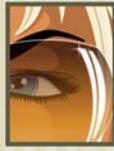




CNST LIBRARY
New / upcoming
resources - CNST
PG 2



**INCREASING
AWARENESS**
Workshops - CNST
PG 6



**DISABILITY SAVINGS
PLAN** Financial
options for Family
members

THE Pivot

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

WINTER 2008-09 ISSUE

SUPPORT GROUPS



► **Mood Disorder Support Groups**

Owen Sound 2009

6:30 -8:00 pm
Jan. 7 & 21,
Feb. 4 & 18,
Mar. 4 & 18,
April 1 & 15
May 6 & 20

Hanover 2009

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

► **Mental Illness Support Groups**

Kincardine 2009

11:00 – 12:30 pm
Jan. 26, Feb. 23,
Mar 23, Apr. 27
May 25

SEASONAL AFFECTIVE DISORDER

"Ah woe is me! Winter is come and gone. But grief returns with the revolving year." Poem: Adonais by Percy Bysshe Shelly

Seasonal Affective Disorder or SAD as it is sometimes referred to is a real medical condition that is both recurring and debilitating to those who suffer from it. Many of us feel like we do not want to get out of bed in the morning or have an urge to go south, during the winter months, but we are still able to cope. Those who suffer from SAD can struggle terribly with this disorder and have to work hard at "getting through "the dark months of winter. It is reported that 2-3 % of Canadians suffer from Seasonal Affective Disorder. During the night and throughout times of reduced light, the brain produces a chemical called melatonin which makes us feel drowsy. Sunlight also appears to affect Serotonin levels. Serotonin is a neurotransmitter (transfers neurologic information from one cell to another) which helps with mood regulation in the brain. This illness tends to be slightly more common in women and many people start experiencing symptoms in their thirties.

The symptomology of SAD may include a number of the following issues; feelings of tiredness, social withdrawal, poor concentration, feelings of despair, irritability or a general lack of energy and interest. Some of the ways that SAD is treated professionally may include counseling and or medications. Some of the things that you can do to help yourself may consist of, the purchasing a full spectrum light box (Therapeutic range of intensity between 2,500- 10,000 lux), replacing your regular light bulbs with full spectrum light bulbs for your house or apartment, go outside as much as possible but bundle up, use light and color to decorate your place of residence, and exercise. It should also be noted that carbohydrates (those sweet starchy ones) also help in the elevation of serotonin levels. Try to eat a planned balanced diet, reduce stress and practice good sleep hygiene. It is also helpful to acknowledge your feelings, seek support, professional help and know that you are not alone.

A number of helpful Websites are located at www.websciences.org , www.50plushealth.co.uk , and www.healthyonario.com . The Community Network Support Team Library located at 1139, 2nd Avenue East also have a number of helpful resources including the books Fight the Winter Blues Don't Be SAD; Your Guide to conquering Seasonal Affective Disorder by Celeste A. Peters and Winter Blues ; Revised edition by Norman E. Rosenthal, MD. Take Care!

*Jim Lonie,
Consumer/Survivor
Development Project*

*Nancy Hall
Community Network
Support Team*

 519-371-4582
 www.mhagb.ca

HEARING HEALING HOPE:

A group for men who experienced sexual abuse as a child or youth.

- Do you have bad memories from when you were young?
- Do you feel depressed or on the edge?
- Do you have trouble with close relationships?
- Is it hard for you to feel good about yourself?



Hearing Healing Hope is a 12 week closed group for adult men. In a safe and supportive way, we help you heal from the hurts you experienced as a young person. The Next group will be offered in Owen Sound starting January 21, 2009.

If you would like more information or to come in to talk, call us confidentially at 519-371-8964 (leave message) or 519-371-1147 and ask for Ronnie. You can also email us at hearinghealinghope@bmts.com

Group is free and we have funds to help pay for travel expenses.

 *Hearing Healing Hope is a joint project of M`Wikwedong Native Cultural Resource Centre, The Men's Program, Grey County CAS, G & B House, GB Regional Health Centre and Grey Bruce Probation and Parole Services.*

PARC & WALK THIS WAY: Physical Activity Resource Centre

1185 Eglinton Avenue East, Suite 501
Toronto, ON M3C 3C6
www.ophea.net/parc parc@ophea.net Phone: 416.426.7120

Walk This Way In-Person and Online Workshops

These free workshops are designed for community leaders who are interested in Walk This Way and in receiving copies of the free resource to distribute in their community. Walk This Way is a self-help kit designed to assist adults, of all ages, in beginning and adhering to a walking regimen.

This resource will assist adults in increasing their level of physical activity and contribute to the promotion of healthy weights and the prevention of chronic diseases including heart disease & stroke.

Walk This Way



Topics discussed will include:

- Application Process
- Orientation to the WTW Resource
- Communication Support Materials
- Tracking & Evaluation
- Incentives
- PARC Consultations & Training
- Networking

PARC & Walk This Way Regional In-Person Workshops

The workshops will include opportunities for physical activity promoters to network and learn from each other's experiences about promoting and implementing physical activity programs and initiatives in different communities.

WHAT'S HAPPENING AT THE CNST LIBRARY



➔ Check out these books at the Mental Health Resource Library...

1. **The Van Gogh Blues** - *Maisel*
2. **Finding Care for Depression** - *Sealey*
3. **Coping with Depression** – *Allen*
4. **Get it Done When You're Depressed** – *Fast & Preston*
5. **Living Longer Depression Free** – *Hopkins*

➔ Check out these books at the Mental Health Resource Library...

1. **Help for the Helper** – *Strategies for Managing burnout and stress*
2. **Reinventing Your Life** – *The breakthrough program to end negative behavior and feel great again*
3. **Do One Thing Different** – *Ten simple ways to change your life*
4. **The Skipping Stone** – 2nd Edition *Ripple effects of Mental Illness on the family*
5. **Managing Transitions** – 2nd Edition – *Making the most of change*

vpi Complete Employment Solutions is a government-funded organization assisting unemployed and underemployed individuals with their job searching needs: career assessment and counseling, job search skills; qualifying individuals may be able to apply for help with small business start-up, or for funding assistance for skills training.



Please call us at 519-371-4707
4501 1st Avenue West
Owen Sound, Ontario
N4K 6X7

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).

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, scroll over resources, and then scroll over publications and finally click on "**Pivot Newsletter**".

*Shane Barker
Director, CNST*

T.E.A.C.H. PROJECT

What is the TEACH Project?

The Training Enhancement in Applied Cessation Counselling and Health (TEACH) project is geared toward training health care professionals in the public, private and non-profit sectors who provide counselling services to people who use tobacco. The program is designed to enhance the knowledge and skills in the delivery of intensive tobacco cessation interventions. Our General Brochure provides an overview of the TEACH project.

Project Goal

The goal of the project is to reduce the prevalence of tobacco use in Ontario by increasing identification and treatment capacity. TEACH is funded by the Ministry of Health Promotion in Ontario, as part of Smoke-Free Ontario in order to offer accessible, clinically relevant curricula to a broad range of health practitioners.

Becoming Part of a Community of Practice

One of the objectives of the TEACH Project is to develop and maintain sustainable knowledge transfer and exchange among professionals in direct clinical practice. Participants who fulfill the TEACH Project requirements become part of a provincial Community of Practice group, and will have the opportunity to participate in our bi-monthly CoP teleconferences, receive regular updates, and network with colleagues who are also engaged in cessation counselling. There is also a CoP Listserv for practitioners who complete our Core Course. Please email TEACH@camh.net for details.



ANNOUNCEMENTS

Same Service.....Different name

The Addiction Day Treatment Program (ADTP) has changed its name to: COMMUNITY ADDICTION TREATMENT SERVICES (C.A.T.S.)



CNST has a new face

Some of you who have been in to the office or who have called in will know that a new face and new voice is helping you out. I have finally been able to fill the vacant CNST secretary position with Jewel Middleton. Jewel is a long time Grey County resident who most recently was employed at the Sun Times. Jewel's first task is a big one. Jewel is exploring new library software that will allow us better controls of our resources and serve you better. One of our hopes is that this new software will allow the CNST mental health library to go on-line for easy at home/work reference. We hope to have the new system in place at the end of January.

*Shane Barker
Director*

CONSUMER / SURVIVOR DEVELOPMENT PROJECT

Well, another change in weather is heartily underway. Our shorts and "T" Shirts have been replaced by coats, boots and gloves. With the Festive Season fast approaching, Victoria and I would like to take this opportunity to wish you and your loved ones a cheerful, healthy and joyous Holiday Season. So far this season, we have been able to offer a Winter Workshop Series which has included the well-liked Empowerment 101, Anger and Co-dependency workshops. Potential Workshops in the continuation of this series may include concepts such as, Affirmations, Fear and Anxiety, Confidence and Courage, Stigma and Codependency Two.

Due to popular request, the Owen Sound Mood Disorders Information and Support Group will continue to be offered on a Bi-Weekly basis. The Hanover and Kincardine Self-Help Support Groups will continue to be offered on a monthly schedule. We have been offering a series of workshops in Port Elgin in an effort to determine the potential for an ongoing Self- Help support group in that area. The results thus far, have been encouraging. We are also intending to offer a shorter version of the ever popular "Hope and Mental Illness" Series in Wiarton and Markdale in the New Year.

From a staffing perspective; Cheryl McMillan will be returning from maternity leave to rejoin Project on January 5th 2009. Victoria MacAleese will remain with the Project, via a contract extension until May 31st, 2009. Both of these people are deeply committed to the Project and bring a wealth of experience to bear on all that they do.

This is a very exciting time in the History of the Consumer/ Survivor Development Project, why not take the time to call or visit and check us out! We would like to meet you. If you require any further information about any or all of the programs mentioned here, please feel free to contact us at 519-371-4582 and ask for Jim or Victoria.

Jim Lonie
The Consumer/ Survivor Development Project
Project Co-ordinator

FAMILY SUPPORT GROUPS

Greetings from the Family Support Initiative. If you are a family member or friend of someone with a mental illness, a family support group may be of interest to you. Perhaps you would prefer to come in for one-to-one support. Please know you may call me at 371-4802 to arrange a meeting.

We have recently partnered with the New Directions office to offer a group for families coping with mental illness in combination with substance use. The group has been very successful and we hope to offer it again in Spring 2009 as well as Fall 2009. Space is limited, so call to have your name put on our waiting list.

For further information and group locations call the Family Support Initiative at 371-4802 and ask to speak with Della Wilson.

Della Wilson,
Family Support Worker

➔ *Owen Sound Group*

7:00 – 8:30 p.m.
Jan. 7, Feb. 4, Mar. 4, Apr. 1, May 6,
Jun 3.

➔ *Hanover Group*

7:00 – 8:30 p.m.
Jan. 20, Feb. 17, Mar. 17, Apr. 21,
May 19, Jun. 23

➔ *Port Elgin - Family Coping Skills Workshop*

7:00 to 8:30 p.m.
Mar. 3, Apr. 7, May 5, June 2.

- ✓Take massage, baths, exercise and gymnastics
- ✓Avoid heavy food
- ✓Change surroundings and take long journeys
- ✓Indulge in cheerful conversation and amusements
- ✓Fight insomnia with gentle rocking
or the sound of running water

- ✓Live in rooms full of light
- ✓Be moderate in the drinking of wine
- ✓Strictly avoid frightening ideas
- ✓Listen to music

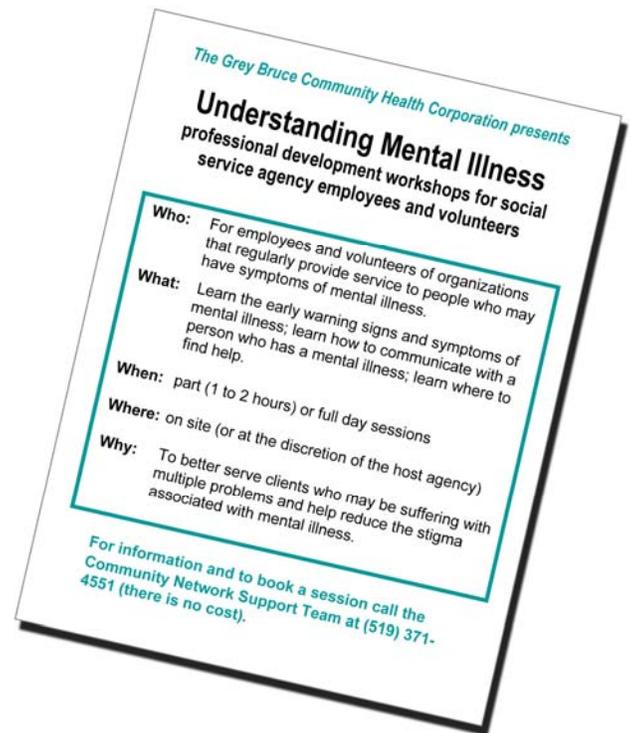
Tips for managing the winter blues

-A. Cornelius Celsus- Physician, 1st Century A.D

UNDERSTANDING MENTAL ILLNESS: Increasing Awareness Across the Health System

At the 2008 Annual General Meeting of the Canadian Medical Association, the outgoing president Brian Day, released a report that shone a harsh light on the attitudes that Canadians hold regarding mental illness. The survey commissioned by the CMA, showed that the stigma of mental illness remains pervasive even within the human service system. Dr. Day reported that it was in everyone's best interest to tackle these views head on rather than to let stigma grow and fester.

In response, the Community Network Support Team has created a series of workshops and presentations that are being offered to local health and social service agencies in Grey and Bruce Counties as part of their professional development efforts. CNST's mission is to provide community and professional education to increase awareness and understanding of mental health and addiction problems. An important part of this mission involves collaboration with other organizations in Grey and Bruce counties in the planning and delivery of promotion and prevention strategies. For many who work in social service agencies across Grey and Bruce, mental illness is a condition that they encounter on a daily basis when they try to provide services to people with multiple, complex and interrelated problems. From the police officer who responds to a domestic dispute to the volunteer who helps out at the Food Bank, the presence of mental illness in people seeking services presents unique challenges.



The workshops and presentations that were developed in response to this need are of varying length and complexity and are being offered **free of charge**. The demand for understanding the causes, symptoms and available resources for treatment has grown since the presentations first became available at the beginning of October this year. Since that time, CNST has responded with 14 presentations for library staff, nursing staff, drug and alcohol counselors, shelter workers, child protection workers, personal support workers, transportation workers and day care providers in a variety of settings. We have traveled across Grey and Bruce counties (even after the snow began to fall) and delivered presentations in communities as far away and diverse as Walkerton, Port Elgin, Clarksburg and Cape Croker. Plans are currently being developed to offer presentations in the new year to staff working in administrative, police and geriatric services. We have spoken to groups of people as small as 6 and as large as 30.

Please call the Community Network Support Team if you would like to learn more about these workshops and presentations, or if you would like to book a session for your organization. The presentations can be delivered in part (1 or 2 hour) half and full day sessions. Call CNST at (519) 371-4551 if you know of an individual or organization that you think might be interested in learning more about mental illness. We can all work together towards improving the lives of people living with mental illness by reducing and eventually eliminating stigma and increasing awareness and understanding, one person, at a time.

*Nancy Hall,
Community Development Worker*

REGISTERED DISABILITY SAVINGS PLAN: (RDSP)

In March of 2007, Finance Minister – Jim Flaherty announced the creation of a Registered Disability Savings Plan (RDSP). Previous to this, the only option for planning ahead financially for a loved one with a disability has been to set up a trust. Establishing a trust requires a lawyer, accountant or notary and sometimes substantial cost. RDSP's are inexpensive to set up and the Federal Government will contribute through savings grants and bonds to assist people with low incomes. Choosing between RDSP and a trust requires an understanding of each to determine which is best for your family member or how to establish both.

December 2008 updates state that RDSP's are now official and can be issued by Financial Institutions across Canada. However, further investigation reveals very few Institutions are actually set up to do it yet.

More detailed information on the RDSP can be found at WWW.RDSP.COM OR WWW.PLAN.COM or drop by our office to pick up a copy of the summer newsletter distributed by PLAN.

This will change over the next year.

- Any individual that is eligible for the *Disability Tax Credit* may establish an RDSP
- \$200,000 lifetime contribution limit, but there is no annual limits on contributions
- Contributions are permitted by the individual, any family member or friends
- Contributions grow on a tax deferred basis
- No restrictions on when the funds can be used or for what purpose
- Upon withdrawal, the income, the Grant, and the Bond are taxed in the hands of the beneficiary, and are likely to be taxed at a much lower rate.
- Having an RDSP will not interfere with Ontario Disability Support Program (ODSP) benefits.



Join Our
**Combined Addiction &
Mental Health Problems Group**
for Family
Friends and Partners

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

Sessions coming Spring 2009

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**



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See page 3 for details.**

THE Pivot

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

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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.

WE ARE MOVING TO NEW OFFICES!

The Community Network Support Team, the Family Support Initiative, the Consumer Survivor Development Project and the Mental Health Evaluation Group, will be locating to new office space some time near the end of February/beginning of March. While we will be remaining in the same building we will be moving up to the second floor. Watch for more information as the date gets closer.

Shane Barker
Director



**From the staff at the
Community Network Support Team
Consumer/Survivor Development Project
Mental Health Evaluation Group
Family Support Initiative**

Jewel *Shane*
Nancy *Victoria* *Joni* *Ming* *Della*

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