

BULLETIN

481 March 1 – 15, 2013

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.ca <http://www.csinfo.ca/>

Please join us on March 18 for an informative set of presentations about housing in Toronto. Amanda Eaton from CASH - Coordinated Access to Supportive Housing will be here to tell us about their services. As well, a speaker from CERA - the Centre for Equality Rights in Accommodations will be here to talk about eviction prevention and the supports in place to help people maintain their housing.

Monday March 18, from 1:30 to 3:30 in the Doctor's Association Building, 101 Stokes Street, Room 1123. It's the light blue building in the middle - for people with a Bulletin in black and



white, walk south from Ossington and Queen, cross Stokes Street and you're there. I'll put up signs so you can find the room. Please call or email to let me know you're coming and I'll get refreshments. 416 595-2882 csinfo@camh.ca Helen

Computer Column by Martha, The Computer Gal

Printers

What's the best printer for me?

Currently, the most common printers used are either laser (or 'laserjet') or inkjet (sometimes called 'bubblejet') printers. They are quite different.

Laser printers are more expensive, and the ink ('toner') refills are much pricier. Colour laser printers are extremely expensive. If you are setting up an office, with many people using the printer, and the printer will be producing hundreds of pages a week, you might need a laser printer. You can configure a laser printer as to who uses it, how many pages each user prints, etc. Laser printers tend to be sturdier than inkjets, and stand up to an office environment.

Inkjet printers are perfect for home environments. A 'three in one' printer, which includes scanner and copier, will probably be all you need. Always check out the price of ink, and how many pages you will get from an ink cartridge. IMHO Canon and Epson are the best buy now, with HP way down the list. HP continues to offer better utilities, though, especially troubleshooting printing problems.

When you buy a new printer, there will be a disc with drivers and utilities included. A driver is a bit of software that you install on your computer that allows your computer and printer to communicate with each other. If you buy a used printer that doesn't have a disc with it, you can download the driver from the internet. Do a Google search for make and model of your printer, then add 'driver'.

If you want to be able to use your printer wirelessly, there will be instructions on the driver disc. Follow the instructions very carefully; it will save you a lot of grief. After the WiFi driver is installed, reboot your computer, and reboot your modem.

Look at the reviews...Google search 'best printers for 2013'

Printer maintenance...With most printers, you get lots of warning that your ink is running out. You can save money on ink by getting it from eBay. If you're not sure how to install new ink cartridges, Google it. Don't let ink dry out. If you haven't used a printer for 3 or 4 months, clean the print heads and nozzles and print a test page. The directions for this will be in the owners' manual...if you don't have one, again, do a Google search for it. (search for 'make and model, plus owner's manual')

If you have had a printer connected to your computer in the past, be sure to remove the old driver from your computer or it might conflict with the new printer. Go to 'Start', then 'Devices and Printers' (on Windows XP it's 'Printers and other hardware') Right click on the printer you want to remove, and choose 'remove device'

If you order a print job and change your mind, you can clear the order by right clicking the printer in 'devices and printers' and choosing 'see what's printing' then you can delete any jobs you don't need.

If you own a cat, dust the outside of the printer on a regular basis. It's a good idea to gently vacuum the open parts too, like the paper feed. If you're really picky, cover the printer with a light cloth. And while you're at it, don't forget the computer, cat hair and dander will collect in the little perforated openings where the fans are. (Cats are wonderful companions, but their hair gets everywhere!)

And please email me with any questions.



Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, PhotoShop, etc. She can be reached at gandier47@hotmail.com or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416 595-2882 and we'll email Martha for you and then she'll call you.

Announcements

Numbers Worth Knowing

The Foodshare Foodlink Hotline 416 392-6655 It's your link to food programs in Toronto, including community kitchens, community gardens, free and low cost meals, Food Banks and The Good Food Box Program.

FoodLink is a volunteer-staffed telephone referral service that connects people with food programs in their neighbourhood. The FoodLink database contains over 1,300 food program listings in Toronto. The hotline has been operating since 1985 and is one of the first programs FoodShare established after its founding. It was originally called the Hunger Hotline and primarily referred callers to foodbanks and other emergency programs.

In 1997, the name was changed to FoodLink, to reflect an expanded mandate of referral to all types of food programs. In partnership with Community Information Toronto, the system was computerized and expanded to include everything from congregate dining for seniors to nutritional counseling, pre-natal programs, Good Food drop-offs and community gardens.

They are always looking for volunteers to work a two to three hour shift per week. If you are interested in volunteering with FoodLink please contact Toni at toni@foodshare.net 416 363-6441 x 253.

Three Hotlines sponsored by the Ministry of Health and Long-Term Care, staffed 24 hours a day, for help and referral information across town and across the province:

For Drugs & Alcohol **1 800 565-8603** www.DrugAndAlcoholHelpline.ca

For Mental Health **1 800 531-2500** www.MentalHealthHelpline.ca

For Problem Gambling **1 888 230-3505** www.ProblemGamblingHelpline.ca

Fun, Fun, Fun



Laughing Like Crazy Comedy Showcase

Come Laugh Your Head Off with the Newest Graduates of the Program

March 1st. 7:00 to 9:00 pm

Central YMCA Auditorium 2nd Floor 20 Grosvenor St, between the College and Wellesley Subway Stations
Admission is by Donation at the Door

Wheelchair Accessible

416 468-8046 or laughinglikecrazy@mooddisorders.ca for more information



The Wellington Guelph Drug Strategy is excited to announce that our 4th annual **Harm Reduction Forum** will be taking place on **March 20th, 2013**

Key topics will include **Harm Reduction and Concurrent Disorders, Gambling and Gambling Awareness, Reducing Alcohol Related Harms, Harm Reduction and Overdose Prevention, and Harm Reduction and Transgender Health.**

To register for the Forum please go to www.aidsguelph.org

We look forward to seeing you there!

Illuminating Invisibilities: Working with Women whose Lives have been Impacted by Homelessness, Violence, Mental Health Issues and Substance Use

The Health Equity Office and Human Resources in collaboration with the, Problem Gambling Institute of Ontario, Complex Mental Illness Program, Professional Practice Office and the Education Office is hosting a 90 minute educational session: Illuminating Invisibilities: Working with Women whose Lives have been Impacted by Homelessness, Violence, Mental Health Issues and Substance Use

WHO: All CAMH employees and community members

WHERE: 33 Russell Street, Meeting Centre, Room 2029

WHEN: March 8th, 2013, 11:00 am to 12:30 pm

COST: This FREE 90 minute forum will bring together addiction and mental health service providers and allied professionals.

All are welcome; due to space limitations, RSVP is required for this event.

The deadline to RSVP is Wednesday, March 6, 2013.

To register: <https://www.surveymonkey.com/s/9XX5QN8>

For more information about this event, please contact Lorrie Simunovic at 416 535-8501 x 2693, or Lorrie.Simunovic@camh.ca

Distres'd Innocency: The Community Baroque Orchestra of Toronto mixes with Elixir."

Date: March 15

Time: 8 pm

Admission: Free (Donations welcome)

Venue: Alumni Hall, Victoria College, University of Toronto, 91 Charles St. West, Subway: Museum

Parking: on Charles St. W. or Queen's Park north of Wellesley St.

(Vic. College is just south of the Isabel Bader Theatre in a pedestrian quad. Alumni Hall is on the main floor)

<http://elixirbaroque.com/>

<http://www.communitybaroquetoronto.ca/>

Details: On March 15 the Community Baroque Orchestra of Toronto (CBOT) is giving a concert with special guests Elixir Baroque Ensemble -- Justin Haynes (gamba), Sara-Anne Churchill (hpschd), and Elyssa Lefurgey-Smith and Valerie Gordon (baroque violins).



Advocacy Campaign

STITCHING OUR OWN SOCIAL SAFETY NET

Organized by Houselink, The Dream Team, Christian Resource Centre and the Health & Strength Action Group

People who live in poverty, including psychiatric consumer / survivors, along with our allies are taking action. Given the fact that we now have a new Premier, and the possibility of a Provincial election, we need to ensure that our voices are heard. From health care to housing to education, every part of the social safety net is being unraveled in front of us in Ontario. It has gotten to the point that we will need to stitch it together ourselves, **and we intend to do so.**

Objectives

- To mobilize people around the province who rely on the social safety net, as well as those who stand in solidarity with us to ensure our voices are heard.
- To inspire the new Premier and/or candidates, if an election is called, to make an improved social safety net part of their platform.

Come help us stitch together our own social safety net. For more info contact:

Website: <https://sites.google.com/site/stitchingoursafteynet/>

Facebook: <https://www.facebook.com/StitchingOurOwnSafetyNet>

Email: naomibe@houselink.on.ca

Call: 416 516-1422 x 250

Psychiatric Survivor Archives Toronto and The Friendly Spike Theatre Band proudly announce: POETRY THROUGH THE AGES

An afternoon dedicated to reading some of the great poetry that has been collected by PSAT over the years. This will be a poetry circle where folks are invited to read aloud one of ours, and share one of their own, or one that is special to them.

SATURDAY MARCH 2ND, 2013

1 pm – 5 pm

The Blue Room at 20 WESTLODGE AVE, TORONTO

(One block east of Lansdowne, north of Queen Street West)

Free! Accessible! Everyone is welcome! Contact: friendlyspike@primus.ca

Forwarded to us by Jackie Rankine of Houselink:

Richard Boulet: **Stitched and Drawn** | Textile Museum of Canada Collection and Exhibitions

Thought I'd let you know about this exhibit at the Textile Museum - It's incredibly beautiful - by a man who expresses his experience with schizophrenia through fabric media. It is pay-what-you-can on Wednesdays from 5 - 8:00 pm. Located at 55 Centre Ave near Dundas and University. 416 599-5321.

<http://www.textilemuseum.ca/apps/index.cfm?page=exhibition.detail&exhId=339>

This webinar from the **ODSP Action Coalition** will provide an overview of the Ontario Disability Support Program (ODSP) and cover applying for ODSP, ODSP rates, income, earnings, assets & changes, the different types of ODSP Benefits, appeals and tips and strategies for navigating the system.

Here is a link to a webinar I recorded last week – it's an overview of ODSP. It's meant for people who are newer to the system or applying for the program. It might also be interesting to workers who assist people in applying for or understanding some of the many details involved with ODSP.

<http://yourlegalrights.on.ca/webinar/86203#.UR2eZGNb6Ko.twitter>

Best,
Naomi Ives Peak
Co-chair, ODSP Action Coalition
www.odspaction.ca
facebook.com/ODSPACTION

Reports

Health Equity Impact Assessment: Potential Toronto Casino

Toronto is in the midst of a public consultation on a proposal to build a new casino in the city. The Wellesley Institute has released a health equity impact assessment that examines the health impact of a casino. In this assessment, we set out how casinos contribute to problem gambling and identify the associated negative health impacts. We also demonstrate how an increase in problem gambling would disproportionately affect the health of people with low income, new Canadians, seniors, and young people. We conclude that, in light of the health and health equity impacts of problem gambling, council should reject a casino for Toronto.

Find the full health equity impact assessment here:

<http://www.wellesleyinstitute.com/publication/the-real-cost-of-casinos-a-health-equity-impact-assessment/>

Living Longer, Living Well

Living Longer, Living Well - Highlights and Key Recommendations From the Report Submitted to the Minister of Health and Long-Term Care and the Minister Responsible for Seniors on recommendations to inform a Seniors Strategy for Ontario.

For more information, click here: <http://news.ontario.ca/mohltc/en/2013/01/providing-better-care-for-older-ontarians.html>

Things To Do...Will Return Next Issue

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

The Bulletin is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Ministry of Health and Long - Term Care. It's free to receive. If you don't have email you may receive it by regular mail through the generous support of the Community Support and Research Unit of the Centre for Addiction & Mental Health. www.csinfo.ca

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of our funder, the Ministry of Health and Long - Term Care, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.

Employment Matters

Consumer/Survivor Information Resource Centre

Assistant Coordinator 0.8 FTE (28 hours per week)

This Position is a One Year Contract with Potential for Renewal

The Consumer/Survivor Information Resource Centre was established with the philosophy that access to information provided by and for Consumer/Survivors in an informal setting can result in better usage of the resources in the community and within oneself and will therefore, result in a better quality of life.

Responsibilities:

- Provide information and assistance in finding resources to consumer/survivors, mental health professionals and the general public, both on the phone and in person,
- Collect information relevant to the readers of the Bulletin,
- Publish, and distribute the semi-monthly newsletter, The Bulletin, by mail and email, including photocopying, envelope stuffing, etc.
- Expand and diversify the organization's resource material,
- Make additions, changes and deletions to our mailing lists,
- Complete a workload measurement tool and a client contact log for statistical and funding purposes,
- Network with funders, general members and community partners in a professional manner in accordance with our mission and goals,
- Plan and/or participate with consumer/survivor stakeholders in community events,
- Maintain confidentiality of C/S Info clients to outside parties,
- Other duties as required.
- Hours are flexible but are generally until 5 pm or later and between Monday and Friday.

Qualifications:

- **Must be a psychiatric Consumer/Survivor**
- Thorough knowledge of the services and resources available to consumer/survivors,
- Ability to be gracious to a wide variety of people who come to call,
- Strong attention to detail for proof reading and editing The Bulletin,
- Cooperative spirit,
- Self motivated, able to assess priorities and move to the next task with minimum supervision,
- Excellent oral and written communication skills,
- Ability to work with both Consumer/Survivors and mental health professionals,
- Familiar with Internet research, office equipment and WORD,
- Website knowledge would be an asset.

\$18 – 20 /hour commensurate with experience. Benefits.

Apply in writing by 5:00 March 14, 2013 to: Consumer/Survivor Information Resource Centre of Toronto.

By Mail: c/o CAMH, The Mall, 1001 Queen Street West Toronto ON M6J 1H4

By email: csinfo@camh.ca

Or Drop-Off Your Resume In Person During Drop-In Hours: 1001 Queen Street West, The Mall.



Request for Proposal: Executive Director/Business Director for A-Way Express Courier

A-Way welcomes proposals from all members of the community including members of visible minority groups, women, Aboriginal people, members of sexual minority groups, and people with disabilities. In particular, we encourage proposals from individuals who have lived experience with mental health and addiction challenges (consumer/survivors).

A-Way Express Courier was founded by, and is operated by, survivors of mental health challenges. In 2012 the organization celebrated its 25th anniversary. A-Way is a social purpose company providing meaningful and supportive employment to about 60 employees (most of them part-time) with lived experience of the mental health system. Our couriers deliver documents and parcels for private and public organizations throughout Toronto, using public transit. For additional information please see <http://www.awaycourier.ca/>

A-Way's Strategic Objectives:

A-Way has recently completed a strategic planning exercise and is now recruiting an experienced leader or leaders, with executive director and/or business director expertise, to help us achieve our strategic objectives, which are to:

- Support survivors of mental health challenges to achieve and sustain employment that assists in their recovery
- Actively support improved health for A-Way employees and others with experience of the mental health system
- Enhance options for survivors of mental health challenges in the broader work force
- Develop and maintain an ongoing organizational business plan for A-Way to increase business revenues annually
- Develop and maintain fair, legal and transparent compensation structures and employment practices
- Develop a clearly defined, sustainable, effective management structure that supports achievement of A-Way's strategic objectives
- Foster a well-functioning, sustainable Board of Directors that reflects the diversity of A-Way and the broader Toronto community

Employment Terms:

As a consumer/survivor business A-Way needs leadership that understands how to make a business successful as well as how to manage an agency which is accountable to government funders and to the people who work here. We have adopted the unique approach of defining our needs and inviting proposals from people who can meet some part of or all of our needs. There are two major areas of responsibility, an Executive Director role and a Business Director role. We are open to hiring a full-time candidate who meets all, or the majority of, our requirements, and we are also open to considering two part-time positions. Positions will be permanent with a 12-month probationary period.

Required Expertise:

Our ideal candidate has demonstrated expertise in the following key areas:

- Managing, growing and marketing a business
- Developing new areas of business
- Managing, motivating and developing employees
- Human Resources planning and policy development
- Operational planning and management
- Financial planning, management and accountability
- Developing and strengthening collaborative relationships with non-profit boards, customers, funders and community groups

Assets: Additional expertise in the following areas is desirable: fund-raising, project management, risk management, marketing and communications, as well as non-profit and/or mental health sector experience which includes community relations and advocacy. **Lived experience with mental health and addiction challenges is a strong asset.**

Required Competencies:

The person we are seeking is highly proactive and resilient, able to work effectively both independently and as a member of a team; has a consultative style with effective listening and problem-solving skills, and has well-developed judgment and decision-making skills. S/he is able to set priorities and meet deadlines, has well-developed communication and organizational skills, has a strong customer service orientation and is results-oriented.

Proposal Submission Guidelines:

Interested candidates are required to submit an electronic proposal **as a single document in PDF format, that does not exceed 5 pages** and that includes the following:

- A current resumé highlighting your experience and qualifications that are related to our requirements
- A cover letter outlining how you will provide leadership to A-Way in meeting its strategic objectives
- Whether you are interested in full-time or part-time employment and, if part-time, the number of days per week you are able to work
- Your preferred way for us to contact you (e.g., email, home phone, cell phone)

The search committee reserves the right not to consider proposals that do not adhere to these guidelines.

Deadline for Submissions:

Interested applicants must submit an electronic proposal **by midnight on March 20, 2013**. Please note that only those selected for an interview will be contacted. In accordance with the Accessibility for Ontarians with Disabilities Act, we will provide accommodation at the interview stage, on request.

Please email your proposal to searchcommittee@awaycourier.ca with 'A-Way Leadership' in the subject line.

Selection Criteria

The search committee will apply several factors to its assessment of the submitted proposals, and these factors include:

- Demonstrated ability and capacity to perform the key responsibilities listed above
- Evidence of commitment to A-Way's strategic objectives
- Evidence of required competencies
- Additional experience that is listed above as being an asset
- Compliance with the Proposal Submission Guidelines stated above
- Lived experience with mental health and addiction challenges

Questions/Clarification

Candidate questions or requests for clarification about A-Way's requirements, and our search process, are welcome and encouraged. These may be directed to: Paul Dowling, Interim Executive Director at paul@awaycourier.ca **No phone calls, please.**



home community opportunity

Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following openings for individuals interested in joining our progressive workplace:

Supportive Housing Worker

Nine months Contract

Duties and Responsibilities:

- establishing and maintaining a working relationship with each assigned resident member,
- assisting in the identification and resolution of individual and community issues,
- working with members to achieve a safe living environment including fire safety, member security, health and safety concerns,
- encouraging member participation in community activities and organizational committees, and
- encouraging members to become as self-sufficient as possible.

Qualifications and Experience:

- experience working with marginalized women and 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
- experience in criminal justice, addictions and harm reduction would be an asset
- experience with substance use issues
- commitment to anti-oppression and working in a recovery framework
- is capable of physical demands of the job including travel to various housing locations and practical assistance with daily living tasks
- has awareness of building maintenance and life safety systems

Starting contract salary is \$43,757 per annum with a benefit package.

For more information about this position, see the complete job description at: www.houselink.on.ca/how-you-can-help/careers-at-houselink

Please mail a cover letter and resume, Quoting File # SHW223 by March 4, 2013 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.

Houselink has an equity hiring policy. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups.