

**Achieve Mental Health
Wellness & Recovery Centre**

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We hope you find "A Journey with Friends" an informative and enjoyable read. Please direct any comments to Susan Roach, Manager, Wellness & Recovery Centre. We welcome and invite your feedback.



Wellness & Recovery Staff

Program Manager:
Susan Roach
Program Assistants:
Arica Dekeyser
Charlotte Potticary
Trisha Schotsch
Deborah Strachan
Marijo Watt

HOPE SURVIVES

In September 2000, Kevin Hines leapt off the Golden Gate Bridge, a method of suicide attempt that has resulted in death for most of the 2000 people who have made that jump since the bridge was erected in 1937.



But Kevin survived. Now he shares his story and fosters a critical bridge of hope between life and death for people caught in the pain of living with serious mental illness, difficult life circumstances, and more.



Achieve Mental Health Wellness & Recovery Centre will be hosting Kevin Hines in 2018 as our key note speaker in support of suicide awareness and prevention. Kevin will speak to 'Living Mentally Healthy' and its contribution to suicide prevention.

To raise money to bring Kevin and his important message to Haldimand-Norfolk, the Wellness & Recovery Centre are hosting a Boston Pizza Booster Night in Simcoe.

Wednesday May 10th, 2017 – tickets \$20

With tickets, guests can eat between 5-8 pm

Tickets provide guests with Caesar salad and a choice of 4 topping pizza or pasta entrée and non-stop coffee, tea or pop.



Tickets and information available from the Wellness & Recovery Centre
1-877-909-4357 x 5



SAVE THE DATE:

Wednesday November 14th, 2018

Kevin Hines presentation in Jarvis, ticket cost to be determined

Kevin's will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse, global audiences within colleges and universities, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations, and various industries. Thousands have communicated to Hines that his story helped save their lives.

Kevin believes in the power of the human spirit and in the fact that you can find the ability to live mentally well.

His mantra: "Life is a gift, that is why they call it the present. Cherish it always."

Community Addiction and Mental Health Services of Haldimand & Norfolk provides community-based mental health services for people aged 16 and older and addiction services for people of all ages. Services include assessment, counseling, consultation, support, advocacy, and case management.

Funding support provided by:



A Journey With Friends

Community Addiction and Mental Health Services of Haldimand and Norfolk

**Achieve Mental Health
Wellness & Recovery Centre**



April 2017

Out of the Shadows

In any given year, 1 in 5 people in Canada experiences a mental health problem or illness. But, unlike other health conditions, only one in three people who experience a mental health problem or illness — and as few as one in four children or youth — report that they have sought and received services and treatment.

Stigma, discrimination and fear of mental illness and misunderstanding of mental health remains one of the primary road-blocks to individuals addressing and seeking help.

During mental health week please join us on the journey to bring mental health 'out of the shadows' and to recognize, in both words and deeds, the truth of the saying "that there can be no health without mental health."



Mental Health Week May 1 - 7, 2017

Together We Can Bring Mental Health Out of the Shadows

To become involved with this effort:

Host a 'Spotlight on Mental Health' sign board and illuminate it with a spotlight (provided) during Mental Health Week or **Dress in loud, bright, colourful** clothing during Mental Health Week and wear a 'Spotlight on Mental Health' button to show your support .

To register or for more information please contact:
CAMHS - Achieve Mental Health Wellness & Recovery Centre
519-428-0580 x 5

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The Wellness & Recovery Centre is one program among the continuum of care services and programs provided by CAMHS in Haldimand and Norfolk.

CAMHS is dedicated to the enhancement of our community through the provision of addiction and mental health services that promote and support wellness.

A Journey With Friends



Top row: 'Pot of Gold' St. Patrick's day project; lighthouse craft, Easter candy jar guessing challenge, member art display at Wellness Fair
 Second row: Norfolk OPP entertainers and families during the annual Christmas dinner with a rendition of Porcupine in a Pine Tree (Canadian 12 Days of Christmas), faux stained glass project

Recovery Happens

The Centre is proud of our "Recovery Happens" tree – it is an ongoing reminder that hope is the foundation of our ability to face challenges and move forward, to blossom. Every leaf represents the variety of achievements we can build in our lives to strengthen and enhance our wellness and recovery. Regardless of the types of challenges people face everyone can be provided with hope and the leaves they need to complete their journey of recovery.



Peer Support - A Beacon of Hope

Peer Support is about the sharing of ones' life experiences, listening empathetically, and making connections based on common life experiences and challenges. Peer relationships enable people to be with each other without the constraints of traditional expert/patient relationships. With peer support, individuals can talk with a "fellow traveler" so to speak, someone that has been there and knows the peaks and valleys in navigating life challenges. Peer Support, as provided by the Wellness & Recovery Centre staff, provides an opportunity for members living with a mental illness and/or addiction to work with staff who have moved forward in achieving their own personal wellness and recovery. As well, through training and education, our staff have the skills to assist and support members to address challenges they are facing and provide hope, empowerment and the tools for their road to recovery.

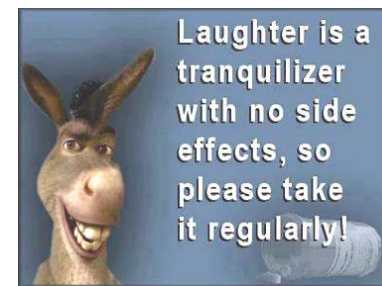


April is National Humour Month

National Humour Month serves to raise public awareness of the therapeutic value of humour. Laughter and joy, the benchmarks of humour lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life.

Humour as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to relieve stress and burnout may indeed be one of the great medical discoveries of our times.

- Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the chemical endorphins that are released by your brain.
- Activates and relieves your stress response.
- Soothes tension.



Loonie Toonie Auction

The Wellness & Recovery Centre Spring 2017 Loonie Toonie Auction was a great success with amazing donations from our generous donors and a full house of guests and bidders. The proceeds from the auction support the operation of our transportation program and allow members to travel to medical and social service appointments, participate in school and work and attend the Centre and enjoy social and recreational activities.



It is with great appreciation we thank all our generous donors and guests.

Transportation: A Vital Link

The Centre's transportation program provides a vital link to programs and services for our members. From April 1, 2016 to March 31, 2017, we provided 905 member rides.

Transportation connects members to the Centre and Centre activities **BUT** most importantly, for those on their road to recovery, transportation ensures they can attend scheduled medical appointments. To this end, in 2016-17, rides were provided to 146 individuals to attend medical appointments.

Emily's Reflections as a Student

While meeting members at the Wellness and Recovery Centre for the first time, the main thing that many of them told me was that the members, staff, students and volunteers at the Centre are like a big family. Thinking back on my experience here, I realize nothing could be truer. From the moment I started my placement, everyone at the Centre made me feel welcome and at home. Not only did they make my time here incredibly fun, members and staff also regularly went out of their way to create learning opportunities for me to advance my skills in the helping field. I am grateful that I was able to be so involved in the activities, programming and day to day of the Centre. I want to thank all of the Wellness & Recovery Centre members, staff, students and volunteers who gave me the opportunity to grow in such a wonderful environment. My favourite part about my placement here has been spending time with all of the amazing people I've had the privilege of meeting along the way. Although a short journey, it has been an unforgettable one.

Optimist or Pessimist?

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic. It may even affect your health.

Indeed, some studies show that personality traits such as optimism and pessimism can affect many areas of your health and well-being. The positive thinking that usually comes with optimism is a key part of effective stress management. Effective stress management is associated with many health benefits.

Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physiological well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

When your state of mind is generally optimistic, you're better able to handle stress in a more constructive way. That ability may contribute to the widely observed health benefits of positive thinking

"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." - Churchill

Put a Spotlight on Mental Health... Dress Loud

The WRC staff dressed, in 2016, to make an impact



facebook.com/CAMHSWRC/

Depression: Let's Talk

Depression is the leading cause of ill health and disability worldwide. According to the latest estimates from WHO (World Health Organization), more than 300 million people are now living with depression, an increase of more than 18% between 2005 and 2015.

The new estimates were released in the lead-up to **World Health Day on April 7th**, the high point in WHO's year-long campaign "Depression: let's talk". The overall goal of the campaign is that more people living with depression, everywhere in the world, both seek and get help.

WHO Director-General, Dr. Margaret Chan reflects: "these new figures are a wake-up call for all countries to re-think their approaches to mental health and to treat it with the urgency that it deserves."

One of the first steps in the "Depression: let's talk" campaign is to address issues around prejudice and discrimination. Lack of support for people with mental disorders, coupled with a fear of stigma, prevent many from accessing the treatment they need to live healthy, productive lives.

"Education is the most powerful weapon which you can use to change the world" Nelson Mandela

Enhancing knowledge and understanding of mental illnesses, including depression, empowers individuals to recognize and respond to personal mental health challenges and contributes to the development of community networks which are supportive of individuals and free from barriers of stigma and discrimination.

To enhance your knowledge of depression check out:

<https://youtu.be/XiCmiLOGYc>



The efforts of the Centre's Mental Health Literacy Program are to outreach to both Haldimand and Norfolk residents with a diversity of education and engagement initiatives. These can enhance personal mental health strategies, and help seeking behaviour, reduce stigma and increase acceptance of those living with mental illness or addictions.

The Centre was the recipient of a beautiful gift of stained glass hand-crafted by Donna Williamson, a CAMHS staff member. Our 'Wellness Tree' hangs proudly at the Centre for all to enjoy. Thank you Donna!



Why Do We Worry?

As human beings, we naturally fear the unknown. Worry is mental agitation or concern about impending or anticipated problems. Therefore, worry is a part of fearing the future. We fear that we might make mistakes; we fear that others will judge us negatively; we fear losing the things we have that are important to us. Maybe there was a time that your worry came true. When not managed properly, worry can cause stress, lack of sleep, increased aging, lack of focus and even physical problems such as digestive issues.

Below are some tips for how to manage worry:

Tip 1: Determine if some of your worries are simply noise.

Ask yourself questions like: What am I worried will happen? Is this a real problem or an imaginary "what if"? Is this just my brain's threat detection system going into overdrive? Are these thoughts helping me? What are the benefits of having these thoughts? Worrying can be helpful if it motivates you to make a positive change in your situation. Worrying about things you have no control over is not useful. Try to notice these thoughts without judgment and let them go.

Tip 2: Postpone and manage your worries.

Instead of worrying constantly, set aside a "worry-time" each day. Take 15-30 minutes to worry about whatever is troubling you and problem solve. Try to make it the same time every day. If worrying is keeping you up at night, try placing a pen and paper beside your bed and writing down the worries that are bothering you. Tell yourself that you will look at the list during your worry-time the next day and try come up with a solution. When you notice worries come into your mind, tell yourself that you will think about them again during your worry time and let them go for the time being.

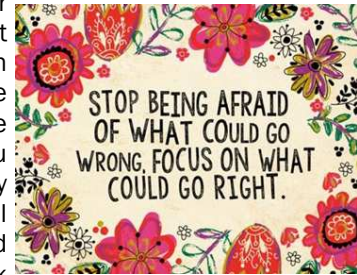
Tip 3: Have a problem solving session.

If you determine that your worry is legitimate (not just noise), you can start problem solving during your worry-time about how to deal with the issue. First, identify what you are worried about. Clearly define the problem and all details about the worry and write them down. Next, think about how you can solve the problem. If you can't think of a direct way to solve it, write down ideas for a step you can take in the direction of solving the problem. Consider whom you can ask for help, information you need to collect, skills you need to acquire, and things you can do to lessen the negative impacts of the problem. Finally, take action. Whatever you decided to do in the previous step, now is the time to do it. You may feel much better about the problem once you have taken action to solve it.

Tip 4: Manage stress

When you worry, your body releases the stress hormones adrenaline and cortisol. When there is too much of these hormones present they can negatively affect your mental, physical, and emotional health. Self-care strategies can help manage stress related to worrying. Some forms of self-care might include listening to music, taking a bath, exercising, meditating, going for a walk or spending time with pets. When managed, worrying can be a positive motivation in your life rather than a cause for agitation and stress!

Researched and prepared by Emily Vandehei, concurrent disorders placement student from Mohawk College



Meet the WRC Staff

Deborah Strachan - Program Assistant

Field placement at the Centre, joined staff in 2009

Education: Fanshawe College

Social Service diploma, Crisis Intervention certificate

Awards/Accolades:

Women of Excellence Award – Soroptimist International

President's Honour Roll – Fanshawe College

Ontario Honour Roll – Fanshawe College

OPDI Lighthouse Award – Unsung Hero 2012

Mantra or guiding belief:

Be the best I can be – do my best to support others.

My Road Travelled:

My mood disorder and social service education empowers me to make genuine and meaningful connections with those I support. I also find that it is helpful and makes it very easy to make connections with others in various presentations and discussions, as I talk about personal experiences with ease and passion. As I was helped and supported along my journey of recovery – so do I wish to support those in need.

Interests, hobbies:

Family, animals (rescue dogs, horses), antiques, travel

Trisha Schotsch - Program Assistant

Field placement at the Centre, joined staff in 2014

Education: Fanshawe College

Social Service diploma, Child and Youth Worker Diploma

Awards/Accolades:

Dean's Honor Roll - Fanshawe College

President's Honor Roll - Fanshawe College

Academic Achievement Award - Fanshawe College

Mantra or guiding belief:

"You don't need to see the whole staircase to take the first step"

"What lies before us and what lies behind us are tiny matters compared to what lies within us!" – Ralph Waldo Emerson

My Road Travelled:

My personal experience with Bipolar Disorder combined with my education give me the courage and strength to share my story and inspire others to speak about mental health challenges. By speaking about it we can lessen the stigma attached to mental illness.

Interests, hobbies:

Family, reading true crime book, my dogs, camping

Marijo Watt - Program Assistant

Field Placement at the Centre, joined staff in 2016

Education: Fanshawe College

Early Childhood Educator & Social Service Worker Diploma

Mantra or guiding belief:

Be the best role model I can be. I believe everyone has a purpose and sometimes it takes a little longer or a little extra work to find what our purpose is. We all have value and can make a difference in the lives of others.

My Road Travelled:

My journey with depression and anxiety and my education has given me the courage to share my experiences and knowledge to help others on their own personal journeys. For far too long I was shrouded by stigma, stuck in my own self-destructive behaviours until I found hope for a better future, not only for myself but for others who identify with living with a mental illness. I realized that I don't have to suffer, I can choose to live and now I spend my days encouraging others to do the same.

"You cannot have a rainbow without a little rain."

Interests, hobbies:

Education, family, travel, reading, fishing, nature walks

Arica Dekeyser - Program Assistant

Joined staff in 2017

Education: Pre health at Georgian College.

Fanshawe College Social Service diploma

Mantra or guiding belief:

I choose to try my best to have a positive outlook, to strive for a successful day rather than a frustrating one. I choose to believe my life matters and my choices are important. "We fall down so we can figure out how to pick ourselves back up again."

"We are what we believe."

My Road Travelled:

Over the past few years I've realized that talking about what I'm feeling does help. My strong support team is made up of friends, family and professional members who help me to accomplish anything I set my mind to. With my combined lived experience and education, I can provide a positive and motivating environment for members.

Interests, hobbies:

I love the outdoors and anything to do with it. I really like cats and sharks. An odd combination but both interesting in their own way!

Charlotte Potticary - Program Assistant

Field Placement at the Centre, joined staff in 2016

Education: Concurrent Disorders Certificate (Mohawk College) - Dean's Honours List

Bachelor of Arts Honours Degree (University of Guelph) – Dean's Honours List

Mantra or guiding belief: I believe that every person is worthy of being truly happy, and I hope that I can in some way help them to achieve that. It has been incredible to learn what many people have overcome in their lives, and inspires me every day to try to stay positive.

My Road Travelled: I have an amazing support system – my husband, my family, my friends, my co-workers, my dog – and this has helped me to stay happy and healthy. My personal experience with anxiety has allowed me to relate well to others who feel like they're alone or different. I love to learn, and the huge step I (finally!) took of going back to school really helped to raise my self-esteem. I wasn't sure if I could do it – and I did!!!

Interests, hobbies: I love to go for walks with my dog, and take in the scenery, the sunshine, and the sounds and smells of nature. I love playing cards (especially euchre), board games, and lawn games.

Mind * Body * Spirit Wellness Fair

Representatives from over 110 health providers, programs and services were all available, under one roof, to provide information to the residents of Haldimand and Norfolk on Saturday March 25. The Mind * Body * Spirit Wellness Fair is hosted annually by Community Addiction and Mental Health Services of Haldimand and Norfolk and attracts growing interest every year.

The Wellness & Recovery, a program of CAMHS initiated the wellness fair eight years ago and have grown the event from a handful of services, representatives and visitors to this year's successful event which hosted over 800 people during the five hour event.



The Mind * Body * Spirit Wellness Fair broadly represents the diversity of services which can contribute to overall wellbeing. Travelling along just one row of the event, visitors can speak to and learn from providers about sleep apnea, policing services, funeral planning, diabetes, poverty, volunteering, mental health and addiction, pet therapy and dental care. The event approaches health and wellbeing in a very holistic manner recognizing the significant impact that social determinants of health can have on an individual's day to day wellbeing.

Deborah Strachan, program assistant from the Wellness Centre, leads and coordinates the event to ensure that every year visitors leave feeling satisfied and informed. Visitor evaluations overwhelmingly reflect that they found beneficial resources and information and would both return to the event in the future and recommend it to others. Presenters acknowledged "another great year, keep up the good work!"

The annual event is available free to the public thanks to the sponsorships and funding support of businesses and services in the community.

Caring Communities Make Things Happen - Thanks to Our Sponsors and Supporters



VOICE Awards 2017

The VOICE award recognizes the outstanding efforts of individuals or services which support mental health and wellness in our community. Contributions in three areas are recognized:

- Support the personal wellness, health and recovery of an individual person living with mental illness
- Strive to improve or enhance the quality of supports available for all individuals living with mental illness
- Increase understanding and reduce stigma about mental health/mental illness in the community

Absolute Respiratory
 Andrews, Connie
 Antoszewski, Linda
 Beemer, Gary
 Beneff Concrete
 Berkel Greenhouses
 Bishop, Cheryl
 Bishop, Sarah
 Blad, Meghan
 Boerkamp, Tracey & Shelley
 Boston Common
 Bowen Therapy
 Bowyer, Bruce
 Candy-Harding, Nancy
 Clark's Pharmasave
 Clarysse, Alexandra
 Community Legal Clinic
 Compoli, David
 Compoli, Glenna
 Corrigan, Bill
 Delutis, Don
 Druiett, Michele
 Duffet, Robert
 Dunn, Alison

Fleury, Cam
 Fournier, Margo
 Good Redden Klosler
 Goodlet, Darrell
 Graham, Debra
 Green, Sheila
 Kerry's St. James Street Eatery
 Lomas, Karen
 Lomas, Tom
 Lomas, Chad
 Lomas, Christopher

Paliquin, Paulette
 Peckford, Alla
 Penny, Trixie
 Pioneer Energy - Target
 Porter, Leanna
 Porter, Spencer
 Procnunier, John
 Schooley, Brenda
 Schweertman, Eugene
 Second Ave. Printing
 Schotsch, Ken
 Shepherd, Allen
 Simmons, Irene
 Slaght, Roselle
 Sone, Trevor
 Springview Farms Golf
 Stirling, Erin
 Szolga, Harmony
 Torti, Joanne
 United Way of Haldimand & Norfolk
 Warrell, Janice
 Weber, Dr. Gary
 Williamson, Donna
 Woodward, Amber



Metcalf, Keith
 Montgomery, Jean
 Moore, Robert
 Norfolk Dental Hygiene
 Norfolk Office Supply
 OPP - Norfolk Division

Wellness & Recovery Centre Active on Poverty

Community Addiction and Mental Health Services of Haldimand and Norfolk (CAMHS) are committed to the 'enhancement of our community through the provision of services that promote and support wellness.' CAMHS provides clinical addiction and mental health services and peer support, while also recognizing and responding to the significant impact that social determinants of health can have for everyone.

Social determinants, such as disability, unemployment, housing and food insecurity, are some of the most important factors that impact both mental and physical health. In fact, access to economic resources is one of the most significant factors that impacts on an individual's ability to achieve and maintain positive mental health. Poverty and the deprivation associated with it compromise one's quality of life and negatively impacts mental health. Addressing social determinants of health such as poverty is critical to the overall resiliency, health and wellness of ALL citizens.

Mental health is the state of well-being that allows us to "feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face." Mental health impacts each and every one of us. We all have mental health, good or poor, just as we all have varying degrees of physical health. But mental health is not fixed or stagnant as it can be enhanced or undermined by the many social factors which impact on ones' life.

For individuals living with a mental illness or addiction; poverty, housing and unemployment undermine their ability to recover and achieve overall wellness. Managing illness is difficult while also trying to manage the daily life challenges which arise with poverty, a lack of safe, secure housing and lack of employment. Positive mental health supports an individuals' recovery as it provides a foundation for dealing with life's challenges including living with a mental illness.

CAMHS is an active member of the Poverty Action Partnership of Haldimand-Norfolk (PAPHN) to develop and enhance awareness of the negative impacts of poverty on the overall mental health of our community and our clients. As committee participants we support and advocate for changes to benefit and strengthen the resiliency, health and wellness of all citizens. CAMHS is represented on the committee by Deborah Strachan from the Wellness & Recovery Centre.

