



# The Rights Stuff

## Summer 2015

**MENTAL HEALTH RIGHTS COALITION**



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

**June • July • August 2015**

## Second Annual Art Show: Truly. Madly. Deeply.

For the second year in a row, MHRC has presented an art show to celebrate Mental Health Month.

We are grateful for the support of Bryce Kanbara at You Me Gallery, the performers that came out to play music on May 22 and 24, as well as the artists who submitted art and spent time

gallery sitting.

The show was a wonderful success with approximately 20 artists participating as well as many musical guests. The opening night and month long exhibit was well attended with much conversation generated around mental health, stigma, the power of art and language.

Please keep making art and look out for next year's event.

Let us know if you participated in the show or attended the exhibit!

<https://www.surveymonkey.com/r/CLKX2CS>

See pictures page 2-3

## Computer training

Computer training continues on Tuesday and Thursdays this summer. We have an open format, where you can let the trainer know your needs around learning and work together to meet those needs. Bring your projects such as making a resume, PowerPoint presentation or poster. Ask your questions in a small group or one on-one. Computer training can be whatever you make of it.

Computers are also available for your use in the drop-in on a daily basis.

Do you have a topic you would like to see? Any questions? You can email Amanda at [mhrcpro-grams@bellnet.ca](mailto:mhrcpro-grams@bellnet.ca)

We are grateful for the continued support of the Ontario Trillium Foundation.

Ontario  
Trillium  
Foundation



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Trillium  
de l'Ontario

An agency of the Government of Ontario.  
Un organisme du gouvernement de l'Ontario.

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# Truly. Madly. Deeply.

Truly. Madly. Deeply.

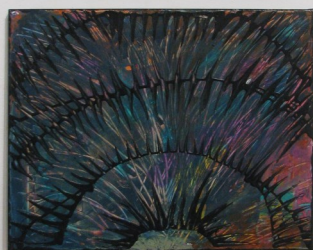
# 2015



Emily Hochheimer—Thoughts as Clouds; Manic Cloud (top)  
Depression cloud (bottom)



Karijn de Jong with her work  
(untitled; top left)



Works by Marilyn  
Litzinger



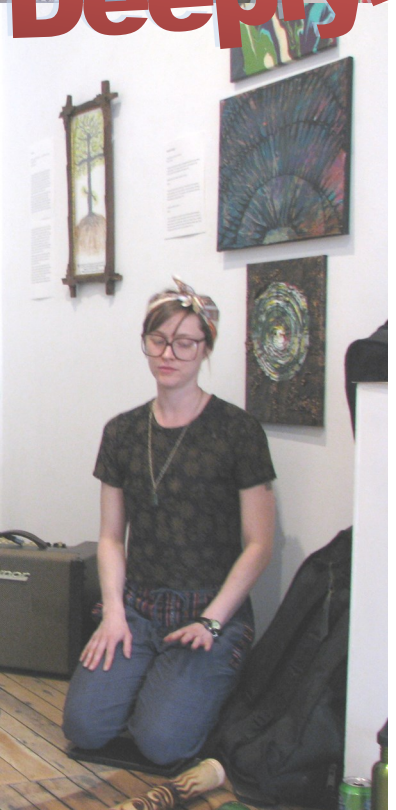
Jordan Martin—untitled



Mark Johancsik—Sunset  
on the Islands



Works by Susan Baranas



**Truly. Madly. Deeply.**

# OCAN? What the heck's that?



By Aisha Baig

*OCAN? What the heck is that?* That is a question I occasionally get from our members. OCAN stands for Ontario Common Assessment of Need, and is one of the things I coordinate at MHRC. It is a consumer-led, decision-making tool used across the province that assists with mental health recovery. It is an opportunity for consumers to talk about current needs in order to connect with the services and supports that may help. There is also room to talk about your hopes, dreams and goals so that we can help develop a plan to get you there. With OCAN, you decide how many of the questions you answer and the amount of time you need to complete it.

One thing I enjoy about completing OCANs with our members is the opportunity it gives them to open up about their needs in areas of their life that they may not get a chance to talk about elsewhere. The holistic approach of the OCAN allows us to talk about things like self-care, how you spend your day, your social life, spirituality and so much more. What I like most, however, is how it gives members a chance to stop and recognize achievements they have had along the way. I aim to complete reassessments with participating members every six months, so when *unmet needs* change to *met needs* that is an awesome thing to see. Some members choose not to participate in the OCAN assessment, or decide they would like to discontinue it, and that is perfectly okay too! In reviewing my own OCAN self-assessments, it is helpful for me to see the areas that have improved in my life, and also helps to keep track of the areas I still need help with.

You might be wondering about privacy. We use a locked filing cabinet and a secure electronic system to protect your personal information; it can only be viewed by authorized people who deliver your services. We give you a consent form and you decide whether or not you would like your assessment shared with other agencies. If you would like to learn more about the OCAN or any of the other things I work on, come visit me at MHRC. All of our staff are trained on OCAN so you can ask them too. Even if you aren't interested in it, come visit us anyways! We have some fun things planned for the summer and I would love to see you drop by!

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## Open Mic Call for Board Members

Back by popular demand is open mic! We have expanded this activity to include any number of things you might like to share. The usual poetry and music are always welcome and we would like to also encourage you to share other things that are important to you. Perhaps you have a photo you would like to talk about, a story to tell, a piece of art work to share and talk about, a project you have worked on. Open mic is more than a talent show, it is an opportunity for you to share what is interesting and important in all areas of your life.



Mental Health Rights Coalition is seeking applications for potential board members. Applicants must be persons with lived experience of mental illness and/or addiction. Responsibilities include attending monthly board meetings and an Annual General Meeting. Interested applicants have an interest and/or experience in governance, boards and committees as well as volunteerism, mental health advocacy and peer support. Applications must be supported by a nomination by a member of Mental Health Rights Coalition in good standing. Board members will be bound by standards of ethical conduct and confidentiality.

Please contact Chrissy or Frances at Mental Health Rights Coalition for more information 905-545-2525 [mhrccd@bellnet.ca](mailto:mhrccd@bellnet.ca). Application forms are available at the office 20 Emerald St S.

The slate of board officers will be presented at the September Annual General Meeting.

# **Mad Hatter's Tea Party**

















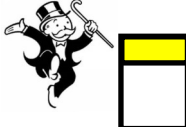


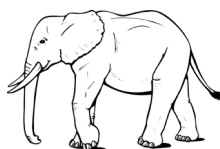




**Tea and treats**

**Wear or  
make a  
whacky hat**

















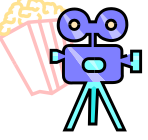







**Games and crafts**

**Celebrate mad pride!  
July 14 @ MHRC 1 pm**





















# June 2015

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	Art & Crafts 	Air hockey  Computer training 1-3	Board games 	Current Events  Computer training 12-3	Apples to Apples Game 	
7	8	9	10	11	12	13
	Open mic 	Healthy Living  Computer training 1-3	Cribbage & Cards 	Dictionary game  Computer training 12-3	Karaoke 	
14	15	16	17	18	19	20
	Art & Crafts 	Hearts - Cards  Computer training 1-3	Euchre tournament 	Skip-bo  Computer training 12-3	Healthy Living 	
21	22	23	24	25	26	27
	Creative writing 	Monopoly deal  Computer training 1-3	Members Meeting Birthday Party 	Karaoke  Computer training 12-3	Toronto Zoo  \$15 call for	
28	29	30				
	Art & Crafts 	Book & Media swap  Computer training 1-3	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.			



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>MENTAL HEALTH RIGHTS COALITION</b> 	Calendar Activities begin at 1 p.m. unless otherwise stated.  Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.	1 Canada Day  Closed	2 Mindfulness & Mandalas 	3 Park games 	4
5	6 Open mic 	7 Cards  Computer training 12-3	8 Guitar group  (no instruction)	9 Walk about  Computer training 12-2	10 Karaoke  & garden	11
12	13 Arts & Crafts 	14 Mad Pride Day  Mad Hatter's Tea Party	15 Board games 	16 Karaoke  Computer training 12-2	17 Healthy Living  & Garden	18
19	20 Creative writing 	21 Rail Trail Walk  Computer training 12-3	22 Movie and popcorn 	23 Bingo  Computer training 12-2	24 Air hockey  & Garden	25
26	27 Arts & Crafts 	28 Karaoke  Computer training 12-3	29 Members' meeting and birthday 	30 Explore the core scavenger hunt  Computer training 12-2	31 Current events  & Garden	30

# August 2015

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3	4	5	6	7	8
	Civic Holiday  Closed	Yahtzee  Computer training 12-2	Neighbourhood walk 	Cards  Computer training 12-3	Board games 	
9	10	11	12	13	14	15
	Open mic 	Healthy Living  Computer training 12-2	Air Hockey 	Apples to Apples Game  Computer training 12-3	Karaoke 	
16	17	18	19	20	21	22
	Art & crafts 	Birthday & Members' Meeting  Computer training 12-2	Creative writing 	Euchre  Computer training 12-3	Healthy living 	
23	24	25	26	27	28	29
	Creative writing 	Coffee walk  Computer training 12-2	Karaoke 	Current events  Computer training 12-3	Bingo 	
30	31	<div>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</div>				MENTAL HEALTH RIGHTS COALITION 
	Art & crafts 