

supporting RECOVERY



Canadian Mental
Health Association
Thunder Bay

VOLUME 3 • ISSUE 2 • SPRING 2013



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.

Be Well: Celebrate Mental Health Week 2013

Mental Health Week 2013 is May 6-12. CMHA National has developed a great toolkit to help you promote mental wellness in your home, work, or social circles.

Every Canadian has the potential to live an optimal healthy life that includes good mental health. That's why your participation in this year's Mental Health Week is so important. Download our Mental Health Week promotional and educational material and let's start learning, talking, reflecting and engaging with others on all issues relating to mental health.

Check out www.mentalhealthweek.ca for more information on MHW, including the downloadable MHW toolkit. In this toolkit, you will find fact sheets, posters, and a "Be Well" postcard that can be printed or emailed. We encourage you to share these materials within your circles, and help encourage mental health awareness.

Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being. We all have mental health, just as we all have physical health.

Maintaining your mental health is a lot like staying physically fit: it requires a little effort every day. Being aware of your mental health is important because it affects every single aspect of your daily life and ability to function. Without awareness, it's difficult to pinpoint why you are so stressed or having problems coping.

Featured MHW events in Thunder Bay are on page 2 of this newsletter. For more information on how to maintain your mental health, or to donate to CMHA, go to: www.mentalhealthweek.ca



Follow us on
Twitter:
[@CMHATBay](https://twitter.com/CMHATBay)

Get involved!
Use the hashtag
#MentalHealthWeek
in your tweets May 6-12 to
to learn, talk, reflect and
engage with others about
mental health.



Gabor Maté will be presenting May 9th at the Victoria Inn. Event proceeds in support of CMHA Thunder Bay.

Living Well in a Toxic Culture

On May 9, 2013, CMHA Thunder Bay Branch will host an evening presentation featuring renowned author and physician, Dr. Gabor Maté. The event will take place at the Victoria Inn from 7:00 – 9:00 p.m. We will have books available for purchase and signing afterwards.

Dr. Maté will present *Living Well in a Toxic Culture*. *Toxic Culture* is the title of his next book, now in preparation. Dr. Maté is known all over the world and is no stranger to audiences in Thunder Bay. In 2010, he spoke to more than 1200 people during his two-day visit. His latest talk on toxic culture in Alberta this January was so over capacity, people were turned away and had to watch online!

Maté's presentation looks at how a society dedicated to material pursuits rather than genuine human needs and spiritual values stresses its members, undermines healthy child development and perpetuates chronic illness. Using a holistic approach, he provides a perspective that enlightens and empowers people to promote their own healing.

Tickets for this event are available online, in-person at CMHA's Van Norman office, or at the door. For more information, go to: www.cmha-tb.on.ca/gabormate

Mental Health Week 2013: Featured Events

<p>Sunday May 5</p> <p>1pm - 2pm Body Mind Centre</p> <p>FREE</p>	<p>World Laughter Day: Laughter Yoga To register: laughteryogatbay@me.com</p> <p>Celebrate the day with a Laughter Yoga session with Sherry Anne Kelly, Certified Laughter Yoga Teacher.</p>
---	---

<p>Sunday May 5</p> <p>5pm - 8pm Con' College, Cafeteria</p> <p>FREE</p>	<p>Out of the Darkness Memorial Walk No registration required</p> <p>Raise awareness about depression and suicide and decrease stigma surrounding it.</p>
--	---

<p>Thursday May 9</p> <p>7pm - 9pm Victoria Inn</p> <p>\$25</p>	<p>Gabor Maté: Living Well in a Toxic Culture www.cmha-tb.on.ca/gabormate</p> <p>Renowned author and physician Dr. Gabor Maté speaks on how to live well in a materialistic society.</p>
---	---

Research Corner

This past March, staff and families from CMHA's First Place Clinic & Regional Resource Centre attended the annual conference of the Early Psychosis Intervention Ontario Network (EPION), formerly known as the Ontario Working Group. Nurse Care Coordinators Marcia Pedersen and Jenna Levesque presented their poster entitled, "A Day in the Life" which explored the referral and intake process within the program. Dr. Cheng also presented two posters and a workshop on outcomes of the 2011 "Psychosis 101" training evaluation project. For more information about the network, visit: www.epion.ca

A new research project is being conducted by researchers from Sick Kids Hospital, Children's Hospital of Eastern Ontario and First Place. This project will address issues of access to mental health care by generating new knowledge about help-seeking by young people who have experienced a first episode of psychosis in a rural community. The project uses digital storytelling, an innovative arts-based research methodology using multi-media consisting of images/segments of video with background music and voice over narrative. By examining young people's help-seeking behaviours in rural areas, the researchers seek to understand how to best support young people at home, school, and community; and inform practices in mental health, education and welfare service settings. The research will also explore how participatory arts-based health research contributes to youth engagement and social competencies. Importantly, such participatory methods enable young people to contribute to the evidence base that will influence their care. The project is titled: *(Co) Producing Narratives on Access to Mental Health Services in Rural Communities*.