

Speaking Out!!

On an ongoing basis, PCMH is asked to speak out about issues that affect families with children with mental illnesses. This may be on the news, on the radio or even in the grocery store line-up. As advocates for you, our members, we try to present as wide a view as possible to as many people as possible and this week our cause is gaining national attention.

Tomorrow, **Wednesday February 8, 2012**, Canada AM will be doing a special featuring mental illness in an effort to raise awareness and decrease the stigma that surrounds it. The show will feature Clara Hughes, Michael Landsberg, and an hour long town hall meeting with a panel of experts. The show will also feature vignettes from families across the Province dealing with the issues we all face - **including PCMH families.**

Executive Director, Sarah Cannon, will appear on the panel to represent the voice of families and share the knowledge that families can impart both specific to their children and youth as well as the transformation of the system. **Please tune in and show your support. The town hall feature will run between 8 and 9 am.**

Mental Health Commission of Canada Awards

The Mental Health Commission of Canada (MHCC) has created the MHCC's 5th Anniversary National Mental Health Awards to recognize programs, projects and initiatives across the country that are having a profound influence on our mental health system.

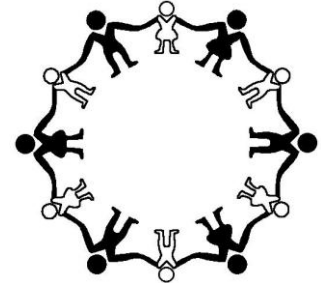
For more information about the MHCC awards, please visit their [website](#).

The organizations behind these programs, projects and initiatives will demonstrate leadership, creativity and commitment in the advancement of our collective understanding of mental health issues. They will also facilitate our ability to enhance the mental health of Canadians.

As part of the mission of the MHCC, the MHCC's 5th Anniversary National Mental Health Awards are designed to:

- **Engage stakeholders**
Links between stakeholders are better understood, consciously developed and effectively promoted.
- **Promote mental health in Canada**
The importance of mental health and the impact of mental illness are nationally recognized, and stakeholders are supported as they engage in the exchange of innovative ideas and practices.
- **Enable ongoing improvements to services and supports**
The resources available to those living with mental illness, and to their network of support, are enhanced through the promotion of successful initiatives and the creation and support of opportunities to collaborate and share experiences and expertise.
- In order to be eligible for consideration in the MHCC's 5th Anniversary National Mental Health Awards, initiatives must meet the following criteria. MHCC staff will conduct the eligibility review. Any application that does not meet the Eligibility Criteria will be disqualified and will not be further evaluated.

For more information about the Mental Health Commission of Canada, please see their [newsletter](#).



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Events and Resources

A Meeting of the Minds (An Early Psychosis Intervention Education Event for Families and Providers)

Thursday March 15, 2012 at
the Centre for Addiction and
Mental Health (CAMH) in
Toronto **FREE!**

To RSVP, please contact
eventsvp@schizophrenia.on.ca
or 416.449.6830 ext. 256

**Mental Health Commission of
Canada Newsletter** offers
information about a wide range
of activities across Canada and
the progress of the
Commission. For more
information, visit their [web site](#).

**Learning Disabilities
Association of Wellington
County** offers workshops and
information for parents in need.
Visit their [web site](#) for more
information.

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](#).

**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.

Support PCMH!

Many products are available for sale on the PCMH website. Sales of these products help fund PCMH events across the province. We have T-shirts, tote bags, mugs and a special collection of products created just for PCMH. This line is called the Vicky Collection, and was created by Plxie Mood.

Vicky Collection by Pixie Mood

All Vicky Collection items feature the green ribbon for mental illness. Here are a couple of samples of items available: passport wallet (left) and coin purse (right). Visit the [website](#) for more.



Chapter News!

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

Windsor Family Network Resources

Family Network is a network of parents, brothers, sisters and friends who believe in inclusion and the well being of children and adults who have different abilities and challenges. Our lives have been touched by 'disability'. We are families who share information and experiences with each other, provide emotional and practical support, develop briefs to tell government and others what we need and design information to help other families on their journey. We are families and friends who care.

Part of what we do is a Resource Lending Library - and through a recent Green Shield grant we have been able to purchase some new resources for our Lending Library including many exciting ones that focus on Mental Health issues such as:

- Freeing Your Child From Anxiety - Tamar Chansky
- What to do When you Child has Obsessive Compulsive Disorder - Aureen Wagner
- Freeing Your Child >From Obsessive Compulsive Disorder - Tamar Chansky
- The Explosive Child - Ross Greene
- Lost at School - Ross Greene
- Why Do You Do That, A book about Tourette Syndrome for Young people - Utom Chowdhury and Mary Robertson
- Mr. Worry A children's storybook about OCD - Holly Nine
- Answers to Questions Teachers ask about Sensory Integration
- Challenging Kids, Challenged Teachers - teaching students with Tourette's, BiPolar Disorder; Executive Dysfunction; OCD, ADHD and more

We already have other resources for families but we wanted to get word out to families of children with mental health concerns that we do have supports and resources for them here at the Networks