

Together Strong: Making a Difference!

The countdown to this year's PCMH conference has begun and we are so excited (and busy preparing!). Each year I have worked on this conference it has changed and grown and it is great to be partnering with the Ontario Association for Suicide Prevention.

What is most gratifying for me is to meet so many of you and hear your stories, see pictures of your kids and share our many successes during the past year. There are always tears but there is also a good deal of laughter.

I can't wait to see you April 15 and 16 to renew old acquaintances and make new friends! See you soon,

Sarah Cannon, Executive Director

P.S. Don't forget that the first week of May is **Child and Youth Mental Health Awareness Week** and many events will be happening – check the web site often!

Spaces Still Available for Together Strong!

April 15 & 16, 2011



This conference program is a powerful one, with many experts and new topics in direct response to past evaluations (ie: cyberbullying, The Impact on Siblings, School Programming). For full program details visit www.together-strong.ca.

Congratulations Michelle Hackett!

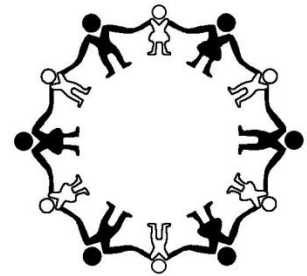
Our Hamilton member Michelle Hackett saw an opportunity to not only help to raise awareness about mental illness, but at the same time support her attendance to our Spring Conference. She and her aunt held a dinner with the support of a local restaurant and they invited family and friends to come along, hear why they wanted to attend the conference and what makes awareness about mental illness so important, as well as supporting their fundraising efforts so they could afford the travel and registration. Michelle and her aunt with the support of community, family and friends raised enough money so that they could both attend the full conference with travel and accommodation! That is what it is all about, and a perfect example of how TOGETHER, we WILL make a difference. Well done Michelle!

Dancing in the Rain

25 stories of hope, healing and recovery

This book is available through the Mood Disorder Association of Ontario for \$100.00 - (\$50.00 for book and \$50.00 charitable donation). MDAO has graciously consented to give Laura a limited number of copies that she can sell for \$50.00. If anyone is interested please let her know a.s.a.p. Laura says, "The stories I have personally read from the book to date are awesome and inspiring. A great choice to add to any library."

E-mail: [Laura Coughlin](mailto:Laura.Coughlin@pcmh.ca), Parents for Children's Mental Health - Waterloo Region



April 2011

In this (short) issue ...

Together Strong	1
Congratulations Michelle Hackett	1
Dancing in the Rain	1
From our Members	2

Follow PCMH on Twitter:
[@PCMHOntario](https://twitter.com/PCMHOntario)

Mailing Address

c/o Parents For Children's Mental Health
600 The East Mall, 3rd Floor
Toronto, Ontario
M9B 4B1

Contact Information

T. (416) 921-2109
F. (416) 921-7600
E. admin@pcmh.ca
W. www.pcmh.ca

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 and let us know you want to be in the newsletter!

Upcoming Events and Help Needed

The Dream Team Annual Fundraising Dinner will be held at 6:00 PM on Thursday, April 28th 2010 at the Lithuanian House, 1573 Bloor Street West (one block west of Dundas West subway station). Tickets are \$30.00, or \$270.00 for a table of nine seats. For further information and to reserve a ticket/table please contact the Dream Team office at 416.5126.1422 ext 263 or e-mail coordinator@thedreamteam.ca.

SUDBURY: Canadian Mental Health Association-Sudbury branch is recruiting three mental health consumers to participate on Advisory Committee. Call 705-675-7252 ext. 212 is interested.

Evergreen Foundation: Teen Mental Health

- [March 16 Newsletter](#)
- [March 22 Newsletter](#)

Call for ARTISTS: London, ON – FRAMING THE PHOENIX

The seventh annual Framing the Phoenix Art Show will take place in downtown London at The Arts from May 3 to 14, 2011. For more information, please contact: Beth Muia at 519-455-5110, x. 47323 or Marla Banning at 519-858-5158, x. 20083.

Melodie McCullough from Peterborough, ON told us about an article she wrote for *Professionally Speaking*, the magazine of the Ontario College of Teachers. Below is an excerpt and the entire article can be found [here](#).

In a class of 30 students, six may be struggling with a mental-health problem or disorder. Most likely, only one of those six students will be receiving treatment. What's a teacher to do?

A FEW YEARS AGO IN CAMPBELLFORD, southeast of Peterborough, 22-year-old Mike took his own life. The tragic event spurred family, friends and local mental-health workers, with the help of his former high school, to fight back against youth mental illness.

The Campbellford and District Community Mental Health Centre organized a one-day blitz aimed at Campbellford District High School's 700 students, classroom by classroom and grade by grade. Mental-health workers and young people who had experienced mental illness spoke about depression, mental-health awareness and suicide prevention.

The event was a huge success. Many referrals of students to the local mental-health centre followed immediately, and referrals continued long after. Case workers were accepted into the school, allowing for early and regular intervention.

"The press covered it, and everyone was talking about mental health, depression and Mike," says Jennifer Robertson, a family education and support worker with the early intervention program at the [Canadian Mental Health Association](#) (CMHA), Peterborough.

"The student response was incredible," says Robertson. "And it has led to a continuous open door between the school and the mental-health agency in the community."

"According to studies, most of the kids who have mental-health problems are not diagnosed at all," says Judith Wiener, a professor in the Department of Human Development and Applied Psychology at OISE/UT. "Yet they all go to school."

Gordon Floyd, President and CEO of [Children's Mental Health Ontario](#), agrees. "The number-one issue we need to confront in the schools," says Floyd, "is how we can do a better job of identifying the children with mental-health problems who are overlooked because they withdraw or suffer in silence."

Full article can be found [here](#).