

MEETING THE INFORMATION NEEDS OF CONSUMERS/SURVIVORS IN THE TORONTO AREA

THE CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO

1001 Queen St. West, Toronto M6J 1H4

Phone Hours: Monday to Friday from 10 am to 4 pm • 416-595-2882
csinfo@camh.ca • www.csinfo.ca

Our Mission

Drawing on the collective knowledge and lived experience of the mental health and addictions community, C/S Info provides information and resources to improve the quality of life and a sense of community for all.



EMPOWERMENT COUNCIL ANNIVERSARY

25 YEARS OF PATIENT ENGAGEMENT

Keynote:

DR. AMITA DHANDA

Head of the Centre for Disability Studies & Centre for Legal Philosophy and Justice Education, National Academy of Legal Studies and Research (NALSAR)

Panel Discussion

**EMPOWERMENT & ENGAGEMENT
MEANS POWER & PARTNERSHIP**

CHRIS HIGGINS

Ministry of Health - Reflections on Forensic Mental Health

BRENDA LeFRANCOIS

Why Mental Health Services Need Mad Studies

ZOË DODD

Advocacy and Toronto Harm Reduction

WEDNESDAY, APRIL 18, 2018

1001 Queen St. West

Bell Gateway Building, Gym

2:00 p.m.

Reception to follow @ 4:30 pm

Points of Interest

Financial Information

1

Upcoming Workshops

2

Over the past 25 years, C/S Info has provided much needed information, resources, referral assistance, bi-monthly newsletters and free tax clinics to people with lived experience of mental health and addictions challenges, service providers, caregivers and interested people in the Greater Toronto Area.

On behalf of the Consumer/Survivor Information Resource Centre's Board of Directors, we are delighted that our services will continue to be provided to the community by Sound Times Support Services. I want to thank Christine Miranda, Lana Frado, staff and the directors for all their hard work in making this transition possible, as well as all past staff for making C/S Info the success it is today. We look forward to the progressive, community and informational services Sound Times will provide in the future!

Warm Regards,

Melissa Corcoran - Board Chair

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Community Supports and Announcements

Changes are Coming to ConnexOntario!

On April 3, 2018 ConnexOntario will proceed with a new, “one number” helpline and branding structure. Our current brands: the Drug and Alcohol Helpline (DAH), the Mental Health Helpline (MHH), and the Ontario Problem Gambling Helpline (OPGH) will be discontinued, and the “ConnexOntario” brand will be our sole identity moving forward. While the services we offer will remain the same, access for our stakeholders will be improved.

Why is ConnexOntario Moving to One Number?

The decision to implement a one-number service has been talked about for some time now, and with the increased traffic in ConnexOntario’s “business sector”, it was determined that a simpler, cleaner identity – and a more direct means of gaining access to addictions and mental health help – was required.

One number assists ConnexOntario’s stakeholders with a single point of contact to us. ConnexOntario’s Information

and Referral Specialists are currently trained to respond to all incoming calls with regard to Ontario’s addictions and mental health service systems.

Note that:

- The helpline number is now [1-866-531-2600](tel:1-866-531-2600); former helpline numbers will be redirected
- Former webchat links will redirect to a consolidated webchat screen
- Former helpline email addresses will be redirected to a consolidated email address
- References to drug and alcohol, mental health, and problem gambling inquiries and/or referrals will be described as such in ConnexOntario-produced reports
- One Facebook and Twitter site will now exist for ConnexOntario
- We will follow up this notice in three weeks to remind you of these changes.

Thank you for supporting C/S Info!

At the end of this month, I am stepping down as Executive Director and moving into another role outside the consumer / survivor community. Since this is my last issue, I want to take the opportunity to thank the incredible people who have made my time with C/S Info so memorable.

To the board, thank you for your leadership and guidance. While non-profit management was not new to me, involvement in the consumer/survivor community was. I appreciate your education about the history of this movement.

To the staff and volunteers, thank you for sharing your time and talent. Together we accomplished so much: we relocated our office, developed and delivered informative workshops, updated the design of the Bulletin, prepared

hundreds of tax returns, stuffed thousands of envelopes and so much more. *We could not have accomplished so much without your ideas, passion and dedication!*

To our very engaged community of peers and service providers, thank you for sharing your wisdom. C/S Info’s mission is to draw on the collective knowledge of the community to improve the quality of life for us all, your contributions help make this possible.

While I am moving on from this role, I am not leaving this community and I hope that our paths will continue to cross.

With kind regards,

Christine Miranda

Community Supports and Announcements

Name of patient:

Name of physician:

Name of psychiatrist:

Other healthcare:

The patient is currently:

1. A person of sound mind, and the patient is fully competent.

2. Lacks the capacity that the patient would otherwise have had.

3. Complete one or more boxes as appropriate.

A handbook for navigating Toronto/Tkaronto's mental healthcare system, by and for the LBGTQQ2SIA community

Note: Check one or more boxes as appropriate.

The patient is suffering from a mental disorder of a nature or quality that likely will result in:

1. The patient's mental health is in a poor state.

2. The patient's mental health is in a moderate state.

3. The patient's mental health is in a good state.

unless he or she is coming in the custody of a psychiatric facility.

CALL FOR SUBMISSIONS

Are you queer, trans or Two-Spirit with experience navigating mental health services? We want to hear from you! Submissions may be up to 550 words, and are due by APRIL 30TH, 2018.

1. The patient has been suffering from a mental disorder of a nature or quality that likely will result in a poor state of mental health for the patient, which has resulted in a substantial impairment of the patient's serious physical functioning of the patient.

2. The patient has been suffering from a mental disorder of a nature or quality that likely will result in a moderate state of mental health for the patient, which has resulted in a substantial impairment of the patient's serious physical functioning of the patient.

3. The patient has shown clinical improvement.

4. The patient is suffering from the same mental disorder as the one for which he or she previously received treatment or from a mental disorder that is similar to the previous one.

5. Given the patient's history of mental health issues, the patient is likely to be suffering from a mental disorder.

Find us on instagram **@formthiszine**, or contact us at **formthiszine@gmail.com**

Date of signature:

Signature of attending physician:

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

- Bernard M. Baruch

"Life isn't about finding yourself. Life is about creating yourself."

- George Bernard Shaw

Community Supports and Announcements

ODSP Celebration and Brochure Launch

Hosted by ReelAbilities Toronto | Tangled Art + Disability |
MANO-RAMO | Workman Arts
(Kid-friendly)

Date: Thursday, March 29, 2018

Time: 5:30 pm - 7:30 pm

Location: Tangled Art + Disability,
5-122, 401 Richmond St. West, Toronto

Cost: Free admission, registration required. Refreshments
will be provided

Good news!! Arts grants are now exempt as income and assets for people on the Ontario Disability Support Program (ODSP) and Ontario Works (OW). With the exception of funds for living costs, grant money will no longer be deducted from monthly benefits. This removes barriers for many artists in Ontario who want to create art and develop their careers with the support of grants.

Join the ODSP and Arts Grants Coalition to celebrate this news and launch an updated "ODSP and Arts Grants"

brochure. It explains how ODSP treats arts grants to help ensure that funds are assessed fairly. Come learn about the recent changes to ODSP rules and celebrate with the community! Copies of the ODSP + Arts Grants brochure (in English and French) will be available at the event.

Accessibility: ASL interpretation and live transcription will be provided. Care attendants will be on site. Tangled is a fully accessible venue and is close to accessible public transportation (both entrances are wheelchair accessible however wheelchair ramp on west side of building is suggested: enter on Richmond just east of Peter Street). Service animals are welcome. We request that you help us to make this a scent-free environment.

To Register: Please RSVP at the Eventbrite link below:

<https://www.eventbrite.ca/e/odsp-celebration-and-brochure-launch-tickets-43949406859>

For more information: contact Scott Miller Berry at
Workman Arts: 416-583-4339

"Fairy tales are more than true:
not because they tell us that
dragons exist, but because they
tell us that dragons can be
beaten."

- Neil Gaiman

"I may not have gone where I
intended to go, but I think I
have ended up where I needed
to be."

- Douglas Adams

"It is impossible to live without
failing at something, unless you
live so cautiously that you
might as well not have lived at
all – in which case, you fail by
default."

- J. K. Rowling

NOW SUPPORT IS JUST A CLICK AWAY



FAME is excited to launch our new GTA
ONLINE PEER-SUPPORT GROUP.

This is a simple and **confidential** way to connect
with other families and individuals, ask questions,
and get resources from FAME staff.

If you would like to join this group or have any
questions, please email
sarahr@fameforfamilies.com



www.FAMEforFAMILIES.com

Community Supports and Announcements

Tax Season is upon us:

Three good reasons to file your taxes before April 30:

1. Ensure your HST, Trillium and Canada Child benefits continue uninterrupted
2. If you live in rent-geared to income, you'll need to show your Notice of Assessment
3. If you are over 65, your Notice of Assessment is proof to keep your Guaranteed Income Supplement flowing.

If you are living on a low income, give us a call and we can help you find a free tax clinic near you - 416-595-2882

Woodgreen Financial Empowerment Free Income Tax Clinics

Woodgreen Community Services offers a free tax clinic for people who are living on a low income and have a simple return. There are locations across the city. For more information or to book an appointment:

Call the tax line: 416-645-6000 ext. 1187

or email: taxclinic@woodgreen.org

"Don't walk in front of me...I may not follow
Don't walk behind me...I may not lead
Walk beside me...just be my friend."

- Albert Camus

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

Computer Help!

Martha Gandier offers fellow consumers/survivors free over-the-phone or remote online computer advice and support with computer repairs, upgrades, installations, networking, virus and spyware scans as well as clean-ups, coaching in MS Office, 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.

If you have any computer article suggestions for Martha please let her or us know!

To see previous articles by Martha, please go to C/S Info's **The Bulletin page** on the website and enter her name in the search box.



Walking Group

Date: Every Thursday

Time: 10:00am – 11:00am

Location: East End Community Health Centre
1619 Queen St East, Toronto

Join us Thursday mornings near Queen Street East and Coxwell Avenue for an outdoor walk with light stretching or playful activities. A friendly, gentle way to get moving.

Phone: Zari Atai 416-778-5805 x222

Website: www.eastendchc.on.ca

"Some people never go crazy. What truly horrible lives they must lead."

- Charles Bukowski

"Not all those who wander are lost."

- J. R. R. Tolkien

Career Development

Food and Horticulture Pre-Employment Training

Are you a person on Ontario Works? Are you interested in gaining skills to work in food or horticulture services? En Route to Employment may be an opportunity for you! The 36 day intensive training includes a daily hearty lunch and sessions on the following and more:

- Food services and horticulture skills
- Wellness
- Conflict resolution
- Asset mapping and goal setting
- Resume writing
- Moving forward: re-entering the workforce
- Customer service skills
- Work etiquette
- Diversity issues
- First Aid and CPR
- Interview skills
- Budgeting

Training will begin April 10, 2018, from 10:00 am -3:00 pm, every Tuesday, Wednesday and Thursday for 12 weeks. There are only 15 spots available for the training program, so register early!

Information Sessions:

- March 1, 2018: 1:00 pm at: 20 Lesmill Rd Toronto, ON M3B 2T5
- March 20, 2018 at 1:00 pm at 1499 Queen Street West # 203, Toronto, ON M6R1A3

Important:

- Attendance at the information session is encouraged, but not mandatory. TTC tokens will be provided.
- The deadline for applying to the program is March 23, 2018 at 5:00 pm.

*** In order to participate it is necessary to have a referral from your Ontario Works worker. ***

For more information: Lubna Khalid, Working for Change: 416-504-1693

Outreach and Advocacy Office Assistant

6 month contract, 7 hours per week

The Empowerment Council (EC) is an organization for current and former clients of mental health and addiction services. We are an independently incorporated organization consisting entirely of people who have received mental health and/or addiction services.

We are looking for a consumer/survivor/service user with a strong understanding of the importance of psychiatric consumer/survivor history and community. The successful candidate will be a creative thinker who will play a key support role to our office. The candidate is an organized, computer literate, people-oriented individual interested in providing office support.

You will also be up to date with key and important advocacy issues in the mental health sector.

Working Conditions: Day shifts; onsite office work and inpatient units.

Salary: \$20.00/hour

For responsibilities and desired qualifications and skills, please go to the Empowerment Council's Facebook page.

To apply, please send a letter of interest, current resume and names of two references to: lucy.costa@camh.ca

Please note: Only those selected for an interview will be contacted. First Nations, visible minorities, consumers/survivors and other marginalized and historically disadvantaged populations are strongly encouraged to apply.

Career Development



Road to Employment

“JOBS, TRAINING & CAREERS FAIR” Networking Event

Tuesday March 27, 2018 Time: 1-3:30pm

The 519 Community Centre

519 Church St (1 Block North of Wellesley)



For Registration, please email: angelaza@houselink.on.ca
or Call: 416-516-1422 Ext. 268

Open to everyone, including people with Mental Health & Homeless

Things To Do



CONSUMER/SURVIVOR
INFORMATION CENTRE AND SOUND TIMES
COMMUNITY SUPPORT SERVICES
CELEBRATION TEA

THURSDAY, APRIL 12, 2018

12:00 NOON TO 1:30 PM

C/S INFO OFFICE
1001 QUEEN STREET WEST
(CAMH – BEHIND THE OUTPATIENT PHARMACY)

The CS Info Centre will be integrating with Sound Times Community Support Services at the end of March. To mark the occasion we are inviting all of our community members for a tea/coffee and light snacks to celebrate our past and learn about the future of the Bulletin, Tax Clinic and other services.

EVERYONE WELCOME!

FOR MORE INFORMATION PLEASE CONTACT: 416-595-2882 OR CSINFO@CAMH.CA

Things To Do

InkWell Creative Writing Workshops

Date: Every Wednesday

Time: 2:00 pm - 4:00 pm

Location: Routes, 2700 Dufferin St. Unit 90, Toronto.

Wheelchair accessible, scent-free, nut-free

Cost: Free, Drop-in, Light Snacks and TTC tokens provided

InkWell is a collective of award-winning writers who deliver high-caliber creative writing workshops in a positive and supportive environment. Workshops are free to attend for any adult over 18 who experiences mental health or addiction issues. These workshops give writers the tools they need to tell their stories or improve existing manuscripts. No writing experience is necessary.

Each instructor identifies as having lived experience of mental illness, though it should be noted there is no need to write about mental illness or disclose personal information. Consider joining us on a Wednesday afternoon for inspiration and motivation!

Workshop Schedule for 2nd half of March:

Mar. 21st – Dramatic Writing with Elyse Friedman

Mar. 28th – Fiction with Kathy Friedman

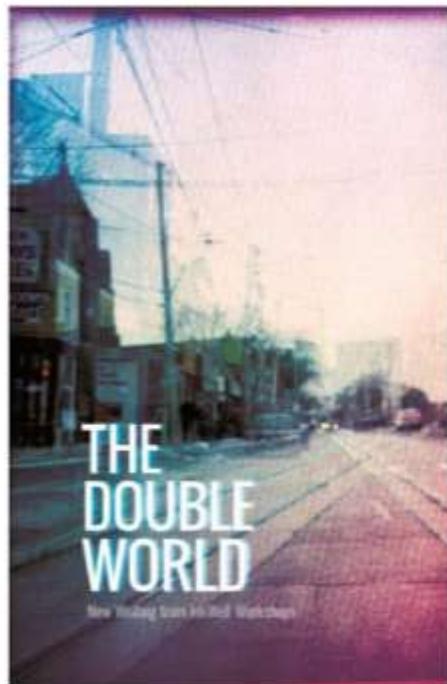
For more information: www.inkwellworkshops.com or info@inkwellworkshops.com

"For every minute you are angry you lose sixty seconds of happiness."

- Ralph Waldo Emerson

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

- Lao Tzu



2017 Anthology Cover



INKWELL WANTS YOUR ARTWORK!

We are looking for a cover image by a consumer/survivor for our second anthology of poetry, fiction, and non-fiction

- Please email original paintings, photographs, illustrations, etc. to info@inkwellworkshops.com. There is no particular theme or style – surprise us!
- The deadline for submissions is Sunday, April 1, 2018 at 11:59 p.m.
- Images should be high-resolution (300 dpi) and 8.5" x 5.5"
- We will pay \$50 for the selected image

For more information, email us or visit www.inkwellworkshops.com



Canadian Mental
Health Association
Toronto



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



Things To Do

Being Scene: A Contemporary Art Exhibition

Date: March 1 - March 25, 2018

Time: 9:00 pm

Location: Gladstone Hotel Gallery
1214 Queen Street West, Toronto
(Fully accessible venue)

Workman Arts presents 'Being Scene 2018' contemporary art exhibition spotlights over 130 artworks, featuring an eclectic *Portrait Wall* as well as a compelling curated room, *Off the Wall*, highlighting the voices of artists focusing on issues of identity, mental health and addiction.

More information: Claudette Abrams, Exhibition Director
Claudette_Abrams@workmanarts.com

"Don't cry because it's over, smile because it happened."

- Dr. Seuss

Stay tuned for new subscription options, coming next month, brought to you by Sound Times!

Subscribe For Free!

To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at csinfo@camh.ca.

The Bulletin is free to receive. If you do not have email, you can also receive it by regular mail through the generous support of the Centre for Addiction & Mental Health (CAMH).

You can also follow us on:

Facebook: facebook.com/csinfocentre

Twitter: twitter.com/CSInfoCentre

Where we post even more information and resources.

All previous issues are available on our website: www.csinfo.ca

The Bulletin is published on the 1st and 16th of every month by the C/S Info Centre. Funding for this Consumer/Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN).

March Schedule for VanDuzer Art Studio

Location: Eden Community Homes

196 Beverley Street, Toronto

Free movie!

Our in-house produced studio film delves into the subject of art and its effect on recovery. Refreshments will be served.

Date: Tuesday, March 27, 2018

Time: 3:00 pm

Art Drop-in

Dates and Times:

- ◆ Mondays & Tuesdays: 9:00 am - 12:00 pm
- ◆ Wednesdays: 9:00 am - 4:00 pm
- ◆ Thursdays: 9:00 am - 6:00 pm
- ◆ Fridays: 9:00 am - 1:00 pm
- ◆ Saturdays & Sundays: 9:00 am - 6:00 pm

For more information: 647-280-4931

Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, CAMH, C/S Info Staff, Volunteers or Board Members.

Thank you from the C/S Info Bulletin Team and all of our wonderful volunteers!

Go green; get The Bulletin by email!

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