

EXTRA! EXTRA! EXTRA!

An EXTRA! news update from The Mental Health Rights Coalition

SAYING GOODBYE

The Mental Health Rights Coalition has had to say goodbye to two people in the month of December.

We regret to inform all who knew him that Chester Mackiewicz has passed away.

Many of our members recall that he was a very independent and loving man, who had no hard feelings towards anyone.

He will be sorely missed by all his smile touched.

Recently, I lost someone close to me. One of the obstacles grief slips in front of you is indecision of what the deceased will face. I received an email some time later describing that feeling. To read it, please see page five.

The Mental Health Rights Coalition is also sad to be saying farewell to Chantal Driedger. She has been

The world is round and the place which may seem like the end may also be the beginning. Ivy Baker Priest

our activities facilitator throughout the summer, fall and winter, and she will also be sorely missed.

Chantal is moving onto bigger and better things, and we wish her all the best in her new endeavors.

We welcome all members to come and say goodbye to her on **January 15, 2007**, from 1p.m. – 3 p.m.

Because Chantal will be leaving, there have been some changes to our calendar. Please see page four to view our updated January calendar.

The Mental Health Rights Coalition would like to thank Chantal for all her hard work and the great ideas she brought to us.

We hope Chantal will be able to touch base with us in the future, and we'll let you know how she's doing!



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PLEASE NOTE: The Rights Stuff will not be published in February. Expect your next full newsletter in March of 2007.

OOPS! ERROR IN NEWSLETTER

The Mental Health Rights Coalition recently published their December/January newsletter, and featured an article on Poverty and Mental Illness. This article incorrectly reported the rate of assistance given for people on Ontario Works. When writing this article, the au-

thor used a report created just before changes were made in provincial funding to social assistance. There is a new monthly rate for people on Ontario Works.; the maximum for a single person is now \$548.00. this breaks down to \$342.00 for rent and \$206.00 for food.

The maximum for a single ODSP recipient is now \$979.00, including \$543.00 for food and \$436.00 for rent. We apologize for the misprint, and thank Kerry Lubrick from the City for informing us of our error. Changes in OW and ODSP took place December 1,

Views and opinions expressed in this newsletter represent those of individual contributors, and not necessarily of The Mental Health Rights Coalition.

COMEDY CHEER UP



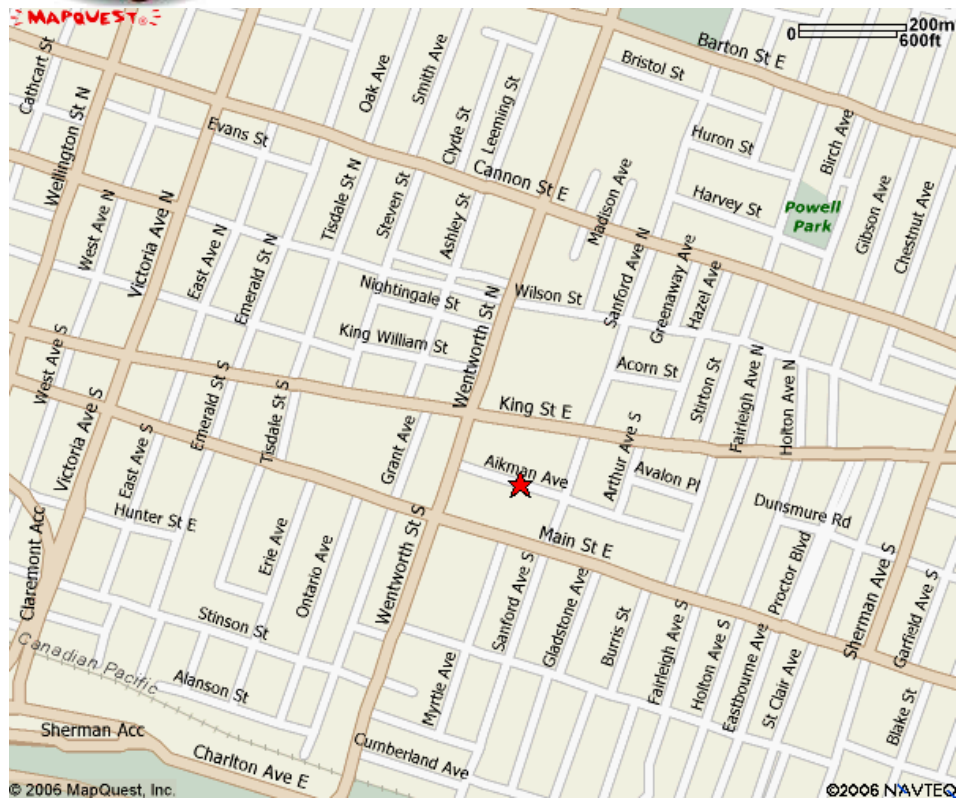
The Good Shepherd will be organizing and hosting the *Comedy Cheer Up Event* on January 25, 2007. The Mental Health Rights Coalition will be closing that day in order to attend with members. If you are interested in attending, here's the low down:

Some of you may remember Emmaus Place from the SCOPE awards last year. If not, some members of MHRC will be meeting at the drop-in at 1p.m. to walk over there, so be here on time if you'd like to come with us.

There will be a professional magician starting off the day, followed by some acts from the community. We may have an Elvis Tribute Artist, and a professional comedian. There will be time for audience members to participate with their own acts, so be prepared if you want to go up! The comedy will begin at 1:30p.m., and shouldn't go any later than 3:30p.m.

Please see map to Emmaus Place, 35 Aikman Ave, to your right.

We hope to see you there!



MHRC has a SURPLUS COMPUTER that members in good standing could win in a FREE DRAW. This is not a brand new computer but is in good working condition. All MHRC content will be removed. Conditions of accepting the computer are that:

- The winner will transport the computer system home themselves within one week of the draw.
- MHRC staff cannot assist in the transport or setup of the computer or with software or other issues.
- You must be a current consumer member to enter this contest.
- Entries must be brought to the MHRC drop-in and submitted in person, with the form filled in completely.
- Entries will not be accepted by telephone, fax, email or other method.
- The system is not to be brought back to MHRC under any circumstances.

⇒ **You may enter as often as you'd like, however, only one entry per day per member attending in person.**

⇒ **Entry Ballots are available in the drop-in and are due by February 13th, 2007, at 4p.m.**

⇒ **DRAW DATE: FEBRUARY 14, TH 2007, 1P.M.** If not taken by winner by February 21st 2007, at the latest, the system will be disposed of.

SPECIAL THANK YOU

The Mental Health Rights Coalition's Annual Christmas Party was a hit! Thank you to all who attended, everyone had a wonderful time.

A special thank you goes out to Starbucks in Ancaster and Fortino's on Dun-

durn street for their thoughtful donations to our Christmas party. We would also like to thank Joan H. for donating

knitted scarves and hats for our members. These will come in handy if we ever get real winter weather! Sharon D. brought in pizzas for us;

they were very tasty and thoughtful.

We would also like to thank all those who volunteered to make food before the party, and those who helped hand it out during the party. We couldn't have done it without you!

Last, but definitely not least, thank you to the gentleman who brought a box of doughnuts; these went over very well!

We hope everyone had a great holiday!

*Shoot for the Moon. Even if you miss,
you will be among the stars.*

Les Brown

EMPLOYMENT OPPORTUNITY

As you have already read, Chantal, our current Activity Facilitator, has left us for other opportunities.

The Mental Health Rights Coalition will be looking for a new Activity Facilitator for the new year. This is a part time (12 hours/week) position that pays \$9.25 - \$9.75 per hour.

JOB TASKS

This person will work closely with the Membership Coordinator (MC) and the two will need to coordinate and communicate their activities with one another.

The Activity Facilitator (AF) will organize, schedule and facilitate these member driven activities, as well as four annual educational forums and seasonal parties or celebrations. The Activity Facilitator will be expected to:

- Suggest, plan, member activities; lead and facilitate them on working days and set up volunteer leaders for other days.
- In consultation with members and staff, identify and organize themes and content for educational forums (4/yr) and identify potential speakers etc.
- Supervise member mailing crews for newsletter etc where applicable.
- Organize special/seasonal events (parties etc) with members and liaise with MC regarding donation needs
- Utilize the MC's incentive/reward program to encourage membership participation
- Collect and report participation

statistics and member evaluations on activities, and report them monthly.

- Ensure all your activities are well promoted within and, where appropriate, outside of MHRC (newsletter, calendar, bulletin boards, PowerPoint, external postings) by providing information to MC in a timely manner.
- Work with volunteers on the food preparation, venue setup and cleanup for special events organized by the MC
- Make use of volunteers in a supportive, encouraging way and keep the MC informed around volunteer opportunities in planning and carrying out activities
- Request volunteers from MC and organize and work with member committees relevant to the activities and events that AF facilitates.
- Refer any new volunteers to MC for screening, training etc.
- Work with any internal committees relevant to activity planning.

QUALIFICATIONS INCLUDE

- MHRC or another recognized CSI's peer support training. (Training can be audited after hiring, on employee's own unpaid time).
- Good team member – ability to work with others, give and receive constructive feedback
- People skills – ability to generate member enthusiasm and participation, make people feel welcomed and val-

ued, and infinite patience.

- Creative and critical thinking skills, and good judgment.
- Group skills
- Basic computer and office machine skills
- Ability to learn new software skills for statistical tracking.
- Well organized, and able to help members organize their activities.
- Recreation leadership training would be a definite asset.

If you are interested, please send your resume and cover letter to the hiring committee via one of the following: (no phone calls please)

Email: mentalhealthrights@bellnet.ca

Fax: 905-545-0211

Mail: 102-678 Main St E, Hamilton, Ontario, L8M 1K2

Resumes will only be accepted when delivered through the above methods.

DEADLINE IS JANUARY 19, 2007, 4P.M

We thank all applicants, however, only those selected for an interview will be contacted on **January 22, 2007.**

Interviewing will take place on **January 29, 2007.**

CALL FOR INTEREST!

The Voices of Experience program is continuing with The Mental Health Rights Coalition, and this is your chance to speak out! Let your voice be heard and join this committee!

Voices of Experience is a project that trains consumers in proper meeting etiquette, and places consumers on Board of Directors and Steering Com-

mittees within the community. This allows more consumers to give input to the programs and services other consumers use on a regular basis.

There is a need for consumers in our community, on our Boards and Development committees.

Those who are interested need only to

be willing to accept training, be professional and mature. If you fit the bill, please contact:

KATE MOORE
mhrcprograms@bellnet.ca
 905-545-2525

FOCUS GROUP: VOLUNTEERS NEEDED



Letter of Information

(for Potential Consumer Participants)

Police Mobile Crisis Services: A Comparative Approach to Evaluation

Investigators: C.Forchuk RN PhD,
E.Jensen RN PhD, M.L.Martin RN
MEd MScN & R.Csiernik PhD RSW

Volunteers are needed to help in a study conducted by a team of researchers from the community and the University of Western Ontario.

Purpose: The purpose of the study is to understand and compare police mobile mental health crisis services in Ontario.

Procedures: If you agree to participate, you will take part in a group discussion at a local community centre. In-depth individual interviews will also be available for those who prefer not to meet in a group setting. In the group discussion, or individual interview, you will be asked to talk about issues related to mental health and police mobile crisis services. It will likely take between 1 to 1.5 hours to have this discussion. Up to 160 participants will take part in this study, with a maximum of 8 to 10 participants per group discussion.

You will be reimbursed \$20 for your time and travel expenses. Light refreshments will be provided during the interview. If you need child care in order to take part in the research, we may be able to provide this. The time and place of the interviews are indicated on the posters, or call 905-388-2511 ext. 6365 for this information.

Questions: Examples of questions could include: What services are currently offered in your community with respect to police mobile crisis services? Have you accessed these services before? Was this intervention helpful to you? Have you encountered any problems with the current police mobile crisis services offered? What suggestions would you offer in order to improve police crisis mobile services in your community? The discussion will be audio taped and transcribed onto paper. There will also be note-takers present so that we do not lose valuable information.

Confidentiality: No names will be taken. If the results of the study are published, no information that discloses your identity will be released or published. The information given by you will be locked in a secure office and will only be available only to the researchers and research staff. Your participation in this study is voluntary. You may refuse to participate, or choose not to answer any questions or to withdraw from the study

at any time. Questions can be asked about participation at any time.

It is hoped that other people will benefit through this study. Needs and concerns of individuals in relation to police mobile mental health crisis services will be identified. There are no known risks to participating. You may indicate your voluntary agreement to participate by responding to the questions. This letter is yours to keep. Should you experience any problems as a result from your participation in this study you may contact the office of the co-investigator or principal investigator by phone.

Researchers to be contacted for further information:

Mary-Lou Martin, MEd MScN, (Co-investigator),
905-388-2511 Ext. 6365

Cheryl Forchuk RN PhD, (Principal investigator),
519-685-8500 Ext. 77034 .

If you have any questions regarding your rights as a research participant, you may contact the Office of the Chair of the Research Ethics Board, St. Joseph's Healthcare Hamilton, 905-521-2100, Ext. 75240.

Volunteers Needed

You are invited to participate in a study titled "Police Mobile Crisis Services: A Comparative Approach to Evaluation". The purpose of the study is to understand issues related to mental health and police mobile crisis programs. If you have experienced mental health issues and have accessed police mobile crisis services, you may be interested in sharing your experiences by participating in a focus group discussion. (NOTE: You may only attend ONE of the following:)

Place: Mental Health Rights Coalition Group, Meeting Room

Date: Thursday, February 15, 2007

Time: 1:30 to 2:30 p.m.

Place: Mental Health Rights Coalition Group, Meeting Room

Date: Friday, February 16, 2007

Time: 1:30 to 2:30 p.m.

Additional information is included in the attached Letter of Information or may be attained by contacting our office at 905-388-2511 Ext. 6365

Sincerely, Mary-Lou Martin, RN MEd MScN, (Co-investigator), 905-388-2511 Ext. 6365; Cheryl Forchuk, RN PhD, (Principal Investigator), 519-685-8500 Ext. 77034

JANUARY 2007



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E-mail: mentalhealthrights@bellnet.ca



JANUARY 2007

Mon	Tue	Wed	Thu	Fri
15 Movie: Dead Poet's Society Chantal's Goodbye Party 1-3p.m.	16 Peer Support Volunteer Meeting 1-3p.m.	17 Mall Walk 1pm Peer Support Training Inspiration Group 1-3p.m.	18 Recovery Committee 1p.m.	19 Deadline for applications: Activity Facilitator
22 Movie: I Robot Education Committee Meeting 1p.m.	23 Activity Facilitator's Meeting, 1p.m.	24 Peer Support Training	25 MHRC CLOSED Comedy Cheer Up 1:30p.m. SEE AD ON PAGE 2	26
29 Movie: Forrest Gump Interviews for Activity Facilitator	30	31 Peer Support Training		

A sick man turned to his doctor as he was preparing to leave the examination room and said, "Doctor, I am afraid to die. Tell me what lies on the other side."

Very quietly, the doctor said, "I don't know."

"You don't know? You, a Christian man, do not know what is on the other side?" The doctor was holding the handle of

the door; On the other side came a sound of scratching and whining, And as he opened the door, A dog sprang into the room And leaped on him with an eager show of gladness. Turning to the patient, the doctor said, "Did you notice my dog? He's never been in this room before. He didn't know what was inside. He knew nothing except that his master was here,

And when the door opened, he sprang in without fear. I know little of what is on the other side of death, But I do know one thing... I know my Master is there and that is enough."





FEBRUARY 2007

Mon	Tue	Wed	Thu	Fri
			1	2
5	6 Peer Support Worker Meeting, 1p.m. Newsletter Committee 1p.m. (Resource Room)	7 Education Committee 1p.m. HPS Bus Trip: Hamilton Bulldogs	8	9
1 Development Committee 12p.m.	13 Ballots Deadline for Computer Draw, 4p.m. (See Advertisement on Page 3)	14 Computer Draw 1p.m. (See Advertisement on Page 3)	15 Focus Group 1:30-2:30p.m. (See article page 4)	16 Focus Group 1:30-2:30p.m. (See article page 4)
19	20	21 Education Committee 11a.m. Inspiration Group 1-3p.m.	22 Recovery Committee 1-3p.m.	23
26	27	28		

PLEASE NOTE: Dates for February may change due to staff changes. To be informed of the most recent changes, please call us, visit our website or drop in for an updated calendar.