

supporting RECOVERY

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Canadian Mental
Health Association
Thunder Bay



United Way
Thunder Bay
Funded Agency

A Commitment to Recovery

In June 2014, the Board of Directors of CMHA Thunder Bay Branch formalized their commitment to recovery. They joined many other organizations across the country by signing a Declaration of Recovery with the Mental Health Commission of Canada. This is a very exciting time for the organization and signifies its continued commitment to ensure that it “walks the talk of recovery” in all aspects of operations.

Following the signing of the declaration, we launched a formal review of our current practices. An intern was hired and given the task of launching an organizational wide review with the intention of identifying and quantifying our strengths as well as our opportunities for growth in the area of recovery focused practice. The findings will provide a formal benchmark helping us to objectively measure our progress moving forward.

Recovery focused care to our members/clients is only one aspect of being a truly recovery focused organization. Strategies to include governance, leadership and administration system are also needed. To develop these strategies the Leadership team participated in a two day training session led by experts in the field. A number of key strategies and incremental initiatives have now been identified that will support ongoing transformation at the leadership and administrative levels.



Henry Emmons and Carolyn Denton of *Partners in Resilience* with CMHA's Joanne Otte at recovery focused event. *Restoring Resilience*, June 2014.

We were encouraged by the facilitators to know that we are on the right track when they reported that they have not seen a Leadership Team so advanced and committed to being a truly recovery focused organization. Thank you to the Leadership Team for your continued commitment. Additionally, at the November Board Retreat the Board of Directors will participate in a session entitled “Governing in a Recovery Focused Organization”. Emphasis will be centered on how the Board will govern using a recovery focused approach.

This is a very exciting time for CMHA Thunder Bay. We extend much gratitude to our mentors from the Mental Health America of Los Angeles - MHA Village. Our goal is to become a leader in Recovery Oriented Practice and to share our experience, strength and above all hope as we walk side by side with clients/members, staff, community partners and others who are on this amazing journey of recovery!

A special thank you is also extended to Joanne Otte for keeping the recovery flame glowing. As we journey into this next stage of organizational growth we invite everyone to share in our success.

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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The Face of Giving ELLY TOSE

According to Statistics Canada, every year millions of people over the age of 15 donate money to charitable and non-profit organizations. The reasons why they make these contributions are as varied as the people themselves and the analysis of charitable giving is extensive. What gets lost in all of this analysis, however, are the actual, individual people making the donations.

As Chair of the Advancement committee for two years and now as the Advancement Consultant for CMHA, my experience has been that donors to this organization often give because they have been personally affected by mental illness in some way. Here is a brief look at a very unique donor who was only 11 years old.

On Thursday, June 19, just before school ended for the summer I was asked to represent CMHA at St. Margaret's School to witness a fundraising event organized by one of their grade six students, Chelsey Roman.

Chelsey's papa, Brian Spooner, had passed away December 19, 2013 and Chelsey had decided to do something in his memory, six months to the day later. In front of her entire school, Chelsey had 11.5 inches of her hair cut off and donated to make a wig for a cancer patient. To come and witness this hair cut, Chelsey asked all of her fellow students, family and friends to donate a toonie.

With the support of her mother, father, sister and several members of her extended family, Chelsey raised \$320 in her family community. The Thunder Bay Public Library contributed \$160 and her school community raised another \$140. In total Chelsey collected \$620. She donated this money to CMHA because she knew her grandfather had struggled with depression. She hoped her contribution would help make a difference for someone else's papa.

Chelsey is not a statistic. This is the real face of giving.



Chelsey, 11, collected and donated \$620 to CMHA in honour of her grandfather who passed away last December.



Join us for an enlightening presentation by Kim Mik on October 29, 2014.

Upcoming Awareness Event: Kim Mik, *That's Crazy Talk*

Hope is a potent ingredient in recovering from a mental illness. It starts with the fundamental belief that recovery is possible. Hope comes in many forms. The most powerful are from the stories of others who not only survived, but also thrived in the midst of mental illness. Kim Mik is one of those people. You would never know she has a severe mental illness and a history of substance abuse, unless she tells you...and she will.

Kim has bipolar disorder type 1 with psychosis. Rather than suffer quietly, she has chosen to speak out about mental illness and addiction in hopes

of making similar conversations easier for others affected by it.

CMHA is extending our celebration of Mental Illness Awareness Week (October 5 through 11, 2014) by bringing Kim Mik to Thunder Bay at the end of the month. Her presentation is honest, enlightening, inspiring, funny and above all-hopeful. Her words and stories send a powerful message that people can live meaningful lives despite the presence of mental illness.

Kim Mik: October 29, 2014
Tickets \$12 at CMHA or online at:
cmha-tb.on.ca/crazytalk

2014 Fanny Rajala Endowment Fund Recipients

The following individuals were the recipients of the 2014 Fanny Rajala Endowment Fund.

Lindsay de la Rosa
Lakehead University
Honours Bachelor of Fine Arts

Glen Bruce
Lakehead University
Honours Bachelor of Fine Arts

Pauline Fogarty
Confederation College
Concurrent Disorders Graduate Certificate

CMHA wishes all three recipients of the Fanny Rajala Endowment Fund success in their studies!



Lindsay de la Rosa,
award recipient

Receiving the Fanny Rajala award means a great deal to me. It means that I am fully prepared to pursue my goal of attending university. It shows me that I have support from people who want me to succeed!

This bursary will help to pay for some art supplies that I will need for school. Having the necessary art supplies will help me to succeed in my art assignments and projects. I am grateful to CMHA for all of the financial support and encouragement.

Lindsay de la Rosa

This monetary award will enhance my educational experience in so many ways. Each time I meet an expense, I will feel really good and thankful for the dollars that help to boost me up in so many ways. This further adds to my self-esteem and overall view that some people care enough to make the road a little bit easier.

This award will be a long time positive influence on my life. I am sure this will reflect in the outcome of my artwork and the enjoyment of my educational experience. I would like to say a heartfelt thank you for this opportunity.

Education helps to keep one busy and productive with learning. Over the years, this accumulates into a woven tapestry of insulation against those dark uncertain times of mental illness. We gain life with every stitch and positive life enhancement climbs us out of those depths. Yes, this money helps foster that tapestry and, hopefully, it will always remain in a positive light.

Once again, I say thank you and may God Bless those Fanny Rajala type efforts everywhere. Thank you.

Glenn Bruce



Glen Bruce,
award recipient

Introducing the TRHP Program

In February 2014, CMHA welcomed a new housing service to the Case Management program: the Transitional Rehabilitative Housing Program (TRHP).

A collaboration between CMHA and the Thunder Bay Regional Health Sciences Centre (TBRHSC) Forensic Program, TRHP provides intensive case management services to forensic clients, promoting recovery and helping them to successfully

navigate the transition into community life. In addition to focusing on skills development, psychosocial rehabilitation and recovery, case managers also support clients in maintaining appropriate housing, linking clients with community services, and supporting them in adhering to the conditions of their Ontario Review Board Disposition. Intermittent staff support TRHP clients in independent units for approximately 18 months.

2013-14 Annual Report

CMHA Thunder Bay's Annual General Meeting took place on June 10, 2014. In addition to our financial review, the Annual Report features program statistics and recovery stories from staff perspectives.

View/download the report by scanning this code or visiting:



cmha-tb.on.ca/annualreports

Kim miK

That's Crazy Talk.

CRAZY? Now there's a word we need to talk about.

You would never know that Kim Mik has a severe mental illness and a history of substance abuse, unless she tells you... and she will.

Kim has Bipolar Disorder Type 1, with psychosis. She thinks it's weird that people are more willing to talk about their colonoscopies than their psychiatric appointments. Rather than suffer quietly and ashamedly with so many others, she has chosen to speak out about mental illness and addictions in hopes of making similar conversations easier for you, your children, your colleagues, and your friends.



CMHA is extending our celebration of Mental Illness Awareness Week. Join us for a presentation that is honest, enlightening, inspiring, funny, and above all- hopeful.

OCTOBER 29, 2014
VICTORIA INN, REGENCY BALLROOM
SHOW: 7:00-8:30PM | DOORS: 6:30PM

\$12 ADMISSION * GET TICKETS AT CMHA OR ONLINE: CRAZYTALK.EVENTBRITE.CA
 Online sales end Oct 28. Tickets available at the door. For more details: www.cmha-tb.on.ca/crazytalk

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GOLD EXCHANGE FUNDRAISER

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

Seventh Annual

Poetic LICENCE

COFFEE HOUSE

An evening of arts and inspiration.

THURSDAY
OCTOBER 9



For more information, visit: www.cmha-tb.on.ca/miaw2014

LIVE

@ LAKEHEAD
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DONATIONS
 WELCOME
 AT THE DOOR

DOORS

OPEN AT 6:30
 SHOW STARTS
 AT 7:00

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 Thunder Bay

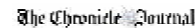


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FAMILY MENTAL HEALTH RECOVERY SERIES

Next 10-week session begins
 October 15, 2014.
 \$50

For details or to register:
 Joanne Otte - 683-4952
cmha-tb.on.ca/familygroup

