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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.*

January 1, 2007

Bulletin 338

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

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Starting Now...

It's that time again, when we make commitments to be better human beings. We look at our flaws and our failings and make our resolutions. Sometimes the behaviours we attempt to change in those resolutions don't last very long and I think it may be because they start from that place of looking at our flaws and failings. Instead, what if we looked at our talents and our gifts and resolved to do more with those things? What if we like to sing, so we resolved to find more chances to sing? What if organizing fundraising events was a passion and so we looked around for a cause to believe in and work for and we offered our talents? How about if we love to knit and we choose to knit hats and scarves at home, for the people who just immigrated to Canada from a warm place, or we choose to teach a knitting class for consumer/survivors at the drop-in centre or the hospital ward?

How would our lives be better, and our spirits be brighter, and our world be a better place if we did more of what we love to do, more of what we're good at, and more of what makes our hearts joyful?

What if we started now?

Helen

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Websites Worth Watching

We have three offerings for you this issue:

1. I have a suggestion for a website for the website worth watching in the bulletin. How about www.familymentalhealthrecovery.org. It is a great site to learn about mental health recovery and the recent Recovery Conference held in Toronto. (PM)

2. Community Treatment Orders (CTOs)

According to their webpage (no longer updated) at www.ctoproject.ca the CTO Review Report was submitted to the Minister of Health and Long-Term Care. But where is it? Consumer/survivors demand the release of the 2003 CTO review by the Ministry of Mental Health and Long Term Care. Brian's Law introduced the legislated CTO review as a way of checking on Ontario's CTOs, and it's time we learned what the Ministry has found.

You can contact the Minister of Health at
gsmitherman.mpp@liberal.ola.org <mailto:gsmitherman.mpp@liberal.ola.org>
120 Carlton St. Suite 413,
Toronto ON M5A 4K2
Tel : 416-972-7683
Fax : 416-972-7686

Something like this is a possibility:

Dear Minister Smitherman,

Please release the 2003 CTO legislated review you promised mental health consumer/survivors to ensure the safety and effectiveness of Community Treatment Orders and the new mental health legislation.

Sincerely,

3. Methadone Task Force Website. The Ontario Methadone Maintenance Treatment Practices Task Force, an advisory group to the Ministry of Health and Long-Term Care, has set up a website that explains its objectives, provides a forum for feedback, and lists a range of information resources on various issues surrounding methadone use. The Task Force is currently collecting information in preparation for a final report, which is expected March 31, 2007. The website is www.methadonetaskforce.com.

Newsbytes

Ottawa renews homeless funding- new program to replace Supportive Communities Partnership Initiative (SCPI) Federal Human Resources and Social Development Minister Diane Finley has pledged \$270 million over the next two years to help the homeless. However, instead of coming out of SCPI the money will instead come out of a new program called the Homelessness Partnering Strategy. ("Ottawa renews homeless funding", by Jim Byers, City Hall Bureau Chief, Toronto Star, Wednesday, December 20, 2006, page C1).

Canada's too happy? Yes, according to OECD economist Philippe Cotis, the chief economist of the Organization for Economic Co-operation and Development, wrote in a recently released report that an over-abundance of happiness in Canada could be at the root of the country's productivity woes. It seems that, because we are happy with living standards that are persistently lower than in the United States, we also have lower productivity than that of the U.S. ("Is Canada a case of 'Don't worry, be happy?'", by Heather Scoffield, Economics Reporter, Toronto Star, Tuesday, November 21, 2006, page B7).

The Well-Being of Nations: A psychologist offers a new tool for measuring national happiness

University of Leicester social psychologist Adrian White has created a World Map of Happiness. "One goal is to enable policy makers to track changes in their own nations' happiness and adjust policies accordingly." Where does Canada rank? According to the map, we're number 10 out of 178 countries, with Denmark being number 1, the U.S. number 23, and the U.K. (home to the research study) number 41. (Cynthia Wagner writing in "The Futurist", November-December 2006, page 12).

Internet will increase need for social connections "New mental illnesses such as 'digital depression' and 'connected aloneness' are on the rise as people spend more time engaging virtually with others through the Internet and cell phones rather than face-to-face. Future products and services that enhance personal experiences and life enrichment could help meet the challenge of restoring the personal-virtual balance." (Karl Albrecht in "Outlook 2007", page 5, "The Futurist", November-December 2006 edition).

Newsbytes is compiled Glen Dewar, who is a health promoter and web site content manager in the Health Promotion Program at Community Resource Connections of Toronto (CRCT- web site www.crct.org).

Japan Diary

Amy Harrison, a Fresh Start representative's outline of her trip with Raymond Cheng of OPDI to Japan - 2006

December 4

Raymond and I met with Makiko Kato the CEO of Choral Taitou and Hiroyuki Matsuda for dinner. We discussed the 3 Tokyo meetings. What the layout would be, and who would be in attendance.

December 5

First Tokyo meeting – We met at the government buildings in Tokyo. Today's meeting was attended by some politicians, consumers, members of DPI (disabled peoples' international) and supporters of the Choral Taitou.

December 6

Second Tokyo Meeting – this meeting was held at the Ministry of Health. There were 5 professionals in attendance, 4 men and 1 woman. Raymond and I did our presentation, and answered many questions. We were there to convince them that funding another institution was not in Japan's best interest, but to show them that there are other options. After this meeting we met with members of the media. We told them why we were in Japan and gave our opinions on how the meeting with the Ministry of Health went.

December 7

Third Tokyo Meeting - Today's meeting was attended mostly by consumers and their families. We also had a few Social workers and nurses in attendance. After Raymond and I finished our presentation we answered many questions and heard personal stories from the people in attendance.

December 8

Osaka Meeting – We left Tokyo early this morning and took the bullet train to Osaka. Our meeting took place at a community centre in downtown Osaka. This meeting was sponsored by the boochi boochi club and HIT. The boochi boochi club has over 200 members and is completely consumer run. HIT is a non-profit organization that offers workshops for consumers. The majority of people in attendance of today's meeting were consumers and their families.

Quite a few of professor Matsuda's students were also in the audience. Today's meeting was followed by many questions as well as personal stories shared.

December 9

Kurume Meeting – we left Osaka early this morning and headed to Kurume. Today's meeting was held in a community centre. Most of the people in attendance were consumers and their families. There was also a large deaf population there. We had sign interpreters helping out with the presentation. Many personal stories shared after our presentation today. There were many questions for Raymond and me asking what they should be doing next, and about our jobs at home.

December 10 and 11

One of Professor Matsuda's graduate students Aya brought us sightseeing in Kyoto and Osaka.

Free & Low Cost Events

Sunday December 31st

City TV's Traditional New Year's Eve Bash. Free. Alcohol – free New Year's celebration featuring music and events. Broadcast live on City TV. Nathan Phillips Square, 100 Queen St. W. Info: 416 591-5757 or www.toronto.ca/special_events. Starting at 10:30 pm.



Toronto Zoo's 4th Annual New Year's Eve Family Countdown. \$9.50 (Adults) - \$5.50 (Children 4-12). Family New Year's Event with entertainment including the gang from the Comfy Couch and Little Bear, buskers and more. Toronto Zoo, 361A Old Finch Ave. Info: www.torontozoo.com/specialevents or 416 392-5900. 6:00 – 9:00 pm.

DJ Skating Night. Free. Skate to the rhythms of house, tribal, breaks and funky techno with local DJ's. Free hot chocolate. Natrel Skating Rink, Harbourfront Centre, 235 Queens Quay W. Info: 416 973-4000 or www.harbourfrontcentre.com. 8:00 – 11:00 pm.



Cavalcade of Lights Saturday Night. Free. Musical concert with the jazz, soul and funk sounds of Stabilo followed by fireworks and skating to DJ music. Nathan Phillips Square, 100 Queen Street West. Info: 416 338-0338 or www.toronto.ca/special_events. 7:00 pm.

Monday, January 1st

Mayor's Levee. FREE. Join Mayor Miller for conversation and refreshments. City Hall. 100 Queen Street W. Info: 416 397-5277 or www.toronto.ca. 2:00 – 4:00 pm.

Tuesday, January 2nd

Canadian Opera Company Jazz Series: Jazz Classics and Contemporary Originals.

FREE. Humber College Saxophone Ensemble. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 Noon.



Wednesday, January 3rd

Wellness & Recovery: Distinguished Speaker Series. FREE. MDAO is presenting Caroline Fei-Yeng Kwok, a consumer survivor and writer who will be speaking on "From Despair to Recovery". 40 Orchard View Blvd. Suite 200. Info: 416 486-8046. 7:00 pm.

Canadian Opera Company Jazz Series: Brazilian Classics. FREE. Humber College Bossa Nova Project. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 Noon.



Thursday, January 4th

A Case of Considerable Interest: Treasures from the Arthur Conan Doyle Collection. FREE. TD Gallery is pleased to present **A Case of Considerable Interest**, an exhibition celebrating the 35th anniversary of the Arthur Conan Doyle Collection at the Toronto Public Library, 789 Yonge Street. Continues through to January 7th 2007. Info: 416 393-7158. TD Gallery Hours: Mon.-Thurs. 10-8:00 PM; Fri.-Sat. 10-5:00 pm; Sun. 1:30-5:00 pm.

Friday, January 5th

Goldilocks and the Three Bears. \$13.00. Solar Stage Children's Theatre, While out for a walk with her parents, Goldilocks finds herself lost in an enchanted forest - home to talking trees, a wily fox and the three bears. This musical version puts a new twist on a favorite child's tale. 4950 Yonge Street Concourse Level. Info: 416 368-8031 or www.solarstage.on.ca. 10:00 am, 12:00 Noon and 2:30 pm.



Saturday, January 6th

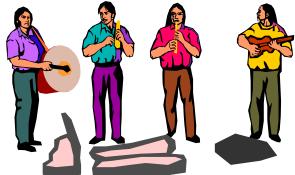
Mark Coatsworth presents a series of black & white photographs from the Scandinavian and Canadian Arctic regions. In summer 2006, photographer Mark Coatsworth spent three months on a series of solo-expeditions through Nunavut, Greenland, arctic Scandinavia and Svalbard. This collection of photographs examines the human societies, wildlife and landscapes of the world's northern-most regions, with a special focus on the political and environmental concerns in North Canada. C'est What, 67 Front Street East. Info: 416 455-7887 or www.markcoatsworth.com. 11:30 – 2:00 am.

Sunday, January 7th

Christmas in the Park. \$5.50 Adults. Tour charming Colborne Lodge home of the founders of High Park, which is decorated in Victorian style for the season. Learn of the Christmas traditions enjoyed during the mid-19th century in Toronto. Enjoy a warm beverage and a traditional Christmas treat. Colborne Lodge, South end of High Park. Info: 392-6916. 12:00 Noon -4:00 pm.



Sunday Afternoon Twilight Organ Recital. FREE. St. James' Cathedral. 65 Church Street. Info: 416 364-7865 ext. 224. 4:00 pm.



Jazz Vespers: The Perry White Quartet. FREE. Christ Church Deer Park, 1570 Yonge Street. Info: 416 920-5211. 4:30 pm.

Sunday Serenades at Scarborough Civic Centre. FREE. The Harvey Siegel Band. Rotunda of the Civic Centre 150 Borough Drive, Scarborough. For more info: 416 338-3295. 2:00 – 4:00 pm.

Tuesday, January 9th

Building Blocks: Queen Street West 1847 – 1890 Exhibition. Free. Exhibition explores the history of Queen St. W. during a time of growth through photographs, maps, plans and drawings from tender calls. Exhibition continues to Feb. 25, 2006. The Market Gallery, South St. Lawrence Market, 95 Front Street E. Info: 416 392-7120 or www.stlawrencemarket.com. 9:00 am – 4:00 pm.

Wednesday, January 10th

Canadian Opera Company: Exotic Sounds. FREE. George Gao, renowned master of the erhu, a traditional Chinese stringed instrument, performs his own compositions in a unique collaboration with the Via Salzburg Chamber Orchestra. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-6671. 5:30 pm.

Thursday, January 11th

Canadian Opera Company World Music Series: Taiko Drumming. FREE. Traditional Japanese rhythms and Western influences. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 Noon.



Saturday, January 13th

Etobicoke Nature Walk. FREE. Toronto Field Naturalists Walk. Call 416 593-2656 for details.

Sunday, January 14th

Sunday Serenades at Scarborough Civic Centre. FREE. Marie Gogo. Rotunda of the Civic Centre 150 Borough Drive, Scarborough. For more info: 416 338-3295. 2:00 – 4:00 pm.



Monday, January 15th

A Collected View: Ten Years of Photography Acquisitions, 1995 – 2005 Exhibition. Free. Exhibition of photographs featuring collected works from renowned photographers over the last decade. Show extended until Jan. 17th. City of Toronto Archives, 255 Spadina Rd. Info: www.toronto.ca/archives or 416 397-0778. Mon - Fri 9:00 - 4:30 pm.

Announcements

**The C/S Info Centre held our first ever
Book Sale
And we made \$394.36 !!!**

To Send the Bulletin to Consumer/Survivors!

Thank you to everyone who supported us

**The Wellesley Institute Invites You to Register for
Write a Winning Grant Proposal**

January 17th

**See their website www.wellesleyinstitute.ca
or call for details 416 972-1010**

Toronto Central Local Health Integration Networks

Invitation to an open Board Meeting

You are invited to the Toronto Central Local Health Integration Networks Open Board of Directors meeting scheduled for Wednesday, January 10th, 2007 at 1:00 - 5:00 pm as per the link to the Notice of Meeting and Board Meeting Schedule for 2006/07. The meeting will be held in the Rousseau Room in the Swansea Town Hall 95 Lavinia Avenue. (near Bloor Street West and South Kingsway). Agenda will include: Ministry of Health and Long Term Care 10 Year Strategic Plan and e-Health Strategy Discussion; Integrated Health Services Plan (IHSP) Implementation; Chair and CEO Reports; Overview of Knowledge Transfer from MOHLTC Regional Offices to LHIN's. Future meeting notices, directions, agendas and minutes will be posted on the Toronto Central LHIN website. Light refreshments provided.

<http://www.torontocentrallhin.on.ca>

Regards,

Barry Monaghan, CEO

Obsessive Compulsives Anonymous

Asked us to pass along this message:

We trust all is well and wish everyone a happy upcoming holiday season. We can't use our venue for three consecutive Tuesday evenings over the holidays. We will not meet on January 2nd, 2007 (holiday closure) or January 9th 2007 (holiday closure). Our meeting will resume at our meeting location and regular time on Tuesday January 16th, 2007 from 6 pm. - 7:30 pm. at Romero House 1558 Bloor Street West near Dundas Street West (close to Dundas West TTC subway station).

F.A.M.E.

Family Association for Mental Health Everywhere
Presents

MEDICATIONS FOR MENTAL HEALTH

An update on current medications used for various mental health concerns.
Presentation will include new medications, side effects and how to manage them.

Guest Speaker: Wende Wood, R.Ph., B.A., B.S.P., B.C.P.P.

Drug Use Evaluation Pharmacist, Centre for Addiction and Mental Health

Wednesday, January 3, 2006 at 7:00 - 8:30 pm.

Royal Canadian Legion, 110 Jutland Rd., Etobicoke, West Side of Islington, South of Bloor

For more info and to register please call Mary at 416 207-5032 x 29



Families and Mental Health Recovery Program

The Family Outreach and Response Program is offering a 10 week education and support program for families who have a relative recovering from serious mental health issues. In the New Year, the following program will be offered at two different locations:

- ✿ Early Psychosis and Family Recovery Program – This is for families who have a relative between the ages of 14 and 35 who is experiencing extreme distress from psychosis.

Locations:

Toronto office: 1001 Queen Street West, Administration Building, Room 2005-1 Course begins: Monday, January 29, 6:30 – 8:30 pm Call Karyn Baker at 416 535-8501 ext. 2011

Scarborough office: 2100 Ellesmere Road, Course begins: Thursday, February 1st, 6:30 – 8:30 pm Call Marian Dalal at 416 535-8501 ext. 1935

Course Outline:

Week 1 - Welcome & Introduction To the Course, Participants & Mental Health Recovery

Week 2 - Our Vision of Recovery

Week 3 - The Power of Hope – FOR YOU

Week 4 - Creating a Family Atmosphere of HOPE & Empowerment

Week 5 - Knowing My Resilience and Understanding Motivation

Week 6 - Understanding Young Adult Behaviour and the Experience of Psychosis

Week 7 - Understanding Choice/Decision-Making within a Family

Week 8 - Your Recovery Tools – Communication & Relationship

Week 9 - Self-Care – Boundaries & Limit Setting

Week 10 - Wrap-up & Planning for On-Going Wellness

- ✿ Family Mental Health Recovery Program – This is for families who have a relative recovering from a serious mental health problem that is not an early psychosis.

Location: 1001 Queen Street West, Administration Building, Room 2005-1

Course begins: Thursday, February 1st, 6:30 – 8:30 pm. Call Ann Thompson at 416 535-8501 ext. 1927

Breakaway Survivors

Self –Esteem and How to Beat the Winter Blues. A group for Consumer/Survivors will be held on Tuesday afternoons starting January 16th. The group will be held in the Spadina and Bloor Street area and will be held in the afternoons starting at 1:00. For more information, and to register for the group, please call 416 923-6040.

Public Appointment Opportunities

The City is asking residents of Toronto to step forward and take advantage of opportunities to make a difference. Civic-minded volunteers are being asked to serve on challenging and interesting quasi-judicial bodies and City boards of directors that deliver key City services.

Application deadline is: 4:30 p.m. on Wednesday, January 10, 2007

For more information and to download application forms, please visit: <http://www.toronto.ca/citizen-appointments/index.htm>

The Mood Disorders Association Ontario (MDAO) is starting a new program,

Drumming to Your Own Beat !

Instructions by Zephie of the Amazing Parkdale Drummers

- No experience necessary • Limit of 12 students • Drums, maracas and cowbells provided

The group will meet on Tuesday Nights from January 9 – March 13, 2007

(there will be no class on March 6, 2006)

For more information contact Donna at 416 486-8046 or donna@mooddisorders.on.ca

Wellness and Recovery Newsletter – Our fourth issue of the quarterly publication that CRCT – Community Resource Connections of Toronto – and the C/S Info Centre cooperate was sent out late in December. It's free to receive by mail or email, but you have to subscribe. If you haven't already, call us at 416 595-2882 or email us at csinfo@camh.net to be put on the subscribers' list.

Training Opportunity

MS Word

The Mississauga Employment Resource Centre invites you to register for their Tutorial on MS Word. Participants will gain knowledge of basic formatting tools to create a professional resume/cover letter.

Participants must be proficient with using a mouse and be able to navigate in the Windows environment. January 4th. 9:30 – 11:00 am at the Mississauga ERC, 2 Robert Speck Parkway, Suite 800. Contact Joan Capozzi at 905 949-0049 x 2040 or jcapozzi@tcet.com to register.

Job Posting

Fife House - Ontario HIV & Substance Use Training Program

Provincial Trainer
Ontario HIV & Substance Use Training Program
(full-time, regular position 40hrs/wk)

Based in Toronto this position will travel throughout the province of Ontario.

FIFE HOUSE is an AIDS service organization providing supportive housing and support services to persons living with HIV/AIDS. The **Ontario HIV and Substance Use Training Program (OHSUTP)**, operated by Fife House, works to improve and enhance the care, treatment and support accessed within substance use/addiction treatment services, for persons living with HIV/AIDS, and those who are at risk for infection in Ontario. The **OHSUTP** will partner with treatment centres, addiction programs and substance use providers throughout the province of Ontario to develop, deliver and evaluate training workshops for professional staff, workers and volunteers focused on issues related to HIV/AIDS and substance use.

QUALIFICATIONS INCLUDE:

- 5+ yrs previous exp. in a substance use field with an appropriate degree in the health and/or human services fields;
- Must be able to delivery training programs in both official languages (French and English);
- Demonstrated understanding and experience in an adult education environment complemented with exceptional training and/or facilitation skills;
- In-depth knowledge of issues facing people living with HIV/AIDS who use substances
- Strong project management skills and experience;
- In-depth knowledge of HIV infection in the current context with a focus on substance use, emerging populations and harm reduction;
- Good knowledge base and experience in community development;
- Demonstrated ability to work independently as well as within a small team setting;
- Must have a valid drivers license and be able to travel throughout Ontario;
- Good communication skills both written and oral.

SALARY: 42k-54k + Benefits

FIFE HOUSE is committed to employment equity and encourages applications from persons living with HIV/AIDS, visible minorities and persons with culturally diverse backgrounds.

Please forward your resume and covering letter that clearly indicates position applied for by 5:00 p.m. January 12, 2007 to:

Office Manager

Fife House

2nd Floor - 571 Jarvis Street, Toronto, ON M4Y 2J1

Fax: (416) 205-9919

Email:wpurchase@fifehouse.org

www.fifehouse.org