

# Imagine...

## Mental Health for All

### Celebrating Teamwork: Successes in Dual Diagnosis Programming

At the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.), we know that behind every success story is an entire community. None of us can do this work alone, and both clients and staff do better with strong support networks.

Our Dual Diagnosis (DD) team supports adults living with a dual diagnosis (developmental disability and mental health concerns) through a supported independent living (SIL) program. The program has seen major changes over the years, the biggest being the implementation of the Transitional Aged Youth (TAY) program. With a lot of hard work and a belief in the resiliency and capacity of their clients, this program has successfully bridged the gap between youth and adult dual diagnosis services and has seen people who were told they may never live independently do just that and who are now thriving.

These groups include mindfulness, yoga, Adapted-Dialectical Behavioural Therapy skills and much more. These programs now run at capacity with a significant increase in participation.

C.M.H.A. H.K.P.R.'s Dual Diagnosis program has also attained 100 per cent compliance with the Ministry of Children, Community and Social Services Ontario Regulation 299/10 under the Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act (Quality Assurance Measures). In 2019, the program met all 108 Policies and Procedures pertaining to Supported Independent Living Residences and Community Participation Supports and Services for the third consecutive year. Successes like this would not have been possible without a strong and supportive team, one of the longest running at C.M.H.A. H.K.P.R.

Peg Smith, Dual Diagnosis Case Manager, who has been with the team for over 15 years, likens the team to a palm tree. "Palm trees are strong and resilient because, in a hurricane, they bend. We bend to meet the needs of our clients. We are very familiar with each other's clients so we can step in when needed to ensure continuity of service," says Peg.

When asked what keeps her and her team going, the passion and joy in Peg's voice is clear, "I like helping people live independently. The work is meaningful, we have a positive work culture and an amazing supervisor who always supports us and has our backs, we value debriefing, we strive to 'do with' not 'for' our clients, and as a diverse team we balance each other out with different skills. Oh, and we try to use humour as much as possible, and chocolate."

We all need a community of practice, a place we can go to celebrate successes, give and receive support, express our frustrations, learn from others, and collaborate. We want to thank the DD team for modelling this for us and, as a result, creating a stronger network both within C.M.H.A. H.K.P.R. and the broader community. To our Dual Diagnosis team, the work you do is endlessly inspiring.

For more information on our Dual Diagnosis programming, please contact Shari Warfield at [swarfield@cmhahkpr.ca](mailto:swarfield@cmhahkpr.ca).



C.M.H.A. H.K.P.R.'s Dual Diagnosis team attains 100 per cent compliance with the Ministry of Children, Community and Social Services for the third consecutive year!

Another big change to the program has been altering the Community Participation program from a drop-in format to a pre-registered mental health group format.



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

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# Staying Connected While Social Distancing



The whole world is navigating the COVID-19 pandemic and as we face each new day in these unprecedented times, we need to remember, more than ever, that we can't do it alone. Connection with others is vital for our physical, mental, emotional and spiritual health and well-being.

If you're practicing social distancing as a preventative measure, or you're in self-isolation due to COVID-19, it's important to stay connected. Social distancing doesn't mean socially isolating, and might be more aptly called "physical" distancing. There are so many other ways to stay connected to those we love, those who love us, and our broader support network. Get creative, think outside the box. Here are some ways to stay connected while practicing social distancing:

**Phone:** Pick up the phone. Call a friend, a family member, someone you've been thinking of, someone in need. If you don't have anyone to call and you're in need of immediate crisis support, our Four County Crisis line is open 24/7: 705-745-6484/1-866-995-9933.

**Text messages:** This can be any text messenger you like (SMS, Facebook messenger, WhatsApp, etc). You don't have to have anything in particular to say. A simple "how are you?" or "I'm thinking about you" or "I'm feeling anxious right now and could use someone to listen to me." Share GIFS, memes, pictures you take, ideas you have, how you're spending your time, what you're learning, etc.

**Emails:** This can be great if you prefer to take your time and write longer messages without an immediate response. Start a group email with your family, friends or colleagues where you can share with each other how you're feeling, what's on your mind, etc.

**Video calls:** There are so many different options for video calls these days. Use whichever one you feel most comfortable with. Have a coffee or dinner date with a friend via video chat.

Do crafts, art, writing or other creative projects together. Do a show and tell. Have a virtual dance party or a virtual sing-along. Just spend time together.

**Go outside:** The Centre for Disease Control recommends maintaining a distance of 6 feet (2 meters) from others when possible. So get outside, go for a walk with a friend in the many beautiful parks and nature areas in our four counties. Just avoid touching public surfaces and wash your hands once you're back inside.

**Join virtual social gatherings:** Some churches, yoga studios and group gatherings have developed virtual options. Find out what your community is offering.

Many therapists and other health providers are also offering their services virtually, by phone or video. Call your provider to find out if this is an option for you.

Please reach out more than ever during this time and stay connected. You don't need to navigate this alone. We are all in it together.

**4 FOUR  
COUNTY  
CRISIS**

**Community Mental Health  
Crisis Response Program**

**705-745-6484 • 1-866-995-9933**

**Fax: 705-745-5519**

## Peterborough Petes Open Up for the Annual Talk Today Game Night in Support of Mental Health

On Thursday, February 27, while the Peterborough Petes faced the Oshawa Generals on home ice at the Memorial Centre, the Canadian Mental Health Association partnered up with the Ontario Hockey League to host the local Talk Today Game Night.

Talk Today, originally launched by the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.) in partnership with the OHL's Peterborough Petes, is now a mental health program for amateur athletes throughout Canada. The program supports the mental health needs of athletes across the country and encourages teams, players, and the hockey community to have open discussions about mental health.

As part of their participation in Talk Today, each team hosts a community event at one home game each year to show their support for mental health and raise awareness about the local CMHA's programs in their community.

On February 27 at the Talk Today Game Night in Peterborough, representatives from C.M.H.A. H.K.P.R. had the opportunity to participate in the ceremonial puck drop and were available to game-goers at a kiosk where individuals could learn more about mental health and the local programs and services available. Fans also had the chance to donate to C.M.H.A. H.K.P.R. by purchasing pucks signed by Petes players. \$400 in proceeds from this initiative went towards C.M.H.A. H.K.P.R. programming.

Prior to the game, players also participated in a social media campaign where they encouraged others to be open about their mental health.



C.M.H.A. H.K.P.R. Board President Drew Merrett and Marketing and Community Engagement Officer Caitlin McIntosh join team captains and a representative from the Shriners Association for the ceremonial puck drop.

Through the Talk Today program, over 1,100 OHL players and over 400 coaches, billets, and staff have received mental health and suicide prevention training across the league. Each team is also linked to a CMHA mental health coach, who provides support and mental health resources to individuals in need.

"We were extremely grateful to partner with the Ontario Hockey League and the Peterborough Petes to host the Talk Today game night for another year and for the opportunity to increase public awareness and to promote mental health in the Peterborough community," said Jack Veitch, Manager of Community Engagement and Education with C.M.H.A. H.K.P.R.

## Wrestlers Take it to the Ring in Support of Mental Health

On Friday, March 13, wrestlers from across the province participated in Lift Locks and Leg Drops, the debut event for PTBO Wrestling, held in support of mental health. The show, which was held at Mark Street United Church, drew over 100 wrestling fans and nearly 20 wrestlers, including

seasoned pro, Josh Alexander, who has been open about his struggles with depression.

Alexander was not alone in opening up about his mental health concerns according to Scott Howard of PTBO Wrestling. Howard



Pro Wrestlers Josh Alexander and Mark Wheeler hit the mat at Lift Locks and Leg Drops.

says that, "fundraising for the CMHA was a natural fit. A number of the wrestlers that took part in the show have been extremely outspoken about facing their own challenges in life and promoting positive mental health."

Event organizers Jamie Steel and Scott Howard are also raising funds for the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.) through a silent auction which will be hosted virtually and at a later date due to the Covid-19 pandemic. The pair anticipate that over \$250 will be raised to support C.M.H.A. H.K.P.R.'s education programming.

Steel and Howard would like to thank Courage Pro Wrestling for providing commentary and filming the event. "We also want to thank Mark Street United Church, Free Topping Pizza for helping us feed the wrestlers, and Catering PLUS for feeding the rest of us. Thank you to everyone who donated [silent auction] items – watch C.M.H.A. H.K.P.R. social media channels for details on that. Really, thank you to everyone who made this possible."

"We are very grateful for the support of PTBO Wrestling in raising awareness and funds for mental health education and supports in our community," says Jack Veitch, Manager of Community Engagement and Education with C.M.H.A. H.K.P.R.

If you missed the show, you can check it out online at (<https://www.youtube.com/watch?v=BqUyn6lfVps&feature=youtu.be>).

# Check out these Recent/Upcoming Mental Health Events!

## Giving Tuesday Now

On Tuesday, May 5, C.M.H.A. H.K.P.R. participated in #GivingTuesdayNow, a global day of giving and unity in response to the unprecedented need caused by the COVID-19 pandemic. Thank you to everyone who donated!

## World Suicide Prevention Day

September 10, 2020 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](mailto:jveitch@cmhahkpr.ca) for more details.

## Merrett Home Hardware Run for Mental Health

Join us for the fifth annual Merrett Home Hardware Run for Mental Health on Saturday, September 19, 2020 beginning at Runner's Life in Peterborough! Registration coming soon.



## QCR Golf Tournament

Join us for the QCR Golf Tournament hosted by Quality Construction and Renovations on September 19, 2020. The QCR Golf Tournament is in support of youth mental health and education.

## Friday Night Lights

Stay tuned for more information on the eighth annual Friday Night Lights happening this fall! Friday Night Lights is a Team 55 event supporting suicide prevention through C.M.H.A. H.K.P.R.



## Annual General Meeting

Join us for our Annual General Meeting happening on September 23, 2020! Our Annual General Meeting is a great opportunity for members, donors, staff, and volunteers to get together and reflect on the past year as well as plan for the year ahead.


## 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

## 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

Name: _____			Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge <i>Mental health for all</i>
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		Please charge my credit card*:	
<input type="checkbox"/> Partner - by your monthly gift of \$41.67/ \$500 annual gift		<input type="checkbox"/> On a monthly basis	
<input type="checkbox"/> Advocate - by your monthly gift of \$83.33/ \$1000 annual gift		<input type="checkbox"/> For the annual amount	
<input type="checkbox"/> Champion - by your monthly gift of \$166.67/ \$2000 annual gift		<input type="checkbox"/> One-time donation of \$ _____	
<input type="checkbox"/> Unique Supporter - by your monthly gift of \$ _____ (you choose)		*Donors may withdraw from the monthly giving program at any time **Automatic withdrawal also available	
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 <a href="mailto:jveitch@cmhahkpr.ca">jveitch@cmhahkpr.ca</a> . Charitable Registration No. 10686 3889			