closeness can exacerbate psychotic symptoms. Too much activity, reaching toward your loved one, or inquiring about symptoms can backfire by over stimulating the psychosis.

Many family members have trouble with the notion of being alone with their loved one, feeling that being quiet together means that they are experienced as being indifferent or hostile. Actually being alone with your loved one doesn't feel like that at all, and he/she is able to sense the difference.

The information in this article was compiled from various sources by Judy Kroes, Family Support Worker, Family Support Initiative. She can be reached at 371-4802 at 1139 2nd Ave. E., Owen Sound ON N4K 2J1.



CSDP Program Update

Summer fun and fellowship

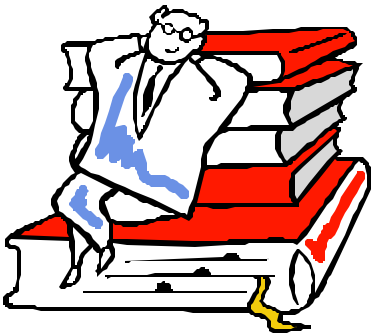
Visit the
Mental Health
Resource
Library, 1139
2nd Avenue
East.

Summer Hours:

Monday through Friday
(8:30-4:30) and now
TUESDAY EVENINGS
starting June 7th from
(6:00—8:00). On Tuesday
evenings a movie and
information related to
various mental illnesses
will be presented. Refer
to article on page 5 for
more details.

TUESDAY EVENING
Movie Schedule for June
soon to be released!

Set time aside for your
mental health and visit us.



I don't know about you, but Louise and I are glad to see that summer is on its way! This is often a time of refreshing and renewal for many people. We are looking forward to working with you this summer and enjoying a season full of fun and fellowship as we travel our common roads together. Once again and with your help, we are going to be able to publish and distribute the third annual edition of the Consumer/Survivor Newsletter *People In Progress*. We are excited about this and based on the inquiries we have received so far we know that you are too. This is a Newsletter for Consumer/Survivors by Consumer/Survivors so your input is essential.

For more information concerning the dates and locations of upcoming writers workshops watch the Pivot or call the CSDP at (519)371-4582. During the summer we will continue to offer the Mental Health Resource Sessions at Grey Bruce Health Services in Owen Sound. These are held every Tuesday night

from 6:00 pm-8:00 pm in the 4-6 Conference Room. The Mood Disorder and Coping with Mental Illness Information and Support Groups will not meet in July in August so please note the summer-closing June meeting dates below. These groups will resume again in September.

Mood Disorder Information and Support Groups:

- Owen Sound: Wednesday June 8th
- Hanover: Thursday June 9th
- Kincardine: Monday June 27th

Coping with Mental Illness Information and Support Group:

- Wiarton: Tuesday June 28th

There are a variety of unique and exciting events that we are working on for the summer months so please watch for future announcements! Have a Great Summer!

Jim Lonie, CSDP Project Coordinator



NEW LIBRARY EVENING

*The Mental Health
Resource Library
will now be open from
6:00—8:00 Tuesday evenings
during the summer months of
June, July and August*

- Help us provide support, counsel, critical information to the families of those with the illness.
- Help us champion research into the cause and cure for schizophrenia, and into improving the quality of life for those coping with it.
- Help us dispel the myths, misunderstandings and unwarranted stigma associated with schizophrenia so we may reduce the challenges faced.

Walk of hope for schizophrenia

Sunday May 29, 2005 at 2:00 p.m.
Rotary Cove, St. Christopher's Beach, Goderich

One of the biggest challenges lies in changing people's attitudes about this illness. The very public nature of our Walk of Hope parades this vital message in front of fellow Canadians all across the country.

For information call, (519)357-3261 or email: danwebster@hotmail.com

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 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

Persistent Offending: Development, Identification and Intervention

A major conference in June

19th Annual Conference

- June 15, 16, 17, 2005
- Best Western Highland Inn
- Midland, Ontario

The Conference is presented by The Mental Health Centre Penetanguishene (MHCP), McMaster/Penetanguishene Centre for the Study of Aggression and Mental Disorders and Ontario Ministry of Health and Long Term Care.

For more information go to www.mhcva.on.ca/forensic/index.htm.

Pre-Conference Workshop of the MHCP: Ontario Domestic Assault Risk Assessment (ODARA) Training

A brief assessment that indicates how likely a man is to assault his partner in

the future. This training conference will be of interest to police, courts, probation and parole, forensic units, clinical staff, domestic assault clinics, shelters, child protection agencies and others working with domestic offenders, victims, and families. Training will be provided by the Penetanguishene research team that created the ODARA, in collaboration with the Ontario Provincial Police.

- Tuesday June 14th, 9 a.m.—3 p.m.
- Optional Certification Assessment 3 p.m.—4 p.m. Huronia Room, Highland Inn, Midland, ON.

Payment Deadline: Friday, May 27, 2005

For more information contact Sonja Dey, MHCP Research Dept., 500 Church St., Penetanguishene ON L9M 1G3, Phone: (705)549-3181 x2610, Email: sdey@mhcp.on.ca

Canadian Consumer Information

The right information can make all the difference when it comes to buying products and services with confidence and knowing what your rights and obligations are in the marketplace. Find clear, concise consumer information organized by familiar

topic areas: Children; Communications; Consumer Products; Consumer Services; Environment; Food; Fraud; Government Services; Health; Housing; Internet; Money; Safety; Transportation; Travel & Tourism. <http://Consumerinformation.ca>

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