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The Consumer/Survivor Information Resource Centre

Distributed through generous support from CSRU Program (Community Support and Research Unit) of
CAMH (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.*

March 15, 2006
Bulletin 319

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. 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

It's tax time! and the C/S Info Centre's free income tax clinic for low income people is operating 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: no self-employment income, no bankruptcies, no rental income, no capital gains (as if!). Please call the centre for an appointment with us, or for the address of a tax clinic nearer to where you live: 416 595-2882. We encourage you to make an appointment soon.

Here's Where I Turn to for Help... part 3

We received this submission about the Sunnybrook and Women's College Health Sciences Centre Dental Clinic from Nancy F.

I had a lot of dental pain and I needed relief. I had been looking for well over 2 years. Sunnybrook and Women's College Dental Clinic was able to give me a local anaesthetic and put me to sleep while proceeding to do a root canal. I think this is the best dental resource in Toronto.

Sunnybrook and Women's College Health Sciences Centre Dental Clinic, offers dental care to the community. Patients must be referred by their dentist or family physician to the clinic. Fees for services may be covered under the ODSP or Social Assistance benefits plan. For more information contact 416 480-4436.

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Newsbytes

Newsbytes

**The Newsbytes Column is compiled by Glen Dewar, Web Site Content Manager
at Community Resource Connections of Toronto (CRCT)**

Ontario Legislature Passes Local Health System Integration Act (Bill 36) Legislation has been passed to cede control over delivery of much of Ontario's public health care system to 14 regional agencies (LHINs, or "Local Health Integration Networks"). Ontario now joins all the other provinces, which have already regionalized the delivery of health care. The Toronto Star's Queen's Park columnist wrote that "a poll...shows that 82 per cent of Ontarians know little or nothing about LHINs." ("Liberals face unrest on health restructuring plan", by Ian Urquhart, Toronto Star, Wednesday, March 1, 2006, page A17, "Health restructuring gets nod in Ontario", by Rob Ferguson, Queen's Park Bureau, Toronto Star, Thursday, March 2, 2006, page A9)

Here are three web sites where you can find out more about LHINs, and their possible impact on health care and on the health care system: <http://www.lhins.on.ca/> or <http://www.ofcmhap.on.ca> or http://www.health.gov.on.ca/transformation/lhin/lhin_mn.html

Ontario Government to Modernize Human Rights System "Under a proposed new model in legislation to be introduced later this spring, the [Ontario Human Rights] commission would focus on advancing human rights and preventing discrimination through proactive measures, such as public education, research and monitoring to address systemic discrimination. The government would also establish an anti-racism secretariat within the commission that would provide recommendations and advice to the chief commissioner about research and policy to fight racism. "

It is also planned to make changes which would speed up the processing of human rights complaints. For further information, please see the full text of the media release on the web site of the Ontario Attorney General at <http://www.attorneygeneral.jus.gov.on.ca>

THE Solution to Homelessness? Malcolm Gladwell, author of the recent bestselling books "The Tipping Point" and "Blink", has written an excellent, thought provoking article about solving the problem of homelessness. "MILLION-DOLLAR MURRAY: Why problems like homelessness may be easier to solve than to manage" appeared in the New Yorker magazine last month and can be read online at http://www.newyorker.com/fact/content/articles/060213fa_fact

The Winter 2006 Edition of CMHA Ontario Division's Network Magazine is now available for viewing and downloading (as a pdf file) on their web site, <http://www.ontario.cmha.ca/>. Theme of the issue is "The Collaborative Challenge: Partnering with Primary Health Care Providers".

Ending homelessness is goal of Street Needs Assessment

Toronto City Council directed that the number and service needs of homeless persons living on Toronto's streets and in its public spaces be determined. The purpose of the Street Needs Assessment is to better understand the number and service needs of homeless individuals, so that City-funded programs and services are best suited to help these individuals end their homelessness. The information from the survey will be used to improve the ways in which services to people who are homeless and living outdoors and in shelters are planned and delivered.

The City is reaching out to the public and asking people to volunteer for approximately five hours on the evening and night of April 19. Members of the public do not require any specific qualifications to participate in the Street Needs Assessment. They can volunteer in a number of ways:

- Register by phone by calling 416-397-0441, or
- Fill out an application form and email it to streetneedsassessment@toronto.ca or
- Fax an application form to 416 338-1144 or
- Mail an application form to Street Needs Assessment, 55 John Street, Metro Hall, 6th Floor, Toronto, Ontario, M5V 3C6

To conduct the Street Needs Assessment, the city will be divided into different study areas. Each study area will be assigned a study team with a team leader and two or three volunteers. The study teams will be responsible for conducting the survey in their respective areas. The teams will speak with homeless individuals and ask them if they would be interested in completing a short survey. Homeless people living outside will be surveyed, as well as homeless people in shelters. The survey may also include hospitals, treatment centres and detention centres. A detailed survey will occur in the core of Toronto.

Outside the core, a sample survey will be conducted in a number of areas where homeless persons are known to be living outdoors. The survey will collect information on the type of locations where the individual is staying, demographic characteristics, length of time the person has been homeless, the types of services used, the person's interest in housing, the sorts of services needed to end the person's homelessness, and what type of help is needed with income, health or addictions.

Study teams will receive materials in advance of the Street Needs Assessment and mandatory training will be provided to all volunteers on the evening of the Street Needs Assessment on how to conduct the survey.

The City is collaborating with community agencies on the Street Needs Assessment. The City's Street Outreach Steering Committee has representatives from 34 community agencies and various City Divisions and helped create the approach for the Street Needs Assessment.

"**Through the Street Needs Assessment**, we look forward to gathering additional information on the housing needs of individuals living outside, so that we can refine our approach to better plan for and meet housing needs of homeless individuals," said Susan Meikle, member of the Street Outreach Steering Committee and Executive Director of Toronto North Support Services, a community agency providing mental health and street outreach services in the North York area.

The Street Needs Assessment will not identify the specific location of any homeless individual. All team leaders and volunteers will sign a confidentiality agreement. Results of the survey will only be reported out at the City-wide or Community Council district level or by type of location.

The findings of the Street Needs Assessment will be reported to Community Services Committee and then to City Council in July 2006.

The volunteer application form for the Street Needs Assessment and additional information can be found on the City's Street Needs Assessment Web page at www.toronto.ca/housing/sna.
(from media release, March 3, 2006)

Free & Low Cost Events



Wednesday March 15th

Fat Albert's. PWYC. Fat Albert's Open Mic has been a venue for many local musicians since the 1960's. The United Steelworkers' Hall, 25 Cecil Street (between Beverley Street and Spadina Avenue). Info: 416 964-2842. 8:00 pm.

Thursday, March 16th

Don Valley Brickworks Walk. Free. Toronto Field Naturalists Walk explores the Don Valley Brickworks - Natural and Cultural Heritage with leader, David Stonehouse. Meet at Castle Frank subway station. Info: 416 593-2656. 10:30 am.

Thursdays at Noon Concert. Free. University of Toronto Faculty of Music presents, Mozart: Serenade in B flat K361 Gran Partita featuring members of the Toronto Wind Quintet and guest artists. Walter Hall, 80 Queen's Park. Info: 416 978-3744. 12:10 pm.

Art Exhibition – Timelines – Walking Through Emotions. Free (voluntary donation at the door in support of CAMH). This exhibition is a collection of art work by Jonathan Brett, exploring his emotional issues through his art. Exhibition continues to April 12. Slacks, 562 Church St. (north of Church and Wellesley). Info: 416 535-8501 Ext. 4324. Opening reception from 6:00 pm – 1:00 am.

Friday, March 17th

Under the Azure Dome. Free (some events may be ticketed). The ancient celebration of Nowruz is a Spring Equinox of pan-cultural phenomena shared by various nations from the Persian civilization territory. Visit this unique three day festival which takes Nowruz as a common meeting place for Persian cultural exploration in music, film, dance, theatre visual and culinary arts. Harbourfront Centre, York Quay, 235 Queens Quay West. Info: 416 973-4000 or www.harbourfrontcentre.com, www.azuredome.ca. Festival continues to March 19th. Hours 10:00 am – 9:00 pm.



Music and Dance Performance. Free. University of Toronto, Faculty of Music presents, World of Music: African Drumming and Dancing Ensemble. MacMillan Theatre, 80 Queen's Park. Info: 416 978-3744. 12:00 noon.

Friday Movie Night. Free. CINSSU, Directors and their Cities series presents two movies, Annie Hall (1977) and Everyone Says I Love You (1996) by director, Woody Allen. Room 107, Innis College Town Hall, 2 Sussex Ave. Info: 416 978-7434. Screenings at 7:00 pm and 9:00 pm.

Saturday, March 18th

Seeds of Diversity – Seedy Saturday. Free (\$2.00 suggested donation). Seedy Saturday is a day devoted to seeds, gardening and planet-friendly living. Exchange seeds, take in a workshop, stock up on organic garden seeds and products, see displays from Toronto's environmental groups. Scadding Court Community Centre, 707 Dundas St. W. Info: 416 392-1668 or www.foodshare.net. 10:00 am – 3:00 pm.

Toronto Island Bird Walk. \$5.00 (ferry fee). Toronto Field Naturalists explore birds on Toronto Island. Bring lunch and binoculars if possible. Call for location and meeting times, 416 593-2656.



Sunday, March 19th

Toronto St. Patrick's Day Parade. Free. The procession starts from Bloor and Devonshire (near old Varsity Stadium) and continues along Bloor St. down Yonge St., finishing on Queen St. at Nathan Philips Square. Info: 416 871-1566. 12:00 noon.

The Lower Garrison and its Tributar Walk. Free. The Toronto Green Community and the Toronto Field Naturalists explore the environment in and around the College/Dovercourt area. Meet at College and Dovercourt YMCA. Leader Ian Wheal. Info: 416 593-2656. 2:00 pm.



Monday, March 20th

Allan Gardens Conservatory. Free. Allan Gardens presents its annual Spring Flower Show. Escape the cold of winter and visit this oasis in the heart of the city. Show continues to April. Allan Gardens Conservatory, 19 Horticultural Avenue (south of Carlton, between Jarvis and Sherbourne). Info: 416 392-7288 or www.toronto.ca/parks/park_gardens/allangdns.htm. 9:00 am – 4:00 pm.

ALTdotCOMedy Lounge. PWYC. Host Gilson Lubin hosts this night of new stand up and sketch comedy routines. The Rivoli, 332-334 Queen St. West. Info: 416-977-5082 or www.aldotcomedylounge.com. 9:00 pm.

Tuesday, March 21st

Jan Swinburne Art Exhibition. Free. Visit Jan Swinburne's window art work, on display until April 22. YYZ Window, YYZ Artists' Outlet, 410 Richmond St. W., Suite 140. Info: 416 598-4546 . View artwork from Monday – Saturday from 11:00 am – 5:00 pm.

Stress Management Workshop. Free. WoodGreen Job Search Coaching Centre invites you to a workshop on Stress Management. Learn how to recognize the signs of stress, and what you can do about it. Woodgreen Employment Services 815 Danforth Avenue, Suite 202. Registration and Info: 416 462-3110 ext. 2300. 2:00 p.m. - 4:00 p.m.

Afternoon at the Movies. Free. The Beaches Film series presents, The Hours. Beaches Library, 2161 Queen Street East. Info: 416 393-7703. 2:00 pm.

Wednesday, March 22nd

Uptown Discovery Walk. Free. The Toronto Field Naturalists explore the urban landscape in mid-town Toronto. Call for location and time, 416 593-2656.

Thursday, March 23rd

The Toronto Reference Library's Clearance Book Sale. Free. Great used books in many categories. Most items 50 cents or less. All income supports library programs. Sponsored by Book Ends South, Friends of Toronto Public Library. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. 10:00 am – 8:00 pm. Sale continues to March 25th from 10:00 am – 5:00 pm.



Music Concert. Free. Music Around Us, New Generation Concert Series presents, The Lodos Quintet with works by Hetu, Arnold, Ravel, and Poulenc with musicians Emre Sagbas, flute; Marta Kosek, oboe; Kornel Wolak, clarinet; Patrick Bolduc; bassoon; Morgan Gregory, horn and guest Marianna Humetska piano. Glenn Gould Studio, 250 Front St. W. Info: 416 205-5555. 12:00 noon.

Storytelling Workshop. Free. Dan Yashinsky leads a storytelling workshop for new and experienced storytellers. Topics include: starting in the art; developing your repertoire; creating suspense with well-chosen words; discovering the world's oral traditions; taking stories out to new audiences; family lore and life-based narrative. Every night will include storytelling by all participants, group discussion, creative exploration of words and stories, and individual guidance by the teacher. The atelier is for anybody interested in the art of oral storytelling. Oakwood Village Library and Arts Centre, 341 Oakwood Ave (south of Rogers Road). Info: 416 394-1040. 6:30 - 8:15 pm.

Photography Talk. Free. Talk with Award-winning photographer Danny Custodio offering tips and insights to aspiring photographers. Auditorium, Don Mills Library, 888 Lawrence Ave. East. Registration and Info: 416 395-5710. 7:00 pm.



Music Concert. Free. Cecilia String Quartet plays Haydn: Quartet Op.20 #5; Shostakovich: Quartet #3 with musicians Liana Berube, Sarah Nematallah, violins, Shannon Lee, viola and Rebecca Wenham, cello. Northern District Library, 40 Orchard View Blvd. Info: 416-393-7610. 2:00 pm.

Friday, March 24th

Friday Movie Night. Free. CINSSU, Directors and their Cities Series presents two movies, Boyz N The Hood (1991) by director John Singleton and Jackie Brown (1997) by director Quentin Tarantino. Room 107, Innis College Town Hall, 2 Sussex Ave. Info: 416 978-7434. Screenings at 7:00 pm and 9:00 pm.



Saturday, March 25th

Yoga and Meditation Class. Free. Learn gentle methods of breathing, poses and relaxation meditation techniques. Wear comfortable clothes and bring a mat or towel, if possible. Northern District Library, 40 Orchard View Blvd. Info: 416 609-0182. 10:30 am.

Sunday, March 26th

Toronto All-Star Big Band. PWYC. Big Band by the Lake with the big band music of Miller, Dorsey, Shaw, Goodman and others. Lakeside Terrace, Harbourfront Centre, 235 Queen's Quay W. Info: 416 973-4000. 2:00 pm. Music Concert. Free. University of Toronto Faculty of Music, World of Music presents an Electroacoustic Music Concert. Walter Hall, 80 Queen's Park. Info: 416 978-3744. 2:00 pm.

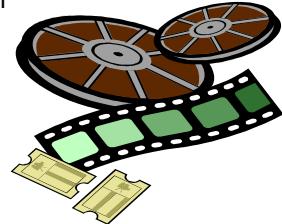
Monday, March 27th

Positive Thinking Workshop for Women. Free. This workshop will explore our belief systems and our coping strategies in uncomfortable situations. Learn new tools to get through problems and anxiety in your daily life. TTC and childminding available. North York Women's Centre, 201 Caribou Dr. Pre-registration and Info: 416 781-0479 or www.nywc.org/programs/index.html. 6:30 – 8:30 pm.

Tuesday, March 28th

Sherwood Park Walk. Free. The Toronto Field Naturalists explore Sherwood Park. Call for location and time, 416 593-2656.

Creating a Realistic Budget and Getting Rid of Debt Workshop. Free. DMERC/Skills for Change presents this workshop with Debbie Lilley from the Credit Counselling Services of Toronto. Skills for Change, Room 211, Skills for Change, 791 St. Clair Avenue West (St. Clair Avenue West and Christie St.) Info: 416 658-3101. 1:00 pm.



Afternoon at the Movies. Free. The Beaches Film series presents, Gosford Park. Beaches Library, 2161 Queen St. E. Info: 416 393-7703. 2:00 pm.

Wednesday, March 29th

Midday Mosaics, Music Concert. Free. Midday Mosaics presents 20th Century music recital with Prokofiev: Sonata #2 for Violin; Bartok: Rhapsody #1; as well as other works with musicians Catherine Sulem, violin, Sidney Bulman-Fleming, piano. Music Room, 2nd Floor, Hart House, 7 Hart House Circle. Info: 416 978-2452. 12:00 noon.

Goal Setting and Follow Through Workshop. Free. DMERC/Skills for Change presents this workshop on goal setting. Skills for Change, Room 211, Skills for Change, 791 St. Clair Avenue West (St. Clair Avenue West and Christie St.) Info: 416 658-3101. 1:00 pm.

Thursday, March 30th

Piano Music Concert. Free. Bata Shoe Museum, Steppin' Out Thursdays presents, The Royal Conservatory of Music: Piano Solo with Philip Chiu playing music by Mozart, Rachmaninoff and Chopin. Bata Shoe Museum, 327 Bloor St. W. Info: 416 979-7799 Ext. 242. Free Museum Admission 5:00 pm. Concert begins 6:00 pm.

Alternative Health Lecture. Free. Kate Kent will discuss Traditional Chinese medicine and how to balance the subtle flow of energy called Qi (Life force). Watch a demonstration on facial acupuncture and learn how to prepare tonic herbal wine for youthful energy. Carrot Common, Room 212, 2nd Floor, 348 Danforth Ave. (entrance by Book City) Info: 416 4666-2129. 7:00 pm.

Friday, March 31st

Storytelling Toronto Festival Launch. Free. Join the celebration showcasing the Festival performers. Authors will be present to discuss their works. Toronto Reference Library, 789 Yonge St.(one block north of Bloor St.) Info: 416 656-2445 or <http://festival.storytellingtoronto.org/index.html>. 6:00 pm.

Storytelling Toronto Tribute. Free. A storytelling tribute to the great Jamaican-Canadian poet and storyteller Dr. Louise Bennett-Coverley. Known to all of her fans as "Miss Lou", she has been a major force in the storytelling renaissance throughout the West Indies and in Canada. Toronto Reference Library, 789 Yonge St. (one block north of Bloor St.) Info: 416 656-2445 or <http://festival.storytellingtoronto.org/index.html>. 7:00 pm.

ANNOUNCING...

The 2006 edition of the mental health system directory “Making Choices” is now available.

“**Making Choices: CRCT’s 2006 Guide to Adult Mental Health Services and Supports in Toronto**” is a comprehensive, 150-page directory and guide to the services, supports and resources available to consumer/survivors in Toronto. It is a helpful resource for consumer/survivors, family members, and service providers.

You’ll find an abundance of useful information, including:

Getting help with ‘the basics’ of life...

...government assistance and other sources of income
...where to get free or cheap food, clothes and dental care

Resources related to housing, work and learning and social recreation...

...each introduction presents options available in and beyond the mental health system
...detailed, easy-to-read listings for mental health-related programs and services

Services and supports related to mental health and well-being

...listings of self-help, community support, hospital, and crisis services
...listings of services geared toward groups which often experience barriers to service (eg. ethnocultural groups, survivors of abuse, persons with a dual diagnosis)

Accessing services and supports through information, education and advocacy services and supports for family members and friends

“Making Choices” is also available for viewing and/or downloading on our Web site, www.crct.org. It is in Adobe Acrobat format. The web site also includes a searchable database of mental health programs and services in Toronto, and extensive information about mental health-related news, events, job postings and resources.

If you would like to purchase a copy of “Making Choices”, please return the order form on the next page together with your payment to: Community Resources Consultants of Toronto, 366 Adelaide St. East Suite 230, Toronto M5A 3X9. If you require further information, please call CRCT at 416 482-4103.

COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT)
366 Adelaide St. East Suite 230, Toronto, Ontario M5A 3X9
Phone: 416 482-4103 Fax: 416 482-5237
e-mail: crct@crct.org Web: www.crct.org

ORDER FORM

"MAKING CHOICES: A CONSUMER/SURVIVOR'S GUIDE TO ADULT MENTAL HEALTH SERVICES AND SUPPORTS IN METRO TORONTO" – 2006 EDITION

	<u># of Copies</u>	<u>Cost if mailed</u>	<u>Cost if picked up</u>	<u>Total</u>
Consumer/Survivors	_____	\$5	\$5	_____
Family Members	_____	\$5	\$5	_____
Service Providers & All Others (1-9 copies)	_____	\$30	\$26	_____
- (10 or more copies)	_____	\$26	\$23	_____
			TOTAL	_____

Pre-payment is required. Prices include shipping. GST does not apply. Allow 4 weeks for delivery. Consumer/survivor and family discounts are available only to those living in Toronto. No consumer/survivor individual or organization, or family member individual or organization, will be refused a Guide due to an inability to pay.

Please make cheques payable to: ***Community Resource Connections of Toronto.***

Send Attention: Health Promotion Program - Resource Guide Orders.

Check here [] if you require a receipt.

Please provide the name of the person, agency (where applicable), and the address to which the order should be sent. Please check here [] if you would like your copy or copies held for pickup at CRCT.

Person: _____

Agency: _____

Address: _____

Phone: _____ **Fax:** _____

E-mail: _____

Announcements

A-Way Courier's Inaugural On-Line Auction There's still time to bid on over two dozen terrific sports-related prizes. Bidding closes March 31st. www.awaycourier.ca follow the auction page links. For questions, comments or more information about A-Way and/or the on-line auction, please contact: Pam Lahey, execasst@awaycourier.ca.

**Harm Reduction Task Force Speaker Series presents
Dan Gardner – Award Winning Journalist**

“ Crime policies don't control crime rates. The broad state of social developments does.”

March 16, 2006 at 2:00 pm

All Saints Church Community Centre, 315 Dundas St. East (at Sherbourne)

Information Contact: 647 222-4420 or www.harmreduction@yahoo.ca

Bill 36 and the LHINs

What does it mean for Community Mental Health?

Bill 36 involves a major restructuring for the entire health system, including community mental health. Bill 36 gives the government the power to merge, transfer funding, contract out and reorganize health care services.

There are a lot of rumours and speculation about the impact this Bill will have on the community mental health sector, but not a lot of clear information. Our panel will offer some clarification, some answers to your questions and undoubtedly raise more important questions. A question and answer session will follow the panel.

Community Panel - Jennifer Chambers – Director, Empowerment Council; Steve Lurie – ED, Canadian Mental Health Association (Toronto); Natalie Mehra – Director, Ontario Health Coalition; Walter Weary – ED, Community Resource Connections of Toronto and Laura Pisko-Bezruchko – Toronto Central LHIN, Senior Director of Planning, Integration and Community Engagement.

Tuesday, March 28, 2006 from 2:00 - 4:00

Workman Theatre, Centre for Addiction and Mental Health

1001 Queen Street West (at intersection of Queen and Ossington)

For more information, contact: Brian McKinnon, **416 285-7996, x 227** or bmckinnon@iprimus.ca
This event is sponsored by Alternatives and the Family Outreach & Response Program.

Toronto Career & Training Fair

Wednesday, March 29, 2006 from 10:00 am – 7:00 pm

Metro Hall, 55 John St.

Free Admission

Talk to individuals about programs and services provided by: The Ministry of Training, Colleges and Universities, Ontario; Job Connect; Apprenticeship; Schools; Local community-based organizations; Occupational regulatory bodies; Local training boards.

For more information contact: Lorraine Villa, 416 938-2426 or lvilla@gwcommunications.ca

navigating the HOUSING MAZE

EVERYONE WELCOME:

CAMH staff, housing and other service providers, people with mental health and/or substance use concerns, family members and friends, and community members

Friday March 24, 2006

8:30 a.m. Registration

9:00 a.m. Opening Remarks

Dr. Paul Garfinkel, President and CEO, CAMH

Introductory Remarks

Toronto Mayor David Miller

Panel Discussion: Navigating the Housing Maze

Moderated by David Reville, Consultant

11:00 a.m. Housing Fair

Speak with representatives from housing and support agencies

Location Workman Theatre

CAMH, Queen St. site

1001 Queen St. W.

RSVP to Blanca Uriarte: 416 535-8501 x 6423; blanca_uriarte@camh.net or

Robyn Steidman: 416 535-8501 x 6640; robyn_steidman@camh.net

by March 17, 2006

Light refreshments will be provided at the break.

The supportive housing system in Toronto can be confusing and frustrating to navigate. Since housing is provided by a vast array of agencies across the city, people are often unaware of the various types of programs that are offered. The purpose of this event is to acknowledge the difficulties of the housing system, while providing solutions to help individuals navigate the maze.