

supporting RECOVERY



CANADIAN MENTAL
HEALTH ASSOCIATION

Thunder Bay Branch
www.cmha-tb.on.ca

VOLUME 2 • ISSUE 1 • WINTER 2012



First Place's new 28 N. Cumberland location is undergoing renovations. The program will be moving in late March 2012.

ON THE MOVE: First Place Clinic & Regional Resource Centre

First Place Clinic & Regional Resource Centre celebrated its fifth year of regional Early Psychosis Intervention (EPI) service provision in 2011. Program growth and funding opportunities have allowed for a staff increase from nine to thirteen over the past two years. With this expansion, First Place has outgrown its Park Avenue home and will be moving in March 2012 to a new Cumberland location. Construction is well under way and plans have been laid for a smooth transition for both staff and clients. First Place staff are looking forward to a larger program site that will better meet the needs of staff, clients, and the community.

CONTACT US

200 Van Norman St
Thunder Bay, ON P7A 4B8
T: 807.345.5564 F: 807.345.4458
E: cmhatb@cmha-tb.on.ca

MISSION, VISION, & VALUES

OUR MISSION

We are committed to supporting individual recovery and promoting mental wellness with families and communities.

OUR VISION

An inclusive community that promotes emotional well being, human dignity and social justice where people are valued and opportunities in all aspects of life are available to everyone.

OUR VALUES

A person centered approach to recovery. • Open and transparent communication. • Respect for individual rights. • The important role of individuals and families living with mental illness. • A holistic approach to the individual. • A collaborative, multi disciplinary approach. • Quality services that are founded on evidence based practices. • The contributions of staff and volunteers. • Innovation and creativity.

PHOTOVOICE ARTS PROGRAMMING: "What makes you come alive?"

CMHA has been engaging in innovative arts programming since the first Photovoice project was launched in 2005. Over the last seven years, the agency has had great success delivering community presentations and training sessions, using arts programming as an anti-stigma and discrimination tool. With generous support from the Thunder Bay Community Foundation, CMHA Thunder Bay will be conducting another Photovoice project with members from the Skills Development program. Using digital cameras and storytelling, members will be exploring the question: "What makes you come alive?". The photos and narratives collected will be used to create a new multimedia education tool to promote awareness of mental illness, wellness and recovery. Information on previous Photovoice projects is available on the CMHA Thunder Bay [website](#).

Accreditation Canada: 2011 Ethics Conference Update

In 2010, Accreditation Canada released standards outlining specific ethical guidelines community mental health service providers are required to follow. Community based mental health agencies encounter different forms of ethical issues than hospital or acute based mental health facilities, and thus require their own standards.

The Accreditation Canada Ethics Conference was held November 2011 in Toronto. A presentation was made at the September conference by George Drzenovich on behalf of CMHA Thunder Bay and its Ethics Committee. The purpose of the presentation was to outline how CMHA Thunder Bay has begun developing a framework to address issues related to organizational, research, and clinical ethics. CMHA Thunder Bay is collaborating with the Centre for Health Care Ethics to develop ethics criteria consistent with both agency values and Accreditation Canada standards.

Lowery's donates to CMHA

CMHA is pleased to be the recipient of \$2000 from the proceeds of Lowery's *Portraits of Thunder Bay* 2012 Calendar. Proceeds will be used for Family Support Groups and community education.



S.Christie & M.Scrimshaw of Lowerys presenting donation cheque to M. Fortin, Executive Director.

Applied Suicide Intervention Skills Training (ASIST): 2012 Workshop Dates

CMHA Thunder Bay Branch has been granted scholarships from LivingWorks Education Inc. (Calgary) to train four staff in the delivery of suicide intervention programming. CMHA has been providing training in suicide intervention for seventeen years. With the addition of new trainers, CMHA Thunder Bay will be able to continue offering this valuable service.

The ASIST workshop emphasizes suicide first-aid. It provides information on how to help a person at risk stay safe and seek further help. During this two-day workshop participants learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people to community resources

2012 ASIST Workshop Schedule:

March 20 & 21, 9am - 4:30 pm

May 15 & 16, 9am - 4:30 pm

October 23 & 24, 9am - 4:30 pm

The workshop is held over two consecutive days. Sessions fill quickly; early registration is recommended. For details or to register, contact Bernice McArdle: 807-345-5564.

RESEARCH CORNER

CMHA's Homelessness Initiative Program (HIP) took part in knowledge exchange activities this past fall. A presentation entitled "The Homelessness Initiative Program: A model for service integration and collaboration" was co-presented by George Drzenovich at the Canadian Psychosocial Rehabilitation Conference held in Nova Scotia in September 2011. The presentation summarized the challenges and successes of a ten year collaboration with private landlords, subsidized housing agencies as well as highlighting the service integration of three separate agencies in a mid size city in the province of Ontario.

The "Psychosis 101" evaluation initiative launched by Dr. Cheng and research partners (Drs. Mark Hanson & Andrew Howlett, University of Toronto) in March 2011 is coming to a close with final evaluation activities occurring December 2011. Knowledge exchange and preliminary feedback took place in January with CMHA Leadership, project participants and their organizations' stakeholders. Further knowledge exchange activities are planned for the 2012 Ontario Working Group on Early Intervention Psychosis (OWG) Conference, International Early Psychosis Association (IEPA) meeting, the Canadian and American Child & Adolescent Psychiatric Association (CACAP, AACAP) meetings. The project team has gained skills and capacity to conduct program evaluation and there are plans to implement evaluation initiatives in a variety of program areas. The final report will be available at First Place and through funding partners, the Ontario Centre of Excellence for Child and Youth Mental Health (OCE), after spring 2012 at: www.excellenceforchildand youth.ca.