

Imagine... Mental Health for All

Ride Don't Hide 2017 was a success!

Ride Don't Hide 2017 took place at Nicholl's Oval in Peterborough on June 25th, welcoming over 100 cyclists to take part in a 4k, 12k, or 26k ride.

This annual event creates the opportunity for the community to gather together for a non-competitive ride along the picturesque Rotary Trail. This year we raised over \$18,000 to support the C.M.H.A. H.K.P.R.'s Kids on the Block Program, bringing messages of positive mental health to elementary school children across the four counties.

Top fundraiser Rob Seguin raised \$2,395, earning his Champion jersey. Rob shared his own inspiring story, riding in memory of his brother Christopher who he lost to suicide in

2016. Rob and Lillian Christie-Whitfield, top child fundraiser, both won bikes donated by Fontaine Source for Sports.

As well, last year's top fundraiser Jim Rainey almost doubled last years effort, raising \$2,010 and also earning a Champion jersey.

Many thanks to our corporate sponsors including Corus Entertainment, Peterborough Examiner, Wild Rock Outfitters, AON Inc., Denise Vallee – Co-operators Insurance, Brant Basics, Fontaine Source for Sports and the Rotary Club of Peterborough-Kawartha. Thank you also to the riders, donors, and prize sponsors who made our 2nd annual ride a great success!

Photo Credits: Woodhouse Photography



Organizer and volunteer Andra Hughes leads the ride out of Nicholl's Oval!



A cyclist rides along the beautiful Rotary Greenway Trail.



Sponsor Denise Vallee of the Co-operators prepares for the ride.



Rob Seguin, top fundraiser, receives a bicycle from Ben Logan of Fontaine Source for Sports.



Jim Rainey, Champion fundraiser, receives a jersey from Kerri Davies.



The family ride takes off!



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

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Youth suicide prevention: Understanding “13 Reasons Why”

More people are turning to online streaming to watch their favourite television series or movies. Some platforms, like Netflix also produce original content. A new series gaining popularity with younger viewers is “13 Reasons Why”. The show examines events in the life of a teenage girl that eventually lead to her suicide. While shows like this encourage discussion about the effect of bullying and youth suicide, suicide should never be normalized. There are healthy ways to manage our emotions and behaviours in response to life events. Through media, suicide can be portrayed as glamorous or heroic. It is not.

While the conversation about suicide is important, it is just as important to have this conversation safely. The most important thing to do is to ask for help. If you are experiencing bullying, report it. If you or someone you know is experiencing thoughts of suicide, reach out for support. It could be a friend, family, coach, doctor, crisis line or hospital. If you or someone you know needs help, call Four County Crisis at 705-745-6484.



**Family Life, Work, Health,
Concerned About Someone?**

Free Professional Crisis Support

705-745-6484 • 1-866-995-9933

Canadian Mental Health Association
Haliburton, Kawartha, Pine Ridge

Help Available 24-7

Problems Coping?

C.M.H.A. H.K.P.R. Education Programs Build a Suicide Safer Community

“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®, Mental Health First Aide for Individuals working with Youth® 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.

For registration information for courses beginning this September, please contact Jack Veitch, Educator and Health Promoter at jveitch@cmhahkpr.ca or 705-748-6687 ext. 1015.

The 12th Person

By Ryan Luscombe- A.S.I.S.T. Trainer

I recently had a conversation with a suicide prevention colleague that seemed important to share: “A few years ago I was working in Toronto and had connected with an individual who had been homeless, and he told me something I’ll never forget. He said that 11 people had tried to help him get off the streets. They really tried. They each did something above and beyond a vague referral or offer of resources. However, it was the 12th person that got him off the streets for good. The 12th person had not done anything exceptional that the others hadn’t. He always wanted to thank the other 11 people, because they had prepared him for the 12th.”

This anecdote confirms what we hope that all caregivers understand: Just because you didn’t do what you set out to, it doesn’t mean you didn’t help. Your deeds of kindness and care accumulate.

We could talk about where this anecdote fits in a ‘stages of change’ model, or from a mental health perspective we might speculate that the person was very unwell before the 12th person came along, and they were finally better equipped to accept the help and do the hard work required to get off of the streets.

However, this story could be about any person that needs help, or who needs a change—which is most of us. It is a story of self worth; a story often forgotten. Though different, you could change the narrative. You could describe somebody trying to convince a family member to quit a harmful habit, or of a person advocating that a friend speak up for themselves at work.

If we are nurtured, encouraged, supported, and maybe prodded a little bit, and if that message from friends or loved ones is about doing right by ourselves, I think we eventually listen. We learn that we deserve better, that we are worthy of better things. Do good, and recognize that you deserve good to come to you.



Mental Health First Aid



Upcoming Training



The "ASK" Workshop
Assessing for Suicide in Kids



safeTALK
Celebrating 10 years ~ 2006-2016



C.M.H.A. H.K.P.R. Events Column

Our spring and summer events are in full swing! From cycling to golf, to events in schools, we are expanding our reach and creating an impact through community events. We kicked off our spring with Mental Health Week celebrations from May 1-7. We participated in presentations and events across the four counties, including welcoming national Weather Network Anchor Michelle Mackey to Millbrook-South Cavan Public School to share her inspirational recovery journey!



National Weather Network Anchor Michelle Mackey shared her inspirational story of recovery with students at Millbrook South Cavan Public School during Mental Health Week.

On June 8, we welcomed golfers to the Quarry Golf Club in Ennismore for the 12th Annual Herod Financial Services Healthy Mind, Healthy Life Golf Tournament. Participants enjoyed a round of golf on a beautiful spring day, and we successfully raised over \$12,000 in support of C.M.H.A. H.K.P.R!



Thank you to our golf tournament platinum sponsors, Roberta and Kevan Herod!

For runners in the Kawartha Lakes and Peterborough areas, be sure to SAVE THE DATE for two upcoming runs in support of C.M.H.A. H.K.P.R! The Merrett Home Hardware Run for Mental Health is taking place in downtown Peterborough on September 9, 2017. We would like to thank our presenting sponsor, Merrett Home Hardware Building Centre, and welcome returning sponsor the Medical Centre Pharmacy and new sponsor Lett Architects! The second annual Kawartha Runs is also coming up on Sunday, October 29 at the Lindsay Exhibition Grounds. This track, trail, road and rail

event features a 22km half marathon, 10.5km and 5.25km event for all levels of runners. Details and registration for these events are on our website under the Engage! tab.

If you haven't already heard, after a 1 year break, the Dirty Enduro for Mental Health is on! Taking place Saturday, September 30th at the Ganaraska Forest Centre, you are invited to register to for a 15km, 30km, 60km or 100km ride! All the thrills, all the spills, all the mud, and all the glory!

We are very pleased to welcome our new sponsor of the event, Ben Logan of Fontaine Source for Sports in Peterborough. Ben and his team are excited to take on The Dirty Enduro, carrying the momentum forward from the original Paul's Dirty Enduro which celebrated 20 years in 2015. Following a request from Paul's family to step back from the event, the event has been re-named The Dirty Enduro. Register today at www.onlineregistrations.ca/DirtyEnduro. If you or someone you know is interested in volunteering on the day of the event, please contact Kerri Davies: kdavies@cmhahkpr.ca

SEPTEMBER 30

DIRTY ENDURO

For Mental Health

IN SUPPORT OF

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

IN PARTNERSHIP WITH

Fontaine Source for sports
WE KNOW OUR STUFF.

September 30th, 2017 at Ganaraska Forest, Port Hope



Participants run through downtown Peterborough at the 2016 Run For Mental Health. The 2017 event is on September 9.

Clifford Skarstedt/Peterborough Examiner

Community Health HUB Proposal Endorsed by the Central East LHIN

C.M.H.A. H.K.P.R. is pleased to announce that the Central East Local Health Integration Network has endorsed our Stage 1 Application for a Community Mental Health HUB Model of Care for a proposed capital project. Our application has now been forwarded to the Ministry of Health and Long Term Care for approval of a planning grant request of \$275,000. This is the first step in what we hope could lead C.M.H.A. H.K.P.R. to a new vision of an integrated HUB model of mental health care in collaboration with other community partners. A HUB model of care would significantly improve the navigation and availability of mental health services in our community integrated under one roof. We look forward to sharing more news of this proposed project later this year.



The Central East LHIN Tweets their endorsement of the proposed Community Health Hub!

Become a Member of C.M.H.A. H.K.P.R.

We would like to invite you to become member of C.M.H.A. H.K.P.R. As a member, you demonstrate that you value and support the work we do and want to help create a community where mental health for all is a reality. A membership with C.M.H.A. H.K.P.R. helps us to sustain our mission to offer a broad range of mental health care services and programs to those living with mental illness. As a member you will be kept informed of events taking place in the community, opportunities for education and health promotion, and other updates concerning community mental health initiatives. Also, members are able to vote at our Annual General Meeting, taking place on September 13, 2017 in Peterborough.

Please consider a membership and help us to create a community where **Mental Health for All** is a reality. Membership is only \$20 per person or \$25 per family, with special rates for students and those living on fixed income. Corporate memberships are also available. Plus, as of September 2017, we are pleased to announce that all monthly donors will automatically become members. For application to our membership, please fill out the form at the bottom of this page and return it to Kerri Davies, or visit the membership page on our website under the Engage! tab.

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

I would like to become a C.M.H.A. H.K.P.R.:

Friend - by your monthly gift of \$16.67/ \$200 annual gift

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

All monthly donors are also automatically C.M.H.A. H.K.P.R. members as of September 2017!

Annual Membership: Corporate \$40 Individual/Family \$20
 Student \$5 Fixed Income \$1

Cardholders Name: _____ Card Type: _____

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

Please charge my credit card*:

On a monthly basis

For the annual amount

One-time donation of \$ _____

*Donors may withdraw from the monthly giving program at any time
 **Automatic withdrawal also available

Please send completed form to: C.M.H.A. H.K.P.R. 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