

HEAR OUR VOICE

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Inside this issue:

As many of you have heard, the Ministry of Child and Youth Services has agreed to fund the PCMH/Kinark Proposal for Peer/Parent Navigation. Since this news has been released, many of our members have been asked to speak about this proposal and what the funding is for etc. The following is a brief description with key points should anyone be asked to comment, and for our membership information. Approximately two years ago, PCMH with Kinark Child and Family Services (the largest Child and Youth Mental Health Agency in Ontario) came together in an unparalleled partnership to present a proposal for funding to bring a peer navigation model to Ontario to assist families who are trying to navigate the child and youth mental health sector. It is important to note that families will have equal input, and will be equal partners in the development of the programming and throughout its implementation phases, which is a key point for families and PCMH. One of the values of PCMH is family-centered care at all levels of treatment etc for child and youth mental health. This is an extremely positive first step in not only progressing to a funded service that will directly benefit families and their children, but also in legitimizing the role of the families in treatment, and policy regarding children and youth mental health and its sector. If you have any other questions, or would like further clarification on the proposal etc, please feel free to email admin@pcmh.ca. We will keep everyone posted on our progress throughout this exciting time! Having a family led program be funded, if even in just its initial phase, through MCYS, shows that our voices are being heard, and that we must continue to advocate for the services and funding our children need and deserve, because we truly are the experts where our children are concerned. Without the concerted efforts of public and our membership a proposal such as this would not have been approved. So thank you all for your contributions to our success!

FUNDRAISERS NEEDED:

Parents for Children's Mental Health is near completion of its Strategic Consultation process. As with all charitable organization, the largest challenge remains financial sustainability of the organization. While grant funding will continue to be sought, it cannot remain the major revenue stream for our organization. Core funds are needed to sustain the infrastructure of PCMH as well as to help us grow. Therefore, concrete fundraising development strategies must begin to be implemented. Over the summer months, we are asking you to consider coordinating a local community fundraising event. We will assist you with the ideas, materials required, and other administrative tasks that your event may require, but we ask that you consider being a coordinator of an event, and mobilizing your local community for support. Some of the ideas and suggestions that we have are: Charity Barbeques, Bingos, Bowling Tournaments, Big Bike Rides, or consider having a yard sale and donating the proceeds to PCMH for a charitable receipt. One member at a 40th Birthday Party requested donations to PCMH in her name in lieu of gifts. There are many fundraising opportunities we can help arrange, and along with the much needed raising of funds to grow our organization, each will present an opportunity to raise awareness and keep talking about children's mental health, and the promotion of PCMH. If you are interested in volunteering for a fundraising event in your community please email: admin@pcmh.ca so we can get you started.



Andrea Howarth, May 3rd, 2010

ADVOCACY

PCMH Continues to Celebrate the Success of their Day of Advocacy at Queen's Park May 3rd to kick off Children's Mental Health Awareness Week, and to bring forward the issues of Child and Youth Mental Illness in Ontario.

Thank you to all those who supported the effort, and continue to support the efforts of PCMH to raise awareness, decrease stigma, and continue to push for the equity and respect our children deserve.

Please visit <http://www.pcmh.ca/may3> and help celebrate with us, as well as renew our commitment to continue to raise our voices so that our children and youth no longer suffer in isolation, silence, and shame, and instead are brought "Out of the Shadows and Into the Light" where they truly belong!

"Together, we can make a difference."



Valerie Pringle, May 3rd, 2010

AWARENESS CAMPAIGN

The Barrie Examiner-and the Peterborough Newspapers have agreed to run a bi-weekly Parent's For Children's mental Health-Tell a Friend-(Tell Your Story) Awareness Campaign. The objective of this awareness campaign is for parents to share their stories but run them in different communities. I know the first time I told my story, it was painful, my journey was not as tragic as MANY others but nonetheless it was a

process that I had to go through. The more I wrote it, the more I told it the easier it became for me. My confidence was getting better, my self-esteem grew back to where it was and now I am publicly sharing my story in newspapers, in person and to anyone who will hear me. As a parent with a child with mental illness, I can guarantee you that if I tell my story another parent will relate to it no matter where

they live. I need help I cannot do this without all your help. Please help me help you and all the other parents suffering needlessly. Email me personally if you have ANY questions.

Yolanda@galloconsulting.com

PCMH thanks Yolanda for taking on this initiative and reaching out to our members in effort to have our voices echo throughout this province!



TJ and Vincent April Conference
Photo by Chantal Durling
New Liskeard Member/Leader

About the Campaign for Fairness:

In April of 2009, a Coalition was formed composed of individuals and organizations with a strong belief that children and youth in Ontario dealing with mental health issues deserve a better system of services. This unparalleled effort to join forces and demand equity is designed to move the issues related to child and youth mental health forward on the political agenda. The coalition is developing a province wide campaign designed to raise awareness of child and youth mental health issues in advance of and during the 2011 provincial election. We will be formally launching the campaign in October stay tuned for details so that you may participate.

<http://www.campaignforfairness.ca/>



TJ and Vincent April Conference
Photo by Chantal Durling

SURVEYS FOR PARENTS

PARENTS: LDAO needs to hear about your experiences in the school system!

The Learning Disabilities Association of Ontario (LDAO) is gathering information on the educational experiences of students with learning disabilities and other special education needs in the Ontario publically funded school system. We are asking for your participation as parents in sharing your perspective, so that we can advocate more effectively for appropriate services for students with learning disabilities and other special education needs.

Please respond **by June 4th** <http://www.surveymonkey.com/s/CYNW8QL>

CONFERENCE UPDATE

1. Were your personal objectives met? 84% agreed their objectives were generally met.
2. Was there adequate time for workshop presentations? 86% felt there was adequate time
3. Were you satisfied with conference material? 83% were satisfied with conference material
4. Were you satisfied with workshop topics? 78% were satisfied with workshop topics
5. Were the plenary presentations interesting/beneficial 84% felt they were interesting/beneficial
6. How would you rate the benefit of the information you will take away to your daily life/routine?
83% found the information would be beneficial to their everyday
7. Was adequate time given for registration and notification of date of conference?
93% felt there was adequate time given for registration

Overall Rating of Conference

- 28% found it to be Excellent
 - 57% found it to be Very Good
 - 10% found it to be Average
-

Family under stress

It wasn't the life, or the motherhood Leonard signed up for. But, even through all the turmoil mental and physical exhaustion the disorder has put her through, she doesn't love her 15-year-old and seven-year-old sons any less. Have I been traumatized? Absolutely," she said. "I've had two heart attacks because of this, and had counselling. And, I can't work because I parent my youngest still." Her oldest son, Adam (not his real name), started showing signs at age four, but Leonard wasn't able to tell. He was all over the place, very busy and hyper. He might have been out of control then, but I was too naive to realize something wasn't right," Leonard said, looking at her son's school picture. "Then, in Grade 1, (Adam) was suspended for throwing snowballs at the principal. "The challenges got more extreme as he grew, because of his frustration about his severe learning disabilities," she said, adding that at age 8, Adam became enraged with her and grabbed a butcher knife from the kitchen to threaten her with. He gets mad and has punched holes in our walls. He has disappeared and been out all night," she said. "He was doing drugs at age 10, skipping school. And he refused any assistive devices at school because he didn't want people to think he was stupid. He's in Grade 9 sitting at a Grade 31 earning level." Sadly, FASD is not a commonly-known disorder in Simcoe County. Leonard says the disorder has put a considerable amount of stress on her marriage, family life and Adam's school life. "He's been kicked out of different schools for his behaviour, and one group home, because they didn't know how to deal with his condition," she said. "I've done a lot of damage control from all the stigma they receive.

*Thank you Joanne for sharing your story to read the full story please visit <http://thebarrirexaminer.com>.

**PARENTS FOR
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MENTAL HEALTH**

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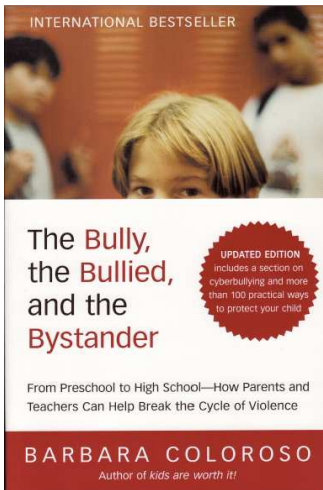
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Barbara Coloroso



Together we can make a difference

PCMH Members Get Involved

PCMH is rallying behind the family of Bryten Brown, a 13-year-old boy who took his life in St. Thomas. As families of children with mental illness, we wish to support this family and continue to raise awareness about children's mental illness so that tragic losses such as Brtyen's can be prevented.

R.I.P Bryten Brown: On a discussion board in this group Bryten's mom writes:

"I promise you Bryten we will make a difference! I beg every parent, teacher, child and adult to read Barbara Coloroso's *The Bullied, The Bully and The Bystander*."

Bryten's mom wanted to bring Barbara Coloroso to her community to raise awareness, and to make this happen, Parent's For Children's Mental Health St Thomas Chapter (www.pcmh.ca) has agreed to undertake fundraising efforts to bring Barbara Coloroso to St Thomas. Due to a timely re-scheduling, Barbara is able to come to the community on June 9th which leaves 2 weeks to raise the necessary funds to make this a reality!

The following events to begin this initiative have been organized:
JUNE 1st 4:30p.m. to 7:30p.m. Wendy's St. Thomas has allowed PCMH to host a fundraising dinner in honor of Bryten to raise funds for Barbara's presentation.

JUNE 2nd 5:00p.m. to? St Thomas realtors will be hosting a Realtors Care event at Boston Pizza (St Thomas) to further help our fundraising efforts.

JUNE 5 10a.m.-12p.m. PCMH will be holding a bbq outside of WalMart St. Thomas to continue our fundraising challenge.

Donations can also be made online at the PCMH website, Donations of \$20 or more will be issued a charitable tax receipt.

JUNE 9th PCMH present Barbara Coloroso at Parkside Collegiate in St Thomas.

6:00p.m. to 7:00p.m. Barbara will be doing book signings (books available at the event)

7:00p.m. to 9:00p.m Presentation

Admission for the event is \$2

Tickets can be reserved at admin@pcmh.ca

