

Thunder Struck
October 2003 Issue for Website

Words from the President

Since I was in school September has always felt like a new year and this year is no different. As I write this, your new Board is gearing up for it's first meeting of the new year. The new Board was elected at the Annual General Meeting in July 2003 and includes myself Colin Stewart (Chair), Bev Goodwin (Co-chair), Don Camus (Treasurer), Diane Perth (Member At Large), Dawn Marie Washington (Secretary), Stella Montour, Tina Manfredo, Sue McLean and Roland Schauz. Please welcome them and bring forward to the new Board any issues you want to be considered for PACE.

This past summer the members of PACE were victimized by thieves who came to PACE and while under the guise of doing laundry, broke into the freezer in the basement and stole \$1000.00 worth of meat. This offends me as it should all members who gain a sense of belonging within PACE's safe and accepting community. This food was earmarked for membership gatherings (monthly membership meetings, Thanksgiving, Christmas, Easter etc.). Now because these one or two people have decided that they wanted the food for themselves those meals will not likely be available to the membership. These criminals have abused the trust of the membership and have literally taken the food out of the membership's mouth. I for one feel violated and angry. Despite the fact that consumer/survivors are among the most violated people in the world, the PACE community should somehow strive to be different. As a member of PACE I must continue to believe that through advocacy and education we can change things. So I urge the membership to advocate for yourselves this time. Don't accept this crime within your own house and community; fight back. If you saw or heard of anything that relates to this crime please tell the staff or call the police. With your help we will find these criminals and they will be charged and banned from PACE. Take ownership in PACE and protect yourselves and each other from those who would violate you. Let's re-claim our trusting community.

Colin Stewart

Chair of PACE Board of Directors

Empowerment Definition

“THE DESIRE TO PROTECT (AND TO BE PROTECTED) IS A STRONG ONE:

Nonetheless, there are genuine benefits when clients begin to control their own lives, and when practitioners become guides and coaches in this process, rather than assuming the long-term paternalistic role of supervisors.”

As defined by a group of a dozen leading U.S. consumer/survivors self-help practitioners, they defined “empowerment” as having a number of qualities, as follows:

1. Having decision-making power.
2. Having access to information and resources.
3. Having a range of options from which to make choices (not just yes/no; either/or.)
4. Assertiveness (**not** manipulation)
5. A feeling that the individual can make a difference (being hopeful)
6. Learning to think critically; unlearning the conditioning; seeing things differently.
7. Learning about and expressing anger. (Clients need opportunities to learn about anger, to express it safely and to recognize its limits)
8. Not feeling alone; feeling part of a group.
9. Understanding that people have rights.
10. Effecting change in one’s life and one’s community.
11. Learning skills that the individual defines as important.
12. Changing others’ perceptions of one’s competency and capacity to act.
13. Coming out of the closet.
14. Growth and change that is never ending and self-initiated.
15. Increasing one’s positive self-image and overcoming stigma.

Source: Taken from an article by Judi Chamberlin. Spring Issue 1997 *Psychiatric Rehabilitation Journal* Special Section

Volunteer of the Month Award Winners For August & September 2003

Established by the Board of Directors of P.A.C.E., a member is chosen by the Social Recreation Committee as the:

“Volunteer of the Month”.

Winners receive a certificate, \$5.00 in cash and mention in the newsletter.

The following members won this award over the past three months:

July 2003 Winner: There was no one chosen in July due to the Annual General Meeting (AGM)

August 2003 Winner: Don Camus who taught P.A.C.E. members how to access the Internet.

September 2003 Winner: A) Lorna Morgan, *with a broken arm* did a wonderful job of cleaning out the basement and recruiting male help to remove all the garbage bags of trash.

Personal Data Bank

We live out our lives absorbed in the tasks of daily living. When faced with decision making, we fall back on familiar reactions. We think we know ourselves but do we? Could we be operating on automatic pilot? The first step in knowing ourselves is to collect information in a personal data bank. A **Data Diary** can help you compile a great amount of information about yourself. As opposed to a general diary, this will help you collect specific kinds of information. The following are some examples of categories you can use.

1. Role Play Diary

Review your day in search of the times and situations where you were playing a role and not actively thinking about what you were doing or saying. i.e. coffee talk

2. I Learned Diary

Are you growing? Record anything that you learned during your daily routine. Record anything that you think you need to know now and in the future.

3. Priorities Diary

Keep a record of how you spend your twenty-four hours and see if you spend time in areas that are not important to you.

4. Decisions Diary

Life goes on, and if it is to get better for you, only you can change it. Record what decisions you made and when you took action. (Excerpts from Simon, Dr. Sidney. In Search of Values, 1993)

Source: 'Change of Mind Winter' '99 Pg. 7

Obsessive Compulsive Disorder

Do You Have OCD?

A person with OCD has obsessive and compulsive behaviours that are extreme enough to interfere with everyday life. People with OCD should not be confused with individuals who are sometimes called "compulsive" because they hold themselves to a high standard of performance. These are the perfectionists and are very organized in their work. This type of "compulsiveness" often serves a valuable purpose, contributing to a person's self-esteem and success on the job. In that respect, it differs from the life-wrecking obsessions and rituals of the person with OCD.

What causes OCD?

Current theories suggest that a chemical imbalance of serotonin in the brain is a primary contributor to the disorder. PET scans and MRI images also show abnormal activities in certain regions of the brain of those with OCD.

It affects people from all age groups and ethnic and socio-economic backgrounds.

Is there a treatment for OCD?

Drug Therapy

Research has shown that both medication and behaviour therapy is very effective in treating OCD. One person may benefit from behaviour therapy while another from drug therapy. Some may use both medications and behaviour therapy. Drugs that affect serotonin can decrease the symptoms of OCD. Selective serotonin reuptake inhibitors (SSRI's) and tricyclic anti-depressants can help normalize the brain's balance of serotonin. Improvement usually

takes at least three weeks or longer. It is important to work closely with your doctor to monitor your response to medications.

Behaviour Therapy

Behaviour therapy teaches the person to confront their fears and reduce anxiety without performing the rituals. With support from the therapist, the person exposes him/herself to situations that causes anxiety, but refrains from performing the rituals that relive the anxiety. For example, an individual might be encouraged to touch an object believed to be contaminated, and then urged to avoid washing for several hours until the anxiety has decreased. Over time, the person realizes that the feared consequences will not occur. This process is called habituation. A study of more than 300 people with OCD who were treated with exposure and response prevention, showed that 76% still showed clinically significant relief from 3 months to 6 years after treatment.

Cognitive Behaviour Therapy

This may also prove effective for OCD. With this therapy, the emphasis is placed upon changing beliefs and thinking patterns.

Secrecy

OCD sufferers often try to hide their disorders and can be successful in concealing their symptoms from friends and co-workers. But over time, their resistance may weaken and the symptoms become severe time-consuming rituals that take over their lives.

Source: "Change of Mind" Winter '99 pg. 6

Advocate's Advice ~ Autumn 2003

What is the most important skill needed to advocate for yourself? Assertiveness. Without assertiveness, it is far more difficult to voice your needs, defend yourself or, have a say in anything. There are many organizations that offer "Assertiveness Training", including the Northwest Medical Centre, as well as schools. If you find it difficult to stand up for yourself or, say no to someone, PLEASE consider assertiveness training. It will change your life.

Sylvia Helfrich-Storozuk

System Advocate

Staff Reports

Economic Development Worker

To date, **Community Economic Development** has achieved the formation of one focus group based on common interest. This group is developing a cleaning business and will soon be starting their feasibility study. I am sure that this business will show potential and prove to be very successful.

As soon as Lynn Moss-Sharman is available, she will be looking for members to assist in developing a craft business. If anyone is interested in making an employment opportunity through the development of an **alternative business**, please contact me at P.A.C.E.

I have been to Schreiber, Manitouwadge and Geraldton and met with MISN members who are interested in developing an alternative business. The idea has taken off quickly in Geraldton. I hope to be going to Marathon in September and start my visits again in October. So, if employment is what you want, then consider coming to talk with me. *Don*

Upton

Public Education Report

An Aboriginal presentation on Diabetes was held on September 24th. It included education about diabetes, prevention of the disease, and graphic illustrations of potential complications if not cared for. A light snack was provided by the presenter, Bob Fenton (Aboriginal Diabetes Worker).

September started with a staff retreat that gave us an opportunity to meet with the MISN staff, and some Can Help and Sunset Psychiatric Survivors staff from Dryden, Kenora, and Red Lake. It was a pleasure to meet them and to hear the kind of work that they do in their areas. It was all agreed that this retreat would be an annual event, to maintain a good working relationship with other consumer/survivor initiatives. We also attended the Board and Staff Orientation officially welcoming the new Board members and learning their duties. We had an opportunity to dream or have a vision as to where to go next with PACE. Dreams sometime do come true, and this meeting gave us the opportunity for Board and staff to state our visions and offer the hope that is needed to fulfill those dreams.

I have started the Wellness Recovery Action Plan (WRAP) workshops and to date have one member that has been interested in the workshop. I have another call out to members to start on Wednesday Sept 24th at 10 a.m. and each Wednesday for six weeks. Those interested, please sign up. If you need more information on this workshop please contact me. I see this as a very empowering workshop and a recovery tool to use in taking control of your own life.

I would like to welcome Debbie Dika to P.A.C.E. Debbie is a student in the Addictions Worker Program at CDI College. She is here at PACE for an eight week placement that started Sept. 22nd. Watch for posters of upcoming events on addiction related issues.

As part of the Mental Illness Week in October, the Community Mental Health Network (CMHN) will be presenting a showing of "Nothing To Hide Photo Exhibition" at Confederation College Sept. 29 to Oct. 3 and Lakehead University on Oct 8 to 10th. Mental Illness *theme* for 2003 is *Mental Illness and the Family*. This photo exhibition is a very enlightened arrangement of photos and real life families that live with a mental illness, and the stories of their lives.

I will be holding monthly RECOVERY luncheons. At these times there will be a focus on Recovery issues, what they mean and how they affect consumers. The first luncheon will be held on October 22 at 1 pm – 2 pm and then once a month as posted. This is an opportunity for you to participate and have your voice heard. Hope to see you there.

Until next issue, keep safe, stay healthy and on your own journey in recovery.

Sincerely

Kathleen Morrison, Public Education Worker

System Advocate

Most of the summer was spent completing old projects and planning for Fall. A position paper with recommendations on the ODSF system was completed and forwarded to electoral candidates before the election.

The Advocacy Committee has been busy planning workshops and getting the Fund Raising projects up and running. Our Regal sales are a little slow now, but we are still turning a profit and expect to do well with Christmas season sales. Don Camus, along with one of the community reps., drafted a Letter of Request so we can begin Corporate fund raising, as well. Our next Self-Advocacy Workshop will be held in December, so watch for it! The P.A.C.E. and

M.I.S.N. staff attended a Retreat and an Orientation early in September. Both were very helpful in finding solutions to problems that some of us may have had. These get-togethers also help us understand each other better, and our individual working patterns.

A presentation on German Culture will be held at P.A.C.E. later in October and it's hoped that many of you can attend. It's sure to be a fun Oktoberfest! I hope all of you enjoy the Autumn season and don't forget to get your flu shot!

Sylvia Hefrich-Storozuk, System Advocate

Membership Development Worker

This has been a very busy time for me. For those who are not aware, my sister, Marlene, a member of P.A.C.E. passed away in August. This was and still is a difficult time for myself and my family

The membership continues to grow and this is a good thing. As was mentioned by Colin on page 1, I have met with police officer, Andrew Clark concerning this incident.

We could use more members on the Peer Support Committee, as some days I feel really worn out from acting in this capacity.

This past month I have been quite ill and was hospitalized for a short period. When you don't see as much of me as usual it is because I will be taking additional time off in October to fully recover.

In latter September, we had a Yard Sale at P.A.C.E. I wish to thank Colin, our Board Chairperson who donated hotdogs and buns for the occasion. Thanks also to all those who helped out at this event.

I would like to mention that many of the members are forgetting to sign in when they drop in. This is important as our statistics of drop ins can determine the funding we receive from the government. (Thanks in advance!)

I would like to ask that the membership continue in taking care of each other and respecting each other's boundaries and personal space. I also would like to congratulate the membership in recognizing the very rich and diverse cultures within our organization and the membership insight into keeping this in mind during the day-to-day contact with each other.

Be safe, happy and healthy, until next issue.

Inez May, Membership Development Worker

Thunder Bay Economic Justice Committee

The mission of this committee is towards identifying and overcoming the barriers which prevent people from being able to achieve economic security and live with dignity.

Community members include the following: AIDS Thunder Bay, Food Action Network, Independent living Resource Centre, Kinna-aweya Legal Clinic, Lakehead Social Planning Council, NorWest Community Health Centres, NOW Women's Centre, P.A.C.E., P.U.S.H./NW., Regional Multicultural Youth Council, Thunder Bay Schizophrenia Society, and concerned people like you!

Kimberly Rogers was banned from social assistance because she put herself through school on student loans while on welfare. In 2001, while under house arrest, she and her unborn baby died in her Sudbury apartment.

Source: Taken in part from Thunder Bay Economic Justice Committee pamphlet "Make Ontario Fair For Everyone".

The Self-Advocacy Movement

(Taken from AA, MRFAQ on the Self-Advocacy Movement)

"Sometimes I feel like nobody pays attention to what I want or like; nobody believes I can do anything for myself. I don't even know how to speak up and show people who I really am."

These feelings are all too common among people with mental disabilities regardless of where they live, whether they live with family members, in community services, or on their own. For many people across the country and around the world, involvement in the self-advocacy movement has built self-confidence, supported self-determination and provided opportunities for learning about and contributing to their communities.

What is the Self-Advocacy Movement?

When we speak of the "civil rights" movement or the "parents" movement, we are referring to something like a crusade, powered by people who have been directly affected by oppressive attitudes and practices, which has fostered change in our society. The self-advocacy movement is just such a force. Today, people with mental disabilities are on national and provincial boards and committees, are presenters at major conventions and, are a voice for themselves and others who have similar disabilities.

Why is a Self-Advocacy Group Important?

Self-Advocacy groups typically give people with mental disabilities their first and most consistent opportunities to develop membership and leadership skills. Within the group, members can learn about the rights and responsibilities, develop confidence about their abilities, practice the skills of speaking in public and studying an issue, learn about voting and group decision-making, exercise problem-solving techniques and develop assertiveness skills. They can also give and receive personal support from people who have had experience like their own. Even group members who do not communicate verbally can and do participate in the support and learn ways of advocating for themselves and others. Involvement in a self-advocacy group is, for many people, the best way of participating in the self-advocacy movement.

Submitted by: *Sylvia Helfrich-Storozuk*

System Advocate

CALL FOR VOLUNTEERS!!! PARTICIPATION OPPORTUNITIES

Public Education Committee

This committee meets once a month on the third Tuesday of every month. The committee meets and discusses several things surrounding education. Right now the committee is presently working on issues such as the following:

- ⇒ Forming a theatre group, researching other groups in the province
- ⇒ Discussing the training needs of members, staff
- ⇒ Continually adding to the article library
- ⇒ Developing media responses to mental illness.
- ⇒ Reviewing ideas from membership to book speakers and workshops
- ⇒ Reviewing the conferences that members are able to attend.

LET YOUR VOICE BE HEARD

Newsletter Committee

This committee meets twice a month on the second and fourth Tuesday @ 2 p.m. The committee is responsible to have a newsletter published and distributed four times a year. The following are some of the duties that committee members do:

- ⇒ Review submissions from members and staff.
- ⇒ Decide and vote on what will go in the newsletter.
- ⇒ Look for interesting ideas, articles that can be submitted for the newsletter
- ⇒ Decide the colour of the paper , the date that it will go out
- ⇒ Prepare the newsletter to be mailed, which involves photocopying, folding, stuffing and stamping return address, address labels, and stamps.

Due to increasing membership, there is a growing need for more and more newsletters to be prepared. Something for everyone! Join us!

FREE AND FUN!

Contact Kathleen Morrison at PACE by calling 343-4760 or email to: pacepew@shaw.ca

Social Recreation Committee

- ⇒ We need volunteers.
- ⇒ We help plan special events for the membership.
- ⇒ We prepare mouth-watering dishes for special occasions, like Easter, Christmas, Thanksgiving and other nutritious snacks.
- ⇒ We try to keep the members involved in exercise programs, such as walking & stretching, and baseball in the summer months.
- ⇒ We play card games and board games.
- ⇒ We meet on an informal basis to plan special events and dinners.
- ⇒ COME ON OUT and find your hidden talents. *Inez May*

Peer Support Committee

- ⇒ Come out and help a friend.
- ⇒ Lend an ear or a shoulder.
- ⇒ We are always looking for members to help each other in a way they may have been helped in the past.
- ⇒ Come to one of our meetings and decided for yourself. *Inez May*

System Advocacy Advisory Committee

The System Advocacy Committee (S.A.A.C.) usually meets twice monthly. The members of this committee have developed a variety of projects that involve:

- * Planning and Decision-making
- * Fund Raising
- * Developing Information Kits
- * Creating AND Presenting Workshops YOU Think Are Important

Sylvia Helfrich-Storczuk, System Advocate

Please Call P.A.C.E. for time/dates of committee meetings.

THE VALUE OF PARTICIPATION

Source: Taken from *The Alberta Mental Health Network*
 website:admin@selfhelpnetwork.org

1. **Rights**
 People should be involved because, as citizens, they have the right to be.
2. **Benefits**
 People's ability to copy is directly related to their network of support. When people participate with others, they decrease their isolation and extend their resources for dealing with stress.
3. **Affirmation**
 People should be involved because it builds self-respect, dignity and purpose in life. People who lead meaningful lives build strong communities.
4. **Realism**
 The participation of people who have directly experienced the mental health system helps organizations and communities stay grounded in the real concerns and needs of the people who use it.

Calendar of Upcoming Events for P.A.C.E.

SEPTEMBER

Wed. 24	Wellness Recovery Action Plan (WRAP) Workshops (<i>Every Wed. for 6 weeks</i>)	10 a.m.
Sat/Sun 27.28	CAN HELP Conference Location: <u>Dryden</u>	
Fri. 29 – Oct. 3	Five P.A.C.E. members were chosen to attend Community Mental Health Network [CMHN] “Nothing To Hide Photo Exhibition” Location: <u>Confederation College</u>	

OCTOBER

Thurs. 2	Video Afternoon	3 p.m.
Wed. 8 - 10	Community Mental Health Network [CMHN] “Nothing To Hide Photo Exhibition”	

Wed 15 Sat. 18	Location: <u>Lakehead University</u> Kinna awaya Legal Clinic <u>General Membership Meeting</u> (Presentation on Privacy Rights)	9 a.m.-3 p.m. 3 p.m. 1 p.m.
Wed. 22	RECOVERY Luncheon (<i>monthly</i>) Recovery Issues; What they mean and How do they affect consumers	1 p.m.- 2 p.m.
20 - 24	NEON Conference Location: North Bay <u>Members attending have been chosen</u>	
Thurs. 16 Fri. 24	Video Afternoon Presentation on German Culture	3 p.m. 3 p.m.

NOVEMBER

Wed. 5 Wed. 12	Video Afternoon Health and Wellness Fair Location: Lakehead University	3 p.m. 9 a.m.- 3 p.m.
Thurs. 13	Presentation by Juanita Lawson (What the Patient Advocate Can and Cannot Do For You)	2 p.m.
Wed. 19 Sat. 22 Tues. 25	Video Afternoon <u>General Membership Meeting</u> Police Presentation	3 p.m. 1 p.m. 2 p.m.

DECEMBER

Wed. 3 Mon. 15 Wed. 17 Thurs. 18	Video Afternoon Self-Advocacy Workshop [S.A.C.C.) Video Afternoon Christmas Party Location: Italian Cultural Centre	3 p.m. 3 p.m. 3 p.m. 6 p.m.
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Each Monday, Wednesday & Friday: Recreational Activities 10 - 11 a.m.

Third Wednesday of each month: Tea and Bannock 2 - 5 p.m.

Every Friday Night: Movie Night

**Please phone P.A.C.E. or Check bulletin board for
any last minute changes or updates.**

