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The Consumer/Survivor Information Resource Centre  
Distributed through generous support from CSRU Program (Community Support and Research Unit) 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.*

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**October 15, 2006**

Bulletin 333

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C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday-Friday  
LOCATION: 252 College Street, 3<sup>rd</sup> 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](mailto:csinfo@camh.net)

## Ontario Recovers Campaign Invites You to Discuss Peer Specialist Training in Ontario

As a follow up to the 'Recovery at Work' conference, the **Ontario Recovers Campaign** wants to invite you to a general membership meeting on **Tuesday, Oct. 24, 2:00 - 4:00**. The meeting's focus is on the development of a Certified Peer Specialist workforce as the next step in the recovery continuum. Special guests are Connie McKnight of the National Network for Mental Health, and Barb Frampton and Shawn Lauzon of Ontario Peer Development Initiatives.

The meeting **location** is at the intersection of **Bay and Wellesley**. The address is:

MacDonald Block - North Side.  
Severn Room - second floor  
77 Wellesley Street West Toronto  
Hope to see you on Oct. 24<sup>th</sup>

The room holds 50 people, so please call to register your intent to attend.

Please **RSVP** to either **Robert McKay** at 416 628-7500 or  
**Brian McKinnon** at 416 285-7996 x 227.

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**Wellness and Recovery Newsletter** – The third Issue of the quarterly publication that CRCT - Community Resource Connections of Toronto – and the C/S Info Centre cooperate on was just sent out. It's free to receive by mail or email, but you have to tell us you want it. If you haven't already, call us at 416 595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net) to be put on the subscribers' list.

## WWW. Websites Worth Watching More From Our Readers:

Mental Health Awareness in the UK (via the BBC web site)  
[http://www.bbc.co.uk/health/awareness\\_campaigns/apr\\_mentalhealth.shtml](http://www.bbc.co.uk/health/awareness_campaigns/apr_mentalhealth.shtml)

Women in mental health  
[http://www.bbc.co.uk/radio4/womanshour/2004\\_21\\_tue\\_01.shtml](http://www.bbc.co.uk/radio4/womanshour/2004_21_tue_01.shtml) (audio programme too)

## Wish List. Our Readers Get Into the Swing of It

From Helen,

We started this last issue and a Bulletin subscriber requested a flute. I told you about a huge donation of books the C/S Info Centre had received along with a few other odds and ends, and I told you that the Patient Library at Queen Street was looking for games and puzzles. The response was better than my wildest dream: On Tuesday, October 3<sup>rd</sup>, we had someone call with a flute, top of the line even, to give to our budding musician. She was no longer playing it and wanted to give it to someone who would really enjoy it. I love getting people and things connected together. I think I am going to really enjoy this column. And those cushions that had been donated along with the books - someone wants them to help make the new place she just moved to look nicer. Now I just have to get them out from behind the books in the storage locker. Someone else wants the toaster oven. I've given away some of the books, but we still have lots of books, so call us.

So here's what we're trying for in this issue:

I would like very much to have a wish if possible, I am looking for a recumbent bike, I have recently had surgery, and am scheduled for more in Dec, I very much need this bike in order for me to exercise, my legs, I would be very appreciative if this bike could be donated, I don't have the funds to purchase one. I know it's big, but I would appreciate anything you can do.

If you can help with this one, call the centre at 416 595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

### Free & Low Cost Events

#### Sunday, October 15<sup>th</sup>

**Downsview Park's Fall Fair. Free.** Celebrate 'Urban Harvest' the 6th annual Fall Fair. Events include: tree planting, West Coast Lumberjack Show, Birds of Prey Flight Show, wagon rides, petting zoo, music and entertainment for everyone. Downsview Park, 35 Carl Hall Rd. Info: 416 954-0544 or [www.pdp.ca](http://www.pdp.ca). 11:00 am – 4:00 pm.

**Fall Beaches Artists' Studio Tour. Free.** Visit artists working in painting, ceramics, sculpture, jewelry, woodworking and textiles as they open up their studios in this self guided tour. For maps, brochures and more information contact, 416 465-7477 or [www.beachstudiotour.ca](http://www.beachstudiotour.ca). 11:00 am – 6:00 pm.

#### Tuesday, October 17<sup>th</sup>

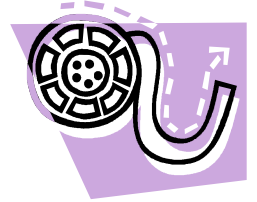
**Village of Storytellers. Free.** Stories from around the world and around the block with storyteller Dan Yashinsky. Beaches Library, 2161 Queen Street East. Info: 416 393-7703. 7:00 pm.

**Canadian Opera Company Music Performance. Free.** Chamber Music: Mozart Re-strung with Trio Con Brio (in collaboration with the Baden-Württemberg Festival). Four Seasons Centre for the Performing Arts, 145 Queen St. West. Info: 416 363-8231. 12:00 noon.

### Wednesday, October 18<sup>th</sup>

**Posture and Ergonomics Talk. Free.** A talk on how good posture can prevent disease with chiropractor and acupuncturist, Dr. Rick Lee. Bridlewood Library, Bridlewood Mall, 2900 Warden Ave. Info: 416 396-8960. 1:30 – 2:30 pm.

**A Beautiful Mind Movie (2001). Free.** Afternoon at the Movies presents this Academy Award winning film based on the true story of mathematician John Nash's experience living with schizophrenia. Beaches Library, 2161 Queen St. East. Info: 416 393-7703. 2:00 pm.



**Stress Management Workshop. Free.** Learn techniques and skills on how to cope with stress. Although this workshop is intended for newcomers, it is open to all interested women. Registration is required. High Park Library, 228 Roncesvalles Ave. For registration and more information contact Jennifer, 416 393-7671. 1:00 – 3:00 pm.

**Author Talk. Free.** Mystery writer, Howard Engle reads from his latest installment of his Benny Cooperman detective series, Memory Book. Question and answer to follow. Room 1, North York Central Library, 5120 Yonge St. Info: 416 395-5535. 7:00 pm.

### Thursday, October 19<sup>th</sup>

**What Do I Read Next? Free.** Discover new books and learn to use the library's online databases in this discussion group. Fairview Library, 35 Fairview Mall Dr. Info: 416 395-5750. 2:00 – 3:00 pm.

**Legends in Their Time: Young Heroes and Victims of Canada. Free.** An illustrated talk based on author George Sherwood's book on the lives of remarkable young Canadians. 2<sup>nd</sup> Floor, Northern District Library, 40 Orchard View Blvd. Info: 416 393-7610. 2:00 pm.

**Chinese Dance Performance. Free.** Chinese classical and folk dance with students of the Chinese Art of Dance Academy. Bata Shoe Museum, 237 Bloor St. West. Info: 416 979-7799, ext. 242. 6:00 pm.

**Introduction to Astrology Workshop. Free.** A brief history of astrology and how it can be applied to your life personally with Grace Topping. Mount Dennis Library, 1123 Weston Rd. Info: 416 394-1008. 6:30 – 8:15 pm.

### Friday, October 20<sup>th</sup>

**Armchair Travel – Japan. Free.** A slide presentation with raconteur Irwin Patterson. Refreshments served at intermission. Auditorium, Hillcrest Library, 5801 Leslie St. Info: 416 395-5830. 1:30 – 3:30 pm.

**Travel the World by Train: Germany and Eastern Europe Film (1999). Free.** Popular travel film series. Refreshments served. North York Central Library, 5120 Yonge St. Info: 416 395-5635. 2:00 – 4:00 pm.

### Saturday, October 21<sup>st</sup>

**Diwali-Eid Celebration. Free.** Street festival celebrating the end of Ramadan with entertainment, movies, and activities for the family. Festival continues to Oct. 22<sup>nd</sup>. Hiawatha Rd, south of Gerrard St E. (between Coxwell and Greenwood Aves.) Info: 416 465-8513 or [www.gerrardindiabazaar.com](http://www.gerrardindiabazaar.com). 2:00 – 11:30 pm.

### Sunday, October 22<sup>nd</sup>

**Science, Technology, Society and the Environment: Education for a New Millennium Lecture. Free.** Speaker Erminia Pedretti, PhD. Dept. of Curriculum, OISE/UT. Followed by question/answer and refreshments. J.J.R. Macleod Auditorium, Medical Sciences Building, University of Toronto, 1 King's College Circle. Info: 416 977-2983 or [www.royalcanadianinstitute.org](http://www.royalcanadianinstitute.org). 3:00 pm.

### **Monday, October 23<sup>rd</sup>**

**Magic Moments: the Coming of the Movies to Toronto. Free.** Scarborough Historical Society Talk. Bendale Library, 1515 Danforth Rd. Info: 416 396-8910. 7:00 – 10:00 pm.

### **Tuesday, October 24<sup>th</sup>**

**Finding Health Information on the Internet Workshop. Free.** Workshop highlights electronic resources for researching health and wellness resources. Learn to use the Virtual Reference Library, the Canadian Health Network, MEDLINEplus and other health databases. Toronto Reference Library, 789 Yonge St. Info: 416 395-5577. 10:00 am – 12:00 noon.

**Canadian Opera Company Music Performance. Free.** Vocal excerpts from *Così fan tutte* with Melinda Delorme, Lauren Segal, Lawrence J. Wiliford, Justin Welsh, Virginia Hatfield and Andrew Stewart from the COC Ensemble Studio. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 noon.

**ARCFestival: Art for Real Change Opening. PWYC** (suggested donation). Opening reception includes a keynote address by Drew Hayden Taylor, performance and entertainment to follow. Also showing, *Art as Resistance*. An exhibition celebrating the work of artists whose artistic practice delivers messages about systemic oppression, resistance, and social justice within their communities. Festival continues to Oct. 29<sup>th</sup>. Spin Gallery, 1100 Queen St. W., 2nd Floor. For more information on other events, times and locations contact: 416 538-4637 or [www.arcfest.org/2006](http://www.arcfest.org/2006). Exhibition, 7:30 – 12:00 midnight. Opening, 7:00 pm – 1:00 am.

### **Wednesday, October 25<sup>th</sup>**

**Self Esteem Workshop. Free.** Learn how to maintain a positive self image while dealing with everyday challenges and setbacks. Although this workshop is intended for newcomers, it is open to all interested women. Registration is required. High Park Library, 228 Roncesvalles Ave. For registration and more information contact Jennifer, 416 393-7671. 1:00 – 3:00 pm.

**Mental/Emotional Health Talk. Free.** Talk on how your mind can prevent or create serious health problems with chiropractor and acupuncturist, Dr. Rick Lee. Bridlewood Library, Bridlewood Mall, 2900 Warden Ave. Info: 416 396-8960. 1:30 – 2:30 pm.

**House of Mirth Movie (2000). Free.** Afternoon at the Movies presents this English period drama. Beaches Library, 2161 Queen Street East. Info: 416 393-7703. 2:00 pm.

**East Meets West: Registered Massage Therapy, Shiatsu and Thai Massage Talk. Free.** Explore the differences and similarities between various forms of body work with demonstrations as well as a question and answer to follow. High Park Library, 228 Roncesvalles Ave. 416 393-7671. 7:00 – 8:00 pm.

**Life of a Collection Talk. Free.** Talk by Rose Becker on her late husband's private collections of memorabilia (paper and artifacts of Toronto's history from 1812 on. Northern District Library, 40 Orchard View Blvd. Info: 416 393-7610. 7:30 pm.

### **Thursday, October 26<sup>th</sup>**

**Canadian Opera Company Music Performance. Free.** Piano Virtuoso: Music of Boulez, Hétu, Liszt with Christine Kim, piano. Four Seasons Centre for the Performing Arts, 145 Queen St. West. Info: 416 363-8231. 12:00 noon.

**Ringu Movie. Free.** Afternoon at the Movies presents this 1998 classic Japanese horror film. In Japanese with English subtitles. Auditorium, Room B, Barbara Frum Library, 20 Covington Rd. Info: 416 395-5440. 2:00 pm.

**Armchair Travel: Musical Capitals of Europe. Free.** A slide presentation by former freelance travel writer Jo Marney. Deer Park Library, 40 St. Clair Ave. E. Info: 416 393-7657. 2:00 pm.

**The Power of the Pen Workshop. Free.** Learn about yourself and others through handwriting with graphologist Elaine Charal. Mount Dennis Library, 1123 Weston Rd. Info: 416 394-1008. 6:30 – 8:15 pm.



**Announcements**

**CAMH Wellness Committee Presents  
Workplace Wellness Week: October 23 - 27, 2006**

Come Laugh Your Head Off  
Stand Up for Mental Health Comedy Showcase

Led by **Michael Cole, "The Humour Coach"**, Stand Up for Mental Health aims to reduce public stigma around mental illness and spread a message of hope and empowerment.

**Welcoming Remarks:** Eric Preston, VP Human Resources and Organizational Development, to launch Workplace Wellness Week at CAMH

**When:** Monday, October 23, 2006, Noon to 1pm

**Where:** Joseph Workman Auditorium 1001 Queen Street West

**Cost:** Pay what you can - proceeds go to United Way

*Gifts for the first 50 staff, clients and family members to arrive.*

*Refreshments following show!*

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**Information Fair - Employment and Training Opportunities**

Tuesday October 31<sup>st</sup> 10:00 – 2:00 QUEEN ST SITE of CAMH  
1001 Queen Street West ADMINISTRATION BUILDING

As part of Career Week, The Vocational Services Council of CAMH (Centre for Addiction and Mental Health) is organizing an Information Fair to highlight employment and training opportunities for clients. There will also be presentations from the Apprenticeship Office and the ODSP - Ontario Disability Support Program/Employment Supports at 11:00 am in the Malcolmson Theatre.

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**Public Health Notification    Carrot Juice – Botulism**

There are two confirmed cases of botulism in Toronto. Both patients are seriously ill with paralysis. Carrot juice found in the patients' homes tested positive for botulinum toxin.

There has been a product recall of the relevant products, but some still may be found in both retail settings and in individual homes. Public health units are taking steps to ensure the product is not offered for sale and the public is being advised through the media to not drink the product; to tightly close the container and then dispose in the garbage; finally to wash hands after handling the container.

The brands involved to date are President's Choice Organics, Bolthouse Farm and Earthbound Farms.

For details see the full IHN on the website: [www.PublicHealthOntario.ca](http://www.PublicHealthOntario.ca) or [www.eHealthOntario.ca](http://www.eHealthOntario.ca)



## 14th Annual Rendezvous with Madness Film Festival

The festival runs this year from November 9th to the 18th in the Workman Theatre at 1001 Queen Street West in Toronto. This year we have films that explore eating disorders, substance abuse, depression and suicide, as well as special programs for youth and children.

One of the Festival's highlights is the post-screening panel discussions with local and visiting filmmakers, artists who deal with mental illness and/or addiction and mental health professionals. **Rendezvous with Madness Film Festival** is perhaps the only fully accessible film festival in Toronto, with a **PWYC** policy ensuring that everyone can attend.

Shannon Quesnelle, Outreach Coordinator, Rendezvous with Madness Film Festival  
Workman Arts, 1001 Queen Street West, Toronto, Ontario M6J 1H4  
(416) 797 2626, (416) 583 4339, shannon\_quesnelle@camh.net

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The Leadership Project presents a **FREE** Conference day for Consumer/Survivors

### Recovery PSY-'COZY'-UM 2006

**A day to talk about:** Our Struggles and Strengths / Our Stories and Environment / Our Health and Human Rights / Our Creativity and Courage / Our Contacts and Connections / Our Involvement with Peers

Making Recovery Happen in our communities. Exploring possibilities and actions in an interactive setting with local facilitators. Our 'Open Space' Sessions will include international guests.

**Wednesday, November 15<sup>th</sup> 2006 from 8:00 am – 7:30 pm**

**United Steelworkers Hall, 25 Cecil St.**

(1 block south of College and Spadina St. – east on Cecil St. – 3 blocks)

**Registration is necessary** as seating is limited. Refreshments and Entertainment are provided.

**For registration forms email:** [heinz\\_klein@hotmail.com](mailto:heinz_klein@hotmail.com)

**For more information contact:** 416 482-4103 ext. 510 or  
e-mail, [heinz\\_klein@hotmail.com](mailto:heinz_klein@hotmail.com) and [meliqstarkman@yahoo.ca](mailto:meliqstarkman@yahoo.ca).

**PSY-'COZY'-UM** is a Pre-Conference leading up to the Leadership Project Conference:

### International Recovery Perspectives: Implications, Innovations, Implementation

Critical and creative explorations of groundbreaking approaches in Mental Health Recovery

**Thursday, November 16 and Friday, November 17, 2006**

**Hart House, 7 Hart House Circle, University of Toronto**

Cost for the conference is \$300.00.

Registration for the International Recovery Perspectives conference (November 16 and 17) is \$300; **\$150 registration fee (50 per cent discount) for members and staff of Consumer/Survivor Initiatives (CSIs)**. Contact Brian McKinnon at [bmckinnon@iprimus.ca](mailto:bmckinnon@iprimus.ca) or 416 285-7996 X 227 for more information and a registration form.

**Thank you to the Community Social Planning Council of Toronto for the following announcements:**

A series of 11 Tuesday night forums at Innis College will explore the issues facing Toronto in this election

**Urban Studies Program at Innis College, the Canadian Urban Institute and the Centre for Urban and Community Studies Present - Election 06: What Future For Toronto?**

This is a crucial election for the people of Toronto. The politicians we elect on November 13 will hold office for four years, longer than any previous city council has ever served. Decisions taken over the last three years will give these new city councilors more power...and more federal and provincial money...than any city council has ever had before. What will they do **for** Toronto? What will they do **to** Toronto?

Date & Time: Tuesday nights until November 20; 6:30 - 8:30 pm at The Innis Café, 2 Sussex Avenue (at St. George Street). For more details visit: [www.canurb.com](http://www.canurb.com)

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**New Publication: Voices For Children Sticks and Stones and Mental Health Stigma**

Stigma is a serious issue affecting children and youth with mental health difficulties and families beleaguered by a fragmented system.

Research shows that perhaps up to 20% of Canadian children and youth are living with mental illness. In Ontario, many of these children have trouble in school. Whether they are being teased by their peers or waiting on long lists for referral and treatment, these children and families live every day with the stigma and shame that goes hand in hand with mental illness and mental health problems.

Can stigma be reduced? Could our schools become the solution? The Provincial Centre of Excellence for Child and Youth Mental Health invites all of us to work together to find out.

Read the full report - "Sticks and Stones: Breaking the stigma of child and youth mental health difficulties through our schools", which is available at: <http://www.voicesforchildren.ca> PDF file-15 pages)

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**THRIVE FORUM WOMEN OF COLOUR: CHALLENGING VIOLENCE & CREATING CHANGE**

THRIVE, the Multicultural Women's Coalition Against Violence & Oppression invites you to our first annual forum "Women of Colour: Challenging Violence & Creating Change". THRIVE is a coalition of agencies working together to develop a response to the issue of violence against women of colour, Aboriginal women and their communities.

This forum is open to all women and trans people who are committed to ending violence & oppression against women of colour and Aboriginal women.

Date & Time: **Friday, October 27<sup>th</sup>, 9:00 am – 4:00 pm**

Location: Women's Health in Women's Hands

Registration deadline is October 20<sup>th</sup> Lunch and refreshments will be provided. ASL interpretation, note taking, translation available upon request. Childcare & TTC tokens available upon request to community members.

To register or for more information please contact Narina Nagra at: 416 392-3137 or Email: [safety@metrac.org](mailto:safety@metrac.org) <<mailto:safety@metrac.org>> or visit: <http://metrac.org/programs/safe/thrive.htm>

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## Making Gains Conference

### REGISTRATION REMINDER NOTICE

If you have not already done so, register online at [www.makinggains.ca](http://www.makinggains.ca) for the 2006 Making Gains in Mental Health and Addictions: Healthcare Transformation in Ontario, Evolution or Revolution? The conference venue is the Delta Toronto East Hotel 2035 Kennedy Road Scarborough, Ontario

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## Training Opportunities

### Assistant Cook Extended Training INFORMATION SESSION

ACET will be holding an information session for all candidates interested in enrolling in the program for January 2007. The ACET program is for people interested in working in the cooking industry and who have had mental health and /or addictions histories. The training is 36 weeks long with a work placement component and help to find work after the training is complete. It is a partnership of George Brown College and the Centre for Addiction and Mental Health.

**Wednesday, October 25, 2006,**  
11:00 am – Room H 112

(The Hospitality Building, 300 Adelaide Street East)

Applications can be submitted by MAIL or FAX to:

George Brown College, ACET Program,  
200 King Street East, Room 534 E  
Toronto ON M5T 2T9

FAX: 416 415-2432.

The application deadline is **Friday, November 3, 2006.**

Please contact us at 416 415-5000 x 6790 to RSVP or if you require any other information.

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Dixon Hall is offering a program called **B.E.S.T. Business Employability Skills Training** It is for women who are on Ontario Works and who are 19 or older with a grade 10 reading comprehension or medium to high ESL. You must have a valid Social Insurance Number, a desire to work in an office environment, a willingness to commit to a 12 week training program and some basic computer skills. As well you should be motivated to learn and have a good attitude. You will be trained in Word, Excel, Access, Outlook and PowerPoint and you'll improve your self-esteem, your time management and your business communication skills. You'll come out of the program with a self-marketing package and job search strategies. To attend an information session, call **416 864-1511. Training starts on October 23<sup>rd</sup>.**

## Job Posting

**Regeneration Housing & Support Services** (RHSS), offers housing, supportive counseling, and assistance to adults labelled with a mental illness. RHSS requires a **Community Support Worker**.

### POSITION STATEMENT:

The position of Community Support Worker provides services based on the principles of the Recovery Model (RM) to consumer/survivors. Support offered is client centered, ongoing, flexible, and variable according to need and in accordance with the client's personal values and goals. The position is permanent full-time in a non-unionized environment. The successful candidate will report to the Program Manager.

### RESPONSIBILITIES:

- To participate in the intake process and client orientation to the program.
- To establish a partnership with the client.
- To develop an understanding of the needs/status of clients and significant others.
- To ensure the client has the skills and resources necessary to achieve and maintain social determinants of mental health.
- To develop and maintain effective working relationships with hospitals, community resources, and significant others.
- To ensure that relevant and accurate information is maintained and disseminated as appropriate.
- To engage in ongoing professional development.
- To be aware of and adhere to agency policies and procedures including: mission statement, personnel policies, core skills, and the procedure manual.
- To participate and contribute as a member of a team which will include the sharing of tasks and responsibilities from time to time.

### Qualifications:

A degree or diploma in health/social services and/or relevant experience within the mental health system. Strong assessment, counseling, and liaison skills. Understanding of the link between systemic discrimination and mental health. Sensitivity to the stigma, marginalization, and poverty experienced by many consumer/survivors. Familiarity with mental health resources in Toronto. Previous experience and/or formal training in case management and the RM for persons labeled with a mood disorder and/or concurrent disorder. Personal characteristics of flexibility, resourcefulness, independence, sensitivity, persistence, and commitment are necessary.

**As part of our hiring practices we encourage and particularly welcome applications from traditionally marginalized communities. This includes, but is not limited to: consumer/survivors, people of colour, aboriginals, people with disabilities, and members of the GLBT community.**

### How to Apply

Please submit resume and cover letter **no later than October 20, 2006** to:

Attention: HR Posting file: 08162006

Regeneration Housing and Support Services

168 Bathurst St. Suite 330

Toronto, ON M5V 2R4

Fax: 416 703-9648

email: [hr@regenerationhouse.com](mailto:hr@regenerationhouse.com)