



NEWSLETTER

PCMH

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UPDATE FROM PCMH

PCMH is currently undergoing some exciting transitions.

In its 15th year PCMH is going to be looking at what the last 15 years looked like, and are going to build on the strong foundation that has been built. PCMH is also going to concentrate on the next 15 years, and how the family voice can be brought to the forefront when dealing with child and youth mental health issues.

We welcome the PCMH's new President to the Board, Sylvia Naumovski who brings with her the commitment and passion to support the PCMH mission and mandate in keeping families at the core, and providing programs and initiatives that will continue to support and strengthen the Family Network.

Susan Hess, Past President has served PCMH well, and continues to present the Quilt of Honour Campaign across Ontario. This tour is designed to assist in eradicating the debilitating stigma that surrounds all of us as we navigate the system and issues that accompany mental health disorders. The Quilt of Honour tour advocates for and raises the voice of the family. Should you require information on the Quilt of Honour Tour and would like to

learn more about bringing the tour to a school or function near you, please contact us as we would be happy to provide that for you.

Parents@parentsforchildrensmentalhealth.org

PEER SUPPORT

Why join a Peer Support Group?

Support groups offer vital links to others with similar situations. When no one else seems to understand, when blame seems to be coming from all sides, and when you need information and ideas from families; a support group can provide a safe harbor in the midst of the storm.

A recent evaluation report on peer support as part of the Community Mental Health Evaluation initiative from the Centre on Addiction and Mental Health Ontario identified that individuals receiving peer support at 18 months had experienced **fewer admissions to the hospital and fewer visits to the Emergency Room** than those who had not participated. Peer support is now being recognized as a key component of the treatment plan and in the road to recovery.

For more information on our chapters that offer peer support check out our website: www.parentsforchildrensmentalhealth.org

Our chapters and their contacts are listed, and would love to hear from you!

CHECK IT OUT!!!

Want some additional information to add to the arsenal of resources you gather? Check out:

www.ementalhealth.ca

This comprehensive web site provides information, resources, and area specific program listings in language we can all understand. It is a great new site for us to all be able to access information.

WEBSITE

We are in the process of re-vamping our website to of distance capitalize on e-technology and bridge the span of our network. In the New Year we hope to be launching new features that include a members area where you will find links to our initiatives, projects, contact information that you may need, and also connection to each other. We hope to be introducing blogs, and community boards where we can reach out and talk to each other and bridge that geographical gap.

WE WANT TO HEAR FROM YOU

FAMILIES - that is our core. We want to build the strongest network of families across Ontario to help build our capacity to make a difference and have the voice of the family heard.

"Together we can make a difference"

Pass along the website, encourage families you know to become part of our growing database that will strengthen all of our networks and support systems.

Also, tell us what you want! Drop us a line, tell us what the biggest challenges are that

you face, tell us how you would like to see us make a difference in your family.

REGULAR UPDATES

We plan to bring you regular updates on what we are working on, information we gather from our networks, and to keep you informed on government developments, and ways we can all help advocate for our families and children who are suffering through the journey of Mental Health issues. We have implemented our From the Desk of "What you May Want to Know", which will provide updates of information we have learned about different topics that may be of interest to you, upcoming events that may be of particular interest, personal success stories, news articles, anything we can think of that we come across that "you may want to know". Have ideas, have information to share - LET US KNOW.

HAPPY HOLIDAYS

PCMH wishes everyone the most joyous HOLIDAY SEASON, and we are looking forward to forging ahead with you in the New Year!

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