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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.*

January 15, 2007

Bulletin 339

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. 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

Reports of Interest

Study: Inequality in Wealth, 1984 to 2005

The gap between the nation's families with the highest net worth and those with the lowest widened between 1999 and 2005, in part because of gains in the value of housing, a new study shows. The study, published in Perspectives on Labour and Income, ranked family units into five groups, or quintiles, from the lowest net worth to the highest. Each represented 20%, or one-fifth, of all families. Between 1999 and 2005, the median net worth of families in the top fifth of the wealth distribution increased by 19%, while the net worth of their counterparts in the bottom fifth remained virtually unchanged.

The full report is available at: <http://www.statcan.ca/english/freepub/75-001-XIE/75-001-XIE2006112.pdf> (PDF File 20 pages)

The National Council Welfare Report

Welfare Incomes 2005

This annual report produced by the National Council of Welfare lists trends and patterns of welfare incomes for various household forms across the nation, for a total of 52 scenarios, and findings are discussed.

The full report can be accessed at:

<http://www.ncwcnbes.net/htmldocument/reportWelfareIncomes2005/WI2005ENGrevised.pdf>

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Human Resources and Social Development Canada

Advancing the Inclusion of People with Disabilities 2006 Report

This is the Government of Canada's fourth comprehensive report on disability in Canada.

It provides information on over 50 federal programs and initiatives, their level of expenditure, the key findings of any available internal or external evaluations or audits, and any research studies or client surveys of which these programs and initiatives were the subject matter. All these programs and initiatives reflect the Government of Canada's commitment to address disability issues and reduce the effects of the socio-economic and physical environments.

The report can be accessed at:

<http://www.hrsdc.gc.ca/en/hip/odi/documents/advancingInclusion06/advancinginclusion.pdf> (PDF 1.2 MB, 109 pages)

Thank you to the Community Social Planning Council of Toronto for providing the information about these reports.

Wish List.

We have a reader who is looking for a music keyboard. If anyone has one and is willing to part with it, please give the centre a call.

We still have some bookshelves to give away. They are dark coloured, about 6 feet tall, 3 feet wide, like IKEA shelves. You have to have a way to take them home because the Info Centre does not have a van or any other vehicle. If you are a consumer/survivor and you are interested in these shelves, please call or email.

If you have something to put in our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.



Free & Low Cost Events

Monday, January 15th

Allan Gardens Conservatory Christmas Flower Show. FREE. This long-standing holiday tradition features spectacular topiary masterpieces including intricate handmade wreaths, garlands and trees. South side of Carlton Street between Jarvis and Sherbourne Streets. Info: 416 392-7288. Daily from 10:00 am – 5:00 pm through to January 17th.

Tuesday, January 16th

Canadian Opera Company: Music of Mozart and Shostakovich. FREE. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 Noon.



What Do I Read Next? FREE. Discover new authors and learn to use the library's online database. This hands-on group session is helpful to general readers as well as

book club members. Today's topic: Looking for Art in the Novel. North York Central Library, 5120 Yonge Street. Info: 416 395-5535. 2:00 – 3:00 pm.

Wednesday, January 17th

Older Women's Network Book Discussion. FREE. The Romantic by Barbara Gowdy. Northern District Library, 40 Orchard View Blvd. Room 224A. Info: 416 393-7610. 2:00 – 4:00 pm.

D(R)AFT 2.4 reading series. \$5. Come and watch this demonstration that it's never too late to take up a new instrument, fly off to parts unknown, or walk around without the benefit of corrective lenses. The \$5 admission fee gets you a copy of DRAFT, a numbered, limited edition publication available only the night of the reading with notes, drafts, collages and sketches by the evening's readers. Info: 416 433-4170 or bodylanguage@sympatico.ca. Artists' Play Studio Theatre, 276 Carlaw Avenue, Unit 209. Doors open 7:30, Reading 8:00 pm.

Thursday, January 18th

A Naturopathic Way Toward Weight Management. FREE. Mitchell Zeifman, N.D. combines traditional healing methods and modern research practices to provide information about health conditions that affect weight management and tips toward achieving a healthier weight. North York Central Library, 5120 Yonge Street, Room 2. Info: 416 395-5535. 6:00 – 8:00 pm.

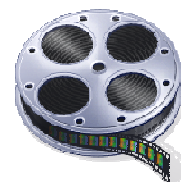


A Walk Down Oak Street: Faces Places and Stories. \$4. The story of Cabbagetown [1820–1947] and Regent Park. Visit pre-1947 Oak Street through domestic and recreational objects. Re-creation of a 1930's corner store as well as live interviews. Watch the area transform into Regent Park and grow to be one of the most multicultural communities in the world. Mackenzie House, 82 Bond Street. Info: 416 392-6915. Noon – 5:00 pm.

Concert Series In the Richard Bradshaw Amphitheatre: Political Writing in Art Song. FREE. The young artists of the Canadian Opera Company Ensemble Studio explore a thought provoking repertoire inspired by political writing. Four Seasons Centre for the Performing Arts. 145 Queen Street W. Info: 416 363-8231. 12:00 Noon.

Friday, January 19th

Family Movie Night. FREE. Sit back, relax and enjoy a movie with us. Playing tonight the new environmental film by Al Gore, Inconvenient Truth. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 6:00 pm.



Saturday, January 20th

Celtic Fiddle Ensemble. FREE. Royal Conservatory of Music, Community School, 90 Croatia Street, Room 305. Info: 416 408-2824 x 321. 7:00 pm.

Sunday, January 21st

Robbie Burns' Day Celebration. \$4. Celebrate the birthday of the famous Scottish poet with live music, shortbread and a smiling haggis. Hear some comical stories about the 'oft misunderstood haggis. Mackenzie House, 80 Bond Street. Info: 416 392-6915 or www.toronto.ca/museums. Noon – 5:00 pm.



Annual High Park Winter Fun Day. FREE. Wintery fun activities including pony, horse and wagon rides, marshmallow roasting, and warm drinks in the great outdoors. All proceeds go to the Jamie Bell Adventure Playground and other programs in the park. Colbourne Lodge, south end of High Park. Info: 416 392-6916. Noon – 4:00 pm.

Sunday Serenades At Scarborough Civic Centre. FREE. Peter Glen. Rotunda of the Civic Centre,

150 Borough Drive, Scarborough. Info: 416 338-3295. 2:00 – 4:00 pm.



Monday, January 22nd

CBC Museum. FREE. A multi media museum in the Canadian Broadcasting Centre documents the history of Canadian broadcasting. Watch clips from shows such as Wayne and Shuster. CBC Building, 40 Front Street West. Info: 416 205-5574.

Tuesday, January 23rd

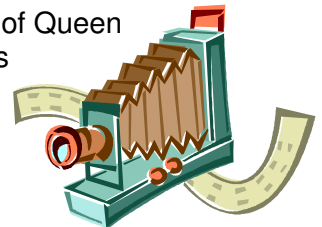


Book Club. FREE. Shadow of the Wind by Carlos Ruiz Zafon. North York Central Library. 5120 Yonge Street Room 2. Registration: 416 395-5672. 7:00 – 8:30 pm.

Round Table Discussion on Diabetes. FREE. The Scarborough Chapter of the Canadian Diabetes Association invites you to a discussion on Travel and Health Insurance, What You Need to Know, with Robert Ingle of Ingle Insurance. Scarborough Village Recreation Centre, 3600 Kingston Road (at Markham). Info: 416 363-0177 x 7407. 7:30 pm.

Wednesday, January 24th

Building Blocks. FREE. Photographs, maps, plans and drawings illustrate the building of Queen Street West from University to Dufferin Street during Toronto's first period of tremendous growth. This exhibition is presented in partnership with The Toronto Architectural Conservancy and will feature materials from the Archives of Ontario. The Market Gallery, 95 Front Street East, South St. Lawrence Market, 2nd Floor. Info: 416 392-7604. Wed, Thurs, Fri 10:00 am – 4:00 pm, Sat 9:00 am – 4:00 pm, Sun Noon – 4:00 pm.



York University Department of Music: Improv Soiree. FREE. Artists from the studio of Casey Sokol. York University, 4700 Keele Street East, Room 235 Accolade East. Info: 416 736-5186. 7:00 pm.

Colour and Light. Exhibition and Opening Reception. FREE Wednesday evenings. The Textile Museum of Canada presents a dazzling array of embroidered textiles drawn primarily from the museum's rich South Asian holdings. A video installation of contemporary voices brings personal commentaries to textiles traditionally made for clothing, household decoration and cultural expression, reflecting the multicultural environment of today's Canada. Info: 416 599-5321 or info@textilemuseum.ca. Textile Museum of Canada, 55 Centre Avenue. Wed 5:00 – 8:00 pm Pay What You Can. Reception is at 6:30 pm.

Thursday, January 25th

Chinese Cooking with Kathleen Chim, Chinese New Year Foods. FREE

Dumplings, noodles, fish, seaweed and oysters carry special meaning in Chinese New Years celebrations: wealth, good luck and longevity. Join Kathleen Chim in a special cooking demonstration and taste some of the delightful New Years treats she prepares. Bata Shoe Museum, 327 Bloor Street West. Info: 416 979-7799. 6:00 pm.



Watched by Heaven, Tied to the Earth: Summoning the Animals on

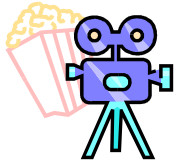
Chinese Children's Shoes: FREE Thursday evenings. Revealing the most charming and long-lived tradition involving the footwear of Chinese children.

This exhibit examines how Chinese culture uses animal symbols on shoes and other garments to convey notions of protection. Bata Shoe Museum, 327 Bloor Street West. Info: 416 979-7799 or www.batashoemuseum.ca. Free admission Thursdays 5:00 – 8:00 pm.



Winter Author Reading Series: Under Water Archaeology. FREE. David Gibbons, a world authority on ancient shipwrecks and sunken cities, reads from his new archaeological thriller Atlantis. Q & A will follow. Toronto Reference Library, Elizabeth Beeton Auditorium, 789 Yonge Street. Info: 416 395-5577. 7:00 pm.

Recital for Violin & Piano. FREE. Northern District Library, 40 Orchard View Blvd. Info: 416 393-7610. 2:00 pm.



Friday, January 26th

Family Movie Night. FREE. Sit back, relax and enjoy a movie with us. Playing tonight – The Barnyard. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 6:00 pm.

WinterCity 2007. Concert. FREE. The Philosopher Kings. Juno and MTV video award-winners, who are also called Canada's Favourite Live Band, will perform at the Toronto Water Concert stage at Nathan Phillips Square, 100 Queen Street West. 8:00 pm.

Saturday, January 27th

Haiku. FREE. Join people interested in writing Haiku and other forms of poetry. Deer Park Library, 40 St Clair Avenue East. Info: Ann Goldering, 905 852-8831. 1:00 – 4:00 pm.

WinterCity Concerts. FREE. Nathan Phillips Square. 100 Queen Street West.

Lucid Dreams. R & B style drums, funky bass runs, catchy pop melodies. 12:30 pm.

The Bicycles. Bubble gum popsters borrow from the 60's and 70's. 2:00 – 3:00 pm.

Jon Levine Band. One of Canada's top musicians, Juno Award winner. 3:30 to 4:30 pm.

The Junction. Groovy Indie rock to sing, clap and dance to. 5:00 – 6:00 pm

Sloan. Prolific and dynamic band. Melodic hook-laden power pop. 8:00 pm.

Sunday, January 28th

Sunday Serenades at Scarborough Civic Centre. FREE. Bonnie James. Rotunda of the Civic Centre, 150 Borough Drive, Scarborough. Info: 416 338-3295. 2:00 – 4:00 pm.

WinterCity Concerts. Alt-Country, Rock & Blues. FREE. Nathan Phillips Square.

NQ Arbuckle. One of today's greatest balladeers. 12:30 – 1:30 pm.

Jill Barber. Singer/Song writer. Jazzy blue-grass pop. 2:00 – 3:00 pm

Jon-Rae and the River. Alt-Country, gospel-soul orchestra. 3:30 – 4:30 pm

Elliott Brood. Dark, gritty folk and howling blue grass. 5:00 – 6:00 pm

Monday, January 29th

NFB – Mediatheque. FREE. View films from the National Film Board's collection at the personal viewing stations. NFB, Mediatheque, 150 John Street. Info: 416 973-3012 or www.nfb.ca. Monday & Tuesday 1:00 pm – 7:00 pm, Wednesday 10:00 am – 7:00 pm, Thursday – Saturday 10:00 am – 10:00 pm, Sunday noon – 5:00 pm.

Tuesday, January 30th

Canadian Fiddle meets Irish Tin Whistle. FREE. Anne Lederman gives a lecture-demonstration of the widest-spread Canadian folk tradition - fiddling. Loretto Reid captivates with that deceptively simple Irish folk instrument, the tin whistle. The Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 Noon.

Wednesday, January 31st



Noon Hour Concert: Continental Piano. FREE. Music by Gao Ping, Behrens, Southam, Rzewski, Elaine Lau, Joseph Ferretti piano duo. Royal Conservatory of Music, 90 Croatia Street. Info: 416 408-2824 x 321. 12:00 Noon.

Announcements

Many of the branches of the Toronto Public Library changed their hours as of January 8, 2007. This is the first phase of the library 's long-term vision to increase open hours in library branches across the city. Consult their brochure 'Library Hours and Locations', check www.torontopubliclibrary.ca or call ahead before visiting to avoid disappointment, because although most branches are now open longer, some have changed the times they open or the day they close.

Board Members Wanted

Alternatives, an East York/East Toronto community-based mental health agency is looking for new Board members.

Alternatives provides case management and counselling services as well as group programs to people who are experiencing serious mental health problems. We believe in empowerment, self determination and the right of people to live with dignity.

We are looking for Board members who may have experienced the mental health system or are interested in Mental Health.

If you are interested in joining our Board, please call Licien at (416) 285-7996, extension 233.

Public Hearings on Electoral Reform

There will be public hearings on electoral reform all across the province. There will be a referendum question on the October 4th provincial election ballot to decide if we will change the current first-past-the-post system to a proportional representation system of some description. This would elect candidates to the Legislature more in proportion to their party's share of the popular vote. The hearings will help to inform the Citizens' Assembly, 103 people from across Ontario who are looking at the issue and will make recommendations to Democratic Renewal Minister Marie Bountrogianni by May 15th. Come out and say whether you like the current system or want change and why. The hearings for Toronto are January 17th at Ryerson University, The George Vari Engineering and Computing Centre, The Atrium, 245 Church Street. 7:00 pm – 10:00 pm. January 23 at LAMP in Etobicoke, 185 Fifth Street 7:00 pm – 10:00 pm. January 25 at Metro-Central YMCA, 20 Grosvenor Street 7:00 pm – 10:00 pm. You can check out the Citizens' Assembly on Electoral Reform and get more information on this topic and find out locations for other parts of the province at www.citizensassembly.gov.on.ca. You can also participate by sending in written comments of a few sentences or a few paragraphs or longer. Written submissions must be received by January 31st, 2007.

Mood Disorders Association of Ontario
Distinguished Speakers Series Presents:
Zindel Siegal, Ph. D.

Cognitive Therapy, Mindfulness and the Prevention of Relapse in Unipolar Depression

February 7, 2007 7:00 – 9:00 pm Free Admission, All Welcome
40 Orchard View Blvd, Suite 200

Job Postings

Community Resource Connections of Toronto
Community Support Services, Family Program

Community Support Worker (Case Manager) Full Time permanent

Community Resource Connections of Toronto (CRCT) is a community mental health organization that assists individuals with severe mental health problems by working directly with them and indirectly through our community work.

In order to serve the increasing diversity of individuals we work with, the successful applicant will have an understanding of anti-racism work and a familiarity with issues affecting ethno-racial communities.

We encourage applications from people with direct experience with the mental health system, people of colour, Aboriginal people and persons with disabilities. Personal disclosure will be held in confidence.

This is a mental health case management position working primarily in the East end of Toronto, travel will be required to our East office at 3545 Kingston Road and to the homeless family shelters in Scarborough. A car is a necessity for this position.

Job Responsibilities:

- Assess referrals to determine eligibility for the service.
- Provide individual support to 12-15 parents with serious, ongoing mental health problems, especially those who are homeless and living in Scarborough family shelters.
- Work with individuals and their families to acquire/maintain adequate stable housing.
- Provide assistance and support to the parent to access and use services/resources and supports to realize their personal goals.
- Identify and address needs of other family members.
- Work collaboratively with key supports and resources to meet the needs of the family.
- Assist families to develop a supportive network.
- Provide consultation related to mental health issues to shelter staff.

Qualifications:

- A least two of the following: a degree or diploma in health or social services; direct personal experience of the mental health system; **recent significant** work experience with people with serious mental health problems.
- Ability to work in a partnership relationship with individuals and their families.
- Experience working with both traditional mental health services and other agencies/organizations that may support individuals and their families.
- Knowledge of systems issues related to homelessness, mental health recovery and the Mental Health Act.
- Basic competency in a Microsoft environment
- Having worked with organizations that serve ethno-racial communities and youth is an asset
- Child welfare, children's mental health and/or substance abuse treatment experience are an asset.
- Ability to work in an anti-racist, anti-oppressive manner.

- Excellent interpersonal and communication skills, fluent oral and written English. Knowledge of a second language, refugee/immigration experience or a culture relevant to the community needs in Scarborough is a significant asset.
- **A valid Ontario driver's licence, reliable car and third party \$1 million business insurance is required for this position.**

Salary Range: \$46,697 to 51,389 + Benefits

Reply in writing to : East Team Hiring Committee

Reply in writing by: Friday, January 26, 2007

St. Christopher House

COORDINATOR of EMPLOYMENT SERVICES (1 Year Maternity Leave Contract)

Responsibilities: The Coordinator of Employment Services is responsible for ensuring delivery of programs that address the barriers to employment faced by at-risk youth and adults, to advocate on behalf of the program participants, to engage in advocacy work and to promote the services of House programs within the immediate community.

- Plan, develop and evaluate appropriate employment services delivered by external providers, instructors or other agencies;
- Develop counselling strategies to ensure clients receive adequate support;
- Maintain employment resources and ensure adequate support;
- Participate in recruitment, selection, orientation and training of staff;
- Schedule and assign workloads to staff and conduct performance reviews;
- Supervise program staff and coordinate the activities of student and volunteer placements;
- Resolve problems/issues and provide support/advice to staff;
- Coordinate activities of the administration staff and cleaning staff and ensure premises are secure, clean, safe and maintained at all times;
- Assist with program delivery, especially during peak periods or when short staffed;
- Prepare annual budgets for each funding source in collaboration with senior staff and initiate and monitor spending;
- Develop grant proposals and funding applications according to established specifications;
- Liaise with all levels of funders, community members and corporate sponsors for funding opportunities;
- Compile various statistics, reports and records and meet regular government funder and agency deadlines;
- Represent the House on appropriate community networks and promote the House's programs and services;
- Advocate on behalf of participants within the immediate multi-cultural community and with other agencies;
- Participate as a member of the program and unit on long-term planning initiatives for the Community Programs Unit, on in-House committees, initiatives and activities as required.

Qualifications:

- University degree or equivalent in the human services field;
- Five years relevant experience working in community based employment programming within a multi-cultural community;
- Knowledge of employment barriers facing at-risk youth, adults and new community members;
- Knowledge of employment and training services available for youth and adults in the Toronto area;
- Strong understanding and analysis of anti-oppression and anti-racism work, with practical experience;
- Experience in crisis intervention, small and large group facilitation and undertaking client and systemic advocacy;
- Proven problem solving and organizational skills coupled with excellent analytical and negotiation skills;
- Demonstrated interpersonal and communication skills, including tact and diplomacy;

- Excellent written and verbal skills;
- Experience in program planning, preparing budgets, drafting proposals, team building and supervising/coordinating staff is essential;
- Knowledge of database and word processing software required;
- Ability to work evenings and weekends and to travel within the Greater Toronto Area.

Unit: Community Programs **Supervisor:** Unit Director **Hours:** 35 per week, with overtime as required

Salary: \$49,152.09

Please reply in writing **no later than 5:00 p.m. on January 25, 2007** to: Director of Community Programs, 1033 King St. West, Toronto, ON, M6K 3N3, lambrinani@stchrishouse.org



HOUSELINK

home community opportunity

Houselink Community Homes, a non-profit organization providing housing and support to people who live with serious mental illness, is seeking to fill this position.

Intake/Referral and Outreach Coordinator **Full-time, Permanent**

General Responsibilities

The Intake/Referral Outreach Co-ordinator is responsible for coordinating and developing Houselink's intake and outreach program including:

Qualifications and Experience:

- has excellent computer skills, including data base input and report generation skills
- excellent verbal and written communication skills;
- has interviewing and assessment skills
- ability to interact effectively with the public, potential and existing residents, professionals, agencies, and Houselink staff;

Starting salary is \$42,425 per annum with benefit package

For more information and job description visit: <http://www.houselink.on.ca/careers>

Please send cover letter and resume by January 19, 2007 Quoting File # IROC222 to:
Hiring Committee
Houselink Community Homes
805 Bloor Street West
Toronto, ON M6G 1L8

No phone calls please. Only those selected for an interview will be contacted.

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, gays, lesbians and women.

To **subscribe** to The Bulletin or The Wellness and Recovery Newsletter, call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at csinfo@camh.net. The Bulletin is published twice a month on the 1st and 15th. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. Both are posted on the CRCT website at www.crct.org.

Both publications are free to receive. We encourage people to subscribe by email if

Sound Times

Community Service Worker

Full Time, Permanent

Four day week, one weekend day required

Sound Times is funded by the Ontario Ministry of Health and Long Term Care to provide individual supports, social support, educational, recreational and employment opportunities to consumers of mental health services and psychiatric survivors. We are funded as a peer initiative and preference is given to applicants who have personal experience as users of the mental health system.

Responsibilities:

- ✓ Maintain an environment that emphasizes a collaborative working relationship with the members of Sound Times
- ✓ Identify members' needs and aspirations
- ✓ Assist members in gaining the skills, resources and information necessary to make choices for services and supports
- ✓ Maintain effective working relationships with mainstream community mental health services, institutional/hospital sector services, criminal justice services and addiction services
- ✓ Plan and implement activities in partnership with members
- ✓ Participate in outreach

Qualifications:

- ✓ A degree or diploma in the social services field or equivalent personal experience with the mental health system
- ✓ Minimum of three years experience working in a social service setting
- ✓ Demonstrated understanding of and a commitment to peer support and an ability to articulate it's role in self-directed recovery
- ✓ Demonstrated experience in working with consumers and survivors who are substance users and/or who have come into contact with the criminal justice system
- ✓ Working knowledge of community resources, income entitlements and the institutional sector
- ✓ A commitment to working with a team dedicated to innovative approaches to service and support for the consumer/survivor community
- ✓ An ability to work in an unstructured environment that demands flexibility, resourcefulness, commitment, an outstanding sense of humour and a deep appreciation for the struggle of the consumer/survivor movement

Apply in confidence to:

hiring@soundtimes.com

Deadline for application: January 21, 2007
Competitive salary plus benefits