

Imagine...

Mental Health for All

"Welcome to Safe Beds, We're so Glad You're Here"

Crisis Safe Beds is a beautiful home in Peterborough with six residential crisis support beds that provide individuals a short stay in a safe, supportive environment to help them through their crisis. Until recently however, aside from the compassionate and skilled Crisis Safe Beds Workers, the initial entry into Safe Beds was anything but welcoming.

Bed bugs are one of Peterborough's major pests and, for this reason, before clients enter into the house, they are given clean clothing and all of their personal belongings are placed in a heated tent for four hours. This greatly reduces the risk of infestation.



Ride Don't Hide 2018 top Fundraisers Jim Rainey and Rob Seguin visit the newly renovated SafeBeds.

That is why over \$20,000 in funds raised from the 2018 Ride Don't Hide event was allocated for the renovation.



Until this year, this process was done in a dimly-lit garage, with cold concrete floors and a shower curtain used as a make-shift changing room. In the winter it was freezing, and in the summer, stifling.

This doesn't sound like a great experience for any of us, but if someone is in crisis, it could be especially distressing. For this reason, renovating this room to make it more welcoming and safe for clients and staff was the 2018 Safe Beds' Quality Improvement project. They just lacked the money to make it happen.

The transformation is remarkable. The new 'Intake Room' is warm, bright, clean and welcoming, with a private changeroom and comfortable seating for clients to go through the intake process with a Crisis Safe Beds Worker. With the stigma surrounding mental illness, welcoming and making sure clients are treated with dignity and respect is so important. Instead of potentially increasing distress, the space now loudly says, "Thank you for coming to Safe Beds, we're so glad you're here." Jean Kehoe, program manager, says, "It impacts the client's stay in a positive way by decreasing fear and unknowns and increasing comfort, which starts the process of alleviating and de-escalating their crisis."

None of this would have been possible without the money raised through Ride Don't Hide. We would especially like to thank our top fundraiser, Michael Post, and his team "Break the Silence;" the runners-up for the top fundraising spot, Jim Rainey, Rob Seguin and Denise Vallee; and the top corporate team "Century 21/Corus Entertainment Cyclers."



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

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LIVING LIFE TO THE FULL

Are You Living Life to the Full?

Do you ever feel like you're caught in a vicious cycle of negative thoughts, emotions and behaviors that seem out of your control? We can all get stuck in these patterns, and when we do, it can be difficult to know how we can start to turn the cycle around.

This is exactly what the Living Life to the Full program is designed to help you with.

Living Life to the Full is an evidence-based program developed by Dr. Chris Williams, a Psychiatrist in the U.K. In this eight-week group-based program, participants gain skills and learn tools grounded in Cognitive Behavioral Therapy to help them respond to life's challenges and transitions, reduce stress, boost their mood, improve motivation and learn how to turn that vicious cycle around.

The course is facilitated in a fun, accessible and dynamic way by a C.M.H.A. H.K.P.R. staff who encourages participants to think, reflect and share ideas with each other in a relaxed atmosphere of respect and support. The techniques learned in the course are easy to learn, jargon-free and fun to incorporate into everyday life. Each week tackles a new area of thinking, such as motivation, confidence and anger, and build on one another to form a toolkit of skills that can be applied across a broad range of life experiences.

"I have really enjoyed the segments of the Living Life to the Full and found the material we covered very empowering. I have discovered on my personal journey thus far, that there is nothing more rewarding than helping people in the community and colleagues on their personal journeys and having the privilege of witnessing their successes."

- 2019 Living Life to the Full Participant

"As a new member of the Health Team I found the Living Life to the Full series to be informative and engaging. It offered me an opportunity to really connect with co-workers in a unique way."

-2019 Living Life to the Full Participant



Living Life to the Full is an eight-week group-based course where participants learn skills grounded in Cognitive Behavioural Therapy.

Research has shown that participants of the program experience significant increases in well-being, as well as a decrease in symptoms of depression and anxiety immediately and 3 months following the course.

Join Us!

C.M.H.A. H.K.P.R. is offering two Living Life to the Full courses in Peterborough this fall. Please see details below:

General Public:

Tuesdays from 6:30 p.m. to 8:00 p.m. from September 10 to October 29, 2019 at 466 George Street, Peterborough.

Older Adults:

Wednesdays from 10:00 a.m. to 11:30 a.m. from September 11 to October 30, 2019 at Activity Haven.

The cost of the program is \$185 per person. Space is limited. To register, please contact Tanya Kowalenko, Health Promoter at 705-748-6687 x 1016 or email tkowalenko@cmhahkpr.ca.

Living Life to the Full can also be offered to closed groups such as businesses, non-profits and community groups. Contact us to inquire about group courses!

The Canadian Mental Health Association, BC Division, holds the exclusive Canadian license to Living Life to the Full.

Third Annual First Responders Cup Raises \$15K for Mental Health

The Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.) would like to sincerely thank Fleming College, as well as all who participated in the third annual First Responders Cup, which raised nearly \$15,000 for mental health! This year's event was held on February 23rd at the Peterborough Sport and Wellness Centre and drew nearly 140 eager participants.

Twenty-two teams of six, made up of firefighters, police officers, nurses, paramedics, and students, competed to take home the coveted First Responders Cup. The teams battled it out during eight circuits of fitness challenges that were created to mirror those that first responders may face on the job. Following a strenuous eight hours of competing, the CrossFit Kawartha team won the cup for the third year in a row.

The First Responders Cup is hosted by Fleming faculty member Jodi Stevens and students in Fleming College's Pre-Service Firefighter, Paramedic, Customs Border Services, and Police Foundations programs. Through registration and fundraising efforts, the event raises money for C.M.H.A. H.K.P.R.'s programs and services.

Students initiated the First Responders Cup in 2017 following a mental health class that discussed post-traumatic stress disorder in the policing profession. With the goal of eliminating the stigma and bringing more awareness surrounding mental health to the community, the First Responders Cup was born.



Athletes compete in the third annual First Responders Cup. Photo courtesy of Fleming College.

To date, the First Responders Cup has raised nearly \$30,000 for C.M.H.A. H.K.P.R.'s programming and services, with this year's donation almost doubling last year's. "To me, this is a testament of a community that values mental health and wellness," said Jack Veitch, Manager of Community Engagement and Education at C.M.H.A. H.K.P.R.

Funds from this year's event will go toward mental health supports for students of the First Responders program at Fleming College and a bursary for those students who show leadership in the mental health realm.

The Dual Diagnosis Collaborative Consultation Program Celebrates One-Year Anniversary!

On July 16th, 2019, C.M.H.A. H.K.P.R. celebrated the one-year anniversary of the Dual Diagnosis Collaborative Consultation Program (D.D.C.C.P.). D.D.C.C.P. is a collaboration between C.M.H.A. H.K.P.R., Tri-County Community Support Services (T.C.C.S.S.) and the Peterborough Regional Health Centre (P.R.H.C.).

Previously known as the 'Dual Diagnosis Psychiatry Clinic,' the program had a substantial wait list (up to two years) and faced significant challenges in ensuring timely access to specialized psychiatric care due to limited resources.

In 2017, C.M.H.A. H.K.P.R., in collaboration with T.C.C.S.S. and P.R.H.C., began examining ways to increase access to the clinic and expand the scope of the program using a new model.

The new program includes expanded psychiatry (from two days a month to eight days a month), an on-site psychiatrist from P.R.H.C. four afternoons a week, and a multi-disciplinary team consisting of a patient navigator, a behavioral consultant and case management services.

"In its first year, the D.D.C.C.P. clinic has served 142 individuals and reduced its waitlist by 78 per cent. The multi-disciplinary model allows for a team approach to respond to referrals. By streamlining referral pathways, individuals are directed to the right service for their needs. This has reduced unnecessary visits to the emergency department" says Tracy Graham, program manager.

Check out these Upcoming Mental Health Events!

World Suicide Prevention Day

September 10, 2019 is World Suicide Prevention Day and C.M.H.A. H.K.P.R. will be hosting candlelight vigils in both Peterborough and Lindsay. Contact Jack Veitch at jveitch@cmhahkpr.ca for more details.

Bell Let's Talk Day

Bell Let's Talk Day is January 29, 2020 and we're looking forward to helping spread the message of hope while breaking the stigma surrounding mental health concerns.



Merrett Home Hardware Run for Mental Health

Join us for the fourth annual Merrett Home Hardware Run for Mental Health on Saturday, September 14 beginning at Runner's Life in Peterborough! To register, visit runptbo.com.



More information

For more information about these events, please contact Jack Veitch, Manager of Community Engagement and Education. He can be reached at 705-748-6687 extension 1015 or jveitch@cmhahkpr.ca.

Friday Night Lights

Join us for the seventh annual Friday Night Lights coming this fall! Friday Night Lights is a Team 55 event supporting suicide prevention through C.M.H.A. H.K.P.R.




4 FOUR COUNTY CRISIS

Community Mental Health Crisis Response Program
 705-745-6484 • 1-866-995-9933
 Fax: 705-745-5519

Volunteer Opportunities!

We're always looking for volunteers to assist with events as well as our Delta Bingo and Interlink Choir programs. If you're interested in becoming a C.M.H.A. H.K.P.R. volunteer, please visit www.cmhahkpr.ca/get-involved/volunteer/ or email volunteering@cmhahkpr.ca.

Support C.M.H.A. H.K.P.R. and our Clients through Membership

Name: _____		 <p>Canadian Mental Health Association 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)		Please charge my credit card*: <input type="checkbox"/> On a monthly basis <input type="checkbox"/> For the annual amount <input type="checkbox"/> One-time donation of \$ _____
<small>*Donors may withdraw from the monthly giving program at any time **Automatic withdrawal also available</small>		
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 \$25 <input type="checkbox"/> Family \$35 <input type="checkbox"/> Student \$5 <input type="checkbox"/> Fixed Income \$1		
Cardholders Name: _____		Card Type: _____
Credit Card #: _____	CVV: _____	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 Jack Veitch at 705-748-6687 ext. 1015 or jveitch@cmhahkpr.ca . Charitable Registration No. 10686 3889		