

Please
POST,
COPY,
DISTRIBUTE



The Consumer/Survivor Information Resource Centre
Distributed through generous support from Queen Street Division of [CAMH](#)
(Centre for Addiction & Mental Health)

BULLETIN

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

January 15th, 2005
Bulletin 292

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday
LOCATION: 252 College Street, 3rd Floor, Toronto, ON
MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8
TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

More news from Helen about the centre:

Please welcome Carmen Ciuti Prieto to the Consumer Survivor Information Resource Centre. Carmen will be filling in for the next seven months as Michelle continues her maternity leave. Carmen comes to us very highly recommended after having worked for CAMH (Centre for Addiction and Mental Health) doing the Client Satisfaction Survey. She also has desktop publishing and journalism in her background and she's fluently French / English bilingual.

I am so happy to have her here to help. I think I haven't stopped talking since she got here, and it's not all just training her on her new responsibilities. I don't think I realized how lonely I was here on the third floor by myself. (Not enough of you have taken me up on my invitation to drop in.)

Now the Bulletin will be looking even better. It will come out at the right time (unless we run into real problems with the copier). It will have better info and we'll be returning your calls at a decent time frame. Things are looking up people, really looking up. (That pile of stuff that's been building up on the corner of my desk will be dwindling—or at least not continuing to grow like a fertilized weed.) Maybe I can handle this work thing after all. I'll help Carmen to handle it, too. Regards to you all,

A handwritten signature in cursive script, appearing to read 'Helen'.

Table of Contents

News from Helen
Page 1

Newsbytes
Pages 2 and 3

Announcements
Page 3, 4 and 5

More From the News
Page 6

Good Reads
Page 7

Free & Low Cost
Activities
Pages 8 and 9

Job Postings
Page 10

Releasing the tears and anger A feature article by Toronto Star Staff Reporters Sonia Verma and Andrew Chung profiles the work of Anglican priest Father Francis Xavier as he provides one-on-one counseling to Toronto's grief-stricken Tamil community in the wake of the Boxing Day tsunami disaster. Father Xavier is a 73-year-old trained psychotherapist who was the head of Sri Lanka's largest family counseling unit for eight years before he came to Canada as a refugee in 1983.

There are 70,000 Sri Lankans living in the Toronto area, and it is estimated that up to 40 per cent have lost extended or immediate family members. (Toronto Star, Monday, January 3, 2005, page B1)

Depressed? Doctor may ask The Canadian Medical Association Journal published this month new guidelines from the Canadian Task Force on Preventive Health Care on screening for depression by family doctors. The Task Force says in its report that only two questions about a patient's mood state may be sufficient to do the screening, and that the screening should only be done in situations where effective follow-up treatment is available (eg "in a family practice where a psychiatric nurse is attached to the practice and a psychiatrist visits regularly"). (Toronto Star, Friday, January 7, 2005, page E5) (According to a quick check of the Task Force's web site, it appears that the new depression screening guidelines haven't been posted there yet).

\$67 million to aid fight against domestic abuse The Ontario government has launched a \$67 million, four year Domestic Violence Action Plan. The plan will provide community support for victims, including: improved counselling and housing; \$5.9 million to train front-line workers and others to recognize signs of abuse and to help victims get information and support; and \$4.9 million for a public education and prevention campaign. (Article by Richard Brennan, Queen's Park Bureau, Toronto Star, Tuesday, December 14, 2004, page A15)



Social cost of gambling a concern, poll shows A Decima telephone poll conducted Nov. 29 to Dec. 1 of 1,000 adults found that 58% of those polled felt that increased opportunities to gamble have led to an increase in problem gambling. A December report from the Canada Safety Council also "called addictive gambling a public health crisis, saying it accounts for 200 to 360 suicides a year." (Article by Dennis Bueckert, Globe and Mail, Thursday, December 23, 2004, page A11)

Big Pharma to disclose more data on drugs The global pharmaceutical industry has released details of a new agreement to publish on the internet details about trials of new medications. "The scheme applies to new trials initiated after July 1, while trials already under way should be included from September 13." Early stage Phase I studies on healthy volunteers are exempt from the agreement largely due to "commercial sensitivities"- drug manufacturers don't want rivals to become aware too early of new drugs entering the research and testing pipeline. (Toronto Star, Friday, January 7, 2005)

Ruling is new hope for jailed patients An Ontario judge recently moved, in a precedent-setting judgment, that a psychiatric patient who has been held in the Mental Health Centre at Penetang since 1999 must be moved within 15 days to a medium-security facility where he could have access to treatment. The patient was not receiving satisfactory treatment and access to the community at the Penetang facility, and the judge found that his Charter rights had been violated by the long wait for proper treatment. The judge also "called on the provincial government...to meet its legal obligations to psychiatric patients by spending more money on treatment." (article by Robert Cribb, Staff Reporter, Toronto Star, Thursday, December 23, 2004, page A20)

Church shelters scrutinized After 17 years in operation, Toronto's church-run Out of the Cold shelter program for homeless people has come under scrutiny from the city. The city's auditor has reported that it costs more to put a person up for the night in an Out of the Cold shelter than in a city shelter- \$13 more per night. The city currently spends \$1 million a year in support of the Out of the Cold program, providing 18 staff who do security, laundering bedding, helping with cleaning and running a shuttle service. The city's shelter department has asked for a cost-benefit analysis of the program, which could take more than a year and might result in, for example, setting up a larger emergency winter shelter that could house all Out of the Cold guests. (article by Catherine Porter, City Hall Reporter, Toronto Star, Tuesday, January 4, 2005, page C3)

Ottawa approves drug for advanced Alzheimer's disease Health Canada has approved for sale the first drug aimed at improving life for people with moderate to severe Alzheimer's. The drug, Ebixa (memantine) has been on the market in Europe and the United States. The drug does not cure the disease, but does appear to slow cognitive decline, and can alleviate attacks of anxiety, hallucinations and psychosis. (article by Helen Branswell, Globe and Mail, Wednesday, December 15, 2004, page A23)

Newsbytes are compiled by Glen Dewar, a consultant with Community Resource Connections of Toronto.

ANNOUNCEMENTS

The Family Council: Empowerment for Families in Addiction and Mental Health is holding an information forum on the topic of:

"Negotiating an Emergency Admission to Hospital : Understanding the Basics"

Date: Thursday, January 27, 2005
Time: 6:30 - 8:00 p.m.

Venue: Centre for Addiction and Mental Health, 1001 Queen Street West - Training Rooms A & B
Guest Speakers will be Ann Pottinger - Advanced Practice Nurse, Emergency Services, CAMH and a family member who will offer a personal perspective on the issue. This will be followed by time for questions from the audience.

For further information, please contact: Beth Jacob at the Family Council - (416) 535-8501 x 6490 or beth_jacob@camh.net.



ATTENTION: Psychiatric Survivors, Consumers, Clients

The EMPOWERMENT COUNCIL is conducting a consultation/ OPEN Session for clients currently on **Community Treatment Orders (CTOs)** on **Thursday January 27th at 4:00 - 6:00 PM** . The purpose of the session is to give consumers/survivors on CTOs a chance to speak to each other and offer feedback to the current Ministry of Health Review. The Empowerment Council will reimburse you \$10.00 for your time.

Please Call Lucy Costa at 416 535-8501 Extension 3013 for more info.

QUEEN STREET PATIENT ROUNDS

1:00 - 2:00 pm
Every Monday

Room 160 Empowerment Council Office
CAMH Queen Street Site

Monday January 17 RIGHTS Basic Overview

Legal Aid Human Rights
Housing, Social Assistance, Immigration & Employee Rights

Monday January 24 Mental Health Rights

Forms & Mental Health Act
Public Guardian Trusteeship
Power of Attorneys

Monday January 31 ODSP

Benefits and entitlements
Appeals & who can help
Attending Hearings

Attendance at Queen Street Patient Rounds is for clients, psychiatric survivors, consumers connected to services of Queen Street Site of the Centre for Addiction and Mental Health. The meeting is also an opportunity to learn more about community resources, programs, concerns about care or treatment

For more info call - (416) 535 -8501 Ext 3013



For the month of January 2005, the meeting of the Clarke Advocacy Group will be held on the third Tuesday of the month, the 18th, at 5:30 in room 801.



Community Resources Consultants of Toronto has recently changed its name to Community Resource Connections of Toronto (same acronym, CRCT). The new name better reflects the breadth of CRCT's activities, as the agency now has not only Mental Health 'Consultants', but also Case Managers, Court Support Workers, and Hostel Outreach Workers.



Over the past two years, CRCT has also relocated from Yonge and Eglinton to Sherbourne and Adelaide downtown (exact address: 366 Adelaide Street East, Suite 230, Toronto, ON M5A 3X9); opened a Scarborough office; and held its 30th Anniversary celebration.

The Mood Disorders Association of Ontario presents:

The Role of Psychotherapy in the Treatment of Mood Disorders
With Dr. Michael Pare.

Wednesday February 2, 2005 7 – 9 pm
40 Orchard View Blvd. Suite 200. 416 486-8046 for more information.

Written Submissions on Proposed Accessibility for Ontarians with Disabilities Act The Standing Committee on Social Policy is holding hearings in Toronto, Niagara Falls, London, Thunder Bay and Ottawa between January 31 and February 11. If you would like to make a written submission, it must be sent by 5 pm on Tuesday, February 8, to Anne Stokes, Room 1405, Whitney Block, Queen's Park, Toronto, Ontario M7A 1A2. Telephone: 416-325-3515; TDD 416-325-3538. Collect calls will be accepted. For more information, see www.ontla.on.ca/committees, click on social policy, then scroll down to Bill 118. (column by Helen Henderson, Toronto Star, Saturday, January 8, 2005, page L4) (Notices from the Committee about these hearings were published in both the Toronto Star and the Globe and Mail; the deadline for notifying the Committee that you wished to make an oral presentation at the hearings was January 12th).

Therapeutic Recreation Awareness Week Feb 7-Feb 13, 2005

To recognize Therapeutic Recreation Awareness week the CAMH recreation therapists are hosting a variety of events to celebrate this year's theme, "Therapeutic Recreation...Putting Quality Into Life." Patients and staff are encouraged to participate in the 'Gold Star Challenge,' which involves earning points for engaging in various leisure activities throughout the week. Prizes will be awarded to the top five patients across the centre with the most stars. Three staff will be honored with their winning efforts celebrated on the daily broadcast. In the spirit of leisure appreciation, patients are invited to challenge the recreation therapists to a friendly game of floor hockey at the Queen Street gym between 2 – 3pm on Tuesday, February 8, 2005. Staff will also have the opportunity to face off with the recreation therapists in a game of dodge ball on Wednesday, February 9th from 12 – 1pm at the Queen Street gym. The recreation therapists here at CAMH wish to thank everyone for their ongoing support and encourage you to recognize all the leisure activities that bring you satisfaction and enjoyment throughout the year and to challenge yourselves to find the time to bring quality back into your life.

Inclusion of an announcement is NOT an endorsement of the views of any organization or individual. The Consumer/Survivor Information Resource Centre of Toronto reserves the right to edit submissions.



More from the News:

Toronto, January 12th, 2005 /CNW/ - McGuinty Government Helping People with Mental Illness Stay Out of Jail.

“Community investment will help non-violent offenders get the care they need”

The McGuinty government is helping more people with mental illness stay out of the criminal justice and correctional systems by investing \$27.5 million annually in community mental health agencies across the province that will provide services to an additional 12,000 people.

“Wherever possible, mentally ill people should receive care and support in their own communities,” Health and Long term Care Minister George Smitherman said. “We’re investing in community mental services, so that more Ontarians with mental health illness can get the care they need outside of hospitals or correctional facilities, and as close to home as possible.”

“There are people in the justice system who simply shouldn’t be there”, said Community Safety and Correctional Services Minister Monte Kwinter.

However, “ the increased ‘mental health’ interventions could result in people being held for weeks in pre-trial custody in a ‘hospital’ rather than a jail – or even in a jail in cases where a ‘hospital’ bed isn’t immediately available, even though the types of charges being discussed here aren’t those which are likely to result in jail time time, even if the person is convicted, “ according to Graeme Bacque from Can-Survive.

The Canadian Mental Health Association, CMHA, is in favor of the endeavor. “Having a mental illness is not a crime and shouldn’t be treated as one”, says Neil McGregor, CMHA, Ontario’s president.

Carmen Ciuti Prieto



Book Review: “In Recovery: The Making of Mental Health Policy”

by Nora Jacobson.

Nashville: Vanderbilt University Press, 2004, xxiv, 208 pages.

“In Recovery” is a really helpful book- without doubt, one of the most worthwhile reads I have encountered in the mental health field in the past ten years.

With “recovery” now being such a key word in all discussion about how to improve the situation of consumer/survivors, this book is very timely. It also goes beyond talking about recovery to explaining how social policy is formulated, what it can do, and what are the various factors constraining and limiting its applicability.

Having education and experience mainly in physics and computer science, a large number of the references in the book to various social science writers and their works went “over my head” so to speak, but I was still able to follow the discussion in all parts of the book.

The big questions on my mind when I decided to start reading this book were, of course, exactly what is recovery and how does one know if it has been achieved in a given case? The author quite rightly outlines many different answers to these questions and avoids siding exclusively with any particular one(s). Perhaps even more important, the discussion gives one a sense of how to operationalize recovery from the viewpoints of different stakeholders in the mental health system, such as consumer/survivors, mental health professionals, and government income maintenance agency policymakers (eg. ODSP and CPP).

In addition to examining the components of recovery, the author also looks at how recovery was viewed at various points in the past few centuries, and at its more recent history in the form of longitudinal studies on how surprisingly often those with mental illness recover virtually completely from their illness over long time periods (decades). The high rate of recovery found in recent longitudinal studies is one of the main motivators behind the current recovery movement in the mental health sector.

Finally, as a user of mental health services I found the examination of consumer participation in the process of making Wisconsin’s mental health system more recovery-based, was very interesting. The discussion of the considerations around how to implement consumer participation make this book an even more worthwhile read.

- G. Dewar

“In Recovery” may be purchased from (among other places!) Caversham Booksellers in Toronto. Their web site is www.cavershambooksellers.com for online shopping. Their store is located at 98 Harbord Street in Toronto tel. 416 944-0962 toll-free 1-800-361-6120.

For another take on this book, go to: <http://www.vanderbilt.edu/vupress/Jacobson.html>

Free & Low Cost Activities

Saturday January 15

Family Law, Wills, Estates and Power of Attorney. Free. Burrows Hall Library, 1081 Progress Ave. 10 am - 5 pm. The South Asian Legal Clinic will hold a seminar that will include a family law legal advice clinic and education sessions on separation, divorce, child custody and child access. 416 396-8740.

Sunday January 16

Art Galleries Bus Tour. Free. Visit current exhibitions at the Koffler Gallery and Art Gallery of York University. 1 pm. OCAD, 100 McCaul Street. 416 636-1880 x 268.

Urban Ecology Walk. Free. Lower Garrison Creek. NW corner Bathurst & King. 2 pm. 416 482-3032.

Monday January 17

Quit Smoking Support Group. Free. East York Civic Centre, 850 Coxwell Ave. 6:30 to 8:00 pm. Hosted by Toronto Public Health. Just drop in. For more info: 416 397-4785.

Tuesday January 18

Homework Help on the Net for Teens. Free. Annette Street Library, 145 Annette Street. 7:00 to 8:00 pm. Learn research tips you can use in the library, at school and at home. Space is limited. Register at the library or call 416 393-7521.

University of Toronto Faculty of Music, Voice Performance Class. Free. 12 pm.

Performances by first year students. Walter Hall, 80 Queen's Park. 416 978-3744.

Tea and Books. Free. Danforth/Coxwell Library, 1675 Danforth Ave. Join library staff and discuss new books. 2 pm. 416 393-7783.

Wednesday January 19

The Reality of a Sustainable City. Free. Jack Layton speaks at a Community Bicycle Network event. 6 pm. (doors open at 6). 761 Queen Street West. 416 504-2918.

Thursday January 20

Tea and Murder. Free. Wychwood Library, 1431 Bathurst Street. For all mystery lovers. Enjoy listening to mystery book talks once a month. 2 – 3 pm. Light refreshments served. To register call 416 393-7683.

University Of Toronto Faculty of Music, New Music Festival. Free. Contemporary opera

showcase. Sandra Horst, conductor. Walter Hall, 80 Queen's Park. 12:10. 416 978-3744.

Friday January 21

Book and Movie Combo. Free. Barbara Frum Library, 20 Covington Road. 1 to 4 pm. Hear a short talk about the book, then watch the movie it inspired. 416 395-5440.

York University Department of Music. Torch Songs and Love Ballads. Free. 12:30 pm.
McLaughlin Performance Hall, 4700 Keele Street. 416 736-5186.

Web Basics. Free. St. James Town Library, 495 Sherbourne St. Explore the Internet. If you have little or no experience, this hands on training will help you search the World Wide Web. Basic keyboarding and mouse skills are required. 11am. 416 393-7744.

U of T Faculty of Music. Free. 8 pm. New Music Festival. Reich: Music for 18 Musicians. Russell Hartenberger director. MacMillian Theatre, 80 Queen's Park. 416 978-3744.

Sunday January 23

Hart House Sunday Concert. Free. Great Hall, Hart House Circle. 7 pm. 416 978-2452.

Twilight Recital Series. Free. Tom Fitches organ music. St. James Cathedral, 65 Church Street. 4 pm. 416 364-7865.

Monday January 24

The Do's and Don'ts of Safe Medication Use. Free. Brentwood Library, 36 Brentwood Rd. 2:00 to 3:00 pm. The Ontario Pharmacist's Association presents an informative seminar on the safe use of medications. No registration required. 416 394-5240.

Tuesday January 25

Historical Talks. Free. S. Walter Stewart Library, 170 Memorial Park Ave.[Coxwell & Mortimer area] 7:30 to 9:30 pm. Talks on historical subjects. Meetings are free to all and include light refreshments. Book authors are often speakers. The subject is usually available 2 weeks before. 416 396-3975.

Weston Silver Band. Free. Melodies & Arias, 8th Annual Slow Melody Concert and Competition. Central United Church, 1 King Street, Weston. 8 pm. 416 249-6553.

Wednesday January 26

Weston Book Club. Free. Weston Library, 2 King St. [Lawrence & Jane area] Join us for light refreshments, conversation, and a presentation of new books. 416 394-1016.

Thursday January 27

BATA SHOE MUSEUM. Free Thursday 5 to 8 pm. Appeasing The Spirits: Alaskan Coastal Cultures, to May 1. Paths Across The Plains, to Oct 1. Beads, Buckles And Bows, to Aug 31. \$6, stu/srs \$4. 327 Bloor W. Closed Mondays. 416 979-7799. www.batashoemuseum.ca.

Job Postings

If you have access to the internet, see Charity Village. If not, call Helen or Carmen at C/S Info and we'll tell you more, or we can set up a time for you to come into the office. 416 595-2882.

Loft Community Services. Community Support Worker. Part time, 32 hrs per week, permanent position with benefits. Provide a range of services to support clients. A key component of the position will be the building of a support network of community resources. The clients require direct service and support in areas such as daily living, crisis management and linking to other services. May be exposed to second hand smoke in client's home. Requirements: diploma or equivalent in Human Services, min 3 years related experience working with mentally ill, an understanding of Psychosocial Rehabilitation principles. Closing date: January 24.

Psychiatric Patient Advocate Office. Community Based Rights Advisor. Contract. Part time. \$20/hour fee for service. Provide rights advice services to patients and/or substitute decision makers as required under the Mental Health Act. May need to travel to Brantford, Markham, Kitchener, Newmarket, Owen Sound, Welland and Lindsay. Qualifications: knowledge of relevant legislation, ability to work with persons with mental illness, excellent communication and problem solving skills, familiarity with Ontario's mental health services and ability to deal with confidential information. Position closes January 28.

Woodgreen Community Centre Harm Reduction Housing Worker. Full time. Salary \$ 37,411. Housing support to drug users In East Toronto. Position closes January 21.

Toronto Community Foundation has 3 openings, all full time. Accounting Clerk. Salary range \$35-40,000. Needs 3-5 years of progressive accounting experience, excellent attention to detail and must be in pursuit of an accounting designation. **Programme Officer.** Needs minimum 3 years experience in grant making environment and demonstrated experience and knowledge of the non-profit sector in Toronto. Salary commensurate with experience. **Administrative Assistant.** Salary range \$35-40,000, needs 3-5 years experience, exceptional computer skills including desktop publishing and database management. All positions close January 21, 2005 and have a start date of February 21, 2005.

Hanen Centre. Shipper/Receiver. Full time. Needs excellent English, previous data entry and shipping experience using Fedex or other shipping software and good basic math. Pick and pack items, assemble parcels, some lifting, calculating freight rates, data entry, receiving. Closes February 1.

Hanen Centre. Communications Coordinator. One year contract, full-time. To design and produce marketing and communications materials, keep website up to date, and implement advertising and promotions plans. Needs minimum 3-5 years experience, pref. non-profit, desktop publishing (Quark and PageMaker); excellent written and oral communications skills. Closes February 1.

If you are not already receiving *THE BULLETIN* regularly, you can receive it FREE via mail or e-mail csinfo@camh.net C/S Info Centre, Tel. 416 595-2882 or Fax 416 595-0291.

The Bulletin is published on the 1st and 15th of each month.

Please send announcements and job postings as far in advance as possible.