



PUBLIC EDUCATION
NEW Mental Health
Series - CNST
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**KNOWLEDGE
EMPOWERMENT**
Workshops - CSDP
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FORM WHAT? Legal
Forms for Family
members - FSI
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THE Pivot

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

SUMMER 2008 ISSUE

SUPPORT GROUPS



► Mood Disorder Support Groups

Owen Sound 2008
6:30 -8:00 pm
Sept. 17, Oct 1 & 15,
Nov 5 & 19, Dec 3 & 17

Hanover 2008
2:00-3:30 pm
Sept. 11, Oct. 9,
Nov 13, Dec 11

► Mental Illness Support Groups

Kincardine 2008
1:30- 3:00 pm
Sept. 22, Oct 27,
Nov 24, Dec 22

 519-371-4582
 www.mhagb.ca

HEALTH & WELLNESS PROMOTION NETWORK

Join us for the first meeting of the Health & Wellness Promotion Network. We are a diverse group with representatives from organizations & services that support people in different stages of the lifespan. The purpose of our Network is to:

- Share health & wellness information;
- Provide ongoing learning to help you serve people in the best possible way and
- Establish professional and personal connections with others in the Health and Wellness Promotion area.

People from organizations or services with an interest in health promotion and wellness should attend these meetings. They will contribute to your knowledge base and you will hear current health and wellness information relevant to Owen Sound. This knowledge will help you make the most of your time and make valuable connections to existing health and wellness programs as well as people in our region.

Our first meeting:
Tuesday, October 7th, 2008 1:30pm – 3:30pm
Canadian Mental Health Association
1024 2nd Avenue East, Owen Sound, Ont.

Topic: Health Promotion: What is it??

Guest Speaker: Christie Collins-Williams,
Manager of Health Promotion,
Centre for Addiction & Mental Health

To REGISTER call the Canadian Mental Health Association at 519-371-3642

For more Information contact any member of the planning committee:
Donna Beatty, CAMH donna_beatty@camh.net
Angelique Benois, GBHS abenois@gbhs.on.ca
Jackie Ralph, CMHA jralph@cmhagb.org
Melanie Knapp, Volunteer CMHA – 519-371-3642



Published for caring individuals

PUBLIC EDUCATION: New Format for Introduction to Mental Illness

The Original: *Four Part Series* (4 separate evenings, 2 hours each evening)

For the past several years, the Community Network Support Team has offered *Introduction to Mental Illness*, a four part series designed to educate the general public about serious mental illness. Delivered in Powerpoint and lecture/discussion format, this popular and well received series explores the relationship between mental health and mental illness and discusses the early warning signs, symptoms, diagnosis and treatment options for various anxiety, mood and psychotic disorders. The emphasis in the series has been to look at the latest research and thinking in these areas and help people find out more about the illnesses that affect their family members, friends, coworkers and themselves. The original four part series was delivered in a variety of settings over the years to various public, professional, faith based and student groups. During the 2007 and 2008 year *Introduction to Mental Illness* was delivered in Owen Sound, Warton, Hanover and Cape Croker. In the fall we are planning sessions in Port Elgin and Thornbury as well as a return to Owen Sound and Cape Croker. If you are interested or know

of someone who might be interested in attending the full series, mark your calendars in September to call (519) 371-4551 for further information about exact dates and locations. The sessions are free and open to the general public but you must preregister so we can prepare enough materials for all participants.

The New: *Understanding Mental Illness for Non-Direct Mental Health Social Service Agencies* (one 2 hour session, day or evening delivery)

This past year CNST received requests from local agencies to develop a more condensed version of the four part series. These sessions were specifically designed for staff, volunteers and students placed in local agencies who are involved in providing service to individuals with a serious mental illness and their families but who do not have direct training or experience in these areas. In response, CNST developed a new series for non-direct mental health social service agencies. These shorter, more concentrated versions of *Introduction to Mental Illness* have been delivered to crisis workers in

shelters, library staff, day care providers, personal support workers and drug and alcohol counselors and volunteers. For those unfamiliar with the mental health system in Grey Bruce a staff orientation on site can be provided. The series is being offered as free workshops and in-service to community groups, schools and social service agencies in the area for the coming year.

Also Available: *Mental Health Services in Grey and Bruce Counties* and *Feeling Overwhelmed? Stress, Anxiety and Depression*. (each 2 hours long, day or evening delivery)

CNST has also developed presentations to address the specific needs of organizations and two of our most popular presentations concern learning how to navigate the mental health system and dealing with stress. These presentations have been very popular with both student and professional groups, with sessions being held in Chesley and at Georgian College.

*Nancy Hall,
Community Development Worker*



Would your organization benefit from a presentation on Mental Illness? If you or any group within your organization is interested in having a presentation on the most current research and thinking on any of these topics, please give us a call. With enough lead time we can tailor the material to suit a specific audience. A variety of web, hardcover, magazine, video and DVD resources can also be provided. Call (519) 371- 4551 if you would like to inquire about or book a presentation for your group.

WORKSHOPS: Just Do It! Workshops for Consumers / Survivors – Free of Charge



EMPOWERMENT 101



What you need to know about Anger



BOUNDARIES: Key to good communication

CALL CSDP FOR REGISTRATION, INQUIRIES, DATES & LOCATIONS 519-371-4580

HEARING HEALING HOPE: A resource for male survivors of sexual abuse

More and more men are coming forward and able to identify that childhood sexual abuse was the start of their life-long difficulties. The after-effects often include mental health and/or addiction problems, interpersonal violence, criminal behaviour and various disabilities.

Hearing Healing Hope is a multi-agency project to provide group counselling to male survivors of sexual abuse. To date, seven groups have been provided for the community with men ages 24 to 74 participating. The groups combine trauma counselling with Traditional Aboriginal teachings and healing methods to deliver an effective way to address this trauma with men. An evaluation completed by Dr. Richardson found that there is marked improvement in men's levels of depression and also an improvement of trauma symptoms when men participate in more than one group.

It is not easy to convince men to come to any group, let alone one about sexual abuse. In order to facilitate

referrals, we offer in-house assessments. This means that our staff can attend at your office to meet with a man who is interested in finding out more.

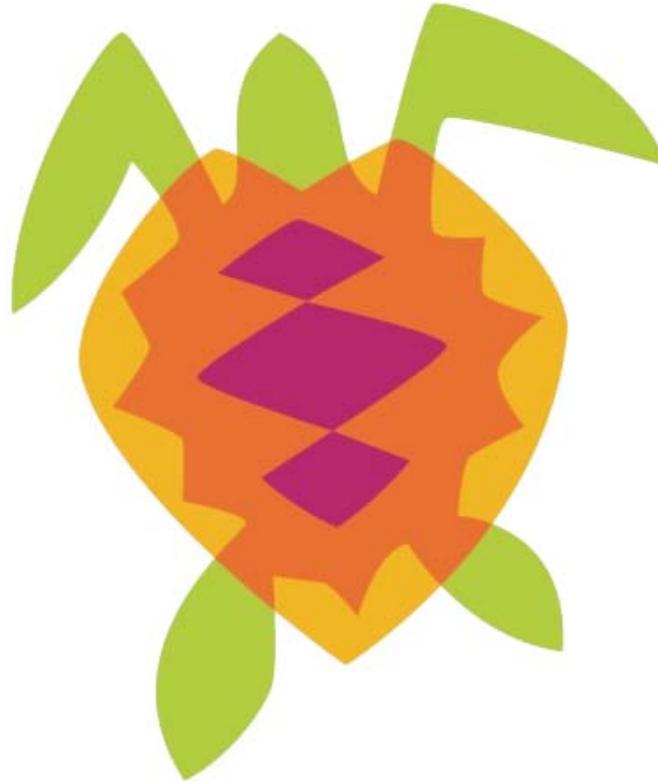
Inquiries can be directed to 519-371-8964 or hearinghealinghope@bmts.com. Groups are free of charge and assistance to help with travel costs is available.

All men must go through an assessment process prior to admission to the group. The group is open to men of all cultural and religious backgrounds.

The Male Sexual Abuse Survivors Working Group that oversees and directs the work of Hearing Healing Hope includes membership from:

Probation and parole Services, Sexual Assault and Partner Abuse Care Centre (Grey Bruce Health Services), The Men's Program, M'WIKWEDONG Native Cultural Resource Centre, G&B House and the Children's Aid Society of the City of Owen Sound and the County of Grey.

May Tettero, Coordinator, Hearing Healing Hope



Men may also refer themselves.

The next group is starting in mid-September in Owen Sound.

➤ Contact Hearing Healing Hope at 519-371-8964 or email: hearinghealinghope@bmts.com



WHERE TO FIND HELP IN GREY BRUCE

A listing of some of the mental health, addiction and social service agencies serving Grey and Bruce counties along with a brief description and a contact phone number.

For a copy, visit the Mental Health and Addiction Grey Bruce website under "resources" to download, or visit the **CNST LIBRARY** for a print copy. **FREE.**

www.mhagb.ca/resources
Library: 519-371-4551 | 1139 2nd Ave. E, Owen Sound



Programs of the
Grey Bruce Community
Health Corporation

CNST
C/SDP
FSI
FCS



MENTAL HEALTH RESOURCE LIBRARY

The CNST office houses a library which is a free service open to the public. The library has an extensive collection of books and videos covering different aspects of mental illness. Specific topics include:

- ▶ schizophrenia
- ▶ depression
- ▶ anxiety
- ▶ bipolar disorder
- ▶ borderline personality disorder
- ▶ medications
- ▶ self-help
- ▶ family support
- ▶ consumer / survivor issues

WHERE TO FIND HELP IN GREY BRUCE

This publication is a quick reference to help you locate a needed service. It lists many of the services offered in the Grey Bruce area with a brief description and phone number. It includes these service categories:

- ▶ Addiction
- ▶ Crisis / Distress
- ▶ Housing
- ▶ Mental Health
- ▶ Referral & Public Education
- ▶ Self-help / Support Groups
- ▶ Developmental Disabilities
- ▶ Youth Services
- ▶ Social Services

www.mhagb.ca

This site contains detailed information regarding adult mental health and addiction programs in Grey & Bruce. The *Yellow Book*, an up-to-date collection of not-for-profit mental health and social service agencies / programs in Grey Bruce, can also be found on this site. CNST maintains this local mental health and addiction web site.

MENTAL HEALTH

Services in Grey and Bruce Counties

COMMUNITY NETWORK SUPPORT TEAM (CNST)

CNST provides information, education and consultation to human service agencies, community groups, consumer / survivors, family members and individuals who share an interest in mental health issues.

CNST Services:

- ▶ Information about mental health and addiction issues and services
- ▶ Mental Health Resource Library
- ▶ *The Pivot* newsletter, published quarterly
- ▶ *Where to Find Help in Grey Bruce* listing local health and social services in the region
- ▶ Mental health and addiction services web site: www.mhagb.ca
- ▶ *The Yellow Book*, a directory of local human services
- ▶ Mental health workshops, seminars, educational events

CONSUMER / SURVIVOR DEVELOPMENT PROJECT (C/SDP)

C/SDP fosters networking and self-help among consumer / survivors and encourages mental health awareness through information, education and consultation.

C/SDP Services:

- ▶ Individual and group support for persons living with mental illness
- ▶ Resource sessions on various topics, including medication, different diagnoses (e.g., schizophrenia, bipolar disorder, depression), and community services
- ▶ Meeting to discuss and encourage self-help and peer support
- ▶ Workshops, presentations and focus groups in various locations throughout Grey and Bruce
- ▶ *People in Progress*, a consumer / survivor newsletter

FAMILY SUPPORT INITIATIVE (FSI)

FSI promotes networking, information exchange and mutual support for family members and friends of persons with serious mental illness. It also promotes awareness and sensitivity to the needs of family members.

FSI Services:

- ▶ Information, consultation and one to one support for family members
- ▶ Family support and information groups throughout Grey Bruce
- ▶ *Family Coping Skills*, a series of four group sessions focusing on education, support and skills building for people coping with the mental illness of a relative or friend
- ▶ *Your Partner & Mental Illness, Whatever Happened to Happily Ever After?* Series of group sessions dealing with issues experienced by a spouse / partner of someone who has a mental illness
- ▶ Support to families coping with a mental health emergency

FAMILY CRISIS SUPPORT (FCS)

FCS is a service offered by the Family Support Initiative for families who come to the Emergency Department of the Grey Bruce Health Services (Owen Sound site) with a relative / friend who is experiencing a mental health emergency.

FCS Services:

- ▶ Assistance to understand the Emergency Department procedures / policies
- ▶ Information and resource material about specific diagnoses and local mental health services
- ▶ Information about the Mental Health Act and the legal system
- ▶ Educational activities that equip family / friends to support a loved one with a mental illness. These activities focus on various areas of: Coping skills, Communication skills, and Problem solving skills

Community Network
Support Team
519.371.4511
cnst@gbchc.org

Consumer/Survivor
Development Project
519.371.4582
csdp@gbchc.org

Family Support
Initiative
519.371.4802
fsi@gbchc.org

Family Crisis
Support
519.376-2121
ext 2777

Ontario
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and Long Term Care



GREY BRUCE COMMUNITY HEALTH CORPORATION

Community Mental Health & Addiction Services

WHO ARE WE

- non-profit charitable organization, established in 1985
- provides community mental health and addiction services across Grey-Bruce

OUR MISSION

To improve health for individuals, families and communities through:

1. high quality programs and services
2. effective partnerships with stakeholders
3. service coordination and continuity of care at client, program and system levels
4. promotion of mental health and prevention of mental illness and addiction.
5. effective use of our resources

OUR PROGRAMS AND SERVICES

| PROGRAMS | SERVICES |
|---|--|
| Community Network Support Team | <ul style="list-style-type: none"> • Education, information and community development services • Hosts a system website, produces newsletters and brochures |
| Mental Health Evaluation Group | <ul style="list-style-type: none"> • Information system used by local mental health programs |
| Bruce Mental Health Counselling and Grey Mental Health Counselling | <ul style="list-style-type: none"> • Mental health counselling for adults with serious and/or acute mental health problems and for sexual assault / sexual abuse survivors. • Host 2 multi-agency Community Mental Health Teams: |
| Community Connections: Housing & Support | Housing and support for adults with serious mental illness <ul style="list-style-type: none"> • Housing services: <ul style="list-style-type: none"> ✓ Supported accommodation (group home and apartments) ✓ Rent subsidies • Outreach support 8 counselling, skills training and case management • Social recreation and rehabilitation services • Green House: drop-in program • WorkAble: employment support services |
| Family Support Initiative | Education, information and support for families of those with mental illness |
| Consumer/Survivor Development Project | Education, information and support for people with serious mental illness |
| New Directions for Alcohol, Drug and Gambling Problems | <ul style="list-style-type: none"> • Addiction assessment and treatment for adults with substance abuse and/or gambling problems and family members • Services provided in Owen Sound and 7 other communities |
| CHOICES: Drug & Alcohol Counselling for Youth | <ul style="list-style-type: none"> • Addiction assessment and treatment services for youth affected by substance abuse problems • Services provided in Owen Sound and high schools throughout Grey Bruce |

A COMMITMENT TO PARTNERSHIP

- Founding member of **Mental Health Grey Bruce**, a partnership that delivers integrated services via 5 multi-agency Community Mental Health Teams



SYSTEM PLANNING AND LEADERSHIP

- Hosts mental health system website and information system
- Leadership in system-wide planning for concurrent disorders
- Active participant in regional planning activities (MH Implementation Task Force; District Health Council, SW Local Health Integration Network)

KNOWLEDGE EMPOWERMENT:

C/SDP Program Update

Hope everyone is enjoying the summer. It's almost over as we're in August already! It seems to go by so fast. Thank you for a warm welcome in my temporary role as the Community Development Assistant. I know it takes time to adjust to a new group facilitator. It has been a truly fantastic and exciting learning experience. I continue to grow and learn every day.

The development of workshops has been a longtime passion of mine and I'm still in awe that I get paid to do this work I love of researching, organizing and facilitating workshops.

Our Owen Sound monthly group is growing like a weed and it's wonderful to see so many come out with such enthusiasm and hunger for connection. I have enjoyed meeting so many courageous and talented consumers. It has been my privilege to hear your stories. Thank you for your sharing.

We had some interesting activities in our Mental Health Summer Series with the C/SDP joining forces with the FSI for this series and it was a great success! Thanks to all who came out. It has

been my privilege to work with the CNST members on this project. They are a talented and supportive team.

We have some new workshop ideas for the fall I'm excited about. The workshops are: THE BOUNDARIES WORKSHOP, EMPOWERMENT 101, and WHAT YOU NEED TO KNOW ABOUT ANGER. These are available in Owen Sound and to all program locations who choose to schedule them. Please call the office for the time, date and locations they are scheduled. I am very excited about these workshops and I hope the consumers will enjoy the information they bring. If you wish more information concerning these workshop programs you may call the office at 519 371-4582.

I would like to invite consumers to drop in and say hi and visit our Mental Health Library at 1139, 2nd Avenue East, Owen Sound.

Knowledge is empowering!

Many Thanks,
Victoria Mac Aleese,
Community Development Assistant,
Consumer / Survivor Development Project

FORM WHAT?

Legislation affecting mental healthcare: An overview of the Mental Health Act.

By Sabrina Hassan

Moods Magazine, Summer 2008

The summer issue of "Moods" magazine features an excellent article that provides a concise overview of the laws governing mental health care. The author, Sabrina Hassan recognizes the challenges that families in crisis face... "often forms are presented without being fully explained, legal jargon is tossed around, and individuals are left wondering what exactly they are agreeing to and why they are being asked to do so."

Hasson briefly defines Canadian and Provincial legislation and the various bewildering forms that families are faced with when seeking help for a loved one experiencing mental illness. With a better understanding of what the law requires and what form applies to which situation families may feel better equipped to work with the system rather than feeling the system is working against them. The article includes references to the Mental Health Act, the Health Care Consent Act, the Substitute Decisions Act, divisions of the Privacy Act, clarification between voluntary, involuntary and unwilling patients and discusses which *form* is required to have them admitted to hospital. There are also necessary forms that protect the rights of patients. It is not an exhaustive document, but families may develop greater understanding when speaking with health care professionals, have a better idea of what questions to ask, who to ask, and where to go for further information.

Della Wilson,
Family Support Worker

➤ A copy of this magazine can be borrowed from our resource library and can also be purchased from most Chapters/Indigo stores. For more information on subscribing to this publication see moodsmag.com or ask at our library.

VETERANS AFFAIRS CANADA

Treatment of Military-Related Psychological Trauma

Free Networking Breakfast for mental health providers

► **Owen Sound Legion ~ October 7: 8:30am to 12:30pm**

RSVP to vacbreakfasts@yahoo.ca or 888-490-2740 by Sept. 30/08





Join Our

Combined Addiction & Mental Health Problems Group

for Family
Friends and Partners

This 12-week workshop
is educational and
supportive in nature.

Sessions begin **October 8, 2008**

and run each
consecutive **Wednesday**.

FOR INFORMATION AND REGISTRATION CONTACT:

Della Wilson,
Family Support Initiative
519.371.4802

Amy Bowins,
New Directions
519.371.5487 ext. 26

Owen Sound location to be announced.



This pilot project is funded by the
**CENTRE FOR ADDICTION
& MENTAL HEALTH**

HEALTH PROMOTION THROUGH EDUCATION Mental Health and Addiction 101

The Centre for Addiction and Mental Health (CAMH) is pleased to offer you a series of free, quick, easy-to-use ON-LINE TUTORIALS. These tutorials will introduce you to topics concerning substance use and mental health problems.

“ This is a terrific resource for workers, clients, family members and friends. I loved the interactiveness of it! ”

This material is intended for people who:

- ➔ work in non-clinical roles in the substance use and mental health fields
- ➔ encounter people with substance use or mental health problems, in any work setting
- ➔ have friends or family with substance use or mental health problems

“ It is a great tool to help welcome our clients and ease their anxieties about the treatment process. ”

These tutorials are a starting point for learning about substance use and mental health problems, as well as a great source of additional information.

“ Thank you ... I will bring this to the attention of other family members ... aunts, and cousins especially concerning our daughter. ”

free
quick
easy-to-use

camh
Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Mental Health and Addiction 101

online tutorials

www.camh.net/mha101

ONLINE CAMH TUTORIALS INCLUDE:

- Anxiety Disorder
- Depression
- Introduction to Mental Health
- Posttraumatic Stress Disorder
- Stages of Change
- Bipolar Disorder
- Harm Reduction
- Older Adults
- Psychosis
- Stigma
- Concurrent Disorders
- Introduction to Addiction
- Personality Disorders
- Schizophrenia

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 under 'Resources'.

Submissions are subject to editing. Send potential submissions to sbarker@gbchc.org.

The Pivot is published quarterly.

Opinions expressed are not necessarily those of the Grey Bruce Community Health Corporation.

LEARNING OPPORTUNITIES Mental Illness & Smoking Issues

The MISI Committee will be hosting two interesting learning opportunities this Fall. These workshops reflect the vision of the committee which is to support people with mental health problems through education. In 2008, MISI expanded its goals and works to not only promote tobacco cessation & smoke-free living, but also to promote healthy lifestyles (including healthy eating, physical activity & stress management) to people with mental health problems. For ten years, MISI has offered educational opportunities both to staff that work with people with mental health problems and directly to people with mental health problems.

Title: **A Day in the Park**
When: **Thursday, October 2, 2008 11:30 am to 3:00 pm**
Where: Harrison Park Community Hall
Owen Sound - **Lunch will be provided**

This workshop is for anyone experiencing a mental health problem. Participants will be introduced to low cost, fun, physical activities. Activities will be both indoors & outside, enjoying Harrison Park.

Title: **Mental Health, Substance Misuse & Physical Activity**
When: **Thursday, November 6/08 11:30 am to 4:00 pm**
Where: Stonetree Inn - **Lunch will be provided**
Presenter: Louise Daw, PARC (Physical Activity Resource Centre)

This workshop is targeted to people working in the areas of mental health, substance use & abuse, & physical activity. Participants will learn tools to support physical activity among their clients.

Both workshops are financially supported by Partners in Health.

For more information, call Donna Beatty,
CAMH at 371-6317 or email: Donna_Beatty@camh.net

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