



Mental Health *Matters!*

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

Fall/Winter 2011 Edition

Face Mental Illness



For too long, Canadians with mental illnesses have been in the shadows. Too few Canadians know about the burden of mental illness on our society, and too few sufferers seek help when they need it. Mental Illness Awareness Week seeks to raise awareness of the level of mental illness in Canada; to reduce negative stigma about mental illness amongst the general population and health care professionals and to promote the positive effects of best practice in prevention, diagnosis and medical treatment.

Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week was established in 1992 by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in cooperation with all its member organizations and many other supporters across Canada.

Campaign elements include: a grassroots public education initiative, a nationally-distributed poster and bookmark series, the Annual Champions of Mental Health Awards luncheon in Ottawa and an education initiative with federal Members of Parliament, both in their home ridings and on Parliament Hill.



**Mental Illness
Awareness Week**
October 2 - 8, 2011

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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
- Supportive Housing Program
- Court Support
- Court Diversion
- Family Support
- Peer Support Groups
- Transportation Program
- Peer Resource Centers
- Collective Kitchens
- Focus on Fitness
- Mental Health Promotion
- Volunteer Program
- Fundraising
- Supportive Employment Program

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Mental Health Matters!

Published by the CMHA, Champlain East.

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

Annual Report Mental Health Promotion



Joanne Ledoux-Moshonas
Manager,
Mental Health Promotion

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 2010-2011 Operating Plan. Our primary target group is high school students where 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.

A total of 211 presentations were conducted within the five counties, reaching a combined total of 4,766 students. Following these presentations, 39 students interventions were conducted and as result of self identifications with mental health issues or that of a friend or a family member. Without our funder contributions, these students would have not been linked to someone that could have assisted them with their difficulties. We know that Mental Health Promotion initiatives do save lives.

We delivered 68 presentations on various subjects related to mental illness and good mental health practices reaching a total of 1, 289 community members within the five counties. We delivered 3 Applied Suicide Intervention Skills Training sessions (ASIST) to community professionals/groups reaching 72 people.

In 2008 the Eastern Ontario Health Unit put together the Injury Report for Eastern Ontario and suicide was found to be the highest in terms of mortality and intentional injury in most populations in our region for both men and women. In 2010, the CMHA and the EOHU formed a partnership and held 2 community forums in both S.D.&G. and Prescott - Russell.

In September, a conference was held on Suicide Prevention in our region where 80 community partners and interested individuals attended. Over 25 partners voiced an interest in being part of a greater coalition. We secured funding with the Healthy Communities Funds to hire a consultant to develop of a 3 year strategic plan.

The Suicide Prevention Coalition is comprised of a Steering Committee and three Work Groups in the areas of suicide prevention, intervention and postvention. Our commitment is to look at how we can minimize the harmful consequences of suicide.

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

Faces of Mental Illness Awareness Week

Face-to-Face with Harmony Brown



Harmony Brown

Harmony is a public speaker, mental health advocate and non-profit housing employee in Toronto, Ontario. Her struggles with mental health started as a child, but it wasn't until she was 31, after losing her father to mental illness, that Harmony was diagnosed with major depressive disorder and post-traumatic stress disorder. Two years into her recovery, Harmony's youngest brother also took his own life. Her losses motivated her to share her experiences. As a volunteer with the Mood Disorders Association of Ontario, she participated on a committee to develop a partnership with the Toronto Catholic District School Board. Through this initiative, Harmony has spoken to thousands of students, parents, and staff about mood disorders, stigma and early intervention. She also spreads these messages through her own business, Phoenix Rising. Harmony credits her recovery to an accurate diagnosis, a good psychologist, supportive friends, volunteering, faith and resilience. Harmony is a shining example of someone who works hard every day to break down the stigma associated with mental illness. For Harmony, **Recovery is Possible.**

Source: <http://www.miaaw.ca/en/campaign/faces/harmony.aspx>

Face-to-Face with Jeremy Bennett



Jeremy Bennett

Jeremy is an author, professional speaker and television personality from St. John's, Newfoundland. Having overcome his own struggles with obsessive-compulsive disorder (OCD) and anxiety, Jeremy is passionate about reaching out to those who currently battle these illnesses. He frequently travels and speaks publicly about his first book, "The Power of the Mind: How I Beat OCD", and is currently in the process of writing his second, "Smile, You're Perfect", which will teach people how to embrace their authentic self. In addition to his writing, Jeremy continues to educate others on the signs and symptoms of OCD, so they can recognize and support those who live with the disorder. Jeremy attributes his recovery to embracing his illness and seeking professional help. He believes his experience with OCD has helped him grow as a person and develop a greater appreciation of life. Jeremy has found joy and fulfillment by sharing his journey of recovery, and continues to inspire people by challenging barriers and reducing stigma. For Jeremy, **Recovery is Possible.**

Source: <http://www.miaaw.ca/en/campaign/faces/jeremy.aspx>

First Nations: Mental Wellness

In many First Nations communities, good health was, and often still is, a result of a balance of ones entire being, "mind, body and spirit."

Mental health is but one component of an intricate web of First Nations peoples' genealogical make up. For First Nations, history, culture, traditions, spirituality and identity are all critical to well being and positive mental health. Without these essential foundations, well-being and good health cannot be attained. (Source: NAHO)

Through extensive dialogue and consultation, the Mental Wellness Advisory Committee helped develop a definition of mental wellness that is accepted by First Nations people. Mental wellness is described as: "a lifelong journey to achieve wellness and balance of body, mind and spirit. Mental wellness includes self-esteem, personal dignity, cultural identity and connectedness in the presence of a harmonious physical, emotional, mental and spiritual wellness. Mental wellness must be defined in terms of the values and beliefs of Inuit and First Nations people." (Source: Mental Wellness Framework, Mental Wellness Advisory Committee, 2002).

The Mental Health Advisory Committee helped develop a broad vision of mental wellness for First Nations and Inuit). The vision is that: "First Nations and Inuit embrace the achievement of whole health (physical, mental, emotional, spiritual, social and economic well-being) through a comprehensive and coordinated approach that respects values and utilizes traditional and cultural knowledge, methodologies, languages and ways of knowing."

Medicine Wheel

The number four is very sacred to the First Nations. The Medicine Wheel is an ancient Aboriginal abstract symbol that stands for "the sacredness of four." It is used by many First Nations and Métis as a symbol of the life, health and values of an individual, community or Nation. It is generally thought to have come from the Indigenous cultures of the Great Plains, but it's used by many different cultures throughout North America. However, it's not used in all the traditions of all First Nations and Métis. It isn't an Inuit concept and isn't used in Inuit cultural practices in any way.

Each Nation has its own concepts, relationships and teachings about the Medicine Wheel, but as an example, here is some information about the Medicine Wheel from the Ojibway (or Anishinaabe) perspective.

How does the number four work in the Medicine Wheel?

Usually, four spokes create four quadrants on the Wheel. The four quadrants can represent many different ideas or concepts and their relationship to each other, the universe and the individual, such as:

- The four directions.
- The four seasons.
- The four parts of a person: mental (mind), physical (body), spiritual and emotional.
- The four stages of life: childhood, youth, adulthood and old age.
- The four distinct colours which also have symbolic meanings



There are also four sacred medicines that represent each colour and wind direction:

1. **Wiingashk (sweetgrass)** represents the hair of mother earth, so it is often braided. Wiingashk is known for its beautiful aroma when it's used for cleansing. The end of the sweetgrass braid is lit, which produces a cleansing and purifying smoke.
2. **Semma (tobacco)** is used to offer prayers at the Sacred Fire where people burn semma and tobacco ties. Semma is also smoked in sacred pipes.
3. **Keezhik (cedar)** is cleaned from the branches and used to make a smoke smudge. Keezhik is also very useful for cleansing and helping to get rid of negative or "bad" energy.
4. **Shkodawabuk (sage)** is also used for smudging. Sage and cedar are women's medicines. They are the only medicines that women on their moon can use to smudge with.

Source: <http://www.miaw.ca/en/wellness/first-nations.aspx>

Your Trust Gives Me Wings

(Source: www.cmha.ca)

"Building confidence takes longer than losing it."

— Jean-Paul Sartre

Confidence is a realistic self-evaluation in the present moment that allows us to believe we have what it takes to face a given situation. Throughout our life, we build confidence through our experiences and the people we meet.

Trust motivates us – it contributes to our personal growth. From that idea emerged our slogan "Your trust gives me wings" – trust gives us confidence, and confidence gives us the strength and freedom to take flight on our own.

Confidence goes up and down. It can be shaken by a job loss, an immigration process, a difficult break up, the spread of an online rumour, a magazine or newspaper article, etc. Sometimes we lack confidence and other times our confidence is undermined; however, that also means we can find it or rebuild it.

Trust is a treasure we receive and must nurture. We build confidence through the trust others place in us. In return, it is important for us to give the gift of trust to others, through listening, support and compassion, in our relationships and communications.

Since confidence is as vital to people as water, we all need to be attentive aware of how we communicate with others to the messages we convey.

 **Mental Illness
Awareness Week**
October 2-8, 2011

**Semaine de sensibilisation
aux maladies mentales**
2-8 octobre 2011

**Recovery is Possible.
Le rétablissement est possible.**



No need to suffer alone... Get help!

Many Canadians do not recognize that they are ill while others don't seek help because of misconceptions about these diseases. Taking the time to learn about mental illness could make all the difference to you or to someone you care about. It's important to watch for warning signs of mental illness - and to seek medical advice as soon as possible if any become apparent.

Symptoms include: *marked personality change, inability to cope with problems and daily activities, strange ideas or delusions, excessive anxiety, prolonged feelings of sadness, marked changes in eating or sleeping patterns, thinking or talking about suicide, extreme highs and lows, abuse of alcohol or drugs, excessive anger, hostility, violent behavior, irrational fears.*

For more information, visit our website at www.cmha-east.on.ca

Mental Health Crisis Line

If you or somebody you know is in crisis call toll free, 24 hours a day.



1-866-996-0991

Looking for Mental Health Resources in your community?

eMentalHealth.ca




Dial 211


www.211ontario.ca



**When you don't know
where to turn.™**

211 is supported by United Way Canada - Centraide,
Government of Ontario and Government of Canada.



CANADIAN MENTAL
HEALTH ASSOCIATION
L'ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Golf Tournament 2011



The **Subway** franchise Hawkesbury (2), Embrun, Casselman, Alfred, Rockland (2)) sponsored its 7th annual golf tournament on Friday July 8, 2011 at the Nation Golf Course in Curran, ON. A total of \$44,000.00 was raised and we want to thank the many guests, sponsors and prize donors who made this event possible. Proceeds will support mental health promotion initiatives in Prescott-Russell.

Left to Right: Jacques Brunet (Owner Subway Franchise), Joanne Ledoux-Moshonas (Manager, Mental Health Promotion, CMHA), Christian Brunet (Owner Subway Franchise), Pascal Brunet (Owner Subway Franchise), Michael Lloyd (Executive Director, CMHA).

Major Sponsor

The M.A. Teall Foundation

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**Next year's tournament date:
Friday, July 6, 2012**

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Dr Nicholas Sheshko	Corbeil Appliances – Pinecrest	Caesar's Plumbing	Sunshine Snow Service
Dr Michel Lamoureux	Shopping Centre		
Dust Evans Grandmaitre			



*Light the Way
Fundraiser Walk & Concert
In memory of Karen McBain*



Event organizers from left to right:
Kevin McBain, Melanie McBain
and Emily McBain.



The **McBain family** hosted its 2nd Annual Fundraiser Walk & Concert on Saturday July 9th, 2011 at Lamoureux Park in Cornwall, Ontario. This event was to honour their mother whom passed away in 2006 and she also lived with the misunderstood mental illness, Schizophrenia. Their hope is to bring mental disorders out of the shadows and into the light so that people living with it then do not have to feel shame and can seek help and treatment.

A total of \$10,000.00 was raised and they wish to thank the many walkers, pledge donors, sponsors and prize donors who made this event possible. Proceeds will support mental health promotion initiatives in Stormont, Dundas & Glengarry.

Thank You to our Sponsors!

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**Mental Illness
Awareness Week**

FACT: Mental illness affects more than six million people across the country, or **one in five** Canadians.

Upcoming Events





STORMONT, DUNDAS & GLENGARRY:

CMHA client sessions	
<p style="text-align: center;">Peer Support Group Meeting Wednesdays 1:30 pm - 3:30 pm CMHA Boardroom, 329 Pitt Street, Cornwall</p>	<p style="text-align: center;">Focus on Fitness Program Tuesdays from 10:30 am - 12:00 pm Starbright Center (Cornwall)</p>
<p style="text-align: center;">Family Support Group 1st Monday of the month in Cornwall 6:00 pm - 7:30 pm For information and registration, call James Joyce at 613-527-3413</p>	<p style="text-align: center;">Concurrent Disorder Support and Education Group for Family Members 12 week sessions starting September 6, 2011 CMHA Boardroom, 329 Pitt Street, Cornwall 6:00 pm - 8:00 pm</p>
<p style="text-align: center;">“Anger Solutions” 10 week sessions starting September 12, 2011 1:30 pm- 3:30 pm Now accepting registrations CMHA Cornwall Office, 329 Pitt Street</p>	<p style="text-align: center;">Self Esteem 10 week sessions starting January 10, 2012 10:00 am– 12:00 pm Now accepting registrations CMHA Cornwall Office, 329 Pitt Street</p>
<p>Family Recovery Action Planning (FRAP) Thursdays 6:00 pm - 8:30 pm From January 12th until March 1st, 2012 CMHA Boardroom, 329 Pitt Street, Cornwall</p> <p>For caregivers who are supporting a family member who struggles with mental health issues. Explores family dynamics and ways of supporting self-care, wellness recovery and self-determination for each individual within the family and the family as a whole.</p>	
General Public Sessions	
<p style="text-align: center;"><u>SD&G Youth Coalition Conference</u> <u>Suicide Prevention Workshop</u></p> <p style="text-align: center;">October 26th, 2011</p> <p style="text-align: center;">For information & registration call Joanne at ext. 223</p>	<p style="text-align: center;">Let’s Walk for Mental Illness Awareness Week</p> <p style="text-align: center;">Thursday October 6th, 2011 in Cornwall 11:00 am - 1:00 pm 343 Pitt Street (Starbright Center) Light lunch to follow</p> <p style="text-align: right;">October 2 - 8</p>
<p>For information on our programs or on upcoming events, please phone us at 613-933-5845.</p>	

Upcoming Events



PRESCOTT - RUSSELL:

CMHA client sessions	
<p>Collective Kitchen Every Second Thursday 9:30am-11:30am (for Collective Kitchen members) Location : Oasis Center (Hawkesbury)</p>	<p>Focus on Fitness Program Hawkesbury: 613-632-6463 Casselman: 613-764-0654 </p>
<p>Program for Children (French group) Now accepting registrations CMHA Hawkesbury Office, 444 McGill (basement) For information, call Caroline ext. 410</p>	<p>Support and Education Group for Families (French group) 12 week sessions starting Fall 2011 Now Accepting registrations CMHA Hawkesbury Office, 444 McGill (basement)</p>
<p>"Anger Solutions" (French group) 10 week sessions starting Fall 2011 Now Accepting registrations CMHA Hawkesbury Office, 444 McGill (basement) For information, call Caroline ext. 410 or France poste 425</p>	
General Public Sessions	
<p><u>'Partenariat d'agences communautaires' Conference</u> <u>Youth Suicide Prevention</u> (French workshop) November 10th, 2011 For information, call Josée 613-632-4924, ext. 409</p>	
<p>Let's Walk for Mental Illness Awareness Week ! 11:00 am-1:00 pm</p> <p>Wednesday October 5th, 2011 - Hawkesbury 21 Nelson St. (Oasis Center) Light lunch to follow</p> <p>Thursday October 6th, 2011 - Casselman 721 Main St. (Horizon Center) Light lunch to follow</p> <p> Mental Illness Awareness Week October 2 - 8, 2011</p>	
<p>For more information on our programs or on upcoming events please phone us at 613-632-4924.</p>	

MENTAL ILLNESS AFFECTS 1 IN 5 CANADIANS



TOGETHER

WE CAN END THE STIGMA

www.miaaw.ca



**Mental Illness
Awareness Week**
October 2-8, 2011

**Semaine de sensibilisation
aux maladies mentales**
2-8 octobre 2011

CANADIAN ALLIANCE
ON MENTAL ILLNESS
AND MENTAL HEALTH



ALLIANCE CANADIENNE
POUR LA MALADIE MENTALE
ET LA SANTÉ MENTALE



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