



March / April 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

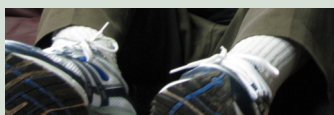
Inside this issue:

Editorials	2
Premier's Award Recipient	3
Kaz's Shoes	4
CBC Healthy	4
Music at MHRC	5
CBC Live Right Now	5
Legal Clinic New Look	4
Special Diet	5&6
Calendars for March and April	7&8

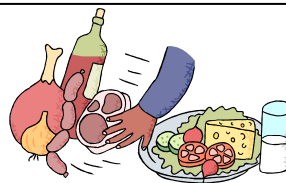
New Shoes



Thanks to the Steps to Health Program this MHRC member got a new pair of running shoes. See details on Page 4



Understanding the New and Improved ? Special Diet Allowance



See page 5 & 6 for details



Mak'n Music Together

See page 4 for details

New Image—New Web Site for Hamilton Legal Clinics - see page 4



A New Slant on Delivering Mail



Vote for your favourite stamp on line by midnight EST March 14, 2011. Visit www.deliverhope.ca. See more on Page 4

Ontario

Premier's Award details on page 3



crazydaisy

Beautiful flowers, great music and Apathy, The Executive Directors Comments . Page 2

Let's Talk—but is anyone listening. The program Manager's comments—Page 2.



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<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

Spring is just around the corner. I can feel it. The proof is in the pudding when I brush back the snow and leaves in the garden to find the tender shoots of the snowdrops.

Here at MHRC we have been admiring the amaryllis members and staff planted in December. Red Knight, double Apple Blossom, variegated multiple Nymph have been a delight to behold.

Karaoke has always been a favorite here and this year we are going to the next level with live music. Long time friend Kevin Barber has offered to come by every second Friday to play guitar. Kevin will bring along well-known street musician Al Barubeck to join in. MHRC has a supply of percussion to help us keep the beat.

Come out to play, sing and learn to write lyrics. Monthly Karaoke will continue as long as we don't get complaints about my singing :)



You may recall from the last newsletter that MHRC and other CSI's (Consumer Survivor Initiatives) in Ontario had been asked on behalf of Provincial Consumer Survivor LHIN Leads (PCSLL) to participate in a postcard campaign asking for action to be taken on the CSI Builder Report. The postcards were to be delivered to Minister of Health Deb Mathews

Members and supporters sent in approximately 325 cards during the campaign. More than 125 were on behalf of people with lived experience of mental illness in the Hamilton area.

The CSI Builder Report addresses policy and funding guidelines, provincial advocacy and supports to CSI's. It holds recommendations about organizational development and evaluation and workforce development with an overriding recommendation for urgent action to follow the report..

To say the least PCSLL was disappointed with the response. The lack of responses begs the questions around apathy, lack of capacity and type of campaign. Please let me know if you have comments, suggestions around

how PCSLL could have better facilitated the campaign. The campaign will be on PCSLL agenda when we meet later in March.

The lack of responses begs the questions around apathy, lack of capacity and type of campaign.

(There is a copy of the CSI Builder Report available on the MHRC website. Go to www.mentalhealthrights.ca. Then go to the Newsletter page and you find it with the links on the left side of the page.)

Check out some of our great news articles this month including an interview with Kaz about the new running shoes he got through the Steps To Health with Good Shepherd; Sarah Moir, CEO Crazy Daisy and her Premier's Award and maybe not so good news about changes to ODSP Special Diet Support Allowance.

For those of you at the MHRC and Good Shepherd dace last week I don't have to tell you how much fun it was. Thank you to Brian Shipley DJ Kryptonite for the great music mix, John Lee and GS staff for organizing pizza, snacks and



Program Manager

Peggy Guiler-Delahunt

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In my two plus hours on the road each day I enjoy listening to CBC podcasts of "The Current". The show keeps me up to date on current affairs and offers a wide range of topics and insights on national and international issues.

Recently I was pleased to listen to many hours of programming about mental health issues. Steven Page, formerly of the Bare Naked Ladies, and many others pontificated about the stigma of mental health and the shameful underfunding of mental health in this country in spite of com-

missioned reports from federal and provincial committees pointing to the urgent need for a change in priorities in health care funding.

Canada Post recognized the need in 2009 and began publishing special stamps to promote mental health initiatives across the country.

Another recent member of the mental health band wagon is Bell Canada. They set aside five cents per call and text on February 9 which is going to mental health. They call their campaign "Let's Talk". I commend all of the

see efforts to bring mental health issues to the forefront but I am disheartened that we have to raise extra money for mental health issues.

What is really needed is a change to the political will and perhaps to the public will. Every year mental illness touches over 25% of Canadians. Each year we lose more people to suicide than were lost in the twin towers in New York.

All the while reports and recommendations, even ones funded with tax dollars, sit on shelves, collecting dust.

Thanks to Bell Canada, CBC and Canada Post for letting us talk but we really need to do is have politicians who listen.



Social Entrepreneur Receives Ontario Premier's Award

*by award
recipient
Sarah Moir*

I was delighted and humbled to receive this year's Ontario Colleges Premiers Award. I really don't feel I deserve it, but I accepted it, so I guess it is mine. It's a huge honour. The last person who won this award who publicly identifies as a psychiatric survivor is Dianna Capponi. She had changed the lives of 1000 people officially, as Executive Director for the OCAB. I am merely willing to start difficult conversations, and do the "dance" between what I believe in and what I believe will work ...and it isn't easy, but I knew that going in. I was completely blind to what the real challenges were going to be. I foolishly thought I was singing to the choir.

I started Crazy Daisy to create employment for a few people like me. I thought if I did everything right and we paid the bills, it had the potential to fight stigma. I imagined that a bunch of "crazy people" who have had doctors tell them not to work, and people who withdrew from work because of too much stress could grow a company which paid it's own way. The vision was a company where workers had the power to change how people with mental illness were viewed at work, and to inspire other businesses to become more supportive of their employees mental health. I grew it because I had the opportunity. I believe that sometimes the solutions to economic and social problems are not mutually exclusive.

There have been many successes to celebrate. Still, I have made foolish mistakes that seemed like good ideas at the time, and desperate attempts which have ended badly. When it rains, it pours. Sometimes you

end up with a mega phone. Sometimes it belongs in better hands.

I called my company Crazy Daisy on purpose. I want to challenge the stigma that surrounds people who live with various degrees of mental health issues.

I intend to earn this award. I got in a little over my head this year. I have met so many interesting people and heard so many interesting ideas my head is spinning...I am con-

I called my company Crazy Daisy on purpose. I want to challenge the stigma that surrounds people who live with various degrees of mental health issues.

vinced social inclusion for consumer survivors (and the value of our lived experience) will happen.

I'd like to think that the combined results would be enhanced recovery, shorter waiting lists and better access to treatment....at the onset of symptoms and a speedier route to find recovery.

Programs to help people already employed retain employment through difficult periods are also needed. Maybe really listening to the voices of those who have the problem could help address the situation better. It might save tax dollars too.

That's what my acceptance speech was about - the dance.

I intended to make a rather militant speech on the history behind the psychiatric survivor movement, about Mad Pride, about

stigma and discrimination, about oppression. I left it at home.

Instead I said something like.... When I was a little girl, sometimes my mom put on a record. My dad would put my little feet on top of his feet and move me around the room. Dancing.

I related that to how people with mental illness are treated, and I think that it was a pretty good analogy of where the consumer survivor movement is. Growing up, learning, getting stronger. We want a say in the music, the tempo, the moves. It makes economic sense. The paradigm shift has already begun.



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.

Steps to Health Incentives Include New Shoes



Kaz, a member of Mental Health Rights

Coalition for many years, has eagerly taken part in the Good Shepherd program Steps to Health. When he was interviewed he had been participating for three months in the walking group. For his diligence he received a brand new pair of high quality running shoes.

Another incentive for participants of the program is a membership to the YMCA.

Kaz says the incentives are the reason he participates in Steps to Health. He looks forward to the opportunity to socialize and enjoys healthy eating with the breakfast club.

The program has helped improve Kaz's cardiovascular conditioning and he says it is good for his mental health.

"It's better than staying at home looking at four walls!" says Kaz. He gives strong recommendations for the program.

The Steps to Health Program is a project of the Good Shepherd HOMES Program.

Canada Post Delivers Hope

It was over two years ago when Canada Post announced it was issuing stamps to raise funds for awareness and building capacity on the front lines of Mental Health. Last year \$2.5 million went to over 50 agencies across Canada.

In Ontario there were 10 agencies who received support from this program. Three programs in Toronto received money for WRAP (Wellness Recovery Action Plan) for Cambodian, Vietnamese, Mainland Chinese and the Korean communities, a child abuse prevention program to reduce wait times for intervention, and the Workman Arts program to increase the number of people who access art therapy as a way to generate income.

The Ottawa area receive three grants. Family support for those with eating disorders, education about living with mental health for staff, volunteers and residents in a women's shelter, and relapse prevention program for youth with addiction issues.

Others programs in the province include Mental Health First Training in Sault Ste. Marie, suicide risk reduction in the Waterloo area, homelessness reduction in Hastings (Peterborough area), mental health literacy for educators involved with high risk youth re-entering school in the Lanark area (Ottawa Valley).

The fundraising at Canada Post continues this year with a first for the corporation. They are hosting an on-line vote for the stamps of preference. One of the five stamps (shown on page 1 and on line at www.deliverhope.ca) will be eligible for the final selection of a stamp for this year.

Consumers who do not have a computer to place their vote are welcome to visit MHRC to use our computer to name your favourite.

Seeking Donations



Donations of yarn for scarves and blankets is requested. See page 7 for details.

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.



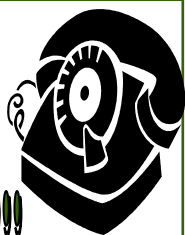
Donations of fresh fruit would also offer a welcome and healthy treat. Contact us at MHRC

905-545-2525

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**.

FOR SUPPORT!!!



Give Us A Call! A Peer Support Worker is available

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

905-545-2525

Mental health and/or addiction consumers needing access to web sites or email who do not have computer or internet use are welcome to become members at MHRC and use our computer. Membership is free for all mental health/addiction consumers.



MHRC is open weekdays from 11 am to 4 pm



Legal Clinics Have a New Image on the Net

The Hamilton Community Legal Clinic has changed its look and has a large selection of resources available on its web site for those who may be seeking help with a variety of issues. These include tenant rights, income supports like Ontario Disability Support, Ontario Works, Workers Compensation, Canada Pension, and Employment Insurance along with services to help with affidavits and notary service, criminal injuries, human rights, wills and school advocacy.

The Legal Clinics are non-profit community organizations designed to help people with low incomes with law services, advice and referrals. They also provide public education about legal issues and are involved in community development and law reform.

The redesigned web site is easy to navigate and has many helpful resources.

The clinic says the best way to get help is to call them and explain the issue to them. Their service is confidential. They will need to know the income level of people asking for service in order to determine eligibility.

The legal clinic does not deal with criminal, family or immigration issues.

A blog on the site has information about issues which those who live in poverty are dealing with in Hamilton and Ontario.

There are three locations for service in the Hamilton area. Bus routes and details about the locations including maps are available on the web site.

Hamilton Community Legal Clinic
Centre de santé communautaire Hamilton/Niagara
460 Main Street East, 2nd floor
(905) 528-0163 ext: 253

Hamilton Community Legal Clinic—McQueen
1440 Main St. E
(905) 545-0442

Hamilton Community Legal Clinic—Dundurn
110 King Street West, Plaza Level (Jackson Square)
(905) 527-4572



Making Music

Two local musicians, Al Barubeck and Kevin Barber (above) are donating their time a couple of Friday afternoons each month to bring music into our lives. At a recent jam session they worked toward demystifying song writing by writing a song about one of the members who attends regularly.

Winter Dance a Huge Success

Mental Health Rights and the Good Shepherd Homes Program joined forces to put on a dance for members and clients on February 24 at Emmaus Place on Aikman Ave. The dance was attended by almost 50 people. DJ services were donated by Mike's DJ Service. The DJ, Brian Shipely, kept everyone dancing for three hours. Those attending enjoyed the music and the food.



Special Diet Notes

After threatening to suspend the special diet alliance last year the Ontario government has changed its political mind and are continuing the program with some changes.

- Those who are already using the program should note they must reapply.
- Those who have a doctor should make an appointment to have the form filled out.
- Those who do not have a doctor should find a clinic to help with the documents.
- If applicants have other conditions not listed on the special diet allowance form they do not have to give any information regarding that condition. For example if you have schizophrenia you do not have to give any information about it if you are applying for special diet allowance for diabetes.
- Deadline for renewal is July 31.

See page 6 for an explanation of the changes to the special diet.



Live Right Now

CBC Examining Mental Health

In a new special feature of CBC radio, designed to help Canadians become healthier, the Current is featuring many mental health issues.

In March, radio phone lines were opened to the public when the program received unprecedented response to a segment on Mental Health which featured former Bare Naked Ladies star, Steven Page.

Page, who lives with Bi Polar disorder, openly spoke of his own struggles with mental health and encouraged the country to participate in a discussion about stigma and funding shortfalls. To listen visit:

<http://www.cbc.ca/thecurrent/episode/2011/01/07/mental-health-guest-host-steven-page/>

This month Live Right Now is featuring on its web site, an opportunity to sign up for a "March Makeover (five pounds in five weeks)". To find out more visit:

<http://www.cbc.ca/liverightnow/>

Special Diet Allowance—Things You Should Know

The changes to the Special Diet allowance in Ontario is good for some and not for others

Anyone already receiving the allowance should have received a letter explaining they have until July 31 to reapply. The new program begins on April 1. Those who will be receiving less are better to wait until closer to the deadline because they can continue to receive their present benefit until July 31. Those who will be receiving more should apply as soon as possible to get full benefit of the program. Below is the new list of allowances, broken into nine categories.

To help calculate the allowance look at the chart below. Recipients are allowed to collect money for only one illness in a category or box. The amount given will be the highest of the amounts in that box. Participants may collect from as many of the boxes as are appropriate.

Example (example items are underlined> in the boxes)

1—MS and have lost 5% of body weight =	191	191
3—Hypertension =	86	
..... Hypercholesterolemia =	51	86
4—Lactose intolerance (over 50) =	45	45
Total from three boxes (categories)		322
























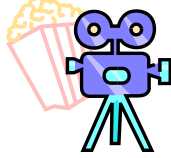




(This is only an example)

If you have trouble applying or reapplying for this benefit you may receive help from the Hamilton Community Legal Clinic.
(Downtown/West end 905-526-4572 Mountain/East End 905-545-0442) www.hamiltonjustice.ca




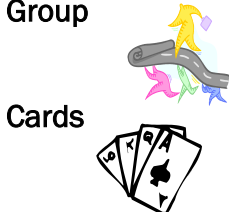









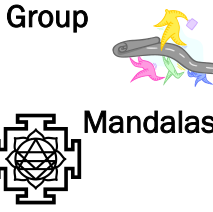










Medical Condition	Amount	Medical Condition	Amount
Unintended weight loss / body wasting due to one of more of these medical conditions: Amyotrophic Lateral Sclerosis (ALS) Crohn's Disease HIV / AIDS Lupus Malignancy <u>Multiple Sclerosis (MS)</u> Ostomies Pancreatic Insufficiency Short Bowel Syndrome Congestive Heart Failure Cirrhosis (stage 3 and 4) Anorexia Nervosa Cystic Fibrosis Ulcerative Colitis Lost between 5% and 10% of usual body weight Lost more than 10% of usual body weight	1 \$191 \$242	Food Allergy – Milk / Dairy 2-8 years of age 9-18 years of age 19-50 years of age Over 50 years of age Lactose Intolerance 2-8 years of age 9-18 years of age 19-50 years of age <u>Over 50 years of age</u> Note: If a person has both of these conditions, they will get the amount for Food Allergy – Milk / Dairy Dysphagia requiring thickening fluids <u>Osteoporosis</u>	\$32 \$63 \$32 \$47 \$30 \$59 \$30 \$45 \$125 \$38
Chronic Wounds and Burns Stage 1 & 2 Stage 3 & 4	2 \$88 \$191	Renal Failure Pre-dialysis Peritoneal / Hemodialysis	7 \$52 \$88
Diabetes Gestational Diabetes Extreme Obesity Hypertension Hyperlipidemia <u>Hypercholesterolemia</u> Note: If a person has 2 or more of these conditions, they will get one allowance – whichever amount is the highest for the conditions they have	3 \$81 \$102 \$51 \$86 \$51 \$51	<u>Food Allergy – Wheat</u> Celiac Disease Note: If a person has both of these conditions, they will get one allowance of \$97 Insufficient lactation to sustain breast-feeding or breast-feeding contraindicated (provided until infant reaches 1 year)	8 \$97 \$97 9 \$154



Monday		Tuesday	Wednesday	Thursday	Friday	S
		1	2	3	4	5
<div></div>		11 Support Group  1 pm cards	Backgammon 	Scrabble Slam 	Karaoke 	
6	7	8	9	10	11	12
	Air Hockey 	Crafts 	11 Women's Tea  1 Checkers 	Board Games 	Music 	
13	14	15	16	 17	18	19
	Members Meeting 	11 Support Group Yahtzee 	Farmer's Market 	St. Patrick's Day Dress Green—win a prize Dictionary Game 	Wii Fit 	
20	21	22	23	24	25	26
	Birthday party  Cottage Studio 	Crafts 	Euchre 	Current Events 	Music 	
27	28	29	30	31		
	Movie 	Karaoke 	Coffee Walk 	11 Men's Coffee  Trivial Pursuit 	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependant on weather. Please wear appropriate shoes and clothing.	

April 2011

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
		<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependant on weather. Please wear appropriate shoes and clothing.</p>			1	2
	 MENTAL HEALTH RIGHTS COALITION				 Monopoly	
3	4	5	6	7	8	9
	Karaoke 	11 am Support Group 	Current Events 	Air Hockey 	Music 	
10	11	12	13	14	15	16
	Library 	Crafts 	Crazy Eights 	McMaster Museum 	Wii Fit 	
17	18	19	20	21	22	23
	Art 	11 Support Group 	Birthday Party  Members Meeting 	Music 	Good Friday  Closed	
24	25	26	27	28	29	30
EASTER	Easter Monday  Closed	Crafts 	Whithern 	Karaoke 	Movie 