

# Imagine...

Spring 2018

## Mental Health for All

### If there is no health without mental health, why are they funded differently?

For decades, mental health and addictions services in communities throughout Ontario have been chronically underfunded compared to other parts of the health care system. The result: it's impossible to meet the needs of Ontarians. Wait times are up. Programs have been cut. People are falling through the cracks.

However, we're on the cusp of something big! For the first time in a long time, there is widespread acceptance about the urgent need for quality mental health and addiction services.

Community-based mental health and addiction agencies like ours are struggling. Local branches of the Canadian Mental Health Association, including the Haliburton, Kawartha, Pine Ridge branch (C.M.H.A. H.K.P.R.) have received little in the way of government funding increases for many years. We receive less of Ontario's health budget now than we did in 1979.

The financial burden of mental illness is 1.5 times that of all cancers combined and 7 times the burden of all infectious diseases. However, in the 2017 health budget, only \$3.5 billion (6.5%) was allocated for mental health and addictions.

C.M.H.A. H.K.P.R. has not seen a cost of living increase in more than 8 years. We struggle with operational costs including staff retention, rising benefit costs and rising hydro rates, all impacting service delivery.

This election season our board members decided it was time to take this issue to the community with the potential to raise awareness and to affect change.

In April and May 2018, members of our Board of Directors volunteered to meet with various provincial election candidates and incumbents from the three main parties across our region.

# ERASE THE DIFFERENCE

They provided the facts, passionately told their stories and pushed each candidate to do better. At the end of each meeting, candidates were asked to pledge to Erase the Difference and improve funding for mental health and addictions care.

Although not everyone signed the pledge, each meeting was successful in that it allowed C.M.H.A. H.K.P.R. to address the growing concern of funding disparity. Each candidate acknowledged the importance of mental health and addictions care, which we are hopeful will lead to improved, appropriate funding moving forward.

We are fortunate to have such passionate, involved Board Members at C.M.H.A. H.K.P.R. and sincerely thank them for their advocacy during the Erase the Difference campaign and throughout the entire year.

If you are interested, we are currently recruiting for new members. Please contact Karen Wolff, Executive Administrative Assistant at [kwolff@cmhahkpr.ca](mailto:kwolff@cmhahkpr.ca) or 705-748-6687 extension 1011.

To show your support for the Erase the Difference campaign, and for mental health and addictions care, sign the petition at [www.erasethedifference.ca](http://www.erasethedifference.ca).



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

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# Hope and Change: A Client Story

by Tanya Kowalenko, Educator and Kids on the Block Coordinator

At our 2016 Annual General Meeting Andrew, a client of C.M.H.A. H.K.P.R., was presented with the "Achievement through Adversity Award." This award was in honour of his courage and tenacity to reach his goals and his determination to be a role model to others. His story was also published in our 2016 Annual Report. He has since been actively sharing his story with anyone who might benefit.



Andrew has struggled with anxiety and stress, financial troubles, intellectual and learning disabilities as well as drug and alcohol abuse. He has been an active participant in his recovery and has accomplished a lot along the way.

We often hear about the benefits of sharing one's story with others and so we wanted to catch up with Andrew two years later to find out how life has been for him since doing that, and what the impact has been on his recovery.

In his own words, Andrew says that recovery "is not easy, and it's worth it." He wants to help people find the hope and courage to stick with it.

Of course, the road of recovery is not a straight line, there are many bumps and curveballs along the way, and each person's story will be different, but "it can be done," he tells me.

He shares with me many ways he continues to improve and maintain his mental health which give him strength and hope. Here are some of the highlights:

- Being positive
- Self-care
- Getting support – from professionals, friends and family
- Being gentle with himself
- Being of service to others
- Going to AA and NA meetings and working with his sponsor
- Taking it one day at a time
- Staying present

Lastly, I ask him, "If you were to describe your past two years in three words, what would they be?"

Now, this is not an easy task, to condense two years into three words, but after a little exploration and sharing, his words became very clear and strong: "awesome, hope and change".

Sitting with Andrew and hearing him say these words with pride and a big smile on his face, knowing it hasn't been an easy road for him, I feel inspired and moved, and definitely more hopeful than when I started my day. This is the power of sharing our stories.

Of course, sharing our stories is a personal choice and you need to decide for yourself when, and with whom you feel comfortable in doing so.

Andrew would like to thank all of those who have supported him along the way, especially those at C.M.H.A. H.K.P.R., Fourcast, The VON 360 Clinic, Westmount Pharmacy, Peterborough Public Health, P.R.H.C., his psychiatrist, friends and family.

## LARP for Mental Health raises \$3522

Players flocked to the Mount Community Centre in Peterborough on March 17 to participate in the second annual Live Action Role Play (LARP) for Mental Health event, raising more than \$3520 for the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.).

Participants from across Ontario and beyond – some from the United States – gathered for the activities. Whether they joined a battle or demonstrated their crafting expertise, everyone in attendance shared the goal of supporting mental health.

The sense of community and pride was moving as near strangers welcomed each other to the event, with outstretched arms and passing no judgement, each understanding the positive impact such a day could have on everyone's mental health and wellbeing.

C.M.H.A. H.K.P.R. is grateful for the continued support of the Barony of Linnagond, the local chapter of Amtgard Inc. This



Medieval fantasy LARP group is heavy on the combat, including magic and archery, plus battle games, quests, role play, crafting and just general fun.

For more information about LARP, please contact Grace at [gracecrichton@trentu.ca](mailto:gracecrichton@trentu.ca)

## Gender Journeys: Reducing Isolation, Increasing Connection

# gender journeys



by Tanya Kowalenko, Educator and Kids on the Block Coordinator

“Trans people have been advocating for each other for decades,” says Ronnie, an Education and Support Worker with the Gender Journeys program at C.M.H.A. H.K.P.R. However, these informal supports are not enough.

Transgender and gender-diverse individuals experience significant social isolation because of complex factors including stigma, internalized transphobia, discrimination, familial rejection, a lack of adequate supports, limited access to trans-sensitive healthcare and knowledgeable service providers. Additionally, transgender individuals experiencing social isolation are at a high risk for depression, anxiety, suicidal ideation, and other persistent mental illnesses.

On February 12, C.M.H.A. H.K.P.R. was thrilled to announce that the Ontario Trillium Foundation, an agency of the Government of Ontario, had just awarded Gender Journeys with a Grow Grant of \$648,700 over three years.

Gender Journeys is an evidence-based program, proven to reduce social isolation for trans individuals, leading to improved outcomes. The program was developed through input from the trans community and allies. All program facilitators are trans or gender-diverse individuals or family members of this community.

Through peer and family support groups, peer mentoring, public outreach, events, education and training, Gender Journeys aims to create a community that:

- Provides meaningful peer-to-peer connections for trans people who experience social isolation;
- Supports stronger, more resilient family and ally networks to provide support and social connections to their trans friends and family members; and
- Is comprised of informed, inclusive and sensitive service providers and employers, providing identity-affirming services and employment.

These objectives lead to the program’s long-term goal of a community where transgender individuals are supported to develop ongoing, flourishing social connections through their peers, families, allies, service providers, and employers.

Zoey, a previous Gender Journeys participant, attests to the program’s importance. “It’s a loving and welcoming environment that is stress free, when everything else as a trans person is stressful. If it wasn’t for the group, I wouldn’t be here today.”

Between 2013 and 2016, Gender Journeys reached more than 1600 people, including clients, family members, spouses, partners and organizations. We are confident Gender Journeys will reach many more, now programming has resumed.

This article has been condensed for publication. Read the original article at [www.cmhahkpr.ca/gender-journeys-reducing-isolation-increasing-connection/](http://www.cmhahkpr.ca/gender-journeys-reducing-isolation-increasing-connection/)

For more information, call 705-778-6711 extension 2100 or email [genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.ca). You can also follow Gender Journeys on Twitter (@genderjourneys) and like us on Facebook (@genderjourneyshkpr).

## First Responders Cup a roaring success

Fleming College was the location for amazing tests of strength, endurance and teamwork as the students from Fleming’s first responders’ programs and Jodi Stevens, Fleming Faculty, held the 2nd Annual First Responders Cup.

A series of eight grueling circuits, each representing the physical challenges faced by police, fire, paramedics, justice or customs and border services, was the focus of the April 14 event. Almost \$8,000 was raised through registration and pledges.

The First Responders Cup was only one week after the tragic Humboldt bus crash and just preceded the van attack on pedestrians in Toronto. Organizers decided to donate a portion of the funds raised to an organization in each community that would support the first responders affected by these two traumatic incidents. A second portion of the funds raised will



support a Fleming College bursary for a first responder student. The remaining funds will support public education and health promotion for mental health.

Congratulations to Kawartha Cross Fit, the winning team with the best time! They will receive free training in Mental Health First Aid, in recognition of their efforts.

# We'd love to see you at these great events!

## Herod Financial Services Golf Tournament



June 15, join us at The Quarry Golf and Country Club for the Herod Financial Services 2018 Golf Tournament. Funds from the tournament will support Journeying Together, a program to support caregivers of those living with mental health concerns.

## Ride Don't Hide



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.

If cycling isn't your thing but you still want to participate, visit [ridedonthide.com/on/ride/peterborough](http://ridedonthide.com/on/ride/peterborough) and support a rider or a team.

## Dirty Enduro



Dirty Enduro is back, this time at Harold Town Conservation Area, sponsored by Ashley and Ben Logan of Fontaine Source for Sports! Join us August 18 with 12k and 24k rides for those 13 and older, and the Shimano Kids Ride for children 12 and younger. Prizes will be awarded to the top adult and child fundraisers, plus, for every \$100 raised, participants receive an entry to win a bonus prize.

For more information, visit the event page <http://cmhahkpr.ca/events/dirty-enduro-2018/>

## Other events to look forward to:

- June 1 - New Horizons Band Concert
- June 2 - Free Bike Check-Ups, hosted by BIKE
- July 21 - Brent Upper Memorial Ball Tournament
- September 8 - Merrett Home Hardware Run for Mental Health
- September 19 - C.M.H.A. H.K.P.R. Annual General Meeting
- September 21 - QCR Golf Tournament
- September 30 - Kawartha Runs

## More information

For more information about these events, please contact Kerri Davies, Manager of Community Engagement. She can be reached at 705-748-6687 extension 1048 or [kdavies@cmhahkpr.ca](mailto:kdavies@cmhahkpr.ca)

## Contact us for upcoming training opportunities!

Visit [cmhahkpr.ca/education-training/](http://cmhahkpr.ca/education-training/) to learn about upcoming mental health training opportunities or contact Jack Veitch at [jveitch@cmhahkpr.ca](mailto:jveitch@cmhahkpr.ca) or 705-748-6687 extension 1015.

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

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

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:  Corporate \$50  Individual \$25

Family \$35  Student \$5  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](mailto:donate@cmhahkpr.ca). Charitable Registration No. 10686 3889



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

### 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  
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