

## January/February 2011

# **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.

Peer Support
Hours:
11a.m- 4p.m,
Mon - Fri
Except Holidays



The staff and volunteers of MHRC wish to extend best wishes for the season and for the coming year to all our members and community partners.



#### **Peer support During holiday**

MHRC will be offering peer support over the phone from December 27 through December 31. Those wishing to speak with a worker should call MHRC and leave a message. The worker will return the call within 24 hours (Only on dates specified above.) Call us at 905-545-2525 and leave a message.



#### **Holiday Hours**

Reduced Service beginning December 24 at 2:00 pm Full service resumes January 4, 2010 11 am.



# A Call to Action for Consumers

Consumers of mental health are being asked to take action to ensure recommendations from a report about Consumer Survivor Initiatives are noted and acted upon.

A Report called "Consumer Survivor Initiatives in Ontario: Building for an Equitable Future " was commissioned by the Ministry of Health and Long Term Care. The final report was presented to the ministry in 2009. Since then nothing has been done

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with it in spite of requests from its authors and from the Provincial Consumer/Survivor LHIN Leads Network (PCSLL).

Now the PCSLL group, who represent consumer groups in the 14 LHIN's around Ontario are asking consumers to pressure the Ministry of Health and Long Term Care and local politicians by joining in a post card campaign to encourage the action on the six recommendations put forward in the report.

A letter from PCSLL Co-chairs, Frances V. Jewell and Candy Williams quotes the report as saying "CSI's in Ontario and elsewhere are proving their worth and could well be the fastest growing type of service in the mental health system throughout the world over the next 20 years. They are a very new type of service and the people who participate in them are disadvantaged by their experience of marginalization and stigma. For all these reasons...Ontario must give urgent and ongoing attention and resources to CSIs and their workforce. (Read more on pages 3 and 4.)

### Premier's Award Goes to MHRC Member and local Entrepreneur



Local mental health consumer, and member of Mental Health Rights Coalition, Sarah Moir has been awarded the 2010 Premiers Award for College Graduates. Sarah is the founder

and owner of Crazy Daisy, a social enterprise, floral production business in Hamilton. The award ceremony took place on November 22 in Toronto.

Look for details in our March newsletter.

crazydaisy

http://www.crazydaisy.org

## Kaz Got New Shoes



The Steps to Health

Program, sponsored by the Good Shepherd of Hamilton continues to support consumers in their efforts to become and stay healthy.

We will have more about Kaz and his new shoes in our next newsletter.



Mental Health Rights Coalition—20 Jackson St. W., Suite 206 A, Hamilton, ON L8P 1L2 Phone: 905-545-2525 Facsimile: 905-545-0211

Phone: 905-545-2525 Facsimile: 905-545-0211 Email: mentalhealthrights@bellnet.ca Google Map

http://maps.google.ca/maps?hl=en&q=20+Jackson+St.+W.+Hamilton+&ie=UTF8&tl=43.254609,-79.870522&spn=0.005017,0.009602&z=17

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

# What are you doing during the holiday season?



Are you experiencing the winter blues?



# You are not alone, don't be isolated!

# BARRETT CENTRE WILL BE HOSTING A DAILY DROP-IN SUPPORT GROUP!!!

Dates: December 25th, 2010-January 3rd, 2011

Time: 1:00pm-3:00pm Daily

<u>Place</u>: Barrett Centre (128 Emerald Street South)



#### **OCAN Information Session**

The Ontario Common Assessment of Needs for mental health consumers is designed to support consumers in receiving service which addresses their particular needs.

It will be introduced and used by all community mental health agencies in the next few months.

It is important for consumers to understand the implications and uses of this assessment tool.

MHRC is holding two information sessions in January so people will have opportunity to learn more.

Thursday, January 6, 1—2:30 pm Tuesday, January 18, 1–2:30 pm Refreshments will be provided



December 2010

PCSLL

Dear Friends and Colleagues,

#### A CALL TO ACTION FOR CONSUMER SURVIVORS IN ONTARIO

We are PCSLL, the lead agencies of the 14 CSI LHIN Networks. We have been meeting quarterly for the last few years to share information and to address issues of common concern to Consumer Survivor Initiatives in Ontario. The LHIN Leads receive funding to coordinate the networking in our respective LHINs and to facilitate province-wide networking. When we first received this funding from the Ministry, the Minister of Health stated: "\$30,000 reflects an increase to your budget to fulfill your role as the designated lead for your LHIN. In this role you will bring your regional CSIs together to work on planning, coordination and input to your LHIN. Also, you will work cooperatively with the other provincial network leads on relevant items". One of the most relevant items of concern to us at present is the apparent dismissal and shelving of the CSI Builder Report which had been commissioned by the Ministry.

Earlier this year, we sent a letter to the Minister of Health and Long-Term Care advising her of the existence of the CSI Builder Report and asking for some indication of her intentions to address the issues it raises and the recommendations it contains. So far, we have received no reply. Now, with the recent release of the Select Committee on Mental Health and Addictions' final report, we do not want the CSI Builder to be overshadowed and ignored. Especially since the Select Committee's report barely mentions CSI's and our contribution to the mental health system, apart from possibly participating in peer support initiatives.

The CSI Builder Report, formally entitled "Consumer Survivor Initiatives in Ontario: Building for an Equitable Future", provides a comprehensive assessment of CSIs throughout Ontario, describing our successes and struggles, strengths and weaknesses, and identifying inequitable funding and stigma within the healthcare system as substantial barriers to CSIs achieving their potential. The report states:

"CSIs in Ontario and elsewhere are proving their worth and could well be the fastest growing type of service in the mental health systems throughout the world over the next 20 years. They are a very new type of service and the people who participate in them are disadvantaged by their experience of marginalization and stigma. For all these reasons policymakers, funders, planners, researchers and development agencies in Ontario must give urgent and ongoing attention and resources to CSIs and their workforce."

Unfortunately, there has been no action on this report, even though the report identified the need for urgent action as one of its recommendations. In the next few weeks, the Ontario Government will be setting priorities and drafting a budget for the next fiscal year, and our window of opportunity to influence the process will quickly diminish. Now is the time for action! We must make our voices heard! Please indicate your support for the CSI Builder recommendations by getting the members, friends and staff of your CSI to sign the enclosed petition cards and return them to us, in care of A-Way Express. We will collect all the cards and then present them to the Minister of Health and Long-Term Care in the New Year – in time for provincial budget planning.

Thank you for your consideration and support, on behalf of your provincial network,

Frances V. Jewell PCSLL Co-chair mhrced@bellnet.ca and

Candy Williams PCSLL Co-chair mscane@gmail.com

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#### Consumer Survivor Initiatives in Ontario: Building for an Equitable Future

"CSIs in Ontario and elsewhere are proving their worth and could well be the fastest growing type of service in the mental health systems throughout the world over the next 20 years. They are a very new type of service and the people who participate in them are disadvantaged by their experience of marginalization and stigma. For all these reasons policymakers, funders, researchers and development agencies in Ontario must give urgent and ongoing attention and resources to CSIs and their workforce." Consumer Survivor Initiatives in Ontario: Building for an Equitable Future, 2009 (a.k.a.The CSI Builder Report)

I urge the Hon. Deb Matthews, Minister of Health and Long-Term Care to review the CSI Builder Report presented to her predecessor in 2009 and to take concrete action on the recommendations it contains by increasing funding levels for CSIs and by taking steps to preserve the independence of CSIs throughout the Province of Ontario in 2011.

Print Name:Signature:
×
Consumer Survivor Initiatives in Ontario: Building for an Equitable Future  "CSIs in Ontario and elsewhere are proving their worth and could well be the fastest growing type of service in the mental health systems throughout the world over the next 20 years. They are a very new type of service and the people who participate in them are disadvantaged by their experience of marginalization and stigma. For all these reasons policymakers, funders, planners, researchers and development agencies in Ontario must give urgent and ongoing attention and resources to CSIs and their workforce." Consumer Survivor Initiatives in Ontario: Building for an Equitable Future, 2009 (a.k.a.The CSI Builder Report)
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#### A Call to Action for Consumer Survivors in Ontario

Above are post cards which PCSLL is asking consumers to fill out in support of an action plan to get the Ontario Government to respond to and initiate action on a report about Consumer Agencies in Ontario.

The Mental Health Rights Coalition will have a supply of these post cards available in the new year and will collect the post cards and take care of sending them collectively to the ministry. An **information** session about this issue will be held on **January 12 from 1-2** to help people understand the issue better.

Anyone who would like more information please read the letter on page 3 or contact MHRC.

Print Name: Address:

Please bring your completed post card to MHRC at 20 Jackson St. W., Hamilton to facilitate a count of support .

To read the Consumer Survivor Initiatives In Ontario: Building for an Equitable Future go to: http://lteach.webs.com/CSI%20Builder%20paper%202009.pdf

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500	Monday	Tuesday	Wednesday	Thursday	Friday	S	
and the second	500					3 1	
2	3	4	5	6	7	8	
	Closed	11 Support Group  1 pm walk about	Current Events	OCAN Info Session—see page 2 of newsletter	Coffee Walk		
9	10	11	12	13	14	15	
	Dominoes	Crafts	A Call to Action for Consumer Survivors in On- tario See pages 3&4 of newsletter	Dictionary Game	Air Hockey		
16	17	18	19	20		22	
	Bingo	11 Support Group  i  OCAN Info Session—see page 2 of newsletter	Book, CD and Video Swap	Karaoke			
23	24	25	26	27	28	29	
	Birthday party	Crafts	Manicures & Movie	Cards	Members Meeting		
30	31	MENTAL	CD Vidos and	Rook Swan	Calendar Activi	ties he-	
	Board Games	HEALTH RIGHTS COALITION  Mental Health Rights Coality Phone: 005 545 3535 550	RIGHTS The popular book swap event has been ex-				



# February 2011



S	Muday	Tuesday	Wednesday	Thursday	Friday	S
		1	2	3	4	5
		11 am Support Group	Mandala Contest	Library	Current Events	
U		Bingo	r r			
6	7	8	9	10	11	12
	11 am Men's	Valentines	Members	Board Games	Karaoke	
	coffee	Crafts	Meeting			
13	14	15	16	17	18	19
•	Birthday Party	11 Support Group Cards	Art Gallery	Movies	Wii Fit	
20	21	22	23	24	25	26
	Family Day	11 am Women's tea Crafts	Karaoke	Dance Away the Winter Blues 1:30 Emmaus Place See page 2	Air Hockey	
27	28					
	Coffee Walk	Calendar Activities begin at 1 p.m. unless otherwise stated.  Walking/Exercise activities are dependant on weather. Please wear appropriate shoes and clothing.		MENTAL HEALTH RIGHTS COALITION		