



BULLETIN

513 July 16th – 31st, 2014

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4
Phone Hours: M–F from 9–5 / Drop-in Hours: M–F from 9–4
Tel: 416 595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

Community Announcements

C/S Info Centre - We are Recruiting for Our Board

The Consumer/Survivor Information Resource Centre of Toronto is looking for people to join our Board of Directors. We're looking for people with some experience being on a board or committee work. You must have lived experience of a mental health or addictions issue and be and comfortable identifying as such, and have a desire to help the consumer/survivor community. We want to reflect the diversity of our community. Our expectations are that you will attend board meetings once per month and be on one committee. We are a governance board that does not get involved with the day-to-day running of the Centre.

If you are interested in this opportunity, then, no later than August 29th, 2014:

Please send or bring your resume, &/or a letter saying why you would like to be considered for a position on our board to:
Consumer/ Survivor Info Centre
c/o CAMH, The Mall
1001 Queen Street West
Toronto ON M6J 1H4
or to: csinfo@camh.ca

The Consumer/Survivor Information Resource Centre of Toronto is a small non-profit organization that is funded by the Ministry of Health and Long-Term Care through the Toronto Central LHIN (Local Health Integration Network). We have been in operation since 1992. We are located at the Queen Street site of the Centre for Addiction and Mental Health and we thank them for their generous support in providing us with rent-free premises and for paying for the postage to mail our newsletter, The Bulletin. We have our own funding and our own Board of Directors and we are an independent organization.

Our main services are to provide information on a wide variety of topics to people who call or drop-in to our premises; to maintain a diverse collection of materials on topics of interest to consumer/survivors; to publish a twice-monthly newsletter called The Bulletin; to provide a year-round tax clinic for low-income consumer/survivors to have their taxes prepared for free; and to host a series of information workshops on topics of interest to the c/s/x community.

Interviews will be held in September.

New Board Candidate Orientation will be held in September 2014.

Our Annual General Meeting will be held Wednesday, October 22, 2014 at 6:00 pm.

Art Sale at A-Way - Postponed

Saturday, July 19th, 2014

We published A-Way's Art Sale in a couple of previous issues of The Bulletin. Unfortunately A-Way had to postpone this event and the date has yet to be determined. When the date is set in stone we will let everyone know! Stay tuned!

Policy on preventing discrimination based on mental health disabilities and addictions

The policy explains the rights afforded to those dealing with mental health issues, offers examples of human rights violations on the basis of mental illness or addiction, and suggests practical advice on how to deal with such situations. The Consumer/Survivor Information Resource Centre of Toronto has copies of these materials. If you wish to come to the centre to pick them up, please do so. They can also be ordered in print, HTML and PDF and various accessible formats from the Ontario Human Rights Commission (OHRC) at 1 866 598-0322 and www.ohrc.on.ca.

YES! Ontario's mental health and human rights policy can help



By Lucy Costa, Advocate with the Empowerment Council

June 26, 2014

I support the [Ontario Human Rights Commission \(OHRC\) policy](#) and in fact, I support any and all avenues that discuss the rights of people with psychiatric disabilities and/or addictions – whether via the [Ontario Human Rights Code](#) or the [Charter of Rights and Freedoms](#), the [Accessibility for Ontarians with Disabilities Act](#) or the [CAMH Bill of Client Rights \(pdf\)](#).

Why? Because:

1. Rights processes unsettle the *status quo*, they defeat denial by challenging powerful institutions or practices that entrench prejudice or inequality even in well-meaning individuals and organizations.
2. The principle that one cannot be more or less human than any another member of our society is the most unprecedented act of love and equality we can all aspire to.

As limited as legal instruments may be, I believe we shouldn't succumb to a buffet of opposing arguments for example, that rights are a "hollow hope" or, that rights "have gone too far" in protecting clients from needed treatment. This only

succeeds in obscuring the significance and meaning of dialogue that can occur through tribunals, lower and higher courts particularly for people who are otherwise rendered voiceless.

Can we do more improve access to justice? Yes. Do the courts or tribunals work for everyone? No. The noteworthy work of authors such as [Sherene Razack](#) and [Dian Million](#) speak brilliantly to the way in which legal processes become a spectacle of colonial power instead of delivering justice to historically oppressed groups.

Though we have much more work to do, there have been some notable gains:

- Prior to **1988**, psychiatric patients were restricted from voting in psychiatric facilities, now election representatives visit psychiatric hospitals to facilitate elections for inpatients. (See: [Lifting voting restrictions on mental patients](#) (video))
- In **2007**, the Ontario Human Rights Tribunal released a [decision](#) upholding the right of people with a mental health disability to be appropriately accommodated in the workplace under Ontario's Human Rights Code after a complaint was filed by an individual who was fired when he disclosed a psychiatric disability at work.
- In **2008**, the [Dream Team](#) (a group of consumer survivors dedicated to housing advocacy) filed a Human Rights complaint against a member of Provincial Parliament (MPP) who made derogatory remarks about people with mental health and addiction issues.
- In **2010**, an [important case](#) at the Ontario Court of Appeal acknowledged that serious alcohol or drug dependence constitutes a "disabling condition" and therefore individuals with addictions should not be discriminated against and should be eligible for [Ontario Disability Support Program](#) benefits.
- I am also reminded that a [Charter challenge on the right to housing](#) was heard at the [Ontario Court of Appeal](#) this past May (**2014**) and this included interveners who cared about the lack of housing in our province.
- **Currently under way:** A [class action](#) whereby individuals can file claims seeking compensation from the settlement funds from Huronia Regional Centre and other institutions to "right the wrongs" committed against people with intellectual disabilities.

Since people with mental health and addiction disabilities constitute a substantial percentage of our local and global community, we should care about this policy. And since we are all vulnerable and will struggle with some sort of disability at some point in our life, we should care about this policy.

I would also like to suggest that we move away from the current over reliance on the ambiguous language of stigma that never identifies who or what is causing discrimination and open up to the conversations and possibilities of "**rights in action.**"

The OHRC policy ventures into new territory on how mental health and addiction discrimination should be addressed in **employment, housing and social services**. There is potential for change and "action" by naming, identifying and changing practices.

The Empowerment Council would love to know what you think.

What challenges and opportunities lie ahead?

Where do you think law and policy should be in 10 years? Leave your comments here:

<http://camhblog.com/2014/06/26/yes-ontarios-mental-health-and-human-rights-policy-can-help/>

Tenants - FYI

Ontario's 2015 Rent Increase Guideline Set at 1.6 Per Cent June 20th, 2014

Ontario is capping rent increases for 2015 at 1.6 per cent. The cap, also known as the rent increase guideline, is the maximum a landlord can raise a tenant's rent without the approval of the [Landlord and Tenant Board](#). It applies to rent increases between Jan. 1 and Dec. 31, 2015.

The guideline is based on the [Ontario Consumer Price Index](#), a measure of inflation calculated monthly by Statistics Canada. It is calculated under the [Residential Tenancies Act, 2006](#), which caps rental increases at a maximum of 2.5 per cent.

QUICK FACT

The rent increase guideline covers about 85 per cent of private residential units in Ontario.

LEARN MORE

[Landlord and Tenant Board](http://www.ltb.gov.on.ca/) : <http://www.ltb.gov.on.ca/>

CSI Network Symposium Follow Up

A big thank you to all of our readers who attended the Symposium, Our Community Our Future, held during Mad Pride Week on Monday July 7th, 2014. We want to let you know that we have a soft copy of The Access Point presentation. If you would like it, please send us an email at: csinfo@camh.ca.

Wheelchair for someone who needs it

A wheelchair was generously donated to the C/S Info Centre in hopes that we would find someone in need to give it to. If you are in need of a manual wheelchair would you please let us know? Email us at csinfo@camh.ca or call 416 595-2882.

Toolkit on Depression and Anxiety for Homelessness Workers Published in the Homeless Hub Newsletter

A guide about depression and anxiety for people who work with homeless men, called Tune In Now, was created by Homelessness Australia. The online toolkit contains information about the signs and symptoms of depression and anxiety, screening tools, practical tips on having a conversation about depression and anxiety and links to other relevant resources.

Organization: Homelessness Australia

Publication Date: 2014

Location: Australia

Access the toolkit at: <http://www.homelesshub.ca/resource/toolkit-depression-and-anxiety-homelessness-workers%C2%A0#sthash.5nKFyMRw.dpuf> or <http://tuneinnow.com.au/>



**Mood
Disorders
Association
of
Ontario**

Come Laugh Your Head Off!

**LAUGHING
LIKE CRAZY**
Comedy
Showcase



Featuring stand-up comedy performances by
the newest graduates of the
Laughing Like Crazy Program.
Writing comedy about experiences in
the mental health system is crazy.
That's why we do it!

Friday July 18th, 2014
7:30pm - 10pm
Doors open at 7:00 pm
Central YMCA Auditorium, 2nd Floor
20 Grosvenor St, Toronto
(closest subway stations: College or Wellesley)
Wheelchair Accessible.

Reserve your seat at
<http://laughinglikecrazy.eventbrite.ca>

Laughing Like Crazy finds the humour
in some of life's most challenging
experiences like diagnosis, suicide attempts,
hospitalizations, and dating.
By laughing at our difficulties, we can rise above them.

Contact:
(416) 486-8046
laughinglikecrazy@mooddisorders.ca
www.mooddisorders.ca

Employment & Training Matters



Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following opening for individuals interested in joining our progressive workplace:

Executive Office Coordinator Full Time, Permanent

The Executive Office Co-ordinator is responsible for the overall office administration and executive support including: administrative support to the E.D., Board of Directors, and Operations Team managers; preparation for and attendance at members' meetings, staff and Board meetings; ensuring the smooth running of the office; voice mail system admin; monitoring and ordering office supplies; and the undertaking of various special projects and events.

This position requires:

- strong computer and technical skills
- strong written and verbal communication and interpersonal skills
- strong organizational skills and attention to detail
- ability to work independently, take initiative and set priorities
- commitment to anti oppression and working within a mental health recovery framework

Starting Salary is \$43,359 with a benefit package and pension plan.

For more information about this position, see the complete job description at: <http://www.houselink.on.ca/how-you-can-help/careers-at-houselink/>

Please send cover letter and resume, Quoting File # OC222 by July 18, 2014 to:

Manager Human Resources & Administration
Houselink Community Homes
805 Bloor Street West
Toronto, ON M6G 1L8

OR email: info@houselink.on.ca

Houselink has an equity hiring policy. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups. Houselink will provide accommodation during the recruitment and selection process, upon request, to applicants with disabilities.

WORKING FOR CHANGE

Women Speak Out of *Working for Change* is looking to recruit women who are interested in using their personal experiences with mental health, homelessness, poverty, immigration, violence and legal issues to educate the public and push for social change.

YOU GET:

- 12 weeks of intensive training in public speaking, leadership, conflict resolution, diversity issues, public policy, anti-oppression
- Training on issues related to women—violence against women, women and homelessness/ housing, poverty, law, disability, Asset Mapping, goal setting etc.
- Cash honorarium of \$60 per week for participating, TTC metro pass and or TTC tokens.
- A healthy lunch on the days you are training
- A connection to others who have similar experiences and a desire for change.

YOU GIVE:

- Your time (Tues, Wed & Thurs between 10:00 am and 3:00 pm from Sep 16th to Dec 4th 2014)
- An interest in or a curiosity about women's issues
- A desire to speak openly and publicly about your personal experiences with homelessness, poverty and/or immigration and legal issues
- An ability to work well with others and a respect for diversity
- A passion for social justice and a desire for change along with your leadership skills

INFO SESSIONS:

Barbra Schlifer Clinic: Aug 5th, 1 pm (489 College, Toronto, ON M6G 1A5);

The Mennonite New Life Centre: Aug 6th, 6 pm (2737 Keele St North York, Ontario M3M 2E9);


Working for Change: Aug 7th, 1 pm

(info sessions are not mandatory to attend)

If you are interested in becoming a member of Women Speak Out, please submit a letter (legibly written or typed) detailing why you would like to join, what you feel you can bring to the group, any leadership experience, details about your previous or current involvement in the community and/or involvement with issues related to women. Letters should be submitted by **August 15th, 2014** to:

WOMEN SPEAK OUT
C/O WORKING FOR CHANGE
1499 QUEEN STREET WEST, Suite #203, TORONTO, ON M6R 1A3
Phone: 416-504-1693 x 231 FAX: 416 504-8063
E-MAIL: lubna@workingforchange.ca



Funded by :  Status of Women Canada Condition féminine Canada

Things To Do...

Free and Low-Cost Events for July 16th – 31st, 2014

For TTC information call 416 393-4636 (INFO) or visit the TTC website.



Festival

Friday, July 18th through to Sunday, July 27th, 2014 at various times. **Beaches International Jazz Festival.** Celebrating its 26th year, the ever-popular Beaches International Jazz Festival will be taking place July 18 - 27, 2014. The Festival will feature a dynamic musical roster, exciting activities, and an enticing line-up of gourmet food trucks. All events, concerts and workshops are free! For more info visit: <http://www.beachesjazz.com> or phone: 416 972-5879. Woodbine Park, 1681 Lakeshore Blvd. East. All Ages. **Free**

Saturday, July 26th 12:00 pm - 4:00 pm. **Family Farm Festival - Black Creek.** Did you know that Toronto has an 8 acre organic farm accessible by public transit; complete with an 1853 farm house, bees, free farm tours and more than 50 different organic vegetables? Come visit us. Meet the farmers, take a scavenger farm tour, dress a scarecrow, learn to grow your own multivitamins and more. Healthy, tasty farm lunches and fresh produce for sale. Details and map: <http://everdale.org/blackcreek>. For more info contact Leticia Boahen by email: leticia.boahen@everdale.org or by phone: 416 393-6381. Black Creek Community Farm, 4929 Jane Street. All Ages. **Free**

Markets

Wednesday, July 16th from 3:00 pm - 7:00 pm (this event repeats). **UTSC Farmers' Market.** The 5th Annual UTSC Farmers' Market is back!! Every Wednesday starting June 4th, 2014 to October 8th, 2014 from 3:00 pm - 7:00 pm on University of Toronto Scarborough Campus - in the Parking Lots. For more info contact Billi Jo Cox by email: farmersmarket@utsc.utoronto.ca or by phone: 416 208-2719. University of Toronto at Scarborough Campus (UTSC), 1265 Military Trail (On Military Trail between Ellesmere & Morningside). All Ages. **Free**



Summer Sunset Market

Thursday, July 17th from 7:00 pm - 11:00 pm. **Toronto Indie Arts Market - July Sunset Market.** Beat the summer heat at Toronto Indie Art Market's July Sunset Market! Meet local creators of art, crafts, food, fashion small press and more, as they take over the Gladstone Hotel ballroom for an evening marketplace. Enjoy the AC and find a new treasure as you support talented artisans and makers. For more info visit the website: <http://www.torontoindieartsmarket.com>. Gladstone Hotel, 1214 Queen Street West. All Ages. **Free**

Friday, July 18th from 8:00 am - 1:30 pm (this event repeats). **Fairview Farmers' Market.** Fairview Mall Farmers' Market is open every Friday from June 20th through to October 10th, 8:00 am to 1:30 pm, 'rain or shine', at Fairview Mall Shopping Centre. Vendors set-up each week in the south parking area of Fairview Mall, fronting on Sheppard Ave. E., just east of the Don Mills Subway Station and TTC Parking Garage. Market-goers can expect to find a consistently high quality of Ontario-grown produce and Ontario maple syrup. For market updates, visit Facebook at: www.Facebook.com/FairviewMallFarmersMarket or follow them on Twitter at @FairviewMkt. For more info contact Deborah Cauz by email: cauz@primus.ca or by phone: 647 271-9434. Fairview Mall, 1800 Sheppard Avenue East at the northeast corner of Don Mills Road and Sheppard Avenue East. All Ages. **Free**

Friday, July 18th 10:00 am - 11:00 pm (this event repeats). **Habari Africa Festival.** It's impossible to define what exactly is African culture, music, food, film, fashion and art. Join us for a weekend of exploration and engagement with the art, sounds and tastes of Africa. For more info contact: media@harbourfrontcentre.com. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Model Boat Show

Sunday, July 20th from 10:00 am - 4:00 pm. **Summer Fun Run - Free On-Water Model Boat Show.** A free on-water "Model Boat Show", the Summer Fun Run brings out many of the 120 members of the MMM displaying their racing RC (radio controlled) sailboats, power vessels and static models. It is a great opportunity for both young and old to learn more about getting into this great hobby or to simply enjoy the surrounds of Humber Bay Pond with the tranquil action of the RC boats. Boats will be sailing on the pond as well as being displayed on the adjacent park. For more information visit:

<http://www.metromarine.org>. The sail division of the club will also be racing on the pond and the power division will be holding competitions testing the skipper's piloting skills. A large public parking lot is right beside the "Sailing Pond" at Humber Bay Park East. For more info contact: president@metromarine.org or visit: <http://www.metromarine.org>. Humber Bay East Park, Lake Shore Blvd West and Park Lawn Road. All Ages. **Free**

Music

Thursday, July 17th from 7:00 pm - 8:30 pm (this event repeats). **Edwards Summer Music Series: Gardens of Song.** Thursdays starting at 7:00 pm, June 26th through August 28th, 2014. Come enjoy 10 concerts by an eclectic roster of popular artists, set in the natural beauty of the gardens. Rain or Shine. Bring your own chair or borrow a stool from the visitor's booth. General seating. In the event of rain, concerts will be held in the Floral Hall. Please note: Artists and programs subject to change without notice. Generously sponsored by the Edwards Charitable Foundation. For more info visit: <http://torontobotanicalgarden.ca/enjoy/special-events/gos-su>. Toronto Botanical Garden, 777 Lawrence Avenue East (at Leslie). All Ages. **Free**

Thursday, July 17th at 7:00 pm. **Summer Music in the Garden presents: An Evening with Calum Graham at Harbourfront Centre.** Almost every Thursday and Sunday at Harbourfront, we have fantastic acts coming to Summer Music in the Garden. A display of culturally diverse musical acts that are sure to have you singing and dancing along. The 22-year-old star of the acoustic guitar world makes his Music Garden debut! With two Olympic Games performances under his belt and a first place prize at the Canadian Guitar Festival, Calum Graham is an artist you don't want to miss. For more info email: info@harbourfrontcentre.com or phone: 416 973-4000. Toronto Music Gardens, 475 Queens Quay West. All Ages. **Free**

Thursday, July 24th at 7:00 pm. **Summer Music in the Garden presents: Music from the Gardens of India at Harbourfront Centre.** Almost every Thursday and Sunday at Harbourfront, we have fantastic acts coming to Summer Music in the Garden. A display of culturally diverse musical acts that are sure to have you singing and dancing along. North Indian classical ragas connected to gardens, including the great love story of Krishna and Radha in the garden of Vrindavan. Bageshree Vaze (voice) and Vineet Vyas (tabla). For more info contact: info@harbourfrontcentre.com or phone: 416 973-4000. Toronto Music Gardens, 475 Queens Quay West. All Ages. **Free**

Yoga

Thursday, July 17th from 6:00 pm - 8:00 pm (this event repeats). **Yoga.** Free outdoor yoga classes for all levels. Bring your mat! Instructor Eric Anastacio's weekly all-level classes are open to everyone – from beginners to advanced yogis. Thursdays, June 26th through August 28th. Eric will feature an emphasis on one of the following yoga styles (one per week): yoga for the heart, yoga for the runners, yoga for stress, full yoga experience. For more info visit: http://www.harbourfrontcentre.com/whatson/today.cfm?id=5920&festival_id=0 or email: info@harbourfrontcentre.com, or Phone: 416 973-4000. Exhibition Common, Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**



To subscribe to The Bulletin call the Consumer/Survivor Information Resource Centre of Toronto at: 416 595-2882 or email us at: csinfo@camh.ca.

The Bulletin is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Toronto Central LHIN (Local Health Integration Network). It's free to receive. If you don't have email you may receive it by regular mail through the generous support of the Centre for Addiction & Mental Health. www.csinfo.ca

Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.



How about converting to email and doing a favour for our planet? Call the C/S Info Centre at: 416 595-2882 or email us at: csinfo@camh.ca. Your Mother Earth will thank you.
Your Bulletin Team: **Helen, Cassandra and Arlene.**

As the saying goes, membership has its privileges. Becoming a Member of the Consumer/Survivor Information Resource Centre of Toronto entitles you to come to our Annual General Meeting and vote for candidates to the Board of Directors, and to stand for election to the Board of Directors if nominated. Membership is free.

You are very welcome to attend our Annual General Meeting whether you are a member, or not.

Your subscription to The Bulletin continues without a break whether you are a member, or not.

General Membership Application

It's free to become a member of the Consumer/ Survivor Information Resource Centre.

Simply fill out this form and return it to us by mail, email or bring it to our office at 1001 Queen St. West.

If you are already a member, you must renew your membership before the end of every two years for your membership to remain in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a Member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.



Signature _____

Date _____

Name (please print) _____

Organization (if any) _____

Street Address _____

City/Province _____ Postal Code _____

Phone _____ Business phone _____

Email: _____

Please Note: We must receive your signed application **at least 48 hours prior** to the Annual General Meeting in order for you to be able to vote.

You do not need to be a member to continue to receive the Bulletin