



May/June 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

MHRC – 20th Anniversary



Friday, June 10

1 to 4 pm

Page 6 for details

Mental Health Week—May 1 to 7

The country is celebrating Mental Health Week May 1 through 7 and the Mental Health Rights Coalition is joining in with a series of events. The weeks events will include speakers, discussion, groups, music, and off site collaborative events with Good Shepherd and the Schizophrenia Society of Ontario's Walk of Hope. See more on page 3



The logo to the right has been designed by the Canadian Mental Health Association to celebrate this milestone in year.

Focus on Diabetes

Diabetes is more common with those who have mental health issues and is a growing issue in the mental health population. In an effort to educate consumers and help them with prevention, detection and management MHRC will have a regular program of articles and education. This issue contains some information from our educator, Terry Booth, RNCDE and from a peer support project of diabetes education through OPDI. See pages 4 and 5.



Volunteer Appreciation

Volunteers past and present are invited to attend a special Appreciation Event

Wednesday, June 1

4-6 pm

Light lunch provided

Please let us know if you will be attending



Thanks to OTF for the new furniture which will be arriving soon.

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It is with great sadness that the members and staff of MHRC announce the passing of our long time friend and mental health advocate, Kaz Klonowski.

A fitting tribute was held for Kaz at First Pilgrim United Church early in March. We extend our sympathy to everyone who called Kaz friend—and there were many. We also wish to thank Good Shepherd HOMES program for sponsoring the event and for extending their kindness and care for Kaz beyond life.

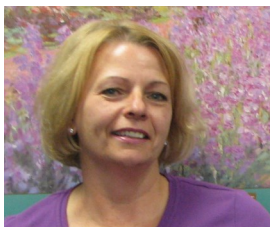
Kaz was a board member of the Mental Health Rights Coalition for many years and was also a long time member of the Residential Care Facilities Tenants Association.



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Google Map

<http://maps.google.ca/maps?hl=en&q=20+Jackson+St.+W.+Hamilton+&ie=UTF8&ll=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



Executive Director:

Frances V. Jewell

mhrced@bellnet.ca

It was wonderful to see so many people at the memorial service for Kaz. The service spoke to the fact that our community cares deeply for each other. After the service I mused out loud that I hoped people would remember me fondly too. Fiona Wilson said she had a similar thought about how people would remember her. The conversation got me thinking about how important it is to honour people who have died, especially in our community where some of us may not have traditional family ties. Here at MHRC we really miss Kaz and the other members who have gone before him.

A special thank you to Good Shepherd staff Lorraine Chapman and John Lee for making the memorial a special day for Kaz and the people left behind who love him.

A wise staff member once said to me "every week is mental health week at MHRC. And that is the truth. MHRC will however be marking Mental Health Week, May 1st to May 7th with additional activities. MHRC is delighted to be

partnering with Good Shepherd for BBQ and Zoomba with the Brothers! What a hoot! We will also be participating in the Walk of Hope with Schizophrenia Society of Ontario (SSO). All events are free. Please come out to visit with us. We would love to see you!

Monday, May 2nd: Discussion: Myths and Truths of Mental Illness/Coping with Depression, 1 pm to 3 pm

Tuesday, May 3rd: "The House of Financial Well Being" presented by Nina Lewin, Credit Counsellor, Family Catholic Services, 11 am to 12 noon

Wed., May 4th: Grief Companion/Counsellor with Patricia Brezden, 1 pm to 2 pm

Thursday, May 5th: Discussion: Myths and Truths of Mental Illness/Coping with Depression, 1 pm to 3 pm. Also on Thursday from noon until 2:00 BBQ and Zumba with the Brothers, Good Shepherd, Emmaus Place, 35 Aikman Ave.

Friday, May 6th: Mad Music, Exploring the Benefit of Music with Al Barubeck & Kevin Barber, 2 pm to 4 pm. Also on

Friday MHRC will participating in the SSO HAMILTON WALK OF HOPE & INFORMATION FAIR

Friday, May 6th at Hamilton City Hall from 10 am to 2 pm, barbecue lunch is available.

Volunteers are an integral component at MHRC. They serve as board members, peer support workers, and tech support. Volunteers represent MHRC at community events, on advisory boards and as ambassadors in the mental health community. We wouldn't function without volunteers. MHRC wishes to express our sincere appreciation by inviting volunteers to join us Wednesday June 1st, 4 to 6 pm for get together. Sandwiches and refreshments.

RSVP mhrced@bellnet.ca

Let's Party! MHRC is celebrating our 20th anniversary with an open house on June 10th, 1 – 4. We'll also be showing off our new furniture purchased with a generous grant from Ontario Trillium Foundation. We will be serving healthy snacks (and cake) , so please come by and join us.



week of May. Then the real fun begins. Lots of hunting for food by mom and dad and then the first flights off the Sheraton by fledglings. There will be lots of activity in the nest through May and June. Turn on your computer to

<http://falcons.hamiltonnature.org> and watch what's happening. If you don't have a computer come and visit MHRC and we will show it to you on ours.

- The garden—if the swamp dries up is where I will be spending days off and evenings until October. Lots of daffodils this week. They all came out at once when the sun finally shone on them one day. Tulips are next in the perennial parade that grows in the flower beds. The vegetable garden will be full of things to freeze and preserve. I can hardly wait to get my hands in the dirt.



Program Manager

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I'm pretty hot under the collar about the federal election but by the time most members receive this month's edition of the Rights Stuff my comments will be old hat. I hope my personal rants have had some impact. I'll know they have if the blue flag isn't flying on the hill.

The most important thing is informed voting.

In an effort to support the concept of informed voting the next edition will place focus on the upcoming Ontario election.

Comments and suggestions about the election, particularly where it concerns matters which affect mental health and addiction

consumers are welcome.

On a lighter note some of my favourite things to do these days.

- Crochet blankets and other stuff while I'm watching TV. I'm using yarn ends (the half balls left after projects) to make lap blankets for a seniors home. Anyone who has little bits of yarn left—worsted weight—is welcome to bring it to me to use. Also trying out some new patterns for all sorts of things like hand warmers and baby clothes.
- Watching the peregrine falcon page on the internet. Madam X has three eggs and they will likely be hatching the first

Mental Health Week Events City Wide



There are many events taking place around the city of Hamilton to promote Mental Health during the first week of May.

MHRC is pleased to partner with the Good Shepherd programs and the Schizophrenia Society of Ontario (Hamilton) in the promotion of Mental Health Week.

Please watch the paper and other community announcements for events.


MHRC may also be involved in news stories about Mental Health Week so watch for us in the local media.

Mental Health Week May 2 through 6 2011



To encourage, enable and empower the voice of consumers in the mental health system

Mental Health Week Schedule—please join us for any or all events

 **Monday, May 2** - 1 to 3 pm - **Myths and Truths of Mental Illness/Coping with Depression**

Tuesday, May 3 - 11 am to 12 noon - **The House of Financial Well-Being**,
Nina Lewin, Catholic Family Services

Wednesday, May 4 - 1 to 2 pm **Mental Health and Grief** with Grief Companion/
Counselor - Patricia Brezden

Thursday, May 5 - 12 to 2 pm - **Zoomba and Barbeque** at 35 Aikman (Emmaus
Place) with Good Shepherd Steps to Health Program

1 to 3 pm—**Myths and Truths of Mental Illness/ Coping with Depression at MHRC**



Friday, May 6—10 am to 2 pm meet at us at City Hall for **Walk of Hope**



2 to 4 pm **Mad Music** - exploring the benefit of music at MHRC

Healthy snacks and Juice at all MHRC events

20 Jackson St. W., Hamilton, ON L8P 1L2 Phone 905-545-2525
www.mentalhealthrights.ca

The Rights Stuff

Published every other month by
Mental Health Rights Coalition

Editorial Policy

The Rights Stuff is published every other month 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 September 1, November 1, December 23, March 1, May 1 and July 1.

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

Seeking Donations



Donations of yarn for scarves and blankets is requested.

MHRC also strive to make available toiletries like shampoo, conditioner, creams, soaps, tooth brushes, etc., which for many of our members are luxury items. Donations of sample and full size items are much appreciated.



Donations of fresh fruit would also offer a welcome and healthy treat.

Contact us at MHRC

905-545-2525



A high percentage of people who live with mental illness also encounter many health difficulties. One of the most prevalent physical issues which accompanies mental health issues is diabetes. It is also a rapidly growing concern for all Canadians.

In an effort to educate our members about diabetes prevention and care MHRC has invited public health nurse, Terry Booth, RNCDE, to run a diabetes education group every month. Terry will also make regular contribution to The Rights Stuff about diabetes prevention. Terry is the Diabetes Educator for St. Joseph's Hospital.

Prediabetes—What is it?

Prediabetes is when your blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Not everyone with prediabetes will develop type 2 diabetes, but many people do. Some long-term complications associated with diabetes – such as heart disease and nerve damage – may begin during prediabetes.

Prediabetes or diabetes can occur without you feeling “sick”. Being aware of your risks and being tested are important ways to stay healthy. It is important to know your risks and ask your healthcare team if you should be tested for prediabetes/diabetes.

Risk factors for type 2 diabetes:

- Being 40 years of age or older
- Having a close relative (parent or sibling) who has type 2 diabetes;
- Being a member of a high-risk population, such as those of Aboriginal, Hispanic, Asian, South Asian or African descent;
- Having a history of impaired glucose tolerance or impaired fasting glucose;

- Having already some evidence of the complications of diabetes, such as eye, nerve or kidney problems;
- Having heart disease;
- Having a history of gestational diabetes mellitus;
- Having high blood pressure;
- Having high cholesterol;
- Having schizophrenia
- Being overweight, especially around your abdomen

The Good News

There are many people available to help you learn how to reduce your risk of developing prediabetes or diabetes. Many of you are involved in programs to keep physically active and learn about eating healthy. Starting in May, Terry Booth a diabetes nurse will be available for “drop in” sessions at the MHRC office (see the calendar for dates and times). These sessions will be very informal and fun, with a few surprises. Please come out and join us if you have prediabetes or diabetes or you just want to learn about it.

Matches Available

Any consumer looking for on-going peer support by a trained volunteer is encouraged to call the Program Manager at
905-545-2525.

Help with Pets for those on Disability



The Farley Foundation was established by the Ontario Veterinary Medical Association (OVMA) in 2001 to assist seniors and disabled persons on limited incomes with the necessary treatment of their pets.

The web site points out that the foundation “honours the human-animal bond and seeks to help those who most benefit from pet ownership.

There are restrictions to use of the fund and it is the veterinarian who applies to the foundation on behalf of the pet owner.

The foundation will only pay for non-elective procedures or treatments and

does not fund routine physical examinations, vaccinations or spay and neuter.

If your pet needs care you can contact your veterinarian about details.

The Hamilton/Burlington SPCA offers help for the cost of spay and neuter procedures for those who live on limited income. To contact them about eligibility you may call 905-574-7722 ext. 321 or visit the web site at www.hbspca.com

For more information about the Farley Foundation visit the site at:

<http://www.farleyfoundation.org/>



Give Us A Call! A Peer Support Worker is available

Monday to Friday,
11a.m.-4p.m. (except
holidays)

905-545-2525



Peer Support and Diabetes—A New Approach

Partnering with several agencies the Ontario Peer Development Initiative (OPDI) in Toronto is providing training for peer supporters about risks, prevention and self management of diabetes in a two year project.

The web site devoted to this project (www.diabetesandmentalhealth.ca) says, “among the many health problems facing people with serious mental illness, the high risk of diabetes is well documented.” It goes on to explain is also under diagnosed and undertreated. The site says, “rates of diabetes are two to four times greater” for those who live with mental illness than in the general population. It goes on to say, “both depression and schizophrenia are risk factors for the development of type 2 diabetes.

The premise of the training effort is that those who live with diabetes need support in order to be able to manage their illness. This includes not only education but also providing skills, tools and the confidence needed for people to “take control of their illness and make positive changes in their lives.”

The benefits of peer support are long proven in mental health and addiction. This effort will build upon the already established practices of peer support offered throughout the province. After study and evaluation the training module will be distributed as a stand alone resource for peer support worker training.

The training module is now being tested in Ontario by OPDI and will be evaluated by Dr. Cheryl Forchuk of the Lawson health Research Institute.

OPDI is taking the lead in delivering the program and are supported in the project by the Canadian Mental Health Association (Ontario) and the Provincial Consumer/Survivor LHIN Leads Network (PCSLL).

Peer Support—Saving Medical Care Dollars

A quick Google search of “peer support and diabetes” shows that the study of peer support and diabetes is going on all over the world. Reports from the National Centre for Biotechnology Information and from the American Diabetes Association show studies with different groups including veterans affairs in the USA.

Peer Support has been a primary care option in addiction and mental health for many years and now appears to be growing beyond those venues into many sectors, particularly in the medical community where it is being used for many things including cancer care.

MHRC commends OPDI and it's mental health partners for their work to include mental health peer support in this important work

Are you at Risk for Diabetes?

From the Research shows that everyone is at higher risk of getting diabetes after they turn 40 years of age. So if you are over 40, get tested every three years.

And, if you are over 40 and have any of the risk factors listed here, you should be tested more often.

If you are:

- A member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African Caribbean descent)

- Overweight (especially around your middle)

If you have:

- A parent, brother or sister with diabetes

- Given birth to a baby that weighed more than 4 kg (9 lb)

- Had gestational diabetes (diabetes during pregnancy)

- Developed a condition where your body has become less sensitive to the effects of insulin, and has to work harder to control blood glucose (called impaired glucose tolerance or prediabetes)

- High blood pressure

- High cholesterol or other fats in the blood

You should take early signs of diabetes seriously. See a doctor to have your blood glucose checked.

Signs that you may have diabetes or high blood glucose levels include:

- Feeling more thirsty

- Frequent urination

- A sudden weight change, either a gain or a loss

- A lack of energy or feeling tired more than usual

- Blurred vision

- Infections that are more frequent or recurring

- Injuries, such as cuts and bruises, that are slow to heal

- Tingling or no feeling in your hands or feet

- Trouble getting or maintaining an erection

Remember: many people who have diabetes show none of these symptoms. So don't just watch for these signs — know the risk factors for diabetes.

An Ounce of Prevention

Type 1 diabetes cannot be prevented. Type 2 diabetes may be prevented with good nutrition habits and regular physical activity. Ensure a healthy diet by consuming lean meats and alternatives, low fat milk and alternatives, and foods that are rich in fibre. It is also important to avoid or limit foods that may contribute to high blood pressure, "bad" cholesterol and high blood sugar levels.

Nutritious meals and snacks include:

- Fruits and vegetables
- Whole grains
- Fish, poultry, lean meats and alternatives
- Seeds and nuts
- Low-fat dairy products

Healthy diets eliminate or minimize:

- Saturated and trans fats
- High fat dairy products
- Sweetened fruit drinks, cocktails, punches and regular soft drinks

Are you interested in more information? Go to the [EatRight Ontario](http://EatRightOntario.com) website where you'll find many valuable resources that can help you eat healthier: a menu planner; lots of nutritious, tasty recipes; practical tips; and important information to help you prevent and manage diabetes. Or call 1-877-510-510-2 and speak to a Registered Dietitian. It's free.

20 Years in the Making **MHRC Celebrates Milestone Anniversary**

It has been 20 years since MHRC opened its doors at its first location at 43 Charlton. Six locations and hundreds of members later MHRC continues to live out its mission "to encourage, enable and empower the voice and participation of consumer/survivors in the mental health system." On Friday June 10 from 1 to 4 members and the community are invited to join in the celebration at the MHRC 20th Anniversary Open House.

Still providing a safe place for consumers to meet and receive peer support the coalition also acts as an advocate at the personal level and on the more global scene.

With an active membership of about 250 people the coalition hosts between 25 and 30 people each week day for scheduled programs and peer support.

The two full time staff, 14 part time and casual workers and a force of about 40 volunteers carry out the many tasks of providing peer support at MHRC.

Along with the in house support which is available on a drop in and phone in basis from 11 to 4 each weekday, there is also a rising need for peer support in the community. Volunteers provide much one on one peer support outside the centre and recently workers have been seconded to Good Shepherd HOMES program to work with those who would benefit from the specialized care of trained peer support workers. This hiring out of workers from the Coalition is a trend which MHRC hopes will grow significantly.

Funding

MHRC is a not for profit agency funded primarily by the Ministry of Health and Long Term Care (MHLTC) through the Local Health Integration Network 4 (LHIN4). Other funding presently and over the 20 year history has included many Ontario Trillium Foundation grants, and the Hamilton Addiction and Mental Health collaborative. Fees for service have also been received from other mental health and addiction agencies who have requested special training for their staff and volunteers or the services of peer support workers.

The Board of Directors

With a faithful board of six volunteers MHRC has a strict mandate that only those with lived experience of mental health issues may serve on the board and as staff and volunteers. This mandate of understanding brings a wealth of experience and passion to the decision making and vision to the work of MHRC. Board members from a broad experience in work, in life and in recovery offer insight into the issues and focus which are clear, compassionate and never candy coated.

Education

Staying informed is always a focus for the staff of MHRC and they extend that focus to the membership and the community in many ways.

Part of regular programming is always education about issues which may affect the consumers of mental health and addiction. Keeping abreast of political issues and of policy and procedure for those who live with mental health issues is what has caused MHRC to be a

respected advocacy organization.

Peer Support Training

Another main thrust of education for MHRC over the past 12 years has been the development of a peer support training program. Usually offered two or three times a year this 50 hour training and practicum course has been used to train hundreds of peer support workers. Many of those who have been trained have entered the workforce as peer supporters or in other helping professions with new confidence and passion to support those who have similar difficulties in life. Many others have gone on to share their skills as volunteers in a variety of agencies in the area.

Portions of the peer support training program have also been adapted for training of other groups outside of the coalition. For a full outline of the course please visit the web site or pick up a brochure.

Voices of Experience

MHRC believes strongly that consumers need to have a voice in their own destiny and encourages this with the Voices of Experience Training program. An 18 hour training program designed to equip consumers for service on boards and committees offers the consumer perspective along with training in rules of order and basic precepts of governance. This course is offered once a year.

Daily Program

Each day at MHRC brings with it new focus and new friends. The drop in area is a place where people from many walks of life find a level ground to share their lives, their hopes and their struggles. There is always inexpensive coffee available along with someone who will listen. Most days at 1 pm there is some sort of activity planned. This varies from Karaoke to cards, short walks to birthday parties. Members hold a meeting each month to give their ideas about activities they would like to participate in and as long as funds allow those ideas are incorporated into the monthly calendar. The calendar is always available on the web site in the current newsletter (www.mentalhealthrights.ca).

Bring your hopes and memories to the celebration

20th Anniversary



Mental Health Rights Coalition of Hamilton

Friday, June 10

























1 to 4 pm

20 Jackson Street West












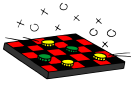












Suite 206A

For information call 905-545-2525

Fun! May 2011 Fun!

Monday		Tuesday		Wednesday		Thursday		Friday				
1	2	3	4	5	6	7						
Mental Health Week												
1-3 Myths and Truths of Mental Illness/Coping with Depression		11–12 The House of Financial Well–Being with Nina Lewin		1-2 Mental Health and Grief with Patricia Brezden		12-2 Zoomba & BBQ at Emmaus Place with Good Sheperd Steps to Health		10-2 Walk of Hope at City Hall				
												
1-3 Myths and Truths of Mental Illness/Coping with Depression								2-4 Mad Music with Kevin and Al				
												
Healthy Snacks and Juice every day! 												
8	9	10	11	12	13	14						
Karaoke		1 pm Diabetes Education		Member Meeting		Current Events		Air Hockey				
												
15	16	17	18	19	20	21						
Manicures & Movie		11 Support Group		Coffee Walk		Dominos		Wii Fit				
												
22	23	24	25	26	27	28						
Victoria Day Closed		Crafts		Birthday Party		Dictionary Game		Checkers				
												
29	30	31	 MENTAL HEALTH RIGHTS COALITION									
Yahtzee		Karaoke										
												
Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependant on weather. Please wear appropriate shoes and clothing.												

June 2011

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
			1	2	3	4
	 MENTAL HEALTH RIGHTS COALITION		Board Games  4-6 Volunteer Appreciation	Movie 	Scrabble 	
5	6	7	8	9	10	11
	Members meeting 	11 am Support Group  1 pm Diabetes Education Crafts—Cards	Euchre 	Coffee Walk 	1-4 - 20th Anniversary Open House  	
12	13	14	15	16	17	18
	Checkers 	Crafts 	Karaoke 	Crazy Eights 	Wii Fit 	
19	20	21	22	23	24	25
	Birthday 	11 Support Group 	Monopoly 	Current Events 	Music 	
26	27	28	29	30	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependant on weather. Please wear appropriate shoes and clothing.	
	Karaoke 	Crafts 	Walk about 	Trivial Pursuit 