

# HEAR OUR VOICE

Volume 6, Issue 2

February 2009

## Special points of interest:

- Look at the MCYS Strategic Goals
- Have your say—comment on the Strategic goals and make your comments

The Strategic Directions 2008-2012 are available at:  
<http://www.gov.on.ca/children/graphics/244264.pdf>  
• The Ministry is welcoming comments at the following address:  
[RealizingPotential.mcys@ontario.ca](mailto:RealizingPotential.mcys@ontario.ca)

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## PCMH UPDATE

PCMH continues to work this year to promote and advocate for families who suffer the daily emotional, financial, and social burdens when dealing with child and youth mental health issues.

We are continuing to ask our membership to contribute to these advocacy efforts and continue to write to MPPs and ask for their support in Legislature for our children.

This month, CBC Radio on Metro-Morning featured a segment by Karen Horsman where she interviewed parent members of PCMH and talked about the issues that so many of us face. Karen's report represented clearly, and respectfully the need for additional services and program to provide early intervention and treatment. The parents interviewed gave compelling interviews, and PCMH commends them on their willingness to stand up and be interviewed about these issues and to contribute to raising awareness.

Another of our parents, Sherry Campeau of Windsor, was featured on A-News in a story that highlighted the growing need for services as the economy continues to slump

and families are faced with the additional burden of increasing economic downturn.

Representatives from PCMH continue to present facts and stories to SEAC Councils, Special Education Teachers, and school boards in an effort to spread our word.

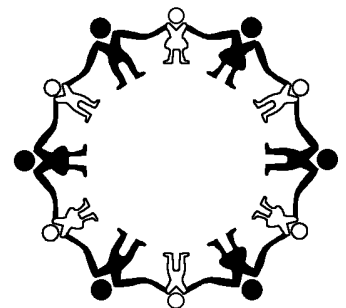
Susan Hess continues with The Quilt of Honour Tour and has already this year made many appearances with The Quilt in this important Anti-Stigma Campaign.

PCMH is encouraging all its members to participate in the on-line survey (link listed to the left) to have your say in the MCYS Strategic Direction.

Family-Centred and Family-Driven care is vital in child and youth mental health services and we should capitalize on every opportunity to ensure that the family perspective is given when it comes to what is truly needed for our children. Take the time to fill out this online survey and make your comments on what you feel you need and what your child needs to be able to reach his/her full

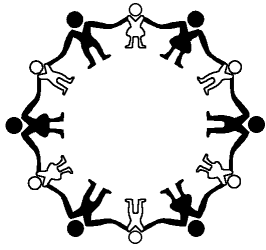
capacity.

Our continued thanks to all our parents and membership for your support and enthusiasm as PCMH proceeds and continues to grow with you. Continue to keep us informed with events, news, and information from your local areas. We love hearing from all of you!



## QUICK FACTS

- ◆ Only 1 in 5 children are receiving the treatment they need for mental health issues
- ◆ Average wait time for treatment is 6 to 8 months
- ◆ Suicide is the second leading cause of death amongst 10-19 year olds
- ◆ Of the youth deaths each year—24% are due to suicide



## ADVOCACY

### BUDGET HAS BEEN PUSHED BACK UNTIL MARCH - STILL TIME TO ADVOCATE

Dwight Duncan announced this week that the date for the Ontario's 2009 budget has been pushed back until March 26th—This means we still have time to advocate for an increase in funding!

On our website are copies of two draft advocacy letters that can be sent to your local MPPs. Send them—send letters to The Honorable Dwight Duncan and the Honorable Deb Matthews demanding that Child and Youth Mental Health Issues no longer be ignored.

Last month members of PCMH met with MPP Julia Munro. This month Julia Munro brought up in Question Period some of our concerns and asked the Honorable Deb Matthews to address them. Advocacy works—talking with our MPPs works. Lets get more of our MPPs asking questions, making statements, and talking about Children and Youth Mental Health Issues in Legislature continually.

Also on our website is a copy of a report by Gordon Floyd,

Executive Director of CMHO describing the opportunity of Advocacy that this delay in presenting the Budget has opening up. We encourage everyone to capitalize on this opportunity and to turn up the heat on all our MPPs to make this an issue that MUST be addressed.

Children's Mental Health is Everyone's Business—let's make it known!

For a listing of MPPs  
<http://www.ontla.on.ca/web/members/>

***“We need your submissions for our book! Submit photos, works of art, stories to celebrate to raise awareness and celebrate our children and youth”***

### **Brag about your child's accomplishments!**

Submit to:  
[admin@pcmh.ca](mailto:admin@pcmh.ca)

We want to see poetry, art, hear stories, anything that will celebrate their accomplishments and how spectacular they are! They all deserve celebrating—lets share all our wonderful stories!

## ANTI-STIGMA PROJECTS

PCMH wants everyone to see who the true faces of mental illness are—and what everyone should really picture when we talk about Children and Youth with Mental Health Problems.

Help us make this dream a reality. Submit your child's picture, works of art, works of poetry, or stories of success to be featured in our book that will illustrate who are true

heroes are and why they deserve to be supported and not kept hidden away from the world in shame.

Submit entries to:  
[admin@pcmh.ca](mailto:admin@pcmh.ca)

For Children's Mental Health Awareness Week, PCMH is running a poster campaign in schools across the province. Further information can be

found on our website. Encourage your school to participate in this valuable exercise for students to participate in raising awareness and talking openly about mental health issues in their school.

For more information email:  
[admin@pcmh.ca](mailto:admin@pcmh.ca) or go to  
[www.pcmh.ca](http://www.pcmh.ca) for complete campaign details

## BRAG BOARD

This is a new section we wish to promote. Lets celebrate and spotlight our kids special talents.

Tell us about your child's accomplishments.

Have them featured here!

## PCMH Study

PCMH has been distributing parent information sheets. Our goal is to identify and unify as many families as we can across the province to grow our base of support and network as well as to raise the voice for all families.

The information sheet asks the question: If you could change one thing about the system that would make a difference in your child's life, what would it be?

We know there are complex issues surrounding the life of a

child with a diagnosed mental disorder, but we want you to name the most important to you. We are hoping that this survey will show a clear picture of what the unique priorities are to families. Not economists, not professionals, not doctors, not pharmaceuticals, just families. We hope to be able to release this as a study, to demonstrate what families need, what they want, and that they are indeed the experts in how to make their children's lives better.

For this to be a success, we need as many responses as we can get. Promote it, answer it, submit it. Give to your agencies, ask them to distribute to families who could benefit from the growing support network of PCMH.

For an information sheet and survey please email:

[admin@pcmh.ca](mailto:admin@pcmh.ca)

All support leaders—please encourage your members to fill in and submit.

## APRIL CONFERENCE

Planning is well underway and the April Parents Supporting Parents Conference is shaping up to be an event that no parent should miss!

We are excited to feature guest speakers on topics such as: Bullying, Facilitation and Peer Support Group Leadership skills, Advocating Publicly and Politically for the services our children need!

The conference fee will include 3 plenary presentations, 3 workshops, breakfast, lunch, and the opportunity to see old friends, meet new ones, and spend the day surrounded by families who have been there—who get it—who understand.

Full registration details will be coming out in March.

Pre Conference Registration has begun, and you can find registration information at our website—[www.pcmh.ca](http://www.pcmh.ca)

REGISTER NOW—SAVE THE DATE

APRIL 25, 2009

Living Arts Centre, Mississauga  
PCMH thanks Peel Children's Centre for its generosity and support of our conference.

**Help PCMH  
release their  
study showing  
what families  
need. We need  
your input!**

## What's NEW?

### ALMOST THERE.....

The new website is coming folks!. Soon we will have a completely interactive website offering membership section that will provide a virtual support system for all our members.

There will be other features to the website too that we are so

excited about like the continual updating of community events, conferences, and other news and stories that may be of particular interest to our families.

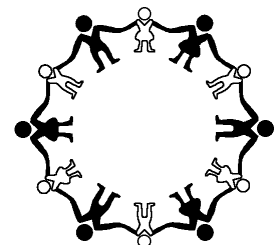
We will be conducting surveys and polls on our website to include in our study information and to gather information from you about the services and programs that most benefit you the families.

### IDEAS?

What would you like to see included in the new website? What is most important in a website to you?

Let us know

[admin@pcmh.ca](mailto:admin@pcmh.ca)



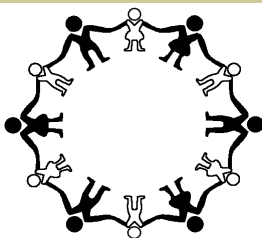
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**New web address  
[www.pcmh.ca](http://www.pcmh.ca)**

**New look and information  
coming soon to the website!**



*Together we can make a difference*

**Parents for Children's Mental Health is a provincial, non-profit, organization committed to supporting, empowering, and educating parents and community reducing stigma and raising awareness surrounding the complex issues of Child and Youth Mental Health Illness. Through programs and initiatives, families remain at the core of PCMH's mandate and mission, and promoting the family voice and family-centred and family-drive care at the centre of our objectives.**

**To EDUCATE, To EMPOWER, To SUPPORT**

**Become a member—lets work together!**

## **COMING UP—SAVE THE DATE**

**Our April Conference/  
Parents Supporting Par-  
ents Workshop is com-  
ing!!!!**

**Save the Date:**

**April 25, 2009**

**At the Living Arts Centre  
in Mississauga.**

**New FORMAT**

**New PROGRAM**

We are so excited about the plans of our upcoming workshop. It is shaping up to be a day filled with information, learning opportunities, networking with other families and parents and having time to support one another and learn about the many ways we are changing.

This year we are pleased to announce that there will be a youth component to our Conference. Again, in partnership with The New Mentality, sessions will be offered specifically geared at youth and their unique issues. This gives them a chance to meet and network with other youth, learn about programs and projects they may like to become involved with, and empower them and surround them with support.

Full program details to be released February, but a hint at what is to come:

Guest Speaker Susan Hess, Past President of PCMH.

Plenary Presenter Gordon Floyd, Executive Director, CMHO

Some sessions and speakers confirmed:

Lindsay Moir to continue to talk to us about special education.

Spencer Brennan brings three new sessions this year.

Cathy Dandy will talk to us about effective public advocacy and how to be election ready and recognizing other key political markers and how to capitalize on them.

Don Buchanan is going to speak about peer support groups and facilitation and the benefits of networks.

Two of our parents who have completed all levels—Halima Saad and Beth Doyle are going to present and we are excited about featuring them.

More to come including some surprises—can't let it all out of the bag here!!!!