

supporting RECOVERY



Canadian Mental
Health Association
Thunder Bay

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Maurice Fortin retires after 27 years as CEO of CMHA Thunder Bay Branch.

The End of an Era: Celebrating Maurice Fortin's retirement

On December 12, 2013, Maurice Fortin, Chief Executive Officer (CEO) left his office on Van Norman to begin a new adventure, a journey into retirement. He was celebrated and honoured many times in his last month and will be greatly missed by us all. As the founding CEO he has left an impression that will not be forgotten. His genuine caring of people with lived experience and belief that people can and do recover from the effects of a mental illness is a legacy that will continue in the years ahead.

While this may be the end of an era for CMHA it is the beginning of a great adventure for Maurice. We wish him wellness, longevity and above all fun in his retirement.

(to read more about Maurice's accomplishments, see page 2)

Coming Alive: Exhibition and Opening Reception for Photovoice

Maintaining mental wellness can be difficult at times for most of us. For individuals with lived experience of mental illness, wellness can be even more challenging, although not impossible. When we are distressed we all need inspiration to help us find our strengths and resilience.

During CMHA's latest photovoice project, we worked with eight of our members using cameras to explore the question "What makes you come alive?" They discovered that tuning into their five senses and using them to find the things that made them "come alive", helped them to regain a sense of wellness.

Their photos will be on display March 17 to April 12, 2014 at the Baggage Arts Building, Prince Arthur's Landing, (Marina Park). Join us for the Coming Alive opening, Sunday, March 23. The reception will begin at 2 PM with a short video presentation followed by an artist talk.

For more information, please visit
www.cmha-tb.on.ca/comealive2014



GOLD EXCHANGE

Mention CMHA Thunder Bay, and Thunder Bay Gold Exchange will donate **10%** of the value of any gold you sell to our branch! For details:
www.cmha-tb.on.ca/goldexchange

ABOUT US

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.

Mission: We are committed to supporting individual recovery and promoting mental wellness within families and communities.

Values: A Client Centered Approach • Commitment to Recovery • Excellence • Innovation & Creativity

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Cheers to Maurice! (continued from cover)

Maurice's journey with CMHA spans a time period of 31 years beginning on May 25, 1982. During this time he has made significant contributions to the mental health sector both at the organizational, community and provincial levels but above all at a human level.

To celebrate his contributions and accomplishments, the Board of Directors planned a Surprise Retirement Party. Keeping this celebration a secret over the span of more than three months was certainly a challenge, one that seemed questionable if not impossible!!

The day arrived on November 22, 2013 and when Maurice arrived accompanied by his lovely wife Barb, he was more than surprised. He was greeted with

a standing ovation and a room filled with members of his Board of Directors, Leadership and Management Team, staff, clients, many esteemed colleagues and above all, many friends.

The evening was an honour, tribute and celebration to his roles as a Chief Executive Officer, a Leader, a Colleague, a friend and most importantly a man with great integrity.

Shirley King, a founding Board Member and custodian of CMHA's history, paid tribute to the many highlights of Maurice's career. Board members, staff, colleagues, clients and friends stepped up to the podium to share their stories—many of which touched the hearts of those in the room.

Later that evening when asked how he felt about the evening his response was "I am wondering who this great man is that everyone is talking about".

While Maurice's presence will be missed by many, he has left a legacy filled with hope, recovery, innovation and pride. The Leadership Team of CMHA will honour this legacy moving forward and continue with their efforts to create a strong recovery based organization.

Thank you does not seem to cover our gratitude for having him as a leader, mentor and friend. Cheers to Maurice!!

Staffing Changes

The CMHA Board of Directors are pleased to announce the appointment of Sharon Pitawanakwat as Acting CEO. On January 21, 2014, Sharon will have been with CMHA for 6 years in the role of Director of Program Services. She brings more than 18 years of progressive leadership experience to her new position.

Appointed to the position of Acting Director of Program Services is Brenda Atwood. Brenda has been employed with CMHA for over 23 years. Her most recent position was Manager of Skills Development. Appointed to Brenda's position is Tiffany Stubbings. Tiffany has been employed with CMHA for more than 13 years. Her most recent position

was Mental Health Worker with Skills Development.

The appointment of internal employees into leadership positions will support continuity of leadership and offers the Board of Directors an opportunity to review the organizational structure before the full recruitment of a new CEO begins.

History in the Making

Some photos from Maurice's 31 year journey with CMHA.



TOP ROW Left: Maurice waiting in the charity dunk tank at Harbour Fest (c. 1997). Middle: Shirley King and Maurice with Margaret Trudeau at the "Breaking the Myths of Mental Illness" presentation (2007). Right: Maurice and Jason paddling for CMHA's team at the Dragonboat Festival (2010). **BOTTOM ROW** Left: The Society of Excellent Men (2010) Right: Board President Linda Stewardson pinning Maurice's boutonniere at his surprise retirement dinner this past December (2013).



Results of the Accreditation Canada On-Site Survey

Accreditation Canada is an independent, not-for-profit organization that sets standards for quality and safety in health care and accredits health care organizations in Canada and around the world.

From October 28-31, 2013, CMHA Thunder Bay Branch engaged in its second comprehensive on-site survey of its governance, leadership, clinical programs and services as part of its commitment to continue to incorporate the principles of accreditation and quality improvement into its programs, policies and practices.

In addition to the organizations own self-assessment, the on-site survey incorporated multiple sources of evidence such as observations from tours and direct service provision, discussions with staff, clients, families, board, community partners and stakeholders as well as review of documentation.

CMHA Thunder Bay Branch is very proud to announce that it has achieved "Accreditation with Commendation".

Out of the 350 high priority and other standard criteria used to assess the organization, all but one was met. We had a 99.2% compliance rating.

The Accreditation Canada Surveyors commended the organization for its excellent preparation and participation in the survey process. They noted that the Board of Directors is highly engaged with the branch and fully support the enhanced focus on quality. Further, they identified that the organization works well with the community to develop strong programs that make a difference in the lives of clients. Community partners were noted to express a great deal of respect for the organization and commented that it acts with integrity and keen attention to client need.

The organization was identified as having made huge strides in developing organizational and quality improvement plans including the adoption of an ethics framework for decision making. Further, it was noted that the organization has embraced

the principles of the Recovery Model, as evidenced by the client centered approach to service provision. Staff members were noted to be passionate and committed to the individuals they serve: "It is apparent that they are proud of the work that they do and the difference that they make in people's lives".

Moving forward, the organization has several areas where it will continue to focus its improvement efforts namely in the development of program specific outcome measures; the use of evidence based practices; as well as a continued focus on building cross organizational relationships.

We wish to express our appreciation to everyone who was involved in the activities leading up to and including the on-site survey. Your participation was vital in ensuring the organization experienced a very thorough review and positive outcome.

For more information, visit:
www.cmha-tb.on.ca/accreditation



Join us on March 27, 2014 for the 5th Annual Styles & Smiles event!

Styles & Smiles 2014: Old Hollywood

Styles & Smiles is a unique evening that combines a symposium and luxury raffle with a 5-course dinner, a fashion show and some comedic entertainment. All proceeds remain in Thunder Bay in support of CMHA Thunder Bay and the Children's Centre Foundation.

This year's theme is "Old Hollywood", and will take place at the Victoria Inn on March 27, 2014.

Tickets are \$80 and available online:
excellentmen2014.eventbrite.ca

Psychosis 101

Nurses with First Place Clinic & Regional Resource Centre recently provided a one day session of their *Psychosis 101* training. Staff from ten local and regional agencies attended at CMHA or through OTN sites in Manitowadge, Pic River, Kenora and Fort Frances.

Psychosis 101 training includes topics such as causes and symptoms of psychosis, treatment options, referring to the clinic and how intervention/treatment is provided using the EPI (Early Psychosis Intervention) model of care. Another session will be offered in Spring 2014.