



July 2007

PIVOT

A FORUM FOR MENTAL HEALTH AND SOCIAL SERVICES

INSIDE

- 2-7 Across Grey Bruce
- Page 3** Where to Find Help in Grey Bruce INSERT
- 8 Movie Nights at Mental Health Library

GB Works

Needle Exchange Program launched

The Grey Bruce Health Unit in partnership with our Community Advisory Committee is pleased to announce the launch of **'GB Works'** Needle Exchange Program. The program provides injection drug users throughout Grey Bruce with access to sterile injection equipment, a place to safely dispose of used injection equipment, health education, and referrals to a range of health and social services. The primary goal of a needle exchange program is to reduce the harms associated with injection drug use to the individual and community. Needle exchange programs strive to prevent the transmission of HIV, Hepatitis and other blood borne infections that disproportionately impact the lives of individuals who use injection drugs.

These programs have been active in Ontario for more than 17 years

and there are currently 34 programs in operation throughout the province. Needle exchange programs are designated mandatory public health programs in areas where injection drug use occurs. A Grey Bruce community assessment conducted by the Health Unit in 2003-2004 clearly demonstrated a need for this service in our area. Numerous evaluation studies have shown that needle exchange programs are effective at reducing the sharing and re-use of needles and other injection equipment – resulting in improved health outcomes for individuals who use injection drugs.

GB Works services are available at four locations throughout Grey Bruce; The Sexual Health Clinic in Owen Sound 920 First Ave. W, Mon & Fri 12pm-4pm/Wed 2pm-6:30pm/Thurs 10am-1:30pm

The Sexual Health Clinic in Walkerton 30 Park Street, Mon & Fri 12pm-4pm

The Victorious Living Centre in Owen Sound 720 Second Ave. E, Mon-Fri 9am-5pm Sat & holidays 10am-3pm/Sun 12pm-2pm

Grant's Pharmacy in Hanover 832 10th Street, Mon-Sat 9am-9pm Sun 9am-5pm

The **GB Works** cell phone number is (519)372-5952. We encourage you to share this number and information about the program with anyone who would benefit from accessing the service. Please do not hesitate to contact us if you have any questions or need additional information about **GB Works**.

*Sarah Newton, Public Health Nurse
Grey Bruce Health Unit*

204 new books in Mental Health Library

Tuesday evening bonus

The *Mental Health Resource Library* is located at 1139 2nd Ave. E., in Owen Sound, Ontario (beside the Boot and Blade Restaurant). Walk through the door of the *Community Network Support Team* to access and preview the many resources available for you. There is no charge to borrow items, however, you are required to sign a lending agreement that outlines the library policy. If you are not a member already, check out our library. While our regular hours are Mon- Fri. 8:30—4:30, we have added a Tuesday evening time for the months of July and August open from 5:30—8:30 p.m. The following is a small selection of our newer items.

To name a few.....

CLINICAL ISSUES

- Bipolar Disorder Treatment and Management; Suppes, T; Keck, P
- Bipolar Disorder: The Upswing in Research and Treatment; McDonald, C et. al
- Aging and Mental Health; Smyer, M; Qualls, S
- Help for the Helper; Rothschild, B
- Mindfulness and Acceptance; Hayes, S; Follette, V; Linehan, M

SCHIZOPHRENIA

- Dante's Cure; Dorman, D
- Recovered Not Cured; McLean, R
- Schizophrenia A very Short Introduction; Frith C; Johnstone, E
- What Is Schizophrenia and How Can We Fix It? , Shean, G
- Split Brain, The; Nelson, A
- Complete Family Guide to Schizophrenia; Mueser, K; Gingerich, S
- Schizophrenia and Other Psychotic Disorders; Noll, R
- Welcome, Silence; North, C

Summer and medication

Take water with you

Are you aware of the special kind of interaction that may occur with hot weather/summertime and some of the drugs you may be taking? When your body can't cool down, you may be getting heat exhaustion. Signs include:

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

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

When left unchecked, the dreaded heat stroke may follow. This shows itself as:

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

Consumer/Survivors should be aware of these very serious interactions because many drugs prescribed to them do create more susceptibility to the heat. Drugs such as Cogentin (benztopine), procyclidine, oxybutynin, Prozac (fluoxetine), chlorpromazine, Haldol, and Fluanxol

can disrupt some of your body's ability to cool itself down.

If you are **overweight, have heart problems, high blood pressure or have diabetes**, then you have a higher chance of getting this interaction. So be careful! Always carry a bottle of water to sip, wear a light coloured hat and loose clothing, preferably a cotton blend.

Be willing to go indoors if you feel a sign of heat exhaustion setting in. If you see another person with any of these symptoms, please contact medical help.

*Peter Rissi, Pharmacist
Parker Pharmacy, "reprint"*

Consumer/Survivor Development Project Summer Update

Summer is here and with it, some new and exciting opportunities. The Mood Disorders Support and Information Group that runs in Owen Sound and Hanover, as well as the Coping with Mental Illness Information and Support Group, in Wiarton and Kincardine will continue to operate during the summer months. In conjunction with the *Community*

Network Support Team, we will be presenting the highly successful Summer Mental Health Film Series. All Films begin at 6:15 pm. The CNST Adult Mental Health Library will also be open on Tuesday evenings from 5:30-8:30 pm. There are a wide variety of new books available to check out and read. The Project will also be co-ordinating a series of

Journaling and Writing Workshops across the region. For more information concerning any or all of the above, please contact the *Consumer/Survivor Development Project* at (519)371-4582 and ask for Jim or Cheryl, or drop by the office at 1139 2nd Avenue East in Owen Sound. We would be glad to talk to you!
Jim Lonie, CSDP Project Coordinator

Photo Friends celebrate Owen Sound's Homecoming!

Photo Friends will show their exhibit, *Images of Owen Sound*, at the Full Spectrum Gallery at FotoArt in downtown Owen Sound from July 25th to the end of August. The exhibit will feature the talents of several local photographers who have taken pictures throughout Owen Sound.

Images of Owen Sound celebrates Owen Sound's Homecoming. It shows us the beauty of Owen Sound through the eyes of the photographers. Photo Cards of the

images will be available for sale at FotoArt.



In September and October, the exhibit will move to Grey Bruce Health Services – Owen Sound, where it will be shown in the display case in the 4-5 hallway.

Photo Friends is a photography group that meets through Community Connections: Housing & Support's Group Services Program. We thank FotoArt and GBHS for the opportunity to show our exhibit.

*Katherine Kingsbury
Community Connections*



Where to Find Help in Grey Bruce March 2007

The programs and services in this document are listed under the following categories:

- | | | |
|-------------------------------------|-------------------------------|--------------------------|
| Addiction Services | Housing Services | Self-Help/Support Groups |
| Crisis/Distress Services | Mental Health Services | Social Services |
| Developmental Disabilities Services | Referral and Public Education | Youth Services |

You can find more information on Grey Bruce services at www.mhagb.ca

ADDICTION SERVICES

Addiction Day Treatment Program 519-376-3999

Provides assessment, day treatment, individual, family and group therapy, education, follow-up services and relapse prevention for individuals 16 years and over who have substance abuse related problems.

Centre for Addiction & Mental Health 519-371-6317

Web site: www.camh.net CAMH Info & Support Line: 1-800-463-6273
Email: donna_beatty@camh.net
Provides information, resources, training opportunities and health promotion consultation related to substance abuse or mental health issues in Grey Bruce. The Owen Sound office links the local community with current research and knowledge available through CAMH in Toronto.

CHOICES: Drug and Alcohol Counselling for Youth 519-371-5487 (see listing under Youth Services) or 1-800-265-3133

G & B House 519-376-9495

A 15-bed, long-term residential treatment facility for adult male substance abusers. We provide individual and group counselling as well as life skills coaching in a home-like atmosphere.

National Native Addiction, Drug & Alcohol Program 519-534-3710

Email: nadap@the-matrix.ca Alt. Ph #: 519-534-0373
Provides assistance to native people suffering from addictions through: assessments, counselling, referrals to treatment or healing facilities, and traditional approaches to treatment.

New Directions for Alcohol, Drug & Gambling Problems 519-371-1232 1-800-265-3133

Serves individuals with alcohol, drug and/or gambling problems as well as people who are affected by someone else's gambling, and/or alcohol or drug use. The programs offer assessment, referral, counselling, information and family support.

Saugeen Native Drug & Alcohol Couns Centre 519-797-2882

Assists residents of the Saugeen First Nations to forego drinking and drug dependency by means of awareness/acceptance/treatment of alcoholism. Self-help groups, emergency transportation for detoxification purposes, referrals and youth worker available for teens on reserve.

Withdrawal Management Services 519-376-5666

Provides a safe and supportive environment in which individuals who are intoxicated or in withdrawal can detoxify. Assessment, referral, motivation towards positive lifestyle change and group sessions are provided. Supportive housing can also be provided to clients attending the Addiction Day Treatment Program or waiting for residential treatment outside Grey Bruce.

CRISIS/DISTRESS SERVICES

D'binooshnowin Crisis Centre and Crisis Line 519-534-4338

Email: dbinooshnowin.staff@the-matrix.ca Admin: 519-534-3764
Providing temporary emergency shelter services to Native and non-Native women and their children fleeing violence. Services include support, advocacy, transportation, individual and group peer counseling.

CRISIS/DISTRESS, cont'd

Mental Health Crisis Line of Grey & Bruce 1-877-470-5200

24 hours/day, 7 days/week, 365 days/year. A helpline available for people experiencing distress or crisis. Trained volunteers, supervised by professionals, provide caring and non-judgmental support and work to empower callers to seek solutions to the challenges they face. The helpline reduces the risk of suicide and assists callers to access other services, in conjunction the Owen Sound Hospital's Crisis Intervention Team provides assessment, consultation and referral for psychosocial and psychiatric emergencies.

Kids Help Phone 1-800-668-6868

A toll-free 24-hour helpline for troubled and abused children and teens from 4 to 23 years. Professional counsellors offer assistance to children with a wide variety of problems, issues and concerns. Confidential.

Saugeen Women's Respite—Kabaeshiwim 519-797-3715 Admin: 519-797-2521

Helps support women and their children who are fleeing abuse or are at risk of abuse. Open 24 hours-a-day, 365 days-a-year. Provides services to Native and Non-Native women and children, transportation, housing search, in-house counselling, referrals and support groups.

Sexual Assault & Partner Abuse Care Centre 519-376-2121, x2458

Provides consultation and/or counselling to men and women who have been sexually assaulted/abused, and to their families. Provides consultation and training to health professionals in Grey/Bruce. Provides information/education to the public and non-profit organizations.

Sexual Assault Help Line 1-800-720-7411

Provides support services to females over 16 experiencing sexual violence or harassment. The 24-hour helpline is staffed by trained counsellors who provide counselling, information and referral. Also provides individual and group counseling, volunteer driving, accompaniment to hospital, police and court.

The Women's Centre (Grey & Bruce) Inc. 519-371-1600

Web Site:www.womenscentre.com Admin: 519-376-0755 or 1-800-265-3722
Provides support services to women in crisis including safe shelter, short-term affordable housing, 24-hour crisis line, transportation, counselling, information and advocacy. Services also provided to women who have experienced sexual assault.

Victim Services of Bruce Grey & Owen Sound Inc. 519-376-9852

Hanover: 519-364-7817 Port Elgin: 519-389-5000 Owen Sound: 519-376-9317
Admin: 888-577-3111

A free, confidential service for victims of crime and tragic circumstance, providing immediate emotional support, practical assistance and referral for longer term supports.

Women's House Serving Bruce & Grey 519-396-9655 or 1-800-265-3026

Web site: www.whbc.on.ca Admin: 519-396-9814
Email: crisis@whbc.ca
Helps women affected by abuse and sexual assault. Services include: safe, supportive shelter for women and their children; 24-hour crisis line; community counselling services throughout Grey/Bruce; peer support groups; children's counselling; public speaking; and community education. Transportation is available.

HOUSING SERVICES

Bruce County Housing Corporation 519-396-3439

1-800-265-3022

Provides rent geared-to-income and market housing to families, senior citizens, singles, childless couples and people with disabilities in Chesley, Kincardine, Lucknow, Mildmay, Port Elgin, Ripley, Paisley, Tara, Tobermory, Southampton, Teeswater, Walkerton and Warton. Family Units: Kincardine, Port Elgin, Walkerton.

Community Connections: Housing & Support 519-371-2390

1-800-235-2967

Provides housing and support services for adults with serious mental illness. Housing services include three residential programs and a rent subsidy program. The program offers Outreach Support Services (counselling, skills training and assistance with activities of daily living), life skills training and social/recreational activities. The Green House drop-in program provides social recreational activities, and WorkAble provides vocational services and supports.

Family YMCA Community & Employment Services 519-371-9222

1-800-265-3711

Helps people find temporary or permanent housing in Grey Bruce. A Housing Registry lists available accommodations. If you have a rental accommodation to list please contact us.

Grey County Housing 519-376-5744

Email: dbrainard@greycounty.on.ca

Provides geared-to-income housing to families, seniors and singles in Grey County and Owen Sound area.

MENTAL HEALTH SERVICES

Assertive Community Treatment Team 519-376-2121, x2386

ACT provides intensive community based services for persons with severe mental illness. Provides treatment, rehabilitation and support using a multi-disciplinary client centered approach. Purpose is to provide interventions and support to enable clients to live in their community of choice.

Community Mental Health Teams 1-877-888-5855

Bruce Shoreline Team (Southampton and area) 519-797-2880

Central Grey Bruce Team (Hanover and area) 519-364-7788

North Bruce Team (Warton and area) 519-534-4388

North Grey Team (Owen Sound and area) 519-371-8850

South Grey Team (Markdale and area) 519-986-3030

These multi-agency teams are operated by Mental Health Grey Bruce, a partnership of three organizations. The teams serve adults (16 years and over) with serious mental illness or acute mental health problems and their families. Team services include information and referral, mental health counselling, intensive case management, housing and outreach community support, social recreational activities and leisure access support services.

Community Mental Health Service Coordinator 519-376-212, x2480

Email: dmckenzie@gbhs.on.ca

Provides information and education to health-care professionals, community services, consumers and family members regarding Community Treatment Orders, the Mental Health Act and the Health Care Consent Act (1996).

Consumer/Survivor Development Project 519-371-4582

Promotes self-help activities which allow consumers opportunities for networking, information exchange, and support. Works to increase the support and education available to those with serious mental illness.

Grey Bruce Mental Health Court Support Services 519-370-0030

Email: canderson@cmhagb.org Grey: 519-371-3642 Bruce: 519-396-4532

For persons 16 and older who have a mental illness and have involvement in the criminal justice system because of a criminal charge. Services include court diversion, case management, court support and consultation. Referrals accepted from all sources.

MENTAL HEALTH SERVICES, cont'd

Family Support Initiative 519-371-4802

Provides support, information and education for family members and friends of persons with serious mental illness. Promotes self-help activities which allow families opportunities for networking, information exchange and support. Family Crisis Worker is a service offered to families or others who are coming to the Emergency Department of the Owen Sound Hospital with a relative or friend in a psychiatric emergency.

Family Crisis Worker 519-371-2121, x2777

Leisure Links Program

The Coach House (Markdale and area) 519-986-7491

The Dory (Kincardine and area) 519-396-5609

Union Place (Owen Sound and area) 519-371-3642

The Loft (Hanover and area) 519-364-0184

These four sites offer social and leisure activities for adults with serious mental illness. Activities include: Drop-in activities (during specific, posted hours depending on location), and planned social and recreation activities (based on participants' interests).

REFERRAL AND PUBLIC EDUCATION

Alzheimer Society of Grey Bruce 519-376-7230

1-800-265-9013

A charitable, non-profit organization committed to relieving the effects of Alzheimer Disease or related dementias on the individual and family/caregiver, and to supporting research to find a cause and cure. Provides advocacy, education, awareness of disease, supports to person with disease and their caregiver and funding research.

Canadian Mental Health Assoc, Grey Bruce Branch 519-371-3642

A charitable, not-for-profit agency which offers information on subjects dealing with mental health and mental illness. A variety of pamphlets and a small resource library is available in our office.

Community Network Support Team 519-371-4551

Email: cnst@gbchc.org

Provides information, education and consultation to agencies, groups, consumer/survivors, families and individuals who share an interest in serious mental illness. The goal is to contribute to the knowledge, resources and service coordination of both the formal and informal mental health services in Grey Bruce. Hosts a local mental health and addiction website www.mhagb.ca.

Grey Bruce Community Care Access Centre 888-371-2112

Web: www.gbccac.ca Email: general@gb.ccac-ont.ca 519-371-2112; 519-881-1181

Serves clients with acute or chronic illness or disabilities, those requiring placement to a long-term care facility and children with special needs requiring assistance to attend school. Services include: Information and Referral, Case Management, Long-term Care Placement Coordination, Nursing, Dietetic Counselling, Occupational Therapy, Physiotherapy, Speech Language Pathology, Social Work, Homemaking/Personal Support, as well as providing some medical supplies and equipment.

Grey Bruce FOCUS Project 519-376-9420, x405

Web site: www.focus-alcohol.org Email: mbarclay@publichealthgreybruce.on.ca

The FOCUS Project is a community-based coalition that supports research, policy formation and local initiatives to reduce injury and chronic diseases associated with alcohol and other drug use and abuse in the local population. Public information and health education resources available to the community.

Grey Bruce Palliative Care Hospice Association 519-376-0419

Email: gpbcha@bellnet.ca 1-800-304-0080

Pain & Symptom Consults 519-794-3571

Provides information and support for individuals and families living with a life-threatening illness. Services include pain and symptom management, consultation, hospice volunteer visiting, palliative care education and bereavement support.

REFERRAL AND PUBLIC EDUCATION, cont'd

Grey Bruce Health Unit

519-376-9420

Web site: www.publichealthgreybruce.on.ca

Works to prevent disease and provide leadership in health protection and promotion. Public Health encourages good health through the following programs and services: Cancer; Communicable & Infectious Diseases; Dental Services; Family Health; Food Safety; Health Hazard Investigation; Heart Health; Immunization; Injury Prevention; Nutrition; Physical Activity; Rabies Control; Safe Water; Sewage Disposal Systems; Sexual Health; Tobacco & Health; Traveler Information.

Queen's Bush Rural Ministries

519-369-6774

Provides a compassionate ear to problems in rural communities. Provides information and referral to appropriate services in the area. Expertise in assisting farmers, their families and others coping with the stresses of agriculture.

Quill Learning Network

519-881-4655 or 1-800-530-6852

Provides information and referral service about literacy, basic skills upgrading and employment training readiness program in Grey Bruce. Also provides literacy awareness sessions and clear language consultations to agencies.

Service Ontario

519-371-6226

Email: sandra.turpin@omaf.on.ca

1-888-647-3654

Answers to questions about government services; referrals to government staff who can provide specialized help; application forms for birth, marriage or death certificates, passports, pardons, social insurance numbers etc.; access to internet to search government sites.

SELF-HELP/SUPPORT GROUPS

Please contact the organizations listed for the time and location of meetings.

Alcoholics Anonymous

519-376-4193

Only requirement for membership is a desire to stop drinking. No dues or fees.

Al-Anon Family Groups

519-376-4193

Includes Adult Children of Alcoholics & Alateen. Confidential self-help through shared experience for family and friends of alcoholics.

Alzheimer Support Groups

519-376-7230 or 1-800-265-9013

Caregiver Information and Support Sessions offer practical coping and caregiving strategies and address ongoing grief associated with dementia care.

Brain Injury Association-Grey Bruce

519-373-8555

Chronic Fatigue Syndrome/Fibromyalgia Sup Group

519-371-9145

Diabetes Support Group

519-371-0153

Grey Bruce Breast Cancer Support Group

519-376-0592

S.O.S (Stop Our Smoking)

519-371-3642, x28

A self help group for people living with a mental illness who want to reduce/quit smoking. Group meets weekly.

OTHER SOCIAL SERVICES (including Income /Financial)

Bruce County Social Services

519-881-0431 or 1-800-265-3005

Email: bcswa@brucecounty.on.ca

The Bruce County Social Services Department consists of four divisions: Income Support, Day Care, Brucelea Haven Home for the Aged, Gateway Haven Home for the Aged and Social Housing.

Credit Counselling

519-371-7864 or 1-800-268-0903

(A program of Family Services Perth-Huron, Grey Bruce) Email: fsph.ccs@brucecom.com
A not-for-profit, accredited, government licensed, credit counselling organization that offers help with debt and budget problems, creditor approved debt consolidation and certified

OTHER SOCIAL SERVICES, cont'd

bankruptcy counselling.

Grey-Bruce Community Legal Clinic

519-370-2200 or 1-877-832-1435

A law office which provides free legal information, advice and representation, as well as other services, to low income residents of Grey and Bruce counties.

Grey County Employment Resource Centre

519-369-5058

Web site: www.greycounty.on.ca

Email: durham@greycounty.on.ca

A non-profit organization providing employment services, including job-search, resume writing, newspapers, fax, photocopying and general information, etc. All are welcome to visit the Centre.

Grey County Social Services

519-376-7324

Web site: www.greycounty.ca

Ontario Works provides financial and employment assistance to residents who qualify as people in need. Additional services include emergency housing, homemaking, hostels, shelters, Special Assistance and indigent funerals. Children's Services are available to the community. Please refer to the Grey County web site.

Home and Community Support Services

1-800-267-3798

Web site: www.bmts.com/~hcscs.gb

Email: andy@hcscs.gb.ca

519-372-2091

Provides community based services that support independence and enhance the quality of daily life for seniors, adults with disabilities and their families. We are a volunteer organization delivering the following programs: Meals on Wheels, hot and frozen; Housekeeping; Friendly Visiting; Transportation; Home Maintenance referral; Telephone reassurance; Day Away Programs; and Caregiver Support throughout Grey and Bruce.

Ontario Disability Support Program-Employment Supports

519-376-1951, x271

or 1-800-419-4919, x2283

Helps people with disabilities to get and keep jobs. Also helps people with disabilities who are employed to overcome a job crisis so they don't lose their job.

Salvation Army Family Services

Owen Sound- 519-371-0957

Warton- 519-534-0353

Port Elgin- 519-389-3942

Hanover- 519-364-3450

Offers emergency assistance that may involve food, shelter, transportation, household articles, advocacy help with government agencies, budget help, clothing, trustee assistance, missing person services and fire victim assistance.

Good Food Box

519-376-9420 or 1-800-263-3456

Website: www.publichealthgreybruce.on.ca

Email: kforsyth@publichealthgreybruce.on.ca

A monthly program to make purchasing fresh fruit and vegetables easy and affordable. Available in Cape Croker, Lucknow, Meaford, Owen Sound, Hanover, Port Elgin, Kincardine, Tara, Thornbury, Warton, Saugeen First Nation, Walkerton, Teeswater, and Markdale.

Men's Program

519-372-2720

Email: mensprogram@bmts.com

Offers weekly groups to help men stop their abuse to women. Groups are available throughout Grey/Bruce. Groups lead men through an in-

YOUTH SERVICES

depth examination of their abuse, the impacts of abuse on victims and families and skills and practice on relating respectfully to women.

Anishnabek Child & Youth Prevention Services

519-797-5000

Provides Saugeen First Nation with culturally sensitive prevention services for children, youth and families. Provides information and resource materials regarding child abuse, parenting skills, child development, substance abuse and child care.

Keystone Child, Youth & Family Services

519-371-4773

Email: bgcs@bmts.com

1-800-567-2384

www.keystonebrucegrey.org

Ontario Early Years Resources--519-371-7034 x12

Provides mental health counselling for and regarding children under 16; Bayview School Resource Library (lending books and videos); and a

YOUTH SERVICES cont'd

crisis residential service for youth under age 16. **Brighter Futures**, and **Early Years**, provincially funded programs offer a variety of services to parents of children under 6 years.

Children's Aid Society of Owen Sound /Grey County 519-376-7893

Email: grey@cas.gov.on.ca or 1-800-263-0806
Working with families towards more effective parenting; recruiting and training foster care/adoptive parents; placing children for adoption; providing support for youth moving toward independent living; therapy for victims of sexual abuse; investigate complaints of children alleged to be at risk, applying for legal guardianship when necessary.

Children's Aid Society of the County of Bruce 519-881-1822

Email: brucas@cas.gov.on.ca or 1-800-461-1993
Web site: www.brucecas.ca
Mandated by the Child and Family Service Act to investigate all allegations of abuse. Counselling is provided to support the family, where the needs of a child are best met; provides short and long term foster care, adoption and volunteer services.

CHOICES: Drug and Alcohol Counselling for Youth 519-371-5487

519-371-5487 or 1-800-265-3133
Provides assessment/counselling for youth affected by alcohol and/or other drug abuse, their own or someone else's. Information/counselling for parents available. Main office in Owen Sound; outreach to other areas of Grey/Bruce.

Ontario Early Years Centres Admin: 519-881-0431

Walkerton 519-881-2739/1-800-616-8116 Hanover 519-364-6025/1-866-483-7774
Locations throughout Grey/Bruce where parents, caregivers and children can access supports and activities focused on healthy child development. Services help give children a healthy start in life. People can borrow educational toys, games, puzzles and parenting books/videos.

Family Y Community & Employment Services 1-800-265-3711

Hanover--519-364-3163 Walkerton--519-881-4606 Owen Sound--519-371-9222
www.ymcaowensound.on.ca Email: yesos@ymcaowensound.on.ca

DEVELOPMENTAL DISABILITIES SERVICES

A non-profit organization that provides employment counselling, career exploration, assistance in finding a job, subsidized training opportunities and non-emergency housing support. Available to youth and adults.
WWW.DSNBRUCEGREY.CA

Adult Protective Services of Bruce and Grey Counties 519-376-3431

Email: apsowensound@cas.gov.on.ca Walkerton- 519-881-3772
Provides support to developmentally handicapped adults, aged 18 and over, in leading lives as independently as possible.

Bruce Peninsula Association for Community Living 519-534-0553

Email: clwd@bmts.com
Services include individualized supports for children, adult residential supports in independent and group settings, as well as Community Day Supports.

Community Living Kincardine & District 519-396-9434

Email: clkd@tnt21.com
Serves Kincardine, Huron and Bruce townships. Services: the Infant Development Program, Family Support, Behaviour Services, Support Living in the Community, Employment Services, Drop In Centre, Youth and Out of Home Respite.

Community Living Meaford 519-538-4165

Email: comlivmeaf@bellnet.ca
Services: Downtown Connection Centre, Community Access Program, Clarksburg Development Program, Woodworking Department, Supported Independent Living Program, Group Homes and employment opportunities.

DEVELOPMENTAL DISABILITIES SERVICES cont'd

Community Living Owen Sound and District 519-371-9251

Email: comlivos@comlivos.on.ca
Serves Owen Sound and District. Services include: Infant Development Program, Preschool Resource Program, Family Support, Adult Assistance, Worker Co-ops and Volunteer Recruitment.

Dual Diagnosis Coordinator 519-376-2121, x2486

Email: jhealey@gbhs.on.ca or dcutting@gbhs.on.ca
Provides a community resource contact to link services for people with a developmental disability and mental health needs. Can assist healthcare and developmental service professionals and families to access support services for dually-diagnosed people. Also provide links to training and information on the topic of dual diagnosis.

HARC Incorporated Hanover 519-364-6100

Email: harcinc@bmts.com
Serves Hanover, Neustadt and area. Programs include Residential Services, Special Services at Home, Home Support, Living in the Community, Working in the Community, Day Programs and the Day Program Egg Business.

Participation Lodge 1-888-353-5542

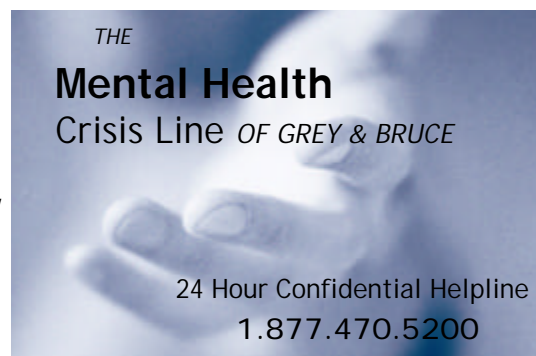
Email: partlodge@bmts.com 519-794-3201
Long-term care facility for the mentally and physically challenged.

South-East Grey Support Services 519-924-3339

Email: archied@bmts.com
Helps adults with developmental disabilities to become active participants in community events and groups, find gainful employment, meet people and build relationships. Partners with other services to provide transportation, housing and alternative learning programs.

Community Living Walkerton & District 519-881-3713

Email: clwalkerton@clwalkerton.org
Serves Bruce vices Case ment, Infant ment, Train-Family assists ar- Southern Grey. Ser-include Manage- Develop-Behaviour ing and Relief. Also with living



Please direct any changes in information to the **Community Network Support Team**, 1139 2nd Ave. E, Owen Sound, ON, N4K 2J1 or call (519)371-4551 or email cnst@gbhc.org

Where to Find Help in the Grey Bruce Area is produced by the **Community Network Support Team** (CNST) and may be reproduced as long as reference to CNST is given. For updates and revisions, call 371-4551 or email cnst@gbhc.org.

rangements, portunities via support and recreational

career op-employment leisure and activities.

www.mhagb.ca

Family Support Initiative Update

Georgia Palmer says good-bye

Effective June 20th Georgia resigned her position as the contract Family Support Worker. While she leaves this position Georgia remains in our area and continues to work in the Grey Bruce human service system. I wish her the best of luck and thank Georgia for her energy and commitment to the *Family Support Initiative*; she will be missed.

While the position is vacant both Nancy Hall (CNST's Community Development Worker) and I will share the Family Support program's responsibilities. Family member's phone calls will now be handled by Joanna Depencier, our program secretary.

Family Support and Information groups in Hanover and Kincardine

will continue to run for the summer. The Owen Sound and Thornbury groups have decided to break for the months of July and August.

I would continue to invite Family members to call in and visit our resource library that has a vast array of resources concerning mental health matters.

*Shane Barker, Director
Community Network Support Team*

Community Network Support Team New in-service format

In June, the *Community Network Support Team* offered "Introduction to Mental Illness", a four-part series designed to educate the general public about serious mental illness in adults. The topics included an exploration of mental health and mental illness, a description of the anxiety, affective and psychotic disorders and options for treatment and recovery. In the future, CNST hopes to offer this popular series in the following communities: **Warton, Hanover, Port Elgin and Thornbury**. CNST is also planning to introduce a new version of

this popular series designed for people who work in social service fields. The original series which has been delivered in a variety of settings over the years was originally designed to inform the general public about serious mental illness in adults, the early warning signs, symptoms, diagnosis and treatment. CNST has decided to launch a new version of the series for presentation to specific groups that might benefit from a more specific focus and that may need a different format or length. The series is being offered as free workshops and in-service to community groups and social service agencies in the Grey/

Bruce area. Also available, are presentations on *Mental Health Services in Grey and Bruce Counties* and "Feeling Overwhelmed? Stress, Anxiety and Depression." If your organization would benefit from a presentation on Mental Illness and is interested in having a presentation on the most current research and thinking on these topics, please call us. With enough lead time we can adapt the material to suit specific audiences. A variety of web, hardcover, magazine, video and DVD resources are also available. Call (519)371-4551 to inquire about and book a presentation for your group

*Nancy Hall,
Community Development Worker*


Mental Health Evaluation Group: Changing Faces

After 19 years with the *Grey Bruce Community Health Corporation*, Patti Cruickshank has resigned her position as the Project Assistant for *Mental Health Evaluation Group* (MHEG) effective July 20th. Patti has accepted a position with Grey County. The past 19 years have brought many changes to our system and to our information technology. Patti was "in on the ground floor" in the development of our information system and has worked hard to accommodate the many

changes in our reporting requirements. During the past several years, her workload has expanded to include the role of network administrator and she has traveled many miles in all kinds of weather to troubleshoot the system and install new hardware and software. I wish her the best of luck and thank her for hard work and contributions.

*Shane Barker, Director
Community Network Support Team*

Interagency meeting for Front Line Workers



- Put a face to a name of colleagues in other agencies
- Share information about your programs/services during this round table session
- Discuss a schedule for future meetings of this kind

© The Early Years Centre
515 9th Street, Hanover

Please RSVP your attendance by October 5th

to: Louise Schenk at Public Health, (519) 881-1920 or Susan Berfert at YMCA Community & Employment, (519) 364-3163

October 10, 2007
9:00am-11:00am

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, April, July and October.

Click-View and Print

You can now access the *Pivot* Newsletter and Where to Find Help in the Grey Bruce Area on-line at www.mhagb.ca under "resources".

Staff

Director - Shane Barker
Community Development
Worker - Nancy Hall
Program Secretary -
Joanna Depencier

Submission Deadlines

January 1
April 1
July 1
October 1

Submissions are subject to editing. Send potential submissions to cnst@gbchc.org. Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation.



Movie Night

Tuesday evenings over July & August

Not only have the summer months arrived but also some great opportunities to read and relax. The *Mental Health Resource Library* will be open on Tuesday evenings throughout July and August from 5:30—8:30 p.m. Join us to watch and learn from a super summer film line-up that explore mental health issues.

July 17- Homeless to Harvard

Thora Birch portrays a teenager named Liz Murray who is homeless but not hopeless as she takes control of her life. Liz's mother suffers from schizophrenia and both of her parents are addicted to drugs and have deteriorating health. Liz overcomes her late start in high school by finishing a four-year class load in two. She wins a scholarship and attends the university of Harvard.

July 24-Proof (2005)

A compelling story of an enigmatic, young woman haunted by her father's past shadow and her own future. Catherine is a young woman who has spent

years caring for her father Robert, who was also a brilliant mathematical genius and who suffered from schizophrenia.

July 31-Dream Team (1989)

Dr. Weitzman works with patients in a psychiatric hospital. Convinced that all that his "group" needs is some fresh air and some time away from the hospital, he persuades the administration to allow him to take them to a ballgame.

August 7- Walk The Line

August 14- Beautiful Mind (part 1)

August 21- Beautiful Mind (part 2)

Pre-register by calling
371-4551 or visiting
1139 2nd Ave. E

I hope to see you there!
*Jim Lonie, Consumer/Survivor
Development Project*

6:00 pm - 8:30 pm Movie **starts at 6:15 pm**
Information about mental health topics will be
available at each film.

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

Publication Sales Agreement
OL005913
Owen Sound, ON