

Imagine...

Mental Health for All

An Evening with Landsberg and Friends



Mark Graham, CEO of CMHA HKPR with Michael Landsberg, #SickNotWeak founder

"I've been waiting 8 years for a night like this," said Theo Fleury at Team55's Landsberg and Friends celebrity dinner and fundraiser, which took place November 21st in Peterborough. Some of Canada's biggest sports celebrities including Theo Fleury, Clint Malarchuk and Hayley Wickenheiser shared personal stories

of trauma and depression followed by inspiring stories of recovery and new beginnings. The conversation was MC'd by TSN celebrity Michael Landsberg of #SickNotWeak.



Ryan Luscombe and Jack Veitch, CMHA HKPR meet Clint Malarchuk



Kerri Davies, CMHA HKPR Manager of Development with Theo Fleury

Friday Night Lights 2016

The Team55's 4th Annual Friday Night Lights took place on September 23rd, presenting an afternoon of "GIRL POWER" featuring an exhibition game of Senior Girls Rugby, prior to the opening ceremonies. Canadian Olympian Hannah Darling, Women's Rugby Bronze Medalist welcomed the players. Over \$10,000 was raised at the event, thanks to local sponsors including Central Smith Creamery, Maple Leaf Foods and PepsiCo Foods and Beverage.

\$5,000 of the proceeds from the event were directed to support C.M.H.A. H.K.P.R.'s Kids on the Block Program. Kids on the Block uses puppetry to address important issues affecting the mental health of children. The remaining funds are directed towards other suicide prevention initiatives including public education.



Some of the silent auction items that were available for bidders

The event raised almost \$130,000 which will be shared between C.M.H.A. H.K.P.R.'s Team55 Let's Tackle Suicide Prevention initiative and Landsberg's #SickNotWeak Foundation. Many thanks to the Platinum Sponsors Terry G Windrem (Protectors Group), RBC Wealth Management, The Monopoly Group and The Baseball Zone for helping us to lay the foundation for such a successful event.



Michael Landsberg & Hannah Darling



Canadian Mental Health Association
Haliburton, Kawartha, Pine Ridge
Mental health for all

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A.O.S.P. – A Safety Net for Those at Risk of Suicide

Individuals who are being discharged from hospital after a suicide attempt are often overwhelmed and unable to navigate a path to support and stability. As well, almost 1/3 will make a subsequent suicide attempt, often shortly after their discharge. Tragically, almost 1 in 4 of these individuals may eventually die, following a further attempt. However, thanks to generous funding from Team55 Let's Tackle Suicide Prevention, C.M.H.A. H.K.P.R. was pleased to launch the Assertive Outreach for Suicide Prevention program, in June of 2016.

This two year pilot project costs about \$80,000 a year, 50% of which is covered by Team55 and the remaining 50% from other community donations. The program is led by a fulltime Mental Health Worker (M.H.W.) who provides timely support to the individual upon discharge from the Peterborough Regional Health Centre. The M.H.W. works with the individual to create a safety net, providing intensive one to one supports as required, connecting the individual to longer term resources. Most importantly, they create an environment where the person can talk about the circumstances that led to the suicide attempt. Through this relationship a Safety Plan is developed while connecting them to longer term supports that they can access once discharged from the A.O.S.P. program.

As of the end of October, A.O.S.P. has received 34 referrals of which 8 were from individuals outside of the Peterborough area, who were directed to local supports. Of the 26 Peterborough referrals, 46% were connected to A.O.S.P. following their first suicide attempt. 58% of these individuals were not receiving mental health supports from C.M.H.A. H.K.P.R. prior to their suicide attempt and over half the referrals were not connected to any community mental health supports. This speaks to the value of A.O.S.P., as it

connects the pieces and walks the path with the person at risk, to ensure that they are receiving appropriate follow up support. We have also learned from this project that 69% of the individuals in the program had a history of trauma and that 15% had lost a family member to suicide. This important information will help C.M.H.A. further identify other strategies we can investigate to further strengthen our capacity to prevent suicide.

The new Family Education Support Worker hired this month through funds from the Merrett Home Hardware Run for Mental Health (see page 4) will work closely within the A.O.S.P. program to strengthen this capacity. It is our hope that after the 2 year pilot project is completed we will be able to secure permanent funding through the Ministry of Health. If you would like more information on how you could support this program through donations please contact Kerri Davies kdavies@cmhahkpr.ca. Referrals are managed through the Hospital to Home Program at Peterborough Regional Health Centre.

Problems Coping?



Family Life, Work, Health,
Concerned About Someone?

Free Professional Crisis Support

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Help Available 24-7

Mental Health Literacy

“Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives.” This quote from Living Works® is core to gaining a better understanding about what thoughts might lead someone to take their own life. C.M.H.A. H.K.P.R. offers safeTALK® and A.S.I.S.T.® two life saving certificate programs created by Living Works. As well, we offer Mental Health First Aide® and A.S.K. – Assessing for Suicide in Kids – improving the mental health literacy of our community and broadening the capacity for everyone to be a helper to create a safer, healthier community. In the past 3 years, C.M.H.A. H.K.P.R. has trained over 1,100 individuals in safeTALK, 400 individuals in A.S.I.S.T., 300 in M.H.F.A. and 50 in A.S.K. We are very excited to also introduce new training, Mental Health First Aide® (M.H.F.A.) for Individuals working with Youth®, early in 2017.

For more information on how you or your business can access this training, please contact Jack Veitch, Educator and Health Promoter at jveitch@cmhahkpr.ca or 705-748-6687 ext. 1015.

Upcoming Events - 2017

- Jan. 25: **Bell Let's Talk Day**
- Mar. 25: **Gaskell Cup with Team55**
- May 1-7: **Mental Health Week**
- June 8: **Herod Financial Services Golf Tournament**
- June 25: **Ride Don't Hide** - We are looking for planning committee members, sponsors and riders.
- Sept. 9: **The Merrett Home Hardware Run for Mental Health**
- Sept. 30: **The Dirty Enduro**

For information about scheduled events, or if you would like to host a fundraiser please contact Kerri Davies, Manager of Development at 705-748-6687 ext. 1048 or kdavies@cmhahkpr.ca.

Golf Tournaments

We all know that spending time outside is good for our mental health. For C.M.H.A. H.K.P.R., spending time on a golf course is VERY good for our communities mental health! Since June almost \$50,000 from various golf tournaments across the four counties, was donated to our programs and services including Kids on the Block, Education and Health Promotion, the Lynx Program and Team55.



Roger Hardy, QCR with Kerri Davies & Ryan Luscombe, CMHA HKPR Dalewood Golf club, Northumberland

Many thanks to Roberta and Kevan Herod of Herod Financial, Roger and Mary Ellen Hardy of Quality Construction & Renovations, the Michael Russelle Memorial Golf Tournament, Darling Insurance, Mather & Bell Pharmacy and Marvel Rapids. These funds are critical to fill funding gaps. As well, engaging over 600 people in the conversation about mental health is a hole in one!



Roberta Herod with her team The Quarry, Ennismore



Kevan Herod and his team The Quarry, Ennismore

Paul's Tune Up

On September 17th C.M.H.A. H.K.P.R. and the family of Paul Rush welcomed dozens of dedicated riders and volunteers to "Paul's Tune-Up" an opportunity to revision the annual mountain bike event, Paul's Dirty Enduro. Founded in 1996 by family and friends of Paul Rush, this memorial event grew from a small group of riders and volunteers to one of Ontario's largest mountain bike events.

Following last year's 20th anniversary celebration the family decided they would like to return to the event's roots, a simpler less competitive event, intended to create a safe space for people who have been affected by suicide and mental illness to gather while enjoying the friendship and adventure of mountain biking. The event will now be known simply as "The Dirty Enduro." The Rush family and C.M.H.A. are extremely grateful for the dedication of kt and Rick, of Bloomfield Bicycle, who helped the event reach "Epic" proportions.

Bloomfield Bicycle is no longer involved in the new "Dirty Enduro."

The 2017 event will take place on September 30th at the Ganaraska Forest Centre, Port Hope. Anyone interested in more information or to be a part of the organizing committee should contact Kerri Davies at kdavies@cmhahkpr.ca 705-748-6687 ext. 1048. Registration information will be available by April 1st, through www.cmhahkpr.ca.



Inspiring Speaker

Sean McCann, previously of Canadian east coast band Great Big Sea, made Peterborough his last stop November 26th on his Road to Recovery tour, sharing music and stories of his journey from addiction to sobriety. Mr. McCann was generous with his time, inviting our own Lindsay band, The REACHERS to join him and guest performer Chris Murphy at the pre-event sound check and later on stage. His inspirational message in his debut album "Help Yourself" include songs that helped him deal with his own issues of abuse and addiction, showing how to find strength in pain. For more information on his personal journey and his music, check out www.seanmccannsings.com.



Chris Murphy and Sean McCann

Running for Mental Health

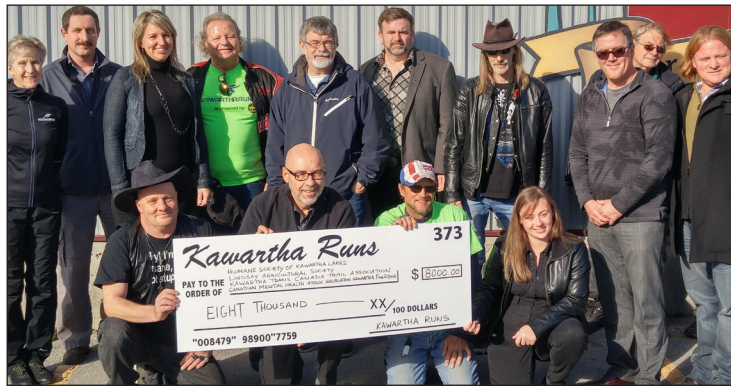
The Merrett Home Hardware Run for Mental Health, which took place September 10th, was a “marathon” success, thanks to organizer Dave Dame of Runner’s Life and sponsorship from Merrett Home Hardware, Medical Centre Pharmacy, Bell Let’s Talk, Carlson Wagonlit, Wolf/CHEX/ Fresh Radio and the Peterborough Examiner. \$14,000 from the event will fund a Family Support Worker helping families of individuals at risk of suicide through C.M.H.A. H.K.P.R.’s Assertive Outreach for Suicide Prevention (see A.O.S.P. story page 2). Save the date, September 9th, for the 2017 run, again in downtown Peterborough!

Many thanks to organizers Isaac Breadner and Greg Nisbett for organizing “Kawartha Runs”, a new event held October 30th in Lindsay supporting multiple charities including C.M.H.A. H.K.P.R. and The Humane Society of Kawartha Lakes. Our R.E.A.C.H. for Recovery centre in Kawartha Lakes was the happy recipient of \$2,000 to support their programs and services.

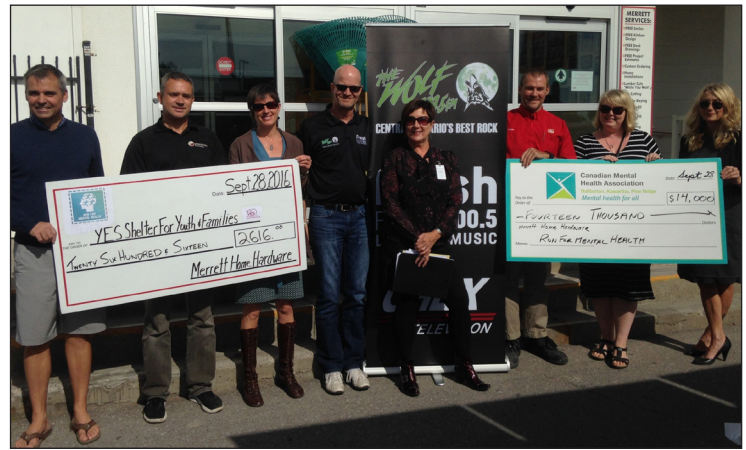


Clifford Skarstedt/Peterborough Examiner

The Run for Mental Health took runners through downtown Peterborough



R.E.A.C.H. for Recovery accept their portion of proceeds from Kawartha Runs



Merrett Home Hardware Run for Mental Health cheque presentations

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Canadian Mental Health Association
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 - Partner - by your monthly gift of \$41.67/ \$500 annual gift
 - Advocate - by your monthly gift of \$83.33/ \$1000 annual gift
 - Champion - by your monthly gift of \$166.67/ \$2000 annual gift
- Annual Membership: Corporate \$40 Individual/Family \$20
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*Members may withdraw from the monthly giving program at any time
 **Automatic withdrawal also available

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 Credit Card #: _____ Expiry - MM/YY: ____/____ Signature: _____

Or to donate online visit <https://www.canadahelps.org/dn/4840>.

Please send completed form to: CMHA HKPR Manager of Development 415 Water Street, Peterborough, ON K9H 3L9.

Inquires can be directed to Kerri Davies at 705-748-6687 ext. 1048 or donate@cmhahkpr.ca. Charitable Registration No. 10686 3889

