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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 1, 2008**

Bulletin 379

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

LOCATION: 252 College Street, 3<sup>rd</sup> Floor, Toronto, ON

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Hello Subscribers,

In this edition's *Doing It For Ourselves* we showcase Fresh Start, a highly successful cleaning and maintenance business that was started in 1989 by a group of consumer/survivors from Parkdale Activity-Recreation Centre (PARC) and Dixon Hall. Today Fresh Start employs 100-120 consumer/survivors throughout the year.

We would like to remind our subscribers that the Centre's Annual General Meeting is coming up soon. All of our members, both old and new, are invited to attend. The meeting will be held October 22<sup>nd</sup> in the Malcolmson Lecture Theatre at the Queen Street site of CAMH at 1001 Queen Street West. Refreshments are at 5:30 pm, business begins promptly at 6, and guest speakers, Linda Chamberlain and The Dream Team begin immediately after the business part of the meeting. If you would like to become a member please fill out the form on the back of the Bulletin and return it by mail, email or in person to 252 College Street. If you would like to vote at the AGM we need to receive your application no later than 48 hours before the meeting.

Finally we would like to remind our subscribers about the Centre's very first Consumer/Survivor Information Session (CSIS), a more formal presentation than the Yak and Snacks. We hope to hold the sessions eight times a year to contribute to consumer/survivor knowledge about a variety of topics. The topic of our first session is Harm Reduction. See our announcement on page 3. Please feel free to let us know about topics that you would like to see in future sessions.

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## DOING IT FOR OURSELVES

For this edition Helen and I paid a visit to Fresh Start, a consumer/survivor social enterprise committed to creating meaningful employment opportunities for consumer/survivors and to the value of peer support among their members. We received a warm welcome from Paulette, Debra and Shawn, staff members who take care of the administrative, financial and marketing aspects of the business.

Fresh Start was founded by a group from Parkdale Activity-Recreation Centre and Dixon Hall with a desire for meaningful employment opportunities. They decided to accomplish this by starting a business of their own. They held their first meetings in November 1989 and by December had determined that the start up cost for a cleaning and maintenance company was more feasible than their original idea of a printing business. The start up funds for the operation (\$50,000) came from the City of Toronto's Economic Committee under Mayor Art Eggleton, and Fresh Start secured their first cleaning contracts (\$90,00 worth of business a year) in the spring of 1990. By the fall of the same year they had moved into their Queen Street location, formed a board of directors and begun the process of incorporation. In March 1991 Fresh Start obtained funding, along with 8 other consumer/survivor initiatives, through the Consumer/Survivor Development Initiative (CSDI), now called the Ontario Peer Development Initiative (OPDI).

Currently, Fresh Start employs between 100 and 120 workers (including three 15 year members!), in part-time and full time positions. Employees are eligible for membership after working at Fresh Start for 3 months.

Fresh Start provides both residential and commercial cleaning and maintenance services. Their current slogan is "Fighting Grime Since 1989". They have 21 business clients for a total of 50 sites and they offer snow removal and grounds keeping services for 20 to 50 sites. In addition, they do one time cleaning and maintenance jobs such as painting, carpet cleaning, and lawn care, building maintenance, construction cleaning and industrial cleaning. As contracted partners with the City of Toronto Homeless Initiative Fund, Fresh Start regularly performs Extreme Cleaning and provides an Extreme Cleaning Follow-Up Program. This is a service for people at high risk of homelessness, having received an eviction notice due to the unhealthy state of their dwelling. Fresh Start cleans the dwelling thoroughly, and if the tenant is interested, provides a cleaning supply kit, and teaches the tenant how to maintain their home.

One of the challenges faced by the Board, the staff, and the employee/members is to balance the community and business dimensions of the initiative. A growing presence and participation of employee/members within the business has resulted in new ideas such as a snack area supplied and maintained by the business, where employees can grab a bite between shifts. More creative ideas are anticipated due to the input of employee/members. Every second Friday night brings members together for movies, board games, and euchre. For the past several years the AGM has been held on a cruise ship, no doubt increasing attendance dramatically! Fresh Start recognizes the development of a strong social and recreational component as essential to continue meeting their goal of providing meaningful employment for consumer/survivors of the mental health system.

Fresh Start

207 - 761 Queen Street West

Toronto, Ontario M6J 1G1 Phone 416 504-4262

## Newsbytes

**Ontario Peer Development Initiative to train 200 Peer Supporters.** Thanks to a \$196,200 Ontario Trillium Foundation Grant, OPDI will train 200 Ontarians with lived experience of mental health issues to assist others in their recovery. This two-year project will also develop a made-in-Ontario peer support training toolkit accessible to all Ontario peer-run organizations. For more information visit [www.trilliumfoundation.org](http://www.trilliumfoundation.org) or call Deborah Sherman, 416 484-8785 x 238.

**Coroner's Inquest into death of Jeffrey James begins.** The coroner's inquest into the death of Jeffrey James began on September 15. In July 2005, Mr. James collapsed and died at the Centre for Addiction and Mental Health (CAMH) after being freed from the restraints that had strapped him to a bed for five days. Ontario's chief pathologist testified that Mr. James's died from massive blood clots in his lungs. (For full text see <http://www.theglobeandmail.com/servlet/story/LAC.20080916.RESTRAINTS16/TPStory/National>)

**CMA survey reveals that stigma of mental illness remains pervasive.** A recent survey of 1,092 Canadian adults by the Canadian Medical Association survey of 1,002 Canadian adults reveals a number of disconcerting results.

- Almost half of Canadians believe that a diagnosis of mental illness is merely an "excuse for poor behaviour and personal failings".
- One in four Canadians is afraid of being around someone who suffers from serious mental illness.
- One in 10 thinks that people with mental illness could "just snap out of it if they wanted".
- Only half of those surveyed would tell friends or co-workers that a family member was suffering from mental illness.
- Only 16 percent said they would marry someone who suffered from mental illness.
- 42 percent said they would no longer socialize with a friend diagnosed with a mental illness.
- Half of Canadians think alcoholism and drug addiction are not mental illnesses.
- One in nine people think depression is not a mental illness, and one in two think it is not a serious condition.
- Canadians are split as to whether the increase in the number of people with mental illness is because of better diagnosis, or the result of increasing stresses of modern life.
- Three in every five Canadians think that mental-health care is under-funded.
- 72 percent think financing of mental-health treatment and prevention should be on a par with that of physical health.

The survey on mental health is part of a larger National Report Card on Health Care, which the CMA publishes annually. (Source: Andre Picard's article "Stigma of mental illness pervasive" in the Globe and Mail, August 18, 2008 at 4:00 AM EDT). (For full text go to

<http://www.theglobeandmail.com/servlet/story/RTGAM.20080818.wmental18/BNStory/mentalhealth/>.)

## C/S Information Session (CSIS)

### What is Harm Reduction?

October 8, 2008

Parkdale Activity-Recreation Centre (PARC)

1499 Queen Street West

7 pm - 8:30 pm

Please join us for our inaugural Consumer/Survivor Information Session.

The topic of our first presentation is Harm Reduction.

Our roster of speakers includes Mary Kay Vicar of Street Health, Nadine Reid of Sound Times, Robert Kaegan (peer support specialist).

## C/S Online

<http://www.livinglifetothefull.com/>

Are you interested in cognitive behaviour therapy (CBT)? This site offers a free, online course that teaches how to apply CBT in daily living. The course is interactive and you work through the modules at your own pace. It is written and narrated by Dr. Chris Williams, Senior Lecturer in Psychiatry and Honorary Consultant Psychiatrist at the University of Glasgow, Scotland. The course provides a good introduction to CBT and many helpful practical applications.

## Wish List

Hello Bulletin Readers,

This issue the centre has received a donation of a single bed and a salmon-coloured easy chair. We have received requests for pots and a frying pan, a cutting board, a wok, and a cheese grater from a consumer/survivor who is learning to cook. In addition we have a request for old magazines suitable for making collages. 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](mailto:csinfo@camh.net).

## Job Postings

### The Raging Spoon Café

#### Are you a consumer/survivor interested in a part-time job?

We are looking for experienced café/restaurant staff for a unique survivor-run café. If you are interested in working with us please drop by and fill out an application at:

The Raging Spoon Café  
761 Queen Street West (two blocks west of Bathurst) or  
Email us at [ragingspooncafe@bellnet.ca](mailto:ragingspooncafe@bellnet.ca)

#### No Phone Calls Please.

Deadline for applications is October 17, 2008.

## Fresh Start

Fresh Start is currently seeking Consumer/ Survivors for Snow Removal Services.

Applicants must be available 7 days a week including holidays for On Call work and be easily reached by phone. Depending on the weather it can be tough work, therefore, we are looking for survivors who are capable of working long hours if necessary and who have the physical ability for heavy lifting and bending.

If you are interested please contact Karen Schwartz at 416 504-4262  
or email at [karen@freshstartclean.com](mailto:karen@freshstartclean.com).

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# ANNOUNCEMENTS

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

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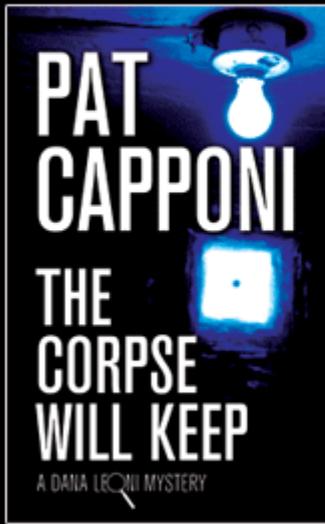
## JEMH Conference on Ethics in Mental Health

Presented by the *Journal of Ethics in Mental Health*,  
McMaster University and CAMH  
Lakefield, Ontario  
October 3 – 4

Visit [www.jemh.ca](http://www.jemh.ca) for details.

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## ARE YOU IN THIS BOOK? FIND OUT OCTOBER 1st!



 [harpercollins.ca](http://harpercollins.ca)

HarperCollinsCanada, Another Story Bookshop and PARC present *The Corpse Will Keep* by Pat Capponi

Wednesday, October 1, 7 - 9:00 p.m.  
PARC  
1499 Queen Street West  
Toronto, ON

For more information please contact  
[books@anotherstory.ca](mailto:books@anotherstory.ca) or visit [anotherstory.ca](http://anotherstory.ca).



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## FRIENDS AND ADVOCATES' FABULOUS CRAFT & BAKE SALE

2340 Dundas St. West #G27 in the Crossways Mall  
416 234-9245  
October 24, 11 am – 6 pm

The last Craft and Bake sale was a BIG success. Lots of homemade treats  
So mark this on your calendar and bring all your friends.

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# Bridging Gaps: Advocacy Strategies for the Interdisciplinary Mental Health Community

Join us for an afternoon of advocacy action planning

YMCA Metro Central - 20 Grosvenor Street, Toronto  
Wednesday October 15, 2008  
12:30 – 4:30 pm

Featuring: Opening Speech by the Honourable Justice Ted Ormston. Justice Ormston was instrumental in founding Canada's first Mental Health Court; Chair of Advisory Committee on Mental Health and the Law, Mental Health Commission of Canada

## **Break-out Discussions: Defining and Refining Advocacy Strategies**

Consumer/Survivors and the Criminal Justice System:	Lana Frado, Sound Times
Social Housing:	Sheryl Lindsay, Community Resource Connections of Toronto
ODSP Reform:	Sarah Shartal, Roach Schwartz & Associates
Mental Health Police Records:	Barbara Brown, Choices for Living YWCA Jane Letton, CLASP

A light lunch will be served at 12:30 pm

Please register and/or direct any questions or accessibility concerns to Dana Rotenberg by October 1, 2008, or by emailing [drotenberg\\_clasp@osgoode.yorku.ca](mailto:drotenberg_clasp@osgoode.yorku.ca) or by calling 416 736-5029.

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Empowerment Council Presents:

## **MAD about RIGHTS**

The Empowerment Council is offering an 8-week educational workshop for clients, psychiatric survivors, and consumers. Students will learn about such topics as:

- mental health law
- *advance directives*
- the Charter of Rights and Freedoms
- important activists in the Mad movement and community
- cultural, legal and media prejudices against consumer/survivors
- the CAMH Bill of Client Rights and much more!

The sessions will run for 8 weeks, every  
Monday from 3:00 pm to 5:00 pm  
Beginning October 20<sup>th</sup>, 2008.

Starting **September 22<sup>nd</sup> until October 15<sup>th</sup>**, we will be interviewing and meeting with people interested in this workshop. There are spots for eight clients. Potential students should be available for all classes, be comfortable participating in small groups and be prepared to do some follow-up work between classes.

**To schedule a meeting contact Lucy Costa 416 535-8501 x 3013**

The Alliance for Education in Community Mental Health Presents:  
Psychopharmacology for Frontline Workers and Consumers/Survivors  
With

**Jamie Kellar**, RPh. BSc. Phm. B.Sc H.K.

Clinical Pharmacy Supervisor, Whitby Mental Health Centre

Date: Thursday, October 30th, 2008

Venue: College Street United Church, 502 Bathurst Street Entrance (on the northwest corner of College and Bathurst streets; paid parking is available across the street, on the southwest corner)

Time: 10:00 am to 3:30 pm

Registration: 9:30 am

Registration Fee: \$30.00 (Bursaries are available for consumers/survivors.)

Refreshments: A light breakfast will be available between 9:30 and 10:00 am. Lunch and refreshments during the afternoon break will also be provided.

**Program:**

10:00 am to noon Medications for Depression and Bipolar Affective Disorder

1:30 pm to 3:30 pm Medications for Psychosis

Workshop materials (i.e. handouts) will be provided.

**The Alliance for Education in Community Mental Health:** Consumer/Survivor representation, CMHA West, CRCT, COTA Health, Habitat Services, Homeward, Houselink Community Homes, Progress Place, Wilkinson Housing and St. Michael's Hospital.

Registration must be received by mail by October 17, 2008.

Contact Randi Goldberg, Homeward, 125 Danforth Avenue, Toronto, ON M4K 1N2 for details.

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**PSAT is Busting at the Seams**

Psychiatric Survivor Archives of Toronto (PSAT) needs a larger space.

PSAT currently has space at Sound Times and Gerstein Crisis Centre and we are very grateful for their years of continuing support. Due to the large amount of material and offers of documentary donations, as well as regular requests for visits from researchers, we hope to expand from the current locations to make more room for people and papers. PSAT is looking for a free location if possible to safely store our current collection (items authored by or reflecting the perspectives of people who have been or who are psychiatric survivors and or consumers). Any suggestions for an easily accessible location would be greatly appreciated.

Please contact PSAT at [info@psychiatricsurvivorarchives.com](mailto:info@psychiatricsurvivorarchives.com) or 416 661-9975 or 416 760-4780.

Thank you very much for your time and ability to help!

Sincerely,  
PSAT members

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**HOMELESSNESS**

Solutions from Lived Experiences Through Arts-Informed Research

**Exhibit and Report Launch**

Metro Hall (Rotunda) 55 John Street, Toronto (TTC: St. Andrew Subway Station)

Launch is on Wednesday, October 1 from 9:30 am – 1 pm

Exhibit is on from Tuesday September 30 – Friday October 3

Call Dr. Izumi Sakamoto at 416 946-8224 or email <mailto:artsandhomeless@gmail.com>.

Wheel Chair Accessible and washroom

Free Event

THE LAKESHORE ASYLUM CEMETERY PROJECT

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INVITES YOU TO JOIN US FOR A:  
“Fall Visit and Clean-Up”



**Saturday October 18<sup>th</sup>, 2008**  
(Rain Date: Sunday October 19<sup>th</sup>)  
2:00 pm

To remember and honour in a dignified and respectful way the lives of the 1511 people buried in the Lakeshore Psychiatric Hospital Cemetery and to acknowledge their contributions to our community.

We will be gathering to do some yard work and freshen up the grounds. Grass/Hedge clippers and Lawn-edgers will be useful. You are welcome to join us. Donations of artificial flowers would also be appreciated.

For More information please contact  
Deb Quiggin at 416 251-8666.

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## PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for October 1 - October 15

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### Art

SCOTIABANK NUIT BLANCHE. More than 155 destinations across downtown Toronto. October 4. 6:52 pm to sunrise. Email [scotiabanknuitblanche@toronto.ca](mailto:scotiabanknuitblanche@toronto.ca). FREE

PILGRIMAGE OF WANDERERS. A Space Gallery. Mixed media addressing the issues of mobility, displacement, nomadism and exile. 401 Richmond St. West. Suite 110. Until October 10.

Call 416 979-9633 or email [info@aspacegallery.org](mailto:info@aspacegallery.org). FREE

### Comedy

STAND UP FOR MENTAL HEALTH. Comedy Showcase. MDAO. Graduates of the 2008 summer program. 40 Orchard View Blvd. Room 200. Eglinton and Yonge. Wed. October 1, 2008. 7 pm. Call 416 486-8046. FREE

### Drop-in

WEDNESDAY NITE DROP-IN. Trans Youth Toronto. For transsexual/transgendered youth age 26 and under. Access resources, internet, information, referrals, chat and a lotta fun. The 519 Church Street Community Centre. Wednesdays, 5 pm to 9 pm. Call 416 392-6878 x 104 or email [mealtrans@the519.org](mailto:mealtrans@the519.org). FREE

FRIENDS AND ADVOCATES. A consumer/survivor-led peer support environment for consumer/survivors of the mental health system. A full schedule of activities. 2340 Dundas St. West #G27 in the Crossways Mall. 365 days a year. 9 am – midnight. Call 416 234-9245 FREE membership

### Film/Movies

RAINBOW CINEMAS. Two-Toonie Tuesdays. Woodbine Centre – 500 Rexdale Blvd., 80 Front Street East, Promenade Mall, Hwy 7 & Bathurst Street. Every Tuesday. All day. Call 416 494-9371 or visit [www.rainbowcinemas.ca](http://www.rainbowcinemas.ca). \$4.00.

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### Great Event for Kids

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HARBOURKIDS. Family Programming. Two day event for children includes making robots, costumes and time travel sculptures, as well as seeing a play about an Ogre, lots of interactive stories, wacky science shows, a Lego exhibition, and more! Harbourfront Centre. Marilyn Brewer Community Space. 235 Queens Quay West. October 12 and October 13. 11 am to 5 pm. FREE

## Music

FALL MUSIC ON THE HILL. Opera duets. St. John's York Mills Anglican Church. 19 Don Ridge Drive. York Mills Subway. Yonge and 401. Thursday, October 9. 12:15 pm – 1:00 pm. Call 416 225-6611. Visit [www.stjohnsyorkmills.com](http://www.stjohnsyorkmills.com). FREE

MUSIC FOR HEART AND SOUL. Invitation for musical performers to participate in Toronto General Hospital's Concert Series. DeGasperis Conservatory, Cardiac Wing. Thursday afternoons. Monday and Wednesday evenings. Call 416 340-4115. FREE

MAKE SOME NOISE/TAKE SOME NOISE. 3<sup>rd</sup> annual local music concert with music workshops. North York Central Library. Saturday November 15. Doors open at 7:30 pm. FREE tickets available starting Monday Oct. 13 at various library branches. Limit of 2 tickets per person.

## Recreation

GENTLE TAI CHI. For people with limited physical mobility and adults over 55. English, Mandarin and Cantonese spoken. South Riverdale Community Health Centre. September to June. Fridays 10 am – noon. FREE

## Workshops/Forums

SELF CARE FOR THE CARE GIVER. Discuss solutions to caregiver burnout. Scarborough Women's Centre 2100 Ellesmere Road, Suite 245 (Markham and Ellesmere). Tuesday, October 12. 6:30 to 8:30 pm. Call 416 439-7111 or email [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca) to register. FREE

NANO TECHNOLOGY. St. Lawrence Centre Forum. St. Lawrence Centre for the Arts. 27 Front St. East. 2 blocks East of Union Station. Wednesday, October 15, 2008. 7:30 pm – 9:30 pm. Visit <http://forum.stlc.com>. FREE

## Writers

CALL FOR SUBMISSIONS. Krasman Centre. For a compilation of consumer/survivor stories. Submissions must be donated. 10121 Yonge St. October 15 deadline. Visit [www.krasmancentre.com](http://www.krasmancentre.com) or email [jlambert@tjsolutions.net](mailto:jlambert@tjsolutions.net).

UPTOWN DOWNTOWN AUTHOR SERIES. Dispatches from Abroad. Marina Nemat's *Prisoner of Tehran*. Richard Heinzl's *Cambodia Calling: A Memoir from the Frontlines of Humanitarian Aid*. Toronto Reference Library. 789 Yonge St. Thursday October 16. 7 pm. FREE

2008 TORONTO BOOK AWARDS. An Evening with the Short-listed Authors. Elspeth Cameron, David Chariandy, Glen Downie, Else Friedman, Barbara Gowdy. Palmerston Branch. 560 Palmerston Ave. Tuesday October 7. 7 pm. Call 416 393-7680 pm. FREE

## Words To Live By

Send us *your* favourite quotation and we'll make sure that consumer/survivors have the last word. Annette Fernandez sent in a quotation she finds particularly inspiring "especially when we are trying so hard to survive in this life." Thank you Annette!

"Burn brightly without burning out". - Richard Biggs

**The C/S Info Centre's Annual General Meeting is coming up on October 22nd.**

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.

Our AGM will be held in the Malcolmson Lecture Theatre at Queen Street Site of CAMH at 1001 Queen Street West. Please join us at 5:30 for refreshments. The business meeting will begin at 6:00 pm and our guest speakers, Linda Chamberlain and The Dream Team will begin immediately afterwards. All are most welcome.

**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.

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 \_\_\_\_\_

Email \_\_\_\_\_

**YOUR APPLICATION MUST BE RECEIVED AT THE C/S INFO CENTRE AT LEAST 48 HOURS PRIOR TO THE ANNUAL GENERAL MEETING 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.**