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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.***

April 1st , 2005
Bulletin 297

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday
LOCATION: 252 College Street, 3rd Floor, Toronto, ON

MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8
TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

Oaklands Probe

From The Star, March 30.

Ontario Chief Coroner Barry McLellan announced March 30th that he has extended a wide-ranging probe of 10 deaths at Oaklands Regional Centre in Oakville.

The probe of deaths between January 2000 and last fall was sparked in part by the disappearance and death of 46-year-old Randy Mogridge, who wandered from the Oaklands residence for intellectually challenged adults in October last year. His body was found in nearby Sixteen Mile Creek on Nov. 8.

The investigation is also examining the death a year earlier of Josef Naylor, 22, who died just hours after he was taken to hospital following three weeks of vomiting and stomach pain. It was only after an autopsy that his parents learned he'd eaten a Halloween decoration, which they said perforated his bowel.

McLellan has acknowledged that his probe was in part the result of "significant public interest" over the deaths of Naylor and Mogridge an autistic man who couldn't speak and suffered from epilepsy and bipolar disorder - who wandered from Oaklands four times on Oct. 24 last year.

While he has declined to reveal the names of other eight cases being examined, the Toronto Star has learned his team is also investigating a bathtub drowning death in 2000 and the strangulation of a resident in the bars of an old bed frame.

McLellan said today the review would help investigators determine whether there were systemic problems at the centre.

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Special Diet Campaign to Raise Welfare and ODSP Rates!!

A meeting took place for members of the medical community and community agencies interested in hosting Raise the Rates Community Clinics, Wednesday, March 30th : 3:30-5pm, Regent Park Community Health Centre.

So far, OCAP has run 5 community clinics in partnership with Regent Park Community Health Centre, Parkdale Community Health Centre and Queen West Community Health Centre. The clinics have been a great success and approx. 200 OW and ODSP recipients without Doctors were able to access the special diet funds. We have also been able to refer large numbers of people to their own Doctors with detailed information on the special diet application.

This medical meeting was being set to deal with a few things:

- ** To provide information and support to medical professionals and community groups interested in holding community clinics
- ** To strategize and improve upon how the community clinics are going
- ** To talk about other ways that the medical community can support the raise the rates campaign (eg. Bringing the issue to the Toronto Board of Health, taking part in press conferences, encouraging the OMA to be supportive, educating medical folks about the special diet) please read on for further information on the Raise the Rates Campaign.

The Special Diet Allowance

People on OW and ODSP are eligible for a Special Diet Allowance. This provides additional income for special food needs. A form must be filled out by a doctor, an extended class nurse, a dietitian, or a midwife (for pregnant women only). Special diet requests are divided into categories worth different amounts of money. For example, a diet for iron rich foods provides a monthly increase of \$30.00, a diabetic diet is worth \$42.00, vitamin/mineral and herbal supplement is valued at \$40.00. The maximum amount of money granted by the Special Diet Allowance is \$250.00.

Our Strategy:

We are asking doctors/nurses/dieticians/midwives to recognize that the money from the Special Diet Allowance is a medical necessity for all social assistance recipients and that recipients should be granted the entire allowance.

We are circulating a letter of endorsement for this campaign. Currently, over 30 medical practitioners, and organizations have endorsed the campaign. A series of clinics have been set up where doctors, nurses and dieticians will be signing up OW and ODSP recipients for the Special Diet Allowance. Amongst other supporters, practitioners from Regent Park Community Health Centre and Parkdale Community Health Centre are staffing several Raise the Rates clinics.

What We Hope To Accomplish: We demand that social assistance rates reflect the real costs of living.

We cannot abide government policies that enforce poverty and poor health. This campaign will bring issues of food insecurity into the public eye and highlight the real health barriers faced by people struggling to survive on social assistance. Recipients and practitioners need to be aware that the Special Diet Allowance is available and that all people on social assistance are entitled to its full benefits.

Why \$250.00? \$250.00 a month is the maximum amount that can be received under the province's Special Diet Allowance. We do not believe that this additional money on its own is adequate, but it represents a practical and attainable step towards getting people on ODSP and OW the income they need.

Is This Enough To Solve Poverty In Ontario?

No, but this money will significantly improve the lives of people on social assistance. We need social assistance to reflect the real costs of living, and we need social services and social housing that reflect the various needs of people in this province.

What Can You Do To Help?

Get involved with this campaign. Sign this letter and gather endorsements from your colleagues and your organizations (see the attached letter).

Help organize a clinic. Contact the Ontario Coalition Against Poverty and send your endorsement to:
10 Britain St., Toronto, Ont. M5A 1R6 ocap@tao.ca (416) 925-6939.

Letter of Support:

Ontario Coalition Against Poverty
10 Britain St., Toronto,
Ont. M5A 1R6
ocap@tao.ca

Dear Sir/Madam,

In light of the poverty inflicted on OW and ODSP recipients due to sorely inadequate benefits rates, we are calling on people of conscience within the medical community to sign on to a public call for the Special Diet Allowance to be released in full to everyone on welfare and ODSP. Please join us in calling for this desperately needed measure!

HUNGER: A SERIOUS MEDICAL ISSUE FOR OW AND ODSP RECIPIENTS A PUBLIC CALL FOR DECENT INCOME FOR OW AND ODSP RECIPIENTS

We, the undersigned, recognize that current Ontario Works and Ontario Disability Support Program benefit rates are too low for recipients to adequately feed themselves after attending to other basic necessities such as rent and transportation costs. We are deeply concerned about the Provincial government's failure to raise benefits rates to a level that would allow recipients to adequately attend to their basic needs. Benefit recipients are forced to live far below the poverty line. According to the Daily Bread food bank, 175 000 people in the Greater Toronto Area alone are forced to rely on food programs every month, within this group 33% say their children go hungry at least once a week because they simply cannot feed them properly even with the support of food banks.

As a result of inadequate OW and ODSP rates, we feel that medical professionals should not be required to individually examine OW and ODSP recipients to see if they need the Special Diet Supplement. Everyone on OW or ODSP should be entitled to the full \$250 monthly supplement. Given the hardship faced by people on OW and ODSP, we urge you to release the full special diet supplement immediately to all Ontario Works and Ontario Disability Support Program recipients on a permanent, ongoing basis.

Signed:

How Can I get the Special Diet Allowance ?

Contact your Doctor/ Nurse-Practitioner/ Dietician/ Midwife and apply for the Special Diet Allowance:

There is a special payment of up to an extra \$250 a month available for people and each of their children if a doctor, dietician, nurse practitioner, or midwife says that you need it. And if you are living on the measly amount that the government gives to OW and ODSP recipients, then you need this money to survive. While this money is available to everyone who gets a letter from a health professional, most people don't get it because they don't even know that it exists. Well, now you do. Here is what you have to do to get it.

If you are on OW and have a good doctor/dietician/nurse practitioner/midwife, print out and bring them a letter from your doctor and also. (If you are on ODSP, bring them a Special Diet Form from your office too – if you're on OW you don't need a special form). Then, get them to write you a letter (OW) or fill out the form (ODSP) for the Special Diet Allowance.

Fill out the ["Request for Internal Review" form](#) just in case you are denied. Bring both the letter/form and the "Request for Internal Review" form to your worker.

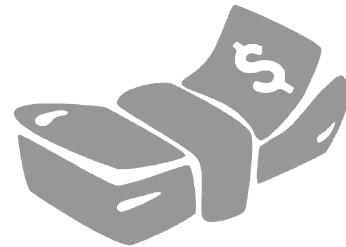
Remember: You DO NOT need to have a special medical condition to qualify for this money.

Some of the things you can get funding for are:

- Organic Diet (\$190/month)
- 3000kcal/day or high protein diet (\$150/month)
- prepared supplements like Ensure
(4 times/day = \$240/month)
- bottled water (\$30/month)
- vitamin supplements (\$40/month)

Call OCAP at 416-925-6939 if you get denied or if you want to join the RAISE THE RATES campaign!

ANNOUNCEMENTS



It's tax time! and the C/S Info Centre's free income tax clinic for low income people is beginning again. The guidelines set by Canada Customs and Revenue Agency are: single person: income under \$20,000; and with dependants: under \$25,000; no complicated returns i.e.: bankruptcies, no self-employed, no rental income, no capital gains (as if!). Please call the centre for an appointment, or for the address of a tax clinic nearer to your place: 416 595-2882. We will be doing taxes right up until April 30 and we encourage you to make an appointment soon.



FREE FORUM FOR CONSUMERS, SURVIVORS AND SERVICE PROVIDERS

on Employment and Employment Supports, Featuring Speakers and Information Tables. Light refreshments. Thursday, April 21, 2005, 1:30 to 5:00 p.m. Metro Hall, Rooms 308/309, 55 John Street, Toronto.

Registration is required as space is limited. Please call Calleta at: 416 516-1422, ext. 226, to register by April 8th, 2005. Request reimbursement of T.T.C. if needed.

Participants Include: O.D.S.P. Employment Supports, R.T.E., A-Way Express, O.C.A.B., J.V.S., C.M.H.A., Fox Enterprises, March of Dimes, Project Works, Progress Place, Salvation Army, Work on Track, and more... Organized by the Alliance for Education in Community Mental



INQUIRY INTO PSYCHIATRY: The Public Hearings

Come give personal testimony. Make an appointment to testify or just turn up. Everyone is welcome to attend. Only people who have actually undergone these "treatments" may testify. Support people from Women's Counselling Referral and Education Centre will be on hand. Testimony may be given in either English or French. The event is accessible to people who use wheelchairs.

Where: Council Chambers at City Hall, 100 Queen Street West

Psychiatric Drugs Public Hearings

April 2 and 3 ~ 1:00 - 5:00 pm

Presiding Panel: Dr. Bonnie Burstow, Leah Cohen, Dr. Ernie Lightman, Dr. Shahrzad Mojab, and Michael Valpy.

Electroshock Public Hearings

April 9 and 10 ~ 1:00 - 5:00 pm

*Presiding Panel: Don Weitz, Cathy Crowe, Catherine Dunphy,
Dr. Roy Moodley, Chris Rahim.
Organizers: CAPA - Coalition Against Psychiatric Assault*

capa@oise.utoronto.ca ~ <http://capa.oise.utoronto.ca> ~ Contact person Don Weitz (416) 545-0796

Queen Street Patient Rounds

Researching and being Researched: Psychiatric Survivors as Objects of Study

Monday April 18th

1:00- 2:00 PM

Who's researching who? Are they doing it very well?

What do they know about consumers and survivors really?

"I'm doing a study on..." Here we go again! How will they use my words?

Patients doing their own research? Crazy but true!

Come hear MA student and former patient **Erick Fabris** speaking on his graduate experiences and the problems with research.

Room 160 Empowerment Council Office

1001 Queen Street (near Mall, near Patient Advocate Office)

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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Internalized Oppression Group

Session for CAMH Queen Street Clients

Thursdays from March 24 - April 14

1:00 - 2:00 PM

What? Four sessions on how our beliefs about ourselves effect our lives

Where? Empowerment Council, Room 160 - Queen St. Site (Near Patient Advocate Office)

Who? Clients of CAMH Queen Street Site Only

Why? Because understanding and challenging our negative beliefs about ourselves helps us to recover, and gain power.

What is internalized oppression? It's when we believe the negative messages society tells us about ourselves and/or our psychiatric label.

Facilitator

Laura Burns will lead the sessions. Laura is a psychiatric survivor and George Brown college student. She is currently doing her student placement at the Empowerment Council until April.

Room 160 Empowerment Council Office

For more info about these sessions call 416-535-8501 Ext. 3013

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

April is Poetry Month, so please enjoy:

YARD

BY MICHELE DICKSON

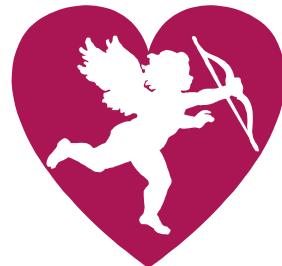
SUNSHINE
RAINBOWS
AND SOFT TEAR-DROPLETS
ON THE ROBIN'S EGG BLUE
SWING
GARDEN'S EARTH
RICH IN SMELL
BREATHE
CREAM-WHITE PUFF BALLS
WITH TENDER PETALS OF SOFTEST LACE
AND CHILDREN'S LIPS
WHISPER
SOFTNESS BRUSHING MY CHEEK
WHITE ARC HIGH ABOVE MY HEAD
GREEN GRASS AND RIDGED LEAVES
SMILE
THEN THE WARMTH ON MY SKIN



Muse

BY CARMEN CIUTI PRIETO

MY MUSE HAS LEFT
GONE IN SORROW
THERE'S NOTHING LEFT
IN MY MARROW
BONES DRIED UP
PLEASE LET YOUR LOVE RAIN AGAIN
AND LIFT ME UP



AGAIN
TOMORROW

ASTRO-SIGN

BY CARMEN CIUTI PRIETO

INSOLENT IS WHAT
MY CHINESE ASTROLOGY BOOK
WOULD CALL YOU

BUT AFTER ALL
YOU ARE OFTEN
RIGHT

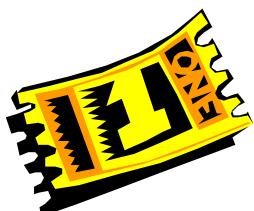
AND ALWAYS
THERE

TO PICK UP
THE PIECES
AFTER YOU

BREAK MY HEART



FREE AND LOW COST ACTIVITIES



Sunday, April 3rd

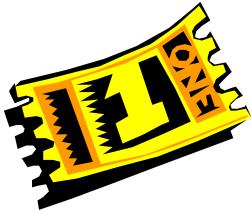
Feminist Book Discussion Group. Free. The Older Women's Network invites women to share views and ideas about selected books. New members welcome. Today: *In my Own Name* by Maureen McTeer. Barbara Frum Library, 20 Covington Rd. 1:45 – 4:30 pm.

Monday, April 4th

AnimeShon Club. Free. Anime is the art of Japanese animation. The AnimeShon Club brings you the hottest and freshest anime. (Starting this Monday and continuing Monday April 18, May 2, 16, 30, June 13, 27). Albion Library, 1515 Albion Road. 4-6 pm.

Tuesday, April 5th

Local Authors appearing at Deer Park. Free. Today: Eric Wright talks about the relationship between memoir, short story and fiction writing: and reads from *Always Give a Penny to a Blind Man* and his his other works. Deer Park Library, 40 St. Clair Ave. E. 7 pm.



Wednesday, April 6th

Manga Club. Free. Learn how to draw and express yourself through Manga. Albion Library, 1515 Albion Road. April 6 to- June 29. 4-6 pm.

Tea and Books. Free. Join library staff and discuss new books or timely favourites. Light refreshments served. Annette Street Library, 145 Annette St. 2-3 pm.

Thursday, April 7th

Tea and Books. Free. Join library staff and discuss new books or timely favourites. Light refreshments served. Alderwood Library, 2 Orianna Dr. 2 pm.

Saturday, April 9th

Phoenix Poets' Workshop. Free. Longest running poets' group in Toronto. Bring copies of one poem for constructive critique. Hear other poets read their work. All ages welcome. (Saturdays April 9, 23, May 14, 28, June 11, 25). 2 - 4:30 pm.

Monday, April 11th

Discover the Organic Alternative. Free. Get informed about the organic phenomenon. Staff from Organic Abundance present the benefits of organic products and foods, and answer questions. No registration required. Brentwood Library, 36 Brentwood Rd. N. 7 pm.

Tuesday, April 12th

Tea and Books. Free. Join library staff and discuss new books or timely favourites. Light refreshments served. Mount Pleasant Library, 599 Mt. Pleasant Rd. Tuesdays from April 12 to May 10. 2-3 pm.

Wednesday, April 13th

High Park Book Discussion Group. Free. Share in discussions of selected books. Call the library for times. High Park Library, 228 Roncesvalles Ave. Wednesdays, April 13, May 11, June 8.

Thursday, April 14th

How to become a Firefighter. Free. A recruiting officer from the Toronto Firefighter Services discusses what it takes to become a Firefighter, the available programs and the necessary

skills required for the force. Register in person or call 416 396-8890. Agincourt Library, 155 Bonis Ave. 4-6 pm.

Hot Off the Presses: Sneak Preview of New Books. Free. Be first on the holds list. The Dewey Divas and Dudes Publisher's Representatives present soon-to-be-published mysteries, fiction and more. Door prizes. Register at the library or call 416 395-5710. Don Mills Library, 888 Lawrence Ave. E. 6:30-8 pm.



Job Postings

JOBSTART

Administrative Assistant (Bargaining Unit Position)

Responsibilities:

- Input of client files into database systems
- To provide word processing, typing and/or mailing of confidential reports, agendas, submissions, minutes, proposals as required
- To provide general information over the phone
- To maintain administrative files according to established systems and procedures
- Quarterly and monthly statistical reports
- Reception relief as required
- To complete special assignments as required

Qualifications:

- Proven skills in Microsoft Office, Excel, e-mail
- Excellent listening and communication skills
- Pleasant and helpful telephone manner
- Well organized, detail oriented, team player
- Ability to learn quickly, adaptable, flexible, resourceful
- Desire to work in a multicultural setting
- Minimum of 50 net wpm typing

Hours of work: 35 hours per week

Start Date: ASAP
Salary: \$30.660
Applications Accepted Until: Friday April 1, 2005

Send Letter of Interest and Resume to: Joy Davidson, Director
JobStart
41 Chauncey Ave.
Etobicoke ON M8Z 2Z2
Fax: 416-253-2700

No phone Calls Please