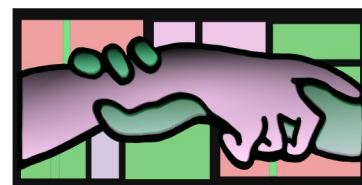


The Rights Stuff

July/August 2011

MENTAL HEALTH RIGHTS COALITION



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



Diversity—Asking the Spec to Explore the “Diversity” of Mental Health

Details page 4



Interesting Events in the July and August Calendars include a Comedy Workshop and a Boat Cruise.

Details on pages 7 & 8



WEDNESDAYS AT WHITEHEARN



Bring your lunch and join us in the garden of Whitehearn every Wednesday (when it's not raining) for the summer. MHRC will treat you to lemonade. Listen to live music while you eat. MHRC staff or volunteers will accompany members from 12 to 1.

Annual General Meeting and Award Presentations

Tuesday, September 20, 2011—4 to 7 p.m.

35 Aikman Ave., Hamilton, ON

—details page 3



New Award for Peer Support Workers.

Details on page 3

Wellness Recovery Action Plan Gets Two Year Trillium Grant with Niagara and Hamilton Partners

Details Page 5



Mental Health Week Photos

—page 5

Prep for Fall Election in Ontario

A Mental Health Perspective Details on Page 5

Diabetes Education 2nd Tuesday and 3rd Friday of each month. Details on page 6.



20th Anniversary Open House—page 2

Re-Branding

After 20 years of service to consumers in the Hamilton area the MHRC mission remains intact but our logo and colours were looking a little bland.

Working with our previous logo, placement student Karen Madden, re-worked the existing logo with some new colour. Another change is the position of the logo. It used to show hands reaching up and down. After consulting with members, it was decided the picture should be horizontal to better depict our goal of support to one another.

Over the next few weeks the new look will begin to appear on brochures and the web page.

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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) <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>



Executive Director: Frances V. Jewell mhrced@bellnet.ca

MHRC has been busy with several projects over the past months. We've been working on implementing Ontario Common Assessment of Need (OCAN) in the organization. Staff training for OCAN is now in progress and we hope by the end of summer members will have an opportunity to complete the self-assessment if they are so inclined. MHRC plans to hold a workshop to inform members/consumers about what the assessment looks like and what it is meant to achieve. You may recall we had Laurie Albertini, Consumer Lead presented at our AGM last year. Earlier this year Laurie came back with Karen O'Connor to update members about OCAN. The assessment is meant to address what consumer needs are in a more holistic manner. Please check our calendar for OCAN information sessions.

Thank you to the volunteers who came out to the appreciation afternoon on June 8th. It's nice having the opportunity to sit and chat with people.

Our Open House was a great success. We had music, food, good times and a visit from the newly minted LHIN 4 Chair Mike Shea.

Recently the Hamilton Spectator embarked on a series to examine diversity in our city. The diversity project's aim is to "look for the kinds of stories that haven't been reported, take pictures of those who aren't necessarily visible, find the voices that often aren't heard. That is our goal". People with mental illness are often overlooked, shunned, and under-represented as members of the community. I don't know about you but I didn't sign up for a mental illness. I certainly get the impression that I'm at fault when I'm not well. I also get the message that others know what's best for me. When I do ask for help, I'm a bother, burden, costly to the system and if I just pulled it together I wouldn't need help. Do you think we can change the attitudes and perceptions of others around mental illness? I'm hopeful the Spectator will be interested in knowing about us and including us in this diverse city. Yes I am a citizen if this city and I count. After all, "nothing about us without us"!

Responding to an article in the Spectator on June 25 MHRC we will be inviting the Spec to include people with lived experience of mental illness as a group who need and want to be included as citizens of our fine city.



LHIN 4 Chair, Mike Shea and MHRC board member Chrissy Hawkins at Open House



Left: Karen Madden, student, relaxing on the new couch.

Below: Staff, Lance Dingman, Patty Smith and Claudine Humphrey watch the events.



A cake for 20 years



Left: Members Jason, Naki and MHRC Board Chair Sharon Richards enjoy Open House.

Below: Staff member Jason Keey enjoys new couch.



Musicians Kevin, Al and Craig entertained at the Open House



Members Naki and Laura try new chairs in the Library



Notice of Annual General Meeting POWER/SCOPE Awards Tuesday, September 20, 2011

35 Aikman Ave., Hamilton, ON

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

4:00 pm — Speaker

4:30 Awards Presentations

5-6 pm — Dinner

6-7 pm — AGM

POWER and SCOPE Awards presentations will take place after dinner

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.

SCOPE 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 membership to assure
voting privileges.**

New Award for Peer Workers

“Peer’s Outstanding Work Empowering Recovery” Award was initiated by the Mental Health Rights Coalition in 2011. MHRC is proud of the work done by peers in the mental health system and believes their efforts are often lacking reward.

The “POWER” Award is offered to a certified peer support worker who has shown outstanding ability and compassion in their formal role as peer supporter with consumers of mental health and addiction in a consumer organization, agency or business within the City of Hamilton and surrounding area. This award is only available for front line staff who have graduated from a recognized peer support training program. It excludes management.

Nominations are to be submitted to the Executive Director of MHRC in the form a letter stating:

- the name and workplace of the nominee
- the reason the nominators believes this peer supporter to be worthy of the nomination
- two names supporting the nomination including contact information.

The nominee does not need to be aware of the nomination.

The award will be presented to the selected recipient at the Annual General Meeting of MHRC. **The deadline for nominations is August 31.**

Forms and deadline information will be available at MHRC and on their website at www.mentalhealthrights.ca.

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.

2011 nominations close August 31, 2011. SCOPE awards will be presented at the Annual General Meeting, September 20, 2011

Nomination forms will be available at the office or by contacting the Program Manager at mhrcprograms@bellnet.ca



Hamilton's Mosaic

—Talking About Diversity

The Spec Commits to Change

The June 25th Edition of the Hamilton Spectator lauds the launch of the newspaper's new focus on "diversity". They call it, "an ongoing examination of diversity in Hamilton" and a "commitment to creating a better understanding of our city's diverse makeup." The Spectator proposes to write stories about, "issues, people, triumphs and challenges".

In his editorial the same day, Paul Berton expands that focus by saying, "It will not simply be about immigration, but about inclusivity. It will not simply be about new Canadians, but about people with differing physical and mental abilities, about the lesbian, gay, bisexual, transgender and queer community, about the challenges facing old people and young. It will be about justice and access for all.

Berton goes to explain that the Spectator will be welcoming submissions which reflect differing points of view on many subjects.

"The Hamilton Spectator must learn to think differently and "see" differently if it is to truly succeed and accurately reflect its community." He goes on to say this will be accomplished by doing things differently including looking for stories that haven't been reported, taking pictures of those who are less visible and finding the voices which aren't heard.

Going on with a challenge to the community, Berton suggests exploring and embracing diversity should be a goal for everyone. He says the process will be "enlightening, surprising, inspiring...uncomfortable, even appalling.

MHRC applauds this commitment and looks forward to watching the change.

MHRC Invitation to the Spec

The Mental Health Rights Coalition (MHRC) celebrates 20 years of advocacy in the city of Hamilton this year. Our role has been one which has changed in many ways but still the need for advocacy is high and the discrimination against those who live with mental health issues is still rampant.

While Hamilton is seen as one of the leaders in mental health in Canada there is still much to be accomplished when it comes to the care and concern for those who live with mental health issues.

MHRC would like to invite the Hamilton Spectator and the citizens of Hamilton to be leaders in the fair and equitable treatment of those living with mental health issues.

It is the belief of MHRC that mental health consumers still suffer more from the social and economic issues which plague mental illness than they do from the illness itself. Mental health consumers still don't get the services they need, the respect they deserve and the quality of life which is due to every person in this society. Discrimination against mental health consumers is still disguised and made acceptable by calling it "stigma". People with mental health issues are shunned, turned away, ignored, improperly stereotyped and treated with disdain by families, professionals, service providers, the legal system, the media and society in general.

MHRC asks the Hamilton Spectator to take the time and have the patience to speak with those who really know about mental health, those who live with the illnesses in order to begin changing the face of discrimination in one of its last strongholds.

Speaking to the issues of discrimination in mental health the World Health Organization (WHO) says,

"People with mental disorders are some of the most neglected people in the world. In many communities, mental illness is not considered a real medical condition, but viewed as a weakness of character or as a punishment for immoral behaviour. Even when people with mental disorders are recognized as having a medical condition, the treatment they receive is often less than humane.

Human rights violations against people with mental disorders occur in communities throughout the world – in mental health institutions, hospitals, and in the wider community. "

We who live in a society which thinks of itself as progressive and open minded may like to believe this is not true here but the people and stories MHRC encounters every day tell a different tale.

WHO offers a list of suggestions to begin to alleviate the difficulties faced by mental health consumers around the world. Some of the suggestions are directed to policy makers, health care workers, those who have the disorder, user groups, families, foundations, professional groups and the media. The entire list can be found at:

http://www.who.int/features/2005/mental_health/help/en/index.html

To the media in particular they offer this advice:

- Avoid stereotyping, sensationalism and perpetuating myths and misconceptions when reporting on mental health issues.
- Present mental health issues with compassion, highlighting what can be achieved with adequate financial and human resources.
- Highlight the human rights of people with mental disorders.

MHRC Facts

MHRC received its initial funding in 1991 along with several other Consumer survivor Initiatives around the province of Ontario.

Funding for MHRC is received from the Ministry of Health and Long Term Care through the Local Health Integration Network 4.

Other funds are generated from:

- The Ontario Trillium foundation which has granted to several projects over the years. The most recent grants included monies to run the “Thrive, Strive and Survive” project and a capital grant for much needed new furniture.
- MHRC, in partnership with Good Shepherd, supports peer support workers who support individuals in the Good Shepherd HOMES and Steps to Health program.
- Joint ventures with several other local addiction and mental health service providers include the “Voices of Experience” project funded by Hamilton Addiction and Mental Health Collaborative (HAMHC).
- Donations from groups and individuals have been given over the years and added to program dollars to enhance special projects. On-going donations take many forms including fresh fruit and toiletries for the members

MHRC also sponsors “Rising Star Cooperative Homes Inc.” which is in the process of securing funding and property for a coop housing initiative.

MHRC is a not for profit non charitable organization.



MHRC Announces Two Year Ontario Trillium Grant

Mental Health Rights Coalition is pleased to announce a partnership with Consumer Survivor Initiative of Niagara, Oak Centre Clubhouse, Welland and St. Josephs Health Care Hamilton to provide WRAP (Wellness Recovery Action Plan). Wrap is a self-management and crisis prevention tool focusing on a person's strengths. Individuals who participate in WRAP will create a plan that is in keeping with their goals for treatment and supports, and empowers them to make choices that are in keeping with personal values and beliefs around recovery.

Mental Health Week a Huge Success





Ontario Election 2011

Get Ready to Participate in Change

The Thursday before Thanksgiving, Ontarians will be asked to go to the polls to elect the 40th Legislative Assembly of the Province. The Ontario general election is scheduled for October 6, 2011.

The present majority government was formed in 2007 by The Ontario Liberal Party led by Dalton McGuinty. The Progressive Conservative Party of Ontario is the official opposition and are now led by Tim Hudak. The Ontario New Democratic Party (NDP), led by Andrea Horwath, are the third party in the legislature.

Under amendments passed by the Legislature in 2004, Ontario elections are now held on fixed dates: the first Thursday of October every four years.

As it stands at the printing of this article four parties will be represented in the 2011 election. The three mentioned above as well as the Green party.

MHRC will be providing ongoing opportunity for discussion about the election over the next three months. The ideas and issues will be explored and information will be collected at the Coalition.

Mental Health and Addictions Alliance (MHAA) is a collaborative of agencies in Ontario which believe Mental Health and Addiction will be a major issue in the upcoming election. They have issued a position paper focusing on the four issues they agree are the most pressing. The alliance was formed for the purpose of bringing the issues of mental health and addictions to the forefront in the October election. The statements from the MHAA along with other project information is available on their website at www.vote4mha.ca.

The September edition of the Rights Stuff will provide extensive coverage about the October 6 election.



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 two diabetes education groups every month. Terry will also contribute to The Rights Stuff. Terry is the Diabetes Educator for St. Joseph's Hospital.

Type 2 Diabetes and Mental Illness

Pre-diabetes and diabetes are more common in individuals living with a mental health condition. Living with severe and chronic mental illness is challenging on its

own, so being told that you have pre-diabetes or diabetes can feel overwhelming. It is important to remember that you did not cause your diabetes. Diabetes is not caused by eating too much or lack of activity, but an unhealthy lifestyle can contribute to the risk of developing diabetes. Depression and anxiety can effect motivation and make it difficult for individuals to exercise regularly and eat a healthy diet. Antipsychotic medications, while very important and useful tools to control mental health conditions may lead to weight gain and insulin resistance. Unstable housing and limited income can complicate matters even further.

It is important to remember that there are many healthy lifestyle choices that you can make to live well with pre-diabetes or diabetes while maintaining your mental health. Healthy lifestyle discussions and diabetes education, led by a certified diabetes nurse educator, take place at the MHRC Jackson Street office on the second Tuesday afternoon of each month from 1:00-3:30pm and on the third Friday of the month from 12:00 to 1:00pm (just before Wii Fit). Everyone is welcome and there is no need to pre-register. So, if you have pre-diabetes, diabetes or you just want to learn more about healthy lifestyle choices why not drop by and see what we're all about.

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


















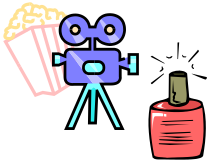


The Rights Stuff welcomes submissions & letters of 250 words or less. Be advised that MHRC reserves the right to edit and/or decline publication of any submissions.

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.












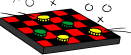











Views and opinions expressed in this newsletter represent those of individual contributors, and not necessarily of The Mental Health Rights Coalition.

July 2011

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
					1	2
	MENTAL HEALTH RIGHTS COALITION  <p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>					
3	4	5	6	7	8	9
	Coffee walk 	11 Support group 	Whitehern Garden 	Dictionary Game 	Music 	
10	11	12	13	14	15	16
	Air hockey 	1 Diabetes education & Crafts 	Comedy Workshop 	Karaoke 	12 Diabetes Education 	
17	18	19	20	21	22	23
	Birthday Party 	11 Support group   1 cards	Members' meeting 	Chess and checkers 	Music 	
24	25	26	27	28	29	30
	Karaoke 	Crafts 	Manicures & Movie 	11- 1 Lunch and OCAN Discussion Board games 	Current events 	
31	Wednesdays at Whitehearn—bring your lunch and join us in the garden of Whitehearn every Wednesday for the summer. MHRC will treat to lemonade. Listen to live music while you eat. MHRC Staff or volunteers will accompany members from 12 to 1.					

August



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	Civic Holiday  Closed	11 Support Group 	Euchre  1 HPSTalent Show	Bingo  7-HPS Talent Show	Coffee Walk 	
7	8	9	10	11	12	13
	Current Events 	1 Diabetes education & Crafts 	Whitehern Garden 	Cards 	Music 	
14	15	16	17	18	19	20
	Karaoke 	11- 1 Lunch and OCAN Discussion  1 pm checkers	Monopoly 	9:30 Boat Cruise and Picnic  \$13.50 each Details at MHRC	12 Diabetes Education  Wii Fit	
21	22	23	24	25	26	27
	Birthday 	Crafts 	Air hockey 	Members meeting 	Music 	
28	29	30	31	<div>  <p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p> </div>		
	Board Games 	Crazy Eights 	Karaoke 