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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.*

June 1st 2005

Bulletin 301

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday
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Personal Medicine

One of the things that really struck me at the Pat Deegan event was how many people stood up and argued with her that it wasn't a good thing to go off your meds. Funny thing was, Pat never said go off your meds. And her answer to anyone with that kind of remark/challenge/question was always the same, "I don't tell people to start taking psychiatric medication and I don't tell them to stop taking it." It was like people expected her to be this radical anti-drug person and that's what they heard, whether she said it or not.

Pat Deegan is the person who spoke in Toronto on May 9th and 10th courtesy of the Leadership Project. She was diagnosed schizophrenic at 17 and was told the usual, you'll never get better, get used to it, get ready for a half life at best, maybe even a quarter life, what she calls the "prognosis of doom". She decided that she would become a doctor and help change that tune for others, and she has. She got her PhD. in Psychology and has become a leading advocate for the Recovery message.

She talks about finding your own personal medicine, and by that she means whatever makes you feel well, challenged, intrigued, soothed, comforted, fulfilled, content with your life, a sense of mastery, self-esteem, like you have a purpose, a reason to get up and a reason to live. But she doesn't necessarily mean no drugs. For her, being a good partner and a good mother are parts of her personal medicine. If internal things are bad and she takes so much medication that she sleeps on the couch all day and can't do what she needs to do for her personal medicine, that doesn't work. So maybe she can take enough pill medicine to keep the voices quieter, but not so much that her personal medicine is jeopardized.

She says, "Laughter, food, sex, exercise, meditation, they all change our biochemistry. Who is to say what is medicine? Pill medicine and everything else is all in the service of our whole life."

I'll tell you, I could probably put something from her talks in every Bulletin for the next year and not repeat myself. It was supremely worthwhile.

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Newsbytes are compiled by Glen Dewar, a consultant with Community Resource Connections of Toronto. Glen is a current board member and the founder of the Consumer / Survivor Information Resource Centre, way back in 1992.

Severance law overturned: Disabled workers must get same compensation, court finds The highest court in Ontario has overturned a section of the Employment Standards Act which allowed employers to refuse severance pay for persons unable to continue working on a particular job due to an illness or injury. The Ontario Court of Appeal said that the Act had violated the Charter in this respect. "The court was ruling in a case that began after Toronto nurse Christine Tilley injured her knee in a waterskiing accident and developed complications, including depression." (Article by Tracey Tyler, Legal Affairs Reporter, Toronto Star, Thursday, May 5, 2005, page A1)

Actor-Patients' Requests for Medications Boost Prescribing for Depression Researchers funded by the U.S. National Institute of Mental Health (NIMH) have done some interesting research which appears to show that patients who ask for medication for depression are more likely to receive it.

Actor-patients were randomly assigned a disorder (major depression or adjustment disorder) and a type of medication request based on the assumption that the direct-market approach of advertising medications directly to consumers could encourage patients to seek effective care. They made brand-specific requests for Paxil®, saying they learned about the medication from a commercial; or general requests for medication, not a specific brand, saying they viewed a television program about depression which 'got them thinking'. Actor-patients assigned "none" made no request concerning medications.

People with major depression manifest several symptoms that, in combination, interfere with the ability to work, study, sleep, eat, and enjoy once pleasurable activities. Such a disabling episode of depression may occur only once but more commonly occurs several times in a lifetime. Adjustment disorder is an abnormal and excessive reaction to a life stressor, such as starting school, getting divorced, or grief (for example, car accidents, natural disasters, medical conditions). In addition to mental health symptoms, actor-patients in the study complained of either wrist or back pain.

Actor-patients exhibiting major depression who made brand-specific requests (53 percent) or general requests for medication (76 percent) were more likely to receive a prescription than those who made no request (31 percent). In the adjustment disorder group, those who requested brand-specific medications were more likely to receive a prescription (55 percent) than those who made a general (39 percent) or no request (10 percent). When actor-patients asked for Paxil® and received a prescription, the prescribed medication was Paxil® or its generic equivalent about 25 percent of the time in major depression and 60 percent of the time in adjustment disorder. (Press release, National Institute for Health, Wednesday, April 27, 2003)

Parents faced with a terrible choice The Toronto Star profiled the plight of the family of Ryan Frotten, a 10-year-old who has severe mental health problems and can only get the help he needs if his parents give him up to Children's Aid Society (CAS) custody. Andre Marin, Ontario's new Ombudsman, has started an investigation into the practice of parents of children with special needs having to give up their children to the CAS to get needed services. His final report was to be tabled in the Legislature and made public on Thursday, May 26. (Article by Kerry Gillespie, Queen's Park Bureau, Toronto Star, Saturday, May 21, 2005, page F3)

Six days a week, run from the dark side An article in the Globe and Mail (excerpted from the Wall Street Journal) discussed the lack of emphasis on daily exercise as a way to beat depression. The article states that "psychologists are much more aware of exercise as an anti-depressant...psychologists have produced the majority of the research on exercise and depression." The writer suggests from his interviews of psychiatrists that some psychiatrists aren't even aware of the body of literature supporting exercise as a treatment for depression, and quotes California psychiatrist Dr. James Lake saying that "because of collective professional values and financial interests of academic psychiatry, research priorities have almost exclusively targeted psychopharmacology." (Article by Kevin Helliker, Globe and Mail, Tuesday, May 24, 2005, page A13)

Even Wal-Mart's leaving... An article by Jeff Gray explained the difficulties that the neediest residents in southeast Scarborough, including the mentally ill, have especially now that Morningside Mall is slated for demolition. Both WalMart and the Dominion Store, the two anchor tenants of the mall which is located at Morningside Avenue and Lawrence Avenue East, have left. The East Scarborough Storefront, which is also located in Morningside Mall and also serves the mentally ill, is losing most of its federal funding and may have to close in six months. (Globe and Mail, Saturday, May 21, 2005, page M1)

Pensions for stress disorder skyrocket The number of Canadian Armed Forces veterans receiving disability pensions for PTSD (post-traumatic stress disorder) has increased more than 40-fold over the past decade, from just 25 in 1995 to 1,141 last year. There are now over 5,000 ex-soldiers on disability pension due to PTSD. "Veterans Affairs spokeswoman Janice Summerby..linked the spike in the number of PTSD cases to deployments by soldiers to such hot spots as Bosnia and Rwanda, growing public awareness and government efforts to highlight the issue." (Article by Colin Freeze, Globe and Mail, Saturday, May 14, 2005, page A1)

ANNOUNCEMENTS

Ever Hospitalized in a Psychiatric Facility?

Do you identify as a Psychiatric Survivor or Consumer?

**Do you find yourself trying to be a "normal" student . . . just like everyone else?
Why?**

A MADNESS MEET:

Saturday June 18th 2005

1:00 pm - 3:00pm

280 Parliament Street

(On Parliament, South of Dundas)

Do you come out in your classes about past or present experiences in a psychiatric institution? Why or why not? Is there a place, forum, club in your school to meet and socialize with other psychiatric survivors and consumers? Interested in meeting and talking about your experiences with other students who have been through the psychiatric system?

This meeting is open to students of any post-secondary institution. The purpose of the meeting is to discuss a range of issues facing students who have experienced the psychiatric system.

If you have questions about whether or not you should come to this meeting or simply to find out more contact

Lucy F. Costa. 416-535-8501 Ext. 3013. or by email at yu217993@yorku.ca



A Great Yard Sale

June 9th 10 am - 2:30 pm

On the grounds on CAMH 1001 Queen Street Site

A variety of CAMH and community groups will be selling products.

Drop by, buy something and support community economic development and consumer/survivors making a living.

(rain date June 23rd)

Courage

On Saturday, June 4, at 9:30 pm Rogers Cable TV will broadcast the Courage to Come Back Awards. This is an annual ceremony honouring people who have faced and overcome mental illness and/or addictions. The ceremony was held on Wednesday May 25th at the Westin Harbour Castle and is fund raiser for the Foundation arm of the Centre for Addiction and Mental Health (CAMH). Tune in to hear some inspiring stories of real courage.



The 2005 Street Health Fundraiser

Swing Dance Party !

Featuring World Reknowned Musical Entertainers

The Swing Gang

Swing dance instructors from the Dance! Dance! Dance! Company.
Fabulous food, fortune tellers, door prizes, silent auction and hosted by
Enza Supermodel and Tim Bolen.

Monday June 13 at 7:00 pm

Steam Whistle Brewing Company

255 Bremner Blvd. Behind the Skydome

\$40 per person, \$70 for two - includes food and entertainment

Please call or email Amanda MacKay for more information or to order tickets

416 921-8668 x 229 or Amanda@streethealth.ca

Queen Street Patient Rounds

Monday June 27th 2005 1:00 - 2:00 pm

Room 160 Empowerment Council Office at 1001 Queen Street West (near Mall, near Patient Advocate Office)

Bill of Client Rights Info Session

information and discussion on the recently passed Bill

*****For Clients of Queen Street Site only *****

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 Lucy (416) 535 -8501 Ext 3013



Health Equity and Diversity Conference

Local Realities and International Perspectives

June 10, 11, and 12, 2005

OISE 252 Bloor Street West

\$150/\$50/\$5

416 977-9871 or www.healthequityanddiversity.com

Health Equity and Diversity Secretariat c/o CCNC 302 Spadina Ave #507 Toronto ON M5T 2E7

A weekend of reflecting, sharing and building an agenda for health equity in Toronto.

The Mood Disorders Association of Ontario's Distinguished Speakers Series presents

"Depression: Wakeful Anguish of the Soul" from Ode to Melancholy ~ Keats

with Dr. Sarah E. Romans, MD

Wednesday June 1st 7 – 9 pm

40 Orchard View Blvd. Suite 200

Call 416 486-8046 for more information. This is a free event and open to all.



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.



Free and Low Cost Activities

Wednesday, June 1st

Earl Bales Park Nature Walk. Free. Leader Roger Powley. Meet at the NE corner of Bathurst Street and Lyonsgate Dr. [5 blocks south of Wilson] Bring lunch and binoculars. 10:00 am.

Celebrate Bike Week and Tooker Gomberg. Free. Hear the tallest Tooker tales and catch the screening of Vittorio De Sica's classic film "The Bicycle Thief." Eulogies and condolences for Tooker and stories of ecology and activism. greenspiration@web.ca. Bloor Cinema, 506 Bloor Street West. 6:30 – 8:30 pm.



Thursday, June 2nd

Japanese Art. Free. David Aylward presents an overview of the 1500 year history of Japanese painting. Deer Park Library, 40 St. Clair Ave. East. Info: 416 393-7657. 2:00 pm.

Email Made Easy. Free. Communicate with family and friends by email. Learn how to use web-based email services. Set up a free email account and send your first message. Parkdale Library, 1303 Queen Street West. For information and registration: 416 393-7686. 2:00 – 3:30 pm.

Big Pharma – Suicide, Funding and Research. Free. Speakers Angela Bischoff and Dr. Joel Lexchin share insights into the pharmaceutical drug industry. St. Michael's Hospital, Queen Street and Victoria Street, Paul Marshall Lecture Theatre, next to the Second Cup coffee shop. 12 noon – 1:00 pm.

Friday, June 3rd

Email Made Easy. Free. Ask about taking a one-on-one computer tutorial before the session. Communicate with family and friends by email. Learn how to use web-based email services. Set up a free email account and send your first message. Toronto Reference Library, 789 Yonge Street. Info. & Register: 416 393-7209. 10:00 – 12:00 pm



Saturday, June 4th

Heritage Toronto Neighbourhood Walk. Eglinton: From Farmland to "Yonge and Eligible" Free.

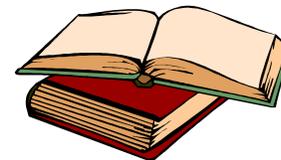
Explore the neighbourhood around Eglinton Park formerly the Pear's Brickyard, from John Montgomery's house to the site of his infamous tavern, the headquarters of the 1837 Rebellion. Leader Doug Campbell. Meet at the SW corner of Eglinton Park [Eglinton Ave. West and Oriole Parkway] 1:30 pm.

Toronto Field Naturalists Walk. Free. Nature arts—bring what you need for photography, sketching, or painting or anything you'd like to show the group when we compare our morning's work after lunch. Meet at the Southeast corner of Lakeshore Blvd. East and Coxwell Avenue. 10:30 am.

Sunday, June 5th

Feminist Book Discussion Group. Free. Older Women Network invites women to share views and ideas about selected books. New members welcome. "Our Lady of the Lost and Found" by Diane Schoemperlen is today's book. Barbara Frum Library, 20 Covington Road. Info: 416 395-5440. 1:45 – 4:30 pm.

Feminist Book Discussion Group. Free. “Canadian Women: A History by Alison L. Prentice” is today’s book. The North York Chapter of the Older Women Network invites women to share ideas and views about selected books. New members welcome. North York Central Library, 5120 Yonge Street. Info: 416 395-5639. 1:30 – 4:30.



Canadian Lesbian and Gay Archives Annual General Meeting. Free. Refreshments. RSVP 416 777-2755 or generalmanager@clga.ca 519 Church Street, East Room. 2:30 pm.

ROMwalk Heart of Toronto. Free. Highlights: Osgoode Hall, Old and New City Hall, Simpson Building, Bell Trinity Square. Meet at the front doors of New City Hall, Queen and Bay Streets. 2:00 pm.

Monday, June 6th

Making a Grand Entrance. Casa Loma. Free with castle admission. Adults \$12, children 4 –13 \$6.75, 14 – 17 \$7.50. From the Victorian era through to Art Deco, Casa Loma showcases a half century of affluent outerwear in this exhibit of stylish evening coats on display throughout the castle’s elegant suites. 1 Austin Terrace. Info: 416 923-1171. May 21st to June 26th. 9 – 5 pm.

Tuesday, June 7th

Secrets of the Virtual Reference Library. Free. Need help finding information? Get a detailed tour of the library’s revamped VRL, your first stop in your hunt for high quality research and resources on the web. Space is limited. Call to register. Fairview Library, 35 Fairview Mall Drive. Info & registration: 416 395-5750. 7:00 – 8:00 pm.

Wednesday, June 8th

ROMwalk Cabbagetown. Free. Highlights: Victorian houses, former Trinity College Medical School, Riverdale Park, The Necropolis, Wellesley Cottages. Meet at Parliament and Spruce Streets. 6:00 pm.

Thursday, June 9th

A Great Yard Sale. A variety of CAMH and community groups will be selling products on the grounds of 1001 Queen Street. Drop by and make a purchase to support community economic development and consumer/survivors earning a living. (rain date June 23rd) 10:00 am – 2:30 pm.

Pond Life Walk. Free. Toronto Field Naturalists host this walk. Meet at the Don Valley Brickworks West side of Bayview, South of Pottery Rd. 7:00 pm. No pets please.



Email Made Easy. Free. Communicate with family and friends by email. Learn how to use web-based email services. Set up a free email account and send your first message. Parkdale Library, 1303 Queen Street West. Info. & registration: 416 393-7686. 7:00 – 8:30 pm.

Friday, June 10th

The Distillery Blues Festival. Free. Featuring more than 25 bands performing on 4 stages. 55 Mill Street (Parliament and Front Streets). Info: 416 698-2152 or www.distilleryblues.com. June 10th – June 12th.

Saturday, June 11th

Cabbagetown Walk. Free. Heritage Toronto Walk. Cabbagetown is rich in Victorian architecture – from workman’s cottages to villas. The district was originally developed in the late 1800’s and was revitalized in the 1970’s and 80’s becoming a prime residential area. Meet at the NE corner of Parliament and Carlton Streets. 1:30 pm.

Brass in the Grass. Free. Enjoy amazing musical performances in all genres on three stages in a beautiful park setting at Lakeshore Grounds. Lakeshore Blvd. & Kipling Ave. Info: 416 201-7093 June 11th, 11 am to 8 pm & June 12th. 11 - 6 pm.

Sunday, June 12th

The Exhibition Grounds Heritage Toronto Walk. Free. The Canadian National Exhibition (CNE) grounds have been witness to many changes in our city – from forest and French fur traders and the War of 1812 battle to agricultural fairgrounds and modern tradeshow. Leader Steve Collie. Meet at the Princes’ Gate near Strachan Ave. 1:30 pm.



Rouge Valley Conservation Walk. Free. Turtles and wetlands. Meet at Pearse House 1749 Meadowvale Rd. Info: 416 282-8265. 1:30 pm. No pets please.



ROMwalk Sacred Stones and Steeples. Free. Highlights: St. James Cathedral, St. Michael's Cathedral, Metropolitan United Church, St. George's Greek Orthodox Church. Meet at Church & King Streets. 2:00 pm.

Monday, June 13th

AnimeShone Club. Free. Anime is the art of Japanese animation. The AnimeShon Club brings you the hottest and freshest anime. Albion Library, 1515 Albion Rd. Info: 416 394-5170. 4:00 – 6:00 pm.

Tuesday, June 14th

High Park Walking Tour. \$2 Donation. Spring flowers. Wear appropriate shoes – the walk goes on some wooded trails. Walk begins just south of Grenadier Café and Tea House in High Park. 416 392-1748. 6:45 pm. No pets please.

Wednesday, June 15th

From Acupuncture to Oh, my Aching Back. Free. Discover where to find health information on the internet in this program geared to seniors. Some knowledge of the internet is useful. Registration is required. Fairview Library Le@rning Centre, 35 Fairview Mall Drive. Info: 416 395-5820. 10:30 – 11:30 am.

JOB POSTING

MENTAL HEALTH SUPPORT NETWORK HASTINGS PRINCE EDWARD CORP

Site Developer

The Mental Health Support Network is seeking a Site Developer to work with the Network on a Contract Basis. This individual is responsible for working with our individual sites to develop their Programs and assist them in achieving their ability to be a self sufficient member of our Network. MHSN Sites are located in Belleville, Madoc, Trenton, Picton, and Bancroft.

Qualifications:

1. A Self-Starter with a good ability to organize and prioritize tasks.
2. Good working knowledge of the communities served by MHSN, and the challenges faced by the Consumer/Survivors who reside in them.
3. Outstanding Community Development Skills
4. Outstanding Relationship building skills
5. Good working knowledge of and commitment to Recovery Principles
6. Ability to work as part of a Team with good and direct Communication Skills.
7. Current Driver's License and access to a reliable vehicle.

This is a six-month contact position with some benefits attached. There is a possibility of renewal. Consumer/Survivors of the Mental Health System are particularly encouraged to apply. We also encourage applications from our Diverse Community.

Please address cover letters and resumes by **Friday June 10, 2005 @ 4 p.m. to:**

Jai Mills, (Ms.)

Executive Director

Mental Health Support Network Hastings Prince Edward Corp

350 Front St. C2

Belleville, Ontario K8N 5M5

FAX: 969 1850

jmills@mhsn.ca

No telephone calls or other contact please

Although MHSN appreciates the efforts of all who apply, we are unable to respond to those applicants who are not offered an interview.



Across Boundaries Accounting/Office Manager

(contract – 12 months, with possibility of extension)

Across Boundaries is an ethnoracial mental health center located in and serving the residents of Toronto. We provide a range of supports and services to people of colour who are experiencing severe mental health problems/severe mental illness.

Responsibilities:

The Accounting/Office manager is responsible for the agency's fiscal systems and financial record keeping. This includes all aspects of accounting, preparing the annual budget, providing timely and accurate reports to the management and board/board committees, developing and implementing financial policies and procedures and effective internal controls, providing reports required by government and other funders (i.e. Ministry of Health and Long Term Care, Trillium Foundation etc.), and preparing payroll and financial statements. The accounting/office manager also supervises part time administrative staff on site and other locations, supervises certain aspects of the administration and operation of the agency, including facilities maintenance, clerical support, and volunteer coordination. The accounting/office manager will be working in a unionized environment, in a confidential, excluded position, and will be reporting directly to the Administration Co-director.

Experience and Skills

- Knowledge of financial accounting normally associated with attainment of an accounting degree (e.g. CA, CMA, CGA or in progress, 4th level+, or foreign equivalent)
- Knowledge of computerized bookkeeping (e.g. Accpac, Quickbooks, etc.)
- 3-5 years experience in financial management
- Knowledge and skills necessary to produce and analyze financial reports; budgets and forecasts
- Knowledge of reporting requirements of funding sources including government and charitable agencies
- Exceptional communication, interpersonal and organizational skills
- Ability to work within established timeframes
- Demonstrated desire and ability to work effectively within a team environment
- Lived experience of an ethnoracial community, and second language an asset
- Experience in a non-profit, charitable organization an asset

Salary range: 40 500-44 500

Please submit your resumes to:

Hiring Committee
Across Boundaries: An Ethnoracial Mental Health Center
51 Clarkson Ave.
Toronto, Ontario
M6E 2T5

We thank all candidates for their interest. Only applicants selected for an interview will be contacted.



Dalhousie University ASSISTANT PROFESSOR IN ADDICTIONS

Please respond to the address given in the following posting.

Faculty of Medicine
Department of Community Health and Epidemiology

The Department of Community Health and Epidemiology, Faculty of Medicine, Dalhousie University, is seeking to fill a full-time, non-tenure track academic appointment of Assistant Professor in Addictions. This position is part of the research program of the Canada Chair in Population Health and Addictions located at Dalhousie University. The Department is multi-disciplinary with a wide range of ongoing teaching and research activities.

We are seeking an individual with a health research background and formal preparation and expertise in the field of addictions as well as strong research skills using either quantitative or qualitative methods. Knowledge and experience in population health or health promotion are definite assets. The successful candidate may participate in the graduate teaching of the Department.

Applications are invited from individuals who have a PhD in public health, epidemiology, psychology, sociology or other discipline contributing to our knowledge of addictions. Please submit applications by June 22, 2005. The position will remain open until filled.

A letter of application including an outline of research, teaching, experience, curriculum vitae and the names and addresses of three references should be sent to:

Dr. Stephen Kisely, Professor, Head and District Chief
Department of Community Health and Epidemiology
Faculty of Medicine, Dalhousie University
5790 University Avenue, Room 420, Halifax, Nova Scotia B3H 1V7
Phone (902) 494-3860 Fax (902)494-1597

Dalhousie University is an Employment Equity/Affirmative Action Employer. The University encourages applications from qualified Aboriginal people, persons with a disability, racially visible persons, and women. All qualified candidates are encouraged to apply, however, Canadian citizens and permanent residents will be given priority.

**** This Just In ****

Getting Your Income Tax and GST \$\$\$

Revenue Canada is withholding Income Tax Refunds and GST Rebates from thousands of people who Ontario Disability Support Program (ODSP) says owes them money.

Some of these debts go back many years. Often people can't appeal to the Social Benefits Tribunal about how much the debt is or whether they owe the debt at all.

There are things that can be done, including advocating with Revenue Canada that withholding your income tax will cause you hardship, especially if you have an illness, and they can decide not to withhold or to use a sliding scale. Also, they should not withhold the GST if your income is under \$19,000.

If this is happening to you or to someone you know, go to a legal clinic. The people at Parkdale Community Legal Services, 1266 Queen Street West are the ones who are the experts in this and if your local legal clinic needs more information, they can get it from them. 416 531-2411 x 231.

Don't let the federal government withhold your Income tax Refund and GST Rebate

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Communicate a Message of Hope

Telling our Stories of Recovery

Join the **Ontario
Recovers Campaign**
for an afternoon of sharing our
diverse stories of Mental Health
Recovery

1 PM – 4 PM
Friday July 8, 2005
City Hall, Committee Room 1
100 Queen Street West

Free! Refreshments provided.
Registration not required.

If you have a story to tell, call Brian McKinnon to get
on the speakers list at 416-285-7996, ex 227 or
bmckinnon@iprimus.ca