

Happy New Year!

With the new year comes new challenges and new opportunities as we continue to work on a variety of projects with multiple partners throughout the province. Our work continues to focus on engaging families and educators in our goal to provide better services and care for our children with mental illnesses and their families.

This year's **PCMH Conference will take place April 27 and 28, 2012** at the Ivey Spencer Leadership Centre in London, Ontario. Those who attended last year will recall the humorous and touching presentation made by Olympic medalist, Elizabeth Manning. We have confirmed Rod Black as our keynote speaker for this year's conference.

Rod Black is a Canadian sports announcer for TSN and CTV Sports. He anchored CTV's coverage of the 1991 Canada Cup, 1992 Summer Olympics in Barcelona, Spain, 1994 Winter Olympics in Lillehammer, Norway and the 2010 Winter Olympics in Vancouver, British Columbia. He won the 2005 Sports Media Canada Award as Outstanding Sports Broadcaster and has earned five Gemini Award nominations for Best Sports Broadcaster.

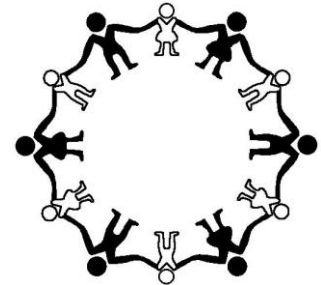
Sponsorship packages for the conference are now available for distribution. If you know anyone who may be interested in corporate or personal sponsorship of this event, please let us know and we will connect with them and provide a complete sponsorship package.

Sarah Cannon, Executive Director

Upcoming Events

There is a WORLD of opportunity for learning in 2012! The following is a summary of events taking place across Ontario (and sometimes beyond) that may be of interest to members. Links to more information have been provided so you can just click on what interests you most!

- Understanding and Supporting Youth with Severe Behavioural and Emotional Challenges – January 25 (Belleville), February 22 (Toronto), March 21 (London) [More info here](#)
- Neufeld Institute Parent Conference *Rest - Play – Grow* – February 11 (Ottawa) [More info here](#)
- Making Sense of Preschoolers and Young Children: What every child needs us to know about them – February 13 (Ottawa) [More info here](#)
- Anxiety - Practical Intervention Strategies – February 15 (Mississauga), February 22 (Ottawa), February 22 (London) [More info here](#)
- Trauma - Strategies for Resolving the Impact of Post Traumatic Stress – February 15/16 (Mississauga), February 23/24 (Ottawa), February 23/24 (London) [More info here](#)
- De-escalating Potentially Violent Situations™ - March 7 (London), March 9 and June 15 (Ottawa), March 14 and June 12 (Mississauga) [More info here](#)
- Substance Abuse and Youth - Creating Opportunities for Change – April 19 (Mississauga), April 27 (Ottawa) [More info here](#)
- Self-Injury Behaviour in Youth - Issues and Strategies – May 14/15 (Mississauga), May 24/25 (Ottawa), May 24/25 (London) [More info here](#)



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Resources

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!

There are still copies of the 2012 Calendar available for purchase on the PCMH web site. If you're looking for something for a post-holiday gift – please visit the web site and consider ordering a calendar or other product!

Through the Eyes of Our Youth – 2012 Awareness Calendar

A great gift for teachers, counselors, friends, family or neighbours! Help everyone remember how important child and youth mental health is each day of the year. \$15 each – order through the [Shop Online](#) section of the PCMH website.

Magazine Subscriptions

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!

Chapter News!

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

Learning Disabilities Working Group Established by Ministry of Education

From the December 2011 Learning Disabilities Association of Wellington County comes this news that will be of interest to those parents whose children with mental illnesses have co-morbid learning disabilities.

The Learning Disabilities Working Group (LDWG) is established to provide expertise and share knowledge with the Ministry of Education in the area of LD to meet three key objectives:

- Inform the development of Guidelines for Learning Disabilities;
- Support the development of a repository of relevant resources on LD that will be available to school boards electronically; and
- Inform the review of PPM 8, Learning Disabilities

Meeting Key Messages

The Ministry of Education is committed to improving the achievement of all students, including students with learning disabilities. Approximately 43.7% of all exceptional students have a learning disability (LD). The Ministry of Education's Policy/Program Memorandum (PPM) 8, Learning Disabilities, was released in 1982. Since that time there has been significant research on LD. Special education policies and school board practices have also evolved which make it necessary to review the PPM. The LDWG will identify effective practices and processes for school boards to use when providing programs and services for students with LD. It will support the identification of appropriate resources to support students identified with a learning disability that will be posted online. The LDWG will also provide input into the development of LD Guidelines and the review of PPM 8. Areas such as requirements for LD programming, specific programmes provided to children with LD and funding formulas and approaches are beyond the scope of the mandate of the LDWG.

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!

Listen to my voice, I'm a good person.
 Even if you don't like to do some of the things I like to do.
 Listen to my voice, I've struggled for your acceptance.
 Even though you've ignored me.
 Listen to my voice, because I'm alone right now.
 And it's late, and I'm not thinking clearly.
 Listen to my voice, I'm crying out for help.
 And soon I'll be crying myself to sleep.
 Listen to my voice, when I leave and you can't find me.
 When you do, tell me you love me.
 Listen to my voice, when I'm screaming, "I hate you!"
 I don't mean it.
 Listen to my voice, when my stuff goes missing.
 I'm giving it away, because I'm not going to need it.
 Listen to my voice, when I'm not at the dinner table.
 I'm hungry, I just don't care anymore.
 Listen to my voice, I'm just not going to say anything.
 That's when I want to be heard the most.
 Listen to my voice, because I don't understand the word "final".
 So maybe you should explain it to me.
 Listen to my voice, I wish that you would hear me.
 Because I've given you all the signs.

Tony Garrison

If you would like to share your work or your child's work, please e-mail admin@pcmh.ca.

Sad News

It is with great sadness that we let you know that **Mr. Lindsay Moir** passed away suddenly on January 10, 2012.

Lindsay founded **Comhnadh Consulting** in 1997, after retiring from the Ministry of Education after 31 years. His Ministry career was spent entirely in the Special Education field as a teacher, principal, Program Director, administrator and Education Officer, in a variety of Special Education roles and locations. He was an experienced teacher, administrator in a provincial residential school and also worked on many provincial committees reviewing and making recommendations about legislation.

Lindsay made presentations at numerous PCMH conferences and helped educate a lot of our members about the rights of their children and us as parents. His encyclopedic knowledge of Ministry of Education rules was phenomenal and he could quote word for word! He will be missed. The obituary from the London Free Press is copied below.

MOIR, Lindsay - Suddenly at home on Tuesday, January 10, 2012 Lindsay Moir passed away in his 66th year. Beloved husband of Elizabeth Mary Moir for 44 years. Loving father of Scott (Julie) Moir, Andrew (Adrienne) Moir, Heather Wacyk (Mark). Proud and loving Papa of Callum, Chloe, Finn Moir, Reilly, Cooper, Avery, and Quinn Wacyk. Dear brother of Sheena Drennan (Bob) and brother in law of Gayle (Ray) Kelly, Gisele Wadge. Also missed by several nieces and nephews. Friends and family will be received at MEMORIAL FUNERAL HOME 1559 Fanshawe Park Road East (at Highbury) for visitation on Friday from 6-8 p.m. Funeral service will be held at Dayspring Presbyterian Church 1880 Phillbrook Drive London on Saturday, January 14th at 11:00 a.m. Private family graveside service. Lindsay was a lifelong educator who never stopped sharing his love of learning. Champion of children with special needs. In lieu of flowers donations to Autism Ontario, or the Dayspring Presbyterian Church gratefully acknowledged.