



PACE

People Advocating For Change Through Empowerment Inc.

April 2010
Newsletter

Peer Support

Referrals

Education

Advocacy

Socialization

Committees

Computer/
Internet

Laundry

Employment Sup-
ports

Workshops

PACE

THUNDER STRUCK

www.pace-tbay.net/

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MISN OFFICES: GERALDTON, MANITOUWADGE, SCHREIBER & MARATHON

Mental Health Week

May 2-9, 2010

Relax, Recharge, Revitalize

This year in Thunder Bay Mental Health Week is all about Relaxing, Recharging and Revitalizing. The Mental Health Network of Thunder Bay will be offering free and exciting workshops designed to improve and enhance the body and mind and to create balance in what can sometimes be a hectic world. PACE will be heading two workshops, one presented by our own Diana Miller on the topic of stress entitled "Get the stress monster before it gets you," and the other presented by students from Lakehead University's Outdoor Ecological and Experimental Education program. This second workshop will focus on a project the L.U. students came up with earlier in the year that they entitled "Acts Of Kindness". Through Acts of Kindness they promote compassion in the community by engaging in activities like going out in the cold and warming people up with a cup of hot chocolate and a hug. We intend to explore different ways small Acts Of Kindness can contribute to making this a better world to live in and different ideas we could implement this in carrying these ideas into a working project. Small gestures of intentional kindness can go such a long way and the hope is that everyone that experiences this warmth can pay it forward. Information on all other workshops and further information about these workshops will follow in the near future so please stay tuned and I will bring you that as it becomes available.

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EXECUTIVE DIRECTOR - MICHELLE MARTIN

Executive Director's Report

Taken from the Globe & Mail:



"After 17 remarkable days, Canada rediscovers itself as a proud, resilient nation. With 14 gold medals, we are now the nation to beat. "

Definition:

"Proud: feeling pleasure or satisfaction over something regarded as highly honourable or creditable to oneself."

There are so many proud moments that we experience at P.A.C.E. on a regular basis from the members, board, and staff. We come to PACE to help out as a team valuing the membership input. We have grown so much in the last few years into an organization that we can be truly proud of each and every day. To me we have earned so many gold medals in the areas of volunteerism, participation, going the extra mile, peer support, guiding, and empowerment. This pride reaches the district through the wonderful work of our MISN offices. When we take part in various committees we demonstrate how proud we are to be part of PACE.

"Resilient: recovering readily from illness, depression, adversity, or the like; buoyant."

When people seek empowerment and resolve stresses, losses, traumas, and other problems in their lives *effectively*, they are no longer disabled by their mental health issues. Not only are we proud and resilient Canadians but we are also proud and resilient consumer/survivors.

Michelle Martin

FROM THE BOARD CHAIR—JOE JAPS

ANOTHER SUCCESSFUL QUARTER ACHIEVED.

It takes a lot of work and dedication in accomplishing our Goals, Programs, Services and Administrative requirements.

Governance/Strategy/Planning Meeting:

The Board of Directors and Michelle Martin, Executive Director had our external

JOE JAPS REPORT CONT'D FROM PG. 2

Governance/Strategy/Planning Meeting in this quarter. The training work plan given to the Board Members earlier by Diane Walker, entitled "Adding Value through Good Governance" was reviewed. Items requiring follow up were recorded for handling at another meeting. Work in progress in the process of updating our manuals based on this review. All worked well together in accomplishing set goals.

North West Local Health Integration Network:

The Board Co-Chair, the Treasurer and Executive Director attended conference in Fort Frances. "Diversity: A Value Added dimension to our Health System". Northwestern Ontario is noted for its cultural diversity. An excellent conference.

CSI Staff Meeting and Building Bridges conference:

CanHelp, Sunset Country and PACE/MISN staff meeting held on March 3/10 – bringing groups together, team building – good meeting.

Building Bridges conference held March 4th and 5th – good conference.

In Appreciation, thank you Members, Board of Directors, PACE/MISN Staff for your dedication. You are appreciated.

Ministry/LHIN: (Our funder – we appreciate their support).

- Submission requirements to our funder have been submitted.

Joe Japs, Board Chair

SYSTEMIC ADVOCACY WORKER—ANNIE JOLLYMORE CONT'D ON PG 4

The OCAN: What's in it for consumers?

The Ontario Common Assessment of Need (OCAN) is a decision-making tool that will soon be used all across Ontario. It "*engages the person with lived experience and the person with assessment knowledge in a conversation focused on the Consumer's strengths, weaknesses and goals for recovery*". OCAN allows consumer-led decision-making by identifying individual needs and helping to match those needs to existing services. Instead of focusing on a consumer's problems or deficits, the OCAN identifies social determinants of health issues from both client and staff perspectives.

A person's needs, based on his/her own opinion, may be documented at first contact with the mental health system. The OCAN has been piloted by organizations in the North East Local Health Integration Network (LHIN) including the CSI People for Equal Partnership in Mental Health (PEP), in North Bay.

What they did: PEP introduced the OCAN with their membership sign-up form. Staff helped new members to complete the OCAN; facilitating identification of the person's presenting issues (housing, food, clinical needs, etc.) Staff then made programming recommendations (within PEP and community-based) to start the person on their path to getting those needs met. OCAN results also helped PEP to structure groups/workshops based on the commonality of needs identified.

How will your responses to OCAN questions be used? According to current information, your answers to OCAN questions will only be used to help you get the supports you need. The information is intended to be shared between service providers, but only if *you, the Consumer*, give your consent. You say *yes* or *no* to sharing information and you can change your mind at any time. Saying "no" to sharing will not prevent you from receiving services and support. You don't even have to answer every

ANNIE JOLLYMORE REPORT CONT'D FROM PG. 3

OCAN question; only those that apply to you or that you choose to answer.

Consumer Self-assessment: The tool itself documents needs in 22 areas, including: What kind of place do you live in? Do you get enough to eat? Are you able to look after your home? How do you spend your day? How well do you feel physically? Have you been given clear information about your medication? Do you ever have thoughts of harming yourself...or harming others? Do you take any drugs that aren't prescribed? Are you happy with your social life? Do you have any difficulty in reading, writing or understanding English? Are you able to use the bus, train or streetcar?

There are also five additional questions: What are your hopes for the future? What do you think you need in order to get there? How do you view your mental health? Is spirituality an important part of your life? And, is culture (heritage) an important part of your life?

What I like about the OCAN is that it places the social determinants of health on par with psychological needs. If a worker completes the Staff portion of the OCAN and their opinion differs from the Consumer's, it is the consumer-rated need that drives care and support plans. The OCAN is a promising tool for reshaping the mental health system, affirming Consumers as champions of their own mental health. Is it a sign that the system is finally moving away from the focus on medications and compliance to an understanding that medicine is only one tool in a big toolbox? Only time will tell.

Annie Jollymore, Systemic Advocate

EDUCATION WORKER—MICHAEL OWENS

What is Stereotyping? What is Prejudice? What is Discrimination?

By definition stereotyping is creating an oversimplified, false or general portrayal of a group of people. Prejudice is an opinion or judgement, frequently unfavourable, based on irrelevant considerations, inadequate knowledge or inaccurate stereotyping. Discrimination is an unjust practice or behaviour, whether intentional or not, based on mental health, race, religious beliefs, colour, gender, physical and/ or mental disability, source of income, ancestry, place of origin or sexual orientation and which has a negative effect on any individual or group. These words to me bring up another word, "STIGMA." Stigma refers to negative attitudes and negative behaviours toward people with mental health and substance use issues. Many people do discriminate, do stereotype and do stigmatize others who may have mental health problems or substance use problems. Whether or not they realize it, chances are very good these problems may be closer to home than they know. Canada has over 6 million people and statistics show 1 in 5 people will have a mental health problem. 1 in 7 will have alcohol related problems and 1 in 20 will have substance use concerns. People experience anxiety and fright as a reaction to something they do not understand or cannot control and unfortunately not enough people are educated on mental illness and addiction as to break this discrimination and stigma. We will never get away from stigma, discrimination and prejudices surrounding mental health while people are comfortable using hateful words like "crazy," or "psycho." We must continue to work together as a team, a community, a city, a country and one united world to educate and debunk these misconceptions that keep us from moving forward. Singer/ Songwriter Bob Marley literally believed hate, discrimination, stigma and racism could actually be cured by injecting music and love into our souls. If we can all take away one piece from this article, please let it be to care for one another and treat everybody with respect and dignity.

Michael Owens

MEMBERSHIP WORKER- - DIANA MILLER

With so many activities happening at PACE the first quarter of the year has gone by fast. Thankfully spring is almost here; the cold weather and snow will *finally* give us a break.

Every Tuesday afternoon at 3:30 gives **you** the opportunity to join us for a coffee while playing Cribbage, rumoli, bingo, and yahtzee. All winners receive a prize! Wednesday mornings at 10:30 we will continue to meet for topic of the week which always provides a great opportunity for members to come together, have a coffee and enjoy a little conversation. Friday night's at 5:00 p.m. is movie night, where members watch a movie and have popcorn and pop. February 19th we played mini putt at the sports dome. Everyone who attended this fun event did really well, we even had a few hole's in one. I hope we can go bowling soon – check in with me periodically to sign up for events like mini putt and bowling. On April 19th at 1:30 we will be having a jewelry making craft workshop and for May we are planning on having a fly fishing craft workshop – stay tuned for the date and time.

Thank you so much to all the members who answered the call for volunteers, and came out to help us make bookmarks, fold brochures and make member sign up packages. All of your help is really appreciated.

March 4th and 5th I attended the building bridges, northwestern Ontario Concurrent disorders conference at the Valhalla Inn. This was my first time attending this event and it was an amazing experience. The focus the conference was; Building on our strengths. This means instead of focusing on what's wrong with us, focusing on what's right; and building on that. The guest speaker at the conference was Dr. Kenneth Hardy, who spoke about the connection between substance use, violence and troubled youth. He talked about the abuse of substances often being a strategy for coping, it also masks core underlying issues such as shame, devaluation, loss and relational disconnectedness. I had the opportunity to attend a workshop on the development of the Thunder Bay youth suicide prevention task force. I was both surprised and saddened to learn that suicide is the leading cause of death of young adults between the ages of 16 – 24. I hope to do a workshop on this topic in the future. I also attended a workshop put on by the Thunder Bay Counseling Center and Ontario Works – This is an amazing program being offered at the Thunder Bay Counseling Center for individuals who are on Ontario Works and who are unable to find and keep employment due to an addiction. If you would like more information on any of these topics please come in and see me.

One of my favorite duties as the membership worker at PACE is getting to have a chat with each of the members; hearing how things are going and what's new, so please drop in to say hi and have a coffee anytime! My door is always open.

Diana Miller

COMMUNITY OUTREACH WORKERS WITH STUDENTS

Marathon MISN and Geraldton MISN would like to welcome Barb Burry and Leanne Onnis as placement students who are currently enrolled in the Social Service Worker Program at Confederation & Northern College to PACE/MISN. Both ladies were able to secure the limited seating that was available for no cost at the Building Bridges Conference. It was a great opportunity for them to network and meet all of the PACE/MISN co-workers in addition to partake in the workshops offered with concurrent disorders.



Members of MISN Marathon dropped in to the office, phoned & emailed their congratulations for my daughter (Grace), as we all know that living in a small community such as Marathon, word spreads like wildfire! Grace qualified on Feb 2010 in Sault Ste Marie ON coming in 3rd to compete in the Provincial Starskate Championships that took place in Kingston ON March 12-14th 2010. Grace represented the North Ontario Region in her Pre Prelim Division and came in TOP 12 for the province of Ontario.

MISN Marathon would like to thank each member of MISN & PACE personally for their well wishes on my daughter's behalf. It was a very proud moment for this mom!

Shelley Heavens
MISN Marathon
Community Outreach Worker



Members had a blast playing mini putt in February.

Who knew we had so many great golfers!



PACE members were treated to an amazing violin concert by a very talented Martin Cormier

MISN MANITOUWADGE—LORI OLIVERIA
COMMUNITY OUTREACH WORKER ***807-826-4442***

Monday to Friday's 9 AM to 11 AM Drop-in/Coffee & Chat/ One on One/Info & support. This consists of day to day living issues, financial, family matters, advocating on members behalf, encouraging and helping with coping skills and information on various issues. Just come and have a coffee and have someone to talk to.

Afternoon activities and support groups

Monday's 1 PM Craft day bring your own or come and learn a new craft from someone else.

Tuesdays 1 PM Educational Workshops starting in **April Improving Self Esteem. May Healthy Living. June Anger Management.** These programs are subjected to change based on demand.

Wednesdays 1 PM Game day come and enjoy a great time of fun and laughter with others.

Thursdays consist of many different activities during the month

Lunch & Learn / Members Meeting/Women's Pamper your Self-Help Group/Movie & Munchies

Fridays Lunch Club & Game day bring your lunch and eat with others and enjoy an extra game day a week.

MISN MARATHON- SHELLEY HEAVENS
COMMUNITY OUTREACH WORKER ***807-229-0357***

Mental Illness and the Workplace

Persons with a mental illness face the highest degree of stigma in the workplace and have the greatest amount of barriers when it comes to attaining employment. Some obstacles that individuals with a mental illness may face are: gaps in work history, limited employment experience, lack of confidence, fear, and anxiety, inflexibility and social stigmas.

The unemployment rate is a staggering 70-90%, depending on the severity of mental illness that the individual may have. This is alarming, especially that productive work has been identified as being a leading component in promoting positive mental health and paving the way for a rich and fulfilling life in the community for an individual with a mental illness.

Access to meaningful, paid work is a basic human right for every citizen. Equal access to housing, education, income, and work are fundamental elements. Let's get together and put an end to the stigma's that given to the word "mental illness" and give everyone equal access to their basic human rights.

For more information on this article or services that are available, please contact the *The Mental Illness Support Network* in your area.

MISN GERALDTON - SHELLEY CORMIER
COMMUNITY OUTREACH WORKER 807-854-2649

Members continue to enjoy the monthly and weekly activities and luncheons. Starting in March we will be starting two new groups.

The *healing garden* group will run every week. We will start by planting vegetables, and having a discussion topic during each of the following sessions. Along with the discussion members will be encouraged to care for their plants; this is an indirect way of helping them to see that with a little effort you can grow and blossom.

The *positive reflections* group will run every other week. Each member will be given a card with a word on it. They will then take turns discussing how that word has positively affected them since the last meeting. This will give the members an opportunity to change negative thoughts into positive ones.

We are also in the beginning phases of planning the pathways to recovery workshop. Stay tuned for more information.

As my placement nears the end I am pleased with all that I have learned. Shelley has been a real inspiration and I hope that I can continue to be a part of the MISN family Weekly activity at the MISN office:

MISN SCHREIBER—CYNTHIA CLARKE
COMMUNITY OUTREACH WORKER 807-824-1362

Weekly activity at the MISN office:

Monday, Wednesday, and Friday: Walk/talk

10am-11am, Drop-In - 1pm- 3:30 pm.

Tuesday 10:30 am – 12:00 pm –

Walk to Wellness Group: exercise, topics on health and wellbeing.

Thursday, 10-11:30am – Peer day at the office.

We have a membership luncheon last Wednesday of the month.





PACE Board Members Brian McInnes, Anne Cataford, Alan Franklin and Elizabeth Belluz had a great opportunity to meet with Valerie Pringle after her speech on mental health and stigma.

PACE Events Calendar

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Pace Yourself!</i> <i>Is our new Slogan</i>		1 1:00 p.m. Governance Mtg.	2 CLOSED GOOD FRIDAY	3
4	5 CLOSED EASTER MONDAY	6 3:30 p.m. Birthday Cake & Cribbage	7 10:30 a.m. Topic of the Week 1-4 Wii Games	8 1:00 p.m. Executive Mtg.	9 5:00 p.m. Movie Night	10
11	12 11:00 a.m. Education Committee Mtg.	13 10:00 a.m. Chronic Pain Management 3:30 p.m. Bingo	14 10:30 a.m. Topic of the Week	15 1:00 p.m. Board Hash Mtg.	16 5:00 p.m. Movie Night	17 1-3 p.m. General Member- ship Meeting
18	19	20 10:00 a.m. Advocacy First Chance Wrkshop 3:30 p.m. Rumoli	21 10:30 a.m. Peer Support Mtg./Brkfst 1:00 p.m. Membership Crafts: Making Necklaces	22 1:00 p.m. Board Mtg.	23 5:00 p.m. Movie Night	24
25	26 11:00 a.m. Advocacy Mtg.: Access 2 Justice	27 3:30 p.m. Yahtzee	28 10:30 a.m. Topic of the Week	29	30 5:00 p.m. Movie Night	

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 3:30 p.m. Birthday Cake & Cribbage	5 10:30 a.m. Topic of the Week	6 1:00 p.m. Governance Mtg.	7 5:00 p.m. Movie Night	8
9	10 11:00 am Education Committee Meeting	11 11:00 a.m. Advocacy Workshop 3:30 Bingo	12 10:30 a.m. Topic of the Week	13 1:00 p.m. Executive Mtg.	14 1:30 p.m. Basics- Fly Fishing with Brad 5:00 p.m. Movie Night	15 1-3 p.m. General Membership Meeting
16	17	18 3:30 p.m. Rumoli	19 10:30 a.m. Peer Support Mtg./Breakfast	20 1:00 p.m. Board Hash Mtg.	21 5:00 p.m. Movie Night	22
23	24 CLOSED VICTORIA DAY	25 3:30 p.m. Yahtzee	26 10:30 a.m. Topic of the Week	27 1:00 p.m. Board Mtg.	28 2:00 pm Self-Awareness & Stress 5:00 p.m. Movie Night	29
30	31 3:30 p.m. Access 2 Justice Mtg.					

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:30 p.m. Birthday Cake & Cribbage	2 10:30 a.m. Topic of the Week	3 1:00 p.m. Governance Mtg.	4	5
6	7 2:00 pm Newsletter Committee Mtg	8 3:30 pm Bingo	9 10:30 a.m. Topic of the Week	10 1:00 p.m. Executive Mtg.	11	12
13	14	15 3:30 Rumoli	16 10:30 a.m. Peer Support Mtg./Breakfast	17 1:00 p.m. Board Hash Mtg.	18 2:00p.m. Membership Crafts	19 1-3 p.m. General Membership Meeting
20	21 2:00 p.m. Newsletter Committee Mtg	22 3:30 p.m. Yahtzee	23 10:30 a.m. Topic of the Week	24 1:00 p.m. Board Mtg.	25 2:00 p.m. Newsletter Committee Mtg	26
27	28 3:30 p.m. Access to Justice Mtg	29 3:30 p.m. Games	30 10:30 a.m. Topic of the Week			

join us!

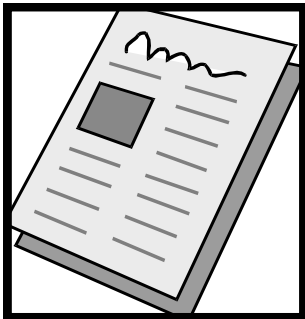
To join PACE's Newsletter Committee, you have to be a PACE member in good standing, have the will to pitch in when it comes to nail crunching time, proof read the newsletter for mistakes, give input on submissions, and the structure of the newsletter, and be a team player.

UPCOMING MEETINGS:

June 8 @ 2:00

June 21 @ 2:00

June 25 @ 2:00

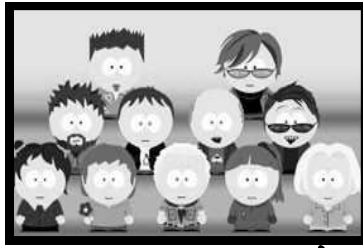


The PACE Thunderstruck Newsletter is a quarterly publication that members, Board members, and staff can contribute to.

Newsletter go out:

January, April, July, October

Please pick up your copy today



We want and need your input!

Committee Corner

Education Committee:

We are looking for PACE members to help on this committee. It is our goal to tear down the stigma and labeling attached to mental illness. This is an opportunity to express your opinions and ideas in regards to education in the community as well as internally here at PACE. This is a time to have a voice, and help us to identify educational needs for the membership of PACE and ways we can also reach the community.

April 12 @ 11:00

May 10 @ 11:00

The System Advocacy Advisory Committee

“Working together to solve problems and working toward change to prevent problems”. Join SAAC the second Tuesday of each month at 11 a.m. and learn skills to make a difference in your life.

April 26 @ 11:00

May 31 @ 3:30

June 28 @ 3:30

Is the law fair to people with mental health & addiction issues? Does it matter to you?

Come out to the **Access2Justice** Discussion Group Monday February 22nd and Monday March 29th at 3:30 p.m. and speak your mind!

Peer Support Committee

The Peer Support Committee is a committee made up of PACE members.

We meet the third Wednesday of each month at 10:30 a.m.

Focus:

- together, members support each other
- increases knowledge and skills of members
- promotes socialization
- developments acquaintances and friendships

UPCOMING MEETING DATES:

April 21 @ 10:30

May 19 @ 10:30

June 16 @ 10:30

Executive

Board Members

Chair	Joe Japs
Vice Chair	James Heino
Treasurer	Dave Stewart
Secretary	Alan Franklin
Member At Large	Brian McInnes

Board Members

Brad Berry
Elizabeth Belluz
Anne Cataford
Gail Huston



Celebrating Success

Words of Wisdom

The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice and the fifth is teaching others.

James thought this would be good for all to make a difference in ones life.

James H

Wars are fought on many battlefields, in steel grey skies, over the English Channel, Two extraordinary pilots, brothers, twins, skirmish and elude each other for only so long their destiny is to meet and the final conflict that must be resolved is the one inside the heart.

David K.



This is the only place I can have my treats in peace and quiet.

Anne C, Alan F and Todd

Thunder Struck

All submissions to be sent to:

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P.A.C.E

Editorial Policy

Thunder Struck is a quarterly publication of People Advocating for Change Through Empowerment Inc. We welcome all submissions that relate to the PACE Mission Statement. **Note:** The opinions expressed are those of respective authors and not necessarily those of the Committee. The Editor reserves the right to edit articles by content, length and style.