



September/October 2010

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



Getting Consumers to Work

In a presentation given to class members of peer support training, Sarah Moir, owner/manager of Crazy Daisy offers an outline of ways to get consumers of mental health and addiction into the workforce. The discussion is based on a paper produced by the Canadian Mental Health and the Centre for Addiction and Mental Health called "Employment and Education for People with Mental Illness, January 2010". See page 5

Annual General Meeting and Scope Awards
Tuesday, September 21, 2010
35 Aikman Ave.
Hamilton, ON
4 p.m. to 7 p.m.
 Details on Page 7

Former Summer Student—Peer Support Grad shares impressions

Anthony Morgan, who worked as a summer student with MHRC in 2009, recently shared his impressions of the MHRC Peer Support Training Program and in his humorous manner added some comments about his life since his placement here and his hopes for the future. See page 6



Update on Trillium Grant— see page 5



View From the Bay



The view pictured on the left is what 100 members and staff from MHRC, Inspiration Place and the Literacy Council saw on their trip around the Bay aboard the Hamilton Harbour Queen (pictured to the right) in early August. Details on page 4

Inside this issue:

Staff Comments	2 & 3
Bay front Event—story and photos	4
Employment and Mental Illness	5
Peer Support Training Evaluation	6
Calendar Notes	7
News bites	8
Calendar—September/October	9 & 10

Discharge Planning

Focus Groups

September 27 & 28

1:30 to 3:30 p.m.

Honorarium for participants— see page 3



Suicide Prevention
 Community Council of Hamilton

Suicide Prevention Strategy Launch

See page 2

News Bites—Zyprexa Law Suit, rent increase info and other news on page 8



Mental Health Rights Coalition—20 Jackson St. W., Suite 206 A,
 Hamilton, ON L8P 1L2
 Phone: 905-545-2525 Facsimile: 905-545-0211
 Email: mentalhealthrights@bellnet.ca
 Google Map

<http://maps.google.ca/maps?hl=en&q=20+Jackson+St.+W.+Hamilton+file:UJF8&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

ently and better prepares me for future endeavors.”

“The training was good, hope for the future.”

The act of becoming involved and working toward change often leads to renewed self respect and a sense of empowerment. The knowledge that a person can make a difference, not only in their own life, but in the lives of others, for many is invaluable.

Once consumers are accepted on a board of directors or steering committee, agencies are asked to provide a \$15 honorarium/expense fee per meeting to the consumer members.

Currently MHRC has a pool of thirty VOE grads available for committee, advisory and board work.

Just as boards seek the expertise of lawyers and accountants MHRC encourages mental health and addiction services, organizations, and associations to acknowledge to relevance and value of the expertise of those people with lived experience of mental illness and or addiction by engaging in meaningful consult.

“A Guide to Effective Consumer Participation in Mental Health Services” published by the Ministry of Health, New Zealand in 1995 reports highlights the advantages of increased consumer driven and directed involvement in recovery, planning, implementing and evaluating policies, procedures and programs.

The report highlights three major affects on the person and mental health services as being: efficient and effective services which

meet consumer needs; ethical reasons; and the right to influence and shape services received.

Empowering persons and organizations to participate in true consult encourages persons to cope with and enjoy greater responsibility in day to day living.

It can be discouraging when organizations call for last minute consults with consumer to rubber stamp plans, papers, research and policies.

Recently I participated in a consult around research. I was the only consumer in a room of 13. The other stakeholders had interesting ideas around research but had not consulted with consumers about how research should be directed.

I wondered out loud about why this was still happening in 2010 only to receive blank stares and a glossing over of the fact that consumers weren't really engaged in this particular consult.

Unfortunately this is not unusual. Some mental health services and organizations seem to resist. Others have embraced consultation with consumers much to their credit and benefit. Perhaps in a system which has so long been paternalistic others just don't think to ask.

I read Anthony Morgan's comment about his dream MHRC will one day address the UN and wonder how that will come to be if services and organizations resist true and meaningful consumer consultation.

Remember, **Nihil de nobis, sine nobis** - Nothing About Us Without Us.

Mental Health Rights Coalition (MHRC) is pleased to announce the recent training of ten Voices of Experience (VOE) representatives.

MHRC and VOE train people with lived experience of mental illness and/or addiction to fully participate in the business of running of boards, committees and advisory groups.

Participants receive a 24 hour training course where they learn the basics of membership on a board of directors or a steering committee, Robert's Rules of Order, board of directors and steering committee responsibilities, and the structure of boards and committees.

Participants in the VOE training were asked for their feedback in terms of impact on recovery. Here are a few of their responses.

“VOE helped prepare me to represent a voice (on a board or committee) people whose opinion in not readily considered. My recovery depends on the positive steps I can take or programs I can take part of.”

“...makes me look at things differ-



This 18 hour training is offered by MHRC to consumers wishing to participate on boards and committees.

Valued at \$450 per person, this training is offered to consumers free of charge.

Agencies wishing to offer the training to their board members or prospective board members may inquire about group rates with the Executive Director.



Join us for the launch of the
Hamilton Suicide Prevention Strategy
Friday, September 10, 2010: World Suicide Prevention Day
Hamilton City Hall Chambers:
71 Main St. W. 10 am
Everyone Welcome - contact 905-546-2424 X 3612



Program Manager

Peggy Guiler-Delahunt
mhrprograms@bellnet.ca

Volunteer Work

Someone suggested to me the other day that I might reassess and try another line of volunteer work and it got me thinking about all sorts of things.

On a personal level—yes, I perhaps need to find something to get me away from my job rather than doing things which are just a natural extension of it. Doing peer support volunteer work and facilitating suicide bereavement groups seem to be a natural fit for me. The conversation reminded me that perhaps it is not the best thing for my personal care and has potential for burn out.

So how does one find a volunteer placement that might be suitable, interesting, challenging and fits into the schedule?

A quick look at the internet under “Volunteer Hamilton” opens all sorts of possibilities. Volunteer Hamilton offers a one hour course on volunteering which could help in beginning the process. From the web site people can develop their own volunteer profile, do research on the over 100

registered agencies and do a search of work by establishing categories of work which are of interest. They can then be cross referenced with available times.

The end result is a list of volunteer jobs which may be of interest. For example, when I plugged in some interest in the arts I discovered that the fringe festival is looking for an usher.

There are all sorts of possibilities which showed up I would never have thought of. There are many board opportunities for a variety of organizations, lots of work with children and the elderly, and short term event work.

For those interested in taking part in the decision making process—of special note to Voices of Experience graduates—there is a list of boards who are currently seeking members.

While MHRC is not a member of Volunteer Hamilton we also have many volunteers. All those who do volunteer peer support with us must have completed the peer support training program but we are always ready to entertain ideas for program additions,

As to my own volunteer work, it will stay the same for now. I might not take on any more for a while though. I could just find a good book to read.

iPod Books

And about reading books. I recently purchased an iphone. In spite of the nightmare on my street that it was to get the thing working, it is proving to be a very valuable tool. Because I travel over two hours a day to work my reading time is severely reduced. Now I can purchase books online and have someone read to me on my way to and from work. Recent releases are not readily available in audio format but I did find one. More accessible are the classics and they are also a lot cheaper than the newer books. Other things I've added to my listening repertoire are Podcasts from different broadcasters I like to listen to but can't always access because of timing. My current favorite is short stories from the New Yorker.

Roger's and Apple are not high on my list of favorite businesses right now but I do like being able to make my brain work a little on the way to and from work.

Consumer Feedback Needed on Hospital Discharge

St. Joseph's Hospital Hamilton is looking for mental health consumers to participate in a focus group on their experience with being discharged from hospital. The input will help make improvements to the discharge process in mental health and addiction programs. Participants will be reimbursed for their time.

Focus Groups

September 27 & 28

1:30 to 3:30 p.m.

Please contact Clair at 905-522-1155X32297 or

Email: ckislins@stjoes.ca

Mental health and/or addiction consumers needing to 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.

Support Group
This Consumer Group meets
twice a month to talk about
things of interest.

All consumers of Mental Health and
Addiction are welcome

1st and 3rd
Tuesday
of each month

11-12

Facilitator:
Jennifer Armstrong

Bay front Event a Huge Success

The 2nd Annual Bay front event, with a harbour cruise on August 4 included about 120 people from three agencies and was a hit with everyone who attended. Mental Health Rights Coalition and Inspiration Place along with the Hamilton Literacy Council hosted the day and offered a very special outing to many people. It was a great way to spend one of the hottest days of 2010.

The boat cruise, which took just a little more than an hour, toured the bay sighting important landmarks and helping to keep passengers cool. One member from MHRC said, "I tell you, I'm having the time of my life."

Lunch was of the picnic variety with subs pop and ice cream. The Hamilton Bay Sailing Club allowed the use of their compound, with comfortable chairs and a little shade for our lunch. Some people had a little extra fun after lunch playing games in the park and frolicking in the splash pad to cool down.

We gratefully acknowledge the sponsorship of this trip by Crazy Daisy, Trivaris, and the Hamilton Bay Sailing Club. Thank you for your generous donations to this trip.

We also want to thank the Captain and crew of the Hamilton Harbour Queen for their kindness and care on the cruise.



Employment and Education for People With Mental Illness

By Sarah Moir

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

MHRC has recently offered peer support training with the support of an Ontario Trillium Foundation Grant. In the training each participant was required to give a short presentation on a topic. Because of her own interests as proprietor of “Crazy Daisy” and for the interest of the project Sarah volunteered to take on the topic of employment. Following is her discussion outline which is based on her own experience and research as well as a paper produced in January of this year by Canadian Mental Health, and the Centre for Addiction and Mental Health - “Employment and Education for People with Mental Illness.” Expanded discussion on portions of this paper can be found in the discussion paper. For more info on the Trillium project see our May/June newsletter—story entitled “Taking Peer Support to a New Arena”

Employment and education are essential elements of recovery for people with mental illness and that meaningful participation in the workplace offers improved health and quality of life. It is a very complex issue with no easy answer.

People can, and desperately want to work. Work can support recovery.

No single program or initiative can radically increase employment opportunities for those with mental illness. However the right combination of employment support services, disability income programs, human rights legislation, and education and economic incentives can make an enormous difference. These include:

- Rights: ensure that people experiencing mental illness have access to the same opportunities as others;
- Economy: help prepare people experiencing mental illness to take advantage of employment opportunities as the economy shifts towards requiring higher levels of post-secondary education and training.
- Knowledge: increase access to specialized employment supports and services, especially those where the research has demonstrated their effectiveness, and support ongoing evaluation and innovation, and

Income support policy: reform and continually assess income support policy to ensure it assists people with mental illness to access quality employment, instead of serving as a disincentive and barrier to work

Types of supported/supportive employment and education include:

- The Individual Placement and Support—key to this approach is that the work is based on consumer interest and is not directed by family or service providers. It works better when consumers are helped to understand the combination of income supports and work income. There also needs to be a focus on barriers such as aging parents, dependant children and race issues. IPS works especially well for those who have concurrent disorders.
- Choose-Get-Keep and Diversified Placement Approach—this approach is more long term and blends supports of work and health. There is a focus on pre-vocational work (training) and workers often accompany clients in their work. It is based on the clubhouse vocational model.
- Motivational Interviewing and Cognitive Remediation—This therapeutic approach trains people to address the cognitive issues related to their illness i.e. poor short term memory is addressed with memory training.
- Social Enterprise—has what some call a “double bottom line”. It combines financial return with a social mission. There is often active recruitment of marginalized groups and partnerships with employers and community employment services. (Crazy Daisy is a social enterprise and MHRC and Trivaris are working with MHRC to increase employment opportunity through this model by expanding peer support into the workplace.)
- Self-Employment—this approach has seen many success stories in the consumer community but has some major barriers which include complicated rule about benefits and service providers who are not very supportive because they lack expertise. Another issue is the acquisition of capital start up loans.
- Alternative and Affirmative Businesses—presently this type of business is almost exclusively led, managed and run by consumers. It is often a collection of small

enterprises under one roof with the infrastructure supported by government funding allowing people to keep more of their profit. Some of the greatest benefit is a strong sense of hope and self esteem for the participants.

- Supported education—specialized in class support and academic supports which support the needs of the individual i.e. note takers or extended exam times.
- Augmented Education—similar to supported education but adds a job placement component

We must address the systematic disincentives to work – contradictory goals regarding income supports while we create incentives for organizations to make social hires.

What are the next steps?

Strengthen rights

Lead by example

Fund supportive educational programs that are working

Build coordinated action with ministries and LHIN's (Local Health Integration Network - Ontario)

Support education and employment programs to innovate, adapt, evaluate and improve

Access income assistance policy change

The low rate of participation in the workplace for people living with mental illness is unacceptable. This leads to increased healthcare and magnifies the social consequences of mental illness.

Discussion paper on Employment and Education for People with Mental Illness can be found at: http://www.camh.net/Public_policy/Public_policy_papers/employment_discussion_paper_jan10.pdf



Mental Health at Work: Survive, Strive, and Thrive is a project of the Mental Health Rights Coalition with funding from the Ontario Trillium foundation and in partnership with Crazy Daisy and Trivaris.

TRIVARIS

crazydaisy





Peer Support Training Evaluation

And a little more

Anthony Morgan was a summer student placement with MHRC in 2009. Recently we contacted him and many other peer support training grads to share their thoughts about training. Below is Anthony's response. Other responses to our questions may appear in promotional material

We also include some of Anthony's personal comment about his life and his hopes for MHRC.

I felt the training had a really great effect on myself and, from what I could see, everyone else in our training group. I think there's a real sense of strength that comes in realizing that there are lots of other people that were experiencing what you were. It validates your own feelings and allows you collectively to problem solve. The sense of being on your own can be quite overwhelming and I think that the group training lifted a great deal of that burden from our shoulders.

As for the training's effects on those that I work with and the agencies I've worked with. I'd say overwhelmingly positive. I currently am volunteering with the Salvation Army suicide prevention services of Hamilton. The training provided to me through this organization did an excellent job of addressing the main concerns we would be faced with in our work. The Mental Health Rights Coalition however provided me with a number of insights that could only be gained by speaking directly with persons that had experienced suicidality. There were many nuanced approaches to dealing with particular personality types and seemingly irrelevant signs to keep watch for. Essentially the MHRC was able to fill in all of the fine details. They have been a substantial asset in my work with suicide prevention services. I would happily recommend that the services of the Mental Health Rights Coalition be seconded out the Suicide Prevention Services of Hamilton!

Anthony's personal note said this:

Well I've just graduated with an Honours B.Sc. in Psychology, Neuroscience and Behaviour. So for the time being I've moved back with mom and pop to try and save some money. Next, the world is my oyster.

I'm going to be applying to everything from Master's programs abroad to CAMH to research assistant positions in Toronto. So I'm not sure what exactly I'll be doing in the next couple of months but hopefully something big.

Unfortunately the girl I have been seeing for the past 8 months has to move back to England :(So unless the technology for teleportation makes some big breakthroughs sometime in the near future I'll once again be a bachelor.

I dream of a world where the Mental Health Rights Coalition is an internationally recognized organization and the U.N. asks that you make an honorary address to the general assembly making known the plight of mental health consumers, and also, I would own several pet dinosaurs.

I dream of a world where the Mental Health Rights Coalition is an internationally recognized organization and the U.N. asks that you make an honorary address to the general assembly making known the plight of mental health consumers

High Demand for Training

The demand for Peer Support Training is high and many organizations are asking MHRC to train their consumer volunteers in peer support. These outside agencies are paying for their clients to take the course. This supplemental money allows MHRC to continue to offer the training in house to consumers at no cost.

Because the wait list for the free training is very long (80 people) MHRC is making some changes to the requirements for entrance into the program. Applicants are now asked to provide a resume and a cover letter/letter of intent outlining why they want to take the course and what they hope to gain from the training in their personal growth and as peer support workers.

If you or your group think peer support training is something which would benefit your programs please contact MHRC for more information.

FOR SUPPORT 

Give Us A Call! A Peer Support Worker is available

Monday to Friday,
11a.m.-4p.m. (except holidays)
905-545-2525



Annual General Meeting & Scope Awards

Tuesday, September 21, 2009

35 Aikman Ave., Hamilton, ON

4:00 p.m. to 7:00 p.m.

4:00 pm—Speaker—Laurie Albertini OCAN Consumer
Lead (Ontario Common Assessment of Need)

4:30 Scope Awards

5-6 pm—Dinner - 6-7 pm—AGM

Supporting Consumer Opportunities for Personal Empowerment

S.C.O.P.E Awards provide our membership, staff and other consumers a means to publicly recognize and thank individuals or services who have helped empower them in their recovery process.

S.C.O.P.E is a non-competitive award event: every nominee receives a SCOPE certificate and is invited to the award presentations, along with their nominator.

Scope Award forms may be picked up at the MHRC offices—20 Jackson St. W. or on the website at www.mentalhealthrights.ca

This meeting will include the election of officers to the board of directors.

Please update your membership to assure your voting privileges.

**If you will be attending please call
905-545-2525**

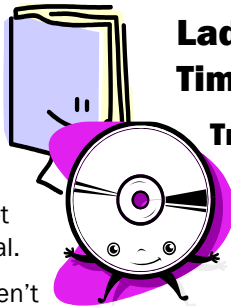
Book and CD Swap

MHRC is hosting it's first Book and CD swap on Wednesday September 29 at 1 pm.

This is a fun and free way to get new music and reading material.

Bring in books and CDs that aren't being used and exchange them for something different. Participants are issued a ticket or voucher for each item they bring.

At the end of the one hour swap take home all the items which did not move. No encyclopedias please!



Ladies Tea Time and Gentlemen's Coffee Time

Trying Something New

There have been some requests from men and women for groups which are particular to their needs. In October MHRC will host both a ladies tea and a gentlemen's coffee time to give groups an opportunity to meet separately for informal discussion.

The ladies meet Tuesday, October 19 at 2:00 p.m. The gentlemen will meet the following week on Monday, October 25 at 11:30 am. Coffee and tea are free.



Calendar Events of Note

Some special events over the next two months include: a trip to the Art Gallery on Friday, September 3; support group every other Tuesday at 11; a new game to try out—Pictureka; and a Halloween Party on Friday, October 29. The old favorite, Karaoke, is also back on the calendar.



Consumer Conference



Wednesday, October 6

Welland

MHRC along with other Consumer Agencies in this area will be travelling to Welland for a day of speakers, fun and food.

Please watch the web site and postings in the office for more information

Transportation provided

Mark the day in your calendar

Members Meeting—A time to evaluate and promote change

At the monthly meeting, members and staff discuss things they might plan to do in the following months. From this comes interesting and innovative programming at MHRC.

Recently added to the members meeting is an opportunity to evaluate the work of MHRC. Each month members are asked a series of questions. Staff and board members carefully review these comments and suggestions as they prepare budget and program and when they seek additional funding.

News Bites

Integrated service for Ontario health card/license renewals

The Ontario government is in the process of introducing "ServiceOntario" centres which will integrate services for renewal of health cards, drivers license and vehicle registration. These centres are in at least 5 locations in Hamilton and area. Some have regular business hours and offer counter service while others are kiosks which do not have staff.

The locations and the services available, which include accessibility and language supports are listed on the web site at: https://www.services.gov.on.ca/services/specify-City.do?action=show_map#scrolltomap

Lawsuit—Zyprexa (Olanzapine)

People who took Zyprexa, also known as Olanzapine, prior to June 6, 2007 may have a claim in a lawsuit against the drug's manufacturer, Eli Lilly. Canadian courts have approved a \$17.6 million in damages for those who have taken the drug prior to June 6, 2007 and who have subsequently been diagnosed with diabetes, hyperglycemia, teoacidosis, or pancreatitis.

Zyprexa is a drug used in the treatment of schizophrenia and bi polar disorder.

An article in "Health Zone" on June 30, 2010 suggests Eli Lilly "denies any wrongdoing" but they have made changes to its label to include warning signs of diabetes.

The original claim was filed on behalf of 11 people. The settlement was based on estimate of 1,450 possible claimants.

If you believe you may qualify you are encouraged to contact lawyer, Matthew Baer (800) 461-6166x7782.

Rent Increases close to Zero in 2011

The Ontario rent increase guideline for 2011 is the lowest in the 35 years of rent regulation history in Ontario. The McGuinty government announced in June that the guideline, designed to reflect the increase in cost of living, is only 0.7% for 2011.

That means if someone pays rent of \$600 the only allowable increase in rent for most market rent apartments would be \$4.20 for a total rent of \$604.20

"There are some exceptions and complicated situations where rents can be raised higher," explains Craig Foye, lawyer with the Hamilton Community Legal Clinic.

Foye also explained there are rules about how notices of increase can be given. The Residential Tenancy Act requires that landlords give 90 days written notice and they provide forms which may be downloaded from the internet. If the form is not used the information has to be all that is required by law.

The Community Legal Clinics are very willing to help people in this situation and will speak with tenants to inform them of their rights and will also help by drafting a letter to a landlord who wants to increase rent beyond the limit.

"There are often complicated situations," explained Foye, but he said the staff at HCLC will help people figure out what is legal and what is not.

HCLC has three locations in the city and are open weekdays.

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.

Seeking Donations

We make it a practice 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



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








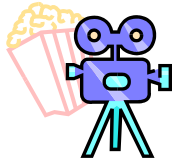

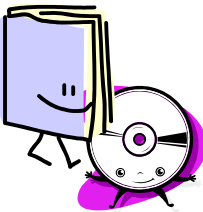
The Rights Stuff welcomes submissions & letters of 250 words or less. Be advised that MHRC reserves the right to edit and/ or decline publication of any submissions.

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.

September 2010

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
			1	2	3	4
			Backgammon 	Dominoes 	Art Gallery 	
5	6	7	8	9	10	11
	Labour Day Closed	Support Group 	Yahtzee 	Pictureka 	Coffee walk  World Suicide Prevention Day	
12	13	14	15	16	17	18
	Current Events 	Crafts 	Air Hockey 	Bingo 	Chess & Checkers 	
19	20	21	22	23	24	25
	Birthday Party & Members Meeting 	MHRC office Closed Annual General Meeting and Scope Awards 4 p.m. to 7 p.m.	Movies 	Walk About 	Karaoke 	
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.	
	Focus Group St. Joe's Discharge Planning 1:30—3:30 See Ad on Page 3	Focus Group St. Joe's Discharge Planning 1:30—3:30	Book and CD swap 	Jenga 		



October 2010



S	Monday	Tuesday	Wednesday	Thursday	Friday	S
		Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependant on weather. Please wear appropriate shoes and clothing.			1	2
					Cards 	
3	4	5	6	7	8	9
	Walk About 	11 Support Group 	Consumer Conference Niagara—See page 7 for details	Board Games 	Pictionary 	
10	11	12	13	14	15	16
	Thanksgiving Closed	Crafts 	Members Meeting 	Euchre 	Karaoke 	
17	18	19	20	21	22	23
	Birthday Party 	11 Support Group 2 Ladies Tea	Coffee walk 	Yahtzee 	Movies 	
24	25	26	27	28	29	30
	11:30 Gentlemen's coffee group 1 Air Hockey 	Crafts 	Karaoke 	Current Events 	Halloween Party 	
31						