



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

The Rights Stuff

Summer 2012

June • July • August 2012

Canada Summer Jobs

Mental Health Rights Coalition has once again been approved for a grant by the Government of Canada to provide a job to a post secondary student.

This student can come from any background and program. Lived experience of mental illness or addiction is the key.

Our past summer students have helped plan events, organize community resources, create documents and design publications. They have been involved in many aspects of the daily operations of the drop-in

centre.

We are very grateful to the Government of Canada for this grant and to our summer students past and future for being an integral part of the Mental Health Rights Coalition.

For information about the job description, qualifications and application process, turn to page 7.



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Women Empowered

Support group for women only.

First Tuesday of each month

If you have a topic you would like to see addressed in the group, email Jennifer at mhrcpeersupport2@bellnet.ca

Wellness Recovery Action Plan Continues

WRAP® -Wellness Recovery Action Plan® is a system to help individuals work through mental health challenges or life issues. It is adaptable to any situation. <http://www.mentalhealthrecovery.com/>

We have offered a series of WRAP groups as part of a study sponsored by The Ontario Trillium Foundation

A Niagara group is soon starting. Flyer pages 8





Executive Director:

Frances V. Jewell

mhrced@bellnet.ca

It feels like summer has been here for a long time. March gave us record breaking warmth, April was sunny and cooler and May certainly has not disappointed weather-wise. Hot sunny days have prevailed and many of us are in summer mode. Shorts, tee shirts and sandals are the uniform of the day as we await the summer solstice on June 21.

You will see in the newsletter some great ideas of free and low cost things to do, how to beat the heat and smog, and an announcement about our boat cruise In August.

Here at MHRC every day is mental health day but from May 6th to 12 throughout Canada it was the official Mental Health Week. Aimed at increasing awareness around mental health issues TVO's the Agenda dedicated the entire week to mental health. The Schizophrenia Society of Ontario hosted Peace of Minds events and walks through-out the province and here at MHRC we partnered with Good Shepherd for screening of Skyworks "Working Life". MHRC hosted an evening of "Music, Mirth and Mayhem" at Waltz in Jackson Square. What great fun it was to have 75 people show up

to laugh along with Brenda Lennie's "summer vacation photographs" as well as other talented comedians. We were privileged to hear some of Hamilton's finest musicians play for us. Thanks to Kevin Barber for organising and engaging Martin Verrall, Tim Gibbons, Al Burebeck, Mike Williams and Nick Burson just to name a few.

Other events included a Wellness Recovery Action Plan info session, a lively discussion of Mental Health and the Media and we wound up the week with live music in the drop-in. We're already in the planning stages for next year and MHRC would like to know what events you would like to see and be involved in. Until then be cool and I wish you good mental health.



From the Editor

Amanda Carey

mhrcprograms@bellnet.ca

Ah, Summer! To me it means

getting outside to exercise and be active but as the temperature climbs, the air quality can decline. It's important to know about this index and our city's public health guidelines for exercising outdoors. See page 3 for information and also Terry Booth's guidelines for an active summer.

Interestingly, I would rather run when it is 6 degrees Celsius than 26 degrees. No, I would not have believed that either, just one year ago, before I started running. I saw the people running the boxing day 10 miler and thought they were gluttons for punishment.

Another way I am active in summer is fueled by the desire to be outside more. I walk or bike to the places I need to go instead of taking the bus. I will take my friend's son and dog to the park. My friends and I get together on the weekend for hikes, to climb the escarpment stairs and bike rides on the rail trail. It is a fun way to get outside and enjoy the sunshine, while catching up on each other's week and getting exercise without feeling like we're exercising. Adding activity, not just exercise, is an important part of developing a healthy lifestyle. So is the variety we enjoy.

Just remember the sunscreen and water!

The Rights Stuff

Published quarterly

by

Mental Health Rights Coalition

Editorial Policy

The Rights Stuff is published every three months 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 March 1, June 1, September 1, and December 1.

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

Make Physical Activity a Summer Fun Goal!



Terry Booth

Summer is a beautiful time of the year. Judging by our early, dry spring this summer could be a 'hot one'. It's im-

portant to stay active during the summer and not let the heat be an excuse for turning into a couch potato. Health Canada and the Canadian Diabetes Association have set guidelines that encourage adults to get at least 150 minutes of physical activity each week. Consider the following quick safety tips to ensure that you enjoy some fun in the sun activities.

☀ Plan activities during the cooler times of day-morning or early evening when the sun is not so hot

☀ Exercise indoors if you are able i.e. walk in an air conditioned mall, swim in an indoor community pool, if

you are Steps to Health or 'Y' member take advantage of your membership

☀ Start your activity slowly to let your body get used to exercising in the heat

☀ Wear lightweight, light coloured (the light colour reflects the sun and helps to keep you cooler) and loose fitting clothing

☀ Protect your skin from sun burns-wear a hat and sunglasses, use sun screen (remember to reapply regularly), try to exercise in shaded areas and stay out of the sun as much as possible

☀ Keep hydrated-this is especially important if you have diabetes because body fluid lost during perspiration can actually cause your blood sugar to rise. Everyone should be sure to drink plenty of fluids before, during and after activity. Most of us don't need to drink costly energy or

electrolyte type drinks, good old fashioned water will keep us well hydrated without adding sugars and other things that our bodies really don't need.

☀ Be safe-if you feel thirsty, tired, confused, dizzy, weak, have a racing heartbeat, muscle cramps or trouble seeing, STOP your exercise immediately, get to a cool place to rest and drink water. Seek medical attention if you don't start feeling better or are unable to get cooled down quickly. You could have heat exhaustion which can lead to heat stroke if not treated.

☀ Enjoy your summer...winter will be here before we know it!

Public health nurse, Terry Booth, RNCDE, runs two diabetes education groups every month at MHRC. Terry is the Diabetes Educator for St. Joseph's Hospital.

Member Recommends: Healthy You

Hamilton family Health Team offers a 14 week program called "Healthy You Weight Management Program" This program is recommended by MHRC member Cheryl Norton. She says,

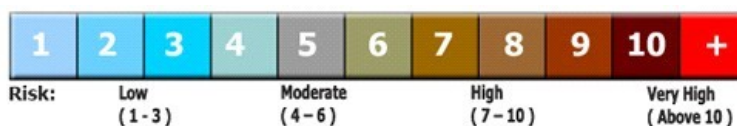
"It is a comprehensive program to help people become the weight they want to be. It has a number of facilitators, mostly dietitians. There is no cost. The benefits are tremendous."

The Healthy You program is a group weight management approach that focuses on lifestyle changes that may help you reach and maintain a healthier body weight or shape.

<http://www.hamiltonfht.ca/detail.aspx?menu=50&app=235&cat1=682&t=2&lk=no>

For information or referral contact the Hamilton Family Health Team (905) 667-4862 EXT 315

IT'S GETTING SMOGGY OUT HERE!



One thing to keep in mind if you are exercising outside this summer is the air quality. The picture above is a visual representation of the scale used to measure air quality.

Hamilton Public Health Services has created guidelines for the general population and at risk individuals who exercise at various air quality levels. See complete descriptions at <http://www.hamilton.ca/HealthandSocialServices/PublicHealth/AirQualityHealthIndexInfo.htm>

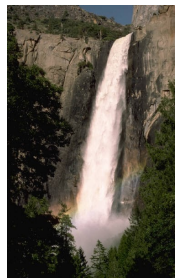
You can find what the current air quality index is at The Ministry of environment website http://www.airqualityontario.com/reports/forecast_today.cfm and the weather network

<http://www.theweathernetwork.com>

Consult your doctor for advice for your specific circumstances

Fun and free things to do in Hamilton this summer

- ⇒ Run through a sprinkler
- ⇒ Knitting and Crochet clubs (Hamilton Public Library)
- ⇒ Throw around a ball or play "catch"
- ⇒ Gore Park Promenade
- ⇒ Backyard camping
- ⇒ Play at the park with kids or do a park workout
- ⇒ Gage Park splash pad
- ⇒ People watch in Gore Park
- ⇒ Computer Classes (Hamilton Public Library)
- ⇒ Window shop
- ⇒ Wednesdays at Whitehern - lunch concert
- ⇒ Baseball at the park
- ⇒ Book club (Hamilton Public Library)
- ⇒ Gage Park greenhouse
- ⇒ Hamilton Public Library authors series
- ⇒ Check out the farmer's market and cooking demonstrations
- ⇒ Art Crawl (James St N, 2nd Friday night of the month)
- ⇒ Art Gallery of Hamilton (Free 1st Friday night of the month and 2nd floor every day)
- ⇒ National Film Board Club (Hamilton Public Library, various dates see www.hpl.ca)
- ⇒ Take part in a community garden
- ⇒ Walk Bayfront park to Princess Point
- ⇒ Take nature photos
- ⇒ Check out a waterfall (cityofwaterfalls.ca)
- ⇒ Rollerblade along the beach front path at Bayfront or Confederation Park
- ⇒ Walk your dog or a neighbour's dog
- ⇒ Sound of Music festival (Burlington, June 14-17)
- ⇒ Get back to nature (walks) see <http://archive.rbg.ca/pages/events.html>
- ⇒ Reenactment of Battle of Stoney Creek (June 2-3)-200th anniversary of War
- ⇒ Dundas International Buskerfest (June 1-3)
- ⇒ Family Fun days (June 2) Gage Park
- ⇒ Throw around a Frisbee or try ultimate Frisbee
- ⇒ McMaster Museum of Art
- ⇒ Open Streets Hamilton (June 24)
- ⇒ Concession Street Fest (June 2)
- ⇒ Canada day picnic at Spencer Gorge (www.myhamilton.ca)
- ⇒ Canada day fireworks Bayfront and Pier 4 Park
- ⇒ Family Fun Day Courtcliff Park (www.tucanada.org) July 28
- ⇒ Walk or bike the rail trail
- ⇒ It's Your Festival (June 29- July 2)
- ⇒ Go for a walk around your neighbourhood, check out the local architecture
- ⇒ King William Art Walk
- ⇒ Y108 Rock n Roll Picnic (August, to be announced)
- ⇒ Poetry group at the library
- ⇒ Check out the antiques, textiles and farmer's market on Ottawa Street
- ⇒ Festival of Friends (Aug 10-12) Ancaster Fairgrounds
- ⇒ Learn to fish at the Fishing Derby (Aug 11)
- ⇒ Dundas cactus Festival (Aug 17-19)
- ⇒ Locke St Festival (September)
- ⇒ Supercrawl (Sept 14-15)
- ⇒ Hike the Bruce trail
- ⇒ Watch the ducks and geese at Princess point (you may even see a deer)
- ⇒ Have a water balloon fight
- ⇒ Climb the escarpment stairs
- ⇒ Play a game of pickup football in the park
- ⇒ Draw hopscotch, jump rope, play like a kid!
- ⇒ Go to the beach at Burlington Beachway Park
- ⇒ Picnic in the park
- ⇒ Star gaze
- ⇒ Organize a flash mob
- ⇒ Visit the city's churches
- ⇒ Turn trash into treasure with an "upcycled" craft project
- ⇒ Clean up a park
- ⇒ Take the free trolley to Hamilton Waterfront



some activities may have a nominal cost or require transportation. For example, \$1 for a drink at Whitehern, and the beaches in Hamilton and Burlington are accessible by public transit.

Check out these sites for more information:

www.myhamilton.ca

<http://ihearthamilton.tumblr.com/>

<http://www.tourismhamilton.com/>

www.downtownhamilton.org

Fun and Events

WEDNESDAYS AT WHITEHERN

Whitehern Historic House & Garden

Bring your lunch and enjoy the garden and all-you-can-drink tea or lemonade while listening to live music. Limited tables and chairs provided. \$1.00 for tea or lemonade. Free outdoor event. Does not include museum tour.

Wednesdays June 27-August 29, 12-2 pm.

MHRC will be going once each month in the summer. See the calendar for dates.

Steps to Health

You may notice that Wii Fit is not featured in our summer calendars.

During the summer, Steps to Health likes to take things outside, so check out the Steps to Health calendar for activities like baseball in the park, gardening group and dog walking.

For those interested in joining Steps to Health, your first step is to attend an information session. Dates are posted at Mental Health Rights Coalition. Call Natalie B at Steps to Health for more information. 905-528-3655



Boat Cruise & Picnic

It's that time of year again!

...Time for our annual boat cruise and picnic at Bayfront park.

Aug 16, 2012

Boarding at 9:30 am, We depart at 10 am for a 1 hour cruise on the Hamilton Harbour Queen. Enjoy a continental breakfast on the ship.

Lunch and fun and games on shore.

Only \$13.50

Register at MHRC now
20 Jackson St W Suite 206
Hamilton, ON
Phone 905-545-2525



Come Celebrate World Hepatitis Day in the Park

On July 28, the Shelter Health Hep C Team, and other groups across Canada will unite with groups around the world to raise public awareness about Hepatitis B and C, two forms of life-threatening liver disease. One in 12 people worldwide are living with hepatitis B or C – including 600,000 Canadians. The problem is many don't even know it. They may have no obvious symptoms until serious liver damage has occurred. These are chronic, lifelong viral infections that can affect anyone from any walk of life.

Sure to be a fun family day! There will be FREE popcorn and refreshments, face painting for the children, Hepatitis resources and information and music. Everyone welcome!

When?

July 28, 2012 from 12:00-3:00PM

Where?

Bayfront Park 47 Discovery Drive on Pier 8 in the sun enclosure behind Williams Coffee Pub

For more information please contact us at 905-776-0474 or Email us at info.hepc@gmail.com

Up and Coming

Diamond Jubilee



The Queen's Diamond Jubilee marks 60 years of Queen Elizabeth's reign. She took the throne Feb 6, 1952 and celebrated her coronation June 2, 1953. The Jubilee is celebrated June 2-5 with various activities in England and the UK. People around the world will also join in the celebrations.

alive or fictitious) and make fascinators or crowns and design your own personal crest.

We will supply the headbands and fancy bits for the fascinator, though you are welcome to any personal additions you would like to bring.



MHRC will be holding a tea party June 4. 1:00 pm Dress as your favourite royal figure (historical,

Walk to Gore Park to visit the statue of Queen Victoria on June 6 with a coffee walk.

Training and Work Opportunity



Hepatitis C Peer Support Worker

The Shelter Health Hep C Team is currently recruiting for the position of Hep C Peer Support Worker. The successful candidate must have lived experience with Hepatitis C. Peer support training will be provided by Mental Health Rights Coalition. The Peer Support Worker will engage other Hep C + individuals in a number of ways including: Hep C Peer Support Group facilitation & coordination, one on one peer support and mentoring.

Remuneration and hours to be determined.

Interested applicants should contact:

Frances Jewell
Mental Health Rights Coalition 20 Jackson St. W
Hamilton, ON L8P 1L2
905-545-2525 Fax: 905-545-0211

**Job Posting: Summer Student 2012****Peer Worker In Training**

Mental Health Rights Coalition seeks applications for Summer Student

Qualified applicants will meet the following criteria:

- Registered as a full time student during the preceding academic year.
- Registered to return to school on a full time basis during the next academic year.
- Has lived experience of mental illness/addiction.
- Has knowledge of consumer survivor initiatives and recovery based principles.
- Understands and embraces MHRC mission statement.

Job Description

- The successful candidate will assist the Executive Director and other staff with administrative duties and will also assist in the day to day work of the drop-in.
- Duties may include research, report and grant writing, development and maintenance of file systems, statistical records, updating membership list and development of procedures manual. There will also be duties in the drop in which may include greeting and engaging members in planned daily activities. Excellent communication and interpersonal skills are required.
- Good computer skills and experience with Microsoft Excel and Access is an asset.
- May provide support under the supervision of a certified peer support worker.
- A peer support worker can come from any field, as lived experience is the key. The job is related, but not limited, to the fields of social work and social services.

Time frame and commitment: Nine weeks from June 31st to August 31st, 30 hours per week.

Rate of pay \$12.25 per hour.

Vulnerable Sector Screening will be required

No phone calls please

Please forward a cover letter, resume and three references no later than at June 8th 2012 at 5:00 pm to:

Frances V Jewell

Executive Director

Mental Health Rights Coalition of Hamilton

206A - 20 Jackson Street West

Hamilton ON L8P 1L2

Fax (905) 545-0211

Email: mhrccd@bellnet.ca



**WRAP®:
Wellness Recovery
Action Plan®**



WRAP

Wellness Recovery Action Plan

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

This project is funded by a Grant
from The Ontario Trillium
Foundation

WRAP:

- Is a structured, facilitated, peer-led self management process
- Offers each participant an opportunity to develop an action plan in a group setting

Groups support people living with mental illness to find effective strategies for wellness and recovery.

Participants will identify:

- Coping tools
- Triggers (things that make you unwell/ill)
- Family/friends/providers who can support your recovery plan

If you are interested in joining a group in your area, please call:

Judy Hoover-CSI Niagara 905-732-4498 or Nancy Horne-Oak Centre 905-788-3010

Group dates: Monday, June 11 and Tuesday, June 12, 2012

Time: 8:30-4:30 pm, Lunch Provided

Location: Canadian Mental Health Association

6760 Morrison Street, Suite 2 Niagara Falls, ON L2E 6Z8

Open to mental health/addiction consumers

Group participants will be invited to take part in an
exciting research study measuring recovery outcomes
related to WRAP!

St. Joseph's
Healthcare  **Hamilton**

MHRC Hamilton
20 Jackson St. W.
Hamilton, ON L8P 1L2
905-545-2525
Fax: 905-545-0211
www.mentalhealthrights.ca



**MENTAL
HEALTH
RIGHTS
COALITION**



OakCentre
Clubhouse



**Consumer
Survivor
Initiative of
Niagara**

The notice above is a legally sanctioned advertisement and cannot be altered for any purpose.

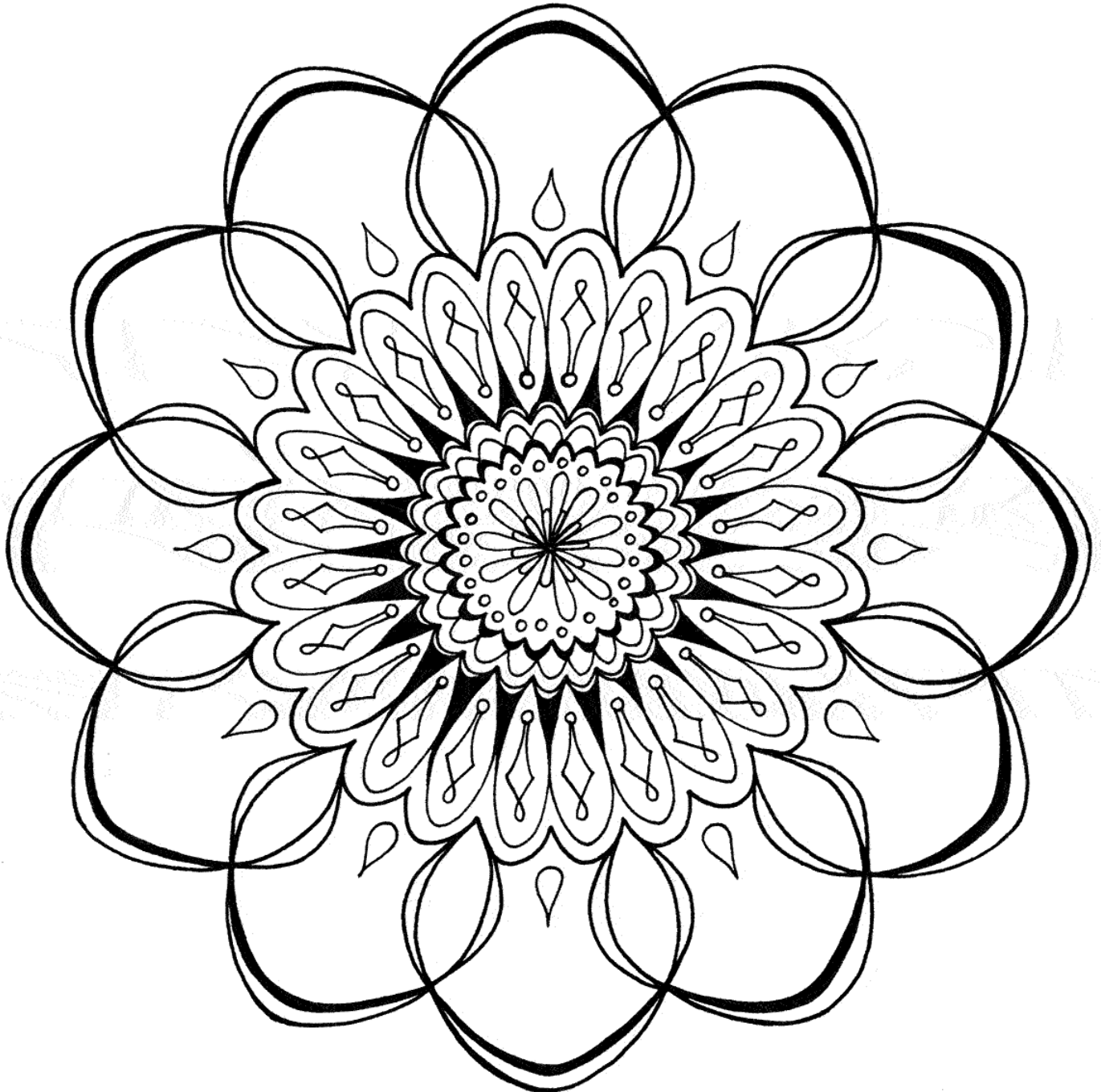
Colour me!

You could win!

You could win your boat cruise and picnic free (Aug 16, 2012). Return your coloured mandala to MHRC, 20 Jackson St W, by July 3, 2012 for your chance to win. Winner will be drawn randomly from all entries.

Name (please print): _____



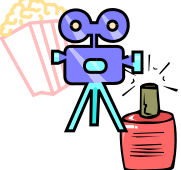




















Phone number or email: _____










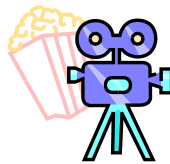















June 2012

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.			MENTAL HEALTH RIGHTS COALITION 		Current Events 	
3	4	5	6	7	8	9
	Jubilee Tea details p5	Women's Issues Group 	Coffee Walk to Gore Park 	Apples to Apples Game 	Music 	
10	11	12	13	14	15	16
	Movie 	Diabetes Education 	Skip-bo 	Karaoke 	Cards 	
17	18	19	20	21	22	23
	Birthday Party Crazy Eights	Crafts 	Air hockey 	Bingo Summer Solstice	Music 	
24	25	26	27	28	29	30
	Karaoke 	Members Meeting 	12pm Whitehern details p5 1pm Improv Workshop	Dictionary game 	Board Games 	



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	Canada Day Observed 	Women's Issues group 	Movie & Manicures 	Backgammon and Dominoes 	Apples to Apples 	
8	9	10	11	12	13	14
	Air Hockey 	Diabetes Education 	12pm Whitehern Wednesday 	Coffee Walk 	Music 	
15	16	17	18	19	20	21
	Current Events 	Crafts 	Karaoke 	Skip-bo 	12pm Diabetes Education 	
22	23	24	25	26	27	28
	Happy Birthday 	Bingo 	Improv Workshop 	Members' Meeting  Come enjoy a popsicle on us!	Music 	
29	30	31				
	Karaoke 	Crafts 	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.	

August 2012

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	4
Mental Health Rights Coalition 			Apples to Apples game 	Jenga 	Current Events 	
5	6	7	8	9	10	11
	Civic Holiday 	Women's Issues Group 	Board Games 	Movies 	Music 	
12	13	14	15	16	17	18
	Air hockey 	Diabetes Education 	Karaoke 	9am Boat Cruise and Picnic 	12pm Diabetes education 	
19	20	21	22	23	24	25
	Euchre 	Crafts 	Improv Workshop 	Bingo 	Music 	
26	27	28	29	30	31	
	Birthday Party 	Karaoke 	Monopoly Deal Scrabble Slam Card games 	Crazy Eights 	Members' Meeting 