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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.*

April 1, 2007

Bulletin 344

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

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Where I've Turned for Support

By SP

I struggled with episodes of feeling life was not worth living and I would not admit it to anyone because I felt ashamed for having those thoughts and I did not know about depression. It eventually got worse and one day I realized if I did not go get help I would not survive. This was late in my life.

I received very good help at the Lakeshore Outpatient Clinic and I learned what had contributed to making me feel like ending my life. The psychiatrist and therapist were very caring. I was very frightened of psychiatric services but my fears became less after the help I received at this clinic.

I thought after you finish "therapy" you would be cured for life. Now I know it is not that simple and a lot more complicated. It depends on the reasons you needed help in the first place that will determine how much help you will need through your life.

That was 12 years ago and since then I have learned a lot about depression and that it can make you have suicidal thoughts. I have had good and bad experiences with psychiatric services. There were some individuals I found out within the psychiatric system who did not operate with best interest of others in mind. It included professionals working in the field and also others receiving help. I continue to encounter this but along the way I did find some good help.

A place recently that was an enormous help to me is the East York Community Care. The social worker helping me was very supportive, compassionate and treated me with the utmost respect. The bad experiences I had left me believing that most services must be bad, this service changed that belief, and I felt they provided very good help to me.

As the label consumer/survivor states we are consumers and that means we are entitled to choose carefully the best products or services. If you were choosing a lawyer you would want to hopefully find the most competent one or risk losing. It is no different with mental health services and as a consumer you are entitled to the best help you can find. The choices are often a lot less if you are poor, which is very unfortunate, but you still deserve to try and find the best care because your life is at risk.

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We (marginalized) are the “Davids” out there fighting the “Goliaths” (system). But a lawyer once told me, “Davids” do win too.” SP

Wish List.

Does anyone know where a Consumer/Survivor can get free or low cost music lessons? We have a new request from a reader who has seen all the requests for musical instruments. Is there anyone out there who is willing to give music lessons for free or for a reduced rate? In this case, specifically guitar, but if I get others, I will try to pair people up. Call me at the Info Centre and let me know if you have this talent and you want to share it. Helen

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

Sunday, April 1st

The first “Staff of the AGO” show. FREE. Presented by Artist’s Network of Riverdale group show by artist who work at the AGO. Hangman Gallery, 756 Queen Street East. Info: 416 465-0302. Ongoing to April 8th Saturday and Sunday 11:00 - 5:00 pm.



Sunday Serenade: Dave Parson’s Quintet. FREE. Scarborough Civic Centre, 150 Borough Drive [Ellesmere & McCowan] Info: 416 338-3295. 2:00 – 4:00 pm.

Tuesday, April 3rd

The Sopranos: From Beginning to End. FREE. Annie Leibovitz photographs of the cast members of the HBO hit TV series The Sopranos. Allen Lambert Galleria, BCE Place, 181 Bay Street. Info: 416 777-6480. 7:00 am - 10:00 pm.

Prospect Cemetery: Toronto Field Naturalists Walk. FREE. Leader Jack Radecki. Meet inside the St. Clair Avenue West gates near Lansdowne Avenue. Lunch optional, roughly 2 ½ hours. Starts at 10:00 am.

Canadian Opera Company Richard Bradshaw Amphitheatre Chamber Music Series: Contrasts

Stravinsky The Soldier’s Take. FREE. Four Seasons Centre for the Performing Arts, 145 Queen Street West. Info: 416 363-8231. 12:00 noon.



Wednesday, April 4th

Concert at Roy Thompson Hall. FREE. Toronto Children’s Chorus directed by Jean Ashworth Bartle with Christopher Dawes on organ. 60 Simcoe Street [corner King and Simcoe] Info: 416 872-4255. 12:00 noon.

Thursday, April 5th

Classical & Jazz Concert. PWYC- \$5.00 suggested. Paul Mathew Band fiery gypsy songs, lyrical romances and Russian dances, Bata Shoe Museum, 327 Bloor Street West. Info: 416 979-7799 or www.batashoemuseum.ca. 6:30 – 7:30 pm.



Friday, April 6th

Many things around town (including the Info Centre) will be closed today. It's Good Friday.

Saturday, April 7th

The Kitchen at St Lawrence Market. FREE. Bruce Bell Official Historian describes the history of the market building and its place in the Old Town of Toronto. This is followed by a talk and questions about particular food items with samples from the Market. Past examples include: sweet pickle back bacon, Ontario cheeses, free trade coffee and maple syrup. St Lawrence Market, 92 Front Street East. Info: 416 392-0028 or www.stlawrencemarket.com. Saturday only at 10:00 am and 2:00 pm, roughly 40 minutes.



Spring Exhibitions at Harbourfront Centre. FREE. Harbourfront Centre is pleased to announce nine new visual arts exhibitions featuring a wide range of compelling works. The Mechanics of the Medium explores processes and properties of the moving image and The Cooked Book is an eight-channel DVD installation, both of which are presented in conjunction with the 20th Annual Images Festival, April 5 – 14. For full listing for the exhibit: www.harbourfrontcentre.com or 416 973-4000. 12:00 – 6:00 pm.

Sunday, April 8th



Toronto Beaches Lions Easter Parade. FREE. Grand Marshals of the Parade include Luba Goy and Craig Lauzon from CBC's Air Farce and an Easter Bunny Hunt sponsored by Lindt Chocolate in Kew Gardens at 11:00. Info: www.beacheslions.com. Parade starts at the R.C. Harris Plant and runs along Queen to Woodbine starting at 2:00 pm.

Monday, April 9th

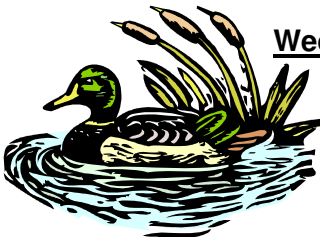
Lawn & Border: The Grounds of Osgoode Hall. FREE. A history of the grounds of Osgoode Hall. In 1828, the Law Society of Upper Canada purchased six acres of land at the edge of the Town of York. The Law Society needed a building "to transact business, collect and deposit a library and to accommodate the youth studying the profession." Today, Osgoode Hall is a National Historic Site of Canada. 130 Queen Street West. Info: 416 947-3315 or www.lsuc.on.ca. Monday through Friday from 9:00 am to 5:00.



Tuesday, April 10th

Thanks to 2 of our subscribers who called to correct the pricing information. It is no longer free to watch these films. A day long pass is \$2, with come and go privileges, or an annual pass is \$12 for adults, \$10 for students or seniors and \$15 dual or family. NFB – Mediatheque. 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.

Wednesday, April 11th



West Don Toronto Field Naturalists Walk. FREE. Leader Valerie Allen. Meet at the entrance to the park on the west side of Leslie Street just north of Eglinton Avenue East. Bring lunch and binoculars. 10:30 am.

Thursday, April 12th

Crisis Zones: World Cinema Now. FREE. Presented by the Royal Ontario Museum, Institute for Contemporary Culture. Crisis Zones: World Cinema Now invites viewers to go beyond television news to see the world in better detail. From Baghdad to Haiti, from urban China to postwar Angola to hot zones right here in North America, these curated works will show how artists and documentarians use the moving image to make sense of cultural and political conflict. Signy and Cléopée Eaton Theatre, 100 Queen's Park. Info: www.icc@rom.on.ca or 416 586-5524. 7:00 pm.

Friday, April 13th

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



Saturday, April 14th

Free Drop-In Class @ Bad Dog. FREE. Fee improv class open to all. Wondering what it's like to try improv? Join us for a free drop-in workshop every Saturday in Studio #1. No obligation, come as often as you like. 138 Danforth Avenue. Info: 416 491-3115 or www.baddogtheatre.com. 7:00 pm.

Masahiro Mori Ceramic Design Exhibition. FREE. Masahiro Mori (1927-2005) devoted his life to designing incredible ceramics for factory manufacturing. He was a reformer who brought modern sensibility to a traditional industry. The Japan Foundation, 131 Bloor Street, Suite 213. Info: 416 966-1600 x 229. 12:00 – 5:00 pm

Announcements

A-Way Appointment Notice

As A-WAY COURIER gets ready to celebrate its 20th year of operation, the Board of Directors of A-Way is pleased to announce the appointment of **Laurie Hall** as Executive Director, effective March 1, 2007. Laurie brings a depth of experience, having worked in the psychiatric consumer/survivor community for the past 16 years, primarily in the alternative business community. She was previously the Executive Director of A-Way from 1994 – 2001 and has served as the Acting ED since August 2006. From 1995 to 2000 Laurie was the chair of the board of the **Ontario Council of Alternative Businesses**; she has provided leadership to the consumer/survivor community through a number of other paid and volunteer positions. A passionate advocate for the consumer/survivor community, Laurie has made presentations locally, nationally and internationally on the philosophy, practice and benefits of survivor businesses.

The staff and board are pleased to welcome Laurie back to A-Way and look forward to working with her to build the business, to maintain A-WAY as a good place for consumer/survivors to work and to join with other consumer/survivor initiatives in promoting self-help and self-reliance.

David Reville and Myrna Schacherl
Co-Chairs, Board of Directors
A-WAY COURIER

Tax Clinic

The C/S Info Centre's Annual Tax Clinic is in high gear !!

You are probably aware that we do income tax returns for low income people who need help preparing their returns all through the year. This time of the year, we get really busy again doing the current year's taxes for people. So call for an appointment if you meet the following guidelines set by Canada Revenue Agency:

- Low income is defined as \$15 – \$20,000 for people with no dependants, \$20 – \$26,000 with dependants,
- No complicated returns, which means: no self employment income, no rental income, i.e. no one pays rent to you, no widowed people with the tax returns of a deceased spouse, no bankruptcies, and no capital gains.

Collect all your paperwork, T4's, T5007's and other income slips, rent receipts or a letter from your landlord saying how much rent you paid in 2006, and give us a call to set up your appointment.

Please don't call until you have everything in hand.

416 595-2882

The George Brown College Program for **Construction Craft Worker Extended Training**

This training program will train people with mental health and/or addiction histories to become construction labourers, carpentry helpers, masonry helpers, cement finishing helpers, demolition workers and road and sewer workers, as well as the possibility of working in construction retail. Classes, labs and job placements will go for approximately 25 hours per week and run from April to February. The program is a partnership of

George Brown College and the Centre for Addiction and Mental Health.

George Brown will be accepting applications of interest until April 4, 2007.

For more information, contact acet@georgebrown.ca or 416 415-5000 x 6790.

The Urban Condition: A View from the Inner Suburbs

The second in a series of forums presented with the Toronto Star in its War on Poverty series.

Panelists include:

Winston Tinglin, Director of Community Engagement, Community Social Planning Council of Toronto

Sean Meagher, Project Manager, Action for Neighbourhood Change, Scarborough Village

Christine Davis, Project Coordinator, Black Creek West Capacity Building Project, Community Planner,
Community Social Planning Council of Toronto

Moderator:

Royson James, Columnist, Toronto Star

Tuesday April 10 Free Admission

7:30 – 9:30

St. Lawrence Forum
St. Lawrence Centre for the Arts
27 Front Street East (2 blocks east of Union Station)
416 366-1656

Community Resource Connections of Toronto

The 2006 edition of the mental health system directory “Making Choices” is still available.

“**Making Choices: CRCT's 2006 Guide to Adult Mental Health Services and Supports in Toronto**” is a comprehensive, 150-page directory and guide to the services, supports and resources available to consumer/survivors in Toronto. It is a helpful resource for consumer/survivors, family members, and service providers.

You'll find an abundance of useful information, including:

Getting help with ‘the basics’ of life...

...government assistance and other sources of income
...where to get free or cheap food, clothes and dental care

Resources related to housing, work and learning and social recreation...

...each introduction presents options available in and beyond the mental health system
...detailed, easy-to-read listings for mental health-related programs and services

Services and supports related to mental health and well-being

...listings of self-help, community support, hospital, and crisis services
...listings of services geared toward groups which often experience barriers to service (e.g. ethnocultural groups, survivors of abuse, persons with a dual diagnosis)

Accessing services and supports through information, education and advocacy services and supports for family members and friends

“Making Choices” is also available for viewing and/or downloading on our Web site, www.crct.org. It is in Adobe Acrobat format. The web site also includes a searchable database of mental health programs and services in Toronto, and extensive information about mental health-related news, events, job postings and resources.

If you would like to purchase a copy of “Making Choices”, please return the order form on the next page together with your payment to: Community Resource Connections of Toronto, 366 Adelaide Street East Suite 230, Toronto M5A 3X9. If you require further information, please call CRCT at 416 482-4103.

COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT)
366 Adelaide St. East Suite 230, Toronto, Ontario M5A 3X9
Phone: 416 482-4103 Fax: 416 482-5237

ORDER FORM

“MAKING CHOICES: A CONSUMER/SURVIVOR’S GUIDE TO ADULT MENTAL HEALTH SERVICES AND SUPPORTS IN METRO TORONTO” – 2006 EDITION

	<u># of Copies</u>	<u>Cost if mailed</u>	<u>Cost if picked up</u>	<u>Total</u>
Consumer/Survivors	_____	\$5	\$5	_____
Family Members	_____	\$5	\$5	_____
Service Providers & All Others (1-9 copies)	_____	\$30	\$26	_____
- (10 or more copies)	_____	\$26	\$23	_____
		TOTAL		_____

Pre-payment is required. Prices include shipping. GST does not apply. Allow 4 weeks for delivery. Consumer/survivor and family discounts are available only to those living in Toronto. No consumer/survivor individual or organization, or family member individual or organization, will be refused a Guide due to an inability to pay.

Please make cheques payable to: **Community Resource Connections of Toronto**. Send Attention: Health Promotion Program- Resource Guide Orders. Check here [] if you require a receipt.

Please provide the name of the person, agency (where applicable), and the address to which the order should be sent. Please check here [] if you would like your copy or copies held for pickup at CRCT.

Person: _____

Agency: _____

Address: _____

Phone: _____ **Fax:** _____

E-mail: _____

Research

Please note that

**The Consumer/Survivor Information Resource Centre
does not endorse any of the following research studies. We are printing these
here at the request of our readers.**

Study Participants Needed

**Free Treatment will be offered
Do you struggle with self-harm and
Eating disorder symptoms?**

**Have you received a diagnosis of
Borderline Personality Disorder?**

You may be eligible to participate in a new treatment study
at the Centre for Addiction and Mental Health

Inclusion Criteria:

- Age 18+
- Ongoing regular contact with a health professional
- A diagnosis of Borderline Personality Disorder
- **Current** binge eating and/or purging behaviours
- **Current** self harm episodes

Exclusion Criteria:

- A serious medical condition that may require hospitalization
- Current Psychotic Disorder or Bipolar 1 Disorder
- BMI less than 17.5
- Concurrent intensive inpatient or outpatient hospital/clinic treatment [i.e. eating disorder treatment, other DBT].

Contact:
416 535-8501 X 6799
or
anita_federici@camh.net

**Are You Taking
Risperidone [Risperdal]
& 50 years old or older?**

If so, you might be able to take part in a brain imaging study...
We are currently seeking subjects to take part in a study investigating dopamine function in older people using positron emission tomography [PET].

Persons eligible for a screening interview must meet the following criteria:

- ✎ 50 years or older
- ✎ taking Risperidone
- ✎ Schizophrenia, schizoaffective disorder, schizophreniform disorder, delusional disorder or psychotic disorder NOS
- ✎ No current or lifetime serious medical illness
- ✎ No significant head injury
- ✎ No metal implants

Financial compensation provided

If you are interested in participating, please contact:

Dielle Miranda, Clinical Coordinator at 416 535-8501 X 3120 or dielle_miranda@camh.net

The Centre for Addiction and Mental Health

Is conducting a study in older adults with bipolar disorder
examining the relationship between cognitive status
and everyday functional abilities such as using the telephone,
paying bills or balancing a cheque book.

Participants must be:

- 50 years or older
- Meet DSM-IV TR criteria for a current diagnosis of Bipolar I or II Disorder
- Be able to speak and read English
- Be willing to provide informed consent
- Have corrected visual ability that enables reading of newspaper headlines and hearing capacity that is adequate to respond to a raised conversational voice

What is involved?

Participation will involve cognitive testing [tests of attention and memory].

Subjects will be assessed after 1 and 2 years
to track cognitive abilities over 2 years.

If you decide not to take part in this study,
you may obtain cognitive testing outside this study.

Subjects will receive a cash honorarium
to compensate for time spent in participating.
Travel reimbursement will also be provided.

For more information contact:
Dielle Miranda
Research Coordinator
Geriatric Mental Health Program
416 535-8501 X 3120
dielle_miranda@camh.net

Job Postings

Driver Needed - Part-Time/ Relief The Raging Spoon

Back-up driver needed for Consumer/Survivor Catering business. G-1 license needed with no restrictions. Driver's abstract to show a good driving record required. Must be a Consumer/Survivor and must be willing to work flexible hours as required by our busy catering business. Contact: Michael Lewin, The Raging Spoon, 761 Queen Street West. Phone: 416 504-6128. Fax: 416 504-4610.

PARKDALE GREEN THUMB ENTERPRISES

The Psychiatric Survivor-Run Business That Grows

ARE YOU A CONSUMER SURVIVOR INTERESTED IN A PART-TIME JOB?

We are a unique social purpose enterprise working with outdoor plants, and we need dedicated staff.

If you are interested in working with us please:

Come by and fill out an application

Parkdale Green Thumb Enterprises
Ontario Council of Alternative Business
1499 Queen Street West Suite 203

Or email us - greenthumb@on.aibn.com
No phone calls please

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 they can so we have the resources available to mail to those who do not have access to a computer or the internet. Helen Hook, C/S Info