

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

# The Rights Stuff

## Spring 2017

March • April • May 2017

# Patients First Act

In December, Ontario passed a still largely unknown piece of legislation called the Patients First Act. The press release from the Ministry of Health states that this act will “help patients and their families obtain better access to a more local and integrated health care system, improving the patient experience and delivering higher-quality care.”

The *Patients First Act* will help ensure patients are at the centre of the health care system. Once fully implemented, changes supported by the new legislation will:

- Improve access to primary care for people in Ontario, including a single number to call when they need health information or advice on where to find a new family

doctor or nurse practitioner.

- Improve local connections between primary care providers, inter-professional health care teams, hospitals, public health and home and community care to ensure a smoother patient experience and transitions.

Continued on page 2

## Got legal questions?

Did you know that we are located in the same building as the Hamilton Community Legal Clinic?

Gopal Banerjee will be joining us

**Tuesday March 28**

**1pm**

to tell us about the services provided by the HCLC and let us know about a collaborative outreach project that they are currently undertaking.

Please note that questions about individual legal issues will not be addressed at this presentation.

**Problems with the law and need a lawyer but can't afford one?**

**Hamilton Community Legal Clinic and Legal Aid Ontario can help.**

**Come find out more!**



## Inside this issue:

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Donations of fresh fruit, healthy snacks, and coffee supplies are always welcome and greatly appreciated. If you would like to know how you can help, give us a call. 905-545-2525

# Ontario Passes Legislation that Delivers Better Health Care for Families

## Patients First Act Creates More Integrated Health Care System

Continued from page 1

- Streamline and reduce administration of the health care system and direct savings into patient care.
- Enhance accountability to better ensure people in Ontario have access to care when they need it.
- Formally connect Local Health Integration Networks (LHINs) and local boards of health to leverage their community expertise and ensure local public health units are involved in community health planning.
- Strengthen the voices of patients and families in their own health care planning.
- Increase the focus on cultural sensitivity and the delivery of health care services to Indigenous peoples and French speaking people in Ontario.

The *Patients First Act* is an important step forward in the government's plan to build a better Ontario through its [Patients First: Action Plan for Health Care](#), which provides patients with faster access to the right care; better home and community care; the information they need to live healthy; and a health care system that is sustainable for generations to come.

### Quick Facts

- Ontario will continue to engage Indigenous partners through a parallel process that will collaboratively identify the requirements necessary to achieve responsive and transformative change.
- 94 percent of Ontarians now have a primary health care provider. Through the work of the *Patients First: Action Plan for Health Care*, Ontario is committed to connecting a family doctor or nurse practitioner to everyone who wants one.
- Funding for home and community care, including mental health and addictions, has increased by about 5% a year since 2013. Implementation of the Roadmap to Strengthen Home and Community Care is underway, including six bundled care pilots, an increase to maximum nursing services, more residential hospice care, and more respite care for caregivers.
- The ministry consulted and engaged extensively in English and French with more than 6,000 individuals and organizations across the province to help inform the proposed improvements to the health care system.

**Patients First Act Backgrounder** <http://news.ontario.ca/m/43003>

### Patients First: Action Plan for Health Care

[http://www.health.gov.on.ca/en/ms/ecfa/healthy\\_change/](http://www.health.gov.on.ca/en/ms/ecfa/healthy_change/)

**Frequently Asked Questions** [http://www.health.gov.on.ca/en/news/bulletin/2016/hb\\_20161207\\_faq.aspx](http://www.health.gov.on.ca/en/news/bulletin/2016/hb_20161207_faq.aspx)

This news release from <https://news.ontario.ca/mohltc/en/2016/12/ontario-passes-legislation-that-delivers-better-health-care-for-families.html>



# STAND UP TOGETHER

In Support of the MHRC



Stand Up Together!

## Pasta Dinner & Comedy Show

**Saturday May 13th, 2017**

**Christopher's Banquet Hall 746 Barton St E, Hamilton, ON**

**Pasta Dinner and Comedy Show**

**Doors open at 6:30 pm**

**Dinner at 7 pm—Show starts at 9 pm**

**Raffle Table**

**50 /50 Draw**

**Tickets \$20.00**

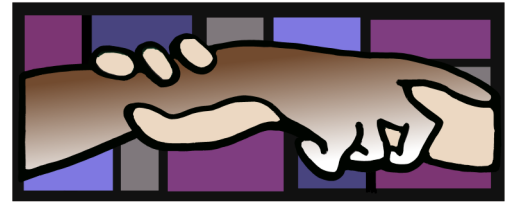
**All proceeds go to the Mental Health Rights Coalition**

**For more information or for tickets contact Chris at 905 317 5922**

**or Nicole at 905 536 9416 or**

**email [juststanduptogether@gmail.com](mailto:juststanduptogether@gmail.com)**

# Job Posting



15 February 2017

## **Job Posting**

### **Relief Peer Support Worker**

May be called upon to fill in from one hour to five hours to cover regular Peer Support Worker shifts or to carry out other assigned tasks

### **Position Summary**

Peer Support Workers report directly to the Executive Director, and are responsible for:

- Maintaining confidentiality agreement in regard to all aspects of MHRC
- The daily operation and priorities of the drop in which involves:
  - Welcoming members and visitors
  - Maintaining a friendly, safe and clean environment for all who visit the drop in
  - Carrying out scheduled program activities
  - Answering the phones
  - Keeping statistical information
  - Mentor volunteers
  - Source information for members via computer and/or resource centre
  - Peer support in group or individually as the need is presented
    - Providing community resources
    - Emotional support and problem solving
    - Encourage and facilitate opportunities for community integration
    - Advocacy on behalf of individuals for access to required resources
    - Support individuals experiencing psychosocial crises
    - Utilize an individual's recovery support plan or crisis plan
    - Support in communicating with others (family, companion, care provider, clinical staff)

### **Qualifications**

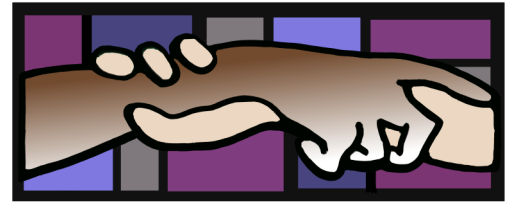
Peer Support Workers who qualify for the position will:

- Have personal lived experience of mental illness and/or addiction as a consumer/survivor of the mental health system
- Share 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.”
- Have successfully completed the Peer Support Training Program at MHRC or another recognized CSI organization, or equivalent
- Be punctual and display excellent business manner and etiquette
- Demonstrate an ability to act as a mentor to other mental health consumers, modeling excellent communication skills, coping techniques and self-care
- Demonstrate experience providing peer support to members and in the community
- Honour and demonstrate principles of recovery-oriented mental health practice
- Demonstrate the ability to establish and maintain trusting relationships with consumers of the mental health system while maintaining appropriate professional relationships and bounda-

# Job Posting

Page 2

**MENTAL HEALTH RIGHTS COALITION**



ries.

- Demonstrate practical knowledge of community resources
- Demonstrate the ability to create a welcoming environment by being approachable, available and non-judgmental
- Be willing to carry out the day to day operations of a busy drop in, including scheduled programming, maintaining the drop in and resource rooms, with a minimum of supervision
- Demonstrate an ability to work as a member of a team
- Have experience with reception duties including answering phones, recording and forwarding messages, greeting people
- Be able to keep accurate records and possess basic computer skills
- Be willing to learn new skills and to take on additional duties as they arise and are appropriate.
- Attend staff meetings and trainings as required
- ASIST, safeTALK, WRAP and Mental Health First Aid Training are considered assets

Other relevant training will be considered but is not necessary for this position.

Please apply in writing with a cover letter by email, post or fax no later than **March 17, 2017** at 4:00 pm.

Attention:

Frances V Jewell  
Executive Director  
Mental Health Rights Coalition  
103-100 Main St E  
Hamilton, Ontario L8N 3W4  
[mhrccd@bellnet.ca](mailto:mhrccd@bellnet.ca)  
Fax 905 545 0211

No phone calls please!

Mental Health Rights Coalition wishes to thank all applicants. Only those chosen for an interview will be contacted.

Please find printable job posting at [www.mentalhealthrights.ca/jobs.html](http://www.mentalhealthrights.ca/jobs.html)

# Call for Art

MENTAL HEALTH RIGHTS COALITION



*Mental Health Rights Coalition* is seeking submissions of original art to be displayed in our 3rd Mental Health Week art show during the month of May. This is a wonderful opportunity for us to open an important conversation about the topic of suicide and its stigma. Although public awareness campaigns attempt to address this stigma, it largely remains a topic that is taboo. The exhibit will address the “hush” associated with suicide.

Do you have artwork that challenges and informs the stigma around suicide? *Mental Health Rights Coalition* and *You Me Gallery* invite everyone to help explore reactions to suicide from all perspectives.

Art can be of any form, such as painting, drawing, mixed media, sculpture and photography. However there will be limited space for sculptural or instillation pieces.

This is a non-juried exhibition. Pieces are not selected on merit and it is our intention that one to two pieces will be exhibited from each interested artist.

Art will be shown at *You Me Gallery* during National Mental Health Week and the entire month of May 2017.

Please submit your registration form (next page) by **March 31, 2017** to

Frances Jewell or Amanda Carey

**Mental Health Rights Coalition**

**103-100 Main St E**

**Hamilton ON L8N 3W4**

**[mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)**

















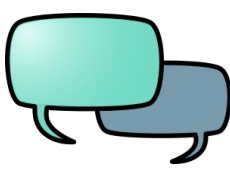




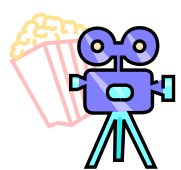

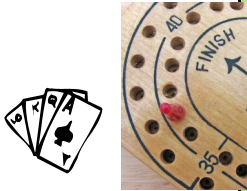
For questions, please call Frances Jewell or Amanda Carey at 905-545-2525

# Hush!

| 3 <sup>rd</sup> MHRC Mental Health Week Art Show<br>Registration Form                                                                                                                                           |  |                 |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------|--|
| Name                                                                                                                                                                                                            |  |                 |  |
| Address                                                                                                                                                                                                         |  |                 |  |
| City                                                                                                                                                                                                            |  | Postal Code     |  |
| Phone Number                                                                                                                                                                                                    |  | Alternate phone |  |
| Email address                                                                                                                                                                                                   |  |                 |  |
| Name of piece                                                                                                                                                                                                   |  |                 |  |
| Medium                                                                                                                                                                                                          |  |                 |  |
| Dimensions HxW<br>(xD if applicable)                                                                                                                                                                            |  |                 |  |
| How does the piece inform the discussion on the topic of suicide?                                                                                                                                               |  |                 |  |
|                                                                                                                                                                                                                 |  |                 |  |
| <p align="center"><b>Do not send original art at this time.</b><br/>           Please attach a photo labelled with your name and title of your piece.<br/>           Please submit by <b>March 31, 2017</b></p> |  |                 |  |
| <p align="center">Send registration to Amanda at <a href="mailto:mhrcprograms@bellnet.ca">mhrcprograms@bellnet.ca</a><br/>           or Mental Health Rights Coalition 103-100 Main St E Hamilton ON</p>        |  |                 |  |


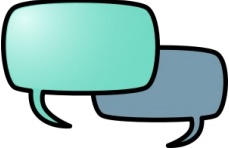
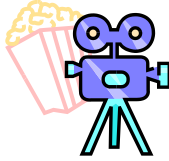











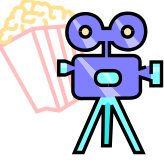








# March 2017








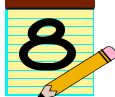

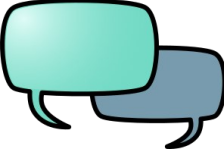



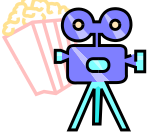






| Sun                                                                                                                                                                                                                                                            | Monday                                                                                              | 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                                                                                                                     | 4   |
|                                                                                                                                                                                                                                                                |                                                                                                     |                                                                                                                                     | Creative Writing<br> | Trivia<br><br>2:30pm women's group          | Apples to Apples Game<br>          |     |
| 5                                                                                                                                                                                                                                                              | 6                                                                                                   | 7                                                                                                                                   | 8                                                                                                     | 9                                                                                                                             | 10                                                                                                                    | 11  |
|                                                                                                                                                                                                                                                                | Arts & Crafts<br>  | Karaoke<br>                                        | Euchre<br>           | Dictionary game<br><br>2:30pm women's group | Skip bo<br>                        |     |
| 12                                                                                                                                                                                                                                                             | 13                                                                                                  | 14                                                                                                                                  | 15                                                                                                    | 16                                                                                                                            | 17                                                                                                                    | 18  |
|                                                                                                                                                                                                                                                                | Art & Crafts<br> | Current Events<br>                               | Dominoes<br>       | Bingo<br><br>2:30pm women's group         | Walk about<br><br>St Patty's Day |     |
| 19                                                                                                                                                                                                                                                             | 20                                                                                                  | 21                                                                                                                                  | 22                                                                                                    | 23                                                                                                                            | 24                                                                                                                    | 25  |
|                                                                                                                                                                                                                                                                | Art & Crafts<br> | Members Meeting<br>Birthday Party<br>            | Recovery 101<br>   | Karaoke<br><br>2:30pm women's group       | Air hockey<br>                   |     |
| 26                                                                                                                                                                                                                                                             | 27                                                                                                  | 28                                                                                                                                  | 29                                                                                                    | 30                                                                                                                            | 31                                                                                                                    |     |
|                                                                                                                                                                                                                                                                | Art & Crafts<br> | Hamilton Community Legal Clinic Presentation<br> | Movie<br>          | Monopoly deal<br><br>2:30pm women's group | Cribbage/cards<br>               |     |





| Sun | Monday                                                                                                                | Tuesday                                                                                                             | Wednesday                                                                                                                     | Thursday                                                                                                                                | Friday                                                                                                                     | Sat                                                                                                                                                                   |
|-----|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     |                                                                                                                       |                                                                                                                     |                                                                                                                               |                                                                                                                                         |                                                                                                                            | 1                                                                                                                                                                     |
| 2   | 3                                                                                                                     | 4                                                                                                                   | 5                                                                                                                             | 6                                                                                                                                       | 7                                                                                                                          | 8                                                                                                                                                                     |
|     | <b>Art &amp; crafts</b><br>          | <b>Recovery 101</b><br>            | <b>Movie</b><br>                             | <b>Healthy Living</b><br><br>2:30pm women's group    | <b>Scrabble</b><br>                     |                                                                                                                                                                       |
| 9   | 10                                                                                                                    | 11                                                                                                                  | 12                                                                                                                            | 13                                                                                                                                      | 14                                                                                                                         | 15                                                                                                                                                                    |
|     | <b>Art &amp; crafts</b><br>          | <b>Karaoke</b><br>                 | <b>Creative Writing</b><br>                  | <b>Coffee walk</b><br><br>2:30pm women's group       | <b>Good Friday</b><br><br><b>Closed</b> |                                                                                                                                                                       |
| 16  | 17                                                                                                                    | 18                                                                                                                  | 19                                                                                                                            | 20                                                                                                                                      | 21                                                                                                                         | 22                                                                                                                                                                    |
|     | <b>Easter</b><br><br><b>Closed</b> | <b>Apples to Apples Game</b><br> | <b>Euchre</b><br>                          | <b>Dictionary game</b><br><br>2:30pm women's group | <b>Movie</b><br>                      |                                                                                                                                                                       |
| 23  | 24                                                                                                                    | 25                                                                                                                  | 26                                                                                                                            | 27                                                                                                                                      | 28                                                                                                                         | 29                                                                                                                                                                    |
|     | <b>Art &amp; crafts</b><br>        | <b>Current Events</b><br>        | <b>Birthday &amp; Members' Meeting</b><br> | <b>Air Hockey</b><br><br>2:30pm women's group      | <b>Karaoke</b><br>                    |                                                                                                                                                                       |
| 30  |                                                                                                                       |                                                                                                                     |                                                                                                                               |                                                                                                                                         |                                                                                                                            |                                                                                                                                                                       |
|     |                                    |                                                                                                                     |                                                                                                                               |                                                                                                                                         |                                                                                                                            | <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> |

# May 2017

| Sun                                                                                | Monday                                                                                                                                    | Tuesday                                                                                             | Wednesday                                                                                                | Thursday                                                                                                                                                                                                                                                                                          | Friday                                                                                                                      | Sat |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----|
|                                                                                    | 1                                                                                                                                         | 2                                                                                                   | 3                                                                                                        | 4                                                                                                                                                                                                                                                                                                 | 5                                                                                                                           | 6   |
|                                                                                    | <b>MENTAL HEALTH WEEK</b><br><div>Please stay tuned for our schedule of events available in April including art show and conference</div> |                                                                                                     |                                                                                                          |                                                                                                                                                                                                                                                                                                   |                                                                                                                             |     |
| 7                                                                                  | 8                                                                                                                                         | 9                                                                                                   | 10                                                                                                       | 11                                                                                                                                                                                                                                                                                                | 12                                                                                                                          | 13  |
|                                                                                    | Arts & crafts<br>                                        | Board Games<br>    | Creative writing<br>    | Karaoke<br><br>2:30pm women's group                                                                                                                                                                             | Hearts—Cards<br>                         |     |
| 14                                                                                 | 15                                                                                                                                        | 16                                                                                                  | 17                                                                                                       | 18                                                                                                                                                                                                                                                                                                | 19                                                                                                                          | 20  |
|  | Arts & Crafts<br>                                      | Crazy Eights<br> | Current events<br>    | Recovery 101<br><br>2:30pm women's group                                                                                                                                                                      | Rail Trail walk<br>                    |     |
| 21                                                                                 | 22                                                                                                                                        | 23                                                                                                  | 24                                                                                                       | 25                                                                                                                                                                                                                                                                                                | 26                                                                                                                          | 27  |
|                                                                                    | Victoria Day<br><br>Closed                             | Air hockey<br>   | Movie and popcorn<br> | Bingo<br><br>2:30pm women's group                                                                                                                                                                             | Birthday Party<br>Members' meeting<br> |     |
| 28                                                                                 | 29                                                                                                                                        | 30                                                                                                  | 31                                                                                                       |                                                                                                                                                                                                                                                                                                   |                                                                                                                             |     |
|                                                                                    | Arts & Crafts<br>                                      | Karaoke<br>      | Euchre<br>            | <div>Calendar Activities begin at 1 p.m. unless otherwise stated.</div> <div>Walking/Exercise activities are dependent on weather.</div> <div>Please wear appropriate shoes and clothing.</div> <div>  </div> |                                                                                                                             |     |