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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.*

May 15, 2007

Bulletin 347

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

C/S Info Centre Update

Hi Bulletin Readers,

So you know that I am in the middle of a hiring process. I am interviewing several candidates to be the new assistant coordinator. Michelle, who has been with the centre for a number of years, has decided to stay home with her two lovely babies.

I got more than 25 resumes and I'd like to wish everyone well in their job search. I will be sending letters out to all candidates because as was pointed out to me by another CSI leader, our community is more fragile, in some cases, and we need to be cognizant of that and treat people better than the average hiring process.

I am also going to do an article in the next Bulletin about do's and don'ts of resume writing and I think maybe a workshop, too.

I am taking a vacation and the centre will be closed for the next couple of weeks – starting May 21st and re-opening on Wednesday June 6th. I had hoped to get a person in place before my vacation, but I wanted to give a long closing and the process is taking longer than I expected. And then there's the fact that you can't just hire someone and leave him or her in an empty office.

There also won't be a Bulletin on June 1st, but I'll try to do one as soon as I get back and do it for the rest of June. So wish me luck with the rest of the interviews and Bon Voyage to Vancouver and I'll write soon.

A handwritten signature in black ink that appears to read 'Helen'.

**Table of
Contents**

**Centre Update
Page 1**

**Activities
Pages 2 - 5**

**Announcements
Pages 5 - 8**

**Book Watch
Page 9**

**Job Posting
Page 10**

Wish List.

I am giving away a small television set (14 inch screen) to a consumer/survivor who could put it to good use. I am a community support worker, and can possibly arrange for it to be delivered if the individual in need lives in the downtown area. -- Call the centre and I will put you in touch with this person. Helen.

If you have something to put in our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.



Free & Low Cost Activities

Tuesday, May 15th

Walk with the Toronto Field Naturalists. FREE. Save the Boreal Forest and Bird Walk. Leader Carol Sellers. Marita Payne Park. Bring binoculars if you have them, and lunch. Meet at the northwest corner of Dufferin and Steeles Avenue West. 10:00 am.

Wednesday, May 16th

Hidden Job Market. FREE. Speaker Barbara Hinsmarsh, Job Consultant, Toronto District School Board. Learn about the hidden job market, the one not advertised in newspapers and electronic job banks. Toronto Reference library, 789 Yonge Street. Info: 416 395-5577. 6:30 – 8:00 pm.

Lecture: Matt Mullican. \$6.00. In this talk Mullican reflects on his evolving practice, relating his works under hypnosis to his interest since the mid-seventies into how we imbue images and words with meaning. His new book, *That Person's Workbook*, comprises drawings and collages created under hypnosis. The Studio Theatre, Harbourfront Centre, 235 Queen's Quay. Info: 416 973-4000. 7:00 pm.

Listening Walk and Evening Ramble. FREE. Part of this walk will be done silently so we can hear nature sounds. Bring a towel to sit on. A Toronto Field Naturalists walk. Meet at the southwest corner of Warden Avenue and St. Clair Avenue East, across from the Warden subway station at the entrance to Warden Woods Park. 6:45 pm.

Japanese Tea Ceremony. FREE. Participate in the fine art of the Japanese Tea Ceremony and Kimono demonstration provided by the Association for Japanese Culture. Bridlewood Library, 2900 Warden Ave. Info: 416 396-8960. 7:00 – 8:30 pm.



Thursday, May 17th

Doors Open Toronto Official Toronto Star Program Guide. Free with Toronto Star purchase. The actual event is May 26th and 27th, but today is the Toronto Star's day to publish the official guide. 150 buildings city wide will open their doors for this annual event. This year special focus on green/sustainable buildings, many buildings not usually open to the public, behind the scenes tours, exhibits and activities. Info: www.toronto.ca/doorsopen.

Canadian Opera Company: The Music of Renaissance England. FREE. Country-dancing, rollicking ballads, elegant lute songs and fantasies. The Toronto Consort. Four Seasons Centre for the Performing Arts, 145 Queen West. Info: 416 363-8231.12:00 noon.

Forest of Reading. FREE. Along with the Ontario Library Association, International Reading at Harbourfront and Harbourfront Centre are delighted to present the Forest of Reading Awards. For the first time 5 of the Awards will be celebrated together in a one-day festival of reading, workshops and signings for young readers. Info: 416 973-4000 or www.harbourfrontcentre.com.



Friday, May 18th

Arts at the Heart. FREE. Artisan Market featuring unique art and crafts from local artists, artisans and designers. Yonge Dundas Square. Southeast corner of Yonge and Dundas Street. Info: www.ydsquare.ca. 4:00 - 10:00 pm.



Jung Ju. Secrets of the Peking Opera. FREE. Professional opera singer provides history of the Peking Opera. Audience will enjoy stylized voice and singing including: laughing, crying and recitation. There will be video demonstrations of traditional and contemporary repertoires and an orientation on makeup and costumes. Register in person or call 416 395-5980. York Woods Library, 1785 Finch Ave. West, Theatre. 2:00 – 3:30 pm.

Saturday, May 19th

The Writing Life: An informal discussion for aspiring writers. FREE. Writer in Residence Tin Wynne-Jones talks about an author's life. Registration required: 416 393-7753. Osbourne Collection, Lillian H. Smith Library, 239 College Street, 4th Floor. 2:00 – 3:30 pm.



Chinese Chess. FREE. Part of Asian Month. Woodside Square Library, 1571 Sandhurst Circle. Info: 416 396-8979. 10:00 am – 12:00 noon.

Café Scientifique. Alternative Medicine – Should Science Be Paying More Attention To It? FREE.

Have a beer or a coffee and learn about the latest ideas and issues in science and technology in an informal setting. It's not a lecture. It's a place for group discussion, and audience involvement is the most important ingredient. Hosted by the Science Centre and held at the Rivoli Tavern, 334 Queen Street West. Info: cafescientifique@osc.on.ca Starts at 4:00 pm.

Sunday, May 20th

Lost Creeks of Earl Bales Park. FREE. Leader: Helen Mills. Start at the southeast corner of Bathurst and Sheppard, end at Bathurst and Wilson. Explore the topography of Earl Bales Park, home to several creeks and tributaries to the West Don. This will hopefully be a good time to see migratory birds and spring flowers as well as update on plans for a storm water retention pond at the south end of the park. Moderate difficulty, lots of hills and possibly muddy paths. 2:00 pm.

Wordburglar. \$5.00 with a can of food [\$8.00 without] Part of Toronto Poetry Slam, El Mocambo, 2nd Floor, 464 Spadina Ave. Info: 416 312-3865. Doors open at 7:00 pm.

Monday, May 21st

Lantern-Making Workshops for the whole Family! FREE. Carnivalissima, produced by Luminato and Harbourfront Centre, will liven up the waterfront with glowing dragons, glimmering lanterns and more. We invite you and your family to lantern-making workshops to help us create 1,000 carnival lanterns for the night



parade on June 9. York Quay Centre Harbourfront Centre. Info: www.harbourfrontcentre.com Every Sunday through May + Victoria Day Monday.
1:00 – 5:00 pm

Tuesday, May 22nd

Canadian Opera Company. The Masque: An Introduction.. FREE. An hour of music, dance and spoken word. Four Seasons Centre for the Performing Arts, 145 Queen West. Info: 416 363-8231. 12:00 noon.

Wednesday, May 23rd

Summer Serenades: Matthew Barber. FREE. Yonge Dundas Square. Southeast corner of Yonge & Dundas Street. Info: www.ydsquare.ca. 12:30 - 1:30 pm

Everything You Wanted to Know About Psychotherapy But are Afraid to Ask. FREE. Facilitator: Mariellen Ward, Psychotherapist. Find out what the world's second oldest profession can do for you in this casual talk. There will be time for questions and answers. High Park Library, 228 Roncesvalles Avenue. Info: 416 393-7671. 7:00 – 8:00 pm.

Thursday, May 24th

Fluterra. FREE. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen West. Info: www.coc.ca. 12:00 noon.

Friday, May 25th

Afro Latin Fest Show. Cover: \$ 10.00. Ritmo 1 (Latin Percussion), Video screening by Lina Rodriguez , Rita Camacho Music By Ado (West African music) Dance by Sarisa Figueroa. El Mocambo, 464 Spadina Ave, 2nd Floor. Info: 416 777-1777. 8:00 PM

Saturday, May 26th



Doors Open Toronto. FREE. From heritage landmarks to modern structures, step inside 150 buildings city wide. Buildings may vary so check the website or official Toronto Star Program Guide. Info: 416 338-3888 or www.toronto.ca/doorsopen. Times vary by venue.

Toronto Field Naturalists - Scarborough Bluffs Nature Walk. FREE. Meet at the southeast corner of Chine Drive and Kingston Road. Bring binoculars if you have them. Morning only. 10:00 am.

Knitting For Beginners. FREE. Knitting for Beginners. Registration required.

Pre -register 416 393-7692. Annette Street Library, 145 Annette Street. 2:00 - 3:30 pm.



Sunday, May 27th



Soundstreams Canada. Cool Drummings International Percussion Festival.

FREE. Pure Spirits Patio, Distillery Historic District. 55 Mill Street. Info: 416 504-1282. 2:00 pm.

Monday, May 28th

Royal Conservatory of Music, Glenn Gould School. Student Recital. FREE. Concert Hall, 90 Croatia St. Info: 416 408-2824 x 322. 8:00 pm.

Tuesday, May 29th

The Flying Bulgars: An Intimate Public Performance. PWUC. Early traditional Klezmer music. The TRANZAC, 292 Brunswick Ave. Info: 416 923-8137. 7:30 pm.

Wednesday, May 30th

ROM Walk Entertainment District. FREE. Roy Thomson Hall, Royal Alex Theatre, Princess of Wales Theatre, Convention Centre, CN Tower, Rogers Centre. Meet at King and Simcoe Streets. 6:00 pm.

Toronto Chamber Choir. FREE. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen West. Info: www.coc.ca. 5:30 pm.



Summer Serenades: Lynn Miles. FREE. Yonge Dundas Square. Juno Award winner & Billboard Top Ten pick. The New York Times summed up her music best when it wrote, "Lynn Miles makes being forlorn sound like a state of grace." Yonge Dundas Square, Southeast corner of Yonge and Dundas Street. Info: www.ydsquare.ca. 12:30 – 1:30 pm.

Local History Evenings. FREE. Talks on Toronto local history are open to everyone. Call 416 393-7610 for details. Co-sponsored with the North Toronto Historical Society. Northern District Library, 40 Orchard View Blvd. Room 224. 7:30 – 8:30 pm.

Thursday, May 31st

Lunch Hour Program. FREE. A casual discussion with Writer-in –Residence Tom Wynne-Jones. Everything you always wanted to know about writing. All welcome. Toronto Reference Library, 789 Yonge Street, Beeton Auditorium. Info: 416 395-5577. 1:00 – 2:30 pm.



Announcements

Inclusion of an announcement is not an endorsement of the views of any organization or individual.

Psychiatric Survivor's Soccer Tournament 2007

Hosted by Parkdale Activity – Recreation Centre

1499 Queen Street West

416 537-2591

On Thursdays at about 1:00 pm the members of Parkdale Activity – Recreation Centre are playing soccer at Sorauren Park. If you don't belong to an agency team and you want to get some practice and refresh your soccer skills, come on out and join the fun. The season began in mid April, but it isn't too late to join the fun now. You can find out more by calling Hume Cronyn or Zephie James at PARC.

The Tournament will be held in August. If you belong to an organization or agency, you could set up your own team and practice sessions. You could register for the Tournament as an agency team. Further information regarding the tournament will be made available.

Get active in summer. Kick the ball.

DIABETES EDUCATION FOR MENTAL HEALTH CONSUMER/SURVIVORS

Our popular mental health program is filling up fast for our June session (Mondays in June from 2 pm

to 4 pm). This program features small group sessions over four weeks. Participants are welcome to bring along a friend, relative or case manager. Call now for more information or to register: Denise at 416 469-6580 x 3157. DEC NET is The Diabetes Education Community Network of East Toronto.

Empowerment Council Event

What do you think about your rights and the CAMH Bill of Client Rights? Be part of a peer study!

Where:

Empowerment Council Office, Queen Street site

When:

Monday, May 28, 2007 2:00 - 3:00pm

Call 416 535-8501 x 3013 if you have any questions.

Attendance at this meeting is for clients who are receiving services from CAMH

Psychiatric Survivor Arts and Crafts Fair
Sunday July 15th
10:00 am to 4:00 pm
Parkdale Activity Recreation Centre
1499 Queen Street West

If you want to display and sell your or your group's Arts and Crafts, this is the opportunity for you. There are a limited number of tables and display spaces available, so phone or email Melinda as soon as possible. The deadline for display requests is June 1st. Hope to see you at the Psychiatric Survivor Arts and Crafts Fair. For more information, call Melinda Montgomery at 416 537-2591 or email mmontgomery@parc.on.ca. This event is part of Mad Pride 2007 celebration and is sponsored by Parkdale Activity – Recreation Centre.

**The North York Women's Centre is looking for
volunteer board members.**

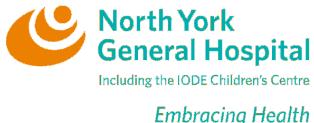
We are a small organization with an 18-year history of providing quality programs and services for women in North York and beyond. We are well established and have a strong, solid reputation in the community. Now, we are ready to grow! We are looking for board members with experience in social activism, fundraising, accounting/finances, anti-racism/anti-oppression, program management, human resources, management and building of non-profit organizations. A time commitment of 8-10 hours per month for three years is required. If you are interested in applying, please submit a volunteer application (available on our website),

a letter of interest and your resume to: North York Women's Centre Attn: Recruitment Committee board@nywc.org, OR 201 Caribou Road, Toronto, Ontario M5N 2B5, OR Fax: 416 781-3822

Applications will be accepted until 5:00 p.m. on June 20, 2007

For information on the board, please contact Mulu Haddis at 416 781-0479. For general information on the North York Women's Centre, its programs and services, visit www.nywc.org

To **subscribe** to The Bulletin or The Wellness and Recovery Newsletter, call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at csinfo@camh.net. The Bulletin is published twice a month on the 1st and 15th. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. Both are posted on the CRCT website at www.crct.org. Both publications are free to receive. We encourage people to subscribe by email if they can so we have the resources available to mail to those who do not have access to a computer or the internet. Helen Hook, C/S Info



Mental Health Program



2nd Annual Art Show & Sale

May 18, 2007

10:00 am – 2:00 pm

**North York General Hospital
4001 Leslie Street
Murray Mackenzie Gallery
(off main lobby)**

**Don't miss your chance to
own these one-of-a-kind
pieces of art.**

Refreshments will be served

**A portion of sales will benefit
North York General Hospital**

Organized by the Mental Health Program & the Participants' Council at North York General Hospital

Promoting the Involvement of People With Mental Illness in the Arts.

For further information please contact: **Stuart Goldman at 416-632-8707 or**
Theresa Claxton at 416 633-9420 x 6967

Neighbourhood Planning Summit – PEOPLE PLAN TORONTO – May 26

PEOPLE PLAN TORONTO, a group of representatives from neighbourhood organizations across the City of Toronto, invites you to get involved in a one-day Neighbourhood Planning Summit on **Saturday, May 26** to identify problems with the planning process in the City, consider alternative models, and create an action plan for change.

The purpose of the day is two-fold: first, to learn from each other and experts about the planning process, its flaws, and potential solutions; and second, to come up with an action plan for change that will engage and involve communities across the city.

The recent Ontario Municipal Board (OMB) approval of 3 large developments on Queen Street West has been just the latest example of planning gone awry. Neighbourhoods across Toronto are exasperated with the City's dysfunctional planning process and the role of the unelected OMB.

Come to the forum on Saturday, May 26, 2007 at the Faculty of Architecture, Landscape and Design at the University of Toronto, 230 College St. West.

Register online at <http://www.surveymonkey.com/s.asp?u=564703573302>

Community Arts Stakeholder Consultations: the Future of Community Arts in Toronto

Toronto Culture is looking for your suggestions on how to build, support and enhance community arts across Toronto. A strong and healthy community arts sector can create strong and healthy neighbourhoods. Community arts does this by bringing together people from all walks of life through the arts. Local artists, youth and members of the broader community are engaged in arts programs and activities that nurture a sense of belonging and community pride.

By working together, we can create communities infused with creativity that will lead to a vibrant arts and culture life for all of us and contribute to the development of our Creative City.

You are invited to attend a stakeholder consultation to have a voice in the future of community arts in Toronto. We need your input on strategies to:

- address challenges and opportunities identified by community arts practitioners
- ensure increased and sustained funding for community arts development across Toronto
- open up affordable space for use by community arts and youth groups
- gain recognition of the important role community arts play in building, developing and nurturing neighbourhoods
- improve resource-sharing among community arts practitioners.

Please join us at one of the following sessions:

Thursday, **May 17** • 6-8 pm, Metro Hall, 55 John St, Room 304

Thursday, **May 24** • 6-8 pm, L'Amoreaux Community Recreation Ctr, 2000 McNicoll Ave, Parkview Room

Wednesday, **May 30** • 6-8 pm, Etobicoke Civic Centre, 399 The West Mall, Meeting Rooms 2 & 3

To RSVP or for more information, contact Margaret Chan, Senior Arts Development Co-ordinator by calling 416-338-0491 or emailing mchan4@toronto.ca.

Following the Stakeholder Consultations, your suggestions will be integrated into a report on how to strengthen and sustain community arts in Toronto that will be submitted to City Council in fall 2007. For more information about community arts in Toronto, including a preliminary report to City Council submitted in January 2006, visit: www.toronto.ca/culture.

Book Watch

With Child

Substance Use During Pregnancy: A Woman-Centred Approach

Susan C. Boyd (Victoria, British Columbia) and Lenora Marcellus, (Alberta), eds.

Although drug use occurs throughout the social spectrum, problematic use is associated with poverty and social deprivation. In spite of this link, women are blamed for the outcomes of their pregnancies, and it is argued that drug-using women should not be allowed to have custody of their children. The contributors of this volume propose that those who provide services for pregnant drug-using women must recognize that women with social problems that affect pregnancy outcomes should be approached in the same way as are women with medical problems that have obstetric consequences. Drugs are one factor amongst many that shape pregnancy, and, although drug use is a risk, it is a manageable one.

This book is unique and timely. It provides practitioners and researchers with valuable information about maternal drug use, harm reduction, best practices and policy. It will provide a groundbreaking critical and feminist template for organizations in a wide range of fields such as nursing, social work, medicine, public health, health, child development, and addictions.

Contents

Preface: Drug Use and Parenting Mary Hepburn

Part One - Making Sense of Theory

Introduction: The Journey to Comprehensive Care Susan Boyd

- Drug Scares and Practice: Socio-Historical Considerations Susan Boyd
- Using Feminist Ethics to Inform Practice with Pregnant Women Who Use Substances Lenora Marcellus
- Outcomes for Children with Prenatal Exposure to Drugs and Alcohol: A Social Determinant of Health Approach Lenora Marcellus and Kimberly Kerns

Part Two- Innovative Woman-Centred Practice

Caring not Curing: Caring for Pregnant Women with Problematic Substance Use in an Acute Care Setting Sarah Payne

- One Woman at a Time: Bringing the FIR Square Model of Practice to a Community Hospital Alice Forsyth, Dawn Pomponio and Laurie Robinson
- “Make It More Welcome”: Best Practice Child Welfare Work With Substance-Using Mothers Sydney Weaver
- Breaking the Cycle: An Essay in Three Voices Margaret Leslie, Gina De Marchi and Mary Motz

Part Three - Future Directions

Knowing About Women, Children and Fetal Alcohol Syndrome: What Knowledge and Whose Caring Counts? Carolyn Schellenberg

- Harm Reduction in Action: Future Directions Susan Boyd and Lenora Marcellus

Susan Boyd is Associate Professor in Studies in Policy and Practice and Senior Research Fellow at the Centre for Addictions Research of British Columbia, University of Victoria.

Lenora Marcellus has practiced nursing for over 20 years in acute care and community maternal-infant settings. She has most recently practiced as a consultant with the British Columbia Ministry of Child and Family Development where she developed the Safe Babies project.

136pp ISBN: 978-1-55266-218-2 \$17.95

Sent to us by The Canadian Harm Reduction Network <http://www.canadianharmreductionnetwork.com>

Job Posting

Position **PEER SUPPORT WORKER**

Organization: UNIVERSITY HEALTH NETWORK, TORONTO WESTERN HOSPITAL

Program: IMPACT ASSERTIVE COMMUNITY TREATMENT TEAM

Hours: 37.5 HRS PER WEEK; DAYS

Status: TEMPORARY FULL-TIME

At University Health Network, the breadth of skills, proud histories and stellar reputations of Toronto General Hospital, Toronto Western Hospital and Princess Margaret Hospital come together to achieve a common purpose and vision. UHN is among the ranks of the world's leading providers of exemplary patient care and innovative research and teaching.

As a member of the IMPACT Program, the **Peer Support Worker** works collaboratively with members of the multi-disciplinary team to provide service to persons with severe mental illness, with a focus on *treatment, rehabilitation and support*. The primary responsibilities include: skills teaching for activities and behaviours of daily living; assistance in maintaining housing; support and encouragement; counseling and feedback to enable clients to reach their goals and reduce the incidence, duration and intensity of a crises; performing other duties consistent with the job classification, as required.

QUALIFICATIONS

- Candidates **must be consumers of the mental health system** and be willing to disclose this as a part of being a role model for clients
- B.A. or recognized Human Services, Social Services diploma program or equivalent an asset
- Demonstrated involvement with people who have severe and persistent mental illness
- Current experience working in community-based psychiatry
- Proven knowledge of psychosocial rehabilitation
- Experience working in a multi-disciplinary team environment
- Ability to work effectively and efficiently under pressure
- Strong time management, problem solving and organizational skills
- Effective written and verbal communication skills
- Knowledge of mental health policies, legislation, (ie. Occupational Health & Safety Act, Mental Health Act) and other relevant legislation
- Knowledge of community resources pertinent to consumers of the mental health system
- Computer literacy

Please submit resume and cover to: Daniela Sota
Coordinator, IMPACT Team
489 College Street
Suite 304
Toronto, ON
M6G 1A5
416-925-3350
416-925-0802 (fax)
daniela.sota@uhn.on.ca