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# THE Pivot

A FORUM FOR MENTAL HEALTH &  
SOCIAL SERVICES IN GREY-BRUCE

AUTUMN 2009 ISSUE

## 4<sup>th</sup> Annual Ride into Light

A 48 km cross-county  
bicycle journey to  
bring the topic of  
Mental Illness into the light



On Friday October 9, 2009, staff, supporters and volunteers of the Grey Bruce Branch of the Canadian Mental Health Association will be cycling the dividing line of Grey and Bruce Counties to raise awareness about mental health and mental illness.

**WELCOME City Hall Owen Sound,  
Ontario 11:30 – 2:00 pm**

Riders are expected to arrive at  
approx. 12:00pm.

Join us after for a short program and a  
BBQ lunch.

**SEND OFF**

**TBA Port Elgin, Ontario 8:30 a.m.**

Join us for light refreshments and a  
small send off program.

Are you interested in joining the cyclists but you're not able to cycle for the 48 km journey? Additional cyclists will be gathering at the entrance of Harrison Park for the last leg of the journey. At this time the entire group will be accompanied by a police escort to City Hall to insure the safety of those involved. Bright yellow "Ride into Light" t-shirts will be provided for those joining in the cycle. Please contact the office of CMHA/GB if you would like to participate in the Ride into Light.



## Mental Illness Awareness Week

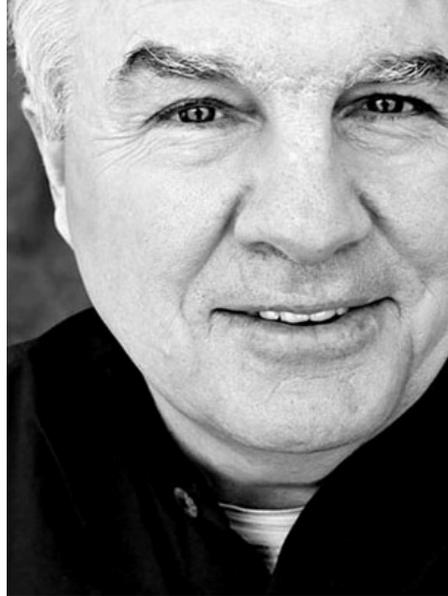
Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week was established in 1992 by the Canadian Psychiatric Association, and is now coordinated by the [Canadian Alliance on Mental Illness and Mental Health](#) (CAMIMH) in cooperation with all its member organizations and many other supporters across Canada.

### Why Mental Illness Awareness Week?

For too long, Canadians with mental illnesses have been in the shadows. Too few Canadians know about the burden of mental illness on our society, and too few sufferers seek help when they need it. Mental Illness Awareness Week seeks to raise awareness of the level of mental illness in Canada; to reduce negative stigma about mental illness amongst the general population and health care professionals; and to promote the positive effects of best practice in prevention, diagnosis and medical treatment.

About CAMIMH Established in 1998, CAMIMH is an alliance of national organizations whose activities span the broad continuum of mental health. They represent: consumers and their families; health care and social service providers; professional associations; and community and research organizations. Together, they constitute a vibrant network of national, provincial and community-based organizations dedicated to serving the mental health needs of the people of Canada from coast to coast to coast. CAMIMH's mission is to promote and facilitate the development, adoption, and implementation of a national action plan on mental illness and mental health.

**Lunch with Ron  
Ellis**  
**"One Man's  
Journey"**  
**Tuesday**  
**October 6, 2009**  
**~ 12:00 p.m. ~**



For tickets call  
519-371-3642.

Tickets available  
at CMHA,  
1024 2nd Ave.  
East, Owen Sound

"Compared to conquering depression, winning the Stanley Cup was easy!" ~



**Help us spread the word!** Nearly one in five Canadians is affected by mental illness, yet a persistent stigma prevents millions from getting the help they need. The continuing theme of Mental Illness Awareness Week - Face Mental Illness - is designed to change that. Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. As part of this campaign, there are many awareness materials available to display at your workplace or agency. Contact us if you are interested in posters, bookmarks and/or pamphlets on Mental Illness. Help us encourage our community to "FACE MENTAL ILLNESS! It concerns us all!"

4<sup>TH</sup>  
ANNUAL  
RIDE  
INTO  
LIGHT

# "FINISH LINE" BBQ

Friday October 9,  
2009



Join us as we welcome consumers, staff, volunteers and supporters of the Canadian Mental Health Association and Community Connections, as they arrive in Owen Sound from a cross-county bicycle journey to raise awareness and much needed funds for local mental health programs.

## **A BBQ LUNCH AND SHORT PROGRAM WILL FOLLOW THE ARRIVAL OF THE CYCLISTS**

### **Thank you to our sponsors**

**\*\* Lutheran Church of Our Saviour Parish Nursing Program \*\* Norman Crosswell \*\***

**\*\* Grey Bruce Health Services \*\***

*For more information about this event, please call CMHA at 519-371-3642 ext. 31.*



**VETERANS AFFAIRS CANADA**

Invites you to a FREE  
Educational Forum



**JOURNEY THROUGH  
MILITARY PSYCHOLOGICAL TRAUMA:**

Serving those who Serve Canada

TUESDAY, OCTOBER 6, 2009 8:00am to 4:30pm

Royal Canadian Legion, Branch 6

1450 2<sup>nd</sup> Ave. West, Owen Sound, Ontario (Large Auditorium)

Refreshments and Lunch will be served

**Objectives:**

- \* To enhance your awareness of military injuries
- \* To provide practical skills for treatment
- \* To create a collaborative network of services to meet the needs of Veterans
- \* To identify future opportunities for shared learning

**Who Should Attend:**

All clinical and non-clinical mental health service providers

**Highlights:**

- \* *The Soldier's Journey*
- \* *Assessment and Treatment*
- \* *Mental Health Strategy: 5 Critical Elements*
- \* *Spirituality in Healing*

RSVP by September 22, 2009 indicating any special accommodations/  
meal restrictions, to [vacbreakfasts@yahoo.ca](mailto:vacbreakfasts@yahoo.ca) or to Robin Cork at 519-376-2188

**The Family Support Initiative presents an information session discussing**

**THE HENSON TRUST AND THE RDSP**

**Are you a family member of someone with a disability?  
Would you like to learn more about how to provide for their financial future in a protected way?**

Mary McKerrol, Barrister and Solicitor has a law practice in Owen Sound. She is committed to serving the residents of this community. Mary will present information on the Henson Trust and other Trust options as well as how to go about setting them up. Mary will also discuss the Registered Disability Savings Plan.

**DATE: Saturday October 24, 2009**

Feel free to provide questions upon registration so we can be better prepared to include this information in the presentation. There will be a time for open questions and answers.

If you are interested in attending this session, please call to register. We will notify you of details once they have been confirmed.

**For further information and to register call The Family Support Initiative 519-371-4802**

The Family Support Initiative (FSI) is a program of the Grey Bruce Community Health Corporation  
1101 2<sup>nd</sup> Avenue East, Suite 205, Owen Sound, ON N4K 2J1

Telephone: 519-371-4802 Email: [dwilson@gbchc.org](mailto:dwilson@gbchc.org)

Funding is provided by the South West Local Health Integration Network (SWLHIN)

# MENTAL HEALTH & THE LAW

The Family Support Initiative Presents  
an information session on Mental Health and the Law  
with Dianne McKenzie, Mental Health Service Coordinator  
Grey Bruce Health Services.

It can be confusing for family members when a loved one is hospitalized for mental health reasons. They are sometimes faced with difficult policies and procedures, forms and legal dilemmas.

## Topics to be discussed include:

- Community Treatment Orders
- Power of Attorney/ Ulysses Contract
- Consent and Capacity Board Hearings
- Peel Protocol (being discharged from hospital into police custody)

For further information and to register call the  
**Family Support Initiative**  
1101 2<sup>nd</sup> Avenue East, Suite 205, Owen Sound, ON N4K 2J1  
Telephone: 519-371-4802      Email: [dwilson@gbchc.org](mailto:dwilson@gbchc.org)

Funding is provided by the South West Local Health  
Integration Network (SWLHIN)

## Canadian Mental Health Association Events

"MIAW Kick Off Breakfast"  
Monday October 5, 2009  
St. Paul's Anglican Church,  
Southampton

Breakfast 8:30 a.m.  
Program 9:00 a.m.  
248 High Street  
Southampton



Please accept this as your invitation to join us  
for a hot breakfast in honor of  
Mental Illness Awareness Week!



**Coffee House**  
Wed. Oct. 7 ~ 7:00 pm  
The Coach House  
Main Street, Markdale

## PIVOT DELIVERY



- Tired of waiting for the Pivot to be delivered by the post office?
- Disappointed about how long it takes for the Pivot to be circulated in the inner office mail before it arrives at your desk?
- Concerned about the forests?

If you answered yes to any of the above questions please know that I have a great option for you.

Let us email you your personalized copy of the **Pivot** each and every time it is produced. Just send me your email address and I will take care of the rest! ([sbarker@gbchc.org](mailto:sbarker@gbchc.org)).

Just in case you find yourself thinking about past Pivot articles please know that every copy since December 2002 is posted on the internet. Just visit [www.mhagb.ca](http://www.mhagb.ca), scroll over resources, and then scroll over publications and finally click on "Pivot Newsletter".

*Shane Barker  
Director, CNST*

Community Network Support Team  
Grey Bruce Community Health Corporation

# Introduction to Mental Illness

If you or someone you know suffers from a mental illness, these sessions may be of interest to you. Topics to be discussed include:

- The different types of mental illness
- Causes, signs and symptoms
- Treatment, recovery and available resources
- Current research

For further information and to register call 519 371- 4551  
Email: [nhall@gbchc.org](mailto:nhall@gbchc.org)

<u>Kincardine</u>
Mon. Sept. 21 2009
Mon. Sept. 28 2009
Mon. Oct. 05 2009
Mon. Oct. 19 2009

<u>Lion's Head</u>
Mon. Nov. 02 2009
Mon. Nov. 09 2009
Mon. Nov. 16 2009
Mon. Nov. 23 2009

<u>Owen Sound</u>
Mon. Jan. 11 2010
Mon. Jan. 18 2010
Mon. Jan. 25 2010
Mon. Feb. 01 2010

Funding is provided by the South West Local Health Integration Network (SWLHIN)

## The following Volunteer Positions are available

Safe'n Sound Homelessness Initiative is a nonprofit charitable organization that provides safe emergency shelter and support for homeless people, public education and advocacy for homelessness prevention.

Are you interested in helping with persons who are homeless or at risk of being homeless?  
Have a skill to offer?

### WE NEED YOUR HELP

"The Space" Our Resource Centre 310 8<sup>th</sup> Street East, Owen Sound  
Needs volunteers to assist with:

- ✓ Emergency Shelter Phone Line Volunteers
  - ✓ Reception
  - ✓ Telephone
- ✓ Computer/Internet assistance
- ✓ Cleaning/Maintenance
  - ✓ Welcoming
  - ✓ Fundraising

To apply for a volunteer position or for further information, please contact Betty Giuliano, Volunteer Committee Chair [giuliano@bmts.com](mailto:giuliano@bmts.com) or "The Space" at 519-470-2222 or 519-470-7233  
Monday to Friday 8:30 – 4:30 pm [info@safensoundgreybruce.com](mailto:info@safensoundgreybruce.com)

The Family Support Initiative has partnered with New Directions: for Alcohol, Drug and Gambling problems to present a program developed by the Centre for Addiction and Mental Health.

This pilot project focuses on the needs of families coping with a loved one experiencing challenges with mental health as well as substance abuse.

We are running our third 12-week support and education group this fall. It has been well attended and received positive reviews from participants. We are aware of further interest in our community and will be prepared to facilitate the group again in the spring of 2010.

**This letter was provided by one of our spring '09 group participants**

I would highly recommend the concurrent support group to anyone who is dealing with a loved one suffering from a mental illness and an addiction.

The main thing I will take away with me from this group is the one thing that I was so opposed to hearing, that is "to take care of yourself". In the end it is the only thing we truly have control over.

It took awhile for this to sink in and still, I sometimes find myself falling into the pit of despair but it is then that I realize I cannot help my loved one in this state.

Also, the connection you have with the other members of the group is so important. It is not that misery loves company; it is that you hear other family's stories and are able to share your story in an environment where there is no judgment. We are able to share our fears, struggles, pain, hope, anguish, guilt and know that these people understand and have experienced the same feelings. It is encouraging to know you are not alone and you can learn from these people. We are all on a journey we wish we weren't on but end up finding joy, peace and even laughter where we thought there was none. Call and join, it will be the best thing you have done for yourself in a long time.

Hold onto **hope** even though the thought of hope terrifies you as it does me because it is more terrifying to be without it.

**For more information and to register in advance, please call Della Wilson @ 519 371-4802.**

Funding is provided by the South West Local Health Integration Network (SWLHIN)



At any given time of day or night, people require our help. Whether they're depressed, lonely, overwhelmed or so distraught they're contemplating suicide, they will find a supportive and caring person at our end of the line. People of all ages, races, genders and social-economic groups call our confidential service, trusting that we'll always be here. And that's a trust we will simply never betray.

### THE MENTAL HEALTH CRISIS LINE of GREY and BRUCE

**CALL: 1-877-470-5200.**

24 hours a day, 7 days a week.

**Please note:** Calls from Grey-Bruce are held in sequence for a maximum of 4 minutes and 36 seconds to wait for the next available volunteer. If the call cannot be answered at the Phone Centre within that period of time, the call is sent out to a worker on cell.

If you have questions or concerns regarding the Telephone Crisis Line, contact Jeff Suchak, Coordinator.

Jeff can be reached at **519-371-3642 extension 25.**



The Community Network Support Team,  
home of the Resource Library is open  
Monday – Friday 8:30 – 4:30 pm.  
We are in our new location just upstairs  
from the Boot and Blade Restaurant.

Feel free to come in and sign out a book  
or just browse and relax. We have  
recently introduced over 500 new books  
to our collection.

## Promoting Positive Mental Health

### A Free Workshop on Mental Health Promotion

**Speaker: Marianne Kobus Mathews,**  
Senior Health Promotion Consultant at CAMH

**Thursday, November 19, 2009**  
9:30 – 11:30 am

**Located at Stone Tree – Sydenham Room**  
Hwy 6 & 10, South of Owen Sound

**Who should attend:**

Anyone who works with people who have mental health difficulties.

Please register for this event by November 6<sup>th</sup>,  
by calling the Community Network Support Team  
at 519 371-4551.

## Famous People Past & Present Who Have Suffered From A Mood Disorder

Larry King – Talk Show Host  
Rosie O’Donnell - Talk Show Host, Actor  
Joan Rivers - Talk Show Host  
Roseanne – Comedian, Actor  
Jim Carey - Comedian, Actor  
Margaret Cho - Comedian, Actor  
Ben Stiller - Comedian, Actor  
Mike Wallace – Broadcaster  
Elton John – Musician, Composer  
Sigmund Freud – Psychiatrist  
William Pitt – Prime Minister  
Lord Byron – Poet  
Queen Elizabeth  
Susan Powter – Motivational Speaker  
Natalie Cole – Entertainer  
Dick Cavett - Broadcaster  
Elizabeth Manley – Olympic Athlete  
Edgar Allen Poe – Writer  
Derryl Strawberry – Baseball Athlete  
Sheryl Crow – Musician  
Janet Jackson – Musician  
Rick London – Cartoonist  
Robert Burton – Writer  
Henrick Ibsen – Playwright  
Yves Saint Laurent – Fashion Designer  
Larry Flint – Magazine Publisher  
Howard Hughes – Industrialist  
Edwin “Buzz” Aldrin – Astronaut  
Dave Mathews – Musician, Composer  
Diane Arbus – Photographer  
George Fox – Solider  
Patty Duke – Actor  
Dolly Parton – Writer, Musician  
Halle Berry – Actor

Information provide by: Mood Disorder  
Association of Ontario



## Youth Potential Presentation

**Presenter:** Dr. Wayne Hammond, Executive Director of Resiliency Canada  
Over the past twenty years, Dr. Hammond has primarily worked with high-risk youth and their families with a focus on sexually acting out, substance abuse and violence issues as well as other related mental health concerns. He has published several articles and has been an active lecturer with regards to various mental health concerns and the implications of strength-based practice.

**Date & Location: October 29, 2009**

**1:30 pm – 3:30 pm**

**Chesley Community Centre 4<sup>th</sup> Ave. SE**

Who should attend? Educators, people working with youth and interested others. What to expect? The traditional approach of “problem solving” or “crisis intervention” tends to only meet the immediate needs of the youth and does not engage the youth in a participatory manner that leads to the development of the protective factors required for a long-term strategy of establishing a healthier lifestyle.

By using a strength-based model of practice, there is an opportunity to invite youth into a participatory intervention that focuses on meaningful engagement and change.

### **Registration:**

There is no cost for this presentation but pre-registration is required.

**Register by calling Sandi Tibbo, at 519-363-2014 or e-mail sandi\_tibbo@bwdsb.on.ca**



## Building Our Children's Potential

Ways to help your child be the best that they can be!!!

Being a parent or guardian can be very hard work – no surprise there, right? Join us for an evening to hear and discuss ways to build on the potential of our children.

**Presenter:** Dr. Wayne Hammond, Executive Director of Resiliency Canada has focused his career on finding new ways to build on the strengths of children/youth and their families. He is an experienced workshop and conference presenter across the country.

“Long-term developmental studies have followed individuals raised in extremely high-risk environments that included significant levels of poverty, alcoholism, drug abuse, physical and sexual abuse, and mental illness. Researchers found that at least 50 percent and usually closer to 70 percent of these individuals grow up to be not only successful by societal standards, but confident, competent, and caring.” (*Werner & Smith 1992*).

**Date & Location: October 29, 2009**

**7:00 pm – 8:30 pm**

**Notre Dame Catholic School  
885 25th Street East, Owen Sound**

**What to expect?** Join us in dialogue to learn how to build strengths to help children succeed and thrive.

This **FREE** learning opportunity is brought to you by Grey Bruce FOCUS with its many community partner agencies and organizations

## Mood Disorder/Coping with Mental Illness Information and Support Groups for 2009

- Would you like the opportunity to share experiences and activities with other consumer/survivors?
- Do you seek understanding in a safe and supportive Environment?
- Are you interested in learning how other individuals are coping with a mental illness?
- Do you want more information and resources to help you better understand how to live with a mental illness?

### Owen Sound

6:30 – 8:00pm

September 2 & 16

October 7 & 21

November 4 & 18

December 2 & 16

### Kincardine

11:00 – 12:30pm

October 5

October 26

November 23

### Hanover

2:00 – 3:30pm

September 10

October 8

November 12

December 10

**For information please call the  
Consumer/Survivor Development Project at 519 371-4582**

The Consumer/Survivor Development Project (CSDP) is a program of the Grey Bruce Community Health Corporation 1101 2nd Ave. East, Suite 205 Owen Sound ON N4K 2J1 Email: [csdp@gbchc.org](mailto:csdp@gbchc.org)

**Funding is provided by the South West Local Health Integration Network (SWLHIN)**

### About Worldwide Mental Health

The World Health Organization Mental Health Report States:

- 450 million people worldwide are affected by mental, neurological or behavioral problems at any given time. These problems are expected to increase considerably in the years to come. Mental problems are common to all countries, cause immense human suffering, social exclusion, disability and poor quality of life. They also increase mortality and cause staggering economic and social costs.
- One in every four persons going to health services has at least one mental, neurological or behavioral disorder. Most often these are neither diagnosed nor treated. Mental problems affect and are affected by chronic conditions such as cancer, heart disease, diabetes and HIV/AIDS. Untreated, they bring about poor health behavior, non-compliance with prescribed medical regimens, diminished immune functioning, and negative disease outcomes.
- Setbacks include the lack of recognition, awareness, and action. Policy makers, insurance companies, health and labour policies, and the public at large – all discriminate between physical and mental problems. This discrimination leads to stigma against people who need help. Most middle and low-income countries devote less than 1% of their health expenditure to mental health which means that mental health policies, legislation, community care facilities, and treatments for the mentally ill are dismally short of resources.

## H1N1 FLU VIRUS

# What you need to know to help you and your family stay healthy



*Good hand hygiene is the best way to fight all flu viruses.*  
Wash your hands with soap and water thoroughly and often.



Keep an alcohol-based hand sanitizer (gel or wipes) handy at work, home and in your car. It needs to be at least 60% alcohol to be effective.



Cough and sneeze into your sleeve or a tissue, not your hand. Dispose of tissue immediately.



Keep commonly touched surfaces and items clean and disinfected.



Stay home when you are sick.

For more information, visit: [ontario.ca/flu](http://ontario.ca/flu)  
Or call **ServiceOntario** INFOLine at:  
**1-800-476-9708**  
**TTY: 1-800-387-5559**

If you have symptoms, call **Telehealth Ontario** at:  
**1-866-797-0000**  
**TTY: 1-866-797-0007**  
Or contact your health care provider.



# THE Pivot

The Pivot is published by the Community Network Support Team, which operates under the umbrella of the Grey Bruce Community Health Corporation.

## Click-View & 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'.

Submissions are subject to editing. Send potential submissions to [sbarker@gbchc.org](mailto:sbarker@gbchc.org).

The Pivot is published quarterly. Funding for this Pivot newsletter has been provided by the South West Local Health Integration Network (SWLHIN).

Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation or the South West LHIN.

## **THE GLOBAL ONLINE DIRECTORY OF MENTAL HEALTH PATIENT/SERVICE USER, FAMILY MEMBER/CAREGIVER SUPPORT GROUPS, AND MENTAL HEALTH ADVOCACY AND AWARENESS ORGANIZATIONS**

The World Federation for Mental Health (WFMH) is pleased to introduce a new resource that will help individuals locate and connect with mental health patient/service user and family member/caregiver support groups and organizations, and with non-governmental mental health advocacy and information/awareness organizations around the world.

The *Global Online Directory of Mental Health Patient/Service User, Family Member/Caregiver Support Groups, and Mental Health Advocacy and Awareness Organizations* is an effort to make available a comprehensive worldwide searchable directory of existing mental health patient/service user, family member/caregiver support groups, and mental health advocacy organizations. WFMH hopes that the Directory will stimulate international awareness of the great importance of advocacy to improve mental health care and combat stigma. Many of the organizations listed are engaged in advocacy and/or public education as their primary mission or consider it to be an important component of their work.

More than 3,000 such organizations are included in this first edition of the Directory, and are arranged by country and area of interest (anxiety disorders, depression, mental health associations, schizophrenia, etc). As additional support groups and organizations are identified, the Directory will be periodically updated and expanded.

WFMH extends its appreciation to the organizations, including its Affiliate and Voting member organizations, for their assistance in locating and cataloging groups and organizations in their countries. The development of this Directory has been made possible through a grant from AstraZeneca. WFMH extends its thanks and appreciation for the support and encouragement it received from AstraZeneca that has made the completion of this undertaking possible.

IF UNDELIVERABLE PLEASE RETURN TO:  
Community Network Support Team  
1101 2<sup>nd</sup> Avenue East  
Suite 205  
Owen Sound, ON N4K 2J1

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