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**The Consumer/Survivor Information Resource Centre**  
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(Centre for Addiction & Mental Health)

# BULLETIN

***Information for consumer/survivors of the mental health system,  
those who serve us, and those who care about us.***

**February 1st, 2005**  
**Bulletin 293**

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday

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## Dream Team Launches New Campaign

The Dream Team, in conjunction with the Boards for Mental Health Housing Services (BMHHS) a Toronto area advocacy group, is launching a new campaign to encourage the provincial government to invest in supportive housing. Making Housing Happen will remind the provincial government of their May 2004 budget commitment to invest in 6,600 new supportive housing units across the province before the end of the current mandate. The Dream Team is a group of consumer/survivors and other users of supportive housing, their friends and family, and representatives of BMHHS, which is a coalition of 20 organizations. The Making Housing Happen campaign will support the organizations supportive housing plan, which combines immediate rent supplementation for existing rental units with development of new units to help support people with mental illness as quickly as possible. The Dream Team and BMHHS believe that fundamentally, we need access to a broad range of housing options and a program that is designed to support and capture local opportunities, according their plan. The plan calls for immediate rent supplementation for 1,000 existing units in 2005/06, the development of 3,000 new units in Toronto, and an additional 3,600 across the rest of the province in the next three years. Rent supplements would be transferable to new housing units as they are built. The campaign launched on January 24, 2005, with a postcard campaign, and wraps up with the Dream Team's Show Me a Way to Go Home fundraising concert at Convocation Hall in Toronto on February 27. A petition to support the plan will be presented to Premier Dalton McGuinty before the next budget. The last time the Dream Team got behind a petition, they sent 2,500 signatures in. They are aiming to far surpass that this time.

For more information about the campaign and a link to the online petition, visit [www.thedreamteam.ca](http://www.thedreamteam.ca) or follow this link [www.ofcmhap.on.ca](http://www.ofcmhap.on.ca) to the Federation website for more information. Postcards are available by calling 416 929-1919. Organizations across the province are invited to participate and to help raise awareness for supportive housing in their community.



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# Newsbytes

**Hospital rescue can't halt layoffs:** Ontario Minister of Health George Smitherman has announced a \$200 million plan to help Ontario's hospitals balance their books for the 2004-2005 fiscal year. However, in addition to layoffs in hospital administration there will still be layoffs of medical staff including nurses in psychiatric services. Ontario hospitals will still be short \$300 million in this fiscal year. (Article by Rob Ferguson, Queen's Park Bureau, Toronto Star, Tuesday, January 18, 2005, page A1)

**Good advice for housing minister** Toronto Star columnist Carol Goar writes that she was impressed with the housing consultation organized by Ottawa's National Homelessness Secretariat which she attended. The messages she saw coming through at the hearing were: Ottawa should get moving on affordable housing, regardless of where Ontario stands on the issue; the per-unit monies allocated under the current Federal-Provincial Affordable Housing program are not nearly enough; Ottawa is "strangling its community partners with red tape"; and, governments need to follow up housing capital monies with operating monies. (Toronto Star, Friday, January 21, 2005, page A18)

**Regent Park Remake awaits council's okay** The plan for major changes to Regent Park was passed recently by the Toronto and East York Community Council, and now goes to city council for final approval on February 5. The plan calls for 2,850 market-priced condos and town houses, at least 1,500 rent-gearied-to-income units, 300 affordable rental units, and 300 affordable home ownership units.

**Casinos ordered to counsel addicts** The Ontario government will be ordering the big casinos to provide counseling to problem gamblers. The counselors will operate out of new "customer service" centers. Also, Ontario will for the first time spend money on advertising to promote responsible gambling. (Article by Andrew Chung, Staff Reporter, Toronto Star, Friday, January 21, 2005, page A1)

Newsbytes are compiled by Glen Dewar, a consultant with Community Resource Connections of Toronto.

## ANNOUNCEMENTS

**Free public lecture on depression** Tuesday, February 8, 2005, 7-9 pm, there will be a free public forum focusing on three aspects of depression: drugs and aging; postpartum; and medical illness. To register, call 416-586-8338 or register online at [www.mtsinai.on.ca/healthyliving](http://www.mtsinai.on.ca/healthyliving). The lecture will be held at the Bathurst Jewish Community Centre, 4588 Bathurst Street (north of Sheppard). It is part of the Mount Sinai Hospital Healthy Living Lecture Series.

"There is Help...There is Hope", a series of regular Forums offering a greater understanding of emerging mental health and addiction issues, treatments and healthy living strategies presents its February Forum:

## **Understanding Trauma and its Links to Substance Use and Mental Health Problems**

Tuesday February 8, 2005  
6:30 - 8:30 p.m.

Physical and sexual abuse, torture, incest, war, some refugee and immigration experiences, natural disasters, acts of violence, serious accidents - these are all events out of the realm of normal human experience that can result in trauma for the survivor and may show itself in sleep problems, nightmares, flashbacks, feelings of guilt, memory problems, low self-esteem, difficulty with relationships and in some instances may lead to substance misuse to cope with feelings. These symptoms may result in the development of post traumatic stress disorder. They do not necessarily disappear with age or time but require recognition by the survivor and ongoing support by friends, families and service providers. This forum will explore the relationship between trauma and mental health problems and substance use, and discuss how those close to the survivor can provide help and support.

### **Speakers:**

Background Knowledge: Dr. Peter Farvolden, Research Scientist, Clinical Research Department, CAMH

Single Episode Trauma: Dr. Eilenna Denisoff, Psychologist, Anxiety Disorders Clinic, CAMH

Complex Trauma: Lucy Van Wyk, M.S.W., R.S.W., Clinical Director, Jean Tweed Treatment Centre

Personal & Research Perspective: Jennifer Chambers, Empowerment Facilitator, Empowerment Council, CAMH

The evening will be moderated by Dr. Pamela Stewart, MD, FRCP(C), Staff Psychiatrist,  
Concurrent Disorders Program, Centre for Addiction and Mental Health

**Location: Centre for Addiction and Mental Health, Russell Street Site  
Meeting Centre, 2<sup>nd</sup> Floor, Room 2029**

**33 Russell St., Toronto, Ontario (Northeast corner of College and Spadina) Free Admission.  
No Registration required.**

For further information, 416 535-8501 ext 4553 or visit the CAMH website: [www.camh.net](http://www.camh.net)

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**Another chance to give your feedback on Community Treatment Orders:**

**Sanderson Library (Southeast Corner of Bathurst and Dundas)**

**Thursday February 24th 2005**

**6:00 to 8:00 PM**

**327 Bathurst St.**

**416 393-7653**

# Queen Street Patient Rounds

1:00 - 2:00 pm

Every Monday

Room 160 Empowerment Council Office  
CAMH Queen Street Site

## Monday February 7 Tenant Rights

Community workers and advocating with the landlord

Landlord's duty to accommodate

Common issues for transient tenants

## Monday February 14 Employers & Human Rights

*Guest speaker :Diana Capponi*

Duty to accommodate

Types of Employment opportunities

Working and ODSP

## Monday February 21 Poverty & Power

How poverty affects your Rights

Power and sexism, racism, and other social issues

Oppressed groups and internalized oppression

**Attendance at Queen Street Patient Rounds is for clients, psychiatric survivors, consumers connected to services of Queen Street Site of the Centre for Addiction and Mental Health. The meeting is also an opportunity to learn more about community resources, programs, concerns about care or treatment**

For more info call - 416 535-8501 Ext 3013

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**Alternatives** is a community-based mental health agency in East York. We provide individual counselling, case management and group support to people who experience serious mental health problems. We are in need of volunteers to join our Board of Directors. We are looking for people who have experienced the mental health system, are members of the diverse community of East York and have Board experience. For more information, please call Licien at 416 285-7996, extension 233.

**The Mood Disorders Association of Ontario** presents:  
The Role of Psychotherapy in the Treatment of Mood Disorders  
With Dr. Michael Pare.  
Wednesday February 2, 2005 7 – 9 pm  
40 Orchard View Blvd. Suite 200. 416 486-8046 for more information.

\*\*\*\*\*

**The Anger and Addiction Clinic at CAMH is holding an Information Evening. Come and learn about: What is Addiction? and What is the Relation Between Anger & Addiction?**

**Thursday February 10, 2005**  
**6 – 7 pm**  
**Centre for Addiction and Mental Health**  
**33 Russell Street**  
**Room 2022**

For more information, please call 416 535-8501 Shira Green x 6683 or  
Debbie Stavropoulos x 4815

This is a free program and all are welcome.

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## **Therapeutic Recreation Awareness Week Feb 7- Feb 13, 2005**

To recognize Therapeutic Recreation Awareness week the CAMH recreation therapists are hosting a variety of events to celebrate this year's theme, "Therapeutic Recreation...Putting Quality Into Life. In the spirit of leisure appreciation, patients are invited to challenge the recreation therapists to a friendly game of floor hockey at the Queen Street gym between 2 – 3 pm on Tuesday, February 8<sup>th</sup>. Staff will also have the opportunity to face off with the recreation therapists in a game of dodge ball on Wednesday, February 9<sup>th</sup> from 12 – 1 pm at the Queen Street gym. The recreation therapists at CAMH wish to thank everyone for their ongoing support and encourage you to recognize all the leisure activities that bring you satisfaction and enjoyment throughout the year and to challenge yourselves to find the time to bring quality back into your life.

\*\*\*\*\*

Free ongoing Yoga classes for individuals in recovery from drug-alcohol addiction.  
Monday afternoons from 12 – 1 pm at Beaches Yoga Studio. Call Tina at 416 485-8745.

Inclusion of an announcement is NOT an endorsement of the views of any organization or individual. The Consumer/Survivor Information Resource Centre of Toronto reserves the right to edit submissions.

## Get the Debt Monkey Off Your Back . By Carmen Ciuti Prieto.

The look of horror tinged with amusement on my partner's face said it all: "You are doing a piece on credit counseling and budgeting ? That's a laugh!"

You see I'm terrible with credit cards and spending in general (aren't we all?) or a lot of us anyway...you know who you are...! The consequences hit us hard, especially after the the holiday season. Isn't it ironic that that lull of scarcity is also just before tax time, when we are supposed to be thinking of investing in things like...RRSPs? With what? most of us grumble at our wit's end.

Now, I don't mean to lump everyone in the same category. Some of us don't have the "luxury" of owning a credit card, while others may be financial geniuses, while others yet might have had it all together until illness struck, and might have lost the house, or other possessions, or might otherwise have had to go into debt.

So I have compiled a list of resources, by no means exhaustive, which might be of help:

- Credit Counseling Service (the name says it all) : 416 228-3328

[www.creditcanada.com](http://www.creditcanada.com), there are a lot of very informative articles on this website in the news section, on topics such as "the hard facts about climbing out of debt" and "how finances affect relationships".

- St. Christopher House: 1033 King St. W, Toronto. 416 532-4828, [www.stchrishouse.org](http://www.stchrishouse.org) . This agency offers a wide variety of services, including learning, employment, newcomer services and of course, financial advocacy and problem solving.

- The agency Coping in Tough Times (located on 81 Gilder Drive Scarborough,ON, Phone 416 266-4596), helps people with a customized spending plan, to deal with creditors, collection agencies, housing rights, welfare and family benefits and more. They will be glad to meet you and help you in person. Their website also has helpful information at : [www.copingitt.on.ca](http://www.copingitt.on.ca)

Here are some helpful budgeting tips from that website:

1. Income: Collect all stubs and keep them in date order.
2. Expenses: Collect all receipts and keep them in date order.
3. Make a budget.
4. Revise budget: to fit your lifestyle.
5. Prioritize spending needs versus wants.
6. Evaluate budget at month end to know if it is working.
7. Revise budget to try and make it work at the end of each month.
8. A slip on a budget means only that you slipped. Try again and keep trying until it works.

9. Write a letter to your creditors explaining your financial situation .

## Free & Low Cost Activities

### Tuesday February 1

**Curious about yoga?** Sliding scale/pay what you can. Annette Street Library, 145 Annette Street. Bring a mat or towel and dress comfortably. All ages welcome. Enjoy gentle Hatha based movements guaranteed to strengthen, relax and rejuvenate. 7 – 8:15 pm. For more information, call: 416 816-7016.

**Vocal Gems from the Stratton Collection. Free.** University of Toronto Vocal Performance Class. Edward Johnson Bldg, 80 Queen's Park. 12:10 pm. 416 978-3744.

### Wednesday February 2

**Lunch Music. Free.** Inventors and Innovators Series, Works for guitar, percussion and electro-acoustic instruments. St. George the Martyr Church, 197 John Street. 12:30. 416 204-1080.

**Oo-La-La! French Melodies. Free.** Performances by students. York University Department of Music. McLaughlin Performance Hall, 4700 Keele Street. 12:30. 416 736-5186.

### Thursday February 3

**Student Composers in Concert. Free.** Bill Wescott, Director. York University Department of Music, McLaughlin Performance Hall, 4700 Keele Street. 12:30. 416 736-5186.

### February 3<sup>rd</sup> to 6<sup>th</sup> and 10<sup>th</sup> to 13<sup>th</sup>

**African Heritage Month. Free & Ticketed Events.** 2 weekends of lively entertainment including an exclusive unplugged music showcase by Jamaican reggae artist Junior Kelly, Spoken Word poetry slam, Notorious B.I.G. tribute and a concert by Somali-Canadian musician K'naan Visit [www.harbourfrontcentre.com/kuumba](http://www.harbourfrontcentre.com/kuumba) for more information.

### Friday February 4

**Gamelan Ensemble in Concert. Free.** Intan Nurtadza, Director. York University Department of Music. McLaughlin Hall, 4700 Keele Street. 12:30. 416 736-5186.

**Jamie, Scott and Friends play Prokofiev. Free.** Centre for Russian & Eastern European Studies/University of Toronto Faculty of Music. Walter Hall, 80 Queen's Park. 8 pm. 416 978-3744.

**Tea and Books. Free.** Join library staff and discuss new books or timely favourites. Light refreshments served. Mimico Library, 47 Station Road. 2 pm. 416 394-5330.

### Saturday February 5

**Judy Chicago** will be onstage, as part of Pages' **This Is Not A Reading Series**. Al Green Theatre in the Miles Nadal Jewish Community Centre, 750 Spadina Avenue. \$5 at Pages, 256 Queen Street West. 416 598-1447 and the JCC. You can also see her work, **free**, from February 3 to March 5, at the O'Connor Gallery, 97 Maitland, 416 921-7149 with a new show of erotic art and her book.

## Sunday February 6

**Feminist Book Discussion Group.** The Older Women's Network invites women to meet and share views and ideas about selected books. New members welcome. Barbara Frum Library, 20 Covington Road, 416 395-5440. Featuring: *Desirable Daughters*, by Bharati Mukherjee.

**New Music in New Places: Chinese Music Old and New. Free.** Canadian Music Centre, Faculty of Music, University of Toronto. Royal Ontario Museum, 100 Queen's Park. 2 pm. 416 946-3463.

## Monday February 7

**Quit Smoking Support Group. Free.** East York Civic Centre, 850 Coxwell Ave. 6:30 to 8:00 pm. Hosted by Toronto Public Health. Just drop in. For more info: 416 397-4785.

## Tuesday February 8

**Email Made Easy. Free.** The libraries all have computer training sessions. Today, it's at Lillian H Smith Library, 239 College Street. 2 – 3 pm. Call to register 416 393-7746.

## Wednesday February 9

**Northern District Library Book Discussion. Free.** This month, *The Da Vinci Code*, by Dan Brown 40 Orchard View Blvd. 7:30 – 8:30. 416 393-7610.

**Art Gallery of Ontario. Free.** Every Wednesday from 6 pm to 8:30 pm the AGO is free to enter the permanent collections. Special exhibits are excluded.

## Thursday February 10

**Author Series. Dr. David Posen reads from his new book, The Little Book of Stress Relief. Free.** Includes a question and answer period. Beeton Auditorium, Toronto Reference Library, 789 Yonge Street. 7 pm. 416 393-7131.

**The Dub Poetry Train with Michael St. George. Free.** (Grade 6 and up). An African oral tradition, dub poetry has influenced hip-hop, rap, and jazz poetry. This interactive workshop will allow students the opportunity to explore their own unique interpretations and styles while learning the mechanics of the art form. Amesbury Park Library, 1565 Lawrence Ave W. 416-395-5420.

## February 10<sup>th</sup> to 13<sup>th</sup>

**African Heritage Month. Free & Ticketed Events**, 2nd weekend of lively entertainment including an exclusive unplugged music showcase by Jamaican reggae artist Junior Kelly, Spoken Word poetry slam, Notorious B.I.G. tribute and a concert by Somali-Canadian musician K'naan Visit [www.harbourfrontcentre.com/kuumba](http://www.harbourfrontcentre.com/kuumba) for more information.

## Friday February 11

**Tea and books. Free.** Join library staff and discuss new books or timely favourites. Light refreshments served. Brentwood Library, 36 Brentwood Rd. 2 pm. 416 394-5240.

## Tuesday February 15

**Celebrate Canada – Call of the Drum. Free.** (All ages). Celebrate Canada's Flag Day and Canadian heritage with Richard Moxley on the Native Canadian tradition of the drum and the story

behind it, followed by a demonstration. Light refreshments served. 7 to 8 pm. Bridlewood Library, 2900 Warden Ave. 416 396-8960.

**Tea and books. Free.** Join library staff and discuss new books or timely favourites. Light refreshments served. 2 pm. Danforth/Coxwell Library, 1675 Danforth Ave. 416 396-3975.

### Ongoing Events

#### Ice Skating [Weather Permitting]

**The Natrel Rink at Harbourfront. Free.** York Quay Centre, 235 Queen's Quay. Sunday to Thursday 10 AM to 10 PM; Friday and Saturday 10 AM to 11 PM. Enjoy free open air skating by the lake. Skate rental and sharpening for a fee, lockers and change rooms available. Call Rink Hotline for more information 416 973-4866.

#### To February 5<sup>th</sup>

**Visual Arts Mississauga. Free.** Art Gallery of Mississauga's 27<sup>th</sup> annual juried show of the fine arts: a wide range of contemporary visual art in various media. 300 City Centre Dr. Mississauga. For info: 905 896-5088.

## **Job Postings Alternatives CLINICAL/EXECUTIVE DIRECTOR**

Alternatives is a community based mental health service located in, and serving East York/East Toronto. We provide community support, case management and counselling to individuals with significant mental health problems. We value the knowledge and strengths of the people who use our service and are committed to giving choice and flexibility to the people we serve. We strive to work within an anti-oppression framework in recognition of the socio-economic and political realities of people's lives.

#### **RESPONSIBILITIES**

- Oversee provision of community mental health supports that is consistent with agency values and mission, is client directed and is responsive to changing community needs
- Develop partnerships and programs in collaboration with other organizations
- Provide clinical supervision and support staff
- Advocate on behalf of consumer/survivors and the agency
- Write proposals, grants and reports
- Work with the board of directors
- Work with the Administrative Coordinator to oversee the agency's finances
- Day to day operations and administration

#### **EXPERIENCE AND SKILLS**

- Strong clinical and counselling skills
- Practical experience using a collaborative management style
- Management, facilitation and supervision experience
- Strong commitment to anti-oppression and progressive values
- Experience working with consumer/survivors
- Knowledge of the mental health sector and mental health issues

**SALARY:** \$60 000 to \$64 000, plus excellent benefits.

Please mail or fax your resume by Friday, **March 4, 2005 at 5:00 pm** to: Hiring Committee, Alternatives: The East York Mental Health Counselling Services Agency. 2034 Danforth Ave, Toronto, ON, M4C 1J6 or Fax: 416-285-5733

Alternatives is an equal opportunity employer. Only those applicants selected for interviews will be contacted.

## Community Resource Connections of Toronto

Community Support Services, Homeless Family Program

### Community Support Worker (Case Manager)

#### Full Time, permanent

Community Resource Connections of Toronto (CRCT) is a community mental health organization that assists individuals with severe mental health problems by working directly with them and indirectly through our community work.

In order to serve the increasing diversity of individuals we work with, the successful applicant will have an understanding of anti-racism work and a familiarity with issues affecting ethno-specific communities.

*We encourage applications from people with direct experience with the mental health system, people of colour, Aboriginal people and persons with disabilities. Personal disclosure will be held in confidence.*

This is a mental health case management position working primarily in the West end of Toronto, however travel will be required to our Scarborough East office and to the homeless family shelters in Scarborough. A car is a necessity for this position.

#### **Job Responsibilities:**

- Assess clients to ensure they are appropriate for our service.
- Provide individual support to parents with mental health problems who are homeless and living in Scarborough shelters or who are at serious risk of homelessness.
- Work with these individuals and their families to acquire/maintain adequate stable housing.
- Provide assistance and support to the parent to access and use needed services/resources and supports.
- Identify and address needs of other family members.
- Work collaboratively with other agencies to meet the needs of the family unit.
- Continue to provide support to the client and their family after they move into the community (GTA) for as long as is required.
- Provide consultation related to mental health issues to shelter staff.
- Documentation, reports and file maintenance

#### **Qualifications:**

- At least two of the following: **a degree or diploma or other training** in health or social services; direct personal experience of the mental health system: **recent significant** experience working directly with people with serious mental health problems.
- Ability to work in a partnership relationship with clients and families.
- Experience working with both traditional mental health services and other agencies/organizations that may support individuals with mental health problems
- Knowledge of systems issues related to homelessness and mental health.
- Knowledge of parenting capacity assessment, child development and child welfare legislation.
- Knowledge of a second language is an asset. Having worked with organizations that serve ethno-specific communities is an asset.
- Knowledge of issues related to mental health treatment, recovery and policy.
- Commitment to anti-racist, anti-oppressive practice.

Salary Range: \$46,007 to 50,630

Reply in writing by Friday, February 4, 2005 to: Hiring Coordinator  
Community Resource Connections of Toronto  
366 Adelaide St. E., Suite 230  
Toronto, ON  
M5A 3X9

Or by e-mail to: [hiringcommittee@crct.org](mailto:hiringcommittee@crct.org). Only those interviewed will be contacted.

**ABSOLUTELY NO PHONE CALLS OR FAXES PLEASE.**