

## Message from Sarah Cannon, Executive Director

Sometimes, even to me, it seems like we do all these things and keep taking a few steps forward and a few steps back, but we keep plodding along. I am very pleased and proud to let you know that I think all those steps we continue to take together are truly starting to make a difference. PCMH is definitely being looked to as an integral piece when developing anything to do with children and youth mental health, as including the voice of families is very relative to success of any implementation of any service/product/etc.

We have also become recognized for the work that has been continuing around the Resource Manual (special thanks to our Waterloo ladies and our St. Thomas ladies for their continued dedicated effort on this and making it possible for us to present it as a seamless addition to a variety of projects. The Student Support Leadership Initiative (SSLI) has been given an additional three years of funding, meaning that in communities across the project the SSLI initiatives in many cases are taking on new projects. One of the most common projects is developing web based resources for information. Through our work with The Centre of Excellence and contributions to many SSLIs across the Province, we are now being seen as an agency being recommended to help with not developing new web based or other information resources, but in looking at ways to coordinate and integrate those already in existence, with the added benefit of a parent to parent resource guide, where we have identified many gaps that many existing databases lack from that family perspective.

We are currently working with the Centre to potentially pilot a program that will integrate EMental Health/local 211s/and our Community Resource Guides, where PCMH is the lead and driver behind this project, and then evaluation and roll out. This is a very exciting opportunity for a number of reasons:

1. We continue to message and strongly influence that we need integrated and collaborative methods of communication at all levels
2. Our Resource Guide is becoming recognized as a valued and credible resource for families and professionals and seen as a key element in any database or information sharing system
3. We will be seen as the lead in setting some precedents that will then be carried out Provincially through the Centre of Excellence as well as the Ministry of Children and Youth Services, as this is one of their biggest pieces with the announcement of new funding.

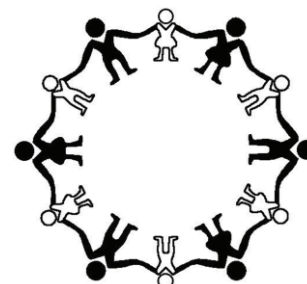
Some of the preliminary work done to date will enable us to roll out the Resource Guide in other communities, now with a lot less physical data entry, and by building on partnerships keep the updating and accuracy of the information much more sustainable. We have achieved this through partnerships with EMental Health, as well as community partners that already have databases in existence.

We continue to make presentations across the province and later this month, we'll be doing the following:

- November 24 PCMH is conducting From The Inside Training in Waterloo
- November 25<sup>th</sup> – PCMH is presenting the FTI workshop to educators in London
- November 26<sup>th</sup> – Chapter Leader Retreat

Thank you for all your support – our members keep us strong and keeping us moving forward!

Sarah Cannon



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## Upcoming Events and Opportunities

**The Jack Project** provides information and support for families including presentations and links to support. Visit their [web site](#) for more information.

**The Balanced Mind Foundation (formerly the Child and Adolescent Bipolar Foundation)** hosts regular Webinars and has chat rooms for more information. Visit their [web site](#) for more information.

**CADDAC (Centre for ADHD Awareness Canada)** is excited to announce their third annual conference – three exciting days of targeted parent, educator and adult information on ADHD within the context of other neurodevelopmental disorders in the home, school and workplace. December 2-4, 2011 at York University – for more information, see the [schedule](#).

**CMHA in London, Ontario** offers numerous workshops throughout the year. For more information, visit their [web site](#).

**Crisis and Trauma Resource Institute (CTRI)** offers a series of workshops across Ontario this fall. For more information, visit their [web site](#).

## PCMH PLEDGE FOR CHILD AND YOUTH MENTAL HEALTH – THANK YOU!

Thanks to EVERYONE - **more than 700 residents** - who made the pledge during last month's provincial election! An extra special thanks to all those candidates who also stepped up and signed the pledge for Child and Youth Mental Health.

Helen Burstyn – Beaches-East York – Liberal  
Lori Baldwin - Sands – Elgin-Middlesex-London – Liberal  
Deb Matthews - London North Centre– Liberal  
Khilail Ramal - London-Fanshawe – Liberal  
Chris Bentley – London West - Liberal

Vic Gupta – Richmond Hill – Progressive Conservative  
Tony Genco – Vaughan – Progressive Conservative  
Jennifer Treverton – Leeds Greenville – Progressive Conservative  
Katherine Sloss – Etobicoke- Lakeshore – Progressive Conservative

Janet Sudds-Kingstong – New Democratic Party

Justin Trottier – Parkdale-High Park – Green Party of Ontario  
Catherine Stewart-Mott – Oxford – Green Party of Ontario  
Myles O'Brien – Markham- Unionville – Green Party of Ontario  
Meade Helman – York Simcoe – Green Party of Ontario  
Jason Vermette – Sarnia Lambton – Green Party of Ontario  
Judith Smith-Torrie – Northumberland Quinte West – Green Party of Ontario  
Tim Grant – Trinity Spadina – Green Party of Ontario

## Articles about mental health ...

From [canada.com](#) ... support for children's mental health is a problem across the country.

## Mental Health First Aid

Established through the Mental Health Commission of Canada, Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

For more information about this program and courses offered across Ontario, please visit their [web site](#)

The Mental Health Commission of Canada has also released a special edition of their newsletter focused on child and youth mental health. [Click here](#) to see it.

## Chapter News!

Look for information about individual Chapter events and activities on the [PCMH web site](#).

**Ottawa Chapter:** On Oct 25 the Royal Ottawa Mental Health Centre and CHEO (the Children's Hospital of Eastern Ontario) did a parents presentation re: mental health with a focus on bullying and suicide at Sir Robert Borden. PLEO, PCMH's Ottawa Chapter coordinated with other support agencies such as the Schizophrenia Society, Mood Disorders, Borderline Personality and Hopewell Eating Disorders to have our parents and brochures at a family resource table

On November 1, Phyllis Grant-Parker, our Ottawa Chapter leader presented a parent's perspective at the Royal Ottawa's Mental Health Centre's public lectures on youth suicide. Two youth discussed their recovery after their own experience surrounding suicide

On November 3 PLEO, PCMH's Ottawa Chapter attended Longfield High School's parent teacher interview day to host a table on parent support. PLEO parents manned the table and provided parents with brochures and community information

**Niagara Region:** PCMH Niagara has been very busy. Our monthly meetings have welcomed new families and we had a very successful workshop with David, Sarah and Gaby. I also sit on the Parent Advisory Committee at Pathstone Mental Health where we are planning a Empowering Families evening. We will be hosting both community agencies and local supports in Niagara for families to see what is available, and also new ideas they haven't yet tapped into. Our goal is to provide continued support for families.

**York Region** was [in the news](#) last month – way to go!

## Of Interest ...

Chapter Leader Liz Nickason attended the CADDAC presentation entitled "The Importance of Emotion in Understanding and Managing ADHD" by Dr. Russell A. Barkley, PhD. Dr. Barkley is on the cutting edge of child development with respect to ADHD and related oppositional behaviour, anxiety disorders and depression.

It may be of interest to some of our membership that Dr. Barkley advocates that the addition of a EI (Emotional Impulsivity) and DESR (Deficient Emotional Self-Regulation) as diagnostic criteria for ADHD is needed, and may be included in the new DSM-V. These were components historically (named differently), but they were dropped for some unknown reason in 1968.

What was interesting about this talk was that the behaviour seen in ADHD kids has some doctors reaching for a different diagnosis to explain the meltdowns and intense emotional outbursts, because the diagnostic criteria for ADHD does not mention the emotional component.

In some cases, these children can be seen as possibly bipolar, or with a mood disorder.

The difference between the two, he states, is that ADHD kids have explosive emotional outbursts, but that typically the outburst is about something rational - something that anyone would get frustrated about, and therefore the outburst is simply a case of the child's inability to inhibit their response to the situation.

For a bipolar child, or a child with a mood disorder, the difference is typically that the outburst or reaction does not really match the situation, and is typically irrational. Also that they experience extremes in their emotions from mania to depression.

Information about this and other topics can be found on the CADDAC website: [www.caddac.ca](http://www.caddac.ca) and also on Dr. Barkley's site: [www.russellbarkley.org](http://www.russellbarkley.org).

## Support PCMH

We hope you will help support PCMH by ordering or renewing your favorite magazine subscriptions online and sharing the site with your friends and relatives. With your help, we are sure to earn the funds we need this year! We appreciate your support.

Visit the [web site](#) and purchase subscriptions today!

## From Our Members

*Our members often send us inspiring messages, poetry, and their thoughts about what their family is going through – feel free to submit your own essays, poetry and thoughts by emailing [admin@pcmh.ca](mailto:admin@pcmh.ca) and let us know you want to be in the newsletter!*

PCMH member, Chapter Leader and Board Member, Andrea Boulden sent us this ad from the Ontario Medical Association promoting support for Children's Mental Health. The ad features a picture of her son Liam – way to go Liam!

# Ontario's doctors are standing up for children's mental health.

oma.org



New investments are giving kids like Liam  
the chance to escape from mental illness.



ONTARIO'S DOCTORS  
Your life is our life's work



If you would like to share your work or your child's work,  
please e-mail [admin@pcmh.ca](mailto:admin@pcmh.ca).