



# PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

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Medication  
Mental illness  
Mental Health and  
Substance Abuse  
Substance Abuse



Information about mental health and addiction services in Grey and Bruce counties is now available on line. Mental Health *Grey Bruce* a partnership of four local service providers helped launch this web site, [www.mhagb.ca](http://www.mhagb.ca). The official opening day was Thursday, October 10<sup>th</sup> as part of the local recognition of Mental Illness Awareness Week (October 6 – 12, 2002).

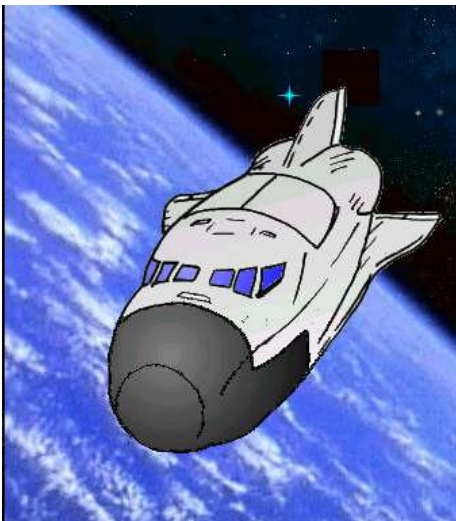
“This web site gives a good description of twenty-five different mental health and addiction programs and services that are offered locally,” explains Caroline Tykoliz, Administrative Director of Mental Health Services at Grey Bruce Health Services. In addition, the site also has a calendar of local events (e.g. meetings, workshops, support groups), information about how to contact service-providers, and an on-line addition of the publication *Where To Find Help in the Grey Bruce Area*. “We know that people are sometimes confused by the many service options available. We think that [mhagb.ca](http://mhagb.ca) will quickly become an important source of information to individuals and family members seeking help,” said Tykoliz.

Sandy Stockman, Executive Director of the Grey Bruce Community Health Corporation, stated, “We are very excited about this web site. It is easy to use and contains a lot of helpful information. We look forward to hearing feedback from people once they have visited the site.” The Grey Bruce Community Health Corporation along with Grey Bruce Health Services, the Grey Bruce Branch of the Canadian Mental Health Association, and the Bruce Peninsula Health Services Housing Corp. are the four partners in Mental Health *Grey Bruce*.

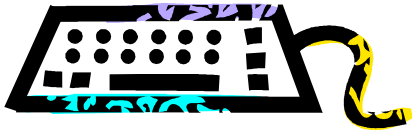
This site has been many months in the making and was developed by the Community Network Support Team, a program of the Grey Bruce Community Health Corporation. Design and technical assistance was provided by Running Tide Inc., a web site developer located in Clarksburg.

For further information contact: Shane Barker, Director Community Network Support Team  
1139 2<sup>nd</sup> Avenue East  
Owen Sound, ON N4K 2J1  
Tel (519) 371-4551 or Email [sbarker@gbchc.healthserv.org](mailto:sbarker@gbchc.healthserv.org)

Web Site  
Launched  
[www.mhagb.ca](http://www.mhagb.ca)



## Borderline Personality Disorder



### Web sites

- <http://www.bpdresources.com/>
- <http://www.bpdcentral.com/>

# Huron-Grey-Bruce Outreach Eating Disorders Program

Please join Anita Taylor BSW RSW and Nichola Green MSW, RSW, social workers for the Huron-Grey-Bruce Outreach Eating Disorders Program, for an informal presentation on *Anorexia Nervosa and Bulimia Nervosa*. Resources, supports and counselling options for Parents and Youth 12 to 18 years of age will be discussed.

Date: THURS. NOV. 21, 2002  
 Time: 6:30 to 8:00 p.m.  
 Location: Wingham & Area Adult Day Centre

FREE OF CHARGE



*Someone I know has an Eating Disorder. How can I help, and what supports are available in my community?*

Funding for the program has allowed for the employment of two social workers, Anita Taylor and Nichola Green, who will work two days a week to provide service for the three counties. Although Anita and Nichola are based out of Clinton Community Psychiatric Service, groups

The Huron Grey Bruce Outreach Eating Disorder Program is part of London Health Sciences Child and Adolescent Psychiatry Program. The program has been designed to provide service "closer to home" for residents of Huron, Grey and Bruce County aged 12-18 who are struggling with an eating disorder.

Anorexia Nervosa and Bulimia Nervosa are serious disorders in which people are obsessed with weight and shape. The Outreach Program hopes to help these individuals by providing linkages with London Health Sciences, screening, psychoeducation groups, treatment groups and some limited individual counseling. Families will also be offered support and psychoeducation groups to help them cope.

will be held in Huron, Grey and Bruce Counties on a rotating basis (8-10 consecutive weeks in each county).

A physician referral is required for entry into this program. Referral forms will be sent to all area physicians and may be faxed to the Clinton Site (519) 482-3962 once completed. Huron-Grey-Bruce Outreach Eating Disorders Program is sponsored by London Health Sciences Corporation and Alexandra Marine and General Hospital, Goderich.

If you would like more information about this service, please do not hesitate to call Clinton Community Psychiatric Service at (519) 482-3961 ext 225. The staff will be pleased to discuss this exciting and much-needed new program with you.

# Schedule of Events Family Support Initiative

## Family Support Initiative

(519)371-4802  
1139 2nd Ave. East  
Owen Sound ON N4K 2J1  
fsi@gbchc.healthserv.org  
Mon-Fri, 8:30-4:30

## Family Support Initiative

### Family Coping Skills Workshop *Coping with a mental illness of a relative or friend*

A four-week education, support and skill building series for family and friends who care for someone with a mental illness. Learn about mental illness, its impact on your family and how to navigate the mental health system (formal & informal). Necessary skills for stress management, effective communication, limit setting, and managing violent and disruptive behaviour are covered. Registration is required.

**Kincardine**      **United Church**    **7:00 8:30**  
Nov 6, 13, 20, 27, 2002  
**Flesherton**      **United Church**    **7:00 8:30**  
Mar 5, 12, 19, 26, 2003

### Family Mental Health Resource Sessions

The first hour is an open session designed to provide family members access to educational and resource materials, as well as information about local mental health services. The second hour is for family members who need individual time with the Family Support Worker to discuss their unique requests for information /education about a specific mental health topic.



**Kincardine**      **Hospital**            **1:30 3:30**  
Oct 21, Nov 18, Dec 16, 2002,  
Jan 20, Feb 17, Mar 17, 2003  
  
**Owen Sound**    **Hospital**            **6:00 8:30**  
Oct 14, Nov 11, 25, Dec 23, 2002  
Jan 13, 27, Feb 10, 24, Mar 10, 24  
  
**Markdale**        **Team Office**        **1:30 3:30**  
Oct 7, Nov 4, Dec 2, 2002,  
Jan 6, Feb 3, Mar 3, 2003  
  
**Hanover**          **Hospital**            **1:30 3:30**  
Oct 28, Nov 25, Dec. 30, 2002,  
Jan 27, Feb 24, Mar 24, 2003

### Family Mental Health Support and Information Meetings

These open meetings provide an opportunity for family members and friends who care about someone with a mental illness to meet and exchange ideas. Local speakers address mental health and legal issues. Come and join other families facing the same challenges.

**Hanover**            **Hospital**            **7:00 8:30**  
Oct 29, Nov 26, Dec. 17, 2002,  
Jan 28, Feb 25, Mar 25, 2003  
**Thornbury**        **Grace United**      **7:00 8:30**  
Oct 8, Nov 12, Dec 10, 2002,  
Jan 14, Feb 11, Mar 11, 2003  
**Owen Sound**      **Board Room**        **7:00 8:30**  
Oct 1, Nov 5, Dec 3, 2002,  
Jan 7, Feb 4, Mar 4, 2003  
**Warton**            **Green House**        **7:00 8:30**  
Oct 1, Nov 19, 2002,  
Jan 21, Feb 18, Mar 18, 2003

### Everybody's Got A Story

At this event a personal story of growing up with mental illness in the family is shared. The goal is to assist families in understanding that while their story of living with mental illness is unique, there are many other stories of caring for a mentally ill relative or close friend, "They are not Alone". Assistance to develop area support/education groups will be explored.

**Kincardine**      **United Church**    **7-8:30**  
Oct 9, 2002  
**Warton**          **Green House**      **7-8:30**  
Nov 19, 2002  
**Walkerton**      **TBA**                **7-8:30**  
Mar 3, 2003



# Schedule of Events

## Community Network Support Team

### Community Network Support Team



(519)371-4551  
1139 2nd Ave. East  
Owen Sound ON N4K 2J1  
cnst@gbchc.healthserv.org  
Mon-Fri, 8:30-4:30

### “Where to Find Help in the Grey Bruce Area” Pamphlet

This quick no-cost reference pamphlet is a collection of brief descriptions of local mental health, addictions and social services pertinent to people with serious mental illness and addiction problems. These descriptions can be found under one of eight different headings i.e. Addictions, Crisis/Distress Telephone, Housing, Mental Health, Referral and Public Education, Self-Help/Support, Other Social Services/Income/Financial or Youth Services. For copies please contact us.

### Mental Health and Addiction Services in Grey Bruce Web Site-MHAGB.CA

This web site represents all adults' mental health and addiction services available in Grey and Bruce counties. It also hosts a calendar of events, local resources and links to other important Mental Health and Addiction sites.

### “PIVOT” Newsletter

The Pivot is a local Grey Bruce newsletter that acts as a forum for mental health and social services. It features updates, articles and information about local mental health agencies, addiction programs, social service agencies and self-help groups. Regular features include the introduction of new social service agencies, medication updates, mental health and addiction system planning news, highlights of books and videos from our mental health lending library and local education and training events. This newsletter will be of interest to consumers/survivors, families and mental health providers as well as human service organizations. The Pivot is published 6 times per year and is free. For information about subscribing please call us at 371-4551.

### Mental Health Information Evenings

#### Introduction to Mental Illness:

#### A four-evening series

The four-evening series will be of interest to anyone who would like to learn about mental illness. Using overheads and videos we will discuss: What is mental health and mental illness, some current theories about the possible causes of mental illness, descriptions of mental illnesses such as schizophrenia, depression, anxiety disorder, bipolar disorder and borderline personality disorder), treatment options for different disorders, how the stigma of mental illness affects us, what can be done to promote mental health and what services are available to people in Grey Bruce.

<b>Port Elgin</b>	<b>United Church</b>	<b>7-8:30</b>
	Oct 3,10,17, 24, 2002	
<b>Flesherton</b>	<b>St. John's United Church</b>	<b>7-8:30</b>
	Nov 4,11,18, 25, 2002	
<b>Meaford</b>	<b>Hospital</b>	<b>7-8:30</b>
	Dec 2, 5, 9, 12, 2002	
<b>Owen Sound</b>	<b>GBCHC Board Room</b>	<b>7-8:30</b>
	Jan 9, 16, 23, 30, 2003	
<b>Warton</b>	<b>Hospital</b>	<b>7-8:30</b>
	Mar 3, 10, 17, 24, 2003	
<b>Lion's Head</b>	<b>Hospital</b>	<b>7-8:30</b>
	Apr 9, 16, 23, 30, 2003	

### Mental Health Resource Library



The Adult Mental Health Resource Library carries a full assortment of mental health information with a lending library of books, periodicals, videos, pamphlets and internet searches that will assist in your understanding of mental health & the mental health system. The library is a free service which is available for use by consumer/survivors, family members, mental health professionals and the public. The library is open Monday-Friday, 8:30-4:30.

### Mental Health and Addiction System Orientations

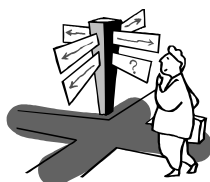
Individual and group sessions can be arranged to provide an orientation to the mental health and addiction system in Grey and Bruce to new workers in the system or other interested people.

# Schedule of Events

## Consumer/Survivor Development

### Consumer/Survivor Development Project

(519)371-4582  
1139 2nd Ave. East  
Owen Sound ON N4K 2J1  
csdp@gbchc.healthserv.org  
Mon-Fri, 8:30-4:30



### Consumer/Survivor Mental Health Resource Sessions

During these sessions mental health information is made available. Resource items include diagnosis specific information regarding schizophrenia, bipolar disorder, depression, as well as medication details and information about local mental health system services. For more information please call.

- Hanover**      **Hospital 1:30-3:30**  
Oct 24, Nov 28, 2002,  
Jan 23, Feb 27, Mar 27, 2003
- Kincardine**      **Hospital 1:30-3:30**  
Oct 7, Nov 4, Dec 2, 2002,  
Jan 6, Feb 3, Mar 3, 2003
- Lion's Head**      **Hospital 2:00-4:00**  
Sep 30, Dec 30, 2002,  
Mar 31, 2003
- Markdale**      **Team Site 1:30-3:30**  
Oct 15, Nov 11, Dec 9, 2002,  
Jan 13, Feb 10, Mar 10, 2003
- Owen Sound**      **Hospital 6:00-8:00**  
Oct 1, 15, Nov 5, 19, Dec 3, 17, 2002,  
Jan 7, 21, Feb 4, 18, Mar 4, 18 2003
- Warton**      **Team Site 1:30-3:30**  
Oct 21, Nov 18, Dec 16, 2002,  
Jan 20, Feb 17, Mar 17, 2003

### Hope and Schizophrenia

This structured group explores the concept of hope for those with schizophrenia. It is a time-limited group that meets for 6 weekly sessions. This group is jointly facilitated by CSDP, the GBHS Aftercare Program and Community Connections: Housing and Support. For more information on when and where these groups will be meeting throughout Grey Bruce please call us at 371-4582.

### Mood Disorders Support and Information Meetings

These open groups typically meet once a month and offer members an opportunity to meet others dealing with mood disorders who are coping with similar problems. The group may also invite in speakers in order to learn more about mood disorders. For more information please call 371-4582.

- Owen Sound**      **CNST office: 6:30-8:00**  
Oct 3, Nov 7, Dec 5, 2002,  
Jan 2, Feb 6, Mar 6, 2003
- Hanover**      **Hospital: 6-8:30**  
Oct 10, Nov 14, Dec 12, 2002,  
Jan 9, Feb 13, Mar 13, 2003

### Mental Health Video and Information Nights

Share an evening viewing an educational video on a specific mental illness. Afterwards there will be an opportunity to discuss the film. As well, information materials and handouts regarding the illness will be available for review. Please call for more information.

- Meaford**      **Hospital: 7:00-9:00**      Oct 2, 2002
- Kincardine**      **Hospital: 7:00-9:00**      Nov 6, 2002
- Lion's Head**      **Hospital: 7:00-9:00**      Dec 4, 2002
- Owen Sound**      **CNST office: 7:00-9:00**      Feb 5, 2003
- Port Elgin**      **Library- 7:00-9:00**      Mar 5, 2003



# 1139 2nd Ave. East, Owen Sound

## Mental Health Library

### New Books

#### FAMILY SUPPORT

Self Matters; McGraw, P  
 Bradshaw on the Family; Bradshaw, J  
 Dance of Connection; Lerner, H  
 Shelter of Each Other Rebuilding our Families;  
 Pipher, M  
 Verbal Abuse Survivors Speak Out; Evans, P

#### CONSUMER/SURVIVOR

Becoming Anna; Michener, A  
 I Am Not Sick; Amador, X

#### SELF HELP

Wherever You Go There You Are; Kabat-Zinn, J  
 Joy Journal, The; Johnson, B

#### PERSONALITY DISORDERS

Stop Walking on Eggshells Workbook, The;  
 Kreger, R; Shirley, J  
 Rational Recovery; Trimpey, J

#### ADDICTIONS

Revolutionary Alternative for Overcoming Alcohol and  
 Drug Dependence; Trimpey, J  
 Changing Course; Black, C  
 How to Quit Drinking Without AA; Dorsman, J  
 Seven Weeks to Sobriety; Larson, J  
 Complete ACOA Sourcebook; Woititz, J  
 It will never Happen to Me; Black, C  
 Sober and Staying That Way; Powter, S

#### DEPRESSION

Noonday Depression; Solomon, A

#### MENTAL ILLNESS

Icy Sparks; Hyman, G  
 Beyond Crazy; Nunes, J; Simmie, S  
 You Can Heal Your Life; Hay, L

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## **Notable Videos at the Community Network Support Team Library**

### **1139 2nd Ave. East, Owen Sound**

### **Films for the Humanities and Sciences**

Depression and Manic Depression

Differential Diagnosis in Psychiatry

- Mood Disorders
- Schizophrenia and Delusional Disorders
- Disorders due to psychoactive substance abuse
- Personality Disorders

Diverting the Mentally Ill from jail

Kids and stress

Mysteries of the Mind

No More Shame, Understanding Schizophrenia

No More Shame, Understanding Depression  
 Post-Traumatic Stress Disorder, The Doctor Is In

Post-Traumatic Stress Disorder—The Woman's  
 Perspective

Preventing Relapse in Schizophrenia

Schizophrenia: New Definitions, New Therapies

Schizophrenia: Out of Mind

Schizophrenia: The Voices within/The Community  
 Without

The Treatment of Attention Deficit Disorder in  
 Adults

Unlocking the Secrets of Schizophrenia

Unmasking Depression

# Sexual Assault Care Centre Update

In July 2002 the staff of SACC, Grey Bruce Health Services and community partners, friends, and consumers said good-bye to Ruth Rigbey, MSW, RSW, as she moved from Grey County to another area of Ontario for a few new beginnings! Subsequently, Theresa Partridge MSW, RSW, was hired as the Social Worker for SACC and started her new position on Sept. 9th. Theresa had been working as one of the in-patient social workers at Grey Bruce Health Services Owen Sound Site, for a number of years, has extensive experience in the area of survivor counseling and has a strong awareness of community services & resources.

The Sexual Assault Care Centre has recently received government funding to plan and implement a Domestic Violence Program. This is a pilot project and was launched at seven other Sexual

Assault Care & Treatment Centres in Ontario two years ago as the first step. Wendy Margetts RN, BSCN was hired as the Domestic Violence Nurse and also started in Sept. 2002. Wendy has been working as a nurse in the Emergency Department at Grey Bruce Health Services, Owen Sound site for ten years and brings with her extensive experience and knowledge of working with victims of violence. Since Sept., Wendy has been busy with program planning & community networking. The opening date of this new service will be determined very soon.

SACC & Domestic Violence Program will continue to provide more information about existing and new services via the *Pivot*. Please watch for more in the next publication.

*Marcia Halliday, Nurse Co-ordinator of SACC & DVP*

## International Day for the Elimination of Violence against Women— Nov 25, 2002

**Domestic Violence Article—** [Encarta Encyclopedia](http://encarta.msn.com/encnet/refpages/SRPage.aspx?search=domestic+violence) defines **domestic violence** as physically or emotionally harmful acts between husbands and wives or between other individuals in intimate relationships. Read about prevalence, causes, effects on victims, treatment and prevention and it's history at <http://encarta.msn.com/encnet/refpages/SRPage.aspx?search=domestic+violence>



## Bruce Grey Children's Services presents Love is Not Enough - What to do When Your Kids Drive You up the Wall

**Nancy Samalin is a renowned parent educator, author and workshop leader** and will speak on **November 29, 2002. Reservation and payment deadline is November 22, 2002.**

*Content includes:*

- Setting limits without feeling guilty
- Dealing effectively with anger - yours and theirs
- Finding ways to decrease manipulation by your children
- Being firm with behavior - but permissive with feelings

*The breakfast presentation is for professionals.* To make reservations contact Sandy McDougall at [smcdougall@bmts.com](mailto:smcdougall@bmts.com):

Friday November 29, 2002 8:30 - 10:30 am  
StoneTree Golf & Fitness Club  
Highway 6 & 10, Owen Sound  
**Cost of \$20 per person, includes a hot buffet breakfast**

*The evening presentation will be geared to parents of children of all age groups.* Tickets are available at the Roxy Theatre (telephone 371-2833), from Sandy McDougall at [smcdougall@bmts.com](mailto:smcdougall@bmts.com), or from the Early Years Centres in Port Elgin (389-5762), Wiarton (534-5550), or Meaford (538-5034)

Friday November 29, 2002 at 7:30 pm  
Roxy Theatre, 9<sup>th</sup> Street East, Owen Sound  
**Cost is \$10 per person**  
*If you have any questions, please contact Sandy McDougall at 371-4773, extension 105.*

## Nursing Care for patients with drug and alcohol abuse problems November 22, 2002

Grey Bruce Health Services and Community Partners are pleased to present this workshop featuring Carol Edwards, an Acute Care Nurse Practitioner at the Centre for Addictions and Mental Health.

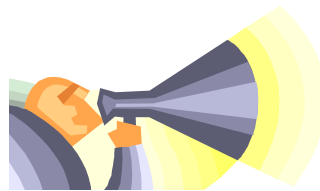
It intends to provide clinical care providers with information and skills to support early intervention

and discharge planning among patients with potential or actual substance use problems. In brief, the agenda involves an overview of drug use, consequences, a panel of community addiction services, and case studies. This will be held at the Port Eglin Lakeshore Recreation Club, 1177 Goderich Street.

The fee is \$35; a special rate of \$15 applies to nursing and medical students. Registrations will be accepted until Nov. 15, 2002.

Contact Human Resources, GBHS for more information or directions, 376-2121, x 2001.

See you on  
November 21, 2002 at  
Grey Bruce Health  
Services—  
Lion's Head Site  
(downstairs in the  
Boardroom)  
22 Moore Street, Lion's Head  
from 11:00 am—4:00 pm.



## Announcing a Mini Mental Health Fair

The *Family Support Initiative* and the *Consumer/Survivor Development Project* are pleased to sponsor a Mental Health Fair in the Lion's Head community!

This is a come and go event. Refreshments will be served.

**Admission is FREE!**

Plan to attend.

Come and see the displays from many of the service providers who are available to support you in your quest for healthy living.

The ***Pivot*** is published by the Community Network Support Team, which operates under the umbrella of the Grey Bruce Community Health Corporation. The ***Pivot*** is published about the 15th of the month in **January, March, May, July, September, and November.**

Submissions are subject to editing. Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation.

### Submission Deadlines

January 1st	March 1st	May 1st
July 1st	September 1st	November 1st

(for publication on the 15th of the month)

### Staff

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

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