

MENTAL HEALTH WEEK MAY 4TH - MAY 10TH

EDUCATION & TRAINING SCHEDULE SPRING 2008

ASIST (SUICIDE INTERVENTION) APRIL 8 & 9, 2009
 MAY 14 & 15, 2009
 JUNE 11 & 12, 2009

Thank you

Canadian Mental Health Association/Peel Branch is an organization that works hard to improve the quality of life for residents of Peel Region affected by mental illness. We would like to thank all our donors, members and supporters for their generosity and commitment to us and our work. Through your support, CMHA/Peel provides help for today and hope for tomorrow.

CMHA /PEEL BRANCH PROGRAMS & SERVICES

ACTT (Assertive Community Treatment Team)
 ACCESS TO RECOVERY
 COMMUNITY DEVELOPMENT
 CONSUMER SURVIVOR SUPPORT NETWORK
 FACT Peel +
 HASP (Housing and Support Peel)
 MCEVENUE HOME WORKS
 MENTAL HEALTH & JUSTICE SERVICES
 PAR CLUBHOUSES
 RESOURCE CENTRE
 OUTREACH
 YOUTH NET

Davidson Scholarship

Made possible by an endowment, the Davidson Scholarship assists consumers (people with a mental health issue), and individuals studying in the mental health field, to pursue higher education. Endowments range from \$400 to \$800 depending on the number of eligible applicants. Deadline for applications is January 30th, and decisions are made by late February. In 2008, 14 people were granted scholarship funds. Read more at www.cmhapeel.ca under Education & Training.

Resource Development

The subtitle of a recently published book, *The Power of Giving* is: **How Giving Back Enriches Us All.** Thinking about *Giving* in this way makes it seem less like a sacrifice, and more like a bonus. Imagine how much more *Planned Giving* can benefit you, and those to whom you give. Please consider a planned gift to CMHA/Peel. Be it by bequest, life insurance, legacy gifts or monthly giving, *planning* your giving can give both you and the recipient a greater sense of security. Please visit the *Donate/Join Us* pages of www.cmhapeel.ca or contact Shelagh Nuttall at 905-451-1718 x 320 or nuttalls@cmhapeel.ca for more information.

COAST Peel Brampton

Crisis Outreach And Support Team (COAST) *coasts* across the Mississauga border into Brampton on March 1, 2009. A partnership between St. Elizabeth Health Care, which operates Mobile Crisis of Peel, Peel Regional Police, and Canadian Mental Health Association/Peel Branch, COAST can assist people in ways a regular crisis team can't. On the team is a plain clothes police officer trained in mental health, and a crisis worker, who can respond to non-emergency high-risk calls. To access COAST contact Mobile Crisis at 905-278-9036.

Visit our website www.cmhapeel.ca for further information on the above programs

Finance & Operations

250 Clarence St., Unit 5,
 Brampton, ON L6W 1T4
 905 451 1718
nuttalls@cmhapeel.ca

Resource Centre

102-2 County Court Blvd.
 Brampton, ON L6W 3W8
 905 451 2123
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



Connections Volume 6

Spring 2009

PAR Clubhouse

PAR Clubhouse is a program of the Canadian Mental Health Association/Peel Branch, that seeks to enable people with serious mental illness to live productively in their community. PAR Clubhouse is an accredited multi-service, best practice community mental health rehabilitation program. Our members are 16 years of age and over, have a diagnosis of mental illness, and are looking for rehabilitation. **PAR helps:**

- Build/enhance vocational, social and emotional skills,
- Members form/belong to Community,
- Provide a place to find/create/rediscover purpose, and a meaningful voice to take responsibility for one's life,
- Address basic needs of food, shelter and employment.

Based on interest, members join and participate in areas of the clubhouse called Units. Working in partnership with staff, members use and strengthen their abilities, and gain confidence in the running of the clubhouse. This work provides a sense of belonging, accomplishment and an opportunity to build relationships.



If you are interested in becoming a PAR member, contact: PAR South Clubhouse Intake Worker Fran Kovacs at 905-270-6295 or PAR North Clubhouse Intake Worker Lynn Oreskovic at 905-796-9030. Our Career Centre provides opportunities and resources for clubhouse members in their employment goals, through:

- 1. Group Employment**
A group of PAR members work on a time-limited job to complete one-time or on-going projects.
- 2. Transitional Employment**
Individual members work in a temporary part-time job for a

competitive wage. These jobs belong to the clubhouse and each individual member's needs are supported.

Other employment supports include: **Supportive Employment** and **Independent Employment**, where members who are working receive required but flexible support.



If you are an EMPLOYER, why not hire PAR!

Through community partnership you will receive fully trained, supported, dedicated and focused employees wanting to work. Jobs range from 4-40 hours per week in areas of general clerical, maintenance, cafeteria, etc. Jobs are guaranteed covered with zero absenteeism.

- No Recruitment Costs** - Your position is kept filled by a roster of PAR Clubhouse members who are willing and eager to work; PAR Clubhouse manages the recruitment process at no cost to your business.
- No Training Costs** - All new staff are trained by PAR Clubhouse at no cost to you.
- No Turnover** - We guarantee the position will be kept filled by a trained worker.
- No Absenteeism** - If a PAR Clubhouse worker must call in absent for any reason, a trained PAR Clubhouse staff member will work in their place at no cost to you.

For further information please contact:
 PAR South Clubhouse Employment Developer, Ali McGrath at 905-270-6295 or
 PAR North Clubhouse Employment Developer, Ron Hesas at 905-796-9030





A Message from the CEO

This message is written during a serious downturn in our economy where jobs are lost or at risk, food bank use has increased beyond our expectations, and acquiring housing is a struggle even for the Average Joe.

Our services in this environment are even more necessary as our clients and others who experience mental illness remain among society's most vulnerable citizens.

CMHA/Peel's role is to support recovery, and in doing that, support individuals to recognize they possess strength within. There is nothing so gratifying as to see a client who received support from a program giving back to another, going out to get a job, and actually experiencing recovery. That said, there is only so much our programs can provide within their funding envelope. Hence the need for our

members, friends and supporters to respond to our request for fundraising.

Youth Net, our *by youth for youth* program, is a unique peer-to-peer approach which sees incredible success in schools and at risk youth groups. The high level of youth voluntarism contributes to the efficiency of this unique program, yet its funding is seriously limited.

We know that employment is critical as a determinant of health, yet employment is under funded within the mental health system. Our clients want to work!! Additional fundraising dollars could support prevocational groups, career counselling, and provide valuable education, career materials and resources.

Finally, families are the backbone of the mental health system. They are there when no one else is....seeking answers, providing shelter, and making difficult decisions with respect to treatment. CMHA/Peel would like to build family-to-family education to support families in their efforts and to develop a valuable peer network specifically for families.

You, our readers, members and friends can support us in these initiatives by considering your donation to CMHA/Peel and making a commitment to continuing and/or increasing it. Yes, the economy is tough, but it's even tougher right now if you experience a mental illness and all the resulting impact on one's life. Each one of you can make a difference! You may feel you are only one, but remember this: "To the world you may be one person, but to one person you may be the world."

With thanks and appreciation for your support,

Sandy Milakovic

2nd Canadian Clubhouse Conference

It's official! The PAR Clubhouse program will be hosting the 2nd Canadian Clubhouse Conference in the fall of 2010! Building on the success of the first conference last year in Calgary, Alberta, we expect upwards of 150 delegates from across Canada. There are over 20 Clubhouses dotting our country, eight of which are accredited with the International Centre for Clubhouse Development (ICCD).

Plans are underway to choose a date and a location for the conference. We are currently seeking corporate sponsors, but will gladly accept any size donation towards this event. For more information please contact Steve Farstad, Manager – PAR Clubhouses, at 905-270-6295, ext 126 farstads@cmhapeel.ca.

What Members say about PAR....

Hope is a very powerful source of empowerment and PAR is a place that endeavours to empower our strengths instead of focusing on our illness.

..... Daniel C.

I joined PAR to give myself something to do and a sense of belonging. I've met many great friends through PAR as well. It's been a real journey for me.

.....Steve S.

You Do bring me flowers! CMHA/Peel's Annual Geranium Sale

Do you feel like your theme song is: "You don't bring me flowers any more?" Take heart. We have the answer:

Volunteer for CMHA/Peel's Annual Geranium Sale! Although we can't guarantee the love of your life will be making the delivery, we *can* guarantee that *someone* will bring you flowers-geraniums to be precise. Or you can do the 'bringing" yourself by volunteering as delivery person.

Confused? Don't be. Here's the story:

For the past 23 years CMHA/Peel has held a Geranium Sale to raise funds for our programs. The way it works is like this: in April, Individuals from various companies and agencies in Peel region volunteer to act as a volunteer salesperson at their place of work. We provide flyers and order forms and the salespersons promote the sale to their co-workers and collect pre-orders. The lush plants come in four-inch diameter pots, in five colours-dark pink, light pink, red, white and salmon. They sell for \$5 each or \$3 for \$12. Approximately one week in advance of two delivery days, Wednesday May 13th and Thursday May 14th 2009 (before the Victoria Day weekend), salespersons fax or e-mail their order forms to us and we place an order with our supplier. Then, on the selected day another volunteer (**maybe you?**) delivers the plants and collects the money.

Easy, right?

To volunteer as a sales person for the 2009 Geranium Sale, please contact Shelagh Nuttall at 905-451-1718 x 320 or nuttalls@cmhapeel.ca For more information visit our website: <http://www.cmhapeel.ca/annualevents.htm#GeraniumSale>

Be part of this year's sale.

The Choice is yours: To bring, or to be brought geraniums, THAT is the question! (*With apologies to William Shakespeare*)

CMHA/Peel runs a "spirited" United Way employee campaign

CMHA/Peel Branch celebrated the end of our 2008 United Way employee campaign by winning a Spirit Award at the United Way of Peel Community Achievement Event on February 5, 2009 at Pearson Convention Centre.



Getting into the spirit of the event, CMHA/Peel staff dressed in 1950's garb in tribute to the evening's theme and gathered around a motorcycle for a picture at the end of the evening.

Spirit Awards are awarded to companies and agencies that garner employee participation through financial giving, while at the same time running a "fun" campaign that reflects the spirit of United Way. CMHA/Peel achieved a 92% staff participation rate, and increased giving by 13.45% over 2007. The campaign slogan was "\$8,008 for 2,008" and we exceeded that goal. We celebrated our success at a breakfast event that included pancakes, speakers from two United Way funded agencies, raffles, and a "Toss the football" competition to complement our football theme. Events such as a Laser Quest challenge between program staff, a Spookghetti Lunch, and a Spa Day and Lunch, complete with hand massages and hair cuts, lent an air of merriment to the FUNdraising.

United Way of Peel funds three CMHA/Peel programs: Resource Centre, Youth Net and Community Development. CMHA/Peel CEO Sandy Milakovic, a member of the 2008 United Way of Peel campaign cabinet sent "a huge thank you to everyone involved. Now in a failing economy we need to support those in our community who are most vulnerable and you have demonstrated your commitment by this significant achievement."

Canadian Mental Health Association/Peel Branch (CMHA/Peel), Peel Regional Police and Saint Elizabeth Health Care (SEHC)

invite you to the Brampton Community Launch Event of

COAST PEEL

CMHA/Peel, Peel Regional Police and SEHC are pleased to announce the expansion of the COAST Peel Program into Brampton.

The Crisis Outreach and Support Team (COAST) offers a holistic approach for the safety and support of individuals experiencing non-emergency, high risk mental health crises in the community. COAST Peel operates as a mobile team consisting of a regulated mental health professional and a plain-clothed police officer specifically trained to respond compassionately to individuals whose mental health crisis may bring them into conflict with the law.

BRAMPTON COMMUNITY LAUNCH:
Crisis Outreach and Support Team – Peel
Thursday, March 26, 2009

TIME:
4p.m. – 6p.m.

LOCATION:
CMHA/Peel PAR North Clubhouse
5 – 250 Clarence Street, Brampton, ON L6W 1T4

FOR FURTHER INFORMATION PLEASE CONTACT:
Mary Compton, Manager, Crisis Services
Saint Elizabeth Health Care
905.848.7754 ext. 227
PLEASE RSVP TO:
Mary Baumer
905.451.1718 ext. 316 • baumem@cmhapeel.ca



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.

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: \$ _____