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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.*

July 1, 2007

Bulletin 349

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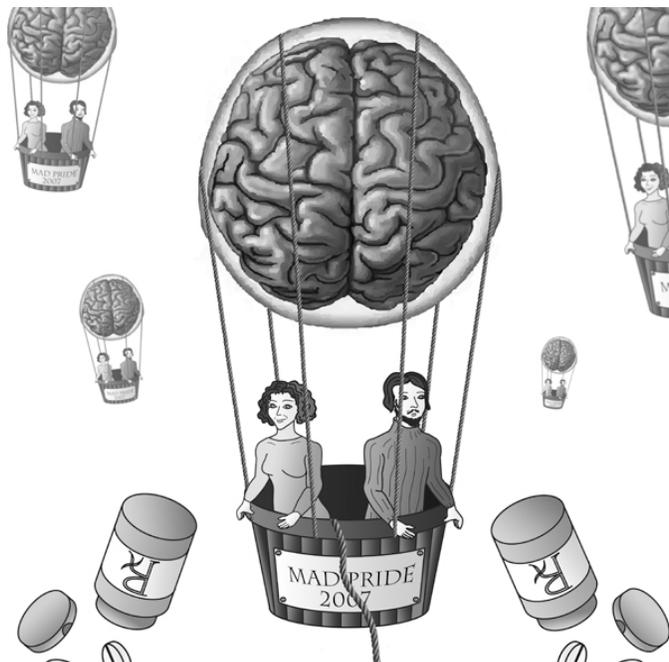


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COME CELEBRATE MAD PRIDE!

Mayor's Proclamation

MAD PRIDE DAY JULY 14, 2007

"WHEREAS men and women around the world, from all walks of life and age groups, face difficulties and challenges in their mental health at some time during their lives.

Emotional trauma has profound consequences that have an economic impact on society and on the quality of life of individuals and families.

Service organizations and agencies in our community raise public awareness about the discrimination and stigma attached to mental health. Individuals including artists, contribute to this process through their art, educational endeavours and other supporting actions and efforts.

They fight against discrimination, injustice and for human rights in order to empower and improve the quality of life for psychiatric survivors and others marginalized and disadvantaged by our society.

We must all be committed to the values of acceptance, self-determination, respect of individuality and strongly believe in the intrinsic worth and dignity of every human being.

NOW THEREFORE, I, Mayor David Miller, on behalf of Toronto City Council, do hereby proclaim July 14, 2007 as 'MAD Pride Day' in the City of Toronto and encourage all residents to support equal rights for everyone."

This Proclamation was made as a result of advocacy by the MAD Pride Committee. We owe them our sincere gratitude for their efforts on our behalf.

The Mad Pride Organizing Committee, supported by the Friendly Spike Theatre Band, Parkdale Community Legal Services, Parkdale Activity-Recreation Centre, Sound Times Support Services and Houselink Community Homes, presents:

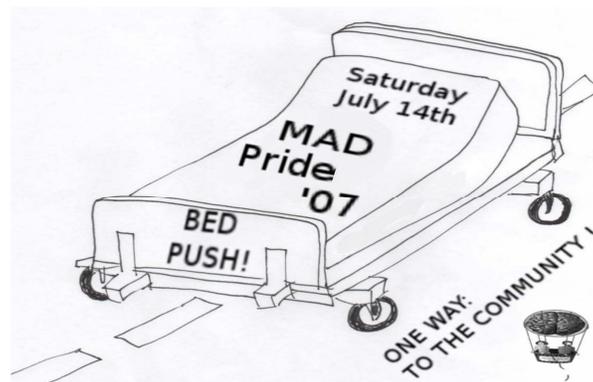


Image by Paul Cote

MAD PRIDE BED PUSH: "BACK TO THE COMMUNITY"

(a parade of sorts)

Saturday, July 14th 1-5:00 pm

Gather at 1:00 pm at the front door of the Centre for Addiction and Mental Health, 1001 Queen Street West, and push your way to Parkdale Activity-Recreation Centre, 1499 Queen Street West for a celebration!

Help recognize and celebrate psychiatric survivors, consumers and mad folks by getting involved in and supporting Toronto's first-ever Mad Pride Bed Push. The organizers were inspired by our British counterparts who staged The Great Escape Bed Push as a Mad Pride event in 2006. Wear your wildest pajamas and bring a noisemaker!

Associated Events

- **Community Bar-B-Q:** July 6th, 1:00 to 4:00 pm at Trinity Bellwoods Park, 1053 Dundas Street West
- **Stories for Hemingway's Havana:** Presented by the **Coalition Against Psychiatric Assault**. July 7th, 7:00 pm at OISE, 252 Bloor Street West, 7th Floor Peace Lounge. For more information, email capa@oise.utoronto.ca
- **The Artists of Sound Times** present a multi-media installation of the idea of being Other. Gladstone Hotel, 1214 Queen Street West, Exhibition Room 214. Noon – 5:00 pm, daily from July 12th to July 17th.
- **Psychiatric Survivor Arts and Crafts Fair.** Sunday July 15th 10:00 am to 4:00 pm, Parkdale Activity-Recreation Centre (PARC), 1499 Queen Street West. For more information, call Melinda Montgomery at 416 537-2591 or email. This event is part of the Mad Pride 2007 celebration and is sponsored by PARC.

For more information on these and other upcoming Mad Pride events, contact Ruth at 416 516-4740 or by e-mail at friendlyspike@primus.ca



Calling All Psychiatric Survivors POETS and WRITERS



Poetry and Short Reading 'Extravaganza'

Friday, August 17th, 2007 at 6:00 pm

Parkdale Activity-Recreation Centre, 1499 Queen Street West (Queen and Sorauren)
Share your original works of poetry and short prose at this MAD PRIDE event, sponsored by Project Parkdale Read and PARC. Registration is necessary; call Hume Cronyn at 416 537-2591 on Thursdays and Fridays, or email heinz_klein@hotmail.com, Topic: PRE 07.

Psychiatric Survivor's Soccer Tournament 2007
Hosted by Parkdale Activity – Recreation Centre
1499 Queen Street West
416 537-2591



On Thursdays at about 1:00 pm the members of Parkdale Activity – Recreation Centre are playing soccer at Sorauren Park. If you don't belong to an agency team and you want to get some practice and refresh your soccer skills, come on out and join the fun. You can find out more by calling Hume Cronyn or Zephie James at PARC. For more information, contact 416 432-9690. The Tournament will be held in September; location and times to be announced. If you belong to an organization or agency, consider setting up your own team and practice sessions. You can register for the Tournament as an agency team.

Get active in summer. Kick the ball.

F.Y.I. Knowledge is Power

Over the coming weeks, we'll be trying out a new section in The Bulletin called F.Y.I. (For Your Information). Knowledge is good for us – mind, body and soul – and it's one of those things that you can never really have too much of. The more we know, the more control we have over our lives and our recovery. We hope to provide you with information that you will find practical, empowering, inspirational, or just plain interesting. In this issue of The Bulletin, we have some information to pass along concerning medication; in the next issue, we will look at the topics of anger, anger 'styles', and ways to deal with day-to-day conflicts. If there are subjects that you have a particular interest in reading about, call or email us at the Centre and we will try to include it in a future issue.



Summer officially arrived on June 21st – that's the good news. The not-so-good news is that those glorious summer days bring the intense heat with them, and that means more heat alerts and extreme heat alerts. For people who are taking psychiatric medications, the heat can be particularly troublesome. Some medications make it harder for your body to control its' temperature; some interfere with body temperature while also making it easier for your skin to burn. If you are taking any of the medications listed below, you are at higher risk for heat-related illness, especially if you are not drinking enough water. Drugs that have the added side effect of increased risk of sunburn are marked with an asterisk (*).

Some drugs have brand names other than those listed here, so check with your doctor, nurse or pharmacist if you are uncertain. If you are taking any medications regularly, psychoactive or otherwise, it might be a good idea to ask if you need to be extra careful during hot weather. This is only a partial listing made available through the Office of the Chief Coroner and Toronto Public Health.



- Chlorpromazine (Thorazine, Largactil)*
- Fluphenazin (Modecate, Moditen)*
- Thioridazine (Mellaril)*
- Perphenazine (Trilafon)*
- Thiothixene (Navane)*
- Trifluoperazine (Stelazine)
- Prochlorperazine (Stemetil)
- Haloperidol (Haldol)
- Clozapine (Clozaril)
- Risperidone (Risperdal)
- Loxapine (Loxapac, Loxitane)
- Fluspirilene (IMAP)
- Pimozide (Orap)
- Olanzapine
- Flupenthixol (Fluanxol)
- Zuclopenthixol (Clopixol)
- Reserpine (Serpasil, Serpalan)
- Lithium (heavy exercise or heavy sweating in hot weather may change lithium levels, so that you may have too much in your system)
- Amitriptyline
- Doxepine (Sinequan)
- Clomipramine (Anafranil)
- Protriptyline (Vivactil)
- Imipramine (Tofranil)
- Desipramine (Norpramin)
- Nortriptyline (Pamelor)
- Fluoxetine (Prozac, Sarafem)
- Fluvoxamine (Luvox)
- Sertraline (Zoloft)
- Paroxetine (Paxil)

We'll have some practical tips to help you beat the summer heat in the next issue of The Bulletin. In the meantime, try to keep cool and remember to stay hydrated by drinking plenty of fluids.

And speaking of fluids: when you do reach for something cold to drink, if you are taking certain medications, **you may want to stay away from the grapefruit juice**. Grapefruit juice provides many important nutrients, but chemicals in grapefruit interfere with the enzymes that break down (metabolize) certain drugs in the digestive system. This can result in excessively high levels of these drugs in your blood, and an increased risk of serious side effects.

The following psychiatric drugs are known to have potentially serious interactions with grapefruit products, as well as with tangelos and Seville oranges. Waiting to take these medications – even up to 24 hours – after you drink grapefruit juice will not prevent an interaction.

- Sertraline (Zoloft)
- Diazepam (Valium)
- Midazolam (Versed)
- Triazolam (Halcion)
- Buspirone (BuSpar)
- Carbamazepine (Carbatrol, Tegretol)
- Clomipramine (Anafranil)

The interaction warning also applies to a number of common drugs used to treat conditions ranging from allergies to HIV/AIDS. One of the more routinely prescribed antibiotics, erythromycin, can also potentially interact with grapefruit products. If in doubt, ask your doctor, nurse or pharmacist. (Mayoclinic.com; The American Journal of Nursing)



Between your doctor's handwriting and the strange squiggles and abbreviations on a prescription, it can be hard to know what you're getting sometimes. Here is the 'translation' for some frequently used terms on prescriptions. We can't help much with the doctor's writing!

Abbreviation	Latin Translation	Medical Meaning
a.c.	ante cibum	before meals
ad lib.	ad libitum	as needed
p.r.n.	pro re nata	as needed
h.s.	hora somni	at bedtime
q.h.s.	quaque hora somni	at bedtime
c	cum	with
s	sine	without
p.c.	post cibum	after meals
NPO, n.p.o.	nil per os	nothing by mouth
b.i.d.	bis in die	twice a day
t.i.d.	ter in die	three times a day
q.i.d.	quarter in die	four times a day
q.o.d.	(informal usage)	every other day
q.d.	quaque die	every day



Did You Know About...

Beat the Street is a Literacy and Basic Skills Program that is geared to learners who are or have been street involved, who are 16 years of age or older, and out of school. This program will help you improve your reading, writing and math skills with one-on-one tutoring and/or small group work. A learning plan will be designed to meet your personal needs. The program is free. For more information call 416 979-3361.

Mind Games galore. If you have access to the Internet, you can indulge in fun and games and expand your mind. Go to Dictionary.com for free access to crossword, cryptogram and hangman games, as well as to a dictionary, thesaurus and an encyclopedia.

Wish List

We have had requests for several items: a Vita-Mix blender, a musical keyboard, hand drums, a guitar, and a helmet for a 6 year old for riding her scooter. If you have any of these items to donate, or know of someone who does, please contact Helen or Deb at the Centre.

If you have something to donate for 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 Activities

Complete Listing Will Return Next Issue

Happy Canada Day! There are many events and festivities scheduled across the city. Join in the celebration!

CHIN International Picnic. FREE. Visit the 41st Annual CHIN Picnic celebrating cultural diversity, **June 30th through July 2nd** at Exhibition Place. Events start at 12:00 noon daily. For more information, call 416 531-9991 or email info@chinradio.com.

Queen's Park Canada Day Celebrations. FREE. The day begins at 12:00 noon with a 21-gun salute and the singing of O Canada. Events include stage performances that showcase Ontario's diversity, and activities for children. **July 1st** from 12:00 noon to 5:00 pm.

East York Canada Day Event, 50th Anniversary. FREE. On **June 30th** Antique Car Rally 11:00 am – 3:00 pm and Midway 10:00 am – 9:00 pm. Stan Wadlow Park 888, Cosburn Avenue. On **July 1st**, East York's famous Canada Day parade takes place. This year's parade features almost 1,000 participants, and begins at 9:00 am at Broadview and Danforth Avenues. Opening ceremonies for Canada Day activities take place at Stan Wadlow Park at noon. In addition to the midway, celebrations include entertainment on stage by the Children's Peace Theatre, East York Concert Band, multicultural groups and Toronto Police Services Winged Wheels motorcycle group. Also featured will be the new skateboard park, swimming in the Kiwanis pool, and refreshments in the clubhouse lounge, offered from 11:00 am to 3:00 pm. And, of course, there is the grand finale of **fireworks** at 10:00 pm!

Afrofest 2007. FREE. Toronto's 19th Annual Afrofest, a celebration of African music and culture, will be held **Saturday, July 7th** and **Sunday, July 8th** at Queen's Park from noon to 10:30 pm. Afrofest is a multidisciplinary event with concerts, dance, theatre, food, a marketplace, and activities for youth and kids, but it's the music that is the heart of the festival. Traditional and contemporary styles of music by top international touring acts and dozens of African performing groups from Across Canada will participate.

A specially-commissioned presentation by the African Dance ensemble will commemorate the 50th Anniversary of Ghana's independence at the 2007 festival. Modesto Amegago will lead opening and closing ceremonies in the Ghanaian tradition.

Afrofest at Queen's Park is a showcase of the richness and diversity of African culture.



SIMPLY PEOPLE

Celebrating Our Lives & Identities

4th annual disability celebration in Toronto
FREE for ALL to attend!

Tuesday, July 17th, 2007 - 5:30PM to 8:30PM
Nathan Phillips Square

Performers + Speakers + Experiential Learning Workshop + Display Tables

PERFORMANCES BY:

- ◇ Singer Emma Cook + Band
- ◇ Libby Thaw (Humourist)
- ◇ Singer Christina Doyle
- ◇ Writer Julie Devaney (Performer of Narrative Non-Fiction)
- ◇ DJ Ken
- ◇ Limitless Dance Performance
- ◇ Andre Arruda (Comedian)

GUEST SPEAKER:

- ◇ Toronto City Councillor Adrian Heaps
- ◇ David Onley, City TV

* ASL interpretation, attendant care and transcription services
available onsite.

To request any other accessibility requirements, please contact us
before July 9th.

URL: www.canwapss.com E-Mail: simplypeople@canwapss.com

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. **The most recent issue has just come out at the end of June.** Both The Bulletin and The Wellness and Recovery Newsletter are posted on the CRCT website at www.crct.org, and 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.

Cheers,
Helen & Deb, C/S Info Centre

Obsessive Compulsive Anonymous, Toronto Group

Hi, as our group turns two years old, we have ordered several copies of our fellowship's recovery text *Obsessive Compulsive Anonymous* for use in our meetings. As well, we are referencing our obsessive compulsive sister fellowship's recovery text of AA (as recommended by the 15 year old OCA group in New York City).

Our Toronto group meets every Tuesday evening from 6:00 pm to 7:30 pm at Romero House 1558 Bloor Street West near the Dundas Street West TTC subway station.

New at our meeting: Listening to CD's from the:

Obsessive Compulsive Anonymous 12 Step Workshop for OCD . . .

We are also very excited to have acquired a copy of a **CD recording from the New York Group** of Obsessive Compulsive Anonymous seminar on recovery. We are listening to it regularly at the meeting and learning quite a bit from it regarding recovery. The New York meeting has more collective recovery experience, having begun in the early '90s, so naturally we are benefiting immensely from opening up to the shared recovery experience they have to offer those wishing to participate.

Joining our group is easy: You simply give your first name and say that you would like to be a member of our group. That's it! No phone number or address necessary, no application form, no dues or fees. And the best part is all the people in the meeting are participating in recovery from OCD; getting together once a week to share their hope, strength and experience . . . Every day we are trying to take just a fraction of all the time we put into our OCD and put it into our recovery instead; and it's helping us.

You are no longer alone.

The link to the Obsessive Compulsive Anonymous World Services site is: <http://members.aol.com/west24th/>
Hope we see you soon . . .

Susan N (Obsessive Compulsive Anonymous, Toronto Group)

Jeff N (Volunteer Group Secretary)

Free Publication

Diabetes Resource Guide for East Toronto

Contact:

Rebecca Higgins
Community Outreach Worker
Diabetes Education Network of East Toronto (DEC NET)
840 Coxwell Avenue Suite 303
Toronto ON M4C 5T2
416 469-6580 x 3229
rhigg@tegh.on.ca



If you're going through hell, keep going.
-Winston Churchill

Job Posting

CAMH FAMILY COUNCIL EMPLOYMENT OPPORTUNITY

The Family Council, an independent, not for profit organization, representing families facing addiction and mental health issues and associated with the Centre for Addiction and Mental Health (CAMH) is looking for a Coordinator.

Reporting to the volunteer Board of Directors of The Family Council and working with a full time administrative assistant, the Coordinator will be responsible for implementing Board decisions and for overall coordination of the work of The Family Council.

The Board of The Family Council seeks a dynamic person, with at least five years experience in the mental health and/or addictions field, with a degree in the social sciences/health related field (or equivalent), as well as demonstrated experience in community development. The position requires a keen understanding of family-centered care and the ability to present as a "voice" for families.

The Coordinator must possess excellent interpersonal skills, oral presentation and written skills, as well as experience with writing funding proposals and policy development. The position also requires a demonstrated ability to provide leadership and work collaboratively with a variety of professionals and volunteers within the Centre for Addiction and Mental Health and in the community.

Closing date for applications: **July 31, 2007**. Only those candidates under consideration will be contacted.

Please forward your resume to: Ann Orr, President, The Family Council

Centre for Addiction and Mental Health
33 Russell Street, Room #2043
Toronto, ON M5S 2S1
Email: familycouncil@camh.net
Fax: (416) 260-4195