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The Consumer/Survivor Information Resource Centre  
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(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.*

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March 15<sup>th</sup>, 2005  
Bulletin 296

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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  
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The "Hands off!" Campaign was officially launched at a news conference at Queen's Park by the Income Security Advocacy Centre (ISAC). The campaign aims to convince the Ontario Government to abolish the clawback of the National Child Benefit Supplement (NCBS) on families on social assistance.

In 2003, as leader of the opposition, Dalton McGuinty stated that the Liberal party would eliminate the clawback of the NCBS from families on social assistance by the end of its first mandate. While the federal government provides about \$122 per child through the child benefit supplement to help low-income families raise their children, the government of Ontario deducts that amount ("claws it back") from the cheques of families on social assistance, so that family income does not increase.

What would be the effect of ending the clawback? It would be huge: 49 per cent of families receiving food from Toronto's Daily Bread Food Bank reported that the extra \$122 a month per child would mean they would not have to depend on food-bank handouts. Thus, by ending the clawback, up to 13,500 children and their families in Toronto alone could be freed from food insecurity.

The time is ripe for Premier McGuinty and his government to make good on his promise in the spring budget.

The plan is to get as many postcards signed as possible and back to ISAC by March 23rd. ISAC is hoping to present them to Premier McGuinty and Community and Social Services Minister Sandra Pupatello in the Legislature late in March. ISAC has already distributed 20,000 postcards throughout the province and has ordered another 40,000. To order postcards and posters, call ISAC toll-free at 1-866-245-4072, ext. 5154. Please provide your name, organization (if applicable), street address (including nearest intersection), and the number of postcards and posters needed. You can also send e-cards from the website: <http://www.handsoffnow.ca>

We would also urge you to contact your Member of Provincial Parliament: call Findhelp Information Services at 211 (within 416 and 647 area) or 416-397-4636 (416-397-INFO).

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**\$1.5B boost for social housing** Federal Finance Minister Ralph Goodale told delegates to the federal liberal party convention that he will provide another \$1.5 billion for affordable housing, once Housing Minister Joe Fontana has reached agreements with the provinces to use up federal funds already allocated for that purpose. Ottawa has in the past set aside \$1 billion for affordable housing, but only \$500 million has been spent. (Article by Les Whittington and Andrew Mills, Ottawa Bureau, Toronto Star, Sunday, March 6, 2005, page A10)

**Sprawl isn't healthy physically or mentally** A feature article by Jan Kasperski, executive director and CEO of the Ontario College of Family Physicians, summarized the College's "Report on Public Health and Urban Sprawl in Ontario" released in January.

Urban sprawl caused negative effects on mental health due to:

- "lack of safe pedestrian corridors and diminished natural settings"
- "long daily commutes and the greater distances people in sprawling communities drive regularly to access retail services like grocery stores, dry cleaners or barber shops"

(Toronto Star, Monday, March 7, 2005, page A17)

**Mental health outreach for students** Helen Henderson's column in the Toronto Star on Saturday, February 26 focused on a new group, "Forward Minds", which provides information to postsecondary students about mental illness through a web site, an office and pamphlets. The column also plugged the Dream Team's concert at Convocation Hall in Toronto the next day, and included a photo of Dream Team member Neil McQuaid with CBC's Erika Ritter at a 2004 fundraising concert. (Toronto Star, Saturday, February 26, 2005, page L2)

**My brother, the homeless person** A feature article by former Raptor general manager and current Toronto Board of Trade CEO Glen Grunwald discussed his experiences with his homeless brother, who was diagnosed with schizophrenia in 1978. (Toronto Star, Friday, March 11, 2005, page A21)

**New Regent Park starts with food** The redevelopment of Toronto's Regent Park will begin soon with the arrival of a supermarket. Currently, the area only has a convenience store. "...The operator of the 35,000 square foot supermarket will be announced by March 30 and the store will be part of a larger 65,000-square-foot commercial complex at Dundas St. E. and Parliament." (Article by Bruce Demara, City Hall Bureau, Toronto Star, Thursday, March 10, 2005, page B5)

**New grant rules doom social agencies** A number of social service agencies, especially smaller ones, are losing part or all of their funding due to new rules for how the federal Department of Human Resources and Skills Development funds agencies. Agencies are now being required to submit to an RFP process and compete against for-profit corporations.

One agency which may be forced to closed is Link Up Employment Services, which has been helping people with disabilities since 1992. (Article by Christian Cotroneo, Staff Reporter, Toronto Star, Wednesday, March 9, 2005, page B5)

**Pill for quitting smoking closer** A feature article by Matt Apuzzo (Associated Press) discusses the state of recent progress in finding medication which will attack the craving for nicotine at the chemical level. Several pharmaceutical companies have developed drugs for this purpose which are close to the point where the companies will ask for approval for the drugs from the FDA (Food and Drug Administration). (Toronto Star, Monday, March 7, 2005, page D3)

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

## ANNOUNCEMENTS

### TAX CLINIC

**It's tax time!** and the C/S Info Centre's free income tax clinic for low income people is beginning again. The guidelines set by Canada Customs and Revenue Agency are: single person: income under \$20,000; and with dependants: under \$25,000; no complicated returns i.e.: bankruptcies, no self-employed, no rental income, no capital gains (as if!). Please call the centre for an appointment, or for the address of a tax clinic nearer to your place: 416 595-2882. We will be doing taxes right up until April 30 and we encourage you to make an appointment soon.

## Work On Track

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### Seneca College

The goal of Work on Track is to assist job seekers with psychiatric/mental health issues identify, access and maintain realistic employment or skills training opportunities. It's 12 weeks of Career Planning & Employability Skills plus 8 weeks of Work Experience, Job Development and Support. You come out with a Seneca College Certificate. Orientation sessions are held every Monday at 12 noon to 1 pm in room 3019A at Seneca @ York, Quinlan Building, 70 The Pond Road, which is also the location of the classes. You must attend an orientation and register to begin and the next program starts April 11. Email [workontrack@hotmail.com](mailto:workontrack@hotmail.com) or call Debbie @ 416 491-5050 x 3532.

### FREE FORUM FOR CONSUMERS, SURVIVORS AND SERVICE PROVIDERS

on Employment and Employment Supports, Featuring Speakers and Information Tables. Light refreshments. Thursday, April 21, 2005, 1:30 to 5:00 p.m. Metro Hall, Rooms 308/309, 55 John Street, Toronto. Registration is required as space is limited. Please call Calleta at: 416 516-1422, ext. 226, to register by April 8<sup>th</sup>, 2005. Request reimbursement of T.T.C. if needed.

Participants Include: O.D.S.P. Employment Supports, R.T.E., A-Way Express, O.C.A.B., J.V.S., C.M.H.A., Fox Enterprises, March of Dimes, Project Works, Progress Place, Salvation Army, Work on Track, and more... Organized by the Alliance for Education in Community Mental Health.



**Congratulations to  
Breakaway survivors  
On the occasion of your 15 year anniversary  
of doing what you do best !**

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**INQUIRY INTO PSYCHIATRY:  
The Public Hearings**

**HAVE YOU EVER:**      been on psychiatric drugs?  
                              Undergone electroshock?  
                              Do you have concerns?

Come give personal testimony. Make an appointment to testify or just turn up. Everyone is welcome to attend. Only people who have actually undergone these "treatments" may testify. Support people from Women's Counselling Referral and Education Centre will be on hand. Testimony may be given in either English or French. The event is accessible to people who use wheelchairs.

**Where:** Council Chambers at City Hall. 100 Queen Street West

**Details:**      **Psychiatric Drugs Public Hearings**

*April 2 and 3 ~ 1:00 - 5:00 pm*

*Presiding Panel: Dr. Bonnie Burstow, Leah Cohen, Dr. Ernie Lightman, Dr. Shahrazad Mojab, and Michael Valpy.*

**Electroshock Public Hearings**

*April 9 and 10 ~ 1:00 - 5:00 pm*

*Presiding Panel: Don Weitz, Cathy Crowe, Catherine Dunphy, Dr. Roy Moodley, Chris Rahim.*

*Organizers: CAPA - Coalition Against Psychiatric Assault*

[capa@oise.utoronto.ca](mailto:capa@oise.utoronto.ca) ~ <http://capa.oise.utoronto.ca> ~ Contact person Don Weitz (416) 545-0796

**New Opportunities**

**COTA/Jobstart** Employment Readiness Training Program

The program is called New Opportunities and is for people living with Mental Health challenges. The program brochure, application form and curriculum are accessible by logging onto our web site, [cotarehab.ca](http://cotarehab.ca), then clicking onto Community Site Support, then onto Housing Site Support, where you will find an icon New Opportunities. We are offering 7 sessions running 4 weeks from 9:30am - 1:30 pm, located at 1330 King St. West. Tea/coffee and snacks will be provided and there is NO COST to participants. The next session runs April 11 - May 6. The program is designed to help people develop the skills and confidence to pursue employment opportunities. Please contact me if you have any questions. Jeannette Kruger 416-785-9230, x 2086 Supervisor, Boarding Home Site Support. [kruger\\_j@cotarehab.ca](mailto:kruger_j@cotarehab.ca) \*\* Monday to Thursday \*\*

# Paying for Canada: What should our taxes pay for?

**Wednesday March 16, 7:30-9:30 pm**  
**Free public forum, first come first seated**

**St. Lawrence Centre for the Arts, 27 Front Street East, Toronto, 2 blocks east of Union Station**

Taxes are the nuts and bolts of our society but most observers agree that the tax system is not doing the job it was intended to do. For a start we've seen inexplicable federal budget surpluses for several years in a row, the anomaly of lowering taxes while increasing spending, and the widely criticized GST. This forum will bring critics from across the political spectrum to talk about the role of taxation in ensuring a healthy society and economy, who should pay and how much and opportunities for tax reform, among other issues. The audience will also be asked to weigh in.

## The Panel:

**Tasha Kheiriddin:** Ontario Director, Canadian Taxpayers Federation.

**Armine Yalnizyan:** consulting economist and research associate with the Canadian Centre for Policy Alternatives. A third speaker to be announced

The Moderator: **Ted Barris:** author of the upcoming "Days of Victory: Canadians Remember 1939-1945"; CBC broadcaster and Professor of Journalism at Centennial College.

**This forum is presented by the St. Lawrence Centre Forum and Canadian Pensioners Concerned.**

It is co-sponsored by: the Alliance of Seniors, the Canadian Taxpayers Federation, Ontario Coalition of Senior Citizens Organizations (OCSCO), and the Older Womens' Network (OWN).



## The Friendly Spike Theatre Band presents: **MAD PRIDE !!**

All over the world, MAD (marginalized and disadvantaged communities, primarily psychiatric survivors, but not always), celebrate themselves on July 14<sup>th</sup>, MAD Pride Day.

In tribute, Friendly Spike Theatre Band invites you to get involved.

For more information call:

416 516-4740.

We really hope you will want to help this festival by being a part of this festival.

**Festival planning** is on Fridays from 12noon til 2pm at Friendly Spike.

The Friendly Spike Theatre Band

2466 Dundas St. Studio 210

Toronto, M6P 1W9

(2 blocks North of Dundas West Subway)

Email: [friendlyspike@globalserve.net](mailto:friendlyspike@globalserve.net)



# QUEEN STREET PATIENT ROUNDS

Attendance at Patient Rounds is for QUEENS STREET CLIENTS ONLY

## Room 160 Empowerment Council Office

1001 Queen Street (near Mall, near Patient Advocate Office)

**Monday March 28th**

**1:00- 2:00 PM**

### Inquiry into Psychiatry

Information and Discussion on upcoming City Hall Public Hearings

Guest Speakers: Don Weitz and Ken Innes

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



## The Family Council

### Empowerment for Families in Addiction and Mental Health

is holding an information forum on the topic of  
"Concurrent Disorders: Recovery from Both Mental Health and Substance Use Issues".

**Date:** Wednesday, March 30, 2005

**Time:** 6:30 - 8:30 p.m.

**Venue:** Centre for Addiction and Mental Health, 175 Brentcliffe Road - Room 2C, The Lounge

#### **Guest Speakers:**

Caroline O'Grady - Advanced Practice Nurse, Concurrent Disorders Program, Centre for Addiction and Mental Health

Wayne Skinner - Deputy Clinical Director, Addictions Program, CAMH

Karyn Baker - Program Director, The Family Outreach and Response Program, CAMH

A family member will offer their personal perspective on the issue.

For further information, please contact: Beth Jacob at the Family Council 416 535-8501 x6490 or  
[beth\\_jacob@camh.net](mailto:beth_jacob@camh.net)



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.

## Reader Contribution

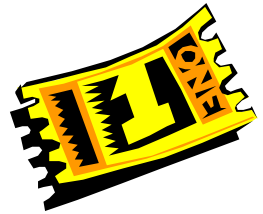
### Peas, Mushrooms, Potatoes, and Meats

I was wondering, am I really rich?  
I mop the floor; do dishes, and other chores  
Pay attention to my little adolescents  
Not to mention, my hero in his home  
He says, he's the zero, I'm the hero  
I tell him, I'm the zero, he's the hero  
It goes back and forth  
Like that  
Could I really be settled?  
Shopping is a lot of fun  
Especially when it isn't  
About what I want  
We have many stops  
The toy section, electronic section,  
the hardware, too  
So various, I can't use  
It's true, majority wins

I like it when I buy  
Peas, mushrooms, potatoes, and meats  
Seldom do I ever look closely at  
Earrings, necklaces, brooches, and rings  
My body can take them outside  
And never on the inside  
What's the use of wanting things  
Earrings, necklaces, brooches, and rings

I can't enjoy them in my grave  
Nor eat them when I'm alive  
Somehow jewellery must be fun  
I can pick what shines  
When I'm all done under the sun  
So then  
I like it when I buy  
Peas, mushrooms, potatoes, and meats

Very soon,  
I will buy  
What I want  
It will only be fair  
For they will have to wait on me  
And allow me to buy  
The things I want  
Do I dare?



## FREE AND LOW COST ACTIVITIES

### Tuesday, March 15<sup>th</sup>

**English Conversation Circle. Free.** Volunteers and newcomers meet weekly for two hours to discuss a variety of topics with the help of an experienced group facilitator. Albert Campbell Library, 496 Birchmount Rd. 416 396-8890. March 15, 22 and 29. 2:30-4:30 pm.

**Slapshots with the St. Michael's Major's. Free. All ages.** Drop in and join players from the St. Michael's Majors of the Ontario Hockey League for stories, prizes and a chance to try out your slapshot. Bloor Gladstone Library, 1101 Bloor St. West. 416 393-7674. 2-3 pm.

### Wednesday, March 16<sup>th</sup>

**Hungarian Writing and Friendship Circle. Free.** Participants discuss their own written material or other published works. Conversation is in Hungarian. Barbara Frum Library, 20 Covington Rd. 416 395-5440. Wednesdays ongoing. 2-4 pm

### Thursday, March 17<sup>th</sup>

**Toronto Field Naturalists Outing. Free.** Base of Spit to Cherry Beach. Meet at the SE corner of Queen Street Leslie Street. Bring lunch & binoculars if you have them. Children and visitors welcome, but please, no pets. 10:30 am.

**Tea and Books. Free.** Join Library staff and discuss new books or timely favourites. Light refreshments served. Forest Hill Library, 700 Eglinton Ave. West. 416 393-7706. 2 pm.

### Friday, March 18<sup>th</sup>

**Handwriting Analysis with Elaine Charal. Free.** What does your handwriting reveal about you? Learn to analyse handwriting from a certified analyst. Bloor Gladstone Library, 1101 Bloor St. West. 416 393-7674. 3:30-5 pm.

### Saturday, March 19<sup>th</sup>

**Seedy Saturday. Free.** Learn about gardens; workshops, displays, seed exchange, children's crafts and activities. Scadding Court Community Centre, 707 Dundas Street West at Bathurst Street. 10 am – 3 pm. For more information, call the Toronto Community Garden Network at 416 392-1668.

### Sunday, March 20<sup>th</sup>

**Student Composer's Concert. Free.** University of Toronto Faculty of Music, Walter Hall, 80 Queen's Park. 416 978-3744. 2 pm.

**Toronto Field Naturalists Outing. Free.** Landfilling and Lost Ravines. Meet at the NW corner Queen Street East and Orchard Park Blvd. Children and visitors welcome, but please, no pets. 2 pm.

### Monday, March 21<sup>st</sup>



**The Hunting of the Snark-with Apologies to Lewis Carroll! Free.** Pit your wits in this library scavenger hunt and win an entry into a draw for a fabulous prize. Bloor Gladstone Library, 1101 Bloor St. West. 416 393-7674. 4-5 pm.

**Tuesday, March 22<sup>nd</sup>**

**Discover your Heritage Seniors Group.** Heritage Ontario presents a series of weekly programs relating to Toronto's and Ontario's cultural history. Weekly Tuesday sessions, \$4 per session. Leaside Library, 165 McRae Dr. 416 396-3835. 2-4 pm.

**Wednesday, March 23<sup>rd</sup>**

**Eatonville Book Club. Free.** Enjoy an informal discussion of selected books. No registration required. Eatonville Library, 430 Burnhamthorpe Rd. 416 394-5270. 7-8 pm.

**Job Hunting on the Internet. Free.** Using the Library's Career Bookmarks to find job postings and career planning resources on the Internet. Register in person or call: 416 393-7746. Lillian H. Smith Library, 239 College Street. 7-8 pm.

**Thursday, March 24<sup>th</sup>**

**Legal Aid Clinic.** Legal advice can be obtained and an application filed for payment assistance. Call 416 396-8850 for a 15-minute appointment. Cedarbrae Library, 545 Markham Rd. 416 396-8850. Thursdays ongoing. 6:30-8:15 pm.

**Dreamweavers Advanced Writers. Free.** Writer run workshop for those interested in pursuing a writing career in fiction or non-fiction. For more information call: 416 537-6468. High Park Library, 228 Roncesvalles Ave. Thursdays ongoing. 416 393-7671. 6:15-8:15 pm.

**Friday, March 25<sup>th</sup>**

**CCMC and MAZINANI/VORVIS. Free.** Paul Dutton, oralizations, John Oswald, alto sax, Michael Snow, piano, synthesizer; Mani Mazinani, piano; Jack Vorvis Drums. Music Room, Hart House Circle. 416 978-2452. 8 pm.

**Sunday, March 27<sup>th</sup>**

**Sunday Twilight Series: The Easter Recital. Free.** Michael Bloss organ. St James Cathedral, 65 Church St. 416 364-7865. 4 pm.

**Rouge Valley Naturalists Nature Walk. Free.** Rain or shine! Meet at Rouge Conservation Area, off Meadowvale Rd. 1:30 pm.

**Tuesday, March 29<sup>th</sup>**

**Music at Midday. Free.** Christopher Dawes, organ. Bach: Trio Sonatas. St James Cathedral, 65 Church St. 416 364-7865. 1 pm.

**Wednesday, March 30<sup>th</sup>**

**Local History Evenings. Toronto's Sculptural Heritage. Free.** Northern District Library, 40 Orchard View Blvd. 416 393-7610. 7:30-8:30 pm.

**York University Symphony Orchestra.** \$ 10, \$5. McLaughlin Performance Hall, 4700 Keele Street. 416 736-5186. 7:30 pm.

**Master's Voice Recital: Lawrence Wiliford, tenor. Free.** Walter Hall, 80 Queen's Park. 416 978-3744. 5:15 pm.



## **Job Postings**

**Job Fair for Youth (Applicants need to be between the ages of 16-24)  
Due to eligibility requirements of the Job Connect program  
Thursday March 17 10 am – 12 noon**

### Canadian Roofs: **General Construction Labour**

- Able lift up to 80 lbs
- Comfortable with heights
- Pick-up at pre-arranged meeting place for travel to work site
- WSIB training & the opportunity to register as an apprentice

**Where:**

**YMCA Rexdale Youth Resource Centre**  
Albion Mall @ Albion & Finch  
Job Connect Telephone: 416 741-4611

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### John Howard Society of Toronto: **Addictions Counsellor**

**Part-time**

**Deadline: 03/28/2005**

**Job region:** ON- Metro Toronto Area

**Salary: \$22 per hour**

**Hours: 17 hours per week over a 2 day period**

**Job description:**

- To assess the needs of clients who require addictions treatment.
- To liaise with the John Howard Society Housing Worker when client completes treatment program.
- To provide individual/support counselling to men referred by the John Howard Society and make referrals for addiction treatment.
- To develop and implement a pre-transitions support group for clients waiting for admission to the Transitions Program at the Good Shepherd Centre.
- To assist clients in crisis management, anger management, stress management, and in accepting responsibility for their own recovery.

**Qualifications:**

- Internationally certified Alcohol and Drug Counsellor, and or a BA or College Diploma in a related field, such as Psychology or Social Services.
  - Minimum of 5 years experience in both individual and group therapy for addictions using a variety of treatment modalities including cognitive therapy, psychotherapy, harm reduction and 12-step therapy.
-

- Knowledge and understanding of people who are homeless and living with an addiction.
  - Computer literate.
- Please via email: [ipowers@johnhowardtor.on.ca](mailto:ipowers@johnhowardtor.on.ca)