

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

The Rights Stuff

Spring 2012

March • April • May 2012

Facebook aims to help prevent suicides with crisis counsellor 'chat' service

Facebook is making it easier for people who express suicidal thoughts on the social networking site to get help. The program allows users to instantly connect with a crisis counselor through Facebook's "chat" messaging system.

"One of the big goals here is to get the person in distress into the right help as soon as possible," Fred Wolens, public policy manager at Facebook, said.

Google and Yahoo have long provided the phone number to the National Suicide

Prevention Lifeline as the first result when someone searches for suicide using their sites. This goes a step further by enabling an instant chat session that experts say can make all the difference with someone seeking help. "The science shows that people experience reductions in suicidal thinking when there is quick intervention" said Lidia Bernik associate project director of Lifeline.

With the Facebook service, if a friend spots a suicidal thought on someone's page, he can report it by clicking a link next to the comment. Facebook then sends an email to the person who posted the suicidal comment encouraging them to call the hotline or click a link to begin a confidential chat.

Facebook doesn't troll the site looking for suicidal expressions, but, says Wolens, "The only people who will have a really good idea of what is going on is your friends, so we're encouraging them to speak up and giving them an easy and quick way to get help."

There have been several high profile instances of suicidal expression on Facebook.

Condensed from The Hamilton Spectator 14 Dec 2011 available at: <http://www.thespec.com/living/healthfitness/article/638677-facebook-aims-to-help-prevent-suicides-with-crisis-counsellor-chat-service>

Women Empowered

Support group for women only.

First Tuesday of each month

March: Breast Cancer

April: Exercise/Fitness

May: Spring

Wellness Recovery Action Plan Success

WRAP® -Wellness Recovery Action Plan® is a system to help individuals work through mental health challenges or life issues. ...It is adaptable to any situation. People all over the world who are working on their recovery and wellness successfully use this planning process. from: <http://www.mentalhealthrecovery.com/>

We have offered a series of WRAP groups as part of a study sponsored by The Ontario Trillium Foundation

A participant, George, shares his experience on page 3.

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

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Executive Director:

Frances V. Jewell

mhrced@bellnet.ca

As I sit down to write, Southern Ontario is under a storm warning. Yup. It's supposed to be the big snowfall for this winter season. But alas, the snow doesn't come. The big storm becomes a rain event. What the heck happened to winter? Everyone I talk to asks the same question. Some people don't complain about the lack of snow and winter weather but others do. As much as I am a warm weather per-

son I do like the change in seasons. I like a good snowstorm, a warm, rainy spring day, a hot summer's day too hot to do anything, and a crisp fall day as the leaves start to change and the sun dips lower in the sky.

You will see we've made a change to our newsletter. It will be published 4 times a year instead of bi-monthly. We hope this will make planning events easier and you'll have the information about what's happening

in a more timely manner.

In this issue you will find information about Wellness Recovery Action Plan including upcoming sessions and how one person benefited from WRAP. Public Health Nurse Terry Booth talks about heart health and diabetes. Info on Driven to Quit and Nicotine Replacement Therapy may provide you with incentive to tackle quitting smoking. Check out the Mental Health Week events and schedule. As always MHRC has a jam-packed calendar of events. Please join us for live music, an improv workshop, cards, women's group or whatever strikes your fancy.



From the Editor

Amanda Carey

mhrcprograms@bellnet.ca

I am very happy to be compiling

this newsletter. There are so many great things coming up! March is nutrition month. This is a topic near to me as I work on improving my own health through nutrition. I have reviewed the book *Cook!* From the Dieticians of Canada and included a recipe that is both health and delicious. It would also qualify as "good food on a budget" (a column of mine you may have seen previously). My budget tip for cooking with lentils? Use the dried kind. They do not require soaking like dried beans and you will save a lot of salt found in the canned variety.

I enjoy the days that Terry Booth comes to talk with us. It is an informal environment where we can sit and talk about the topics of our

choosing (at least related to health). I like to sit with my lunch and chat about recipes and new foods I have tried. Terry always has a new recipe or tip for me.

Another aspect of my health transformation has been quitting smoking. I trained as a smoking cessation interventionist last year and recently quit smoking myself. It took a lot of work on my part to get ready to quit. One of the things that helped me was an app on my phone that provided motivation, tracking and an online community. Support is paramount to quit success. We have resources at MHRC to help individuals find supports to help in their quit. Come on in and ask us! While you're at it, sign up to quit and win.

The final prong of my wellness plan is fitness. I have started a running

group for Steps to Health and Mental Health Rights Coalition Members. It is new, so people have not caught wind of it yet, but it has made me get out and be active myself as I am there ready with my shoes and running clothes on.

The best part about running outside is the sunshine. It really makes me feel good.

And the weather? I love it! I can go running without a coat. Yes, I'm one of those people.



Give Us A Call!

A Peer Support Worker is available

Monday to Friday

On the Phone or in person

11a.m.-4p.m. (except holidays)

WRAP: An essential tool in the journey of self-discovery

By George Condon

I was fortunate enough to take the WRAP class last fall. This is an intensive, detailed journey of self-discovery. The WRAP we create is as individual as we are. We tailor it to fit our own needs and circumstances. It shows us when we are well, what we are like when we are off getting off track and gives us strategies to get back on track. In addition, it will allow us to have a voice in our own treat-

WRAP provides me with a real sense of confidence going forward

ment in times of crisis. I know that in my times of crisis I couldn't choose a pair of socks let alone make serious medical decisions. My WRAP and my support systems that I identified in my WRAP are now my voice in times of crisis. Having my WRAP provides me with a real sense of confidence going forward. Through WRAP I know myself better. I am better equipped to

handle those triggers that used to set me off. Perhaps the most important component is having a very real, very concrete plan in place in case of crisis. My WRAP is an essential tool in my long term, sustained and continuing recovery. It's an autobiographical resource and "how-to" manual. By its very nature WRAP is an evolving tool for wellness. It changes as we change. This is a fabulous course and will work for anybody. I would urge everyone to take this class. It can quite literally be a life-saver.

Upcoming

WRAP groups

Mental Health Rights Coalition, St. Joseph's Hospital, Oak Centre and CSI Niagara are striving to provide Wellness Recovery Action Plan (WRAP)® groups to the community of mental health and addictions consumer/survivors.

Groups are up-coming in Hamilton and Niagara region.

March 21–May 9 Emmaus Place in Hamilton. 8 week evening group.

April 10-11 St. Catharines 2 day intensive

April 26–June 6 Oak Centre, Welland. 8 week group.

See flyers on the pages following for details. I

You may email mhrcprograms@bellnet.ca to be notified of upcoming groups

NRT: Up in Smoke?

A recent study by Harvard researchers found that using Nicotine Replacement Therapy (NRT) was no more effective than cold turkey in quitting smoking. Those who quit using NRT and those who did not relapsed at about the same rate.¹ This is not to say NRT is ineffective; many people effectively quit using NRT. This study looked at these methods in the absence of counselling and over the long term. Peter Selby of the CAMH Nicotine Dependence Clinic notes, that nicotine replacement therapy is only one option in a successful quitting plan.² *Indeed it was the support and cognitive behavioural methods that helped this editor (Amanda) quit smoking and stay quit.*

1 www.tobaccocontrol.bmj.com

2 <http://www.thestar.com/article/1113648--nicotine-gum-patch-fail-smokers-as-effective-as-quitting-cold-turkey-landmark-study-finds>

You could win!

Quit smoking for the month of March and you could win. The Driven to Quit challenge is back. See www.driventoquit.ca or fill out a registration form at Mental Health Rights Coalition. There are peer support workers trained in tobacco cessation available to help you in your quit. The Driven to Quit Challenge also recommends the use of the Smoker's Helpline (1 877 513-5333). Those who use quitlines are at least twice as likely to quit smoking. That number increases with the number of calls and for proactive contacts.^{1,2,3} 94% of individuals calling Ontario Smoker's Helpline take action as a result.² Online tools are available at www.smokershelpline.ca

1 25% for Ontario Smoker's Helpline, 2-7% reported cessation rate without support see <http://eurpub.oxfordjournals.org/content/14/3/306.full.pdf>

2 <http://www.phr.uwaterloo.ca/pubs/74-public-2005-06-21-315863.pdf>

3 <http://summaries.cochrane.org/CD000165/does-advice-from-doctors-encourage-people-who-smoke-to-quit>

**WRAP®:
Wellness Recovery
Action Plan®**



WRAP

Wellness Recovery Action Plan

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

This project is funded by a Grant
from The Ontario Trillium
Foundation

WRAP:

- Is a structured, facilitated, peer-led self management process
- Offers each participant an opportunity to develop an action plan in a group setting

Groups support people living with mental illness to find effective strategies for wellness and recovery.

Participants will identify:

- Coping tools
- Triggers (things that make you unwell/ill)
- Family/friends/providers who can support your recovery plan

If you are interested in joining a group in your area, please call:
Frances Jewell—MHRC 905-545-2525 or Fiona Wilson—St. Joes 905-522-1155x36446

Group Dates: WEDNESDAYS – beginning March 21 for 8 weeks

March 21-May 9

Time: 6:00 pm to 8:30 pm

EMMAUS PLACE Community Room

Location: 35 Aikman Ave, Hamilton

Group participants will be invited to take part in an
exciting research study measuring recovery outcomes
related to WRAP!

St. Joseph's
Healthcare  **Hamilton**

MHRC Hamilton
20 Jackson St. W.
Hamilton, ON L8P 1L2
905-545-2525
Fax: 905-545-0211
www.mentalhealthrights.ca



**MENTAL
HEALTH
RIGHTS
COALITION**



OakCentre
Clubhouse



**Consumer
Survivor
Initiative of
Niagara**

The notice above is a legally sanctioned advertisement and cannot be altered for any purpose.



WRAP

Wellness Recovery Action Plan



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Ru Tauro, Oak Centre (905) 788-3010 Judy Hoover, CSI Niagara (905) 732-4498

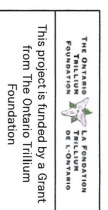
Dates: April 10-11, 2012

Time: 8:30 a.m. - 4:30 p.m. Light lunch provided

**Location: 36 Page Street, Committee Room C.,
St. Catharines, ON**

Open to consumer/survivors of mental health/addictions

Group participants will be invited to take part in an exciting research study measuring recovery outcomes related to WRAP!

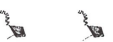


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Dates: Wednesdays Apr 25-June 6, 2012

Time: 9:30 am-12:30 pm

Location: Oak Centre 24 Dorothy St. Welland, ON L3B 3V7

Open to consumer/survivors of mental health/addictions

Group participants will be invited to take part in an exciting research study measuring recovery outcomes related to WRAP!

March is Nutrition Month



This month the dietitians of Canada are trying to make us more aware of all things nutrition, and of the role of the dietitian in nutrition. Visit www.dietitians.ca for tips on planning, shopping and cooking healthy meals, information on nutrition topics A-Z and find a dietitian. Analyze recipes, track food and nutrition goals with a tool called eaTracker. Professionals can find online podcasts and free webinars.

Also from the Dietitians of Canada are several books. I have had the pleasure of reading *Cook!* It is packed full of information. It begins with a section on general nutrition and information on Canadian produce. It promotes home cooking and eating together as a family. It even guides you through the process of reading and following a recipe.

Each section that follows provides more information. The breakfast section, for example, includes information on why breakfast is important and what makes a “good” breakfast. Then each recipe gives information, such as nutrients per serving and diabetes food choices, tips and serving ideas.

As a vegetarian, I didn’t expect to like this book as much as I did. I was surprised to mark about 80 recipes to try. It has everything from basic recipes and information to exotic recipes and makes it all simple. It is full of things I wanted to try. Even though it is not a vegetarian cookbook and I already have a shelf full, it is a cookbook I

would buy.

The Dietitians of Canada have also published *Simply Great Food* (2007) and *Cook Great Food* (2002). **Review by Amanda Carey**

Quick and Easy Lentil Tacos (Amanda Beales, Dietician, Ontario)

Reprinted from COOK! © 2011 with permission from Dietitians of Canada.

Published by Robert Rose. www.dietitians.ca

“Some of Amanda’s meat-loving friends have made this dish their go-to taco recipe, as it’s faster and cheaper and has easier clean up than meat tacos.”

- 1 ½ cups cooked green lentils
- 2 tbsp finely minced onion
- 2 tbsp finely minced red bell pepper
- ¼ cup salsa
- 4 taco shells
- ¾ cup finely shredded romaine or iceberg lettuce
- ¾ cup finely diced plum (Roma) tomatoes
- ½ cup shredded cheddar or light cheddar cheese
- ½ cup light sour cream (optional)
- 1 avocado, cubed (optional)
- ½ cup sliced black olives (optional)

- In a medium saucepan, over medium heat, combine, lentils, onion, red pepper and salsa; cook, stirring, often, for 3 – 4 minutes or until bubbling and hot
- Fill each taco shell with ¼ of the lentil mixture, lettuce, tomatoes and cheese. If desired top with sour cream, avocado and olives.

Tips

- This dish is a breeze to prepare if one person gets the lentil mixture ready and sets the table, while another chops the veggies and shreds the cheese
- You can use 1 can (19 oz/540 ml) of lentils, drained and rinsed instead of cooked lentils

Nutrients per serving:

Cal 219 * Fat 8.0 g * Protein 12 g * Sodium 238 g (10% DV) * Carb 27 g * Fiber 5 g (20% DV)

Calcium 149 mg (14% DV) * Iron 3.2 mg (23% DV)

Very High in: Folate * **High** in: Magnesium, Zinc, Vitamin A and Thiamine

Diabetes Food Choice Values: 1 Carbohydrate, 1 Meat & Alternatives, ½ Fat

Heart Health: Reduce Your Risk

Terry Booth



I hope everyone is having some success with their New Year's Resolutions aka plans to live healthier in 2012 that we talked about last newsletter. Perhaps as we approach spring it is a good idea to reassess your goals and revise your approach or give yourself 'a big pat on the back' for the progress you've made! It would be nice to offer another member recognition or support in their efforts to live healthier also!

With Valentine's just past I thought we would talk about heart health and diabetes this month. Heart disease is the leading cause of death for Canadians living with diabetes. The following are some tips that one can follow to reduce their risk of heart disease (whether you live with diabetes or not):

- ♥ Make an appointment for an annual check-up with your healthcare provider.
- ♥ Ask your healthcare provider to order laboratory tests to check your blood sugar and cholesterol. Ask him or her to review your results with you, so that you know you are on track. Discuss lifestyle or medication options that can help you to improve your blood sugar or cholesterol if they are not on track.
- ♥ Have your blood pressure checked at every healthcare appointment; know what your 'normal' numbers are.
- ♥ Choose to be smoke-free
- ♥ Make time for physical activity everyday, Health Canada recommends at least thirty minutes of activity a

day for most adults. This helps achieve and maintain a healthy weight and a strong heart muscle.

- ♥ Choose a health, balanced diet.

Want more information or support on making healthy life style choices? Stop by one of our drop in sessions with the diabetes nurse (that would be me). Sessions are held twice a month at the MHRC office (see the calendar). All are welcome.

Public health nurse, Terry Booth, RNCDE, runs two diabetes education groups every month at MHRC. Terry is the Diabetes Educator for St. Joseph's Hospital.

Mental Health Week

May 7-13 is Mental Health Week 2012. The theme is "Mental Health for All."

We will be kicking the week off with a party. Join us at 1:00 Monday for pizza and drinks.

Tuesday we join the Walk of Hope for Schizophrenia. Diabetes nurse Terry Booth will be joining us Visit www.schizophrenia.on.ca

Wednesday you can find out everything you want to know about Wellness Recovery Action Plan (WRAP) ®

Thursday we are talking about Mental Health News and mental health in the media.

Friday join us for music and see for yourself how music affects mental health.

All week, come in and participate in an art project. Leave your coping skills and quotes on a handprint and watch as the mural unfolds.

National Volunteer Week

April 15-21 is National Volunteer Week. MHRC will be holding a get-together for our volunteers who work tirelessly and who don't often get the chance to see each other. Keep an eye out for your invitation if you are one of our dedicated volunteers. Thank you for all you do!

Come in during the week and contribute to our collage and graffiti mural about what volunteering means to you and sign a thank you card to a volunteer that has made a difference in your life. See <http://nationalvolunteerweek.ca/> for more information about volunteer week and ideas for thanking volunteers in your organization.



The Rights Stuff

Published quarterly

by

Mental Health Rights Coalition

Editorial Policy

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

The Rights Stuff is available to our members via mail and to others as requested via email and on our web site at: www.mentalhealthrights.ca


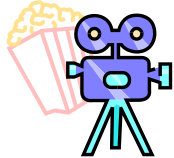












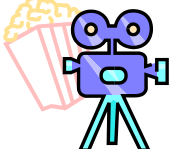









The Rights Stuff welcomes submissions & letters of 250 words or less. Be advised that MHRC reserves the right to edit and/or decline publication of any submissions.

Deadline for submissions is the 15th of the month previous to publication.















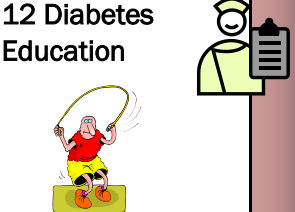







Printing dates are March 1, June 1, September 1, and December 1.

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






















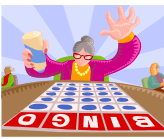




March 2012

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>				1	2	3
<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>				Current Events	Movie	
<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>						
4	5	6	7	8	9	10
	Coffee Walk	Women's Issues Group	Members Meeting	Board Games	2 Music	
						
11	12	13	14	15	16	17
	Air hockey	1 Diabetes Education	Karaoke	Skip-bo	St. Patrick's Day Party	
						
18	19	20	21	22	23	24
	Birthday Party	Movie	Crazy Eights	Dictionary game	2 Music	
						
25	26	27	28	29	30	
	Bingo	Crafts	Improv Workshop	Karaoke	12 Diabetes education	
						
					Euchre	
						



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	Members' meeting 	1 Women's Issues Group Cards 	McMaster Museum 	Karaoke 	Good Friday Closed 	
8	9	10	11	12	13	14
	Happy Easter! Closed 	Diabetes Education 	Movie & Manicures 	Apples to Apples Game and we supply the apples to eat 	2 Music 	
15	16	17	18	19	20	21
	Happy Birthday  NATIONAL VOLUNTEER WEEK	Skip-bo 	Euchre Volunteers Party THANK YOU 	Air Hockey 	12 Diabetes Education  Wii Fit	
22	23	24	25	26	27	28
	Current Events 	Crafts 	Improv Workshop 	Bingo 	2 Music 	
29	30	<div>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</div>				
	Library 					MENTAL HEALTH RIGHTS COALITION 

May 2012

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
MENTAL HEALTH RIGHTS COALITION 		1	2	3	4	5
		Women's Issues Group 	Karaoke 	Members' meeting  Apples to Apples Game 	10:30 Gage Park Greenhouse 	
6	7	8	9	10	11	12
	Celebrate Mental Health Week Party 	Walk for Schizophrenia 	Learn all about Wellness Recovery Action Plan 	Current Events: Mental Health in the Media 	Music for Mental Health 	
13	14	15	16	17	18	19
	Air hockey 	Crafts 	Board Games 	Karaoke 	 Diabetes education  Wii Fit	
20	21	22	23	24	25	26
	Victoria Day  Closed	Euchre 	Improv Workshop 	Bingo 	2 Music 	
27	28	29	30	31	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.	
	Birthday Party Karaoke 	Crafts 	Monopoly Deal card game 	Crazy Eights 