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The Consumer/Survivor Information Resource Centre
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(Centre for Addiction & Mental Health)

BULLETIN

*Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.*

March 4th, 2005
Bulletin 295

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Thursday. PHONE HOURS: 9-5 Monday-Friday
LOCATION: 252 College Street, 3rd Floor, Toronto, ON
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Late Breaking Bulletin !!!

It's late, but it's better than ever.
Helen and Carmen.

Supportive Housing

The Dream Team still needs you to go on line and sign a postcard !!!!!!!

The Dream Team's concert last Sunday was a great event. The mayor had declared February 27 Supportive Housing Day and he read the proclamation and presented it to Linda Chamberlain, long time member. Other Dream Team members, Neil McQuaid and Eliana Roman, told their stories of how supportive housing made such a difference in their lives. Phillip Dufresne gave the audience an update of the Dream Team's activities and a gesture of solidarity with homeless people everywhere. A collection was taken up for Rooftops International. Entertainers performed and choirs sang. Olivia Chow donated her day in the city councillor's Blue Jays box and her husband Jack Layton, Federal NDP leader and auctioneer extraordinaire got \$1100 for it from an audience member, in a very spirited auction. Final figures aren't in, but the estimates are they raised \$24,000 and have about 3,000 signatures. They are aiming for more signatures to present to the McGuinty government to push for Supportive Housing. Please help by getting some postcards and getting friends and family to sign them, and/or by going online and signing the petition. Call 416 929-1919 to get postcards or to see how you can help.

www.thedreamteam.ca.

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The Standing Senate Committee on Social Affairs, Science and Technology studying Mental Health, Mental Illness and Addiction aka The Kirby Commission, has come to Toronto and gone on to Montreal and then East, West and North, to the rest of the country and will eventually hear depositions in all provinces and territories in Canada. It was a privilege to meet some of you at the hearings and to listen to some of your stories and points of view during the times set aside for walk-on witnesses.

Some of the Senators were right on the ball and really "got it" about the challenges we face and the need for systemic change. Others, unfortunately, still hold really unenlightened views, like the one who asked if things weren't "better here than they were back home in the country you came from" after the multicultural panel. Becky McFarlane pointed out to the Senators that we are leaders, just as they are leaders. It was fantastic. I talked about the need for supports to be designed by c/s. We know best. Nothing about us without us.

The commission is still accepting written submissions until the end of April. In the first round of consultations, they were expecting fewer than 100 responses but received over 500. Let's keep it up folks! If you mail it, it's postage free:

Josee Therien
Clerk of the Committee
Standing Committee on Social Affairs and Technology
The Senate
Ottawa ON K1A 0A4

or contact them at:

http://www.parl.gc.ca/common/Committee_SenContact.asp?Language=E&Parl=38&Ses=1&comm_id=47
You can request emailed transcripts of the hearings by contacting the Clerk.

Newsbytes
Newsbytes

A promise for change Members of the influential Toronto City Summit Alliance are joining forces with social activists to form an income security task force which will probe the problems with Toronto's decaying social safety nets (Employment Insurance, welfare, and minimum wage laws which have fallen behind inflation). There is concern that if there is a recession as deep as the last one in 1992, it would leave "a permanent underclass," and an epidemic of homelessness." (editorial, Toronto Star, Monday, February 21, 2005, page A18).

The task force is to complete its recommendations by June. One of the four key questions which will be examined is: "how to guarantee a proper standard of living for those who are disabled or otherwise unable to work." (article by Joe Friesen, Globe and Mail, Friday, February 18, 2005, page A15)

Curcumin may help fend off disease A new study has confirmed the potential of curcumin, the yellow pigment in curry spice, in both the prevention and treatment of Alzheimer's disease. Human clinical trials are being started to evaluate the substance's potential. The research was reported in the online edition of the Journal of Biological Chemistry. (Toronto Star, Friday, February 11, 2005, page D3)

'Crisis' in children's mental health This past month a conference of medical experts, advocates and parents from across Canada was held in Toronto to raise the issue of children's mental health on the public health agenda. The meeting will lay the groundwork for a paper that the roundtable on mental health in the workplace, led by Bill Wilkerson, will release in April for working parents. "It will also be the basis for a report to the committee led by Senator Kirby to look into ways of improving Canada's mental health system." (Article by Andrea Gordon, Family Issues Reporter, Toronto Star, Friday, February 11, 2005, page D5)

A picture and a thousand words A poignant piece by Scott Simmie appeared in the Toronto Star on the anniversary of the shooting of Edmond Yu on a TTC bus by Toronto Police on February 20, 1997 (eight years ago). The piece is accompanied by the well-known photo of Edmond taken by Star photographer Dick Loek on Christmas Day, 1996 at the Scott Mission. In the photo Edmond is wearing many layers of coats and holding a candle. (Toronto Star, Sunday, February 20, 2005, page D2)

SSRIs may be tied to more suicide tries A new series of papers about the risks of taking SSRI-type antidepressants, published in the British Medical Journal, suggests that people taking the medications "do not appear to be at greater risk of committing suicide, but do seem to be more likely to attempt it or inflict self-harm." SSRIs (Selective Serotonin Reuptake Inhibitors) are a newer class of antidepressants which includes Prozac, Zoloft and Paxil. (article by Helen Branswell, Globe and Mail, Friday, February 18, 2005, page A21)

Stories of crushing sadness Joe Fiorito's Metro Diary column focused for a day on the hearings being held by Senator Michael Kirby's committee, which is looking at ways to reform Canada's mental health system. Diana Capponi, the first speaker at the hearing, spoke about employment for consumer/survivors, particularly about consumer/survivor-run businesses such as A-Way Courier and Parkdale Green Thumb enterprises in Toronto. Other speakers at the hearings included Pat Capponi, and Helen Hook (the Co-ordinator of the Consumer/Survivor Information Resource Centre of Toronto).

Miller defends city's welfare costs The province has complained that Toronto's welfare administration costs have gone up by 41 per cent since 2001, while at the same time the welfare caseload has declined slightly. City staff blame the increases to changes in the Ontario Works program which for example have increased the length of the typical interview for a welfare applicant to about three hours. Community and Social Services Minister Sandra Pupatello has begun a review of the administration of Toronto's welfare administration. [Note: there's much more to this issue, this is just a very brief summary] (article by Paul Moloney, City Hall Bureau, Toronto Star, Thursday, February 24, 2005, page B2)

Ontario woman exposes Internet suicide pact A suicide pact was set up in an internet chat room by 32 people from around the world. The pact was that all involved would commit suicide on Valentine's Day. A 26-year-old Oregon man has been charged with solicitation to commit murder. The article points out that "usually the postings [about suicide on the Internet] are by desperate people who are looking for help....In [this] case, however, police believe people were encouraged to commit suicide." (Article by Mark Hume, Globe and Mail, Saturday, February 12, 2005, page A9)

Newsbytes are compiled by Glen Dewar, a consultant with Community Resource Connections of Toronto.

Report on Business

In which we report on the progress, trials and triumphs of consumer led and run businesses.



A-Way Courier has recently constructed a new website (designer Erick Fabris). The Toronto subway route map is prominently displayed along with a superimposed subway car alluding to the company's logo and mode of delivery...public transit. In fact the design of the A in A-Way is a subway loop. The opening page presents a menu of information set on hyperlinks [info on Employment, Rates, History etc.] built on a mock subway line...again fitting for a company billing itself as "toronto's transit courier".

On the right of the introductory page is a rotational slide show of staff and board members both at work and at company events. The introductory page is crisp and clear providing an inspired statement to encourage prospective clients "A-Way clients give back because they are helping those who have chosen to help themselves overcome obstacles and become self supporting, productive members of society".

All round this is an informative and professional design representing an outstanding community business. Congratulations on an excellent site; hope it brings in even more business.

www.awaycourier.ca



ANNOUNCEMENTS

TAX CLINIC

It's tax time and the C/S Info Centre's free income tax clinic for low income people is beginning again. The guidelines set by Canada Customs and Revenue Agency are: single person: income under \$20,000; and with dependants: under \$25,000; no complicated returns i.e.: bankruptcies, no self-employed, no rental income, no capital gains (as if!). Please call the centre for an appointment, or for the address of a tax clinic nearer to your place: 416 595-2882.

P.S. There is a volunteer for the tax clinic whose telephone number has gone astray here at the centre. Please call us again, we still need volunteers to help with the tax clinic.

IWD Dance

Celebrate International Women's Day – Nellie's Style.

On Friday March 11 at 9 pm at the Toronto Heliconian Club, at 35 Hazelton Avenue in Yorkville, join Nellie's and the Assaulted Women's Helpline with a hip mix of fabulous women DJ's and Go Go Dancers. Tickets \$10 in advance and \$12 at the door. Food and drinks are available as well as 50/50 raffle tickets. For tickets and info contact wendy@nellies.org or 416 461-0769.



The Historic 19th Century Asylum Boundary Walls Are Bouncing Back!

TOWN HALL ON THE WALL

Thursday March 10, 2005 6:30 - 8:30 PM

Centre for Addiction and Mental Health
1001 Queen St. W. Training Rooms A& B

This 19th century asylum boundary wall was built by patient labour. Two years ago, the Open Ideas Competition brought forth various ideas about what to do with the historic east Shaw Street boundary wall. Since then, more proposals have been developed about how to preserve and commemorate the wall and the people who built it on the east, west and south sides of the present-day CAMH, Queen Street site. This public meeting will provide information about the most recent plans and provide people with an opportunity to say what they think of these proposals. People from the psychiatric survivor community, heritage organizations, CAMH and architects involved in the project will be at this meeting to provide information, answer questions and hear your comments. So come on out and have your say!

Co-sponsored by: Psychiatric Survivor Archives, Toronto
The Empowerment Council
CAMH Client and Family Reference Group
CAMH Friends of the Archives

For more information contact: 416-535-8501, ext. 3013

Work On Track

@

Seneca College

The goal of Work on Track is to assist job seekers with psychiatric/mental health issues identify, access and maintain realistic employment or skills training opportunities. It's 12 weeks of Career Planning & Employability Skills plus 8 weeks of Work Experience, Job Development and Support. You come out with a Seneca College Certificate. Orientation sessions are held every Monday at 12 noon to 1 pm in room 3019A at Seneca @ York, Quinlan Building, 70 The Pond Road, which is also the location of the classes. You must attend an orientation and register to begin and the next program starts April 11. Email workontrack@hotmail.com or call Debbie @ 416 491-5050 x 3532.

The new Winter 2005 edition of CMHA Ontario's Network magazine is dedicated to the discussion of consumer/survivors and the justice system. It is available on CMHA Ontario's web site at www.ontario.cmha.ca.

The Friendly Spike Theatre Band presents : **MAD PRIDE !!**

All over the world, MAD (marginalized and disadvantaged communities, primarily psychiatric survivors, but not always), celebrate themselves on July 14th, MAD Pride Day. In tribute, Friendly Spike Theatre Band invites you to get involved. For more information call: 416 516-4740.

There is Help... There is hope

Community Information Forums on Addiction and Mental Health

"There is Help... There is Hope", a series of regular Forums offering a greater understanding of emerging mental health and addiction issues, treatments and healthy living strategies.

Advancements in Borderline Personality Disorder

Tuesday, March 8, 2005, 6:30 – 8:30 pm

People diagnosed with borderline personality disorder (BPD) are one of the most stigmatized groups in the mental health system. In recent years, research has given us reason for optimism. To increase knowledge about this serious disorder, this forum will provide cutting edge information on BPD that is relevant to health care professionals, families and consumers. Some of the areas to be addressed include advancements in psychopharmacological approaches, Dialectical Behaviour Therapy and support for families affected by BPD.

Speakers:

Overview of PBD: Dr Robert Cardish, M.D. FRCP (C). Dr. Cardish is an Assistant Professor in the Department of Psychiatry at the University of Toronto and Clinic Head, Personality Disorders, CAMH.

Psychosocial treatments for BPD: Dr. Shelley McMMain, Ph.D., C. Psych, Dr. McMMain is an Assistant Professor in the Department of Psychiatry at the University of Toronto and the Clinic Head, Dialectical Behaviour Therapy Clinic, CAMH.

Pharmacotherapy: Dr. Paul Links, MD. FRCP (C) Dr. Links is a Professor in the Department of Psychiatry at the University of Toronto and Endowed Chair, Arthur Sommer Rotenberg Chair in Suicide Studies, St. Michael's Hospital.

Personal Perspective, Support and Advocacy: Debra Coates, Executive Director, WiseMind Recovery Connection for Borderline Personality Disorder.

Perspective of Family Members: Jane, Debbie, Susan, BPD Families and Friends: Exploring Options For a Better Tomorrow.

**Location: Centre for Addiction and Mental Health,
Russell Street Site, Meeting Centre, 2nd Floor, Room 2029
33 Russell St., Toronto, Ontario (Northeast corner of College and Spadina)**

Free admission, No Registration required. For further information,
(416) 535-8501 ext 4553 or visit the CAMH website: www.camh.net

PUBLIC HEARINGS

HAVE YOU EVER: On or been on psychiatric drugs?
Undergone electroshock?
Do you have concerns?

Come give personal testimony. Make an appointment to testify or just turn up.

Where: Council Chambers at City Hall. 100 Queen Street West

Details: **Psychiatric Drugs Public Hearings**

April 2 and 3 ~ 1:00 - 5:00 pm

Presiding Panel: Dr. Bonnie Burstow, Leah Cohen, Dr. Ernie Lightman, Dr. Shahrzad Mojab, and Michael Valpy.

Electroshock Public Hearings

April 9 and 10 ~ 1:00 - 5:00 pm

Presiding Panel: Don Weitz, Cathy Crowe, Catherine Dunphy, Dr. Roy Moodley, Chris Rahim.

Organizers: CAPA - Coalition Against Psychiatric Assault

capa@oise.utoronto.ca ~ <http://capa.oise.utoronto.ca> ~ Contact person Don Weitz (416) 545-0796



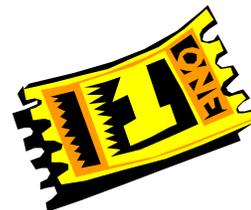
New Opportunities

COTA/Jobstart Employment Readiness Training Program

The program is called New Opportunities and is for people living with Mental Health challenges. The program brochure, application form and curriculum are accessible by logging onto our web site, cotarehab.ca, then clicking onto Community Site Support, then onto Housing Site Support, where you will find an icon New Opportunities. We are offering 7 sessions running 4 weeks from 9:30am - 1:30 pm, located at 1330 King St. West. Tea/coffee and snacks will be provided and there is NO COST to participants. The next session runs April 11 - May 6. The program is designed to help people develop the skills and confidence to pursue employment opportunities. Please contact me if you have any questions. Jeannette Kruger 416-785-9230, x 2086 Supervisor, Boarding Home Site Support. kruger_j@cotarehab.ca ** Monday to Thursday **

Inclusion of an announcement is NOT an endorsement of the views of any organization or individual. The Consumer/Survivor Information Resource Centre of Toronto reserves the right to edit submission

FREE AND LOW COST ACTIVITIES



Friday, March 4th

Book Discussion Group. Free. Members of the group take turns presenting a book. To register for the weekly Friday morning group, contact Margaret Robinson at 416 421-7924. Leaside Library, 165 McRae Dr., Fridays, Jan 14 – Apr. 29 (except March 25). 11 am-12:30 pm.

Saturday, March 5th

On the Page Gladstone Writers Group. Free. Writers' Workshop. Writers of fiction and non-fiction are welcome to join our weekly writers' workshop facilitated by author Randolph Ouimet. Aspiring writers will learn to write more effectively, talk about the issues of publishing while enjoying a sense of community with fellow authors. Register in person or call: 416 393-7674. Bloor/Gladstone Library, 1101 Bloor St., 11 am-1 pm.

Sunday, March 6th

Feminist Book Discussion. Free. *The No. 1 Ladies' Detective Agency*, by Alexander McCall Smith. The Older Women's Network invites women to meet and to share views and ideas about selected books. New members are welcome. Barbara Frum Library, 20 Covington Rd. 1:45-4:30 pm.

Electroacoustic Music Concert. Free. University of Toronto Faculty of Music presents electroacoustic compositions by faculty, students and guests. Walter Hall, 80 Queen's Park. 416 978-3744. 2 pm

Monday, March 7th

English Conversation Circle. Free. Volunteers and newcomers meet weekly for two hours to discuss a variety of topics with the help of an experienced group facilitator. Limit 35. Register with Culturelink at 416 588-6288, ext. 219. Volunteers are also needed. Eatonville Library, 430 Burnhamthorpe Rd. 6-8 pm.

Tuesday, March 8th

Schmooze – the Empowered and Educated Artist. From the Women's Bookstore. This an event where artists can connect with those in the industry who can further their career in the in music, acting, dance or visual arts. There will be a panel of seasoned industry executives to give advice on the ins and outs of the business. Visit <http://nawa190.tripod.com/pa> for ticket info or call 416 888-9454. Location TBA. 7:00 pm.

Wednesday, March 9th

Art in the Heart of the Kingsway. Free. The Gallery Wall presents accomplished Canadian artist Mel Delija. No registration required. Brentwood Library, 36 Brentwood Rd. N. For info, call 416 394-5240. 6:45-8 pm.

Northern District Book Club. Free. *The Curious Incident of the Dog in the Night-time* by Mark Haddon. Northern District Library, 40 Orchard View Blvd. 7:30 pm-8:30 pm.

Thursday, March 10th

Legal Aid Clinic. Free. An Ontario Legal Aid lawyer offers free advice and guidance on a variety of legal issues. By appointment only. Call 416 395-5720 to book a 15-minute appointment. Downsview Library, Program Room, Main Floor, 2793 Keele St. 4:30-6 pm.

Locating Reliable health Information on the Internet. Free. This workshop highlights electronic resources for researching health and wellness. Learn to use the Virtual Reference Library, the Canadian Health Network, MEDLINEplus and other health databases subscribed to by the Library. Toronto Reference Library, 789 Yonge St. 10 am –12 noon.

Friday, March 11th

Tea and Books. Free. Join library staff and discuss new books or timely favourites. Light refreshments served. All are welcome, no registration required. Brentwood Library, 36 Brentwood Rd. N. 2 pm.

Saturday, March 12th

How to Prepare your Personal Income Tax Return. Free. A Canada Revenue Agency representative will provide information and tips on how to prepare your 2004 personal income tax form. Learn about T4's, T5's and tax credits that you can claim. This is an information session only. North York Central Library, Auditorium, 5120 Yonge Street. 1-3 pm.

Monday, March 14th

March Break Teen Flick. Free. Boy stuff, girl stuff...teen stuff. We provide the movie and popcorn, you provide the audience. Barbara Frum Library, 20 Covington Rd. 1:30-3:30 pm.

Tuesday, March 15th

March Break Movie. Free. (Age 13 and up). Enjoy a sci-fi film matinee and we'll supply the popcorn! Tickets can be picked up 30 minutes before show time. Movie today: *Pitch Black*. Downsview Library, Auditorium, 2793 Keele St. 2-4 pm.

Free things to do: submitted by Rowley Fox

The Redpath Sugar Museum is at:

95 Queen's Quay East

Open: M-F 10 am to noon
1 pm to 3:30 pm

Telephone: 416 366-3561

The Bata Shoe Museum is at :

327 Bloor Street West

Open for Free: Thurs 5 to 8 pm

Telephone: 416 979-7799



Job Postings

Managing Editor

Location: Toronto
Start Date: April 4

Abilities Magazine

Application Deadline: March 7

Description:

The Canadian Abilities Foundation, a non-profit organization, seeks a Managing Editor to lead the production of its dynamic national publication: Abilities, Canada's Lifestyle Magazine for People with Disabilities.

Reporting to the editor-in-chief, you will oversee the quarterly production of Abilities from start to finish. You will plan and edit article submissions and work with writers, a copy editor, an art director and a film house at various stages of production. In addition to your magazine duties, you will compile cross-Canada disability news for a monthly electronic newsletter. You will research and/or edit other Canadian Abilities Foundation projects from time to time. Other duties will be assigned depending on the skill set you bring to the organization.

There is no question that this job requires someone with extraordinary multi-tasking abilities, yet a keen eye for the smallest details. All duties will be accomplished with a great sensitivity to and awareness of the issues that affect Canadians with disabilities.

Qualifications:

- very strong writing and editing abilities
- thorough knowledge of disability-related issues
- minimum 2 years' experience in an editorial department
- research skills
- familiarity with Internet and MS Word
- layout and design experience, especially with proficiency in Quark, is a definite asset
- experience in a non-profit environment is also an asset

Applicants should submit their resume and two writing samples, along with a covering letter stating salary expectations, by March 7 to: Lisa Bendall, Managing Editor, Canadian Abilities Foundation, 340 College St., Ste. 650, Toronto, ON M5T 3A9, e-mail: able@abilities.ca, fax: 416-923-9829.

Note: The Canadian Abilities Foundation values diversity. People with disabilities, women, people of colour, people who are culturally diverse, and gays and lesbians are encouraged to apply.

The Family Service Association is looking for 2 people to fill part-time relief positions as **Personal Support Workers** in their Options Program. You must be mature and responsible with excellent problem solving skills; able to work evenings and weekends and have experience working with youth and young adults with intellectual disabilities. While Family Services facilitates

the hiring of PSW's, it is the families themselves that actually choose the individual who best suits their needs. Resume and cover letter by March 31. Call Helen or Carmen at the C/S Information Centre for more details. 416 595-2882.