

What's Happenin' At P.A.C.E.

Laurie Albertini, Coordinator:

Our Board orientation was held at the Prince Arthur Hotel It was a successful endeavour and a good start on team building. We thank Donna Soderlind who was our facilitator of our team building session, for her approach, as it offered good insight to the different ways that individuals like to hear and be heard. Dawn Eccles, Chair of the Task Force certainly covered what was happening with the Task Force very well and provided much more information than I had thought that she would. The Board Basics session was held at P.A.C.E with guest lecturer Don Watson on September 6th. The Ministry has submitted a revised draft manual for operations. This is for all community mental health agencies. The Ministry has also forwarded the Service Agreement to be signed by P.A.C.E.

On October 26/27 the Can Help Conference will be in Kenora with a number of P.A.C.E. members in attendance. Collin Stewart, Kathleen Morrison and Pat Morris will be attending the conference in Boston, Oct. 24-27.

Inez May, Membership Development Worker:

I attended the Board and staff orientation and team building in August. I found it was quite an interesting exercise in the learning process for myself. It really gave me a good idea of just how different the jobs are in this office as opposed to the MISN offices. Five people attended the advanced Internet computer training with Don Camus. He did a great job and I have received positive feedback about his patience with people and his knowledge base on computers. Sylvia and I continue to work on the Safe House proposal. Membership continues to increase although volunteering needs some improvement.

Sylvia E. Helfrich: Systemic Advocate Worker:

The System Advocacy Advisory Committee (SAAC), made up of P.A.C.E. members, held their first Self-Advocacy Workshop on August 20th. It went very well, with a lot of constructive feedback from members who attended. More importantly, *everyone* who attended this workshop felt they had received some information or knowledge that they would be able to use in the real world. See page 9 for information on Self-Advocacy Workshops II and III.

Four letters have been sent to the members of the Provincial and Federal Government, with regards to the Disability Tax Credit of approximately \$ 1,000.00 that is being denied to people in the mental health system. Different groups and advocates across the country are working hard to change this. I have also been working on the funding proposal for the P.A.C.E. Safe House that we would like to see in Thunder Bay in the not-too-distant future.

Kathleen Halstead, Public Education Worker

P.A.C.E. has had some inquires from distant Consumer/ survivors' organization. I passed on information about PACE to them as well as our web

site address. Hopefully this will continue so that the general public gets to know PACE and the services provided here. I am eager to share the understanding of other consumer/ survivors' initiative through out Canada and now the potential for the world, via Internet.

I attended an ODA (Ontario Disability Act) meeting to form a committee for an Accessibility Network that will be an advisor to City Council. There will be an appointed member of the group to sit on City Council to discuss the many different aspects of Accessibility. Effective September 30, 2002, Municipalities with over 10,000 populations has to have an Advisory Committee formed and sitting on City council and are held accountable by law to insure that recommendations are executed. The committee will make recommendations as to what needs to be made accessible to all people, not only physical barriers but attitudinal barriers as well according to the act.

The staff and new board members attended Orientation at the Prince Arthur. It was great to see the staff from MISN, and to hear all the great things that they are doing in their communities.

Spouse in the House Ruling

Ontario Social Assistance regulations suggested that if a person on social assistance lived with a person of the opposite sex, the two were considered spouses and the person receiving social service benefits was presumed to have access to the other person's income or assets.

The Ontario Court of Appeal heard this "Spouse in the House" case on January 31 and February 1, 2001. Their decision to strike down the "Spouse In The House" rule was released in May 2002.

The Court found that the rule discriminates on the basis of sex, since 90% of those who were cut off social assistance were women and single mothers. The Court believed that this discrimination also reinforced a stereotype that women living with men must be financially dependent upon that relationship.

"Forcing women to become financially dependent on men, who do not support them or have no legal obligation to support them, strikes at the core of human dignity", said the Ontario Court of Appeal.

Sylvia Helfrich , Systemic Advocate Worker

Community Treatment Orders

Presentation by Pauline Bodnar
Community Mental Health Services Coordinator

Many factors go into ordering a Community Treatment Order (CTO). (Brian's Law)

Detailed information can be obtained from P.A.C.E. staff. Some facts will be included in this article but some explanations will be necessary to fully understand. Those attending Pauline presentation, I'm sure, have a much better understanding of these new legislated orders for those

few suffering from severe mental illness. Pauline can see a number of positives, contrary to her feelings in the past.

Pauline, in her presentation at P.A.C.E. explained in detail all aspects of CTOs and showed that the way she now looks on them is that they most definitely assure that people with severe mental illness get the help they need.

When a treatment order is considered, Pauline visits with the patient explaining to that person, his/her rights. If the patient is considered competent s/he has the right to agree or disagree with the order. If declared incompetent, his/her substitute consents. Contact is made to various community agencies in determining what help will be available to the individual. This help becomes part of the plan and this commitment must be agreed upon by the patient/substitute and the agencies involved. The patient reviews the plan on the Treatment Order and signs a consent to abide by it.

Pauline gave an example of a person receiving a treatment order/plan and followed that person's way through each step, giving various possible scenarios so we could see every possible problem and how it would be dealt with by the service providers.

Pat Morris

Presentation by Pauline Bodnar

On Wednesday, September 18th, the former Patient Advocate at LPH came to P.A.C.E. to tell us about her new job. She now works for Thunder Bay Regional Hospital helping doctors with Community Treatment Orders.

Pauline has not lost her sense of humour or her desire to help consumer/survivors. Her opening statement told us about her fight against the legislation of CTOs being passed by our government. Then she got serious. In helping the doctors ordering CTOs, Pauline stressed that she can now see that they can *help* c/s and sees them as *assuring they get the care they need*. Her demeanor and her words showed just how they work and what she does to assure that patients are receiving proper care and their rights are being totally considered.

I, for one, was most impressed with her presentation. I hope she comes back again real soon.

Pat Morris

Advocate's Advice

The word **Advocate** originated in the year 1340. It comes from the Old French "avocat" and the Latin "advocatus". It's original meaning was "to call" (as witness or advisor).

Learn the Basics of Self-Advocacy

When contacting agencies, organizations or branches of government, always ask for and write down the full name of the person you spoke to and the date and

time of contact. This prevents a lot of "buck-passing", when you are asked later, "Who did you talk to and when?"

When dropping off forms or papers someplace, always make a copy and have it signed at the drop off place. This may prevent having to provide them again, later.

"There is nothing so finely perceived and so finely felt, as injustice."

~ Dickens ~

Sylvia Helfrich

Understanding Stigma & Mental Health Problems

What is Stigma?

"There is a great stigma surrounding mental health issues." "Granted, people who have not lived with a psychiatric diagnosis may understandably miss the nuances of words and phrases that set off alarms for survivors". Perhaps we could help people realize that no one wishes to be 'centred out' as being different and isn't this, in fact what stigma does to us?

But, how do you feel about the use of the word, 'Stigma'? Some feel that a better word might be 'discrimination' or perhaps you have another word for it? No matter what label we give it, it is a fact for all of us.

It is said that "stigma is a reality for people with a mental health issue and their greatest barrier to a complete and satisfying life."

How do you feel about this? Would you be able to meet at P.A.C.E. and discuss what you feel stigma is? On a healthier note, what can we do to help the public understand what stigma does to us?

For those who have learned to use the Internet there is a lot of information on this subject. (<http://www.cmhawrb.on.ca/stigma.htm>) and (<http://community-2-webtv.net>) would be sources for you to find out more.

Please let the P.A.C.E. staff know if you are interested in reviewing this topic for open discussion and better understanding, so hopefully we can all understand the issues and be more able to cope.

[Contributed by Kathleen H. , Edited by Pat Morris]

Scott Simmie Coming to Thunder Bay!

For those who are not familiar with Scott Simmie, he was a Canadian foreign correspondent in China and this is where he suffered his first psychotic break.

Presently Scott is working at the Toronto Star in Toronto and also takes on additional tasks such as guest speaker in and around Canada. He has written books about mental illness and about his own problems as a result of discovering he suffers from Bi Polar Disease.

Scott will be here in Thunder Bay with his partner, on Thursday November 28th. (Time to be determined). He will be speaking at the Italian Cultural Centre and admission is free.

**** Gifts For All Year Round ****

The Gift of Praise

Appropriate mention, in the presence of the other person, of superior qualities or of a job or deeds well done.

The Gift of Consideration

Putting yourself in the other's shoes and thus providing your genuine understanding of his side of the case.

The Gift of Concession

Humbly saying at just the right point, "I am sorry, you are right and I am wrong."

The Gift of Gratitude

Never forgetting to say "Thank You". And never failing to mean it.

The Gift of Attention

When the other person speaks, listen attentively. If their words are directed to you personally, meet their eye squarely.

The Gift of Inspiration

Plant seeds of courage and action in the other person's heart.

The Gift of Personal Presence

In sickness, in trouble, or in great joy, there is nothing quite equal to your personal expression of sympathy or congratulations.

***Resolve to give these gifts each day.
You will be pleasantly surprised
at what you will receive in return.***

Source: Internet Email Message

Visions & Light Film Festival A big Success!

**Painful but
Important**

Issues were explored by the people of Thunder Bay

The first Visions & Light Film Festival was held at the Cumberland Theatre, October 4th, 5th and 6th. Films shown were dealing with issue of mental illness, HIV/AIDS and addiction. The sponsoring agencies were CMHA (Canadian Mental Health Association, Thunder Bay Branch, AIDS Thunder bay and The Centre for Mental Health and Addiction. Evaluations were handed out to the attendees and the response was terrific. The films were covering sad and 'heavy' topics but were most educational, enlightening and in some cases entertaining for the public of Thunder Bay.

According to the people who attended, they would like to see it continue next year.

Volunteer Winners

For August, September, 2002

Established by the Board of Directors of P.A.C.E. a member will be 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 two months:

August Winner: Diane Perth who is always cooking/baking for those who drop in at P.A.C.E.

September Winner: Betty Jacob was the winner for September. She spends a lot of time at P.A.C.E. and is helping out with dishes, cleanup etc whenever she sees the need.

Thank you and Congratulations!

On October 9, 2002, P.A.C.E. had a showing of the Courage to Come Back Awards, in which our own Pat Morris was a recipient. Seven members, all staff and the LPH Patient Advocate attended the viewing. At one point, we had to haul out a box of Kleenex! Several viewers made comments regarding the struggle, determination and strength that the recipients had demonstrated. They also noticed what a difference a solid support system of family, friends and health-care services seemed to make in these lives. Afterwards, we all enjoyed a Pot Luck Lunch, which gave us a great opportunity to socialize. A good time was had by all. Sylvia E. Helfrich

10 Ways to Fight Discrimination

- 1) **GO BEYOND THE STEREOPTYPES.** Recognize that a diagnosis of a mental illness tells us little about the person. Such labels do *not* tell us about the person's specific symptoms or potential for recovery. They do *not* tell us about the person's temperament or character. They do *not* tell us about the person's accomplishments, creativity, intelligence or capacity for friendships.
- 2) **LEARN MORE ABOUT MENTAL ILLNESSES.** The better informed we are the better we are able to reject the inaccurate negative stereotypes of mental illnesses that are so common. Visit the websites of the National Mental Health Information Center and the National Institute of Mental Health.
- 3) **LEARN ABOUT PREJUDICE AND DISCRIMINATION.** A good place to start is a book. *Telling is Risky Business*, by Otto F. Wahl. Visit Dr. Wahl's website for a resource list. <http://mason.gmu.edu/~awah./INDEX.HTM>. The Anti-Stigma Home Page, <http://community2.webtv.net/stigmanet> also lists links to many organizations that fight prejudice and discrimination.
- 4) **LISTEN TO PEOPLE WHO HAVE EXPERIENCED MENTAL ILLNESS.** Learn from first-hand accounts how psychiatric vulnerabilities affect people's

lives. A good source is the book, *Telling Is Risky Business*. On the Web, use GoogleSearch to find “stories about mental illnesses.

- 5) **MONITOR MEDIA AND RESPOND TO STIGMATIZING MATERIAL.** Work to change the negative reports that reach huge audiences on a daily basis. Write a letter or email the responsible editor, TV producer and sponsor, or filmmaker. Call 1-800-789-2647 for a free handbook with media directories, “Challenging Stereotypes,” (SAMSHA publications #SMA 01-3513)
- 6) **SPEAK UP ABOUT HARMFUL LANGUAGE.** When someone you know misuses a psychiatric term, tactfully let him or her know about the inaccuracy and educate them about the correct meaning. When someone disparages a person with a mental illness, tells a joke that ridicules, or makes disrespectful comments about mental illnesses, let them know that this is hurtful and that such comments are offensive and off limits.
- 7) **RE-EXAMINE COMMON TERMS AND EXPRESSIONS.** Most of us, including mental health professionals, thoughtlessly use popular terms and slang expressions that are disrespectful and prejudicial. We should not depersonalize people by referring to them as “the mentally ill,” “the disabled”, or label individuals by a diagnosis (i.e. “a schizophrenic”).
- 8) **TALK OPENLY ABOUT MENTAL ILLNESSES.** The more mental illnesses remain hidden, the more people believe they are shameful and need to be concealed. Help others to see beyond the stereotypes and accept people who have mental health needs as valued friends, neighbours and co-workers.
- 9) **PROVIDE SUPPORT FOR ORGANIZATIONS THAT FIGHT PREJUDICE AND DISCRIMINATION.** The effectiveness of organizations advocating for better treatment and greater acceptance of mental illnesses depends, to some extent, on the support of the mental health community.

[Http://community-2.webtv.net](http://community-2.webtv.net)

!HH!80!A2!2134BF518044/stigmanet/STIGMAHOMEPAGE

WORKSHOPS & PRESENTATIONS

Self-Advocacy Workshop II ~ Thursday, October 24/02 ~ 11:00 a.m.-2:00 p.m. @ P.A.C.E. Using Housing issues, for example, learn problem solving skills that can be applied to just about any problem.

Lunch provided **for Workshop II attendees, ONLY.** Pre-registration with Sylvia is required.

Police Presentation ~ Thursday, November 7/02 ~ 1:00-3:00 p.m. @ P.A.C.E. Inspector Lorne Clifford will be talking about police procedures and the current and future relationship between consumer/survivors and the Thunder Bay police.

Scott Simmie Presentation ~ Thursday, November 28/02 ~ Time: TBA ~ @ Italian Cultural Centre

Scott Simmie is presently employed with the Toronto Star. He has published several books including "The Last Taboo: A Survival Guide to Mental Health Care in Canada".

Self-Advocacy Workshop III ~ Thursday, December 19, 2002 ~ 11:00-2:30 p.m. @ P.A.C.E.

This Workshop will show you how to obtain the knowledge and resources you need, that are necessary and effective tools for self-advocating. Lunch provided **for Workshop III attendees, only.** Pre-registration with Sylvia is required.

"Public Speaking Training Sessions" ~ Contact Kathleen Morrison if interested.

Upcoming Events at P.A.C.E.

Thanksgiving Party and Supper: Saturday, October 19, 2003 after the membership meeting. Turkey, ham and all the trimmings! Come and give thanks and fill your stomachs! Have a wonderful time thanks to the Recreational Committee members.

Halloween Party: Thursday, October 31, 2002 from 2 p.m. to 5:00 p.m. Dress up is optional. Candy, cold cuts and cheese and crackers will be available. **Come and enjoy yourself!** Please bring a camera if possible and take pictures for our next issue of Thunder Struck! (All photos will be returned to you as soon as someone can photocopy them in the office.)

This beautiful thought-provoking poem written by Stephen Langley shows, such pain, such raw feeling! I can't tell you how much it meant to us to be privileged enough to be allowed, not only to read it but also to have it in our newsletter for everyone to see.

Thank you so very much. Stephen.

P.A.C.E. Newsletter Committee members.

THE SECRET PLACE

I have dodged a million tears
and a million more hurts
by not letting anyone close.
There are parts of myself
that will never see the sun.
I have a secret place I hide.

Can anybody follow me
and dodge the scars.

Never mind the echoes
of the screams long gone by.
Will you come as close
as you can stand to be.
I have a secret place I hide.

Terrors and screams from days ago
mingle with my heartbeat alone.
Cover your ears and follow
if you dare to take the steps,
and if your feet allow you.
Before I disappear will you see
the secret place I hide.

Stephen Langley

The Essence of Destiny
[Submitted by: Patrick Reader]

Watch your *Thoughts*, for they become *Words*;
Choose your *Words*, for they become *Actions*;
Understand your *Actions*, for they become *Habits*;
Study your *Habits*, for they become your *Character*;
Develop your *character*,
for it becomes your ***Destiny!***