

# Imagine...

## Mental Health for All

### Ride Don't Hide raises \$27,806

With the remarkable support of the community, the third annual Ride Don't Hide event hosted by the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge raised \$27,806 for local mental health programming.

Approximately 130 riders took to Nicholls Oval for the fundraiser, presented by Leon's Peterborough, helping us surpass our goal of \$25,000.

Michael Post, the top fundraiser collecting \$5,275 for the cause, won a new bicycle from Fontaine Source for Sports. Jim Rainey, Rob Seguin and Denise Vallee rounded out the top four with respective totals of \$3,181, \$1,850 and \$1,050.

Spencer and Theo D'amico tied for top child fundraiser, raising \$150 and also taking home a new bike.

Break the Silence was named the top family and friends team after raising \$5,600. They won a night at a Peterborough Lakers game thanks to Corus Entertainment and dinner at Big Ben's Fish and Chips.

Century 21/Corus Entertainment Cyclers, which brought in \$3,789, were named the top corporate team and won a dinner at the Publican House.

C.M.H.A. H.K.P.R. is grateful to our riders, fundraisers, sponsors, donors and volunteers for making this event such a success.

The funds raised at the 2018 event will be used to support Four County Crisis Community Mental Health Crisis Response Program (4CC). 4CC provides a continuum of comprehensive crisis response services to individuals with a mental illness, mental health concerns, and individuals in crisis.



Thank you to everyone who made the 2018 Ride Don't Hide event such a success!

Specifically, this funding will support outdoor improvements to Safe Beds, a short-term home for those in crisis.

"By supporting Ride Don't Hide, you're supporting the transformation of an underused outdoor space into a safe, private and peaceful retreat for individuals in crisis," said program manager Jean Kehoe, prior to the event.

"A safe and secure environment helps de-escalate crisis and lessen stress. It makes you feel peaceful.



Tom Reburn Jr. of Leon's Peterborough



**Community Mental Health Crisis Response Program**

**Call: 705-745-6484**  
**Toll free: 1-866-995-9933**  
[www.cmhahkpr.ca](http://www.cmhahkpr.ca)



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# Friday Night Lights 2018: Five Years Together, Five Years Stronger

The Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.) would like to sincerely thank Team55, Let's Tackle Suicide Awareness, as well as all who contributed in any way to the success of the sixth annual Friday Night Lights, raising \$17,500 for suicide prevention.

On September 21, a crowd of more than 2000 gathered at Thomas A. Stewart Secondary School for Friday Night Lights, an annual Team55 event supporting suicide prevention through C.M.H.A. H.K.P.R.'s Assertive Outreach Suicide Prevention (A.O.S.P.) program.

The program has served more than 100 individuals and families since launching in 2016. Through the great work of A.O.S.P. staff, none of these individuals has made a further attempt at suicide. They are all still living.

Team55, founded by Dave Pogue, initially committed to raising \$40,000 annually for two years to be directed towards suicide prevention. This commitment, which has now been extended for a third year, paved the way for the A.O.S.P. program, which costs approximately double the annual investment.



“The community cares about suicide prevention. It matters to those who sponsored Friday Night Lights, donated to the event, attended the event or participated in the evening in any way,” says Pogue. “What we need now is for the Government of Ontario to come on board so we can build a long-term plan for the A.O.S.P. program and continue saving as many lives as possible.”



Photo by Daniel Sky Morris.



Neil Sanderson of Three Days Grace and Dave Pogue of Team55 share a moment at Friday Night Lights 2018.

Robin Martin, Parliamentary Assistant to the Minister of Health and Long-Term Care attended the event, witnessed the immense impact it has had and was immersed in the strong community support for the program. This followed a meeting where Ms. Martin and local MPP Dave Smith met with C.M.H.A. H.K.P.R. officials earlier that day to discuss the program.

“We hope Ms. Martin will take her experience back to Christine Elliott, Minister of Health, and advocate for funding to continue this hugely successful and impactful program,” says Mark Graham, Chief Executive Officer for C.M.H.A. H.K.P.R.. “The A.O.S.P. program is saving lives here in Haliburton, Kawartha, Pine Ridge and we want to see it continue for as long as possible. Furthermore, we believe it has potential to be replicated across the province, should our government recognize its social and fiscal value.”

Thank you to everyone who helped make Friday Night Lights such a success. Whether you helped spread the word of the event, attended, donated, purchased raffle tickets, volunteered or were involved in another way, you have helped make a difference.

Visit Team55 Let's Tackle Suicide Awareness on Facebook to follow along with the organization's efforts to make our area a suicide-safer community.

Read on through this newsletter to learn more about the A.O.S.P. program being supported in part through the generosity and dedication of Team55.

# Grounding Techniques for Anxiety

by Tanya Kowalenko, Educator and Event Planner

Our bodies are hard-wired for survival.

Imagine for a moment that you are walking in the woods and, all of a sudden, you see a rattlesnake on the path. As soon as you see and hear the snake, the hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body.

This alarm system signals the adrenal glands to release adrenaline and cortisol, which increase your heart rate, give you a boost in energy, heighten your perception and awareness, and increase body tension. They also put a pause on body functions that aren't necessary in threatening situations, such as digestion, reproduction and the immune system.

In the situation with the rattlesnake, this stress response would help you to respond in the most appropriate way, by either fighting, fleeing, or freezing. This response, can literally save our lives.

Now, I want you to imagine walking down this same path in the woods, the day is beautiful and the birds are chirping. All of a sudden, the same alarm system goes off in your body.

But this time, there is no rattlesnake.

While this stress response, or anxiety as you might know it, can be a normal and healthy response to a dangerous situation, it can also arise seemingly out of nowhere or in response to non-threatening circumstances. Perhaps the sound of the bird chirping invoked a traumatic memory from the past, or a thought about some potential future threat had arisen in the mind.

Whatever the case, while this fight, flight or flee response might have been necessary and life-saving in the past we can see, in the second scenario above, it wasn't needed.

## Assertive Outreach for Suicide Prevention: A Growing Success

In June of 2016 we launched the Assertive Outreach Suicide Prevention (A.O.S.P.) Program. The program provides follow up to individuals (and families of those) who have had a serious suicide attempt, with the intent to die.

In Kawartha Lakes, 41 individuals have been served by the A.O.S.P. Program. In Peterborough, 81 individuals have received services. 53 family members have received support from the Family Education & Support Worker. No individuals have died by suicide while receiving support from A.O.S.P.

From these individuals, we've learned that trauma is a factor in almost all cases of those who have made a serious suicide attempt. Most of these individuals were not previously known, nor were they connected to community mental health resources.



Our four-part series discusses various techniques to help you cope with anxiety. You can read it online at [cmhahkpr.ca](http://cmhahkpr.ca).

When this stress response arises when it's not necessary, we can learn to tune in to right now, actively calm our stress response, ground our awareness in the present moment as it is now, not as we fear it to be, and train the brain to respond in a way that is appropriate for the situation.

We've created a four-part series on our blog outlining specific techniques to do just that. Through the series, we discuss focusing on the feeling of physical support, dropping into our sense, focusing on physical sensations without judgment and using breath as a support.

To read the full series, go to <http://cmhahkpr.ca/our-blog/>

We created a blog in 2017 to provide the public with evidence-based information about mental health, mental illness and ways to stay well, in an engaging and accessible way.

All A.O.S.P. staff have completed group facilitation training at St. Michael's Hospital. The group, Skills for Safer Living, is for individuals who have suicidal ideation or have had recurrent suicide attempts. One of our next steps is to pilot this group in Peterborough and eventually roll it out to Kawartha Lakes.

We have submitted two proposals to the Ministry of Health and Long-Term Care to secure annualized funding for the A.O.S.P. Program and have implemented a collaborative safety plan for individuals who use the program.

We are hopeful the Ministry will see the benefit and potential of this program, particularly after Robin Martin, Parliamentary Assistant to the Minister, witnessed the incredible community support at the 2018 Friday Night Lights event.

# Check out these upcoming mental health events!

## Bell Let's Talk Day

Bell Let's Talk Day is January 30, 2019 and we look forward to helping spread the message of hope while breaking the stigma associated with mental health concerns and mental illness.



## Talk Today Peterborough Petes Game

Join us for the Talk Today Peterborough Petes game on February 7 at the Memorial Centre.



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.

## First Responders Cup

Fleming College is pleased to present the ultimate team challenge, focusing around the exerting tasks of first responders.

The third annual First Responders Cup, with all proceeds benefiting C.M.H.A. H.K.P.R., is set for Feb. 23.

## 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)



Thank you to everyone who made our 2018 events, such as the Merrett Home Hardware Run for Mental Health, so successful! Photo by Snapd Peterborough.

## We're going digital!

Thank you for your support of C.M.H.A. H.K.P.R. and for your interest in our newsletter. We wanted to let you know this is our last print edition of our newsletter. Moving forward, all of our newsletters will be available via our website ([www.cmhahkpr.ca](http://www.cmhahkpr.ca)). If you'd like to receive the digital version by email, please contact Jack Veitch at [jveitch@cmhahkpr.ca](mailto:jveitch@cmhahkpr.ca).

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

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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

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



Canadian Mental Health Association  
 Haliburton, Kawartha, Pine Ridge  
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