

## Our 25th Annual Geranium Fundraiser

"Where flowers bloom so does hope."

The Annual Geranium Sale Campaign has been a fixture of CMHA/Peel since 1986. Volunteers co-ordinate the selling of Geraniums in their place of work, neighbourhood and home by taking orders in **April and early May**.

All it takes to be a **Volunteer Salesperson** is a willingness to post a flyer, keep track of an order sheet, fax the sheet in by a specified date, and collect payment prior to delivery of the plants. On Delivery day your office/agency/home will be enlivened by lush, vibrant-coloured (red, salmon, light pink, dark pink and white) 4.5-inch pots of geraniums, which come from **Haase Greenhouses** in Brampton. We also need **Volunteer Delivery Persons**. They will be given delivery routes within the Peel Region. Delivery dates for this year's geraniums are May 18th and 19th. Delivery times are between 9am-4pm. Mileage will be paid.

**The 2010 Geranium Sale was a success. More than 30 volunteer sales and delivery people helped us raise more than \$4,000 for CMHA/Peel.**

If you are interested in volunteering to help sell plants for the 2011 Annual Geranium Sale, contact Shelagh at 905-451-1718 x 320 or [nuttalls@cmhapeel.ca](mailto:nuttalls@cmhapeel.ca) Sales people start selling plants at their place of work or neighbourhood in April/early May and receive delivery on the Wednesday or Thursday before the long Victoria Day weekend.



## Training Schedule Spring 2011

### Applied Suicide Intervention Skills Training (ASIST)

June 2-3, 2011  
Sept 1-2, 2011

### Concurrent Disorders Resource Network

Concurrent Disorders Solution Sessions	May 16-May 20, 2011
NVCI	May 26, 2011
Solution Sessions	June 9, 2011
Solution Sessions	June 16, 2011
NVCI (refresher)	June 22, 2011
NVCI	Sept 16, 2011
Concurrent Disorders	Sept 22, 2011
	Oct 17-Oct 21, 2011

## McEvenue Home Works

"Home Is the foundation on which people build their lives"

The goals of the McEvenue Home Works Accommodation Supplement program are:

- To help individuals living with a serious mental illness to obtain and maintain affordable and quality housing in their community
- To prevent such individuals with serious mental illness in Peel from becoming homeless

For more information on McEvenue Home Works, please visit our website. [www.cmhapeel.ca](http://www.cmhapeel.ca)



# Canadian Mental Health Association/Peel Branch

Connections Volume 9

Spring 2011



## Exciting News and New Developments

### From PAR to Partnership Place



PAR Clubhouse has been a psychosocial rehabilitation day program of CMHA/Peel for more than 30 years. The Mississauga clubhouse opened in 1977, followed by the Brampton location in 1979. Over the years PAR stood for "Peel Aftercare Resources", "Peel Activities & Rehabilitation" and recently just "PAR".

In the summer of 2010, members and staff from both clubhouses joined forces for an education day. Someone asked: Would the Clubhouse change its name after both locations amalgamated?

A brainstorming session with Hardie & Co. Advertising Communications & Design, followed. Staff and members mused about what the clubhouse meant to them. Atmosphere, culture, strengths, memberships, personalities – all those things were discussed with a view to finding words that captured the spirit of PAR.

Meanwhile PAR held the 2<sup>nd</sup> Canadian Clubhouse Conference in November, 2010 and continued planning and working towards amalgamation.

This past winter, the PAR Advisory Committee met with Hardie & Co. to review ideas for a Clubhouse name and logo. The committee decided on the name **Partnership Place**, thinking that it represented a key Clubhouse standard (Partnership), while maintaining the original culture and name, PAR, within.

The new logo retained concepts from the original, which was designed by Hardie & Co., 15 - 20 years earlier. It still has the representation of a house, with several people joined together.

The new name and logo were revealed to PAR North & South during an amalgamation planning day in February, 2011.



Youth Net . . . . is pleased to announce new initiatives.

## It Gets Better

An interactive tool has been developed by Peel Regional Police, in partnership with other agencies, to facilitate discussion among youth about the physical and emotional scars of bullying. Partners currently involved in this initiative include: Saint Elizabeth Health Care- Crisis Services, Peel Children's Centre, Rapport Youth & Family Services, CMHA/Peel – Youth Net, the Social Work Department at both the Peel District School Board and the Peel-Dufferin Catholic School Board. This program will be delivered to Grade 10 students in all secondary schools in Peel Region .

## Rebound

CMHA/Peel has successfully received funding for a two year project –through CWLHIN/MOHLTC through their involvement with Health Canada's Drug Treatment Funding Program.

Rebound is a prevention and early identification program for young people 12 to 18 years and fits appropriately with our Youth Net Program. It is designed to assist young people who may be experimenting or engaging in regular substance use and other risk taking behaviour. Rebound is an effective, evidence-based program (with positive results in other areas in Ontario) involving the delivery of a specific curriculum within a 10-week series workshop format. This program is a community driven model requiring significant use of volunteers, leading ultimately to program sustainability without the need for ongoing public funds.



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

### Dates To Remember:

**Mental Health Week May 1-7**

**Conference May 7th–  
Coptic Centre**

**"Mental Health For All"**

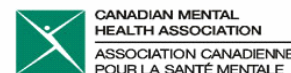
**Concurrent Disorders...**

The expectation not the exception.

**CMHA/Peel's AGM June 28th**

**Community Door -  
Open House June 10th**

**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

## 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*



## Exciting News and New Developments cont....

### Developmental Assets

The Developmental Assets has been mentioned in last year's spring newsletter. We have had the opportunity to pilot this revised nine-week workshops series with Youth Community Connections in Mississauga and with Peel Alternative Schools in Brampton.

Recently we have received the approval for funding for this revised initiative on Developmental Assets with the Region of Peel. The framework is strength-based and focuses in the positive contributions that you make to a community instead of focusing on negative behaviours. The areas we have covered are: empowerment, boundaries and expectations, constructive use of time, commitment to learning, positive values, social competencies and positive identity. This program will enable youth to utilize their assets when having to deal with or support others concerning issues around violence, bullying and early signs of mental illness. With our two pilot workshops series we received feedback that 85% of youth felt they did gain positive assets after completing the Developmental Asset series.

### CMHA/Peel 's... New Program for Seniors

#### Treat at Home

The Treat at Home Program is a partnership initiative between Canadian Mental Health Association/Peel Branch, CANES Community Care and Reconnect Mental Health Services, to provide community support to seniors living in East Brampton, Malton, Rexdale and Woodbridge.

The Treat at Home Program provides intensive case management services to seniors (65+) with mental health needs (primary diagnosis non-dementia related) or adults (55+) with mental health needs and accompanying complex medical issues.



### A Message from the CEO

Mental illness continues to affect at least 1 of every 5 individuals at some point in their lifetime, yet mental health services are among the most under-funded in the healthcare system. In Central West Mississauga Halton LHIN's — two LHIN's in

which CMHA/Peel provides services, funding is among the lowest in the province.

The need for fundraising to augment service delivery is critical. There are multiple challenges when fundraising for mental health. Competition is strong & fierce for fundraising dollars. There are many causes competing for the same fundraising dollars and those that tug on heart-strings are often the most popular. The stigma of mental illness and the myths and misconceptions that abound impact the donor's generosity. The general public, who may still believe that mental illness is a sign of weakness or that it only happens to others, is hesitant to donate to a cause that they believe could be self inflicted.

Mental Illness impacts every area of an individual's life - housing, employment, schooling, social activities and personal relationships. Mental health services are funded at a basic level and most clients of CMHA/Peel are on some type of disability income with little left over at the end of the month for activities that most of society takes for granted.

The Framework for Support which provides the foundation for CMHA/Peel's recovery philosophy includes every element required for a wholesome and holistic life. Mental health services themselves are a very small component. Rights of citizenship and determinants of health are what truly make recovery possible. These are the only elements that are unfunded.

CMHA/Peel provides both the Davidson Scholarship and a portion of McEvenue Home Works through donor dollars. This supports clients to return to school and assists them to maintain their housing, two critical areas of recovery. We hope to target additional fundraising efforts towards Youth Net activities, the development of our Career Centre and the furnishing of resources for a family centre. Please consider how your support may assist us in the recovery of the 1 in 5 who experience mental illness—who are not just someone else but a mother, father, brother, sister, son or daughter.

Consider becoming a member and include a donation in the name of someone you may know whose life has been touched by mental illness.

**Sandy Milakovic**



### In The News.....

#### Community Door— Brampton

On behalf of the Senior Management Team and the Board of Directors of CMHA/Peel our heartfelt thanks goes out to the staff who made our move to Community Door a reality. There were hundreds of tasks to be achieved and many staff worked evenings and weekends to get the job accomplished. We couldn't have done it without the dedication and commitment of such a superior staff team. As with any move we are continuing to problem solve the issues of our new site but look forward to seeing everyone at our official "Open House" tentatively scheduled for June 10th.



#### Davidson Scholarship Fund



Through a bequest to the Association, the Davidson Scholarship Fund was established to assist consumers to pursue an interest in formal study at recognized teaching institutions. It provides some financial assistance to take a course that may ultimately prepare someone to return to work or give them the skills and confidence to apply for their first job.

CMHA/Peel is pleased to announce that over \$6,400 was awarded to 14 recipients to assist them in furthering their education in 2010.

#### United Way Campaign 2010



We are pleased to announce that CMHA/Peel received the 2010 Spirit Award for Outstanding Agency Campaign. CMHA/Peel would like to thank this years United Way Campaign Committee, all staff and members for their generous support.



From Left to right: Carl Oxholm(United Way Board Chair), CMHA/Peel Committee Members, Kaeta Smyth, Shelagh Nuttall, Kim Bance, Laura Leavens, Paola Ferreras, Katherine Chung,, Tracy Woodburn & Barb Levitt(United Way, Campaign Chair).

#### CMHA/Peel Has Gone Green



CMHA/Peel is pleased to announce our new recycling project, recycling toners, cell phones etc. With this new initiative, young trees have been planted in parks across Ontario.

### 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: \$ \_\_\_\_\_