



# Mental Health *Matters!*

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

**2011 SPRING / SUMMER EDITION**



The Canadian Mental Health Association's 60th national Mental Health Week takes place May 1<sup>st</sup> through 7<sup>th</sup>, sponsored by Desjardins Financial Security.

This year's theme is : **“Mental Health For All”**.

Mental Health Week is a designated week created by **The Canadian Mental Health Association (CMHA)** to talk, reflect, engage and celebrate mental health for all. The theme of Mental Health For All represents the right of every Canadian to enjoy and have the best possible mental health. It's this attitude that represents ways in which all Canadians can actively protect and preserve their mental health at home, work and in their own community. Our goal is to achieve this through four specific content themes:

- Kids Have Stress Too
- Staying on Top of Your Game
- Resiliency: At Home, at School and at Work
- Mental Health is Everyone's Concern

**Learn more by visiting:**

[www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)

### *Inside*

- P. 2 About the Branch
- P. 3 Mental Health is Everyone's Concern
- P. 4 Kids Have Stress Too
- P. 6 Staying on Top of Your Game
- P. 7 Resiliency: At Home, at School and at Work
- P. 9 Mental Health Promotion
- P. 10 Upcoming Events SD&G
- P. 11 Upcoming Events Prescott-Russell

## ABOUT THE BRANCH

**Mission:** CMHA is committed to work 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 Centers
- Collective Kitchens
- Focus on Fitness
- Mental Health Promotion
- Volunteer Program
- Fundraising

### 2010 -2011 Board of Directors

#### Executive

President: Roger Villeneuve  
Vice-President: Maryse Dubé  
Treasurer: Terry Dubé  
Past President: Robert Tucker

#### Executive Director

Michael Lloyd

#### Board Members

Jonathan Brunet  
Dan O'Reilly  
Bill Fielding  
Ron Graham  
Martin Kaufman  
Christine Marion-Brisson  
Elise Van Schaik  
Janie Myner  
Phil Poirier

---

### **Mental Health Matters!**

Published by the CMHA Champlain East.

**Editorial Team:** Mallory Boileau and Joanne Ledoux-Moshonas.

Thank you to the administrative support staff for their contributions.

### **Contact Us: CMHA Champlain East**

329 Pitt Street

Cornwall, ON K6J 3R1

**Telephone:** 613 933-5845     1800 493-8271

**Fax:**            613 936-2323

444, McGill Street, suite 003

Hawkesbury, ON K6A 1R2

613 632-4924

613 632-6522

**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.**

---

---

## Mental Health is Everyone's Concern

### What is it?

Most of us have heard the terms mental illness , mental disorder or psychiatric condition. These terms are used to describe a wide range of different conditions but what they have in common is that they all affect a person's emotions, thoughts and behaviors—how they see themselves, see the world around them, and how they interact in that world. The key difference from “having a bad day or week” is both the duration and magnitude of the impacts on your life. There are many different kinds of mental disorders.

One in five Canadians, over the course of their lives, will experience a mental illness and what that ultimately means is that every single family in Canada will in some way be affected. There is nobody in Canada who can stand up and say, “Not my family, not my aunts, uncles, cousins, grandparents, children siblings, spouse or self”. And yet the reluctance to talk about mental illness, to acknowledge it openly, to treat it as a form of human suffering like any other illness, relates in part to how threatening this set of illnesses is to our sense of who we are. Mental illness cuts across all age, racial, religious, or socio-economic categories.

### The Impacts Are Staggering!

The World Health Organization (WHO) predicts that by the year 2020 depression will become the No. 2 cause world-wide of years lost due to disability. That's a profound impact.

The number of suicides in Canada is almost 4,000 people a year. For people aged 15 to 24 in Canada, suicide is the No. 2 cause of death.

According to the World Health Organization (WHO) mental illness is the number one leading cause of disability in the world and five of the 10 leading causes of disability are related to mental disorders.

The unemployment rate among people with serious mental illness is 70-90%. There is a 60% drop in family income when a breadwinner is diagnosed with mental illness.



## Kids Have Stress Too

### Did you know?

- All children, even very young children experience stress
- All children benefit from an increased ability to deal with stress and can learn ways to do this
- Research shows that up to 90% of illnesses are related to stress

### Too much stress causes problems for kids:

- Makes it more difficult for children to concentrate, to learn and to get along with others
- Has a profound effect on children's health
- Interferes with children's ability to focus and think. If they are afraid or anxious, children may spend so much energy worrying that they are unable to learn

### But we know that:

- Children can learn simple, age-appropriate coping strategies.
- Children who develop healthy coping skills to deal with stress feel more competent, are more resilient and are better able to relax and solve problems

### Kids say their stress comes from many different things:

- Change or moving to a different home or school, starting school for the first time
- Having too much to do. Kids need quiet time
- Feeling different from other kids or being teased or bullied
- Fighting or arguing among family members, not getting along well with brothers or sisters
- Having trouble with schoolwork
- Being yelled at by family, friends or teachers
- Family break-up
- Most of all, when they feel lonely and unloved



---

---

### **How you can help your kids when they feel stressed:**

- Spending time with your kids is the most important thing you can do. Listen to them when they talk to you. Try to understand how they feel
- Show your children you love them, with words, hugs and kisses
- Do things with them. It will help them to feel they belong in the family
- Do things as a family. Exercise is a great way to burn off stress. Make exercise part of your family life. Play ball or other games. Go for walks  
Eat meals together. Talk. Share ideas, fun and how you feel about things

**Kids also need time to themselves—just to relax and do nothing! Listening to music. Reading or playing quietly may help them feel better. Doing nothing is fine too!**

### **Other ways you can help:**

- If you think your kids are feeling stressed—ask them
- First they will need to calm down so that they can think more clearly. Taking a few deep breaths will help them to relax
- Ask them how they feel, and why they think they feel that way
- Next ask them how big the problem is. Listen carefully to what they have to say
- Help them choose what they do next. Later you can ask if it helped

### **Some ways to build a less stressful home:**

- Make sure your child gets exercise and time to play
- Healthy food can help the body cope with stress more easily
- Bedtime routines help kids relax at the end of the day
- Sleep is important. A tired child gets stressed more easily
- Morning routines get the day off to a good start
- Learn to manage your stress

### **Activities for this year's Mental Health Week include:**

- Stories for children and information for parents about childhood stress at several family centers
- Activities dealing with stress management in elementary schools
- Booth displays and information sessions at local libraries
- Publication mail out to local organizations

---

---

## Staying On Top Of Your Game

Staying on Top of Your Game is about supporting people across Canada to be the best they can be in all parts of their lives. We are all managing many demands at work, financially, in our relationships and trying to “stay on top of our game” can be challenging and stressful. Here are some strategies for seven different life areas that you might use.

### 1. Relationships

- Remind yourself regularly of all the people in your life who are special to you. Then, think of ways to make them a priority in your life
- Connect with others in your community and meet new people by getting involved with organizations of interest, or by volunteering for a cause that you are passionate about

### 2. Self Regard

- Take time for reflection
- Indulge yourself sometimes
- Speak up and stand up for yourself

### 3. Physical Health

- Maintain your healthy body weight through a combination of a balanced diet and exercise that is right for you
- If you drink alcohol, drink in moderation
- If you smoke or use drugs, kick the habit by finding a program that can help. Talk to your doctor, or find a reputable, local program in the telephone book or by searching on the Internet

### 4. Financial Health

- Use resources that are available to you to help you with your financial planning
- Create an overall monthly budget that includes a savings plan

### 5. Love

- Allow your partner to speak his/her mind and listen carefully and non-judgmentally
- Always be open and honest with your partner
- Make time to laugh and have fun together!

### 6. Meaning

- Set priorities and goals for your life and regularly review and rank them in order of importance
- Involve yourself in your community and with organizations that are of interest to you

### 7. Work

- Take the time to get to know your colleagues at work
- Join a relevant group or association to meet new people in your industry



## Resiliency: at Home, at School and at Work

From the booklet *Kids Can Cope: Parenting Resilient Children at Home and at School*

### Assets That Work Together:

- **Relationships and reaching out:** strong parent-child relationships, social skills and self-confidence, the ability to ask for help, understanding of personal boundaries, belonging to communities and groups
- **Emotional skills:** positive self-esteem, ability to calm oneself, ability to talk about feelings, sense of humor, ability to distract oneself, ability to see hopeful sides of problems and challenges, knowing how to act appropriately in various situations
- **Competence:** goal setting and planning, problem solving and reasoning skills, practical skills like being able to cook, clean, budget, fix things and find information, the assertiveness, perseverance, good judgment and critical thinking skills
- **Optimism:** confidence in one's own skills and abilities, ability to judge risks, positive childhood experiences, supportive family and community, being generous and supportive of others

### How Parents Build Resiliency in Children:

- Parent-child relationship
- Parent-child communication—listen and respect feelings, voice and assertiveness
- Discipline—making independent decisions
- Optimistic thinking—challenge negative thoughts, show a positive view, model optimistic thinking
- Dealing with stress—provide strategies children can learn

---

---

## Transferring these skills to the workplace— Bouncing Back: How Workplace Resiliency Can Work For You

- **Relationships:** Treat people well, practice good listening skills. Try to see situations from the other person’s point of view. Don’t criticize co-workers in front of others but praise them publicly. Admit mistakes and apologize. Forgive mistakes of others.
- **Emotional Intelligence:** Be aware of your emotions and how they affect you. Try to act on the basis of thoughts and ideas, instead of feelings. Empathize. Be mindful of how to express strong feelings. Pay attention to body language. Invest in your emotional well-being by making time for social networks and activities that add energy and enjoyment to your life.
- **Competence:** The knowledge and skills that enable us to solve problems and get things done. Ask for training when you need it. Don’t be afraid to ask questions. Take advantage of outside training opportunities such as conferences and courses and reading publications relevant to your field of work. Get involved in community organizations. Talk to people who know more than you do.
- **Optimism:** The realistic, experience-based positive attitude and thinking pattern that helps us deal with challenges and disappointments with a sense of hope. Coach yourself to see bad situations as temporary setbacks rather than permanent disasters. Don’t exaggerate the negative impacts of bad situations. Look for one small step to improve the situation. Celebrate success. Challenge negative thoughts and beliefs. Look for the positive in negative situations.
- **Coping skills:** the tools we use to reduce stress and deal with difficult situations: Keep a mental list of the things that help you cope with difficult situations and use them when you’re having a rough time. Stay connected to people who can help you cope. Make time for “down time” - take breaks and vacations. Learn to break problems down into parts and plan to change the things you have the power to change and how to live more easily with the parts you cannot change. Remember the big picture—perceptions can be wrong.



---

---

## Mental Health Promotion



Joanne Ledoux-Moshonas  
Program Manager

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

**We thank our funders**, including United Way of SDG, United Way of Prescott-Russell, Subway Franchise (Pascal, Jacques and Christian Brunet Owners) and our corporate fundraising sponsors, for making it possible to provide presentations in our local communities.



Employers have a duty to address mental health issues such as distress, depression and anxiety in the workplace. This includes effective communication, workplace relations, accommodation and performance management.

Up to 80% of all managers were hired for their technical or professional expertise. Most have not been prepared to deal effectively and comfortably with emotionally distraught employees. Avoidance can lead to workplace conflict, loss of productivity, or even a human rights complaint.

Let our award-winning workshop provide practical strategies that do not require managers to become counselors. Our approach is workplace-focused and related to effective performance management.

Our upcoming **Complex Issues: Clear Solutions** training is scheduled for **Thursday May 19, 2011**. The training will take place at 329 Pitt Street, Cornwall ON (CMHA office) from 8:30 am – 4:30 pm. The cost of the training is \$275 per person which includes materials, health breaks and lunch.

For more information, please contact:  
Joanne Ledoux-Moshonas at 613-933-5845 ext 223

## Upcoming Events




### STORMONT, DUNDAS & GLENGARRY:

<b>CMHA Client Sessions</b>	
<p style="text-align: center;"><b>Peer Support Group Meeting</b> Wednesdays 1:30 p.m.- 3:30 p.m. Starbright Center (Cornwall)</p>	<p style="text-align: center;"><b>Focus on Fitness Program</b> Tuesdays from 10:30 a.m.- 12:00 p.m. Location: Starbright Center (Cornwall)</p>
<p style="text-align: center;"><b>Family Support Group</b> 1st Monday of the month CMHA Boardroom, 329 Pitt Street, Cornwall 6:00 p.m.- 8:00 p.m.</p>	<p style="text-align: center;"><b>Concurrent Disorder Psycho-Social Educational Program</b> Accepting registrations for fall sessions. For information, call Dawn, ext. 405</p>
<p style="text-align: center;"><b>“Anger Solutions”</b> 10 week sessions starting April 4<sup>th</sup>, 2011 1:30 p.m.- 3:30 p.m. Now accepting registrations For information, call Cathy, ext. 404</p>	<p style="text-align: center;"><b>Self Esteem</b> 10 week sessions starting September 2011 1:30 p.m.- 3:30 p.m. Now accepting registrations For information, call Cathy, ext. 404</p>
<b>General Public Sessions</b>	
<div style="display: flex; align-items: center;"> <div> <p style="font-size: small; margin: 0;">LivingWorks Education, Inc.</p> </div> </div> <p style="margin-top: 10px;"><b>LivingWorks ASIST Workshops:</b> May 12<sup>th</sup> - 13<sup>th</sup>, 2011 (English) June 2<sup>nd</sup> - 3<sup>rd</sup>, 2011 (French) September 15<sup>th</sup> - 16<sup>th</sup>, 2011 (English) November 3<sup>th</sup> - 4<sup>th</sup>, 2011 (English) <b>Refresher:</b> June 15<sup>th</sup>, 2011 (English)</p>	<p style="text-align: center; color: green;"><b>Light the way!</b></p> <p style="text-align: center;">2nd annual Walk for Canadian Mental Health In Memory of Karen McBain Saturday, July 9th, 2011, 6:00 p.m.—9:00pm Lamoureux Park, Cornwall Hosted by Emily, Melanie and Kevin McBain For info: Emily McBain at 613 362-3832 or <a href="mailto:emcbain4@gmail.com">emcbain4@gmail.com</a> Visit: <a href="http://www.thewayislit.ca">www.thewayislit.ca</a></p>
<p style="text-align: center; color: green;"><b>Mental Health Week</b> <b>May 1<sup>st</sup> - 7<sup>th</sup>, 2011</b> Community Workshop : Mental Health is Everyone’s Concern Date: Thursday May 5<sup>th</sup> Time: 7:00 p.m.</p> <p style="margin-top: 10px;">Where: Cornwall Public Library Register by April 30<sup>th</sup> at 613 932-4796</p>	<p style="text-align: center; color: green;"><b>COGECO</b></p> <p style="text-align: center;">Watch us on (The Source) Cogeco Community Television Cornwall, cable 11 This programming is aired on Tuesdays, Wednesdays, Thursdays at 5:30 pm , 6:00 pm, 10:00 pm, 10:30 pm and Fridays at 5:30 pm and 6:00pm.</p>
<p style="font-size: large; margin: 0;"><b>For information on our programs or on upcoming events, please phone us at 613 933-5845.</b></p>	

## Upcoming Events



### PRESCOTT- RUSSELL:

<b>CMHA Client Sessions</b>	
<b>Collective Kitchen</b> Every Second Thursday Location : Oasis Center (Hawkesbury)	<b>Focus on Fitness Program</b> Hawkesbury: 613 632-6463 Casselman: 613-764-2055
<b>Program for Children</b> Accepting registrations for fall sessions Hawkesbury For information, call Roxanne ext. 417	<b>"Anger Solutions"</b> 10 week sessions starting Fall 2011 Now Accepting registrations Hawkesbury For information, call Caroline ext. 410
<b>Concurrent Disorder Support and Education Group for Families</b> 12 week sessions starting Fall 2011 Now Accepting registrations CMHA Hawkesbury Office, 444 McGill Street (basement)	
<b>General Public Sessions</b>	
<b><u>Annual General Meeting</u></b>  Monday, June 27 <sup>th</sup> , 2011 7:00 p.m. Horizon Centre, 721 Principal Street, Casselman, ON <b>All are welcome !</b>	
<b>Mental Health Week</b> <b>May 2<sup>nd</sup> - 6<sup>th</sup>, 2011</b>  <b>Community Booth Display :</b> Mental Health for All  Date: Monday May 2 <sup>nd</sup> — Friday May 6 <sup>th</sup> Where: Hawkesbury Public Library	  Annual Golf Tournament for Mental Health  Friday, July 8 <sup>th</sup> , 2011  For information & registration: <b>Gisèle Brunet at 613 824-7688</b> <b>brunetg@sympatico.ca</b>
<b>For more information on our programs or on upcoming events please phone us at 613 632-4924.</b>	



My fiancé and I play instruments.  
Michelle 29, Costumer



I hit the gym when I can.  
John 58, Electrician



Look at life positively.  
Alicia 40, Caregiver



Do things with my family and for my community.  
Gregor 43, Executive Director



I like being creative. It's my drug.  
Zile 69, Artist



Chill with my friends.  
Brian 23, Student



Spend more time with my husband!  
Daisy 30, Administrator



I try to help others. It makes me feel good.  
Walter 50, Postal Worker



I read.  
Aster 34, Student



I meditate.  
Brata 54, Musician



Hang out with my kids. They keep me balanced.  
Jyoti 44, Teacher



I spend time with my family.  
Scott 49, CEO

What do you do for your mental health? May 1st to 7th is Mental Health Week. Seven days to talk, reflect, engage and celebrate. It's a chance to do more for yourself every day. Because good health includes mental health.



Mental health for all. Find out more at [www.MentalHealthWeek.ca](http://www.MentalHealthWeek.ca)

