

BULLETIN

June 1- 15, 2012

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto
Phone Hours: M-F from 9-5 / Drop-in Hours: M-F from 9-4
Tel: 416-595-2882 csinfo@camh.net <http://www.csinfo.ca/>

The Empowerment Council

Annual General Meeting Announcement & Invitation



The Empowerment Council (EC) is a voice for clients at the Centre for Addiction and Mental Health. Our purpose is to conduct system wide advocacy on behalf of clients/survivors/people with substance use issues.

We create change, from CAMH policy to the law.

Have you ever received services at CAMH or elsewhere in the community? Are you a psychiatric consumer/survivor or a person who has had substance use issues? If this describes you, and you want to make a difference, come to the EC's Annual General Meeting. Give the Empowerment Council direction and elect a community representative to the Board of Directors, or run to be the representative yourself.

**Thursday, June 14, 2012 – 5:30 pm
33 Russell Street, the Meeting Centre (Room 2029)**

Dinner and transportation fee will be provided.

For more information please contact Beth Jacob at 416-535-8501 x 6837
beth_jacob@camh.net

The last of the four site elections will take place, for the Queen Street Site Representative, on Monday June 4th at 5:00 pm in Training Room A, 1001 Queen Street West. Refreshments and a transportation allowance will be provided.

Mad Pride! What's that?

Mad Pride is an arts, culture, and heritage festival created by psychiatric survivors, consumers, mad people, folks the world has labelled “mentally ill”, and those in solidarity with us. This year, Mad Pride Toronto runs from July 10 - 15, 2012.

Mad? What's in a word?

Similar to how LGBTQ communities are reclaiming the word “queer”, Mad Pride activists seek to reclaim language that has been used against us such as mad, nutter, crazy, lunatic, maniac, and psycho. **Reclaiming language is political and challenges discrimination.** Mad Pride participants use and refuse a variety of labels. We choose Mad as an umbrella term.

Pride? Really?

There have been multiple approaches to challenging discrimination against people with disabilities/disabled people including Pride. These started gaining ground in North America during the 1970s thanks to groups in the disability rights movement and other social movements.

The Mad Pride approach:

- celebrates mad identities, communities, and cultures including our individual and collective strengths
- confronts the shame we are made to feel about our psychiatric histories and experiences of madness
- resists the oppression we encounter within aspects of psychiatric/mental health systems and society
- reminds us and others that as mad people we have rights to be ourselves - just like everyone else



Mad culture - say what?

We talk about Mad Pride as a cultural festival. Do you wonder what we mean? Most people think of us only in terms of medical diagnoses or illnesses. There is a lot of mainstream emphasis on “mental health awareness”. **When we talk about culture, we are talking about mad people as a people.** Madness is a political and social identity that we take pride in. As mad people, we have unique ways of experiencing the world, making meaning, developing community, and creating culture. We take pride in our culture. This culture is showcased and celebrated during Mad Pride.

Mad Pride - since when?

The first Toronto Pride event for mad people was held in the fall of 1993. It was called Psychiatric Survivor Pride Day. The name changed to Mad Pride in 2002 and events are now held in the summer to correspond with Bastille Day (during the French Revolution, citizens stormed the Bastille to liberate prisoners and mad people) and International Mad Pride Day on July 14.

Mad Pride is celebrated annually around the world.

Help us tell people about Mad Pride Toronto 2012 by distributing posters/brochures from our website at www.madprideto.com or emailing outreach@madprideto.com for copies. The schedule of events from July 10 - 15 will be available in the July 1st edition of the C/S Info Centre Bulletin.

The Next Mad Pride meeting will be Monday June 11, from 5 - 6:30 pm at Sistering (962 Bloor Street West - one block West of the Delaware exit of Ossington subway station). Accessible. We welcome mad people and friends of all genders.

PSYCHIATRIC SURVIVOR ARCHIVES, TORONTO (PSAT)
SIXTH ANNUAL GENERAL MEETING

SATURDAY, JUNE 16, 2012 from 1 - 5:00 PM

at THE 519 CHURCH STREET COMMUNITY CENTRE,
Room 201 (just north of the corner of Church and Wellesley Streets)

Psychiatric survivors/consumers/current/former patients & allies are welcome to attend PSAT's AGM.

Hear about past activities!

Decide future directions!

Debate bylaws!

Elect board members for the year ahead!

Celebrate the unveiling of a "Phoenix Rising" poster!

Make history!

This meeting is wheelchair accessible.

Refreshments and light snacks will be available.

For more information please call: 416-661-9975 or 647-764-4781

For more information on PSAT please see: <http://www.psychiatricsurvivorarchives.com/>

C/S Info Centre's 20th Anniversary Collection will Be a Facebook Page – Send us your pictures, comments, quotes...

We're 20 years old this year and we'll celebrate with a party at our Annual General Meeting in the fall. Before that, we want to collect written words, art, digital submissions, really anything you'd care to send us about The C/S Info Centre or The Bulletin over the years and what either might have meant to you. Please send us your contributions to the project. csinfo@camh.net

Getting On With Life and Its Challenges

A Mental Health Support & Skill Development Program

Wednesdays, 1:30 - 3:30 pm at Regeneration Community Services, 2238 Dundas Street West Suite 307

June 6 Healthy Mind & Body through Nutrition

June 13 Experience Art & Culture of the Old Distillery District

For more information call Sandra at 416-703-9645 x 246 or Jennifer at 416-604-3361. Workshops are free.

RESEARCH STUDY ON YOGA FOR TRAUMA SURVIVORS

Do you experience flashbacks, problems sleeping, anxiety and/or severe distress? If you are over the age of 18 please join us for an 8 week research study on yoga for post-traumatic stress. The yoga in this study is easy to learn and does not require flexibility or physical fitness. Participation will require a screening and assessment,

8 weeks of classes and completion of questionnaires and interviews.

Next 8 week session begins: June 6 & 7, 2012. For information please call: 416-934-4524 or Email: farah.jindani@utoronto.ca Ontario Institute for Studies in Education, University of Toronto.

Holistic Mental Health Conference: Pathways to Empowerment

**Space is limited. Registration deadline is June 15th
To register or for further information www.toronto.cmha.ca**

Please join us for this dynamic two-day conference that addresses mental health from a holistic perspective.

WHEN: June 21st and June 22nd 2012

WHERE: Canadian College of Naturopathic Medicine

WHAT: 18 different alternative holistic, evidence based approaches will be presented that address physical, emotional, social and spiritual facets of the healing process for people with mental health issues

KEYNOTE SPEAKERS:

Meaghan Buisson: psychiatric survivor and biomedical researcher, who takes a critical stance against the biological paradigm of mental health. She uses holistic approaches both as an alternative and adjunct to mainstream medicine.

Dr. Katzman: Clinic Director and Staff Psychiatrist, START Clinic (Stress, Trauma, Anxiety Rehabilitation and Treatment) for Mood and Anxiety Disorders, Faculty at the Northern Ontario School of Medicine (Laurentian University and Lakehead University), Department of Psychiatry at the University of Toronto. His research studies examine the psychobiological and cognitive processes in mood and anxiety disorders.

COST:

- \$250 for 1 person
- \$200.00 for 2 or more people from the same agency
- \$150 for Consumer Survivor Initiatives (CSIs) or \$100 each for 2 or more staff from the same CSI
- \$50.00 for Consumer/Survivors

This conference is initiated by the Canadian Mental Health Association Toronto and in partnership with Across Boundaries, the Canadian College of Naturopathic Medicine, the Centre for Addiction and Mental Health, Community Resource Connections of Toronto and Just Ideas.

Are you on OW or ODSP? Do you have “pre-diabetes”?

You may now be eligible for the Special Diet Allowance.

Background

After losing its case at the Human Rights Tribunal in February 2010, the provincial government changed the rules for the Special Diet Allowance (SDA).

In April 2011, they changed the list of medical conditions that people must have to be eligible for SDA. The condition “pre-diabetes” was removed from the list, and only diabetes was kept.

Since that change, it seemed like people who have pre-diabetes were no longer eligible for SDA money to pay for the kinds of food they need to eat to help treat their pre-diabetes and help prevent them from developing diabetes.

What's Happened Since Then?

ISAC (Income Security Advocacy Centre) has been involved in ongoing legal action against the government based on the decision made by the Human Rights Tribunal. Some of that work involves pushing the government to put “pre-diabetes” back on the list of medical conditions for Special Diet.

In April we found out that the provincial government put out an Information Bulletin on this. The Bulletin says that people with pre-diabetes are, in fact, eligible for Special Diet. It says that the government includes pre-diabetes in its definition of diabetes.

This means that people with pre-diabetes can now receive a Special Diet Allowance.

See below to see what the government said about how they define diabetes.

What Should I Do Now?

If you are on OW or ODSP and have been diagnosed with pre-diabetes by your health care provider, you should apply for the Special Diet Allowance. You can get the application forms from your OW or ODSP worker and instructions for filling out the forms are available online at:

http://www.mcss.gov.on.ca/en/mcss/programs/social/special_diet_apply.aspx

If you lost your pre-diabetes Special Diet Allowance after the government changed the list of eligible conditions, you should re-apply.

You can also contact your local Community Legal Clinic if you need help with this issue. To find your local clinic, call 416 979-1446 or go to www.legalaid.on.ca/en/locate/default.asp.

How Does The Government Define Diabetes?

The government's Information Bulletin says what their definition of diabetes is. You may want to take this to your health care provider when you go to discuss filling out your Special Diet Allowance application form for pre-diabetes.

“Question: What are the eligibility requirements for a Special Diet Allowance for diabetes?

Answer: For purposes of the Special Diet Allowance, a person is defined as having diabetes if they meet the following World Health Organization criteria:

- 1) A fasting blood glucose level of 6.1 mm to 6.9 mm and a 2 hour glucose tolerance test of 7.8 mm to 11.0 mm (with a fasting blood glucose <6.1 mm),
OR
- 2) A glycated haemoglobin (HbA1c) between 5.7 percent and 6.4 percent,
OR
- 3) Levels above these limits.

Note many health care professionals interpret criteria 1) and 2) as pre-diabetes and levels above these levels as diabetes (World Health Organization). A special Diet Allowance applicant with any of these specific lab results should be captured within the diabetes category.”

Source-Ministry of Community and Social Services (MCSS) Information Bulletin – Special Diet Allowance: Eligibility Requirements for Hypertension, Osteoporosis and Diabetes. The entire Information Bulletin is available at the Nurse Practitioners' Association of Ontario's website at: http://npao.org/wp-content/uploads/2012/04/Clarification_Osteo_Hyperten_Diabetes_FINAL_ENG.pdf

Thank-you to the Income Security Advocacy Centre for their tireless work in making this happen and for getting the word out and keeping our communities informed.



Free Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spy ware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.



Looking For Clovers

By Catherine Clough

The doctor I spoke to in Emergency told me I looked “pretty good” for my age. I am fifty-nine and perhaps he is near-sighted.

I was in Emergency because the night before I had had suicidal thoughts. I told the doctor on duty that in my mind I had run into a concrete wall and my coping strategies weren’t working. I felt numb. Sometimes when I have suicidal thoughts they’re like feathers in the breeze and I know they’ll go away. Other times they persist and I have to talk them through with someone.

I have a history of paranoid schizophrenia and homelessness. I’ve had a varied career and the longest stretch in employment is between 1991 and 2001. I cared for my elderly mother until she died in 2008 and now I’m job hunting. My last job was cleaning motel rooms.

I’m learning there is no normal. I’m learning to stop pitting myself against others as though they were opponents. There’s a normal for me but my normal isn’t anyone else’s.

I have a few good memories and a number of bad ones. I look for clovers in the bad memories in order to find healing, understanding, forgiveness and hope. There are issues in my childhood and adolescence. There were behavioural problems and abnormalities in early adulthood. I had difficulty making friends and the friends I made were sometimes the wrong ones. I was shy, introverted and spoken words were at a premium.

I was diagnosed with paranoid schizophrenia in my late 20s and like many didn’t stay on my medication. I was homeless for a period. I’m on a maintenance dose of medication now and am rational. On the exterior I seem to have accomplished very little yet I’ve come a long way. I take an interest in the world around me – people, places and nature. Before, my only interest was politics which I never properly understood. I’m still interested in politics but now I try to take an interest in people no matter who they are.

I decided to stay on my medication after my last bout of homelessness in the late 1980s. I had an understanding doctor at Fuller Memorial in Boston and when I ceased hallucinating thought I was healed. Ten years of hospitalizations, interruptions with medication and job losses left me with emotional and psychological baggage not to mention my troubled adolescence and early adulthood. There were yet a number of issues under the radar and I eventually realized that healing can take decades, perhaps a lifetime. The fact that I had the same psychiatrist (Dr. Robert Hicks) for about 20 years was reassuring but medical science only takes us to where we realize we have to help ourselves and find our own coping strategies. Good doctors are good listeners and that’s not as easy as it sounds.

Part of the answer for me was finding a spiritual home. For some that might be a mosque or synagogue but for me it was a church. Maybe it was the regularity of having somewhere to go once a week, meeting people, volunteering in the library and sharing meals. Maybe it was the Spirit of the Universe. Eventually my concentration improved. I made myself talk to people and gained confidence. I realized I had obligations. I learned to be less afraid.

Another part of the solution for me was writing. I know I won't write the great Canadian novel but I keep a journal. I've also had articles and poems published in the local paper which gives me a boost.

The major factor in my healing journey has been my family, especially my late mother. When I was ill and not on medication she always welcomed me home no matter what state I was in. I was glad I was able to care for her the last several years of her life. It helped me make amends and assuage some of my guilty feelings. I know I was a worry.

Almost everyone dreams of getting married and having children. That seems to be the prescribed norm and maybe for some it's not a bad prescription. I've never married and I've never had children. I take my validation from the Spirit of the Universe who informs me it's all right, I'm accepted as I am. Perhaps I'm where I should be. I hope someday to learn to be okay with that.

The staff in Emergency were helpful. I lucked in on my last visit. Hopefully with a little luck, help from the Spirit of the Universe and a job I can stay away from Emergency.

- Catherine Clough

Employment Matters

C/S INFO'S NEXT WORKSHOP IS ALL ABOUT THE PEER SUPPORT POSITIONS AT CAMH

Join the Consumer/Survivor Info Centre on **Monday, June 25** from 10:00 am to 11:30 am for a free workshop. Room B-40 in the basement of Unit 4 at CAMH, the Centre for Addiction and Mental Health at 1001 Queen Street West. Everyone welcome, no need to pre-register, although for the purposes of getting enough refreshments, maybe give a call to Helen at the Consumer/Survivor Information Resource Centre of Toronto 416-595-2882 or csinfo@camh.net.

CAMH (Centre for Addiction and Mental Health) has recently developed a number of peer support positions within its clinical programs, and many people with lived experiences of mental health and/or addiction challenges have expressed interest in assuming these positions.

In order to prepare people for the next peer support postings at CAMH, Diana Capponi will be speaking about some of the other qualifications looked for or required beyond personal lived experience of the mental health care system.

To increase your chances of being selected for a peer position, come and hear about the competencies, or skill sets that CAMH looks for when filling peer support worker positions. Always better to be prepared!!

Shannon Quinn, a CAMH Peer Support Worker will also be present to talk about her work.

When: Monday, June 25th. 10:00 – 11:30 am.

All Welcome.

Are you a professional with a disability? Are you looking for work?

The Workplace Essential Skills Partnership (WESP) is a FREE dynamic cross disability employment program for professional job seekers with disabilities.



- Increase your confidence and grow your network
- Enhance your resume, cover letter, and interviewing skills
- Gain exclusive access to WESP Career Development Sessions
- Access employers hiring qualified candidates with disabilities

Income Supports (ODSP, OW, EI, etc.) are NOT REQUIRED to attend WESP

Registration is now OPEN for our July 16 workshop

Contact our Intake Coordinator for more information or to book an intake appointment –
Self-referrals are welcome! 416 486-2500 x 8307 wesp@ccrw.org

1929 Bayview Avenue, Toronto, ON M4G 3E8

THIS PROJECT IS BROUGHT TO YOU BY

THE CANADIAN COUNCIL ON REHABILITATION AND WORK (WWW.CCRW.ORG)
AND FUNDED BY EMPLOYMENT ONTARIO



Places to go... People to see...

Free and Low-Cost Events for June 1 - 15, 2012

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

Aboriginal History Month

Wed 6 from 1 - 2:30 pm. **Hand Drum Teachings**. Hear and feel the heartbeat of the aboriginal nations through the ancient hand drum. Malvern Public Library, 30 Sewells Road. 416-396-8969 Many other events at the library: <http://bit.ly/IVSain> FREE

Art

To Sun 17. Wed – Sat 12 – 5 pm & Sun 1 – 4 pm. Exhibitions by Lorène Bourgeois entitled **Entourage**, and Ingrid Mida entitled **Constructions of Femininity**. Loop Gallery, 1273 Dundas Street West. 416-516-2581 www.loopgallery.ca FREE

Cycling

Daily throughout June. Various times. **Bike Month** 2012. Rides, festivals, free guided tours by bike, art shows and film screenings. Various locations. 416-644-7188 <http://bikeunion.to/bikemonth> FREE

Fri 15 at 6:30 pm. **Friday Night Ice Cream Ride**. A bike ride to enjoy ice cream at the Taste of Little Italy festival. Bridgepoint Health, 14 St. Matthew Road. 416-691-9415 <http://bikeunion.to/bikemonth> FREE

Festival

Fri 8 to Sun 17. Various times. **Luminato**. The Toronto festival of arts and creativity features theatre, music, films, dance, visual art, kids' entertainment and more. Featuring Robert Lepage, Alice Munro, Rufus Wainwright and many others. Various locations. 416-368-3100 <http://www.luminato.com> MANY EVENTS ARE FREE

Film

Mon 4 at 7 pm. Director and animator **Iain Gardner** talks about his work. NFB Mediatheque, 150 John Street. 416-973-3012 <http://tais.ca> PAY WHAT YOU CAN

Gadgets

Thurs June 14 2:00 pm. **Gadgets: Our Favourite Devices and Apps**. Library staff demonstrate iPad, iPhone, Kobo, Creative Zen and Nano, and introduce downloading books, music and movies. Toronto Reference Library, 789 Yonge Street. 416-395-5577. FREE

Health & Wellness

Tues 5 at 6:30 pm. **Don't Have A Cow: How Eating "Veg" Can Save The Planet**. The Toronto Vegetarian Association holds an interactive workshop on making delicious, plant-based meals. Richview Library, 1806 Islington Avenue. 416-394-5120 <http://www.torontopubliclibrary.ca> FREE

Sat 9 from 10 am - 12 pm. **Fitness Walking For Well-Being**. An introduction to healthy walking techniques, posture, breathing methods, common injuries and walking trails in the GTA, followed by a voluntary walk. Learn about the impact of walking on physical and mental wellness. Cedarbrae Public Library, 545 Markham Road. Registration required. 416-396-8850 <http://bit.ly/Mxamjf> FREE

Sat 9 at 1 pm. Marissa Campbell and Annemarie Greenwood signing copies of their book **Life: Living in Fulfillment Every Day**. Indigo Bookstore, 55 Bloor Street West. 416-925-3536 chapters.indigo.ca FREE

Wed 13 at 2:00 pm. **Decluttering Your Space and Mind**. Clear your mind and get a new perspective on personal space both inside and out. Learn some Zen ways to overcome being overwhelmed by clutter so you can work effectively. An energetic, interactive workshop on how to identify self delay and escape mechanisms and how to use your mind to overcome stress. Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. 416-395-5440 FREE

Sat 16 at 11:00 am. **Stress Management Through Restorative Meditation**. Learn simple meditation exercises to restore your sense of well-being and calm. Bring a yoga mat, towel or blanket. Toronto Public Library, choice of two different branches, Albert Campbell 496 Birchmount Rd. 416-396-8890 or Main Street Branch 137 Main St. 416-393-7700. FREE

History & Learning

To September 3 from 10 am - 6 pm. **Toronto on the Water**. A photo exhibit featuring over 100 archival images on loan courtesy of Toronto Star Archives, Toronto Port Authority, City of Toronto Archives and Queen's Quay Terminal. 207 Queen's Quay West. 416-203-0510 www.qqterminal.com FREE

Thurs 14 at 2 pm. **Shopping On a Shoestring**. Cathie Mostowyk gives bargain-hunting tips to stretch your budget. North York Central Library, 5120 Yonge Street. Pre-registration required. 416-395-5613 www.torontopubliclibrary.ca FREE

Sun 17 from 2 - 3 pm. **Tecumseh and Brock**. James Laxer on the two greatest heroes of the War of 1812. Bloor Gladstone Public Library, 1101 Bloor Street West. 416-393-7674 <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM106778&R=106778> FREE

Lectures

Tues 5 at 2:00 pm. **Memory and Aging.** A lecture on memory changes that occur with age. Topics include: how our brains support memory, different types of memory and how they change with age, and factors that affect memory. Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. 416-395-5440 FREE

Music

Fri 1 to Sun 3. Fri 6 – 10 pm, Sat 10 am – 10 pm, Sun 10 am – 8 pm. **Waterfront Blues.** Outdoor concerts by Shakura S'Aida, the Lionel Young Band, Tad Robinson, Monkey Junk and others. Woodbine Park, Lake Shore Boulevard East and Coxwell Avenue. 416-698-2152 waterfrontblues.ca FREE

Nature & Gardening

Sat 2 and Sun 3 10:00 am - 4 pm. **Pop-Up Urban Garden Centre.** Expert advice and workshops on vertical gardening, organic container gardening and urban farming. 109OZ, 109 Ossington Ave. 416-537-0954 x 225 <http://bit.ly/KmLGte> FREE

Sat June 9 at 1 pm. **Young Naturalists. Family nature walk.** High Park Nature Centre, 440 Parkside Drive. 416-392-1748 x 2 <http://www.highparknaturecentre.com> \$2

Scrabble

Wed 13 at 2:00 pm. **Scrabble for Adults.** Fun and games for all lovers of Scrabble. Toronto Public Library. Morningside Branch, 4279 Lawrence Ave East. 416-396-8881. FREE

Theatre

Wed 6 from 6:30 pm – 8 pm. **Great Books: William Shakespeare's Hamlet.** Professor Alan Ackerman of University of Toronto discusses why this masterpiece is still relevant in our very modern world. Beaches Public Library, 2161 Queen Street East. 416-393-7703

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM101762&R=101762> FREE

Tues 12 to Sat 16 at 7 pm. **Bard in the Park.** Shakespeare's Much Ado About Nothing is performed outdoors. Bring a blanket. Kew Gardens Bandshell, 2075 Queen St East. 416-691-1113 x 224 PAY WHAT YOU CAN

Writers

Wed 6, Wed 13, Wed 20 & Wed 27 at 1 pm. **Sharing Your Stories: An Introduction To Memoir Writing.** Workshops on creating a story from your memories. North York Central Library, 5120 Yonge Street. 416-395-5535 <http://www.torontopubliclibrary.ca> FREE

To subscribe to The Bulletin call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

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