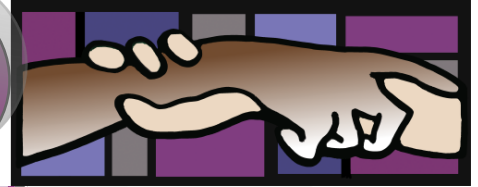


The Rights Stuff Winter '15-16



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

Dec • Jan • Feb • 2015-16

Free Computer Training

Our Ontario Trillium Foundation-supported initiative has been underway for two years. We have been able to provide greater access to our members and the community.

Training will continue until March on Tuesdays for the full day (subject to change). Please come in with you questions relating to Google, Skype, email, Publisher, Word and Powerpoint and more. In addition to training, computers are available for your individual use and will continue to be available after the end of training.



From all of us
to all of you,
Merry Christmas,
Happy Holidays
and a safe and
happy season.



Inside this issue:

Coping with loneliness at the holidays	2
Taser Recommendations	3
Peer Support training	4
In memorium	4
Christmas hours	5
Valentine's dance	5
Calendars	6-8

Coping with loneliness over the holidays

Loneliness is common during the holidays.

Empty nesters, the elderly and individuals who are grieving — the loss of a loved one or a relationship — may be particularly vulnerable to feelings of loneliness, according to psychotherapist Joyce Marter, LCPC. Expectations are high, and comparisons run rampant. “Many people feel tremendous pressure to be happy and socially connected.” There’s a prevailing sense that everyone is living a Hallmark movie with the ideal family and perfect celebrations, she said. That is, everyone but you. And this can trigger feelings of isolation.

Coping with Loneliness Over the Holidays

Seek company. The best way to deal with loneliness, [Rosenberg](#) said, is to override your instinct to isolate. “Loneliness feeds on itself.” Instead, attend a holiday celebration. Call a close friend. Go out for coffee or to shop for gifts. Visit a place of worship. Find a local group that matches your interests, using sites like Meetup.com. Attend MHRC drop in. Even go to the mall just to be around people and talk to someone you meet. When you are out engaging in activities you are less focused on your negative thoughts.,



Share your feelings. Trust and be honest. Utilize peer support, professional supports.



Talk to someone you trust about your feelings. Utilize social support and professional supports.

Ask for what you need. Sometimes we hope others are clairvoyant and become disappointed and feel disconnected and lonely when our needs are not met. It’s important to clearly communicate your needs to others. For instance, you might ask your spouse to give you a hug or your mom to make your favorite dessert.

Avoid social media. People compare their insides to other people’s outsides and feel their lives pale in comparison. If you find yourself getting upset by these sites, limit or stop your use during the holidays.



Honor your feelings. Your feelings are normal responses to everything you have been through in your life.” Give yourself permission to feel those feelings, and then separate yourself from them.

Practice self-care. Focus on taking good care of yourself. Get enough sleep. Engage in physical activities you enjoy. Practice [deep breathing](#).



Have realistic expectations. You may be feeling lonely because you have unrealistic expectations about the holidays. If your mom is incapable of being empathic, don’t expect her to be so ... Maybe she is better suited to make you your favorite pie and your sister is better to turn to for empathic support. Request the type of support each person is capable of and avoid expecting things to be good or bad. Accept things as they come.

Choose your social group. You may still feel lonely when you’re with others. But this may give you important information for moving forward. Are you with people who make you feel good?



Volunteer. Helping others makes you feel good.

Seek therapy. If you are experiencing profound loneliness you may want to work with a [therapist](#) to explore your loneliness

Loneliness is not the same as being alone. “Solitude is the ability to really be with oneself without the ‘noise’ of outside influence and expectations.” It’s an opportunity to get to know ourselves and love ourselves on a deeper level.

([solitude](#).)

adapted from <http://psychcentral.com/holidays/>
(many more articles available)

Taser® Recommendations

MHRC is pleased to have been part of the Hamilton Police Services (HPS) Working Group on Conducted Energy Weapons (CEWs aka “Tasers®”). The CEW Working Group members came from different backgrounds and brought their knowledge and experiences to the group. The Group reviewed the policies, training and CEW statistics with a critical view of how the Hamilton Police Service could improve. They learned about how CEWs work, how HPS officers are trained and scenarios in which CEWs or use of force are utilized. They produced recommendations in two areas: policy and training.

Policy

It was recommended that the term “Persons in Crisis” be used in all HPS policies rather than the term EDP (Emotionally Disturbed Persons). The term is more encompassing and is less offensive.

That it be in policy that a supervisor attend all calls where a CEW has been deployed. This is to ensure the device usage was appropriate and that proper medical attention is provided. (P & P 1.31)

That Use of Force Reports are forwarded to the CEW Sergeant in a timely manner. This is to ensure any deficiencies are identified quickly and that proper remedial steps are taken. (P & P 1.31)

That all CEWs be downloaded quarterly by the CEW Sergeant to obtain an electronic record of the use history and to identify any misuse of the CEW. Downloads be used as an audit and for further analyses. (P & P 1.31)

That Use of Force Reports must reflect what de-escalation measures were attempted prior to the use of the CEW. (P & P 1.31)

Download the entire report:

<http://www.mentalhealthrights.ca/CEW.doc>

http://hamiltonpolice.on.ca/sites/default/files/oct22agendapublic_1.pdf

You may also be interested in:

The Health effects of conductive energy weapons http://www.scienceadvice.ca/uploads/eng/assessments%20and%20publications%20and%20news%20releases/cew/cew_execsummen.pdf

Canadian Mental Health Association position paper https://ontario.cmha.ca/public_policy/conducted-energy-weapons-tasers/

Ontario Human Rights Commission on Use of Force and mental health <http://www.ohrc.on.ca/en/report-ontario-human-rights-commission-police-use-force-and-mental-health>

Training

Ensure all data collected and patterns identified are used in a timely manner to make adjustments to training.

Work with the officers to avoid over dependence of the CEW and continue to emphasise using the minimal amount of force.

Work with CEW Provincial Committee to exchange and share data that can be used to enhance training and ensure best practises are being followed.

Training on appropriate language when dealing with people in crisis and people with lived experience of mental illness and addiction.

Consider increasing recruit training in relation to dealing with persons in crisis and de-escalation techniques.



Peer Support Training

Mental Health Rights Coalition is currently undertaking a refresh of our peer support training . We are proud to align our training with the standards of practice of the National Peer Support Accreditation Council of Canada (PSAC). We proudly represent the core values and abide by the code of conduct for peer support workers.

There will be peer support training beginning in the new year, however the date has not been determined. The cost of training is unknown but we are working to provide competitively priced training and we will work with you to help find ways to pay for training. Our waiting list gets first priority but anyone may submit a resume to get a spot on the list. Send to mhrcprograms@bellnet.ca or fax 905-545+0211



In Memorium

Everyone at Mental Health Rights Coalition is saddened by the passing of long time member Robbie Atwater. Robbie was an active member of our community who was always looking for ways to help out. He was so happy to have his hands in the dirt helping with our vegetable garden in the summer. He will be missed.

Our hearts go out to anyone who knew Robbie and those who have lost anyone this year. Please reach out if you are in need of support. We are happy to provide peer support and connect you with bereavement resources.



Open Christmas Week!

Once again, we are happy to collaborate with Good Shepherd Barrett Centre to provide Drop-in Holiday Support.

Groups daily
from Dec 25–
Jan 1 (weekend
included)



Drop in 11am-4pm
Activities 1 pm

Groups held at:
Mental Health Rights
Coalition
20 Emerald St S
Info: 905-545-2525

There will be fun and social daily activities, group discussion; and you are welcome to use the drop-in as you would normally (independently socialize, use phone, computer, etc).

Activity schedule to be announced (see online and in office for details).



Valentine's Dance

It's that time of year again! We are celebrating Valentine's Day and dancing away the winter blahs! Enjoy live music and dance to your favourite songs with our friends at Good Shepherd. Light refreshments provided. No partner necessary. Fun for all.

Fri, Feb 12th 1-4 pm

Good Shepherd Square

Details to be determined
(contact MHRC)

Love Boat theme

Join us for a tropical oasis



December 2015

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
		1	2	3	4	5	
<div>MENTAL HEALTH RIGHTS COALITION</div> 		Movie  Computer Training 11-4	Bingo 	Air Hockey 	Karaoke 		
	6	7	8	9	10	11	12
	Knitting 	Apples to Apples  Computer Training 11-4	Skip-bo 	Members' Meeting Birthday Party 	Current Events 		
13	14	15	16	17	18	19	
	Creative writing 	Board Games  Computer Training 11-4	Cards 	Coffee walk 	Christmas Party 		
20	21	22	23	24	25	26	
	Art & Craft 	Monopoly Deal 	Christmas Karaoke 	<div>Drop in support and activities</div> <div>Open</div>			
27	28	29	30	31	<div>Calendar Activities begin at 1 p.m. unless otherwise stated.</div> <div>Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</div>		
<div>Drop in support and activities See p. 3</div> <div>Open</div>							



January 2016


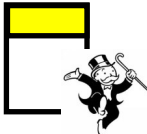

















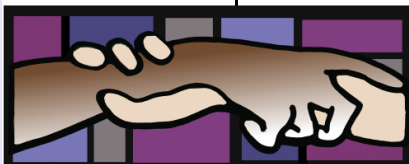


Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>			1	2
					<p>Holiday Drop-in support and activities</p> <p>See p 3</p> <p>Open</p>	
3	4	5	6	7	8	9
	<p>Art & Crafts</p> 	<p>Healthy Living</p>  <p>Computer training 11-4</p>	<p>Board Game</p> 	<p>Apples to Apples Game</p> 	<p>Cards</p> 	
10	11	12	13	14	15	16
	<p>Knitting</p> 	<p>Skip-bo</p>  <p>Computer training 11-4</p>	<p>Pictionary</p> 	<p>Karaoke</p> 	<p>Air Hockey</p> 	
17	18	19	20	21	22	23
	<p>Art & Crafts</p> 	<p>Current Events</p>  <p>Computer training 11-4</p>	<p>Members' meeting Birthday</p> 	<p>Crazy Eights</p> 	<p>Euchre</p> 	
24	25	26	27	28	29	30
	<p>Creative writing</p> 	<p>Cribbage/Cards</p>  <p>Computer training 11-4</p>	<p>Karaoke</p> 	<p>Dictionary Game</p> 	<p>Bingo</p> 	
31	<p>Mental Health Rights Coalition, 20 Emerald St S, Hamilton ON, L8N 2V2 Phone 905-545-2525 fax 905-545-0211 www.mentalhealthrights.ca</p>					



February 2016



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	Art & Crafts 	Monopoly Deal  Computer training 11-4	Karaoke 	Crazy Eights 	Dominoes & Backgammon 	
7	8	9	10	11	12	13
	Knitting 	Healthy Living  Computer training 11-4	Coffee Walk 	Scrabble 	Dance away the winter blahs! See p 3. Office will close to go offsite	
14	15	16	17	18	19	20
	Family Day Closed	Hearts—Cards  Computer training 11-4	Movie & Manicure 	Board Games 	Current events 	
21	22	23	24	25	25	27
	Art & Crafts 	Euchre  Computer training 11-4	Birthday & Member's Meeting 	Apples to Apples Game 	Karaoke 	
28	29					
	Creative writing 	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 	

Mental Health Rights Coalition, 20 Emerald St S, Hamilton ON, L8N 2V2 | Phone 905-545-2525 | fax 905-545-0211 | www.mentalhealthrights.ca