

# BULLETIN

**Information for consumer/survivors of the mental health system,  
those who serve us, and those who care about us.**

*Distributed through generous support from the Community Support and Research Unit (CSRUs)  
of the Centre for Addiction & Mental Health (CAMH)*

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January 1, 2010   Bulletin 409

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## NEWSBYTES

**MHCC releases framework.** The Mental Health Commission of Canada has released the framework for a national mental health strategy. Their next step is to create a plan to achieve the framework's goals. ("Commission proposes framework for national mental health strategy", December 01, 2009, Women's Health Matters, News). To read the article visit <http://www.womenshealthmatters.ca/news/index.cfm>. Download *Toward Recovery and Well-Being* at <http://www.mentalhealthcommission.ca/English/Pages/Strategy.aspx>.

**SSRIs and stroke risk among postmenopausal women.** A study of 136,293 postmenopausal women over six years revealed that those who were taking SSRIs had a 45 percent increased risk of stroke and 32 percent increased risk of death from all causes compared to those not taking antidepressants. The researchers note that the individual risk of stroke among those taking antidepressant remains quite small. ("Antidepressants may increase stroke risk in postmenopausal women", December 17, 2009, By Patricia Nicholson. Women's Health Matters. News). Read article at <http://www.womenshealthmatters.ca/news/index.cfm>.

**Omega-3 fatty acids linked to brain health.** New American Psychological Association research connects low levels of omega-3 essential fatty acids to problems with information-processing associated with a variety of nervous system problems including schizophrenia; bipolar, obsessive-compulsive, attention-deficit hyperactivity disorders, Huntington's disease, and others. Researchers report insufficient DHA may have a negative effect on our ability to handle sensory input. ("New study links DHA type of omega-3 to better nervous-system function", Mental Health Foundation – Latest News and Archive, Release Date 16/12/2009, Source: Eurekalert, Country United States of America.). Visit <http://www.mentalhealth.org.uk/information/news/> to read the article.

**Window of opportunity to alter reactivated traumatic memory.** Scientists have recently been successful in using behavioral manipulation to block an individual's frightening memories for as long as a year. The research may lead to non-pharmacological treatments for managing fear memories in post-traumatic stress disorder. ("Press Release December 09, 2009 , Non-Invasive Technique Blocks a Conditioned Fear in Humans - Recalling Emotional Memory Opens Window of Opportunity to Re-Write It," NIHM, Science News). Visit <http://www.nimh.nih.gov/science-news/2009/non-invasive-technique-blocks-a-conditioned-fear-in-humans.shtml> to read the article.

**Responses to Auditor General's Report.** Visit <http://sareview.ca/news/> to read the Income Security Advocacy Office and 25in5 anti-poverty coalition's analysis and response to the Auditor General's controversial report and comments on social assistance spending. Also, visit <http://www.thestar.com/comment/article/739279> and <http://www.thestar.com/news/gta/article/741686-porter-model-of-success-in-a-system-that-keeps-her-down> to read about the struggles of local mental health advocate and Peer Recovery Facilitator Linda Chamberlain to maintain employment in the face of a punitive social assistance system. Linda's story also appears on CBC this month (the air date is not available as of press time).

# GIFT-WRAP

## Mary Ellen Copeland's Wellness & Recovery Resources

The December 15 Bulletin contained the first three chapters: *Introduction*, *Developing a Wellness Toolbox*, and *Daily Maintenance Plan* of Mary Ellen Copeland's online publication titled "Action Planning for Prevention and Recovery". It provides a detailed guide to building a personal Wellness and Recovery Action Plan. Here is the next chapter: *Triggers*. The remaining 4 chapters will be published in installments over the next several Bulletins or you can download the complete document yourself at [http://download.ncadi.samhsa.gov/ken/pdf/SMA-3720/SMA-3720\\_action\\_planning\\_13p.pdf](http://download.ncadi.samhsa.gov/ken/pdf/SMA-3720/SMA-3720_action_planning_13p.pdf).) Note: If you're doing the program and need a binder/set of tabs we happen to have a few at the Centre and you are welcome to come by and pick one up. Call first to ensure the office is open.

From *Action Planning for Prevention and Recovery* by Mary Ellen Copeland.

### Triggers

Triggers are external events or circumstances that may produce very uncomfortable emotional or psychiatric symptoms, such as anxiety, panic, discouragement, despair, or negative self-talk. Reacting to triggers is normal, but if we don't recognize them and respond to them appropriately, they may actually cause a downward spiral, making us feel worse and worse. This section of your plan is meant to help you become more aware of your triggers and to develop plans to avoid or deal with triggering events, thus increasing your ability to cope and staving off the development of more severe symptoms.

#### Identifying Triggers

Write "Triggers" on the second tab and insert several sheets of paper. On the first page, write down those things that, if they occur, might cause an increase in your symptoms. They may have triggered or increased symptoms in the past. It may be hard to think of all of your triggers right away. Add triggers to your list whenever you become aware of them. It is not necessary to project catastrophic things that might happen, such as war, natural disaster, or a huge personal loss. If those things were to occur, you would use the actions you describe in the triggers action plan more often and increase the length of time you use them. When listing your triggers, write those that are more possible or sure to occur, or which may already be occurring in your life.

Some examples of common triggers are—

- the anniversary dates of losses or trauma
- frightening news events
- too much to do, feeling overwhelmed
- family friction
- the end of a relationship
- spending too much time alone
- being judged, criticized, teased, or put down
- financial problems, getting a big bill
- physical illness
- sexual harassment
- being yelled at
- aggressive-sounding noises or exposure to anything that makes you feel uncomfortable
- being around someone who has treated you badly
- certain smells, tastes, or noises

#### Triggers Action Plan

On the next page, develop a plan of what you can do, if a trigger comes up, to comfort yourself and keep your reactions from becoming more serious symptoms. Include tools that have worked for you in the past, plus ideas you have learned

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from others, and refer back to your Wellness Toolbox. You may want to include things you must do at these times, and things you could do if you have time or if you think they might be helpful in this situation. Your plan might include—

- make sure I do everything on my daily maintenance list
- call a support person and ask them to listen while I talk through the situation
- do a half-hour relaxation exercise
- write in my journal for at least half an hour
- ride my stationary bicycle for 45 minutes
- pray
- play the piano or work on a fun activity for 1 hour

If you are triggered, and you do these things and find they are helpful, then, keep them on your list. If they are only somewhat helpful, you may want to revise your action plan. If they are not helpful, keep looking for and trying new ideas until you find the most helpful. You can learn new tools by attending workshops and lectures, reading self-help books, and talking to your health care provider and other people who experience similar symptoms.

From *Action Planning for Prevention and Recovery* by Mary Ellen Copeland

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## C/S Online

<http://www.freedomdocumentaries.org>

The site owners describe [freedomdocumentaries.org](http://www.freedomdocumentaries.org) as a place where "anyone with an internet connection can watch a movie to educate themselves or simply explore another perspective whenever they please. These movies aren't just for education but are also for entertainment. As a secondary objective [freedomdocumentaries.org](http://www.freedomdocumentaries.org) allows independent filmmakers to have their message heard by viewers that they may not normally reach." Lots of good political documentaries.

## Wish List

We have a request for a *small* microwave oven and a sewing machine. Please call us if you can help.

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## COMMUNITY ANNOUNCEMENTS

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

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Queen West Community Health Centre:  
ID Clinic OHIP Kiosk for people who are homeless  
168 Bathurst Street (Queen and Bathurst)  
2010 Schedule

- second Monday of every month,
- 10 am – 1:30 pm (first come first served)
- doors open at 9 am (please get a number and sign up at 9:30 am)

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January 11	May 10	September 13
February 8	June 14	October TBA
March 8	July 12	November 8
April 12	August 9	December 13

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Drinks and snacks will be served while you wait. For more information please contact Judy at 416-703-8482 x 114. There may be a long wait and we appreciate your patience.



Diabetes Self-Management Program for  
Mental Health Consumer/Survivors  
Free diabetes education classes  
**TTC tokens provided**

**WHO:** Anyone with diabetes and mental illness (consumer/survivors), their families, caregivers and case managers can come to these classes.

**WHAT:** In small groups led by a nurse and a dietitian you can learn about:

- what Type 2 diabetes is
- how managing your blood sugar can make you feel better
- healthy eating & how to shop and cook on a tight budget
- how you can be more physically active

**WHERE:** South Riverdale Community Health Centre, 955 Queen St. East at Carlaw

**WHEN:** Tuesday January 5, 12, 19 & 26, 2010 at 2-4 pm

To Register or for more information call 416-461-9043, Sandra ext. 339 or Denise ext. 345

DEC NET is a community partnership of South Riverdale Community Health Centre, East End Community Health Centre, and Toronto East General Hospital and is funded by the Ministry of Health and Long-Term Care – Community Health Branch.

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Mood Disorders Association of Toronto presents

WRAP Wellness Recovery Action Planning  
8 Week Group

Wednesdays from 1:30 – 4 pm, Starting January 20<sup>th</sup>  
MDAO, 36 Eglinton Ave. West, Suite 602

WRAP is a non-medical approach which gives participants the knowledge and ability to

•Reclaim their power	•Find and connect with community
•Create their own recovery journey	•Get well and live in wellness

Limit of 12 people

First session is an information session and registration is required to attend.

Please contact Kim at 416-486-8046 x 223 for more information.

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Announcing: A Meditation/Mindfulness  
Self-Help/Mutual Aid Group

Proposed aim: to share experiences, explore methods, and also introduce newcomers to meditation/mindfulness practice(s) as a powerful recovery tool and option. (Actual aims and structure of the group will be determined by the group members themselves.)

Anyone in recovery with experience in mindfulness or other meditative practices who is interested in helping get such a group up and running in Toronto – OR anyone who might want to participate once it's actually set up . . .

Please call 416-709-8630 or email [zanewboyd@yahoo.ca](mailto:zanewboyd@yahoo.ca).

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**Volunteer Research Participants Needed**

(Inclusion of a research study is not an endorsement of the research by C/S Info Centre.)

Sunnybrook Health Sciences Centre and the Centre for Addiction and Mental Health need research participants for:

- a study on factors that predict medication response in Obsessive Compulsive Disorder 416-480-6100 x 3864
- a study on the relationship between social phobia, panic disorder, OCD and personality 416-260-4219 x 1

Some research studies offer payment to participants.



A CONFERENCE FOR ORGANIZING  
RESISTANCE AGAINST PSYCHIATRY

## A fun night of art, music and fundraising!

We welcome you to participate and attend a fun night of fundraising on

**January 15<sup>th</sup>, 2010 at Trinity St. Paul, 427 Bloor St. West from 7 – 10 pm**

for **PsychOUT: A Conference for Organizing Resistance Against Psychiatry**, being held at Ontario Institute for Studies in Education at the University of Toronto on May 7 - 8, 2010.

The purpose of this global conference is to provide a forum for psychiatric survivors, mad people, activists, scholars, students, radical professionals, and artists from around the world to come together and share experiences of organizing against psychiatry.

An outstanding social justice activist, feminist and excellent speaker **Anna Willats** will emcee this fun and entertaining night. We are also proud to feature these outstanding singer-songwriters:

- Social justice activist/feminist **Faith Nolan**
- Juno Award folksinger **Roger Ellis**
- **Bill Yurick** who will sing the anti-Big Pharma song "The Pill Song"
- Parkdale outreach worker/pianist **Bob Rose**
- **Tom Smarda** self-taught folksinger who wrote and will sing the "Lubicon Song"
- **Erick Fabris** and other artists.

Refreshments will be served.

We deeply appreciate and need whatever donations of art or money people can offer.

**Admission is \$10, \$5 for unemployed people.**

All proceeds are going to fund major expenses of the PsychOUT Organizing Committee which is organizing PsychOUT Conference.

**For more information, please contact: [psychart@psychout.com](mailto:psychart@psychout.com)**

# Job Postings

Please note that we have a bulletin board at the Centre where you can view more job postings as well as many upcoming employment workshops and training opportunities.

## The STEPS Society for Permanent Recovery seeks a Residential Custodian and Life Skills Guide

Full Time

Newmarket

Salary Range: 25,000 - 30,000

STEPS has an unusual but special position available in our sober house in rural York Region. The job is to function as a live-in custodian of our private community home. But it is also to be a life skills guide to our worker guests who will usually be persons in early recovery from drug and alcohol addictions.

This is a paid position which comes with room and board in a fully furnished residence separated from the accommodation of the other workers. Other benefits will be based on qualifications and experience.

A suitable candidate for this position must be clean and sober, active in a 12-Step program and committed to Recovery. He must be interested and enthused about living and working with other addicts and alcoholics on Their Recovery.

This position is best suited for a mature independent man who is motivated to contribute both his life experience and his knowledge of living a clean and sober life to helping other men become permanently clean, sober and productive citizens of our community.

Regular custodial duties include maintaining the daily operation of the house, provisioning and supporting the guest's Work and Recovery schedules, shopping and budgeting, overseeing the cleaning and maintenance of the property, ensuring safety and security, and preparing reports for STEPS management.

This position is located on a 20 acre rural farm property. Being comfortable and versatile in such a setting is necessary.

Interested candidates please contact the Steps Society for Permanent Recovery by Fax: 905-884-0703 or preferably by email: [pfielding@stepsrecovery.com](mailto:pfielding@stepsrecovery.com).

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## A-Way Express is accepting applications for the position of Courier

For more than 22 years, A-Way Express Courier Service has provided prompt, reliable and affordable delivery of documents and small packages throughout Toronto.

With over 1,700 customers, we handle a great variety of important parcels.

Our customers include private enterprises and individuals, law offices and legal clinics, health and medical services, labour unions and advocacy groups, government departments, social agencies, and professional associations.

In addition to providing quality service, we do it in a socially and environmentally responsible manner:

A-Way is a non-profit transit-based courier service founded and staffed by survivors of mental health challenges. Since 1987, A-Way has served as a model of business acumen and a tribute to the power of community.

We provide meaningful and supportive employment that promotes increased self-respect and productivity among our employees.

To apply for a position at A-Way Express, the person looking for work needs to visit our office in person at 2168 Danforth Avenue and fill out an application for employment. No appointment is necessary. Resumés may be attached to the application; however, they are not necessary. Your application will remain on file and will be reviewed when a position becomes available.

Our contact phone number is 416-424-2266.

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

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

For TTC information call 416-393-4636 (INFO) or visit the TTC website.

## ART

Until January 24. Wednesday to Friday from 11 am - 7 pm. Saturday and Sunday from noon to 6 pm. The Ontario College of Art & Design (OCAD) presents **Fashion Forward: Toronto | special needs | wearable tech | sustainability | choice** exhibition in conjunction with the Fashion Design Council of Canada's LG Fashion Week. Professional Gallery. 100 McCaul Street. Level 2 (west side of McCaul, south of Dundas West). Call 416-977-6000 x 265 or visit [www.ocad.ca](http://www.ocad.ca). FREE

## COMEDY

January 5 at 9:30 pm. January 12 at 8 pm and 9:30 pm. **Harold Nights**. Harold Night is a showcase for the Impatient Theatre Company's approach to long form comedy improvisation. Comedy Bar. 945a Bloor St. West. Call 416-238-7337 or visit [www.impatient.ca/shows/](http://www.impatient.ca/shows/). \$5

## FILM

January 10 from 4 - 7 pm. **Reconstructing Prokofiev**. Film Premiere with Filmmaker Yosif Feyginberg. CERES presents the first full screening of a major new documentary, exploring the complex mind and troubled career of composer Sergei Prokofiev. Director Yosif Feyginberg will lead a discussion after the screening. University of Toronto. St. George Campus. Innis College. Town Hall. 2 Sussex Avenue. Open to the public. Call Larysa Iarovenko 416-946-8113 or visit [www.utoronto.ca/ceres/](http://www.utoronto.ca/ceres/). FREE

January 12 from 7 – 9 pm. **Guy Maddin: May I Blow My Bugle Now? My Life in Clips**. First session of a 5-part series of film screenings and illustrated lectures: **Confession and the Cinema of Uninhibition**. Sponsored by the Jackman Humanities Institute and the Cinema Studies Institute. University of Toronto. St. George Campus. Innis College Town Hall. 2 Sussex Avenue. Call Kim Yates at 416-946-0313 or visit [www.humanities.utoronto.ca](http://www.humanities.utoronto.ca). All sessions are FREE and open to the public.

## HEALTH AND WELLNESS



Various dates and times. Get Active and Able at **Birchmount Bluffs Neighbourhood Centre**. Check out the Winter session of our Active and Able Programs designed for persons with disabilities and/or health barriers. Programs include Mindful Movement, Wellness Classes, Chair Tai Chi, Women's Workshop Series, Youth Programs and Bluffers Peer Support Group. 93 Birchmount Road (at Kingston Road). Call 416-396-7606 or email [david@bbnc.ca](mailto:david@bbnc.ca). Annual Membership: \$8. Program subsidies available.

January 1 from 12:30 pm – 4 pm. **Annual New Years Day Hike of the Leslie Street Spit** presented by the Toronto Bruce Trail Club. A well-attended Level II Urban Hike. Length of hike: 12 km. Pace: 4 km/hr. Terrain: Mostly flat. Dropouts anytime. Hiking boots. No dogs. Meet at the gate to Leslie Street Spit (Leslie Street at Uwin Avenue). Call 416-763-9061 or visit [www.torontobrucetrailclub.org](http://www.torontobrucetrailclub.org). FREE

Tuesday, January 12 at 1 pm. Central Eglinton Community Centre presents **The Underground Path Walk**. Walk from the Bay department store at Queen and Yonge to under the Toronto Dominion Towers. Please meet inside the Eglinton subway station beside Cinnabons at 1 pm. Wear comfortable shoes. Call 416-392-0511 or email [info@centraleglinton.com](mailto:info@centraleglinton.com) or visit <http://webhome.idirect.com/~cecc/fiftyplusoutings.html>. FREE

## MUSIC

New session starts January 5. **ECHO Women's Choir**. A community-based, non-affiliated organization. Echo welcomes any woman who loves to sing and can make the weekly rehearsal commitment. Call 416-588-9050 x 3 or email [info.echo@gmail.com](mailto:info.echo@gmail.com) or visit <http://echowomenschoir.ca/index.php>. \$100 per

session for expenses but according to the website "Singers who cannot afford to pay this fee will NOT be turned away!"

Every Tuesday from 8 pm – midnight. **Drummers in Exile**. Open and welcoming free style dance and drum circle. Annex Wreck Room. 2nd Floor. 794 Bathurst Street (at Bloor). Age 19 and over. You are welcome to bring food to share. Call 416-536-0346. Visit <http://drummersinexile.com/>. (Their website has a list of tips for beginners). \$2 – 5 cover

**University of Toronto Faculty of Music Presents...** University of Toronto. St. George Campus. Walter Hall. Edward Johnson Building. 80 Queens Park. Call 416-978-3744 or visit [www.music.utoronto.ca/events...](http://www.music.utoronto.ca/events...) FREE

- January 7 from noon - 1 pm. **Cadenzas**. Faculty members Peter Stoll and Beverley Johnston strike up a scintillating program of music for clarinet and percussion.
- January 14 from noon – 1 pm. **Baroque Bravura**. Lorna MacDonald, soprano, Gillian MacKay, trumpet, and Lydia Wong, piano, perform music by Handel, Melani, Bach, Scarlatti and Purcell.

January 7 - January 28 at various times. **Free Concert Series** in the Richard Bradshaw Amphitheatre presented by Canadian Opera Company. Concerts, dance performances, and engaging presentations that feature up-and-coming young artists and established international stars. The Four Seasons Centre for Performing Arts. Richard Bradshaw Amphitheatre. 145 Queen Street West (Queen and University). Call 416-363-6671 or email [info@coc.ca](mailto:info@coc.ca) or visit [www.coc.ca](http://www.coc.ca) for performance times. FREE

## PEER SUPPORT

The **Mood Disorders Association of Ontario** has several new groups starting in 2010. MDAO. 36 Eglinton Avenue West. Suite 602. For more information call 416-486-8046 or email [info@mooddisorders.on.ca](mailto:info@mooddisorders.on.ca) or visit <http://www.mooddisorders.on.ca/>. FREE

- **Siblings only group** starts January 14.
- **Drumming to Our Own Beat** starts January 14.
- **Mindfulness in Everyday Life** starts January 26.
- **Women in Recovery** starts January 19.

## VOLUNTEER

**Volunteer Toronto** helps people find places to volunteer at non-profit organizations in the City of Toronto (Etobicoke, Toronto, North York, York, East York and Scarborough). Volunteer Toronto. 344 Bloor Street West (at Bloor and Spadina). Suite 404. Call 416-961-6888 or email [info@volunteertoronto.ca](mailto:info@volunteertoronto.ca) or visit <http://www.volunteertoronto.ca/>. FREE

## WORKSHOPS/TALKS

January 7 from 7 – 8:15 pm and January 14 from 7 – 8:15 pm. The AGO in partnership with graduate students in Egyptology from the University of Toronto offer free "Tut talks" about the Boy King and his fellow pharaohs. **The Golden Face: art in the reign of Tutankhamun**. Toronto Public Library. North York Central Library. Auditorium. 5120 Yonge Street. Call 416-395-5639 or visit [www.torontopubliclibrary.ca/pro\\_nycl.jsp](http://www.torontopubliclibrary.ca/pro_nycl.jsp). FREE

3 Mondays from January 18 – February 1 at 6:30 – 8:30 pm. **Moving Forward**. The end of any relationship can often be traumatic, painful and/or frustrating. This 3-part workshop explores a positive and creative path to a new beginning. Scarborough Women's Centre. 2100 Ellesmere Road. Suite 245. To register call 416-430-7111 or email [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca) or visit <http://www.scarboroughwomenscentre.ca/>. \$10

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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](mailto:csinfo@camh.net). The *Bulletin* is published on the 1st and 15th of every month. *The Wellness and Recovery Newsletter* is published quarterly and is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. Both publications are posted on the C/S Info website at [www.csinfo.ca](http://www.csinfo.ca) and the CRCT website at [www.crct.org](http://www.crct.org) and both publications are free. We encourage people to subscribe by email if they can so we have the resources available to send it through the post to consumer/survivors who don't have email.

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# How Are We Doing?

The Consumer/Survivor Information Resource Centre of Toronto exists to meet the information needs of Consumer/Survivors in the Toronto area. We will use your responses to our survey to improve our services. Please return the completed survey by mail to the Consumer/Survivor Information Resource Centre, c/o CAMH, 1001 Queen Street West, Toronto, ON, M6J 1H4, or in person or email to [csinfo@camh.net](mailto:csinfo@camh.net). If you call the Centre we would be happy to fill it out over the phone with you.

Thank you kindly for your response.

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## Section A: ABOUT THE C/S INFO CENTRE

1) Is the opportunity to visit the Info Centre in person and to call or email the Centre valuable to you?

extremely  very  somewhat  not at all  other (please explain)

2) Are C/S Info Centre staff responsive to your requests for information?

extremely  very  somewhat  not at all  haven't requested info

3) Is the Info Centre's Free Tax Clinic important to you?

extremely  very  somewhat  not at all  haven't used it

4) Have you visited our website at [www.csinfo.ca](http://www.csinfo.ca)? If so, is it useful to you?

extremely  very  somewhat  not at all  haven't visited website

5) Do you have any suggestions for improving the website?

6) If you are interested in attending free information sessions for consumer/survivors what topics would you like to learn about?

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## Section B: About the Bulletin

- 1) Which sections of the Bulletin are the most useful or interesting to you?
  
  
  
  
- 2) Which sections of the Bulletin are the least useful or interesting to you?
  
  
  
  
- 3) Who do you share your Bulletin with (family, friend, peer, client, other)? How many people do you share it with?
  
  
  
  
- 4) Do you have any suggestions on how to improve the Bulletin?

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## Section C: Any final thoughts on how we can serve your information needs better?

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Thank you very much for your feedback on the C/S Info Centre and the Bulletin. Please feel free to call in your responses to our questions if it is easier for you. You can talk to either Helen or Colleen at 416-595-2882. We would be delighted to hear from you.

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