



# July/August 2009

## The Rights Stuff

Mental Health Rights Coalition

*Our Mission: To encourage, enable and empower the voice and participation of consumers in the mental health system in Hamilton.*

**Drop In and  
Peer Support**

**Hours:**

11a.m- 4p.m,  
Mon - Fri

### Picnic at the Waterfront

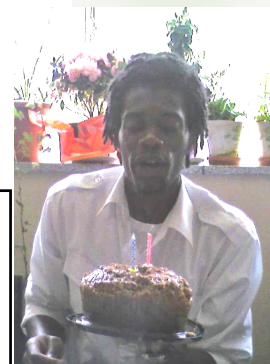


Inspiration and MHRC are joining forces to bring a little fun to summer by offering a picnic and fun day at the waterfront around Pier 4 Park on Wednesday, August 12 from 11 to 3.

*(Continued on page 3)*

### Our First Summer Student

MHRC's first summer student, Anthony Morgan was one of the members celebrating a June birthday at our monthly birthday party



Joining our staff for the summer is Anthony Morgan. Hiring Anthony is made possible through a grant from the Canada Summer Jobs program. Anthony has recently completed the Peer Support Training Program and began volunteering here in May. We are very pleased to welcome Anthony to the team and expect his enthusiasm and energy to add much to our work at MHRC.

Read Anthony's introduction inside.

*(Continued on page 3)*

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**Notice of  
Annual General Meeting  
and Scope Awards  
Tuesday, September 29, 2009  
35 Aikman Ave.  
Hamilton, ON  
5:00 p.m. to 7:30 p.m.  
See details on Page 3.**

### MHRC Staff Member Carl Johnson Leaves Happy Memories



It is with deep sadness that we inform you of the sudden but peaceful passing of our fellow staff member and friend, Carl Johnson.

We are planning a service of remembrance for Carl but have no final details at this time. Please watch for notices .

Carl has been a dedicated staff member and active advocate for consumers of mental health. He had recently taken an active role in housing issues and was a signing officer for the newly formed Rising Star Co-operative Homes Incorporated.

Carl leaves his three children; Michael, David and Meshel, his special friend Nancy as well as grandchildren and many brothers and sisters.



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*Our Mission is to  
encourage, enable, and  
empower the voice and  
participation of  
consumer/survivors in the  
mental health system*



## Executive Director: Frances Jewell [mhrced@bellnet.ca](mailto:mhrced@bellnet.ca)

### Cycling, Recycling and Recovery

I haven't had a bike for years. My last bike was a re-built candy apple red Raleigh I bought in Vancouver from an old timer named Bicycle Joe. Joe had lost a leg fighting in the Second World War but had not lost his love of motorcycles and bicycles. He was still riding when I knew him back in the eighties. My Raleigh was a great bike but I wasn't very good at keeping myself up-right. On several occasions I got my tire caught in railway tracks and found myself sprawled on the pavement. Back then, no one wore helmets or pads. I would return from an outing bruised but I loved my bike and used it often.

For the last couple of years I had wanted a bike but I just couldn't get myself to settle on what I wanted.

I went to Pierike's on Main West and

looked at a "Specialized". I dropped into Main Cycle & Sports and tried out a "Janus". Both bikes were nice but not quite right.

Then one day while reading the Spec I noticed a small article about recycling. The article highlighted Recycle Cycles located at Erskine Presbyterian Church on Pearle Street North.

[www.opirg.org](http://www.opirg.org).

So, on a Saturday a few weeks ago I visited Recycle Cycles. In a hive of activity, I was greeted by a friendly face and skeletons of bikes. One of the volunteers walked me through the process. I picked out a couple of bikes I liked. The volunteer made recommendations about which bike would be most suitable for me and I ordered a bike. The volunteers would provide repair, cleaning and tune-up and I would return in two weeks to get my 'new to me' bike for a \$40.00 donation.

Last Saturday my bike was ready and waiting for a ride. A friend and I headed off to Dundas Valley and hit the rail trail towards Brantford for a day trip. We had a great time and I stayed upright the whole time. No bruises.

Activity has always been a big part of recovery for me. Intuitively I knew that being active would help me. I walk, hike, sail, curl, practice yoga and this year I will bike again. I am now the proud owner of a green and purple Hampton Cruiser/ Super Cycle.

Summer offers us the chance to get out more often enjoying our neighborhood, meeting friends old and new, taking in the local scene and practicing good recovery skills.

I feel great!  
Not only did I do something for the environment by purchasing a recycled



## Program Coordinator Peggy Guiler-Delahunt [mhrprograms@bellnet.ca](mailto:mhrprograms@bellnet.ca)

I have been attending and presenting at conferences and meetings which focus on mental health and addiction for over 12 years and have often left with a feeling that we are banging our heads against a brick wall. However at two conferences I attended recently I felt more like we are finally getting somewhere. All those dreams about client centred care and recovery that I have shared with fellow consumers all this time are finally becoming reality. It may not be perfect yet, and not everyone gets that we aren't people to do "recovery" for but rather people who should hold their own baton of recovery, with whom we can explore the best options. The proverbial "paradigm shift" is really shifting.

At the Shared Care Conference, a national conference on Collaborative Care in Mental Health and Addictions held in Hamilton in late May there was true respect for the consumer voice. Often in the past I have

attended conferences where there was a special session about consumers which only consumers attended. This time consumers attended all the sessions (even some which were fearfully boring) and the providers attended the sessions about the consumers.

We heard Shelagh Rogers talk about creating a "council of hope."

Hamilton's own Dr. Nick Kates, a leader in his field, said we need a "new paradigm of care" and went to outline how it could be accomplished. ([http://www.shared-care.ca/tenth\\_conf/presentations/SharedCare09\\_TheNext10Years.pdf](http://www.shared-care.ca/tenth_conf/presentations/SharedCare09_TheNext10Years.pdf))

Among the consumers attending there was a feeling of hope and a belief that service providers are finally "getting it".

At the OPDI (Ontarian Peer Development Initiatives) conference held in Toronto in June almost 100 consumers who work or volunteer in 32 agencies similar to MHRC,

around the province joined to work out some of the kinks, share ideas and focus attention on their collective role as partners in Mental Health both as individuals and as service agencies.

The title of the conference "Coming of Age in an Era of Partnerships" was most appropriate for a group who have for the most part been on the front line of the "fight" for shared care but who are now working side by side with those who appeared to be adversaries not very long ago.

All this and the best is yet to come: In July the Minister of Health and Long Term Care is hosting a "Summit" to launch policy decisions over the next 10 years and they have invited consumers to be active participants in the discussion.

I can hardly wait to see where we go from here.

"You see things; and you say, 'Why?'  
But I dream things that never were and say, 'Why not?'" " George Bernard Shaw

Notice of  
Annual General Meeting  
and Scope Awards  
Tuesday, September 29,  
2009  
35 Aikman Ave.  
Hamilton, ON  
5:00 p.m. to 7:30 p.m.

A light dinner will be provided.  
Scope Awards presentations  
will take place after dinner

This meeting will include the election of officers to the board of directors. Those wishing to apply for a board position must be a member of the Mental Health Rights Coalition for no less than three months. Applications for membership may be picked up at the coalition office or by requesting one via email at [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca).

Application packages for the board will be made available by August and may also be requested by contacting the coalition in person, by phone or on the internet.

A Scope Award form is included in this newsletter. Additional copies may be picked up at MHRC

## Picnic at the Waterfront



(Continued from page 1)

For a sign up fee of only \$2 members will enjoy a day filled with food, trolley rides, walks along the trail and games. The two organizations involved are supplementing the costs.

Please contact us for more details later in July but save the day. A rain date is set for Thursday, August 13.

Transportation will be made available for those without a bus pass.

## New Peer Support Grads



This happy group recently completed their 30 hours of training to become Peer Support Workers. From left to right: Lindie, Anthony, Maureen, Margie, Catherine, Claudine, Vince and Matthew. They now move on to complete the practical portion of their training by offering 12 hours to MHRC where they work in the drop in and are available for one on one peer support as well as assisting with the day to day activities.

If they complete all phases successfully they will receive a certificate and can then go on to seek employment or volunteer positions which will make good use of their skills and experience.

Over the past year the Peer Support Training program has been able to develop an excellent volunteer base and is now matching consumers who may need regular one on one peer support with a suitable volunteer. We are also offering support to consumers

## Our First Summer Student

(Continued from page 1)

Hello to all members of the Mental Health Rights Coalition! My name is Anthony Morgan and I thrilled to be able to come on as a new member and employee. I am 23 (as of tomorrow June 26) and I am originally from Brampton. I am living in Hamilton over the summer and I'll be in daily so feel free to pop in whenever you have time. We have lots going on during the days and I love to play guitar so karaoke days are gonna be fun! My long term goals are to get into counselling and I will be attending school in the fall. I hope to use what I learn to teach others about mental illness. Although I have only been able to spend a short time with some of you I really look forward to getting to know all of you. See you soon!

## Matches Available

Any consumer looking for on-going peer support by a trained volunteer is encouraged to call the Peer Support Coordinator, Amy Rogers, at 905-545-2525.

who want help when attending Landlord Tenant tribunals and other public forums where consumers may feel ill at ease and intimidated by process.

Peer Support is also available daily via the phone or to anyone who drops in to the MHRC offices on weekdays from 11 to 4.

### Seeking Donations

- A basketball and Frisbees for playing in the park with on nice days
- Fresh fruit for our members when they arrive each weekday.
- Gift certificates for the purchase of groceries or for outings to the local coffee shop.

For more information contact us at MHRC  
905-545-2525



## Facing Your Fears

By: Amanda Carey

Attending the Canadian Collaborative Mental Health Care Conference was a wonderful experience. I met many interesting people with whom I had great conversations about mental health and peer support. I felt welcome and accepted.

I was also presented with several opportunities to get more involved in the conference. I helped thank our opening speaker, the CBCs (Canadian Broadcasting Corporation) long time radio host, Shelagh Rogers. I was also asked for final comments at the end of the conference.

Shelagh Rogers, was amazing to me. She is a mental health consumer in a very public position. Describing her as "Inspiring" seems an understatement. It was difficult for me to get back into the work force after mental illness and my re-entry was into a peer initiative. That makes Shelagh's story all the more moving.

Like so many people, public speaking is difficult. My voice quivers, my mind goes blank, my breath is very high up in my throat, allowing only small, shallow breaths. Before anyone entered the theatre for the closing presentation I walked on stage. Even looking out on an empty room I felt afraid and willed the panic not to surface. I felt it bubbling beneath the surface as my heart and breath were racing. I walked off the stage and tried to relax before the big moment.

Several techniques were helpful. I pictured times earlier in the conference when I was comfortable talking to others (*visualization*). I sang to myself in the parking garage (*self-soothing*). I took a few *slow, deep breaths*. I told myself "You can do this!" (*positive self-talk*) and reminded myself to project a strong, confident voice – it will force out the shakiness.

Somehow it all worked out. I think going on stage beforehand really did help since I wasn't going up there for the first time. I know the more I speak in public the better I'll get, so I won't back down!

## New Web Site for Consumer Organizations of the LHIN 4

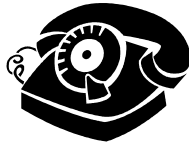
The CSI's (Consumer Survivor Initiatives) of the LHIN4 (Local Health Integration Network of Hamilton, Niagara, Haldimand and Brant) are in the process of developing a new web site which will offer the organizations and their members an opportunity to share information and ideas. Still in the stages of development the site will include links to the five consumer organizations in the area. They are Brantford Vocational Training, Consumer Survivor Initiative of Niagara, Haldimand-Norfolk Resource Centre, Mental Health Rights Coalition (MHRC) and the Peer Support Services of St. Joe's Hamilton.

The LHIN 4 gives the collective of consumer survivor organizations an annual amount of money which allows them to network. The LHIN4 CSI's offer many opportunities for networking including conferences, regular meetings of senior staff, and now, the web site.

MHRC will be providing the staff to build and maintain the web site in their Hamilton office.

Please visit the site as it changes and grows at <http://www.csi-lhin4.org/>

# FOR SUPPORT...



**Give Us A Call! A Peer Support Worker is available Monday to Friday, 11a.m.-4p.m.**

**905-545-2525**

*Rights Stuff being printed less often—The Rights Stuff will be printed every other month. Updates will be available on our web site at [www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)*

## The Rights Stuff

**Published every other month  
by**

**Mental Health Rights Coalition**

### Editorial Policy

The Rights Stuff is published every month by the Mental Health Rights Coalition. Our purpose is to inform our membership and other interested partners in mental health and the community about issues and events which may be of interest. Included is a calendar of events for the upcoming month at MHRC.

The Rights Stuff is usually published two or three working days before the end of each month. It is available to our members via mail and to others as requested via email and our web site at: [www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)

The Rights Stuff welcomes submissions & letters of 250 words or less. Be advised that MHRC reserves the right to edit and/ or decline publication of any submissions.

Deadline for submissions is the 15th of each month (or the closest weekday).

*Views and opinions expressed in this newsletter represent those of individual contributors, and not necessarily of The Mental Health Rights Coalition.*

# Coming of Age in an Era of Partnerships

## Ontario Peer Development Initiatives Conference 2009



**By Pamela Gardner**

What a title for a conference!?!

But what does the title even mean . . . “Coming of age” – we know that phrase well. Every time we had difficulty rectifying our youthful and idealistic ideas of what life should be, with what life was – we had a coming of age issue, growing pains, if you will, and we all know growing pains well enough. The era of partnerships, however, is a doozie! An era of partnerships?

For Consumer/Survivor Initiatives (CSI) partnerships are a big part of what we do. We join up as peer partners, and as the Ontario Peer Development Initiative (OPDI) slogan says, become “a lighthouse of caring friends”. The question of the conference was: How can we partner with our community to become a lighthouse of caring friends in a community that extends beyond our consumer/survivor peers? And how can we have a symbiotic relationship with the larger community? To field this question OPDI brought together the experts in the field of partnerships – that’s right the CSI’s!

So, what did the experts have to say about

partnerships? They said it was a worthy undertaking; the challenges of maintaining autonomy, while achieving the necessary supports are very real, but coming of age demands that we step up to that challenge. Some CSI’s have maintained autonomy by running a business employing consumer/survivors, others by running a second hand clothing shop and supplying a personal stylist to advise and coordinate interview outfits. Still others who are funded by the Ministry of Health maintain autonomy through vigilant self-governance, solidification of identity to the community with display cases at local Canada Post offices, and recruitment of community resources, such as marketing and advertising student volunteers to promote CSI’s and space in public library buildings for private CSI collections.

CSI’s achieved the necessary supports without sacrificing their autonomy by opening the lines of communication within their community. When we partner with service providers in our communities we can achieve, not only mental health, but a greater, more holistic health. Partnering with the city allows CSI’s access to recreational passes to go swimming or skating, partnering with Coach Canada provides necessary transportation, partnering with local gyms can allow for personal trainers to guide fitness endeavors, partnering with CCAC allows CSI’s to offer cooking classes, and supporting the Arts’ Council allows CSI’s to give workshops on painting, poetry, prose, and even drumming.

In Ottawa, Sonja Cronkhite has worked out a partnership with TD Canada Trust that

allows members of the Champlain Peer Network to access bank accounts with no ID and no fees. TD staff is trained to understand their new clientele and issues are resolved before they escalate. The staff at the pilot branch has such good things to say about the partnership that five more branches have signed on for next year. This is an awesome example of how CSI’s can achieve support without compromising their autonomy – giving them strength to carry on being that “lighthouse of caring friends”.

So how can we as a CSI continue to be that

“The respect from our community will grow when the wealth of our diversity feeds our knowledge and guides us to come of age, not by being dependant on others, but by being proud of who we are and relying on our passion to uphold our autonomy.”

“lighthouse of caring friends”? How can we operate from a strength-based position? What gives us strength? The experts say that respect, passion, diversity, knowledge, and autonomy give us the strength we need. Our greatest weakness, then, is when we rely on the Ministry of Health and grants for all our funding, and we allow further marginalization and stigma to threaten our progress. The respect from our community will grow when the wealth of our diversity feeds our knowledge and guides us to come of age, not by being dependant on others, but by being proud of who we are and relying on our passion to uphold our autonomy.

## Another View of the Same Conference

By Peggy Guiler-Delahunt

Attending OPDI conferences has almost become a career for me since I started in this peer support business in 1997. They are always educational and always an opportunity to have a little fun and let your hair down but I find the very best part is those long discussions that begin at breakfast and end in the wee hours of the next morning. The discussions which make you feel like the work you do and the dreams you share may actually have a positive impact on the community and the world.

This years conference had two streams which I was a little wary of but that is mostly because I want to be part of everything. (Like a kid who won’t go to bed, I just don’t want to miss anything.)

Pamela, who wrote the piece above, went to the Administrative stream and I went off to the Peer Support Training stream.

OPDI has recently engaged the services of Christine Gayler and Associates to help them put together a “Tool Kit” for peer support training. In our sessions we examined their findings to date and were given opportunity to share our thoughts.

I went in with great concern because in the 10 years of my involvement in Peer Support Training I have worked very hard and invested much to develop training which works. I was concerned that all the work and experience so many of us have done and had might be overlooked and discarded.

On the contrary I found that the work of the

consultants affirmed our work and we were then given an opportunity to suggest ways which might make this work.

It looks like we will soon have a tool kit and will be doing training with a potential for some form of provincial standard of excellence in peer support certification.

I believe that we are finally on the brink of Peer Support becoming a recognized and respected component of the mental health service provider community. This will provide not only jobs for consumers but increased capacity for recovery of those we serve.

We are ready to meet the challenge.



# SCOPE Awards

Supporting Consumer Opportunities for Personal Empowerment

September 29, 2008

SCOPE awards recognize people for their contributions and efforts which empower consumer/survivors of the mental health system in Hamilton. If you feel someone has empowered you or helped you achieve personal growth please fill out the name of the person you wish to nominate along with their contact information, your own information, and why you feel this person deserves this award.

#### Submission requirements

- To Mental Health Rights Coalition at address/es below.
- No later than Friday August 15, 2008.
- Maximum of three nominations

370 Main St E  
Hamilton, ON L8N 1J6  
Phone: 905-545-2525

#### Your Information:

Your name: \_\_\_\_\_

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

City \_\_\_\_\_ Postal Code: \_\_\_\_\_

Your telephone number: \_\_\_\_\_

Are you:    ☐ A Consumer        ☐ A Service Provider

#### Who You Would Like To Nominate:

Their name: \_\_\_\_\_

Their address: \_\_\_\_\_

\_\_\_\_\_ Postal Code: \_\_\_\_\_

Their telephone number: \_\_\_\_\_

Is he/she a service provider? \_\_\_\_\_
















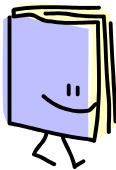
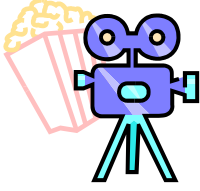

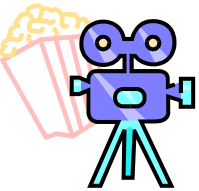
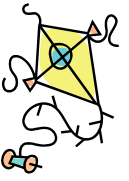



Where? \_\_\_\_\_

Why are you nominating this person for a S.C.O.P.E. award?

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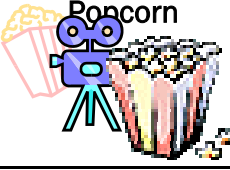


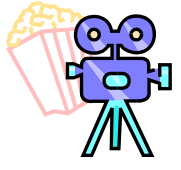







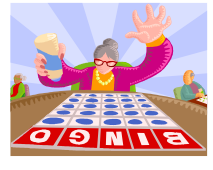
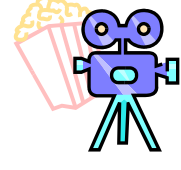





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S	Monday	Tuesday	Wednesday	Thursday	Friday	S
	<p>Calendar Activities begin at 1 p.m. unless otherwise stated</p> <p>Walking/Exercise activities are dependant upon weather. Please wear appropriate shoes and clothing. Rain dates are scheduled for special outdoor events .</p>		1	2	3	4
			<p>Closed</p> 	<p>Board Games</p> 	<p>Yatzee</p> 	
5	6	7	8	9	10	11
	<p>Backgammon</p> 	<p>Pictionary</p> 	<p>Movie &amp; Popcorn</p> 	<p>Cribbage</p> 	<p>Crafts</p> 	
12	13	14	15	16	17	18
	<p>Members Meeting</p> 	<p>Yatzee</p> 	<p>Cards</p> 	<p>Skip Bo</p> 	<p>Current Events</p> 	
19	20	21	22	23	24	25
	<p>Card Games</p> 	<p>Crafts</p> 	<p>Trip to Library</p> 	<p>Movie</p> 	<p>Crazy 8s</p> 	
26	27	28	29	30	31	
	<p>Movie</p> 	<p>Fly the kites</p> 	<p>Birthday Party</p> 	<p>Coffee Walk</p> 	<p>Skip Bo</p> 	



# August 2009

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
						1
2	3	4	5	6	7	8
	Civic Holiday Ontario Closed 	Crafts 	Cards 	Movie & Popcorn 	Board Games 	
9	10	11	12	13	14	15
	Walk About 	Movie 	Picnic & Fun at the Waterfront See inside newsletter for details 	Karaoke  Picnic Rain Date	Crafts 	
16	17	18	19	20	21	22
	Yatzee 	Members Meeting 	Skip Bo 	Cribbage 	Coffee Walk 	
23	24	25	26	27	28	29
	Bingo 	Movie 	Yatzee 	Birthday Party 	Karaoke 	
30	31					
	Skip Bo 	 <b>MENTAL HEALTH RIGHTS COALITION</b>				370 Main Street East, Hamilton, ON L8M 1K2 Phone 905-545-2525 Email: <a href="mailto:mentalhealthrights@bellnet.ca">mentalhealthrights@bellnet.ca</a> Open Weekdays 11 – 4