

# Volunteers give the greatest gift of all!

We couldn't do it without you.

Volunteers enable us to successfully make our Geranium campaign a great success. Thank you to all our sales and delivery persons who helped in this year's campaign!

### Our Volunteers

<b>Mississauga Libraries</b>	<b>Region of Peel</b>
Alice Lim	Deborah Constance
Elizabeth Puckering	Janet Martin
<b>Bank of Nova Scotia</b>	Corinne Pritchard-Smith
Sheila Romano	Lisa Pagani
<b>Dupont Canada</b>	Mary Jacobs
Janice Boltman	Elnor Walsh-Jones
<b>Peel District School Board</b>	Maureen Ferron
Toni Rossi	Sherry Rea Clarke
<b>PricewaterhouseCoopers</b>	Jennifer Hackett
Gordon King	Christine Campbell
<b>Stanley Canada Corp.</b>	Trisha Waechter
Megan Finley	Rose Burton
<b>United Way of Peel</b>	Ahilia Lakhan
Susan Kulkarni	Stephanie Lagredelle
<b>Independents</b>	Mirela Anthony
Rose Casaccia	Lindsay Kidd
Sandy Milakovic	April Duxbury
Partnership Place	<b>DTZ Barnicke</b>
Dr. Jean Porter	Wendy Thompson
Carol Todhunter	<b>Community Care Access Centre</b>
Mark Byrne	Rhona Lindo
Yvonne Ribeiro	<b>POC-GEM Printing</b>
Namrata Balsara	Gwen & Linda
Tracy Bowles	<b>PAARC</b>
Mary Lou Hanlon	Nolle Ohashi
Laura Leavens	
Ron Hesas	
Yvonne & Richard	



## In The News.....

### FACT Peel+:

Both SHIP and CMHA/Peel will have enhanced staffing at the Malton Community Health Centre. The focus will be on Malton youth. This is on-going funding.

### Systems Coordinator for Transitioning Youth to Adult Mental Health Services:

This position will be housed in Mental Health Promotion and will be charged with developing systems pathways for youth as they transition to adult mental health services. The Coordinator will engage all the service providers and ensure appropriate transition plans. This position is funded as a time-limited project.

### Rebound - From At Risk to At Promise:

Coordinator positions funded as one-time funding targeted for youth. This prevention and early-intervention project targets both social and psychological factors that lead youth to engage in substance use and other risky behaviour.

### FACT Peel+:

Both SHIP and CMHA/Peel have written proposals for one RN each with a Mental Health Certificate to provide additional case management, psycho-education, awareness and access to primary care.

### ACTT:

RN to work with Ontario Telemedicine Network to support clients in more remote areas to access better services.

These initiatives are all part of the government's commitment to mental health as outlined in "Open Minds, Healthy Minds".

# Canadian Mental Health Association/Peel Branch

Connections Volume 10

Fall/Winter 2011



## Canadian Mental Health Association/Peel Is Turning 50

### Changes in Altitudes, Changes in Attitudes



Brian Meisner and his son Nick set off July 1, 2011 to climb Mt. Kilimanjaro and raise funds and awareness for CMHA/Peel's "Changes in Altitudes, Changes in Attitudes" campaign.

As a send-off, CMHA/Peel invited the community to climb a giant portable wall in support of the climb. There was food, henna painting, door prizes, a DJ, live entertainment, and a bouncy castle for children.

We would like to thank our staff, volunteers and the community for making this a great success.

### Their Journey

Brian and Nick arrived at Arusha, their outpost lodge in Tanzania, Africa to start their adventure. They chose the Machame route. For many grueling days they hiked through rain forest, rough terrain, and four climate zones. On the seventh day they arrived at the summit where, Brian says, the view was incredible! The photo below shows Brian and Nick holding the "Changes in Altitudes, Changes in Attitudes" banner at Mt. Kilimanjaro's summit. To donate to the campaign visit [www.cmhapeel.ca](http://www.cmhapeel.ca)



### 50 Years

Canadian Mental Health Association/Peel is celebrating 50 years in 2012.

CMHA/Peel has indeed come a long way from the fledgling volunteer organization it was when it received its charter on May 3, 1962, to the strong and responsive organization it is today. CMHA/Peel currently has 104 staff and is poised to take on more. Yet we are still directed by a volunteer Board of Directors.

From initial planning during the early 1960's, we opened a drop-in in 1966, helped start the Distress Centre in 1973, opened PAR South in 1977 followed by PAR North in 1979.

We went on to start a Community Education program in 1985 which morphed into our Resource Centre. Next we added Youth Net, Outreach, Court Support Services, Case Management, Assertive Community Treatment, Early Intervention Programs and Concurrent Disorders training, and are adding more.

We truly have come a long way but have a long way to go to make sure people with mental health issues get the help they need promptly.

We will be celebrating our 50 years with events throughout the year, including:

- Accreditation
- Donor Development Reception "Open minds, Open doors"
- Annual General Meeting
- Scotia Macleod Barbecue, Rose Theatre
- Changes in Altitude, Changes in Attitude

And many more...

Come Celebrate with us

Visit our website [www.cmhapeel.ca](http://www.cmhapeel.ca)

### Dates To Remember:

#### CMHA Training

Applied Suicide Intervention Skills Training (ASIST)

Dec 8-9, 2011  
Mar 22-23, 2012

Concurrent Disorders Resource Network

Tues Feb 7, Feb 14, Feb 21, Feb 28 and March 6 2012 (1 day a week for 5 weeks)

### Finance & Operations

601-7700 Hurontario St.  
Brampton, ON L6Y 4M3  
905 451 1718  
[nuttalls@cmhapeel.ca](mailto:nuttalls@cmhapeel.ca)



### Resource Centre

102-2 County Court Blvd.  
Brampton, ON L6W 3W8  
905 451 2123  
[info@cmhapeel.ca](mailto:info@cmhapeel.ca)

### MISSION STATEMENT

CMHA/Peel enhances the well being of all people in our community by promoting and supporting good mental health ~ serving our community since 1962

Promoting mental health one mind at a time





## Families

Family members play an important role in the recovery of their loved one as they cope with a mental illness. The support family members provide is critical in their loved one's journey, and can often be overwhelming. As an organization, we are pleased to offer support and education groups that are geared towards the needs of families of clients at CMHA/Peel.

Support and education groups are offered as a means of empowering, educating and supporting family members. The relationships family members develop with others help to strengthen support systems, normalize feelings and experiences, and offer a non-judgmental environment to share.

Family Support & Education groups are offered bi-monthly in the evening at CMHA/Peel locations. All family members of CMHA/Peel clients are invited and encouraged to sign up and attend. Each evening is comprised of a supportive time to connect with peers, followed by an informative discussion on numerous topics including: finances, housing, self-care, legal issues, medications, and illness education.

Sessions are facilitated by CMHA/Peel staff and guest speakers who are experts in relevant topics.

In January, 2012 we will be announcing our new Family Support Sessions.

For more information please contact:  
[info@cmhapeel.ca](mailto:info@cmhapeel.ca)

*Other things may change us,  
but we start and end  
with the family.*  
~Anthony Brandt

## CMHA/Peel on Road to Accreditation

After a year of hard work Canadian Mental Health Association/Peel Branch is looking forward to **January 23, 2012** when we can cheer, "Hurray, we're accredited!"

**What does "accredited" mean?** It means we've looked long and hard at all of our policies and procedures, thrown many out, re-written others, and created new ones that reflect our mission and values and how CMHA/Peel operates.

**Who grants accreditation status?** Community Organizational Health Inc. (COHI), a federally incorporated not-for-profit organization, owns and administers the quality improvement and accreditation program called Building Healthy Organizations (BHO).

**What does the process entail?** We look at everything about our agency in order to examine its health. During the self-assessment process, an organization uses "Building Healthier Organizations" standards as a benchmark against which it sets goals for continuous quality improvement. It also uses those standards to measure its own growth and development.

**What happens next?** After self-assessment the formal accreditation process starts. The process is set out in the Building Healthier Organizations manual. The process leads to an accreditation decision from a team comprised of trained peer reviewers who work in similar organizations, and COHI team leaders, who are consultants experienced in the review process.

**What are the benefits?** Since accreditation committee members come from a broad cross-section across the organization, the process also allows us to reflect on our successes and strengths, identify areas for improvement and strategize how to address them.

**Why did CMHA/Peel choose to go through the process?**  
We want:

- *The highest quality service for our clients*
- *To strengthen our policies and procedures*
- *Professional growth for staff*
- *To work together as an agency*
- *To be leaders in our field (pioneers)*
- *Increased credibility*

Two of our programs are already accredited. The Resource Centre was accredited by Inform Canada in 2007 and PAR Clubhouse (now called Partnership Place) was accredited by the International Centre for Clubhouse Development in 2000 and 2006.

"That was a great beginning, but we believe in the importance of an organizational accreditation to build strength and consistency across all programs," says CEO Sandy Milakovic. "It's been a long, challenging, but ultimately gratifying task and being accredited in January, 2012 is a wonderful way to start off CMHA/Peel's 50<sup>th</sup> anniversary year!" says CEO Sandy Milakovic.



## A Message from the CEO

As I write my contribution of this fall's newsletter I am acutely aware of the commitment of staff and volunteers as we plan towards 2012. The level of activity within the organization is currently at the highest it has ever been.

Collectively we are working on what could be two of the most important initiatives in the history of our branch.

January 2012 represents the beginning of our 50th anniversary year (the actual date of incorporation was May 3rd 1962) and in that same month we will be participating in the site visits for our first organizational accreditation.

CMHA/Peel has actively worked towards organizational accreditation for the past three years. Accreditation supports an organization to be the best it can be by providing a check list of required policies, procedures and practices by which to assess governance, service delivery and workplace practices. Initially we reviewed the main accrediting bodies and decided on the best match for our organization. The organization we chose was Community Organizational Health Inc., Building Healthier Organizations Model (BHO). This model was grounded in community and identified the importance of community development, which made it the best match for CMHA/Peel, which has community development as one of its organizational commitments.

Senior management along with relevant community partners and COHI staff and volunteers then worked together to develop indicators that best reflect the community mental health and addictions perspective.

In the past year, both governance volunteers and staff have been working through the indicators to ensure we have the data required. We are now in the data entry phase which will be completed by the end of November. In January we will be participating in a series of site visits and interviews for staff and volunteers. This will kick off our anniversary year with a *bang* as we look forward to hearing the results of the accreditation process.

With respect to our 50th anniversary we are in the process of developing a planning committee and hope to have a series of events throughout 2012. We will be communicating with our membership and stakeholders as plans are finalized. We have a number of exciting suggestions from staff and are looking forward to a fun-filled and awareness building year.

All the best for the fall, get out in the late fall sunshine, go for a walk and spend time with family and friends -- for your physical and your mental health

**Sandy Milakovic**

## Monthly Giving Plan

Join CMHA/Peel's Monthly giving plan.

**Convenient automatic donations that suit your budget are the way to help the most.**

Monthly giving makes it easier for you to lend ongoing support to CMHA/Peel. Ongoing support lets us provide services to those affected by mental illness in Peel Region.

Monthly giving ensures that CMHA/Peel has a stable source of funding. It also means that we have a pool of resources available when an emergency occurs. Because monthly giving is more cost-effective, more of each dollar you give goes directly to programs in the field.

Your generosity will help provide support today and ensure that CMHA/Peel can continue its work tomorrow.

\$5    \$10    \$25    \$50    \$100    Other\$\_\_\_

I/We authorize CMHA/Peel to withdraw the following amount from my credit card on the 15th of each month, or, we are enclosing post-dated cheques.

Card No: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature(s): \_\_\_\_\_

### Personal Information:

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

### CMHA/Peel Branch Membership

CATEGORY	FEES
<input type="checkbox"/> Consumer	Free
<input type="checkbox"/> Individual	\$20.00
<input type="checkbox"/> Family	\$40.00
<input type="checkbox"/> Non-Profit Organization	\$50.00
<input type="checkbox"/> Corporate	\$100.00

Applicable Fee: \$ \_\_\_\_\_

Donation: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_