



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

The Rights Stuff

Summer 2017

June • July • August 2017

ConvoPlates

On a Sunday afternoon several people met at the Art Gallery of Burlington to create ConvoPlates.

These plates are meant to raise funds and awareness around children's mental health in support of the Paul Hansell Foundation. The plates pictured here will not go into circulation, but each person also made one that will be circulated and as they are passed, individuals take to social media to share the locations of the plates, and talk about mental health. Find out more about ConvoPlates and the Paul Hansell Foundation at <http://www.paulhansellfoundation.com/>



Art Show



See page 7



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Find us on
facebook

www.facebook.com/MentalHealthRightsCoalition

Notice of Annual General Meeting POWER/SCOPE Awards

Tuesday, September 26, 2017
35 Aikman Ave., Hamilton, ON
4 p.m. to 6:30 p.m.

4 pm Entertainment & Speaker

5 pm Dinner

5:30 pm AGM

6 pm Award Presentations

This meeting will include the election of officers to the board of directors and amendments to the by-laws.

SCOPE Award—Supporting Consumer Opportunities for Personal Empowerment

SCOPE awards recognize people for their contributions and efforts which empower consumer/survivors of the mental health system in Hamilton.

Nominations are made by mental health consumer/survivors who are members and staff of the MHRC. Those receiving the award may be family, friends, and support workers. It is an opportunity for consumers to publically thank those who have supported and continue to support them in their recovery. MHRC staff are not eligible for this award.

Power Award—Peer's Outstanding Work Empowering Recovery

Recognizes certified Peer Support Workers who go above and beyond in supporting the empowerment and recovery of consumers. Nominations must include the name and workplace of the nominee, the reason for nomination and 2 names supporting nomination.

The deadline for both award nominations is Sept 1. Forms are available in the office and online. Awards will be presented at the AGM Sept 26/17.



By-Law Amendments

Proposed Amendments to By-Laws of the Board of Directors of Mental Health Rights Coalition

Additions are in **bold** subtractions are ~~striked-out~~

Copies of the full by-laws to be amended will be supplied at the AGM. Note that this truncation does not change the meanings of any by-laws.

4.02.01 ...catchment area of Hamilton, Niagara, Hal-dimand & ~~Burlington~~ Correction: **Brant** Addition: **and the Province of Ontario**

4.09.01membership...automatically terminates ...if the member does not renew his/her membership ~~yearly~~ (Remove "yearly")

5.02.02 Each director shall be a self-identified consumer/survivor of the mental health Addition: **/ad-diction** system, living working or receiving mental health Addition: **/addiction** services in LHIN 4 Addition: **or the province of Ontario**

6.0.03 No director may take office for more than two consecutive terms (Remove in entirety)

By-laws come into effect when resolved by the board of directors. They will remain in effect in the form confirmed by the membership. (Ontario Not-for-profit Corporations Act).

Stand Up Together

May 13, Christopher's Banquet Hall was alight with laughter as comics took the stage in support of Mental Health Rights Coalition. After a lovely spaghetti dinner, perusing the raffle prizes and grabbing our 50/50 tickets we sat down for a night of comedy. Host Chris Jarvie, comics Mike Mitchell, Jason Allen, Brandon Sobel, Brenda Lennie and headliner Larry Smith tickled our funny bones. Thanks again to all the comedians. A big thanks to Christopher's Banquet Hall for the venue and the amazing dinner spread. Finally, cheers go to our organizers Chris Nixon and Nicole Morris. You did an amazing job. I hope everyone had a great time!



A Morning with Pat Capponi

On May 3, Pat Capponi spoke at the Spice Factory on mental illness, poverty and housing issues. We had local experts who shared their lived experience with the same. Together we developed Hamilton's Mental Health Manifesto. You can see a brief version of it in this newsletter and the full brainstorming on our website. We will continue to work with this document and strive to turn words into action in our community. A big thanks to Pat and to all our speakers.



Mental Health Rights Coalition, 103-100 Main St E Phone 905-545-2525 | fax 905-545-0211 | www.mentalhealthrights.ca

Hamilton's Mental Health

M a n i f e s t o

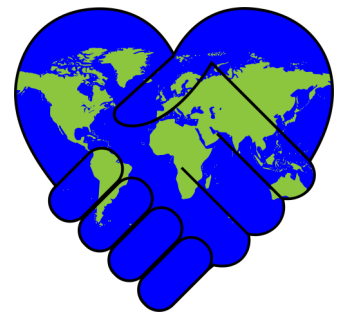
I believe...

My natural state is one of well-being
Recovery happens together
People can have good and bad days
People have a right to meaningful activity
I can choose my own recovery path
Everyone deserves equality in housing, income, and healthcare



I want to live in a world where...

Everyone is equal
We all can have a home
I don't have to fit a mold
Transportation is available and accessible
There is no stigma, fear, judgment, cruelty
No one goes to bed hungry



Undeniable truths:

The current system is not working
Food security is an important part of mental health
People are not defined by their diagnoses
YOU CAN be the change you want to see in the world
All humans are valuable
Recovery is possible
Nothing changes if nothing changes

Read more at
www.mentalhealthrights.ca/manifesto.html



Job Posting



May 2017

Job Posting

Peer Support Navigator—Secondment (Contract)

Position Title: Peer Support Navigator

Position Type: approx. 12 month contract remaining; at 18.75 hours per week, days and evenings

Remuneration: \$18.00 - \$20.00

Location: Joseph Brant Hospital (JBH)

Department: Emergency; Acute Inpatient Mental Health Unit

Reports to: Executive Director, Mental Health Rights Coalition (MHRC)

Joseph Brant Hospital has received funding for a two year pilot project to study the impact of integrating a Peer Support Navigator within the Emergency Department (ED) and Inpatient Mental Health Unit. A partnership between Mental Health Rights Coalition and Joseph Brant Hospital involves the secondment of the position through MHRC.

Position Summary

As part of the interprofessional team, the Peer Support Navigator will enhance services provided to patients in the JBH Emergency Room and Acute Inpatient Mental Health Service. The Peer Support Navigator role will assist the individual in navigating:

- Emergency Department and Acute Mental health Inpatients process – what to expect
- Resource information – what the role of hospital is and what support can be accessed in the community upon departure from the hospital
- Emotional support and problem solving opportunities
- Encourage and facilitate opportunities for community integration
- Education to individuals regarding Peer Support Services and the role of Peer Support Network
- Advocacy on behalf of individuals for access to required resources
- Discussions of recovery values and principles with a focus on strengths and wellness
- An introduction to a recovery support plan or recovery crisis plan
- Support in communicating with others (family, companion, care provider, clinical staff)
- Attend staff meetings and trainings with MHRC and JBH as required

Qualifications

- Personal lived experience of mental illness and/or addiction as a consumer/survivor of the mental health system
- Honours and displays knowledge of recovery principles
- Shares 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.”



Job Posting



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- **Successful completion of Peer Support Training Program at MHRC or equivalent i.e. OPDI including the completion of 20 to 50 hours of practicum**
- **Experience providing peer support; a minimum of one year preferred**
- Displays excellent business acumen, communication skills & punctuality
- Ability to act as a mentor to mental health consumers, modeling excellent communication skills, coping techniques and self-care
- Ability to establish and maintain trusting relationships with consumers of the mental health system while maintaining appropriate professional relationships and boundaries
- Demonstrates practical knowledge of community resources
- Demonstrate the ability to create a welcoming environment by being approachable, available and non-judgmental
- Demonstrate an ability to work as a member of a team
- Ability to maintain accurate records and possess basic computer skills
- Willingness to learn new skills, to take on additional duties as they arise and are appropriate
- 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 **June 16, 2017** at 4:00 pm.

Attention:

Frances V Jewell

Executive Director

Mental Health Rights Coalition

103-100 Main St E

Hamilton, Ontario L8N 3W4

mhrced@bellnet.ca

Fax 905 545 0211

Mental Health Rights Coalition thanks all applicants. Only those selected for an interview will be contacted.

No phone calls please!

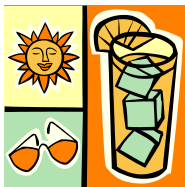
Download your printable job listing at www.mentalhealthrights.ca/jobs.html

Show closes June 4th
You Me Gallery
330 James St N

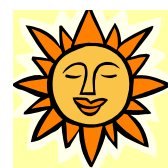
Thank you to hosts *You Me Gallery* (Bryce Kanbara); *The Spec* for featuring us in *The Galleries*; Skills for Safer Living facilitators Yolaine and Tina; and all the artists and attendees.












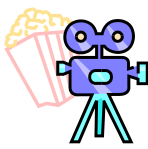













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June 2017



























Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.		1	2	3
MENTAL HEALTH RIGHTS COALITION 				Euchre  2:30pm Women's Group	Cribbage 	
4	5	6	7	8	9	10
	Arts & Crafts 	Euchre 	Creative Writing  2:30 Men's Group	Bingo  2:30 Women's Group	Improv 	
11	12	13	14	15	16	17
	City Walk 	Arts and Crafts 	Apples to Apples  2:30 Men's Group	Movie  2:30 Women's Group	Current Events 	
18	19	20	21	22	23	24
	Arts & Crafts 	Trivia 	Cards  2:30 Men's Group	Arts and Crafts  2:30pm Women's Group	Karaoke 	
25	26	27	28	29	30	
	Arts and Crafts 	Air Hockey 	Birthday Party Members' Meeting  2:30 Men's Group	Board Games  2:30 Women's Group	Self-determination 	



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	We are currently in need. Please consider a donation of hygiene supplies especially feminine hygiene products, individual laundry detergent, hair products and body wash. Thank you.		MENTAL HEALTH RIGHTS COALITION 		Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.	1
2	3	4	5	6	7	8
	Closed for Canada Day 	Cards 	Creative Writing  2:30 Men's Group	1 pm Empowerment  2:30 Women's Group	Current Events 	
9	10	11	12	13	14	15
	Meaningful Activity 	Karaoke 	Mad Pride 	Movie  2:30 Women's Group	Walk to Library 	
16	17	18	19	20	21	22
	Arts and Crafts 	City Walk 	Yahtzee  2:30 Men's Group	City Walk  2:30 Women's Group	Bingo 	
23	24	25	26	27	28	29
	Arts and Crafts 	Members Meeting & Birthday 	Overcoming Stigma  2:30 Men's Group	Air Hockey  2:30 Women's Group	Scrabble 	
30	31					
	Arts and Crafts					

August 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
MENTAL HEALTH RIGHTS COALITION 		<i>Personal(ized) Recovery</i> 	Cards  2:30 Men's Group	Bingo  2:30 Women's Group	City Walk 	
6	7	8	9	10	11	12
	Civic Holiday 	Euchre 	Current Events  2:30 Men's Group	Air Hockey  2:30 Women's Group	Apples to Apples 	
13	14	15	16	17	18	19
	Arts & Crafts 	Board Games 	Creative Writing  2:30 Men's Group	Native Dot Art  2:30 Women's Group	Karaoke 	
20	21	22	23	24	25	26
	Arts & Crafts 	City Walk 	Movie  2:30 Men's Group	Improv  2:30 Women's Group	Autonomy 	
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.	
	Arts & Crafts 	Healthy Living 	Meaningful Choice  2:30 Men's Group	Members' meeting Birthday Party  2:30 Women's Group		