

# Voice of HOPE

## PATIENT/CLIENT & FAMILY COUNCIL

**Free**  
**Please take one!**

**20 Years of Advocacy and Support**

**DECEMBER 2014**

**Free**  
**Please take one!**

**Recovery from Mental Illness and/or Addictions is Possible!**  
**Not only is it possible...it is LIKELY**

**VOLUME 8, ISSUE 2**

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**We are located at  
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Penetanguishene Ontario  
L9M 1G3  
705 549-3181 Ext 2180  
1-877-341-4729  
ptcouncil@waypointcentre.ca**

**Waypoint**  
CENTRE for MENTAL HEALTH CARE  
CENTRE de SOINS de SANTÉ MENTALE



## Connecting with your Community can Enhance your Resiliency

2-1-1 | Free | Confidential | Live answer | 24/7

MAKE THE CONNECTION  
**CALL  
2-1-1**



When it comes to mental health, the solution to keeping your spirits from sagging can sometimes be simple: having a good social support system and keeping active. If your circle of supports is less than robust, the best way to build it up may begin with a call to 211, where a trained 211 specialist can assess your situation, then connect you to an array of community resources. Luckily, in Ontario, there are countless low-cost or free programs where you can learn new skills and meet new people. Public libraries also offer free computer access so you can stay connected with your friends online. Being unemployed can be downright depressing when you go it alone. A 211

Information & Referral Specialist can hook you up with an Employment Ontario agency where you can get help with your resumé, receive career counselling or attend group sessions on topics like social media or workers' rights.

Staying active in the community can be crucial no matter your age, but it is particularly important as we enter our senior years. Sometimes simply taking part in social and volunteer activities can prevent premature deterioration of mental health and improve quality of life. A 211 counsellor can refer you to a variety of volunteer centres, mental health social clubs or seniors clubs, where you can take part in exercise programs, craft activities or day trips. Making and maintaining relationships with others is vital to mental health. In fact, global research shows that a person's well-being is determined not just by genetics or the physical environment we live in, but also by the social support systems in place. Call 2-1-1 or search [211ontario.ca](http://211ontario.ca) to connect to your community for improved mental health.

*Information  
gleaned  
from 211  
website*

**211 is a helpline and online database of Ontario's community and social services. 211 is answered and updated by highly-trained specialists.**

**Patient/Client & Family Council Mission:**  
**to nurture hope and discovery by supporting the recovery journey of people affected by mental health and/or addiction challenges.**



Dianne Stringer, Editor

## Editorial

Navigating any journey is challenging, at times perilous, and at other times, remarkably wondrous.

Our society touts itself as a leading nation and indeed Canada is a great place to live, work and play. We have an enviable health care system

and social safety net that helps those in need...not always as richly sufficient enough to actually live on.....but an aid in “getting back up”. I, as a person who struggled with mental health issues for many years, have a wealth of personal experience and it is from that place of vulnerability I sought financial, housing, medical and psychiatric services. I will always be grateful to my country and many of the individual service workers who empathized with my struggle and strife as much as my fellow anonymous citizens who held me up when I wasn’t able to do so myself.

Many of my peers remain living marginally on disability allowances and others are seeking assistance through the dizzying maze of social services.

211, the province’s central hub for finding the service one needs is a terrific and free resource anyone can access. Dial 211 on any touch-tone phone and you are well on your way! You can also find them online at <http://www.211ontario.ca/>

Finding the telephone number or email address to the services you seek does not end the quest. You will be faced with a myriad of workers, departments and resources that may leave you feeling still vulnerable and lost, but your perseverance should pay off. The confusing labyrinth of services can feel like a daunting fortress to penetrate. Often left to the mercy of customer service representatives who have no idea of YOUR story, it can feel like the system is rude, condescending and resistive to actually helping the folks it is set up to serve.

If you are a person supporting someone trying access services, you may need verbal or written permission to make inquiries on behalf of the person you are helping.

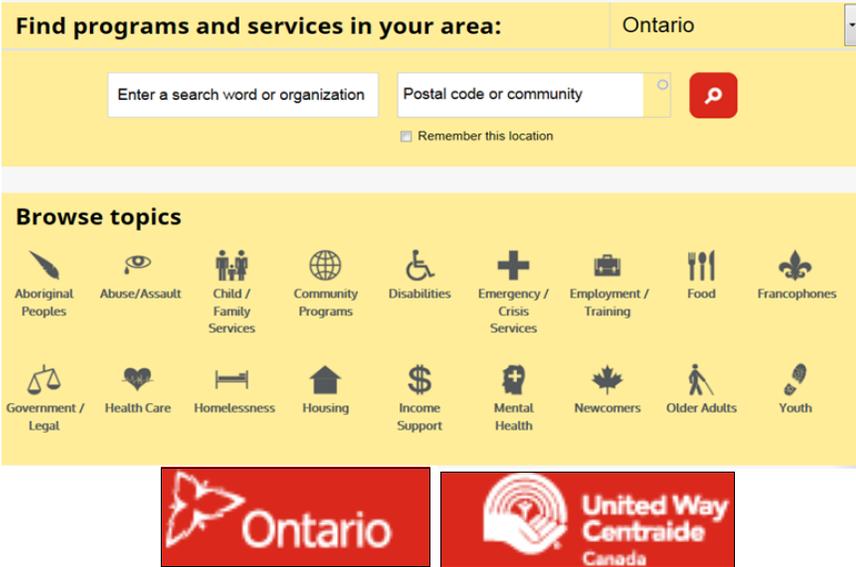
Poverty in Canada and aid to our most vulnerable....those living with chronic physical/ emotional/mental illness, developmental

delays, learning disabilities, cultural barriers, rural roots .....the list is long ..... those folks....and I count myself among them, deserve a door. A door that shimmers light during a time when one’s outlook may appear bleak. Through that door should be kindness, respect, dignity and support. Too often, I am afraid, the door is locked, blocked or camouflaged with few options for alternate, appropriate and immediate support. Our social service system in Ontario is hard to chart and understand, even for the caregivers who seek to find supports for those in their care. If phone calls aren’t being answered between the professionals offering and working in the system, how do people in need find answers....without pessimism and frustration and hopelessness.

Those on the “frontline” need to remember **they have won the lottery**. Through hard work no doubt, they are employed....often with above average pay, benefits, and the backing of a union that protects their jobs. When folks come to them for assistance, it is not easy. Service providers can aid in lessening that difficulty by practicing “unconditional high regard” and remembering that the “**problem**” is not the person; the problem is the “**need**” for sustenance. Then there can be dignity in asking for help. Bias and judgment have no place on the front lines of organizations that proclaim they are there to help.

But I digress. I am really wanting to talk about navigating the services our province and social agencies attest to offer. The hoops, especially if you are particularly vulnerable and unassertive, or for that matter aggressive (which really lands you “out in the cold”) the hoops are many with no clear assurances that beyond the jump there is a safe landing. Often, too often, the landing is murky and still full of further hoops....some larger or smaller than others. And if you jump through one, another is unavailable leaving one to wonder why he/she was sent down this path to begin with.

The point I want to make is this. There, but for the grace of some unforeseen calamity, go I....go you. The journey doesn’t end with the acquisition of a phone number to a certain service. Follow-through and persistence is vitally needed to get the help you need. If you are a service provider or family member or friend supporting someone looking for financial or housing aid, please do not just hand over a telephone number and be on your way. Support doesn’t end there. It is just the next step in this remarkable thing we call life...we call survival.



## What is 2-1-1

**211** is a valuable resource Canadians can freely access when seeking information and services needed to deal with life's challenges. The 211 telephone helpline and website [211ontario.ca](http://211ontario.ca) provide a gateway to community, social, non-clinical health and related government services.

2-1-1 helps people navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week and in over 100 languages.

The **Ontario Disability Support Program** was designed to meet the income and employment support needs of people with disabilities. The program provides income support and health-related benefits to people with disabilities who are in need of financial assistance. The employment supports component of the program offers a range of goods and services to help people with disabilities to look for, obtain or maintain jobs on a volunteer basis.

**Ontario Works** provides employment and financial assistance to people who are in temporary financial need. The employment assistance helps people become and stay employed and includes job search support services, basic education and job skills training, community and employment placement, supports to self-employment, Learning, Earning and Parenting, addiction services and earning exemptions that allow participants to earn income as they move back into the workforce.

**The Midland office is located at the rear of 334 King Street Dial 1-800-565-9871**



**The Ministry of Community and Social Services offers more than just financial assistance to those in need. Other services/initiatives include:**



[Help for women fleeing domestic violence](#)



[Who to call if you or someone you know is the victim of domestic violence](#)



[Programs and supports for Aboriginal people](#)



[Services for people who are Deaf or deafblind](#)



[Searching for adoption records in Ontario](#)

## New Social Assistance Management System Launched

The new Social Assistance Management System will help provide you with better service, so proclaims the Ministry of Community and Social Services website at: <http://www.mcscs.gov.on.ca/en/mcscs/programs/social/sams2.aspx>

With the launch of **Social Assistance Online**, a self-help portal in early 2015, some of what you will be able to do is:

- Report changes
- View upcoming appointments with your case-worker
- Find out when your next payment date will be issued

The site also states that all processes regarding reporting changes in your circumstances can be made in person or by phone with your caseworker.

# 4 Hey Shorty!

Written by Dianne Stringer

## Dallas Heaman—Peer Profile



Dallas is always ready with a quick smile and a “Hey, how ya doin’ Shorty?” His lanky presence bestows a gentle spirit that is endearing.

Dallas grew up in Ontario and spent much of his youth in the care of the Children’s Aid Society (CAS) while his parents battled substance use and abuse. Today; now living in recovery herself, Dallas counts his mom as his best friend while his father passed away some 28 years ago. Dallas, as a young man enjoyed working in the construction field with his dad.

School was tough for Dallas as he struggled with the curriculum, but he did have a great fondness for science and the study of dinosaurs. He dreams of one day visiting a dinosaur exhibit at a museum. His favourite dinosaur is the Tyrannosaurus Rex because it is the biggest and the meanest of all the dinosaurs.



Despite his penchant for big and mean, Dallas loved his poodle named, “Baron” and his cats named, “Thomas” and “Marmalade” in his youth.

Dallas lives with schizophrenia and it is quite a challenge. “I am fighting it every day. You have to tolerate it and fight it. Otherwise it is not a good life.” He fights it by doing the opposite of what the negative “voices” tell him to do.

One of his voices compels him to drink excessive amounts of coffee but he has worked into his recovery plan support from caregivers at Waypoint to help him regulate his coffee consumption to within reasonable and healthy amounts.

Fifteen years ago Dallas decided to quit drinking to help find a better way of life. He counts the fellowship of Alcoholics Anonymous as one of his greatest supports. “Drinking sucks when you drink too much. Then, you are only living for the addiction. Drinking and drugging ruins your life. I wanted more out of life than an empty bottle of booze.”

Dallas states he is involved enough in the decisions affecting his life and looks forward to a move away from Waypoint into a group home or an apartment of his own. Asked what “peer support” means to him and Dallas says, “It means having friends that stick by me, even if I hear voices.”

Thanks Dallas for sharing your story. All us “shorties” have a lot to look up to when you’re around!!!

**“I wanted more out of life than a empty bottle of booze.”**

Do you have a story to share....we would love to share it with our readers....be sure to send your submissions to Dianne Stringer, Editor of the Voice of HOPE. (contact info on back of newsletter).

If writing is not your thing and you would like assistance in telling your story, Dianne would be happy to help you write it! Call Dianne at 705-549-3181 Ext. 2751.

**Remember our focus is on HOPE and we all have an important story!**

# Peer Page

Submissions from our "peers"



Irving went to the Indian Village where he was invited to the Indian Camp. The Indian women brought in huge quantities of buffalo ribs and urged their guests to eat as much as they could. Towards the end of the meal an Indian burst in upon the gathering announcing they were invited to the leading war Chief's lodge where another feast had been prepared. Irving noticed their own meager rations of the white party since one could be easily invited to seven or eight feasts in the course of a single evening.

Irving also notes: before the entry of the village a group of warriors pledged to give away a large amount of their horses. Some old men who possessed no horses of their own harangued these warriors, telling them they weren't being generous enough and proudly boasting how many horses they would have gave them if they had had any.



Teddy Fiddler



It is said: that the Orca (Indian name), the killer whale was once a true brother of the North American Western Coast Pacific Ocean Maida Indians of British Columbia, Canada. They would drive the seals to the shore for the Indians to hunt and eat.

Teddy Fiddler



## HAPPY HOLIDAYS WORD SEARCH



Created by  
Sue Lindford  
Grand Forks Herald  
2011

P	O	J	A	H	S	E	N	A	C	Y	D	N	A	C
R	S	S	H	O	P	P	I	N	G	M	F	K	A	S
E	E	H	W	L	J	B	L	X	M	A	F	L	H	O
S	I	I	E	I	K	C	F	N	M	D	F	F	G	S
E	V	R	R	D	L	P	O	I	M	A	P	O	S	N
N	O	T	T	A	M	O	L	I	W	L	O	N	X	O
T	M	U	Y	Y	N	Y	U	K	E	O	O	U	A	I
S	O	L	U	S	B	L	W	H	T	I	L	N	T	T
C	H	R	I	S	T	M	A	S	T	I	O	S	N	A
M	P	J	O	W	V	K	A	A	T	U	J	A	A	R
J	A	N	P	Q	L	Q	C	O	O	K	I	E	S	O
B	G	G	Z	I	C	A	O	L	A	T	A	O	P	C
S	X	N	M	S	V	Z	F	R	I	E	N	D	S	E
L	U	D	J	D	Z	M	P	H	O	W	M	P	M	D
F	M	S	K	Y	P	P	A	H	I	E	N	D	S	W

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |              |                |                 |            |
|--------------|----------------|-----------------|------------|
| 1. Happy     | 5. Family      | 9. Shopping     | 13. Santa  |
| 2. Holidays  | 6. Friends     | 10. Candy canes | 14. Songs  |
| 3. Christmas | 7. Presents    | 11. Cookies     | 15. Movies |
| 4. Vacation  | 8. Decorations | 12. Milk        | 16. Fun    |



**James Karagianis MD**  
FRCPC  
Psychiatrist in Chief  
Waypoint Centre  
Associate Professor  
of Psychiatry,  
University of Toronto

# Changing Others

How many psychiatrists does it take to change a light bulb? The answer is one, but the light bulb has to want to change. When I originally came across this simple joke I had a great laugh, and have shared it often to lighten a moment (ha ha, get it?). However, its deeper meaning is apparent to those of us who practice psychotherapy. People with psychological problems will not change

against their will. Even when we want to change ourselves, it is difficult, and I often remind my patients and colleagues about this. But maybe I am guilty of thinking I can change people who don't want to change, too

Yesterday I heard the announcement of the grand jury in Ferguson, Missouri. I listened to the St. Louis County Prosecutor explain exactly why there was insufficient evidence to indict the police officer who shot the unarmed person. I believe if the police had acted wrongly, there should be a price to pay, the same as if he were anyone else. But if the law says the officer did what he was authorized to do, then I have to accept that. The US and Canada have carefully constructed judicial systems, and we have to trust that all of the evidence was heard and considered. It may be that certain racial minorities get more than their fair share of police attention in some parts of the world, but rioting and looting is not going to change any bias that may exist; it will only reinforce it. It is very sad what's going on there, but it is also a very clear example of how bias can lead us to come to a completely opposite conclusion from where the facts would point. With all of the attention of the world on that case, it would be ludicrous to think that authorities could get away with any kind of contrived cover up. Yet some refuse to believe the facts. They continue to interpret what they see as evidence

supporting a preconceived notion.

Recently, an outside colleague shared a story with me, that I want to relate. This was a therapist who does a lot of CBT. He had reached out to one of his associates, who was experiencing some stress, to offer some words of support. In return, he experienced an earful of rejection. The associate responded in anger, and felt like the support was not genuine. The associate believed that it was further evidence of negative things going on in the workplace, and that nobody really cared or would do anything about it.

My therapist colleague related his reaction to the situation as being one of disappointment and anger. He took the time to try to be kind to this person, knowing the associate had a lot of negative thoughts about the organization, but the associate twisted his meaning, and interpreted it the opposite way. He thought, "Why should I bother to try to be kind when I get this kind of reaction?" and "he SHOULDn't have treated me that way. He SHOULD have known that I was only trying to help."

Students of cognitive behaviour therapy will easily recognize the "SHOULD" statements here. A should statement is commonly associated with guilt when directed to the self, and with anger when directed towards others.

The therapist confessed that he was hoping that, by reaching out in a positive way, he might change the negative thinking of the associate. I reminded him of the following points.

Rationally, the associate did exactly what he SHOULD do. He SHOULD think those negative things about my therapist colleague, because it is his nature to think that authority figures do the wrong things, and do not care, and do not listen to the ideas of others. He has been in the habit of thinking this for a long time, in all likelihood. He probably had friends who share the same negative view, who would be telling him that he is right to continue believing these things. The associate may have



had valid reasons for believing this in the first place, even if those reasons are no longer current. His bias is likely to look for information that fits his negative view of authority figures, and to dismiss information that does not fit that view. It is much easier to take this approach than to wrestle with the idea that he may have been wrong about the organization, and that maybe it is his own thoughts that he needs to reconsider. As it turns out, it could be seen as silly that the therapist had any hope of changing such a deeply rooted pattern of behaviour with a single interaction.

My therapist colleague briefly went into all or nothing thinking mode, and considered abandoning efforts to be supportive to others at work in the future. However, he realized that this would be overgeneralizing, and unfairly treating the other people who might actually appreciate that kind of support. In fact, the evidence so far, with this one exception, was that others in fact have been very appreciative when support was offered.

So, even an expert in CBT can still be tormented by cognitive distortions. None of us are immune to this, so don't feel upset if it happens to you. It's normal to feel that way. However, we don't have to suffer too much. Even if we can't change the situation, or the person, we can influence how it makes us feel.

Here's the lesson: although we can sometimes treat mental illness involuntarily, we cannot change another person against their will. We can't change another person's negative thoughts. But maybe, if we model a healthier way to think, some of it will rub off and, in the meantime, this will help us cope better with the inevitable negative events in life. Remember that there is almost always more than one way to look at a situation.

Visit Dr. K's Facebook page at:

[http://www.facebook.com/](http://www.facebook.com/Dr.KPsychiatry)

[Dr.KPsychiatry](http://www.facebook.com/Dr.KPsychiatry)



## The Pickle Jar

A Lesson in Life

A professor stood before his class holding a large and empty pickle jar. When the class began, he proceeded to fill the jar with golf balls. He then asked his students if the jar was full. They agreed that it was.

So the professor then placed up a box of pebbles and poured it into the jar. The pebbles rolled into open areas between the golf balls. He asked the students again if the jar was full. They agreed it was.

The professor then placed up a box of sand and poured them into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. They responded with a unanimous "yes".

The professor then produced a bottle of chocolate milk from under the table. He poured it into the jar

efficiently filling the empty spaces between the sand. The students laughed.

Now, said the professor, "I want you to recognize that this jar represents your life." The golf balls are the important things....

your FAMILY  
your CHILDREN  
your HEALTH  
and FRIENDS  
and RELATIONS

The pebbles are the other things that



matter....like your JOB...your HOME...your CAR  
The sand is everything else, the small stuff...

If you put the sand into the jar first, there is no room for the pebbles or the golf balls. The same goes for LIFE.

If you spend all your time and energy on the small stuff, you will never have room for the things that make you happy.

PLAY, ENJOY, have fun with FRIENDS and FAMILY....  
There will always be time to clean the house....

Take care of golf balls, the things that REALLY MATTER. Set your priorities...

THE REST IS JUST SAND. One of the students asked, "What about the chocolate milk?"

The professor responded, "No matters how full your life may seem, there's always room for chocolate."

## Save the Date, Clara Hughes is Coming to Waypoint!

Waypoint is thrilled to announce that on March 27, 2015, Clara Hughes will be making the trip to Penetanguishene for Waypoint's 2nd annual Fundraising Dinner. Waypoint's Fundraising Dinner is an advocacy event that raises awareness and funds to improve the lives of people faced with mental illness and addiction issues. This is the hospital's major fundraising event and all proceeds directly impact the lives of patients and clients across inpatient and outpatient programs. Clara will be the keynote speaker for the event thanks to the generosity of TD Bank Group, the title sponsor for the evening.

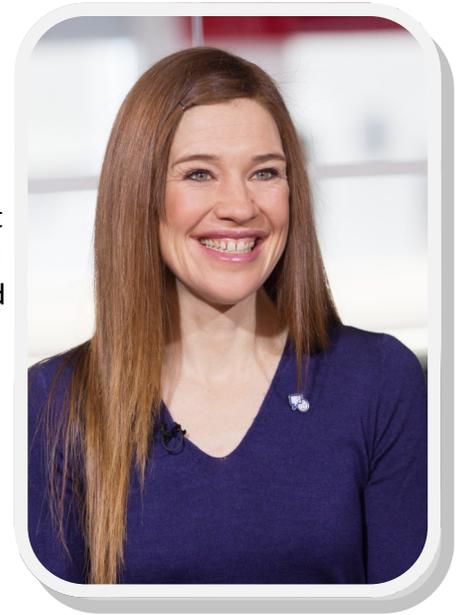
Clara is a six-time Olympic medalist (cycling and speed skating) and the only athlete in history to win multiple

**Tickets will be on sale soon. Keep an eye on the Waypoint website, Facebook page and Bulletin for details about ticket sales and an opportunity for patient/client's who may not be able to afford a ticket to win a seat at the gala event.**

medals in both summer and winter

Olympic games. However, Clara's athletic accomplishments are only

part of her story. Clara is also an influential mental health advocate and philanthropist. She is the National spokesperson for Bell Canada's 'Let's Talk' mental health and anti-stigma campaign. Clara has helped break down the stigma associated with mental illness by sharing publically her journey with depression.



**For more information about this exciting event contact Holly Archer ([harcher@waypointcentre.ca](mailto:harcher@waypointcentre.ca)).**



Few things are ever as they appear on the surface. For Benjamin St. Croix, life in an all-male maximum security mental health facility is its own society with its own rules. His challenge as a Multifaith Chaplain and psychotherapist is to create cracks in the awareness of individuals often deemed to be without souls and unworthy of forgiveness.

In *Bending Light*, the reader will be drawn into a conversation about basic human dignity, exploitation and vulnerability. Hanging from the "thin gold chain" of the story is a "massive jewel" that will challenge the reader to rethink long held confidences. The message concerns everybody, especially those who think they know what is best for others.



Waypoint's own Glenn Robitaille has been busy shining the light on the lives that co-exist behind the walls of a maximum security mental health facility. His fictional account takes us on a journey filled with complex eccentricities and drama while keeping true to telling the story with profound insight, compassion and empathy.

**Buy your copy at the Waypoint Volunteer Services' Gift Shop. Available NOW!!!**



**Wendat Clubhouse** focuses on recreational, social and vocational pursuits while giving purpose and value to consumers and staff aged 16 or older who have identified as living with a mental illness.

The Social Club provides a place to meet friends and socialize on a regular or drop-in basis, and the opportunity to participate in formal, structured activities and strives to include members in the planning of the activities which operates on a monthly theme.

### NUTRITIOUS MEALS:

- \$3 dinners are offered on Wednesday nights at 5pm to registered members (sign up and prepayment is required)
- \$2 lunches are offered most Saturdays at 12pm (sign up and prepayment not required)

### Transportation:

- ⇒ Transportation to/from the clubhouse to attend programming is offered to registered members
- ⇒ Transportation is provided within Midland/Penetanguishene nightly
- ⇒ Lafontaine – on Tuesdays and Wednesdays (upon request)
- ⇒ Port McNicoll – on Thursdays, Fridays and Saturdays (upon request)
- ⇒ Coldwater - on Saturdays (upon request)
- ⇒ Those desiring transportation are encouraged to leave a message on Wendat's transportation voicemail at 705-526-1305, ext. 228 (one hour before the club opens)



### Staffing:

- The Club is staffed by a Club Coordinator and Recreation Workers
- The Recreation Worker positions are reserved for mental health consumers

**Wendat's Social Club is located on the lower level of the Wendat building at 237 Second Street in Midland.**

**Days of Operation: Tuesday—Sunday**

**(hours vary—please call 705 526-1305 for more information)**

The biggest lie I tell myself is  
"I don't need to write that down, I'll remember it."



## Beanie's Dog Blog



Navigating the mental health care system can be daunting and frightening. It can leave you feeling small and inconsequential, especially when you're a small dog

like myself. Who do you bark at? What kind of help best suits my needs or wants? Where do I go for help? So many questions with answers that appear to be like an agility course with no beginning and no end. Navigating through this maze can be made easier with a few steps taken before you even start digging outside your home.

First, you must determine your needs and your wants from the system as an individual, client, family member or patient. Once you identify yourself and what kind of support you are looking for, you can begin to ask the right questions from the appropriate people and start on your journey to recovery.

For example, if you're a shih Tzu with a big dog complex, you may consider taking a self-esteem course in order to appreciate your size. Or, are you a bull mastiff with anger issues who needs to learn how to control his anger better?

These "clients" don't necessarily need hospitalization, just help dealing with certain issues. In these cases education, proper socialization and I like to call it, "doggy training" can be very helpful. Here, an example of education would be taking a course at Outpatient Services in Midland (the Patient/Client & Family Council offers self-help recovery courses each Tuesday evening).

Are you a human or a "family member" with a dog, let's say a basset hound struggling with depressive

tendencies and an addiction to destroying slippers? Here you must figure out what kind of help you are looking for. How can you help guide your loved one through the mental health care system? Where can you find the coping skills needed when dealing with a loved one who is living with mental illness? The internet can be a great place to start. As well, there are organizations like the Patient/Client & Family Council that can help direct you along your journey.

If you find yourself in the hospital as a patient, your needs and wants may be different. Do you need help with medications? Do you need someone to speak on your behalf to acquire what you want or need? As a patient there are a myriad of types of help you can get (most located within the hospital). Finding out where to go to get them can be as easy as talking to your doctor, nurse, Patient Advocate, Patient/Client & Family Council, or a peer support worker. Remember, peer support workers are there for your personal support but can be used as a great resource because they have their own experience of navigating through the mental health care system. If they don't know the answers, they can help guide you to someone who does.

In all cases, whether a client, a family member or a patient, you must start with the courage of a Rottweiler, the heart of a Golden Doodle and the patience of, well....any of our canine friends. Don't be afraid to get lost. Don't be afraid to ask tough questions about yourself and the mental health care

**You must start with the courage of a Rottweiler, the heart of a Golden Doodle and the patience of, well....any of our canine friends. Don't be afraid to get lost. Don't be afraid to ask tough questions about yourself and the mental health care system. Just put your nose to the ground and sniff your way through.**

system. Just put your nose to the ground and sniff your way through. Investigate and every opportunity that may help you on your way to recovery. Even if you decided not to use all that is offered, you have at least educated yourself as to what you need and want, what is available to you and a little bit of knowledge to possibly

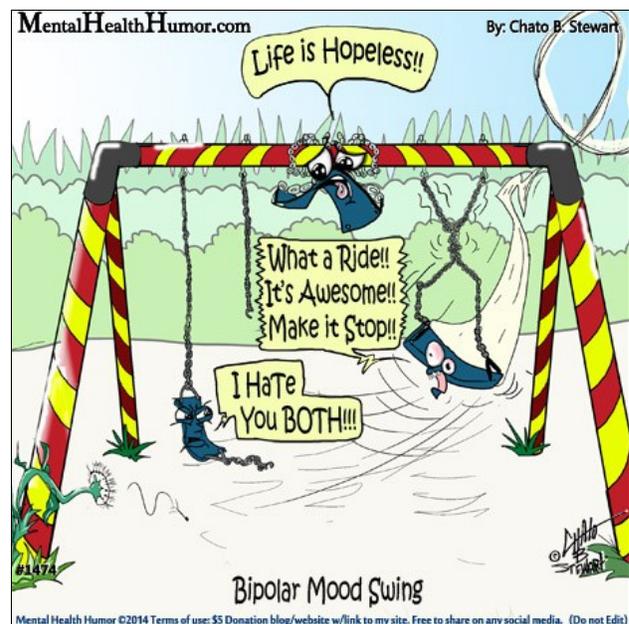
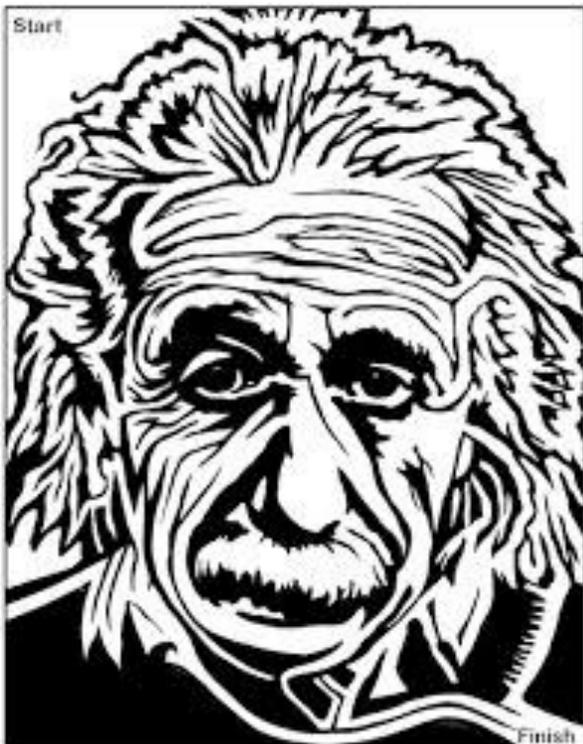
help someone in the labyrinth themselves.

## The Importance of Family Understanding & Support

What a delightful and informative day our team had this past November to learn about the curriculum developed by the Family Outreach & Response Program. The Patient/Client & Family Council (PCFC) is always looking for effective and innovative educational opportunities to support our peers living with mental health and addiction issues and this was a wonderful opportunity to learn about ways we can also support the families of people living with these same issues.



Yvette Brook, PCFC, Della Keill, Hope Grey Bruce Mental Health & Addiction Services (Family Support Initiative), Cyndi Rowntree, PCFC, Lara Hollway, Family Outreach & Response Program (Toronto), Dianne Stringer, PCFC



Visit Chato's Blog Site at:

<http://blogs.psychcentral.com/humor/about/>



### Change:

"How does one become a butterfly?" she asked pensively.

"You must want to fly so much that you are willing to give up being a caterpillar."

Trina Paulus



Michael Silvio

## It Happened In Canada....

December, January, February



**December 21, 1914** - Princess Patricia's Canadian Light Infantry arrives in France. The first Canadian unit committed to battle in the Great War.

**February 3, 1916** - The Centre Block of Parliament Hill burned to

ground. MPs and Senators had to conduct the nation's business in a museum not far from the Hill doing their work in the former hall of invertebrate fossils.



**December 7, 1941** - The Japanese attack the U.S. Naval base at Pearl Harbor, in Hawaii. Canada declares war on Japan.



**February 20, 1959** - Diefenbaker cancels the Avro Arrow project (CF-105 aircraft) to public outcry. Almost 14000 jobs are lost.

**January 17, 1962** - Actor Jim Carrey born in Newmarket, Ontario.

**February 1, 1963** - Neil Young performs his First professional date at a Winnipeg country club, at age 17.

**December 23, 1983** - Jeanne Sauvé is appointed the first female Governor General.

**January 1, 1991** - The unpopular Goods and Services Tax comes into effect.

**January 22, 1992** - Dr. Roberta Bondar becomes the first Canadian woman in space, aboard the U.S. space shuttle Discovery.

Sources: [www.canadachannel.ca](http://www.canadachannel.ca)  
[www.canadahistory.com](http://www.canadahistory.com)

### The General Store Hours:

Monday thru Friday

**12:30 pm - 2:00 pm**

Located in the Market Square (Administration Bldg)

Call the store at Ext. 2240

### Free Clothing Coupon

Good for one piece of donated clothing from the General Store

Limit: One coupon per customer per quarterly issue

Expires February 29th, 2015

Please sign Coupon

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Ledbetter Films

Ledbetter Films makes high quality videos that give people with mental health issues a much needed voice. Their productions feature people who have lived it, and who have examined their experiences so that others may learn. They are empathetic videos that can stimulate hope and important conversations about various aspects of mental illness.

The videos are available online and DVD's can be purchased for a small fee.

Also featured on the website is the 90 minute feature film, "**Henry & Verlin**", about a silent boy, his childlike uncle, and their magical friendship. This film was written, co-produced and directed by Gary Ledbetter in 1994 and won critical acclaim.

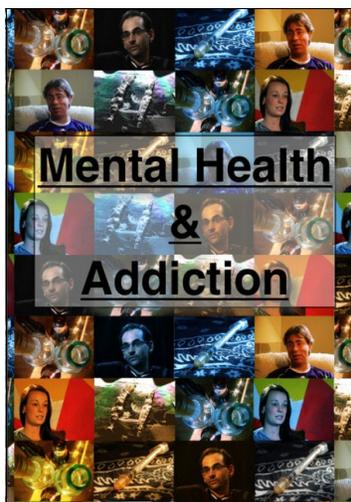
These Canadian productions offer a glimpse into the complexities of lives with minds that operate just a little differently.

Visit the Ledbetter website to view the films or donate to the cause of further productions about mental health at:

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

Displayed are descriptors of three of the films Ledbetter Films has produced. Other films touch upon the issues of "**Stigma and Mental Illness**", "**Meds**", "**Give Us Shelter**", "**Stop Pointing**" (about stigma), and "**Recovery**".

Each video averages at about 20 minutes in length.



In the intimate film, "**Good Days, Bad Days: Loving Someone with Mental Illness**" three sets of people who give support and have been affected by their loved ones struggle with mental illness candidly discuss their experiences.

In "**Mental Health & Addiction**" three people openly discuss their experiences with both mental health issues and addiction. Through their personal stories you will gain insight into how the two are related and how they feed off each other; you will hear about the hardships they have encountered and how they have found strength in different ways; and you will learn how it feels to deal with two stigmatizing conditions concurrently.

"**Living it Forward**" is a film about how recovery is paid forward in the act of Peer Supporting. Peer Supporters listen to and help others and they also model their good health so that people can hopefully be inspired by it and possibly emulate it in their own way. Peer Support is not telling someone how to live their life, but it is rather a way to show a person how their life is worth living, however they see fit.

# The GROOVE...

The first Monday evening of every month

the HERO centre at 334 King Street, Unit B in Midland Ontario

features The Groove, a night of refreshments, snacks, poetry, song, and comedy!

For more information on attending or being a part of the entertainment crew,

contact Melissa Moreau, Recreation Therapist at 705 549-3181



## Snowshoeing with Recreation Services

Did you know that you can burn more calories snowshoeing than you can walking, running or cross country skiing at the same pace? For health and fitness benefits, snowshoeing is great for you. It provides a cardio workout while also building strength, agility, balance and endurance. The best part is, you get to do it all in the beautiful outdoors!



Check out the “What’s Happening” calendar for the HERO Centre for upcoming snowshoeing opportunities!

Regional **Central Recreation** is ready for the holidays and is hoping you join them at their events this festive season.

**The highlights include:**

- December 2<sup>nd</sup>** Decorating the Activity Centre in the afternoon and Market Square and Tree Lighting in the Evening
- December 4<sup>th</sup> and 11<sup>th</sup>** Make a gift to Give.
- December 9<sup>th</sup>** PSS Band with the Rehab Services Social
- December 16<sup>th</sup>** Lets Celebrate ( Holiday time traditions from around the globe)
- December 18<sup>th</sup>** Christmas Lights Tour
- December 22<sup>nd</sup>** Christmas Karaoke
- December 26<sup>th</sup>** Boxing Day Bingo

### PLUS:

- Christmas Baking Sunday afternoons
- Festive Habits Cooking all month long Wednesday Mornings.

**“MERRY CHRISTMAS AND HAPPY HOLIDAYS!”**



## Waypoint pleased to share provincial funding to help improve access to Mental Health Care

The Ontario government announced in November that Waypoint will share \$2.75 million in funding with the province's three other specialty mental health hospitals: Centre for Addiction and Mental Health (Toronto), Ontario Shores Centre for Mental Health Sciences (Whitby) and The Royal (Ottawa).

The money, part of the next phase of the province's mental health and addiction strategy will be shared by the four hospitals to improve access to mental health care and reduce wait times. The hospitals are already working together as part of the Ontario Mental Health and Addictions Quality Initiative committed to improving care, education and innovative research in mental health.

Ontario's comprehensive strategy launched in 2011 with a focus on children and youth and is now expanding to support the transition between youth and adult services, and to improve the quality of services for Ontarians of all ages.

"The strategy began with an important investment in the early years and is now moving to a more comprehensive focus across the continuum from children to those in late life. We know that prevention and early intervention are critical. Building on this foundation, investing in youth at the critical point of transition to adulthood and ensuring we have the capacity to treat across the continuum will improve the lives of those with mental illness and addictions," said Carol Lambie, Waypoint President and CEO.

### Along with the investment to improve access to care and reduce wait times, further investments include:

- ⇒ \$16 million to create 1000 more supportive housing spaces over the next three years
- ⇒ improving supports for youth with eating disorders
- ⇒ partnering with public health units to increase awareness, fight stigma and promote mental health in schools and the workplace
- ⇒ developing a funding model to improve outcomes, deliver higher quality care and ensure programs are better tailored to the needs of local communities.



**"Having access to good quality mental health and addictions services is important for people in communities right across Ontario," said Ontario's Minister of Health and Long-Term Care Dr. Eric Hoskins in a statement. "As we continue to work together to eliminate stigma around mental health and addictions challenges, we will work even harder to provide timely access to services to Ontarians of all ages. We've made tremendous progress in our first three years by focusing on children and youth, and now it's time to expand our work to include all Ontarians struggling with mental health and addictions challenges."**

*good things*  
**happen here**



The views, opinions & articles herein do not necessarily reflect those of the Patient/Client & Family Council, its staff or volunteers or Waypoint Centre for Mental Health Care. We reserve the right to not print any material we feel inappropriate.

Any information should not be considered medical advice and you should contact your health care provider if you have any concerns or issues.

## Useful Telephone Numbers (705)

A.A., Al-Anon, Al-Teen .....	526-3305
Canadian Mental Health Association	726-5033
Canada Pension Plan .....	1-800-277-9914
Chigamik.....	527-4154
Children's Aid Society.....	526-9341
Community REACH .....	528-6999
Consumer Survivor Proj. (Collingwood)	444-1844
ENAAHTIG .....	534-3724
Family Mental Health Initiative.....	725-0363
Georgian Bay General Hospital .....	526-1300
Guesthouse (Midland) .....	527-4111
GST Inquiries .....	1-800-959-1953
HERO Centre (Midland) .....	549-5268
Human Resources Dev. Canada .....	526-2224
Income Tax Inquiries .....	1-800-959-8281
Kinark Child & Family Services .....	526-3708
Meeting Place (Orillia) .....	329-2644
Midland Police Services .....	526-2201
Native Friendship Centre (Midland) .....	526-5589
N.S. Catholic Family Life Centre .....	526-9397
MEDline.....	526-0567
<b>Ministry of Community, Family &amp; Children Services</b> - Includes: Employment Support, Ontario Disability Support Program + other Provincial Gov. Support Services .....	1-800-565-9871
<b>Our Place Social Club (Midland)</b> .....	526-6062
<b>Ont. Provincial Police</b> .....	1-888-310-1122
<b>Outpatient Services Waypoint</b> .....	526-0567
<b>Orillia Soldiers Memorial Hosp</b> .....	325-2201
<b>Patient/Client &amp; Family Coun.</b> 549-3181 ext 2180	
<b>Rape Crisis Line</b> .....	1-800-987-0799
<b>Rosewood (Midland)</b> .....	526-4211
<b>RVH Barrie</b> .....	728-9802
<b>South Simcoe &amp; Barrie Housing Authority</b> (includes Midland).....	725-7215
<b>Telecare Distress Line...Orillia</b> .....	325-9534
<b>Telecare Distress Line...Barrie</b> .....	726-7922
<b>TeleHEALTH</b> .....	1-866-797-0000
<b>Victim Crisis Assistance Referral</b> .....	527-8778
<b>Waypoint Centre</b> .....	549-3181
<b>Waypoint Centre (Toll Free)</b> .....	1-877-341-4729
<b>Wendat (Midland)</b> .....	526-1305
<b>Food Banks:</b>	
<b>St. Ann's Church Penetanguishene</b>	
<b>St. Vincent DePaul</b> .....	549-2560
<b>St. Margaret's Church Midland</b>	
<b>St. Vincent DePaul</b> .....	526-7585
<b>Salvation Army</b> .....	526-5683

The Voice of HOPE thanks  
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211 is here to help you find  
the right community and social services.



### Ask us about:

- Health services and supports
- Financial and social assistance
- Housing and utility help
- Children and youth services
- Food assistance and meal programs
- Seniors' services and home care
- Government program assistance
- Parenting and family programs
- Disability support programs
- Newcomer services
- Volunteer organizations

And much more

**When you don't know  
where to turn, turn to 211.**

Call 211  
www.211ontario.ca  
TTY: 1-888-340-1001  
Free. Confidential. Live answer 24/7.  
150+ Languages

The Patient/Client & Family Council  
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Interested in publishing your poem, quote, article or upcoming event in our newsletter?

Please contact the Editor, Dianne Stringer

Phone: (705) 549-3181 EXT. 2751 Email: [dstringer@waypointcentre.ca](mailto:dstringer@waypointcentre.ca)

at the Patient/Client & Family Council: Room AT-1090 at 500 Church Street, Penetanguishene, Ontario L9M 1G3

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