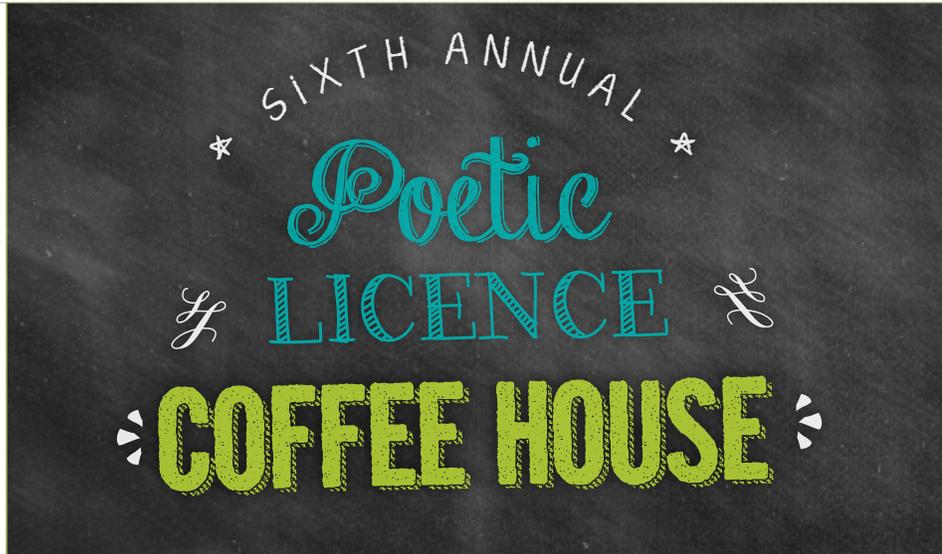


supporting RECOVERY



Canadian Mental
Health Association
Thunder Bay

VOLUME 3 • ISSUE 3 • FALL 2013



Join us in celebrating MIAW 2013 at the 6th Annual Poetic Licence Coffeehouse, to be held October 10th at the Lakehead University Study.

Mental Illness Awareness Week 2013

Many people diagnosed with a mental illness tell us stigma and discrimination are major barriers to wellness and recovery. Often, these go hand in hand with self stigma, when an individual internalizes stereotypes about mental illness and experiences a loss of self-esteem and self-efficacy. Mental Illness Awareness Week (MIAW) October 6 – 12, 2013 is a national education campaign that aims to decrease this stigma and discrimination.

Locally, we partner with community agencies in our own efforts to address discrimination. During this week, we bring together a diverse group of artists to entertain our audience through an annual coffee house called Poetic Licence. It is a subtle yet powerful way to address stigmas.

Our focus is inclusion, not segregation; mental health instead of mental illness. We spotlight the talents of musicians, poets, writers and storytellers in our community. Some performers have experienced mental illness and others have not. We share things in common, including the desire for wellness. For we all walk on a continuum, a line moving from feeling well, stressed or severely distressed, depending on what life throws us. While we acknowledge that many suffer more than others, we all share the desire to stay on the path of wellness.

Our focus for MIAW is not on what separates us, but what makes us come together. Join us for an evening of inspiration and entertainment at the 6th Annual Coffeehouse on October 10, 2013, 7:00 PM at the Study, Lakehead University.

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.

Rethink your Drink!

Did you know that drinking one pop a day adds up to 30 kg of sugar in a year?

For the month of June, New Foundations took the "Rethink Your Drink" challenge. The campaign aims to increase knowledge about the added sugars found in commonly consumed beverages and how they can affect your overall health.



The 2013 Champions for Mental Health.

Dragonboat Festival: We Gave it Our All

We may not have won a medal, but Dragon Boat 2013 was an overwhelming success. The CMHA team included staff, members, family and friends. What made this year so unique is that the team really focussed, not on the winning, so much as paddling together as a team for a cause.

In true team spirit, the team did joint fundraising. The team spent most of a day together preparing a terrific spaghetti dinner for which they had sold tickets. Thanks to everyone who supported this venture.

The crowning glory of the event was a wrap-up reception. We gave all team members a framed team picture and viewed a wonderful video, shot by a team supporter that truly captured the thrill and excitement of the race day.

Staff Ethics Training

The CMHA Thunder Bay Ethics Committee is proud to present our first agency-wide ethics training opportunity. Starting September 20th, we will be offering three sessions of ethics training with a focus on the new Ethics Decision Making Framework. The sessions will be led by Michelle Allain, Bioethicist for the Centre for Health Care Ethics (CHCE) and Collaborating Group. Michelle's role within the community is to support organizations and clients in navigating complex ethical decisions, developing policy, and conducting research. Michelle will present the CMHA staff with an overview of ethical decision making and help familiarize staff with the new framework.

Psychosis 101

Two Nurse Care Coordinators from First Place Clinic provided 1.5 days of training to 25 staff from seven agencies about First Place and psychosis. Participants were on-site at CMHA and at six regional agencies participating through OTN. The agenda included an overview of psychosis, treatments including medications, how First Place works with clients, and the importance of case collaboration with regional agencies. Participant feedback was largely positive. We have scheduled another training session for the fall, and we plan to train additional staff as facilitators.

Gabor Maté fundraiser

We would like to thank the community of Thunder Bay for supporting our May 9th fundraiser with Dr. Gabor Maté, renowned Canadian physician and bestselling author. He spoke to an audience of 525 people, raising over \$8000 in support of our Education & Training initiatives.

Special thanks to our event sponsors: Victoria Inn & Conference Centre, Thunder Bay Seniors Paper, Rainbow Printers, and Kari Chiappetta Consulting.

Research Corner

Dr. Chi Cheng and colleagues are in the recruiting stage of the NorthBEAT Project. Potential participants are being recruited from sites in Northwestern and Northeastern Ontario, including our very own First Place Clinic & Regional Resource Centre. The project's aim is to understand the mental health service needs of youth in Northern Ontario who experience psychosis.

For more information, or to subscribe to project updates, visit the project's new page via: www.sjcg.net.



Volunteers from RBC helped to beautify CMHA's main building grounds.

Corporate Generosity

On June 9, 2013, fifteen staff volunteers from the RBC Branch at John St. and Memorial Avenue spent several hours restoring the garden beds at CMHA Thunder Bay's main building.

Master gardener and past CMHA Board Chair, Ivan Isenor, led the group. In addition to making our grounds look beautiful, we were pleased to receive a donation of \$1000. Thank you, RBC!