

# Imagine...

## Mental Health for All

Winter 2017

## Herod Financial Services supporting families through Journeying Together

One in five Canadians will experience a mental health condition in any given year. However, untold family members are also impacted by mental health conditions and are often the first to notice when their family member is becoming unwell. Families want to help their loved one find help and begin a journey to wellness. However, the road to recovery can have many bumps along the way and families are often left feeling alone and exhausted

The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge has had great success supporting these families through a program called Journeying Together. Through Journeying Together, we are helping families gain the skills, knowledge and support to walk beside their loved ones, as they begin their journey to recovery.

However, it has been difficult to provide this program consistently, due to funding gaps.

We are pleased to announce that Roberta and Kevan Herod of Herod Financial Services have committed the funds from the 2017 Herod Financial Services Golf Tournament and their annual golf tournament for years to come, to ensure this program will have sustainable funding across the four counties. This means that many more families will now have access to one-to-one and group support through a Family Education Support Worker (F.E.S.W.).



Kevan and Roberta Herod present cheque for \$16,191 to Kerri Davies, Manager of Community Engagement for Journeying Together.

For more information on this program please visit [cmhahkpr.ca/programs-services/journeying-together-program/](http://cmhahkpr.ca/programs-services/journeying-together-program/) or contact the Family Education Support Worker from your area, as noted below.

- Peterborough: Joleen Hanson, 705-748-6687 extension 1028, [jhanson@cmhahkpr.ca](mailto:jhanson@cmhahkpr.ca)
- Northumberland: Victoria Kynigos, 705-748-6687, [vkynigos@cmhahkpr.ca](mailto:vkynigos@cmhahkpr.ca)
- Kawartha Lakes and Haliburton: Vanessa Hoag, 705-328-2704 extension 4027, [vhoag@cmhahkpr.ca](mailto:vhoag@cmhahkpr.ca)

**Save the date: June 15, 2018**  
**Herod Financial Services Golf Tournament**



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

466 George Street North, Peterborough, ON, K9H 3R7 Tel: 705-748-6711 Fax: 705-748-2577  
33 Lindsay Street South, 2nd Floor, Unit C, Lindsay, ON, K9V 2L9 Tel: 705-328-2704 Fax: 705-328-2456  
415 Water Street, Peterborough, ON, K9H 3L9 Tel: 705-748-6687 Fax: 705-748-4078



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Find us on the web at [www.cmhahkpr.ca](http://www.cmhahkpr.ca)



@cmhahkpr

# Celebrating C.M.H.A. H.K.P.R. Success

## Accreditation



Staff celebrate the completion of the Accreditation process.

Mark Graham, Chief Executive Officer of C.M.H.A. H.K.P.R. is pleased to share the accreditation results from the November 2017 survey completed by Accreditation Canada.

Mr. Graham states, "I am very proud of the hard work demonstrated by our staff. This accreditation is our personal best, having gone beyond the requirements of Accreditation Canada against national recognized best practice standards, accredited with Exemplary Standing under the Qmentum accreditation program."

C.M.H.A. H.K.P.R. met 454 of the 456 standards, demonstrating 99.56% compliance! These are excellent results, demonstrating C.M.H.A. H.K.P.R.'s strong commitment to the quality and safety of services to our clients and their families.

## Dirty Enduro



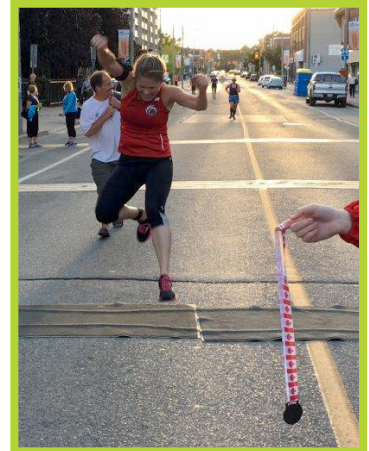
Ashley Logan starts the 30-kilometre racers.

More than 150 mountain bike enthusiasts joined event sponsors Ashley and Ben Logan of Fontaine Source for Sports for the 2017 Dirty Enduro, in support of C.M.H.A. H.K.P.R..

The event wrapped up 21 years of the Enduro in the Ganaraska Forest, celebrating the joy of mountain biking and the importance of talking about mental health. Ben and Ashley, along with C.M.H.A. H.K.P.R. are busy making plans for the 2018 Dirty Enduro, which will take place at Harold Town Conservation area, just east of Peterborough. Be sure to follow C.M.H.A. (facebook.com/cmhahkpr) on Facebook for more information on dates and registration.

## Merrett Home Hardware Run for Mental Health

The joy on Eileen Kimmett's face as she crosses the finish line of the Second Annual Merrett Home Hardware Run for Mental Health says it all! Running is good for your mind, body and spirit. C.M.H.A. H.K.P.R. is very thankful to our Platinum Sponsor Drew Merrett of Merrett Home Hardware Building Centre; Gold Sponsor Stephen Lovick of Medical Centre Pharmacy; Bronze Sponsor Bill Lett of Lett



Eileen Kimmett crossing the finish line at the second annual Merrett Home Hardware Run for Mental Health.

Architects and media sponsors Wolf/CHEX/ Fresh Radio and the Peterborough Examiner for their support of this annual fundraiser. This event provides critical funding, more than \$17,000, to the Assertive Outreach for Suicide Prevention's Family Education Support Worker, supporting the loved ones of individuals who made a serious suicide attempt, as they move together to a safer and healthier place in their lives. As well, the event also raised almost \$2,000 for the YES Shelter for Youth and Families. Be sure to save the date for the 2018 Merrett Home Hardware Run for Mental Health, in partnership with Runner's Life, taking place September 8 in downtown Peterborough.

## Kawartha Runs

Runners from all walks of life converged in Lindsay in October for the second-annual Kawartha Runs event.

The cloudy skies were not enough to dampen the spirits of the athletes, who together raised funds for four local organizations, including \$2,000 for C.M.H.A. H.K.P.R.



Runners in the 10-kilometre run set off from the starting line at the Kawartha Runs event.

Thank you to all involved!

# Celebrating C.M.H.A. H.K.P.R. Success

## Friday Night Lights

The fifth Annual Team55 Friday Night Lights theme this year was “Celebrating our home grown sports talent” welcoming Dan O’Toole, TSN Sport Centre Co-Anchor along with special guests Cody Crowley, International Light Middleweight Boxing Champion and Gabe Robinson, Toronto Argo Alumni. Twelve hours of local sports action took place over the day including junior and senior soccer and girls junior and senior rugby, culminating in junior and senior boys football, with Crestwood taking the final win!



Players gather for the coin toss at the 2017 Friday Night Lights event.

C.M.H.A. H.K.P.R.’s Tracy Graham spoke about the successes that have been achieved over the five years of Friday Night Lights, including thousands of individuals educated in suicide prevention through sponsorship from Team55, in the three-hour certified program safeTALK®. As well, Ms. Graham shared with the thousands of community members in attendance the impact of the Assertive Outreach for Suicide Prevention (A.O.S.P.) Program, established through funding raised by Team55’s Breakfast with Babcock and Landsberg and Friends events held in 2015 and 2016. For more information about the A.O.S.P. program, see page 5.

Proceeds from the event continue to support Team 55’s Suicide Prevention initiatives with C.M.H.A. As well, a portion of this year’s event was shared with the Peterborough Family Health Team’s Youth Concussion Program.



Former Toronto Argonaut, Grey Cup champion, Gabe Robinson addresses supporters during the fifth annual Team55 Let’s Tackle Suicide Awareness Friday Night Lights on Sept. 22, 2017 at Thomas A. Stewart Secondary School in Peterborough.

Photo by Clifford Skarstedt, Peterborough Examiner

## Annual General Meeting Awards

Congratulations to all award winners and the recipient of the Tam Grant Memorial Bursary, as recognized at our Annual General Meeting on September 13.

### C.M.H.A. Ontario Distinguished Service Award

- Margaret Seaton
- The Rainey Family: Jim Rainey, Mary Rainey and Daniel Rainey

### Maurice Lovnes Volunteer Award

- Robert Chomko

### Naresh James Champion of Mental Health Award

- Judy Dickson

### C.M.H.A. H.K.P.R. Champion of Mental Health Award

- Rob Seguin

### Achievement Through Adversity Award

- Tim Parsons

### Caregiver Champion Award for Family Members

- Helen Lackey

### Tam Grant Memorial Bursary Recipient

- Adam Grearson

## Giving Tuesday: No Gala-Gala

Thank you to everyone who helped make this year’s No Gala-Gala the most successful yet!



Fifth Annual No Gala-Gala

More than \$1000 of the total funds raised will be used to stock the client emergency food cupboard. We are also delighted to be able to provide more than 100 grocery store gift cards to clients in need. Through the generosity of our community, we have been able to provide dozens of hats, scarves and mittens to help keep vulnerable members of our community warm this winter.

Thank you to Lorrie McMullen and staff of The Venue for supporting this annual event.

We are still accepting donations of hats, mitts and scarves through our PHOENIX Community Heart Project. Donate funds to the program by visiting [cmhahkpr.ca/donate](http://cmhahkpr.ca/donate) and selecting Community Heart Project in the Canada Helps drop-down menu. You can also drop off items at any C.M.H.A. H.K.P.R. location.

Photo by Clifford Skarstedt, Peterborough Examiner

# Celebrating C.M.H.A. H.K.P.R. Success

## Arts-Ability: Taking the Stage

The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge in collaboration with Mysterious Entity and Dream Players, was pleased to present “Arts Ability – Taking the Stage” November 16 at Market Hall.



Members of The REACHERS and other performers take the stage at the Arts-Ability event for a rendition of Lean On Me. A video of this performance is available on our website, cmhahkpr.ca, in the news section.

Presented as a variety show and visual arts display, Arts Ability celebrated the talents of individuals who identify with a disability or other barrier to express their artistry and to hold a place in the artistic community. Performances included Live Action Role Play group Linnagond, Em Glasspool, Kip Gordon, Derek Newman-Stille, The Reachers, Kate Morgan, and The Dream Players.

We were pleased to welcome master of ceremonies, local radio personality and recipient of the 2013 Champion of Mental Health Award, Scott Hanes of The Wolf 101.5. We are very grateful to our sponsors for making this event possible including Wolf101.5/ ChexPeterborough/ FreshRadio; the Peterborough Examiner, BenchTech and the support of Chad Hogan of Market Hall Performing Arts Centre. Proceeds of the event were shared among the performers.

Learn more about what we've been up to by reading our 2016/2017 Annual Report as well as our 2017-2020 Strategic Plan, both available on our website, [www.cmhahkpr.ca](http://www.cmhahkpr.ca).

2016/2017 Annual Report

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

Pathway to a Successful Future:  
Strategic Plan 2017-2020

## C.M.H.A. H.K.P.R. continues to engage the online community

What a year it has been for C.M.H.A. H.K.P.R. online! Our fresh-faced website, [www.cmhahkpr.ca](http://www.cmhahkpr.ca), continues to improve as we work to make it easier for clients to find the help they need while promoting the programs and services offered by our dedicated staff. We are also eager to inform visitors to our site about upcoming events.

In the world of social media, we've exceeded 2,100 followers on Twitter (@cmhahkpr) and 1,100 on Facebook ([www.facebook.com/cmhahkpr](http://www.facebook.com/cmhahkpr)). We encourage you to engage with us by commenting, sharing, retweeting and liking our posts to help us spread the word about help available to support your mental health.

**Problems coping?**  
Family life? Work? Health? Concerned about someone?  
**Free professional crisis support**  
Telephone: 705-745-6484 Toll Free: 1-866-995-9933  
**Help is available 24/7.**

**4 FOUR COUNT CRISIS**  
Community Mental Health Crisis Response Program  
705-745-6484 • 1-866-995-9933

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

Tweets: 2,094 | Following: 1,146 | Followers: 2,107 | Likes: 370

**CMHA HKPR**  
@cmhahkpr · Follows you

CMHA Haliburton, Kawartha, Pine Ridge serves the City and County of Peterborough, the City of Kawartha Lakes and the counties of Haliburton and Northumberland.

Peterborough, Ontario  
cmhahkpr.ca  
Joined November 2010

CMHA HKPR Retweeted  
**CMHA HKPR** @cmhahkpr · Dec 7  
Wanted: hats, mitts, scarves & cash donations. You can help community members in need by contributing to the PHOENIX Community Heart Project. For more info contact Susan @ 705-748-6711 extension 2004 or [ssimmons@cmhahkpr.ca](mailto:ssimmons@cmhahkpr.ca).

# Assertive Outreach for Suicide Prevention

The Assertive Outreach for Suicide Prevention (A.O.S.P.) program started operations in June 2016 at C.M.H.A. H.K.P.R. Funding for this program in Peterborough at Peterborough Regional Health Centre (P.R.H.C.) was made possible through the fund raising efforts of Team55 and proceeds from Paul's Dirty Enduro.

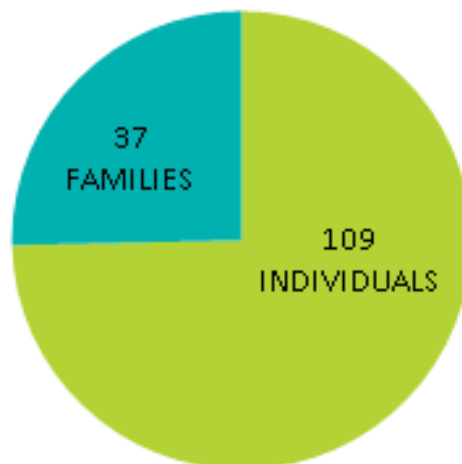
In January 2017, a further donation was received from a private donor in the City of Kawartha Lakes, allowing us to expand the A.O.S.P. program to the City of Kawartha Lakes at Ross Memorial Hospital (R.M.H.). Through a further community donation, the Merrett Home Hardware-Run for Mental Health, the A.O.S.P. program expanded to incorporate a Family Education and Support Worker.

**“ We need to support this program. It is an urgent need in our community. I am glad this program is getting media attention so that those in the community in need know about it. ”**

The A.O.S.P. program provides follow up to individuals who have had a serious suicide attempt, with the intent to die. Referrals are received directly from P.R.H.C. and R.M.H. hospitals via the Crisis Unit, Mental Health Inpatients and Medical Units.

The A.O.S.P. program operates under the umbrella of C.M.H.A. H.K.P.R.'s Hospital to Home program at P.R.H.C. and R.M.H., which has led to the program's success in being established and integrated quickly at both hospitals, resulting in a further collaborative partnership with P.R.H.C. and R.M.H..

This is an important service, ensuring individuals are connected to the right service at the right time, prior to hospital discharge. Since June of 2016 we have provided support to 109 individuals, including 33 at Ross Memorial Hospital since June of this year and a total of 37 family members.



Since April of this year, we note some differences in the demographics of the individuals seen in the two communities. At P.R.H.C. 65% of the individuals were under 35, 21% under age 25. Whereas, at R.M.H. 54% of the individuals were under 25, with 36% under 25. At P.R.H.C. 35% were 35 and over, 18% over 55. At R.M.H. 46% were over 35, noting that 18% of the individuals in both areas were over 55.

**“ I think this is an amazing program that has really helped me to get to know the real me and open up and speak about things that I have held in for a long time. It feels so good to be able to get everything out. I think they need more programs and people like this. ”**

What we have learned from supporting these individuals and their families is the strong connection between trauma and suicide. Almost all individuals seen through the program have been impacted by trauma in their lives. As well, most of the individuals had not sought mental health supports prior to their suicide attempt. What we are very pleased to report is that since this program began, there have been no further suicide attempts from any individuals. This is an incredible outcome as we know that one out of four people who have made an attempt at suicide will try again.

Through safety planning with these vulnerable individuals, we help them to identify what they can do should thoughts of suicide occur, helping them to develop strategies to minimize these thoughts and to seek help. With the support of the F.E.S.W., they can also share their safety plan with family, friends and other professionals, creating a safety net of support.

**“ It will save lives. ”**

**For more information, contact:**

Tracy Graham  
705-748-6711 extension 1043  
tgraham@cmhahkpr.ca

# Seasonal Affective Disorder (SAD): Is it really a thing?

by Tanya Kowalenko, Educator and Kids on the Block Coordinator

Fireplaces, hot chocolate, skating, snowball fights, cozying up with a book, watching a movie with loved ones, tobogganing....

These are some of the things that might come to mind when the days turn cold and dark.

For some people, however, this time of year brings with it a feeling of dread, especially for those suffering from Seasonal Affective Disorder (SAD), or a milder form of SAD often called the 'winter blues.'

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**15% of Canadians experience the winter blues while between 2 and 6% experience Seasonal Affective Disorder.**

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But, you might be asking yourself, "Is SAD really a 'thing'? Don't most people feel a little lethargic and low in the winter in Canada?"

While some of the symptoms of SAD, such as lower energy, increased appetite and sadness can be a normal part of the seasonal cycle for many people, for those with SAD, the experience is of higher severity and can significantly interfere with their ability to function. They are unable to 'just deal with it.'

Few people deny that depression is a 'real thing.' Well, SAD is no different than major depressive disorder, except that it follows a seasonal pattern, most often starting in the fall/winter and subsiding completely when the days start to get longer in the spring, known as winter-type SAD. As with depression, people with SAD often experience sadness and irritability, significant low energy and fatigue, loss of interest/pleasure in normally-enjoyed activities, difficulty concentrating and making decisions, decreased activity levels, significant changes in appetite and sleeping, social withdrawal and even thoughts of death or suicide.

Winter-type SAD sufferers in particular often report sleeping longer than normal, having strong cravings for carbohydrates, overeating, excessive fatigue and weight gain.

People who live far north or south of the equator are at a higher risk of SAD. In Canada, 15% of the population experience the winter blues and 2-6% SAD. Younger adults, people with a personal or family history of depression or bipolar and females are at a higher risk of developing SAD.

While the underlying cause(s) of SAD are unknown and are likely a complex interplay of factors, research suggests that people experiencing SAD might have difficulty regulating serotonin (the 'feel good' chemical), may overproduce melatonin (a hormone that helps regulate the sleep cycle), and may not produce enough vitamin D.

## What can you do?

If you suspect that you or a loved is experiencing SAD, seek the help of a trained medical professional. It is important to rule out other medical conditions that may be causing your symptoms. You can also find support through Canadian Mental Health Association, Haliburton, Kawartha Pine Ridge.

There are four major types of treatment for SAD:

- Light therapy
- Psychotherapy
- Medication
- Lifestyle changes.

Your health professional will work with you to find the right combination of treatment options for your unique circumstances.

If you are having suicidal thoughts, consult a doctor immediately, call Four County Crisis (1-866-995-9933) or visit your nearest emergency room.

In addition to seeing your health care provider and engaging in treatment, there are also many things you can do to support your mental well-being in the winter, whether or not you experience SAD.

Check out our blog ([www.cmhahkpr.ca/seasonal-affective-disorder](http://www.cmhahkpr.ca/seasonal-affective-disorder)) to find out more!

# Challenging Bullying with Partners in Education

by Tanya Kowalenko, Educator and Kids on the Block Coordinator

Once again, the Kids on the Block program at the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge branch has partnered up with the Peterborough Pete's and Crimestoppers, with funding from Bell and Cameco, to help kids recognize, challenge and get support around bullying in elementary schools. The program involves an educational and engaging puppet show by our puppeteers with Kids on the Block, an interactive presentation with Crimestoppers, a question and answer period with two Pete's players, and autographs, prizes and tickets to a Pete's game. What fun!

A healthy, supportive environment for both kids and adults is one significant way we work to prevent mental illness and create healthy and resilient communities. We're looking forward to a great year.

"The message of supporting one another during difficult times resonated well with our student body," says Robert Citro, Principal at St. Paul's Catholic Elementary School in Norwood.

## Living Life to the Full very popular at 5th Annual Senior Summit

by Jack Veitch, Health Promoter and Educator

On October 26, Trent University hosted the 5th Annual Senior Summit.

The Summit includes community agencies, activists and speakers with information to support our communities' older adults. Organized by Age Friendly Peterborough, this year's Senior Summit was entitled "Grey Matters, Healthy Minds for Healthy Aging."

Speakers came from all across Ontario, including The Honourable Dipika Demerla, MPP of Seniors Affairs; Denise Waligora of the Mental Health Commission of Canada, sponsored by C.M.H.A. H.K.P.R. and television personality, best known as the Philadelphia Cream Change Angel, Linda Kash. They all delivered one unified message to almost 200 attendees, seniors' mental health is important!

Participants could choose from education sessions including Alzheimer's disease treatment and care, Dementia and Indigenous Peoples, C.M.H.A. H.K.P.R.'s Living Life to the Full and other topics.



Members of the Peterborough Petes meet with students for a Partners in Education event.

Our program is funded by community donations, foundations and fundraising ventures. If you're interested in booking a show, or making a donation, email our Kids on the Block Coordinator, Tanya Kowalenko: [tkowalenko@cmhahkpr.ca](mailto:tkowalenko@cmhahkpr.ca)

Living Life to the Full is one of our most popular programs. I am the local instructor for this program, which is delivered across Canada by different branches of the C.M.H.A..

The premise of the course is simple; we can improve our existing mental health, even if we're already doing just fine. In 45 minutes, I was able to provide a sneak peak into this 8-week course including what participants could expect to learn.

While the feedback was strong, the response was clear "when is this coming to our community?" The good news is, it already has! Living Life to the Full has been running in Peterborough for several years with plans to offer another 8-week session this spring.

If you or someone you know is interested in taking this course or other courses offered by C.M.H.A. H.K.P.R., please contact me, Jack Veitch at [jveitch@cmhahkpr.ca](mailto:jveitch@cmhahkpr.ca) or 705-748-6687 extension 1015.

### Upcoming Educational Opportunities in 2018

- Feb. 15-16, Mental Health First Aid, Lindsay
- Feb. 21, SafeTALK, Peterborough
- March 15-16, ASIST, Peterborough

# What to expect in 2018



Every year, on Bell Let's Talk Day, Bell contributes 5¢ towards mental health initiatives by counting every text, call, tweet, Instagram post, Facebook video view and Snapchat geofilter. In 2017, these actions resulted in Bell committing \$6,585,250 more for mental health programs and services.

Mark your calendar for January 31, 2018 as we support Bell Let's Talk and continue our efforts to raise awareness and funds for mental health initiatives.

## Join us at a Peterborough Petes game!

Save the date! On January 18, you're invited to join us at a Peterborough Petes game where we'll host the Chuck-a-Puck challenge in support of Bell Let's Talk.

## Herod Financial Services Golf Tournament

On June 15, join us at The Quarry Golf and Country Club for the Herod Financial Services 2018 Golf Tournament, with funds going to Journeying Together. To learn more about Journeying Together, check out the article on the front page of this newsletter.

Tune up the bicycle, you'll need it in tip-top shape for Ride Don't Hide, set for June 24. Ride solo or as a member of a corporate or family team, whatever you'd like.


If cycling isn't your thing but you still want to participate, there are many opportunities for sponsorships available.

Thank you to Rob Seguin who is our Corporate Ambassador for this year's event. Rob, along with Manager of Community Engagement Kerri Davies, are looking forward to connecting with local businesses to help make this the best Ride yet!

## Other events to look forward to:

- Mental Health Week – May 7 to 13
- LARP for Mental Health – Spring of 2018
- New Horizons Band Concert – June 1
- Merrett Home Hardware Run for Mental Health – September 9

## Support C.M.H.A. H.K.P.R. and our clients

Name: _____		 <p><b>Canadian Mental Health Association</b> Haliburton, Kawartha, Pine Ridge <i>Mental health for all</i></p>
Address: _____		
City: _____	Province: _____	Postal Code: _____
Phone: _____	Email: _____	
I would like to become a C.M.H.A. H.K.P.R.: <input type="checkbox"/> Friend - by your monthly gift of \$16.67/ \$200 annual gift <input type="checkbox"/> Partner - by your monthly gift of \$41.67/ \$500 annual gift <input type="checkbox"/> Advocate - by your monthly gift of \$83.33/ \$1000 annual gift <input type="checkbox"/> Champion - by your monthly gift of \$166.67/ \$2000 annual gift <input type="checkbox"/> Unique Supporter - by your monthly gift of \$_____ (you choose)		
All monthly donors are also automatically C.M.H.A. H.K.P.R. members as of September 2017!		
Annual Membership: <input type="checkbox"/> Corporate \$50 <input type="checkbox"/> Individual \$20 <input type="checkbox"/> Family \$25 <input type="checkbox"/> Student \$5 <input type="checkbox"/> Fixed Income \$1		
Cardholders Name: _____		Card Type: _____
Credit Card #: _____	Expiry - MM/YY: ____/____	Signature: _____
Please send completed form to: C.M.H.A. H.K.P.R. Manager of Community Engagement 415 Water Street, Peterborough, ON K9H 3L9. Inquiries can be directed to Kerri Davies at 705-748-6687 ext. 1048 or donate@cmhahkpr.ca. Charitable Registration No. 10686 3889		