

Our mission is to encourage, enable and empower the voice of consumers in the mental health system

The Rights Stuff

Spring 2016

March • April • May 2016

Fred's story

By Fred Luis

It started on the shores of Dar-es-Salaam, Tanzania, East Africa. Tanzania is on the Indian Ocean, just below Kenya and Uganda near the equator. Dar-es-Salaam is also a beautiful port city.

On September 30, 1967, I had my first Holy Communion and my dad left the next day for Canada. Relatives of missionaries sponsored my dad to

Canada. Within three months, my mother, brother and I arrived in Toronto.

My dad and mom worked very hard and we moved to a house in Mississauga. In those days I had everything but I had nothing.

My next move was to Wilfrid Laurier University in 1979 in Waterloo Ontario. I had a B+

average in my business courses and started getting sick in my second year. In 1981, my average dropped to a D-.

I had to make up three courses and brought my average to a C-. I could've gone into my third year but I went to Montreal instead to live with my aunt and uncle. This is where I found my calling, my faith.

.....Continues on page 2

Computer training

Computer training has come to an end. We are so glad you could join us these last two years as we expanded our computer programming and training. Computers will still be available for your use during drop in hours Mon-Fri 11 am-4pm. Please send your feedback to us via survey available in the drop in or by contacting Amanda at mhrcprograms@bellnet.ca

Thank you to the Ontario Trillium Foundation for making this program and training possible.

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Fred's story continues

From the time I left Laurier in 1981 to living in Montreal in 1983, my illness got the better of me. I was then on my way to Hamilton to enter a psychiatric program. I was diagnosed with schizophrenia.

I just didn't know what hit me. I was devastated but I gave my life to God. Everything was taken away from me, my car, my first girlfriend and many friends. I was new to Hamilton and away from my family and friends.

I was petrified. I was placed in the Hamilton Psychiatric Hospital and was among people who became my friends later---who shared the same difficulties.

I started the Consumer Action

Group in 1988-1989. It was a group where the talents of our clients were utilized. I worked part-time in many places and volunteered a lot. In 1990, I helped start up the Mental Health Rights Coalition. Nevertheless, it was not easy getting adjusted to having schizophrenia, as I had lost everything I had. Coming from the Royal Bank as a management trainee and as a computer operator at another job. Instead, I was in psychiatric programs and sweatshops earning less than a dollar an hour.

There were many good times and bad times over the past 33 years with this diagnosis.

While in the hospitals, I developed diabetes and prostate cancer on top of the schizophrenia. I was very depressed and my last hope were the ECTs.

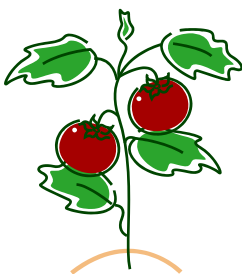
I now have been out of hospital for a year and eight months. For a long time, the closer I got to God, the worse my illness flared up but I stuck with God and He has stuck with me.

Over the past year and a half of these debilitating and scary panic attacks, I have learned many coping techniques.

Much thanks to the Brant ACT team; to Sieg and Belinda, Frances Jewell, Martha Rybiak, and the Welcome In Resource Centre.

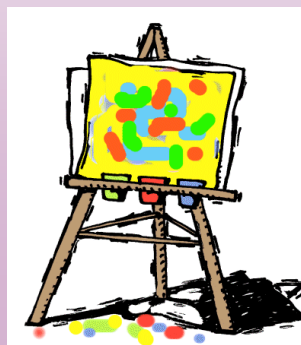
Garden Group

It's time to start thinking about our garden again! This is our third year gardening. Please join us to plan our garden and to start cleaning up and preparing the beds Apr 22. We will need ongoing support once the beds are planted in May-June. As a reward for your hard work there will be fresh fruit and veggies to enjoy! This is the best part of having a garden (if you ask me, says Amanda). Come join us! No experience required. If we all pitch in and work on this consistently the work load will be light and we will have lots to show for it!



Art show?

You may be wondering if we are having our annual Mental Health Week Art show this year? Unfortunately, this will not be taking place during May as it has in previous years. Please stay tuned to our Summer newsletter. We are working to arrange a show for October Mental Illness Awareness Week in place of our normal Mental Health Week show.



Book/Media Swap

Back by popular demand! MHRC is happy to announce the return of our book and media swap. Please bring your books, cds and movies in good condition until March 25. You will be able to then participate in the swap on Tuesday, March 29 at 1 pm. At that time all collected books and media will be put out and individuals will take turns choosing new items to take home.





Hamilton Addiction and Mental Health Collaborative (HAMHC)

RECRUITING PERSONS WITH LIVED EXPERIENCE TO JOIN THE HOUSING WORKING GROUP AND RECOVERY WORKING GROUP OF HAMHC

PURPOSE

The purpose of HAMHC is to identify and address needs in Hamilton mental health and addiction services to better serve the needs of people using services. The Housing working group and Recovery working group are subcommittees of HAMHC. In the pursuit of coordinated excellence across the mental health and addiction service system in Hamilton, the working groups are seeking the input of family members / caregivers and people with lived experience of mental illness and/or addiction.

HAMHC HOUSING & RECOVERY VALUES

- We value recovery principles of respect, choice, accessibility, inclusiveness, confidentiality, and community diversity.
- Providing person-directed, culturally sensitive, quality care and service to individuals with mental illness and/or addiction is our primary focus.
- We approach our work and activities choosing to act together for mutual outcomes on behalf of the individuals and system we serve.
- Service delivery will be guided by evidence-based practices.
- Stakeholders' perspectives will guide our system planning and service delivery efforts.
- Mutual respect, trust and a desire to collaborate are shared membership characteristics and are reflected in openness and transparency by all.

COMMITMENT

We are looking for family members / caregivers and people with lived experience of mental illness and/or addiction who are able to commit up to a minimum of one year with one or both of the working groups. Honorariums will be provided for your time and valued contribution.

ROLES & RESPONSIBILITIES INCLUDE:

- Identifying and promoting the implementation of stakeholder-informed solutions to challenges within the mental health and addiction system specific to housing and recovery.
- Raising community awareness of the recovery and housing and support requirements of persons with mental illness and/or addiction.
- Providing a lived experience perspective during discussion at meetings.
- Attending meetings regularly, and in the event that you are not able to attend, emailing or calling the Collaborative Assistant with regrets.

If you are interested in joining either or both of these working groups, please contact:

Frances V. Jewell, Executive Director

Mental Health Rights Coalition

20 Emerald St. South

Hamilton, ON L8N 2V2

Phone: 905-545-2525 Fax: 905-545-0211 Cell: 289-921-0737 mhrccd@bellnet.ca

Job Posting—PEER SUPPORT NAVIGATOR

Position Title: Peer Support Navigator

Position Type: 2-year contract; two p/t positions at 18.75 hours per week, days and evenings

Remuneration: \$18.00 - \$20.00

Location: Joseph Brant Hospital (JBH)

Department: Emergency; Acute Inpatient Mental Health Unit

Reports to: Executive Director, Mental Health Rights Coalition (MHRC)

Posting Date: February 26, 2016

Joseph Brant Hospital has received funding for a two year pilot project to study the impact of integrating a Peer Support Navigator within the Emergency Department (ED) and Inpatient Mental Health Unit. A partnership between Mental Health Rights Coalition and Joseph Brant Hospital involves the secondment of the position through MHRC.

POSITION SUMMARY

As part of the interprofessional team, the Peer Support Navigator will enhance services provided to patients in the JBH Emergency Room and Acute Inpatient Mental Health Service. The Peer Support Navigator role will assist the individual in navigating:

- Emergency Department and Acute Mental health Inpatients process – what to expect
- Resource information – what the role of hospital is and what support can be accessed in the community upon departure from the hospital
- Emotional support and problem solving opportunities
- Encourage and facilitate opportunities for community integration
- Education to individuals regarding Peer Support Services and the role of Peer Support Network
- Advocacy on behalf of individuals for access to required resources
- Discussions of recovery values and principles with a focus on strengths and wellness
- An introduction to a recovery support plan or recovery crisis plan
- Support in communicating with others (family, companion, care provider, clinical staff)

QUALIFICATIONS

- Personal lived experience of mental illness and/or addiction as a consumer/survivor of the mental health system
- Honours and displays knowledge of recovery principles
- Shares an understanding and commitment to the MHRC mission –“To encourage, empower and enable the voices of participation of consumer/survivors of the mental health system.”
- Successful completion of Peer Support Training Program at MHRC or equivalent
- Experience providing peer support; a minimum of one year preferred
- Displays excellent business acumen, communication skills & punctuality
- Ability to act as a mentor to mental health consumers, modeling excellent communication skills, coping techniques and self-care
- Ability to establish and maintain trusting relationships with consumers of the mental health system while maintaining appropriate professional relationships and boundaries (continued next page)

Job posting, continued....

- Demonstrates practical knowledge of community resources
- Demonstrate the ability to create a welcoming environment by being approachable, available and non-judgmental
- Demonstrate an ability to work as a member of a team
- Ability to maintain accurate records and possess basic computer skills
- Willingness to learn new skills, to take on additional duties as they arise and are appropriate
- Attend staff meetings and trainings with MHRC and JBH as required
- ASIST, safeTALK, WRAP and Mental Health First Aid Training are considered assets

Please apply in writing with a cover letter by email, post or fax no later than March 16th 2016 to:

Frances V Jewell, Executive Director
Mental Health Rights Coalition
20 Emerald St S, Hamilton, Ontario L8N 2V2
mhrced@bellnet.ca Fax 905-545-0211

MHRC wishes to thank all applicants. Only those chosen for an interview will be contacted. No phone calls please.

Share your story



Hamilton Addictions and Mental Health Collaborative (HAMHC)

Housing Working Group wants to hear from YOU!!

We are developing a short informational video and we are looking for people with lived experience to share their journey on how housing has made a difference in their recovery.


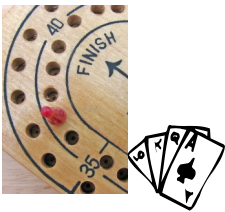



















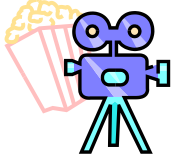



Have you lived or do you currently live in:

- A sober house
- Supportive Housing
- Addictions housing
- Mental health housing
- Recovery based housing
- Group or shared accommodations
- or have case management services attached to your housing












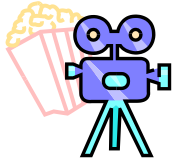










An honorarium will be provided for those selected to participate in the video. Unfortunately not everyone interested participating in this project will be able to contribute to this video project. Those interested in participating in this project are asked to complete a brief biography.

For more information contact: John Lee JLee@gsch.ca or Frances Jewell mhrced@bellnet.ca








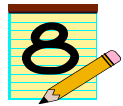





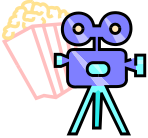





March 2016

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.		1	2	3	4	5
		Air hockey 	Cribbage & Cards 	Trivia 	Apples to Apples Game 	
6	7	8	9	10	11	12
	Open mic 	Board games 	Karaoke 	Dictionary game 	Skip bo 	
13	14	15	16	17	18	19
	Art & Crafts 	Current Events 	Dominoes 	Euchre  St. Patrick's Day	Walk about 	
20	21	22	23	24	25	26
	Creative writing 	Members Meeting Birthday Party 	Bingo 	Karaoke 	Good Friday  Closed	
27	28	29	30	31		
	Easter  Closed	Book & Media swap  Computer training 12-3	Movie 	Monopoly deal  	MENTAL HEALTH RIGHTS COALITION 	



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.			MENTAL HEALTH RIGHTS COALITION 		Scrabble 	
3	4	5	6	7	8	9
	Open mic 	Cards 	Karaoke 	Coffee walk 	Backgammon & games 	
10	11	12	13	14	15	16
	Art & crafts 	Apples to Apples Game 	Euchre 	Dictionary game 	Movie 	
NATIONAL VOLUNTEER WEEK						
17	18	19	20	21	22	23
	Creative writing 	Birthday & Members' Meeting 	Bingo 	Karaoke 	Garden group 	
24	25	26	27	28	29	30
	Art & crafts 	Board games 	Air Hockey 	Current Events 	Crazy eights 	

May 2016

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
MENTAL HEALTH WEEK <div>Please stay tuned for our schedule of events available in April</div>						
8	9	10	11	12	13	14
	Open mic 	Board Games 	Karaoke 	Lunch & walk 	Hearts—Cards 	
15	16	17	18	19	20	21
	Arts & Crafts 	Crazy Eights 	Bingo 	Current events 	Healthy Living—Garden 	
22	23	24	25	26	27	28
	Victoria Day  Closed	Rail Trail Walk 	Movie and popcorn 	Birthday Party Members' meeting 	Air hockey  & Garden	
29	30	31				
	Creative writing 	Karaoke 	MENTAL HEALTH RIGHTS COALITION 		Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.	