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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.*

October 01, 2007
Bulletin 355

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

**The Consumer/Survivor Information Resource Centre
of Toronto Cordially Invites You Back to Where
Our Service Began 15 Years Ago...**

**ANNUAL GENERAL MEETING
AND 15TH ANNIVERSARY
CELEBRATION**

at PARC, 1499 Queen Street West

Wednesday October 3, 2007

5:30 for Food & Mingling

6:30 Meeting & Keynote Speaker

PAT CAPPONI

Switching Our Focus:

Making Community a Viable Alternative



Join in our Mug Drive for PARC: We're asking everyone who comes to
the AGM to bring a coffee mug if you have one to spare!

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REACTION TO SHUT OUT

By Pat Capponi

It doesn't look good. Ontario consumer/survivors have been shut out of the new Mental Health Commission; the only member from Ontario is Dr. David Goldbloom. For decades now, Ontario survivors have set the agenda for reform, in this province and across the land. We have fought for rights in the institutions that held us, and in the communities that scorned us, and the agencies that sought to regulate our medication levels. We were the first to connect mental health to housing, employment and empowerment. We run a business at CAMH, we fight the good fight at inquests, we celebrate our artists and mourn our dead.

So it's reasonable to ask: what's going on here? I remember the day the Kirby Committee came to Toronto, how Helen Hook spoke, Diana Capponi, myself, Jennifer Chambers and so many others that it was our day and ours alone. I remember how impressed the senators were, and a few days later, I got a phone call from a staffer who said, "it's not fair that you had to prove yourselves, but you did, and you did."

Some wonder if it's because we don't all tread the clinical line when it comes to mental health, others wonder if it's because so many of our best activists are gay, others that we're so strong we'd overshadow Kirby and his co-chair. Even worse is the suspicion that the call for applications was largely window dressing, after the decisions were made. Again, it's reasonable to ask: what's going on here?

We'll probably never know, but now we must consider what we will do with this Commission. There are three consumer/survivors, and that's significant. Not so long ago, the Commission would have been doctors and family members and maybe a pharmaceutical company or two. We've been shut out, shut up, for years; we can roll with the punches and take advantage of this Commission and the opportunity it creates to give Mental Health a greater profile in the country. We can inform the three consumer/survivors, and the other members, by regularly emailing and updating them on our always innovative and exciting initiatives. We can strut our stuff for them, for media, and continue the good hard work for a full citizenship and full rights for survivors.

I for one will shrug off the disrespect that stings just a bit. It's never been easy for any of us, but it never stopped us before and it won't stop us now.



ANNOUNCEMENTS

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

R.O.O.F. (Rental Opportunity for Ontario Families)

The Ontario Government has announced a \$185 million housing allowance program. Eligible families will receive \$100 per month for 5 years. For more information, go to www.Ontario.ca/ROOF, or call 1 888 544-5101 (TTY: 1 800 263-7776).



TENTH ANNUAL MENTAL HEALTH INFOFAIR

Do you need information for yourself, a family member, friend or neighbour about Mental Health and Addiction Services in East Toronto?

Wednesday, October 3, 2007

12:00 pm - 4:30 pm

East York Civic Centre, 850 Coxwell Avenue

New programs highlighted; Information and resources available at attended displays;

Your questions answered; Videos about important mental health issues;

Resources for consumers, workers, and family

Free admission ↳ Light refreshments ↳ Raffle

Sponsored by:

Toronto East General Hospital, Centre for Addiction and Mental Health (CAMH)

St. Michael's Hospital, VHA Home Healthcare, St. Clair O'Connor Community Inc., and COTA Health

ANOTHER CHANCE TO SEE 'NOW WHO'S CRAZY NOW?' OCTOBER 3RD

One Woman Play Chronicles Journey Through Mental Illness

In her fast-paced, one-woman play 'Now Who's Crazy Now?', Elly Litvak candidly brings her own personal experience living with and recovering from a serious mental illness to the stage. 'Now Who's Crazy Now?' is a highly entertaining and educational piece, with a message of hope for recovery for everyone. 'Now Who's Crazy Now?' is an honest, inspirational real-life story in which Elly turns her pain into personal empowerment.

1:30 pm October 3, 2007

Joseph Workman Auditorium

1001 Queen St. West

General Admission \$10

Students \$5

Free Admission to people who are living with or who have recovered from a mental illness

Information: Elly Litvak, Who's Crazy Now? Mental Health Services
604 688-1556 elly@whoscrazynow.com www.whoscrazynow.com

PSYCHIATRIC PATIENT ADVOCATE OFFICE 2007 PUBLIC EDUCATION CAMPAIGN ON MENTAL HEALTH LEGISLATION

The Psychiatric Patient Advocate Office will host a series of free workshops across Ontario in Fall 2007 regarding mental health legislation. Of interest to clients, families, caregivers, health practitioners and service providers, the workshops will be held in Kingston, London, North Bay, Peterborough, Sault Ste. Marie, St. Catharines, Sudbury, Toronto, Whitby and Windsor. **Topics include:** Form 1: Application for Psychiatric Assessment ~ Treatment and Informed Consent ~ Community Treatment Orders ~ Personal Health Information ~ Involuntary Status ~ Rights Advice

Toronto Workshop

Wednesday, November 14, 2007, 1:00 pm to 4:00 pm
Superior Room, The MacDonald Block, 2nd Floor, 900 Bay Street, Toronto

Registration: Email Dorothy.Bursey@ontario.ca or call 1-800-578-2343 (9:00 am to 5:00 pm Monday to Friday)
Details on workshops in other areas of Ontario can be found at www.ppaao.gov.on.ca

NEW MEDITATION/MINDFULNESS SELF-HELP GROUP RUN BY AND FOR CONSUMER/SURVIVORS

Interested? Got questions? Suggestions?

**Contact: Zane (zanewboyd@yahoo.ca / 416 760-2906) or
Eila (tony-eila@rogers.com / 416 429-9329)**

TORONTO EAST COUNSELLING AND SUPPORT SERVICE BOARD MEMBER REQUIRED

Toronto East Counselling and Support Service (TECSS) is a not-for-profit organization, which provides flexible support services to people who have mental health issues.

We are currently looking for a volunteer board member who is a consumer/survivor to help our organization, from November 2007 to November 2008. You would participate in board meetings and assist our organization in strategic planning and financial management, as well as help develop, revise and approve agency policies and assist in fundraising strategies. If you are interested in this volunteer position, please submit a resume to: Toronto East Counselling and Support Service, 955 Queen Street East, Toronto, ON M4M 3P3 or visit www.tecss.com.

TECSS is committed to being reflective and representative of the communities we serve. Consumer/survivors, family members/care givers of consumer/survivors, people of colour, First Nations, Native, lesbian, gay and transgendered people, people with disabilities and multi-lingual individuals are strongly encouraged to apply and self-identify.

ARE YOU A CAMH CLIENT THINKING ABOUT TAKING A COURSE? IF YES, CONSIDER APPLYING FOR A CLIENT LEARNING BURSARY!

For more information about:

- the Reay and Lynda Mackay Family Endowment Fund for Client Learning, contact Sarah Manson at 416 535-8501 x 4407, or Karen Fournier at x 4937;
- the Mary Tweedie Fund, contact Theresa Conforti at 416 535-8501 x 2995.

Applications may be obtained from your clinician or by contacting Sarah Manson at 416 535-8501 x 4407, or in Room 820 (8th floor), 250 College Street.

The next deadline for applications is Friday, October 19, 2007.

EMPLOYMENT RELATED INFORMATION

Information session on **Employment Scams and Identity Theft**: Don't get fooled by con artists while looking for work. The speaker will be from the Scotiabank Fraud Awareness Program. Thursday October 4th, from 2:00 pm to 3:15 pm. Woodgreen Employment Resource Centre, 1080 Queen Street East. The workshop is free, but you must register by calling 416 462-3110 x 2316.

Four day long training on **Asbestos Removal and Demolition**. Jointly sponsored by Dixon Hall, Labour Link, Downtown East Community Development Collective and the Toronto Christian Resource Centre. The training begins October 29th and the last of the information/registration sessions is on Wednesday October 3rd, from 10:00 am to 11:30 am at the Christian Resource Centre, 40 Oak Street. Call 416 860-9991 x 221 or x 225 to reserve a seat. The program is free and is open to anyone who is not working.

Dixon Hall is recruiting for casual positions for **Exhibition Place**. These are very part-time, casual maintenance and general help jobs to come in when they have a show on. You need steel-toed shoes; a G License is considered an asset. The pay is \$11.27 an hour, with some positions getting more. The information session is on October 10th at 10:00 am. Contact Meghan Dixon at 416 864-1511 x 249.

BIZ FUTURES SELF EMPLOYMENT DEVELOPMENT PROGRAM

LAUNCH YOUR BUSINESS!

- ✓ Have a business IDEA?
- ✓ Living with a disability?
- ✓ Want the freedom of being your own boss?
- ✓ Eligible for ODSP Employment Supports?

BIZ FUTURES CAN HELP!

- ✓ Learn how to launch and manage YOUR business!
- ✓ Develop a practical and effective Business Plan!
- ✓ Comprehensive in-class instruction!
- ✓ Ongoing business advisor support!

FREE INFORMATION SESSIONS!

(Run throughout the year)

Spots are Limited! Contact: Maureen Kelly, Toronto Business Development Centre
1071 King Street West • 416 345-9437 • mkelly@tdbc.com • www.tfdc.com

Wish List

We have received a request for an electric mixer (hand or stand-style). If you have one to donate, please contact the centre.

If you have something to donate for 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.

JOB POSTINGS

GERSTEIN ON BLOOR RELIEF STAFF REQUIRED

Relief Staff are required for the Community Crisis Worker position at Gerstein on Bloor, a new residential program site opening October 1st, 2007. This supportive, homelike environment provides 5 Primary Support beds for women who are experiencing mental health crisis and are currently homeless as well as 9 Mental Health and Justice beds for women and men who are experiencing mental health crisis and have recently been involved with the law. Gerstein on Bloor is located in the Bloor and Dovercourt area and will serve individuals from Downtown Toronto.

Qualified candidates should have:

- at least 3 years experience in community mental health and crisis intervention or experience in a related field;
- an extensive knowledge of community supports available in the City of Toronto and familiarity with the Directory of Community Services in Toronto (the 'Blue Book') / www.211toronto.ca;
- experience with the mental health, criminal justice and shelter systems;
- experience running groups and programs;
- demonstrated capability to be flexible and to work under pressure;
- good written and verbal communication skills (a second language would be an asset).

The Community Crisis Worker:

- screens and assesses referrals to short-term residential crisis beds;
- provides short-term crisis support, case management, advocacy and community referrals for individuals staying in the short-term residential crisis beds;
- provides crisis intervention and exercises good judgment in emergency and/or crisis situations;
- can work independently and within a team and shares responsibility for 14 high-support beds within a residential setting.

Please note:

The position will primarily involve weekend work, although some weekday work (days, evenings, nights) may be available. The position also includes some light housekeeping and cooking. Consumer/survivors from the psychiatric system, members of ethno-racial communities and Native Canadians are encouraged to apply. We thank all applicants, but will contact only those selected to be interviewed.

Please send resumes to: SELECTION COMMITTEE, GERSTEIN CRISIS CENTRE, 100 CHARLES STREET EAST, TORONTO, ON M4Y 1V3; FAX: 416 929-1080; EMAIL: jobs@gersteincentre.org

HOUSELINK COMMUNITY HOMES OVERNIGHT HOUSING WORKER, FULL-TIME

Duties and responsibilities: support and informal counselling; community development, group facilitation, crisis management and mediation; function as landlord agent and ensure safety and security of buildings and occupants.

Qualifications and experience: experience working with marginalized men facing mental health issues; work experience in the areas of housing, and/or mental health; relevant education in social services, community development or a related field; excellent written and verbal communications skills; commitment to anti-poverty and anti-racism work; experience with substance abuse issues.

Starting salary is \$32,832. per annum with benefits. For more information, see the complete job description at www.houselink.on.ca/careers. Please send cover letter and resume by October 8, 2007 quoting file # OHW222 to: Hiring Committee, Houselink Community Homes, 805 Bloor Street West, Toronto, ON M6G 1L8.

No phone calls please. Only those selected for an interview will be contacted. Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, gays, lesbians and women.

Free & Low Cost Activities

We will make every effort to indicate if a venue is not wheelchair accessible, but we suggest that you call or email ahead to ensure that your needs will be properly met. If you have any information about places that aren't accessible, please call the centre.

MONDAY, OCTOBER 01

Massey Hall presents: *Vote Out Poverty*. SLIDING SCALE. Actress and comedian Mary Walsh hosts an evening of culture and politics to raise awareness of the need for a Poverty Reduction Strategy in Ontario. The event will feature a keynote address by Stephen Lewis, one of Canada's most respected commentators on social justice and human rights, as well as performances by The Barenaked Ladies, Susan Aglukark, Bruce Cockburn, and more. Massey Hall, 178 Victoria Street, east of Yonge Street. 7:30 pm. For more information and pricing details, call 416 872-4255 or email dhowlett@makepovertyhistory.ca.

TUESDAY, OCTOBER 02

Canadian Opera Company. *The Richard Bradshaw Amphitheatre Chamber Series: Musica Dolce*. FREE. Works by Bach and Telemann; Couperin; Apotheosis of Lully. Sugarbeats ensemble; members of Canadian Opera Company Orchestra; musicians from Aradia Ensemble. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 noon. For more information call 416 363-8231.

University of Toronto Faculty of Music: *Voice Performance Class*. FREE. Student performances. Faculty of Music, Walter Hall, 80 Queen's Park Crescent. 12:10 pm. 416 978-3744.

Information Session: *A Career in the Construction or Transportation Industry*. FREE. 5th Wheel Training Institute presents an information session on construction and transportation training programs which include heavy equipment operator, class AZ truck driver, class DZ truck driver, individualized equipment operator and instruction certification. Toronto Public Library, Albert Campbell Branch, 496 Birchmount Road. 6:00 pm to 8:00 pm. For more information or to register, call 416 396-8890.

Making Music Matter. FREE. Find out how you can use music to make a difference in the lives of people in your community. Featuring Gavin Sheppard, remix project. Toronto Public Library, York Woods Branch, 1785 Finch Avenue West. For more information or to register call 416 395-5980.

WEDNESDAY, OCTOBER 03

Switching Our Focus: Making Community A Viable Alternative. Now that we're "outside the walls" how do we make community a safe place to learn and grow and achieve? Keynote address by Pat Capponi at the Consumer/Survivor Information Resource Centre's Annual Meeting and Fifteenth Anniversary Celebration. FREE. PARC 1499 Queen Street West. 6:00 pm. Bring a coffee cup to donate for our PARC mug drive. For info call 416 595-2882

Canadian Opera Company. *The Richard Bradshaw Amphitheatre World Music Series: Solo Tabla*. FREE. Ustad Ilmas Hussain Khan. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 noon. For more information call 416 363-8231.

Tenth Annual Mental Health Info Fair. FREE. Do you need information for yourself, a family member, friend or neighbour about Mental Health and Addiction Services in East Toronto? You'll find it here! East York Civic Centre, 850 Coxwell Avenue. 12:00 noon to 4:30 pm. For more information see the announcement on page 3 of this issue of the Bulletin.

This is Not a Reading Series. David Gilmour: *The Film Club*. FREE. Veteran broadcaster Ralph Benmergui interviews David Gilmour, winner of the 2005 Governor General's Award for Fiction, on his thought-provoking and true story of home-schooling his son using movies. Gladstone Hotel, Ballroom, 1214 Queen Street West. 7:30 pm (doors open at 7:00 pm). For more information call 416 531-4635 or email info@gladstonehotel.com.

THURSDAY, OCTOBER 04

Canadian Opera Company. *The Richard Bradshaw Amphitheatre Piano Virtuoso Series: Virtuoso Masterworks*. FREE. Philip Chiu. Four Seasons Centre for the Performing Arts, 145 Queen Street West at University Avenue. 12:00 noon. For more information call 416 363-8231.

University of Toronto Faculty of Music. *Thursdays at Noon: A Soldier's Tale*. FREE. All-Stravinsky program, featuring clarinet, piano and violin/viola. Faculty of Music, Walter Hall, 80 Queen's Park Crescent. 12:10 pm. 416 978-3744.

Toronto Reference Library 30th Anniversary Author Series: Rona Maynard. FREE. Former Chatelaine magazine editor Rona Maynard reflects on her tempestuous relationship with her mother, Fredelle. 7:00 pm. Toronto Reference Library, 789 Yonge Street. For more information call 416 395-5577.

FRIDAY, OCTOBER 05

Tea and Books. FREE. Toronto Public Library, Mimico Centennial Branch, 47 Station Road. 2:00 pm. For more information call 416 394-5330.

SATURDAY, OCTOBER 06

Toronto Argos StreetFest. FREE. Join in the pre-game festivities and support the Toronto Argonauts Football Club. Rogers Centre, Bremner Boulevard, north side from Van de Water Crescent to Rees Street. 1:00 pm to 3:00 pm. For more information call 416 341-2700.

Lost River Walks. *Irish Toronto: The Immigrants Walk*. FREE. This city streets walk will take you through Corktown to the Don Pinnacle. Start at Queen Street East and Power Street. 2:00 pm, rain or shine. For more information contact The Toronto Field Naturalists at 416 593-2656, email The Toronto Green Community at info@ntgc.ca, or visit www.ntgc.ca.

SUNDAY, OCTOBER 07

Sunday Drop-in Thanksgiving Dinner. FREE. Enjoy a Thanksgiving meal and meet new people. The 519 Church Street Community Centre, 519 Church Street just north of Wellesley Street. 10:00 am to 3:00 pm. For more information call 416 392-6874.

MONDAY, OCTOBER 08

Thanksgiving Day. *"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."* (Albert Schweitzer).

TUESDAY, OCTOBER 09

The Canadian Opera Company Ensemble Studio. *Excerpts from Mozart's The Marriage of Figaro*. FREE. *The Marriage of Figaro* recounts a single day in the palace of Count Almaviva in this fresh rendition of Mozart's beloved comic romp. Four Seasons Centre for the Performing Arts, Richard Bradshaw Amphitheatre, 145 Queen Street West at University Avenue. 12:00 noon. For more information call 416 363-8231.

Yorkville Play Reading Group. FREE. All welcome. Every Tuesday 7:00 pm to 8:30 pm. Toronto Public Library, Yorkville Branch, 22 Yorkville Avenue. For info call 416 393-7660.

WEDNESDAY, OCTOBER 10

PROVINCIAL ELECTION AND REFERENDUM DAY. Don't let others speak for you; cast your vote! For more information on voting, contact Elections Ontario at 416 326-6300, TTY 1 866 273-4612, or visit www.elections.on.ca. For more information about the referendum visit www.yourbigdecision.ca.

Hump Day Bump. No Cover Charge. Dance at the Gladstone Hotel's neighbourhood queer night with DJ'd music. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

THURSDAY, OCTOBER 11

Afternoon at the Movies. FREE. Toronto Public Library, Barbara Frum Branch, 20 Covington Road, 3rd Floor, Room B, Auditorium. 2:00 pm to 4:00 pm. For more information and movie title, call 416 395-5440.

Toronto Reference Library 30th Anniversary Author Series: Frances Itani. FREE. Frances Itani reads from her long-awaited second novel, *Remembering the Bones*. 7:00 pm. Toronto Reference Library, 789 Yonge Street. For more information call 416 395-5577.

FRIDAY, OCTOBER 12

Family Movie Night. FREE. Toronto Public Library, Parkdale Branch, 1303 Queen Street West. 6:00 pm. For info call 416 393-7686.

SATURDAY, OCTOBER 13

The Brick Works Farmers' Market. FREE. There's something for everyone at this lively, planet-friendly destination. You can look forward to Ontario grown fresh produce, socially and environmentally conscious goods, artists, entertainers, storytelling and educational activities that appeal to grown ups and kids alike. A shuttle bus is available on Saturdays to and from Broadview subway station every half hour. The Farmers' Market runs from 8:00 am to 1:00 pm; the last bus leaves from Broadview station at 12:30 pm, and from the Brick Works at 1:00 pm. For more information visit www.evergreen.ca.

SUNDAY, OCTOBER 14

Monkey Toast: The Improvised Talk Show. Pay What You Can. *Now Magazine* has called Monkey Toast "the best comedy deal in town". Recently nominated for four 2007 Canadian Comedy Awards, the show features a cast of some of the best comedy improvisers in the world. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 8:00 pm to 10:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com



*Believe in yourself and all that you are.
Know that there is something inside you
that is greater than any obstacle.*

~ Christian D. Larson

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. The September issue has just come out. 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 & Deb,
C/S Info

The C/S Info Centre's Annual General Meeting will be held on October 3, 2007 at 5:30.

We're celebrating our 15th Anniversary and we'll go back to where we first started delivering service – at PARC, 1499 Queen Street West. It's free to become a member of the Consumer/ Survivor Information Resource Centre. Please fill out this form and get it back to us by mail, email or by dropping it off to us at 252 College Street.

General Membership Application
Consumer/Survivor Information Resource Centre
of Toronto

If you have a membership, you must renew your membership before the end of every two years for your membership to be in good standing

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system;
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community;
3. To provide information outreach services to consumer/survivors in the community;
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services;
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps;
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge for membership.

Regular Member from the Greater Toronto Area only (consumer/survivor)
 Associate Member (Non-voting). This category is for anyone who is not a consumer/survivor.

Signature_____

Date_____

Name (please print)_____

Organization (optional, if applicable)_____

Address_____

City/Prov._____ Postal Code_____

Phone (____)_____ Work Phone (____)_____

Fax (____)_____ Email _____

**YOUR APPLICATION MUST BE RECEIVED AT THE C/S INFO CENTRE BY 6:00 PM ON OCTOBER 1ST 2007
IN ORDER FOR YOU TO BE ABLE TO VOTE.**

You do not need to be a member to continue to receive your subscription to the Bulletin.