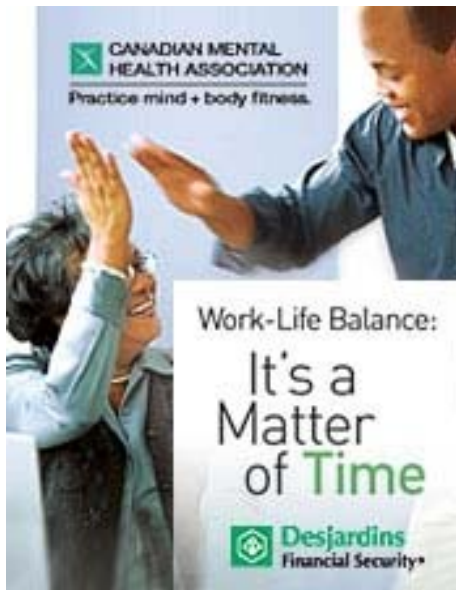


# Mental Health *Matters!*

*A Publication of the Canadian Mental Health Association  
Champlain East*

**2008 SPRING / SUMMER EDITION**



The Canadian Mental Health Association's 57th Mental Health Week takes place May 5th through 11<sup>th</sup>, sponsored by Desjardins Financial Security. This year's theme is "**Mental Health: Make it Your Business**" and focuses on the role that employers and businesses can play in making their workplace a mentally healthy and productive environment.

More than ever before, Canadians play many different roles in their lives. They are workers, parents, spouses, friends, caregivers of elderly relatives and volunteers in their communities. They must also make room in their lives for taking care of their own physical and mental well-being. Not surprisingly, achieving balance among all these competing priorities can be difficult.

The national awareness week provides Canadians with many opportunities to find out more about the importance of mental health, and how to achieve it in our daily lives.

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## ABOUT THE BRANCH

**Mission:** CMHA is committed to working in partnership with individuals and families within our community to enhance the development and maintenance of mental health for all citizens.

### Programs and Services

- Intensive Case Management
- Housing Support Program
- Court Support
- Court Diversion
- Family Support
- Peer Support Groups
- Peer Resource Centres
- Collective Kitchens
- Focus on Fitness
- Mental Health Promotion
- Volunteer Program
- Fundraising

### 2007-2008 Board of Directors

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### **Mental Health Matters!**

Published by the CMHA Champlain East.

**Editorial Team:** Joanne Ledoux-Moshonas and Melany Soulliere  
Thank you to the administrative support staff for their contributions.

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**Web Site:** [www.cmha-east.on.ca](http://www.cmha-east.on.ca)

**Please visit our web site to obtain information on our programs, services and mental health related topics.**

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## Human Services and Justice Coordinating Committee (HS&JCC)



**Michael Lloyd**  
**Executive Director**

The HS&JCC has been an inter-ministerial initiative dating back over 10 years. A local committee has been formed within the five eastern counties as a branch of the Ottawa HS&JCC. Its role is to coordinate communication and planning efforts between health/developmental service organizations and the justice system, within specific communities/regions. Its goal is to find local solutions to local problems through more effective service coordination. Each committee will articulate a strategy to meet the needs of this target population that includes: prevention strategy; system design recommendations; crisis plans; community intervention plans and case management plans.

The local committee has representatives from: justice, police, crown attorneys, lawyers, correctional facilities, probation and parole offices, hospital mental health programs, community mental health agencies, developmental services and community stakeholders. There are now 4 initiatives linked to the HS&JCC: Men's Safe House, First Response Centre, Ottawa Carleton Detention Centre Liaison and the HS&JCC Development Project.

### **Aging at Home**

The provincial "Aging at Home" Strategy is a \$702 million investment (over 3 years) that will provide seniors and their caregivers with an integrated continuum of community-based services to enable them to stay healthy and live more independently in their homes. At the end of the three years, the Champlain LHIN's base budget will have increased by \$30,411,697. The Aging at Home Strategy will advance the Champlain LHIN's priorities particularly that of the "elderly with complex and chronic conditions". In many ways, this new program will support all LHIN priorities; the aging person has needs all along the continuum from health promotion, to chronic disease management and end-of-life care. Indeed, addiction and mental health concerns will also challenge one's capacity to age well at home. There is no denying that barriers to primary health services deeply affect how people age at home. Similarly all elements of access such as transportation and including its enablers such as e-health cross the course of aging at home.

Our Branch is connected to two submissions under this strategy; The Relief and Respite Supports for Caregivers of Persons with Dementia and the Seniors Crisis Beds projects.

### **Recognition of Projects**

The Hawkesbury Family Health Group/CMHA Shared Care Pilot Project has been selected for the ***Celebrating Innovations in Health Care Expo*** on April 22<sup>nd</sup> and the Relief and Respite Supports for Caregivers of Persons with Dementia has been selected for the ***Aging at Home Innovations Showcase*** on April 23<sup>rd</sup>, both are at the Metro Toronto Convention Centre in Toronto.

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## **Mental Health Promotion**



Joanne Ledoux-Moshonas  
Program Manager

Following current trends, we have changed our program name from Public Education to Mental Health Promotion. The goal is to standardize the language used between the Canadian Mental Health Association's throughout the province.

The Mental Health Promotion program of CMHA, Champlain East, coordinates and facilitates educational activities in the community designed to educate and improve attitudes towards mental illness, promote mental health and prevent mental illness.

This year has proven to be very successful in achieving the many objectives set out in our 2006-2007 Operating Plan. Our primary target group are high school students. We offer them the Talking About Mental Illness (TAMI) program intended to dispel common misconceptions regarding mental illnesses and those living with a mental illness. This year, a total of 70 presentations were conducted in S.D.&G. and 84 in Prescott-Russell, reaching a combined total of 3 173 students.

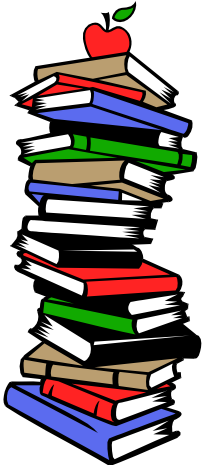
We delivered 42 presentations on various subjects related to mental illness and good mental health practices reaching a total of 727 community members within the five counties. We delivered 5 Applied Suicide Intervention Skills Training sessions (ASIST) to community professionals/groups reaching 84 people.

**We thank our funders**, including United Way S.D. & G., United Way of Prescott-Russell, Subway Franchise (Pascal, Jacques & Christian Brunet, owners) and our corporate fundraising sponsors for making it possible to provide mental health promotion in our local communities, therefore reducing the social impact of mental illness.

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## CMHA Resource Library



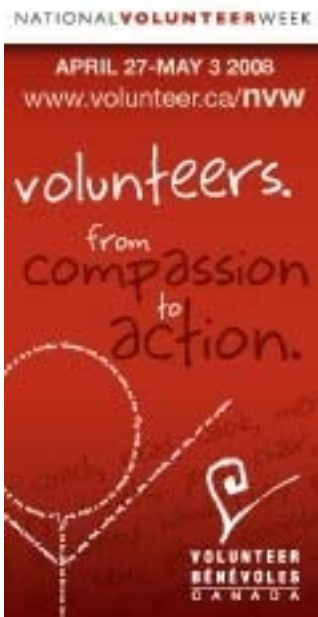
We have recently purchased new books and videos for our libraries in Hawkesbury, Casselman and Cornwall. A grant from United Way Prescott-Russell allowed us to update the resources from each location.

We now have a large collection of books, videos and educational games on various topics related to mental health.

To search for resources in our libraries, please access our inventory through our website at [www.cmha-east.on.ca](http://www.cmha-east.on.ca).



### Volunteer Recognition Week April 27 to May 3 2008



In recognition for all our that our volunteers do for the Association, we are hosting two dinners in their honor.


On Tuesday, April 29 2008, the event will take place at Schnitzels in Cornwall at 6:00 PM.

Thursday, May 1st is the date of the event in Hawkesbury. It will take place at 6:00 PM at Le Vieux Chateau Restaurant.

Work-Life Balance:

## It's a Matter of Time



 CANADIAN MENTAL  
HEALTH ASSOCIATION  
Practice mind + body fitness.

### ***Desjardins Financial Security releases the 2007 Survey about Canadian***

#### ***Perceptions about the relationship between***

#### ***Mental, Physical and Financial Health at work, rest and play.***

- ◆ Many feel employers and, even more so, society, do not support the importance of work / life balance as much as they do. (30% say employers do not care, while 42% say society does not support work / life balance for its workers.
- ◆ 22% of Canadian workers consider themselves workaholics.
- ◆ When considering work habits, we find that workaholism and the incidence of mental health issues are highly related to the degree to which work infringes upon personal life (for example, thinking or talking about work more than any thing else, being unable to relax and stop thinking about work, talking work home, not taking vacations or time off).
- ◆ Furthermore, anywhere from 26% to 42% of all Canadian workers admit to having such unhealthy work habits.
- ◆ Overall, Canadian workers rate their companies fairly well when it comes to organization health, prevention and wellness: 84% of workers say that the immediate supervisor supports and ensures health and wellness in the workplace, whereas 74% agree that senior leaders in their organization value employees.
- ◆ Around three quarters of workers also agree that employees feel valued and recognized for their work and do not want to leave.
- ◆ When it comes to appreciation of employees as people, with personal as well as work lives, the ratings are slightly lower. 68% of workers say their employers demonstrate commitment to work / life balance.

*Source : Desjardins, Financial Security, March 2008.*

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## Have you heard people say this before?



“I like my job, I have wonderful kids and a supportive spouse, but I feel that I am stretched to the limit. I never seem to have enough hours in the day to get my work done and still have time for family let alone friends or the things I really want to do”.

They are not alone. Several studies have found high levels of stress are often associated with conflicting demands of work and home.

One survey showed that even though job satisfaction may be high, a majority of workers rate balancing work and family as more important than any other employment factors.

The Health Canada publication Juggling Home and Work (Workplace Health System, no. 2, 1998) states that one of the greatest challenges to balancing work and home life is job demands.

Job demands include "time pressures and deadlines, long hours, unclear or conflicting duties, having too much responsibility, or work that is too tiring or boring".

Work/life balance initiatives can help to bridge the gap between work and home responsibilities.

Source: Canadian Centre for Occupational Health and Safety,

March 2008



## Finding the perfect balance

Finding a 'perfect' balance between work and life is rare. The nature of that balance is different for every person, and changes over time for each person. So we shouldn't strive for perfection, but to constantly be aware of making choices that will benefit all aspects of our lives.

Achieving work/life balance is an investment – it does take time and effort to implement the changes necessary. But it's worth the effort! Work/life balance offers some major rewards. Here are some of the potential benefits:

### At Work

- ✦ Feeling more rested and energized
- ✦ Working more productively and getting more accomplished, leading to greater career success
- ✦ More fulfillment from work

### In Life

- ✦ Improving relationships with family and friends
- ✦ Better physical and mental health
- ✦ Making choices about your priorities, rather than sacrifices among them
- ✦ More leisure time to spend with loved ones, or time for yourself

## How to achieve work-life balance

### At Home

- ✦ **Create a buffer between work and home.** After work, take a brief walk, do a crossword puzzle, or listen to some music before beginning the evening's routine.
- ✦ **Decide what chores can be shared or let go.** Determine which household chores are critical and which can be done by someone else. Let the rest go.
- ✦ **Exercise.** Even if it's only for 15 minutes at a time, you'll feel more energized and refreshed.
- ✦ **Create and implement a household budget.** Start by setting aside some money from each pay cheque for the future.
- ✦ **Make healthy food choices.** Healthy eating will give you and your family more energy.
- ✦ **Pursue a hobby.** Either with friends or family or for some quality time on your own.

### In Your Community

- ✦ **Make choices.** Social, community and volunteer obligations pull us in many directions. Choose the ones that are most fulfilling and learn to say 'no' to the rest.
- ✦ **Manage expectations.** Be clear at the outset about how much time or support you can contribute to community organizations or your children's school events.

# Employer Information

Work-Life Balance:  
Make It Your  
Business!

## Work-Life Balance: What Research Tells Us

In the report, *Under Pressure: Implications of Work-Life Balance and Stress*, Dr. Graham Lowe, a leader in the arena of workplace health and productivity, addresses the challenges of balancing employees' personal and family needs with the needs of the organizational bottom line.

In short, Dr. Lowe's research tell us that:

- Workers who are not compensated for overtime feel more work-life strain
- While 64% are concerned about work-life balance only 34% feel they have achieved it
- Workers report that a manageable workload and flexible hours are most valuable
- Long work hours are the greatest predictor of work stress
- Identify, train and reward managers who help employees achieve work-life balance

## Action Plan

- Offer workshops to supervisors and managers to enhance their knowledge of effective ways to facilitate employee work-life balance.
- Help employees achieve a better balance through manageable workload, and if possible, flexible work hours, and days of work.
- Make sure employees have access to information materials that acknowledges that work and family are not separate. Consider holding work-life balance days and activities that involve employees and their family members.
- Involve employees in the work-demands planning process, including looking to them for feedback on how to best balance high demand projects and their personal and family responsibilities.
- Set reasonable goals so that work demands are met within a reasonable time frame for both the employee and employer.
- Set guidelines to limit the amount of time that employees are working unpaid hours
- Ask employees what they would do to reduce stress in their job.
- Provide incentives for managers who demonstrate an understanding of the importance of work-life balance and who have attempted to implement strategies to enhance balance in their department.

Source: Great-West Life, March 2008

## Upcoming Events





### STORMONT, DUNDAS & GLENGARRY:

<p><b><u>Peer Support Group Meeting</u></b> Mondays 1:30—3:30 pm Starbright Drop-In Centre (Cornwall)</p> <p>Wednesdays 1:00 - 3:00 pm Alexandria office —55 Main St.</p>	<p><b><u>Focus on Fitness Program</u></b> <b><u>Healthy Living Group</u></b></p> <p>Location: Cornwall Time: 10:30 am-12:00 pm</p>
<p><b><u>Volunteer Appreciation Week</u></b> <b>In recognition for all our volunteers, we are hosting a dinner in their honor in Cornwall</b></p> <p>Tuesday, April 29th 2008 For information, call Joanne, (613) 933-5845, ext. 223</p>	 <p><b><i>LivingWorks ASIST Workshops:</i></b> May 15-16 2008 September 25-26 2008 (French) October 23-24 2008 February 19-20 2009</p>
<p><b><u>Family Support Group</u></b></p> <p>1st Monday of the month</p> <p>CMHA Board Room 329 Pitt, Cornwall 6:00 pm – 8:00 pm</p>	<p><b><u>CMHA Annual Golf Tournament</u></b></p> <p>Friday, July 11th, 2008 Summer Heights Golf Course</p> <p>Come join in the fun &amp; register a team!</p>
<p><b><u>Work-Life Balance Presentation</u></b></p>  <p>To request a presentation for your workplace, please contact Joanne 1-800-493-8271, ext.223</p>	<p><b><u>Program for children</u></b></p> <p>Spring / summer session starting in May</p> <p>Call Cathy for information (613) 933-5845, ext. 404</p>
<p><b>For information on our programs or on the upcoming events, please phone us at 613-933-5845.</b></p>	

## Upcoming Events



### **PRESCOTT-RUSSELL:**

<p><b><u>Family Support Program</u></b> Family Support Group (French) Every third Monday of the month 7:00 pm - 9:15 pm</p> <p>CMHA Hawkesbury office 444, McGill (basement)</p>	<p><b><u>Program for children</u></b> French group accepting registrations. English group starting April 21, 2008</p> <p>For information, call Marlène, (613) 632-4924, ext. 417</p>
<p><b><u>Volunteer Appreciation Week</u></b> In recognition for all our volunteers, we are hosting a dinner in their honor <b>Hawkesbury</b> Thursday, May 1st 2008 For information, call Joanne (613) 933-5845, ext. 223</p>	<p><b><u>Annual General Meeting</u></b>  Monday June 23, 2008 7:00 pm</p> <p>Hawkesbury <b>All are welcome !</b></p>
<p><b><u>Focus on Fitness Program</u></b> <b><u>Healthy Living Group</u></b></p> <p>Hawkesbury : Marie-Josée, (613) 632-6463 Casselman : Jeanne, (613) 764-0654</p>	<p></p> <p>Annual Golf Tournament for Mental Health Friday, July 4 2008 For information &amp; registration: <b>(613) 824-7686</b></p>
	<p>The "Partenariat des agences communautaires de Prescott-Russell" (PAC) is hosting its second conference on youth mental health on May 8 2008 in Rockland.</p> <p>For information, call Joanne (CMHA), (613) 933-5845, ext. 223 or Monique Bouvier (CAMH), (613) 487-1880.</p>
<p><b>For more information on our programs or on the upcoming events please phone us at 613-632-4924.</b></p>	

## MEMBERSHIP DRIVE

### **WHY BECOME A MEMBER OF CMHA?**

The membership drive is focused on convincing more people of the value of belonging to their local CMHA Branch. By increasing our membership numbers locally, we will magnify our voice throughout Ontario and obtain greater benefits for the people we serve in the community. Current members know better than anyone the importance of belonging to CMHA.

### **THE BENEFITS OF MEMBERSHIP**

- Education materials, publications and newsletters, including Ontario Division's Network Magazine
- Invitations to attend local workshops and seminars
- Voting privileges at your local Branch AGM
- Opportunity to be elected to the local board....and more .

**Please send cheque or money order to:**

**CMHA Champlain East,  
329, Pitt St, Cornwall, ON K6J 3R1**

I would like to support the aims, objectives and efforts of the C.M.H.A.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

I would like to be a volunteer, please contact me.

I would like to join the C.M.H.A. Champlain East and receive the newsletter.

Annual individual membership \$20 or \$2 (for those on a low fixed income).

I would like an official income tax receipt.

I would like to include a donation of \$\_\_\_\_\_ along with my membership fee.

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### **OUR PRIVACY DISCLAIMER**

The Canadian Mental Health Association, Champlain East respect your privacy. We protect your personal information and adhere to all legal requirements to protect your privacy. We do not rent, sell or trade our mailing lists or other personal information. We use your personal information to assist us in providing you with information about our Branch. If at any time you wish to be removed from any of these contacts, please advise us by telephone at 613-933-5845 and we will accommodate your request. Our Privacy Policy can be viewed on our website [www.cmha-east.on.ca](http://www.cmha-east.on.ca).

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