



PACE

People Advocating For Change Through Empowerment Inc.

October 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

PACE

Annual General Meeting



From Back - Left to Right

PACE Board Chair– Joe Japs, PACE Executive Director– Michelle Martin

Shelley Gaudreau, of Meyers Norris Penny and MP Bruce Hyer

Board Of Directors

Executive Board Members

Board Chair– Joe Japs

Vice Chair– James Heino

Treasurer– Dave Stewart

Secretary– Anne Cataford

Member at Large– Beth Belluz

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Alan Franklin

Brian McInnes

Gail Huston

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EXECUTIVE DIRECTOR - MICHELLE MARTIN

On August 9, 2010 through to August 12, 2010 we had the phase II of the OPDI Peer Support Training Toolkit Core Essentials Program (Peer Supporter Training). What an impressive group of great people from several agencies including CMHA, ACT Team, St. Joseph's Care Group, Patients Council and of course PACE that got together to make this a creditable oneness of peers. Although the training was great it clearly indicated to me that we need to set up a Peer Supporter Committee to develop policies, plan practice role playing scenarios, incorporate a welcoming strategy, all before implementation. We also are awaiting the information regarding the documentation of hours toward our certification. Presently there has not been a system identified for where to forward Internship hours that are recorded on our Internship Activity Log.

Just to update on staff changes, the Community Outreach Worker for Marathon is Cindy Clarke and the Community Outreach Worker for Schreiber is Luanna Cardiff. They both are doing a great job.

Members, Board, and Staff are looking forward to the 12th Annual Consumer & Family Conference "What Recovery Means To Me" September 24-26, 2010 in Fort Frances.

PACE is very fortunate to have an impressive Board of Directors, great staff, and valuable members who actively participate.



Michelle Martin

FROM THE BOARD CHAIR—JOE JAPS

What a great Annual General Meeting PACE had July 24, 2010. Congratulations to the new Board of Directors, and the new Executive Committee. MP Bruce Hyer's opening remarks were very welcoming and appreciated. Shelley Gaudreau, of Meyers Norris Penny presented our financial records in a professional yet understandable manner. Financially we were given a clean audit, a small surplus went back to our funder. Our programs and services are on target. The recipient of PACE Consumer/Survivor Outstanding Achievement Award was presented to John Smith and the Membership Appreciation Award was given to Tim Rousseau (Congratulations!!!). The educational part of the meeting was incredible with the sharing of Lived Experience presentations by Anne Cataford, John Smith, and Tim Rousseau. The dinner buffet was wonderful with an excellent choice of salads, entrees, and deserts. To complete an awesome event there was karaoke back at PACE that went into the wee hours, a great time of fun and laughter.

Joe Japs



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

Self-Image: Your Own Worst Creativity Enemy

With the approach of Mental Illness Awareness Week, October 3rd to the 9th, and the Poetic License (formerly BrainWaves) Coffee House, I've been thinking a lot about self-image and the creative process. I remember, years ago in school, the near panic feeling when teachers announced a creative assignment. Whether it was drawing, painting, sculpting with clay, writing an essay or a poem about something, I had to come up with an idea, develop the concept and hand it in to be marked. How can creativity flourish in an atmosphere like that?

I don't think it can, unless you're a genius-child-wonder.

By definition, a creative project is something new, beyond what we've done before, and even thinking about creating something new can incite fear.

It is all too easy to dwell on shortcomings, especially if you are sensitive and/or a perfectionist. When opportunities arise to showcase our talents, many people shy away with an "I can't do that!" attitude.

We are all born with natural talents but schooling tends to smother creativity in an obsessive culture of standardized testing and tight financial pressures to *teach to the tests*.

ANNIE JOLLYMORE REPORT CONT'D FROM PG. 3

Plus we are taught that failure is something bad that we must avoid for fear that we, ourselves, may become "A Failure".

A belief is only a statement about reality that we think is true. But the way we think determines how we act, feel and view life. If we believe we cannot do something, we may refuse even to try it.

The upside of this is that we can change our self image by changing our beliefs. If we deliberately create our actions, then our actions will create us. In other words, "fake it till you make it". The following are steps that you can take to begin fostering a positive image of yourself: Take a self-image inventory; define personal goals and objectives; set realistic and measurable goals; confront thinking distortions; identify childhood labels; stop comparing yourself to others; develop your strengths; learn to love yourself; give yourself positive affirmations; remember that you are unique; learn to laugh and smile; and remember how far you have come.

Watch for more Change through Empowerment Workshops in the coming months, and please come out to listen, share and learn.

Annie Jollymore

EDUCATION WORKER—MICHAEL OWENS

RECOVERY: Fact or Fiction?

Until recently I had this idea that recovery was not just a word but a concept that was accepted as something that people who have suffered from mental health problems have been doing for a long, long time. "It is possible to recover" a simple phrase that makes perfect sense to me, now I'm not saying it is in any way something that is easy or that anyone and everyone who suffers from some kind of mental illness is guaranteed to recover. I'm also not saying that recovery means one will have no more health problems ever again and everything from then on will be roses and rainbows, however recently in a discussion with a consumer and a peer supporter I was told that recovery was a word that he had never heard before. The thought of someone battling a mental health issue and not ever being told that recovery was even a possibility really made me reflect on what my newsletter submission should consist of. The word recovery has remained silenced in the world of mental health, in the past for a consumer to feel that because of their psychiatric disability things like functioning well in an important social role was out of the question, compliance to the idea that you are sick and therefore need to allow others to make decisions affecting you and your life and accepting that you are sick, there's nothing you can do so get used to it seemed to be common place. If you have not been told before, allow me to say that the mental illness you may have does not define who you are and just because you happen to have a mental health problem your fate is not sealed. The healing process is truly an intense personal journey for each and every single person that walks down recovery road. There have been many definitions of the word recovery and what it should mean for you but your recovery is yours, you own it and you must have hope and courage in the face of hard times in order to see the light bursting through. When you have that hope that is so important to recovery it is accompanied by a vision, a vision designed by you intended to move from the past into a more fulfilling future. Be empowered to take your recovery into your hands, decide what's best for you and move at your own pace.

Michael Owens

MEMBERSHIP WORKER- - DIANA MILLER

How is peer support different than counseling?

A Peer Supporter or “Certified Peer Support Specialist” is a person who has progressed in their own recovery from a mental disorder or addiction and is working to assist other people going through the similar circumstances.

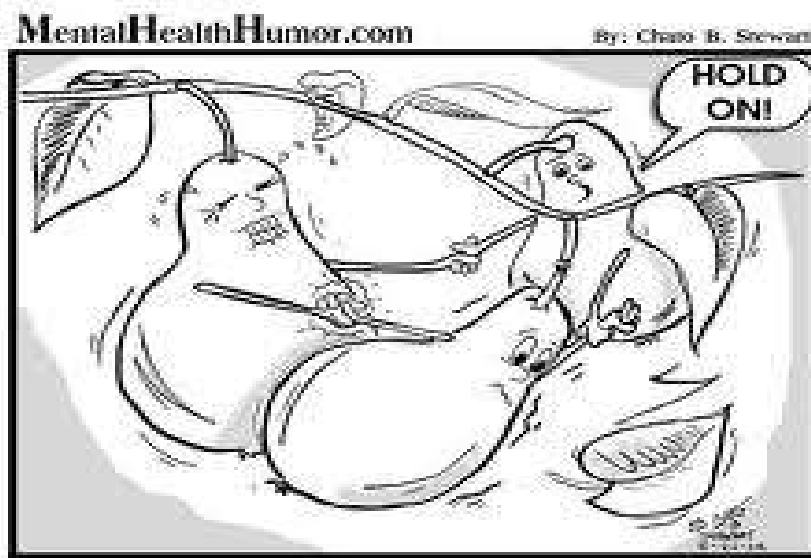
Peer Supporters offer hope because they are walking, talking examples of people who are working through their own stages of recovery. Due to the Peer Supporter’s lived experiences, they have expertise that professional clinical training alone cannot replicate. Due to this, peer supporters lend unique insight into mental illness and what makes recovery possible.

Peer Supporters can help peers navigate through the mental health system, which sometimes feels more like a maze than a coordinated system of care. The emergence of peer – run support services holds promise for improved outcomes of the clinical mental health system that fails to reach the majority of persons with mental illnesses; and often delivers services that are ineffective.

Peer support is person centered, done primarily by listening; Involving sharing experiences non-judgmentally with empathy and sincerity. Benefits of receiving peer support include: receiving support, acceptance, hope, inspiration, empowerment and help obtaining services that suit the individual's recovery needs, as well as having someone who believes in you and your recovery. Recovery is a continuous process. It is being able to live a meaningful and productive life, as defined by each person in the presence or absence of symptoms. Recovery is unique to each individual, and Peer Supporters understand this.

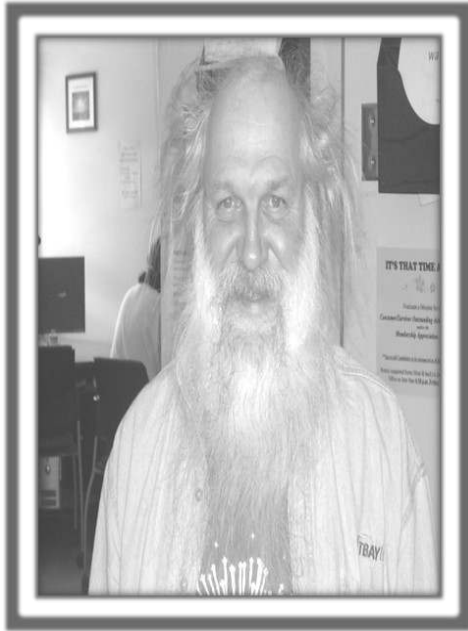
As part of your recovery team, PACE is fortunate to have 3 staff trained as peer support specialists in addition to 3 members who have taken the training, and are currently completing their internships here at PACE. Peer Support is available to all members. You can drop in or make an appointment to see a “Peer Support Specialist” any time.

Diana Miller - Harquail



Pear to Pear Support

www.MentalHealthHumorToday.com



James Heino has been a member of PACE since 2005. Currently he is the Co-Chair on the PACE BOARD of Directors. James graciously offered his time, energy and heart to PACE by volunteering everyday. During his time with PACE, James was involved with many committee's and boards. It's hard to put into words exactly how very important a role he had while at PACE, but it's a role that will not be easily filled. James was always in a good mood, happy, smiling and ready to offer support to all members and staff. His presence will be greatly missed at movie nights, Wii afternoons and games. His huge heart was felt by everyone he connected with and he will be missed dearly, however James has found love and as he begins a new journey, he takes all of his experiences and memories from PACE with him. He says he "appreciates all he has learned while at PACE and misses all the friends he made as a member." He is excited to continue on his journey with his new love and promises to keep us updated as his journey continues.

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

Weekly Activities & Support Groups in the MISN office

Monday to Friday Mornings 9 am – 12 pm

Coffee Club, Walk & Talk, Info & Support and Drop-in,

If you would like one on one Support (Please call for an appointment)

Monday to Fridays Lunch Club 12:30 pm – 1 pm

Special Upcoming Events:

October 3-9th is Mental Illness Awareness Week Join us on Oct 5th @ 1-4 pm for information and support with coffee/tea and refreshments.

October 7th at 1 pm Join us in making Thanksgiving Loaf and share it on Friday for Game day. HAPPY THANKSGIVING!

November 15th – December 21st Watch for dates and times on Starting Christmas crafts/wrapping/ Christmas cards/ Dealing with Christmas Stress/Christmas tunes/ Christmas Movie/Christmas Party.

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

On Going Support Groups

Mon: Crafts @ 11am

Mon & Wed: Coffee Chat meets @ 9am

Tuesday: Reflections Group 10am

Wednesday: Coffee Chat 10:30 am / Games afternoon 1:00pm

Thursday: Healthier you meet at 10am (every Thursday)

Friday: DROP IN all day

Come enjoy movie days on Oct 26th, Nov 16th and Dec 14th all starting at 1:00pm

We have topic of the month Oct 5th, Nov 2nd and Dec 9th which includes breakfast starting at 10:30 am

Up and Coming Events

New Crafts Starting on Oct 4

Halloween Decorating and Party - Pot Luck Lunch on Oct 19

Christmas Lunch on Dec 23

MISN MARATHON- CYNTHIA CLARKE
COMMUNITY OUTREACH WORKER 807-229-0357

Weekly activities include;

Peer to Peer group-Thursday afternoon, 1-3pm.
 Fun day-member initiated- Wednesday's.
 Healthy Living Tools- Friday 10:00- 12:00pm.
 Monthly membership luncheon.

We are in the process of setting up a program in collaboration with the Thunder Bay District Health Unit. This program is called 10,000 step program; it's to encourage people with diabetes, mental health issues, weight loss, etc... At the present time we are recruiting members, as well as the general public to join with us. Hoping to start during the first week of October.

*We will be having a Halloween Party this year;
 Members will have to wear costumes.*

MISN SCHREIBER— LUANNA CARDIFF
COMMUNITY OUTREACH WORKER 807-824-1362

What's Happening

Monday, Wednesday and Friday, Walk n Talk 9:30 - 10:30am.
Tuesday's 10:00 -11:30 Wellness & Fitness group
Wednesday's Activity Day 10:00am - 12:00pm (member's choice)
Thursday is Peer Day 10:00am - 12:00pm
Friday is Drop in day.

Upcoming events:


Oct.1–Dec. 1
Walking Challenge with weekly prizes
OCT. 29
Halloween Luncheon

The Art of Listening

When I ask you to listen to me, I am not asking for your advice.
 When I ask you to listen to me, I am not asking for your explanations.
 When I ask you to listen to me, I am not asking for you to solve my problems,
 When I ask you listen to me, I am not asking for your judgment.
 When I ask you to listen to me, I am not blaming you for my problems.
 When I ask you to listen to me, I am asking you to be with me, to hear me, to let me work things out for myself.
 When I ask you to listen to me, I am asking you to trust me so that I can feel free to share with you
 My feelings,
 My hopes,
 My concerns,
 My questions,
 My confusion
 So that I can feel free to share with you
 Me
 And I in turn will listen to you.

Lilly J. Walker

PACE Events Calendar

Oct. 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Pace Yourself!</i> <i>Is our new Slogan</i>			1	2
3	4	5 3:00 p.m. Birthday Cake & Cribbage	6 10:30 a.m. Topic of the Week	7 1:00 p.m. Governance Mtg.	8 2:00 p.m. Movie Afternoon	9
10	11 PACE Closed Thanksgiving	12 SAAC 1:00p.m. 3:00 p.m. Bingo	13 10:30 a.m. Topic of the Week 1:00p.m. WII	14 1:00 p.m. Executive Mtg.	15 2:00 p.m. Movie Afternoon	16
17	18 11:00a.m. Education Committee Meeting	19 3:00 p.m. Rumoli	20 10:30 a.m. Peer Support Mtg.	21 1:00 p.m. Board Hash Mtg. 2:00p.m Membership Craft	22 1:00p.m. PACE Halloween Party No Weapons or Masks	23 1:00p.m. General Membership Meeting
24	25	26 3:00 p.m. Yahtzee	27 10:30 a.m. Topic of the Week 1:00p.m. WII	28 1:00 p.m. Board Mtg.	29 2:00 p.m. Movie Afternoon	30
31						

Nov. 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 3:00 p.m. Birthday Cake & Cribbage	3 10:30 a.m. Topic of the Week	4 1:00 p.m. Governance Mtg.	5 2:00 p.m. Movie Afternoon	6
7	8 Medicine wheel making and traditional healing Workshop. 1-4	9 SAAC 1:00p.m. 3:00 p.m. Bingo	10 10:30 a.m. Topic of the Week 1:00p.m. <i>WII</i>	11 1:00 p.m. Executive Mtg.	12 2:00 p.m. Movie Afternoon	13
14	15 11:00a.m. Education Committee Meeting	16 3:00 p.m. Rumoli	17 10:30 a.m. Peer Support Mtg	18 1:00 p.m. Board Hash Mtg.	19 2:00 p.m. Movie Afternoon	20 1:00p.m. General Membership Meeting
21	22	23 3:00 p.m. Yahtzee	24 10:30 a.m. Topic of the Week 1:00p.m. <i>WII</i>	25 1:00 p.m. Board Mtg. 2:00p.m. Membership Crafts	26 2:00 p.m. Movie Afternoon	27
28	29	30 3:00 p.m. Games				

Dec. 2010

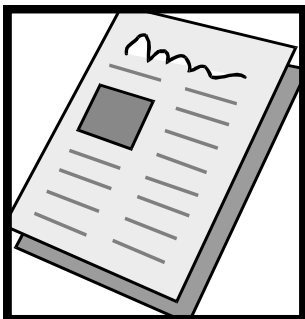
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 a.m. Topic of the Week	2 1:00 p.m. Governance Mtg.	3 2:00 p.m. Movie Afternoon	4
5	6 1:00p.m. Newsletter Committee Meeting	7 3:00 p.m. Birthday Cake & Cribbage	8 10:30 a.m. Topic of the Week 1:00p.m. <i>WII</i>	9 1:00 p.m. Executive Mtg.	10 2:00 p.m. Movie Afternoon	11 1:00p.m. General Membership Meeting
12	13 1:00pm Newsletter Committee Meeting	14 SAAC 1:00p.m. 3:00p.m. Bingo	15 10:30 a.m. Peer Support Mtg.	16 1:00 p.m. Board Hash Mtg.	17 PACE X-MAS Party 1:00pm	18
19	20	21	22	23	24	25 X-MAS DAY
26	27 PACE CLOSED	28 PACE CLOSED	29	30	31	Happy New Year 2011

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.

Dec 6 — 1:00p.m.

Dec 13—1:00a.m.

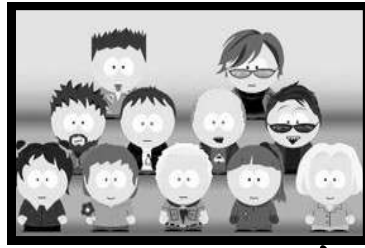


The PACE Thunderstruck Newsletter is a quarterly publication that members, Board members, and staff can contribute to.

Newsletters 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.

Oct 18— 11:00a.m.

Nov 15—11:00a.m.

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.

Oct 12—1:00p.m.

Nov 9—1:00p.m.

Dec 14—1:00

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

Come out to the **Access2Justice** Discussion Group.

To Be Announced

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

Oct 20—10:30a.m.

Nov 17—10:30a.m.

Dec 15—10:30a.m.



Celebrating Success

PACE *AGM*



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Thunder Struck

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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.