

# Imagine...

## Mental Health for All

Winter 2019

## Ride Don't Hide Raises \$24K

Thanks to incredible support from the community, The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge's fourth annual Ride Don't Hide event raised \$24,139 for a new Survivors of Suicide Support Group in Peterborough.

The event, presented by Leon's Peterborough, took place in both Peterborough, at Nicholls Oval, and Lindsay, at Old Mill Park, with over 100 riders in total.

Michael Post was once again the event's top fundraiser, raising \$10,026, surpassing his fundraising goal of \$10,000 and nearly doubling his total fundraising from the 2018 Ride Don't Hide event. Michael won a top-of-the-line cycling helmet from Fontaine Source for Sports as well as a gift basket donated by Lakefield's Canoe and Paddle.

Jim Rainey took second place for the top fundraising spot while Rob Seguin placed third, with respective fundraising totals of \$3,115 and \$1,585.

'Break the Silence' was once again named the top team fundraiser, raising \$10,417. The team won Ride Don't Hide cycling jerseys and swag.

Special shoutout to the Century 21/ Corus Entertainment Cyclers, who brought in \$3,710 and were named the top corporate fundraising team!



Thank you to everyone who made the 2019 Ride Don't Hide event such a success!

C.M.H.A. H.K.P.R. is tremendously grateful to our riders, fundraisers, sponsors, donors and volunteers for making this event a success for the fourth year in a row!

The funds raised from the 2019 event will be used to fund a new Survivors of Suicide Support Group in Peterborough. The Survivors of Suicide Support Group will aim to bring individuals together who have experienced a similar loss or trauma as a result of suicide. The group is designed for family members or loved ones who have been directly affected by suicide and will aim to offer support and coping mechanisms to aid individuals in their grieving process.



Tom Reburn Jr. of Leon's Peterborough



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Mental health for all

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# Friday Night Lights Raises Over \$15K for Suicide Prevention

The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.) is excited to announce that Team 55's seventh annual Friday Night Lights event raised a total of \$15,613 for suicide prevention.

On Friday, October 4th, a crowd of over 2,000 gathered at Thomas A. Stewart Secondary School in Peterborough for Friday Night Lights, an annual Team 55 football event supporting suicide prevention through C.M.H.A. H.K.P.R.'s Assertive Outreach Suicide Prevention (A.O.S.P.) program.

The event was jam-packed with high school football and rugby, with a total of six games occurring throughout the day. Competing schools included Adam Scott C.V.I., Thomas A. Stewart Secondary School, Crestwood Secondary School, and Holy Cross Catholic Secondary School. In addition to a full day of football and rugby, event-goers enjoyed a barbecue as well as a raffle, with the lucky winner walking away with a pair of tickets to meet Carrie Underwood as part of her Cry Pretty Tour.

Amongst the crowd was guest speaker Rich Clune, of the Toronto Marlies, who spoke about his past struggles with addiction and depression.

Team 55- Let's Tackle Suicide Awareness is a local fundraising initiative founded by Dave Pogue. Pogue initially committed to raising \$40,000 annually for two years to be directed towards suicide prevention with the goal of creating a suicide-safer community.



Richard Clune, of the Toronto Marlies, and Dave Pogue, founder of Team 55. Photo by Clifford Skarstedt, The Peterborough Examiner.

Due to this generous donation, C.M.H.A. H.K.P.R.'s A.O.S.P. program launched in 2016. The program was created to provide a highly skilled mental health clinician to follow up with individuals who have experienced a serious suicide attempt.

The A.O.S.P. program has allowed for a significant gap in the mental health system to be met, aiming to ensure that individuals are connected to the right service at the right time. The program aims to help those who have attempted suicide to connect immediately to skilled, compassionate and qualified professionals. To date, the A.O.S.P. program has served more than 170 individuals and families. Through the great work of A.O.S.P. staff, none of these individuals have made a further attempt at suicide.

The total annual operating cost of the program is \$294,000 and although attempts have been made to obtain annualized funding with our provincial government, to date those attempts have been unsuccessful. The program relies entirely on community and donor support, such as the support of Team 55 and the annual Friday Night Lights event.

C.M.H.A. H.K.P.R. would like to sincerely thank Team 55 as well as all who participated, volunteered, or donated to this year's event! It is thanks to your support that we are able continue to work towards a suicide-safer community!

Visit Team55- Let's Tackle Suicide Awareness, on Facebook at @team55tacklessuicide to follow along with their latest efforts.



Photo by Clifford Skarstedt, The Peterborough Examiner.

# A Day in the Life of a Crisis Worker

by Tanya Kowalenko, Health Promoter

Have you ever wondered what a typical day might look like for a Crisis Intervention Worker or a Safe Beds Worker with C.M.H.A. H.K.P.R.'s Four County Crisis (4CC) program? Recently, we sat down with C.M.H.A. H.K.P.R. Crisis Intervention Worker, Josh Adams and Safe Beds Worker, Andy Bowell. Upon interviewing Josh and Andy, it became clear that their days were anything but typical.

For Josh, this means supporting people in their most vulnerable and challenging times over the crisis line or in the community with the Mobile Outreach Team. Imagine juggling 50 - 60 calls per day between one and three staff members, or going out on three to four mobile crisis visits in one day and offering empathy, presence and support, while staying up to date with and utilizing the most current evidence-based practices. Throw in the additional pressure to “get it right” for those many callers who utilize 4CC as a last resort, and you start to get an understanding of what a ‘typical day’ might feel like.

Safe Beds isn't much different. With six rooms available for short-term residential stays for people in crisis, Safe Beds Workers sometimes single-handedly juggle a wide variety of responsibilities. From intake to discharge planning and everything in between: cooking dinner, offering supportive listening, cleaning rooms, making referrals, etc. While Peer Support Workers are an invaluable part of the Safe Beds program, offering the kind of support and empathy only possible through lived experience.



Many people in our community lack support for a variety of reasons. Without the hard work of all of our 4CC staff, many of those people might not be alive today. They work tirelessly to empower and support people in our community to not only survive a crisis, but to thrive and go on to live meaningful and fulfilling lives.

“One thing I’ve learned is everyone has a story. It’s a privilege to be the ones they share their story with, maybe for the first time,” says Andy.

“When I started working at 4CC, I felt that, for the first time in a long time, I was making a real difference in people’s lives,” says Josh.

Thank you for all you do in our community 4CC. May we all continue to advocate for more resources to support and expand the availability and impact of the work you do.

## Tips for Supporting a Loved One

### Listen and be Present

Really being with someone, in whatever state they’re in, without trying to change them or solve their problems, is a gift that is so often undervalued. You don’t need to be their therapist, just be their friend. Turn off your phone, breathe, and give them space to share what’s going on. Listen with an open heart and an open mind.

### Be Curious about their Experience

We all have a longing to be heard, understood, and to be seen and accepted just as we are. Being curious about what it’s like for your loved one shows that you’re really trying to ‘get’ them – to meet them and be with them in their experience.

### Educate Yourself

Learn as much as you can about what your loved one is going through and find out what local programs and services are available to help. C.M.H.A. H.K.P.R. offers a variety of public education and training opportunities, check them out at [cmhahkpr.ca/education-training/](http://cmhahkpr.ca/education-training/).

### Take Care of You

Taking care of your needs, getting support to feel and process your own experience, might seem selfish or of lesser importance to you than helping your loved one. But supporting yourself is one of the best ways you can support another. We naturally mirror and emotionally sync-up with other people, so when you’re feeling balanced and grounded, this has a direct impact on others. You can only support others if you’re also supporting yourself.

### Stay Connected

Check in with them regularly. Even just a text message that says, “I’m thinking about you,” can make the world of difference. You don’t always need to talk about the difficult stuff – hang out with them, do things you both enjoy, just spend time together.

Learn more at [cmhahkpr.ca/how-do-i-support-someone/](http://cmhahkpr.ca/how-do-i-support-someone/). If you or your loved one are in crisis, call Four County Crisis at 705-745-6484 or toll-free at 1-866-995-9933.

# Check out these Upcoming Mental Health Events!

## Bell Let's Talk Day



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

## Ride Don't Hide 2020

Join us for the fifth annual Ride Don't Hide event occurring on a Saturday, June 20 in both Peterborough and Lindsay! Stay tuned for more details.

## Talk Today Game Night



Join us for the Talk Today Peterborough Petes game on February 27 at the Memorial Centre.

## 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](mailto:jveitch@cmhahkpr.ca).

Talk Today, which started at C.M.H.A. H.K.P.R. with the Peterborough Petes, promotes the mental health of young athletes and spreads awareness about the benefits of positive mental health throughout communities across Canada.



Thank you to everyone who made our 2019 events, such as the Merrett Home Hardware Run for Mental Health, so successful! Photo by Snap'd Peterborough.

## 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/](http://www.cmhahkpr.ca/get-involved/volunteer/) or email [volunteering@cmhahkpr.ca](mailto:volunteering@cmhahkpr.ca).

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

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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

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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  
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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](mailto:jveitch@cmhahkpr.ca). Charitable Registration No. 10686 3889

