



HEAR OUR VOICE

New Iris the Dragon Book Dealing with Mental Health in the Teenage Years & Stigma

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Building on the success of the first Iris the Dragon book that sold over 10,000 copies, Iris the Dragon is proud to announce the sequel to their first book, "He Shoots, He Scores," that yet again addresses another important topic in the children's mental health field – stigma.

Approved by the Departments of Education for the Province of Manitoba and Nova Scotia as acceptable resource material for their mental health curriculum, Iris' new book, "He Shoots, He Scores," continues the life of the main character, Fish, who is a boy with bipolar and now must navigate his teen age years with his illness.

Dealing with sensitive topics in a safe and non-threatening genre is what Iris the Dragon has always done best. "He Shoots, He Scores" helps readers understand that a mental health condition when diagnosed young has to be managed through out the different developmental stages of life in addition to dealing with society's and one's own response to mental health.

PCMH values your feedback! Please follow the link below and let us know how we can improve our website.

[http://
www.surveymonkey.com/
s/JC8RR6G](http://www.surveymonkey.com/s/JC8RR6G)

**SAVE THE DATE:
PCMH AGM
SEPTEMBER 21, 2010
DETAILS COMING
SOON!!!**

42% of Canadian parents admit they would never tell anyone their child has a mental illness!

(Source :CMHA)

Member Agency Madame Vanier has revamped their website and has a new blog feature (Bonnie's Blog) check them out at www.vanier.com

Read below endorsement from Canada's Child and Youth Advisory Committee for the Mental Health Commission of Canada.

"Gayle Grass, AKA Iris, is an exceptionally talented author of captivating children's books. Through this medium, she educates her audience (children, parents and caregivers) about mental health and mental illness and stigma reduction."

"This book, "He Shoots – He Scores: A Tale from the Iris the Dragon Series", is her fifth in the series. This book is a continuation of "Catch a Falling Star" but occurs later in the life of the young boy as he navigates the developmental transition into adolescence, a phase of life that neither he nor his support system are prepared for. Additionally, the serious problems of self and family stigma are addressed. In her Iris the Dragon Series, Gayle has utilized outstanding vision for a demonstrated need well before the topic of child and youth mental health and illness was as well identified as a need and well before it was well accepted. It is now well beyond time that Gayle's outstanding contributions were thoroughly embraced. Congratulations Gayle!"

Simon Davidson, M.B., B.Ch., F.R.C.P.(C) Professor of Psychiatry and Paediatrics, Chairman, Division of Child and Adolescent Psychiatry, University of Ottawa; Chair, Child and Youth Advisory Committee Mental Health Commission of Canada

Also, in recent new Iris the Dragon Charity is proud to be part of the Opening Minds Group for the Mental Health Commission of Canada investigating ways to help Canadians deal with stigma.

Visit us at www.iristhedragon.com for more information.

Political hopefuls schooled in understanding



Yolanda Gallo, left, Sarah Cannon and Tanya Alfieri, led a workshop for local political candidates to help them understand the trials and pressures of children with mental health issues. Cannon is executive director for Parents for Children's Mental Health, while Gallo and

Parents for Children's Mental Health (PCMH) would like to express thanks to all of the municipal, provincial, federal candidates in the Barrie area who participated in our recent launch of "From the Inside-The Invisible Disability." This powerful workshop was designed to give the participants valuable insight into the lives of the many children in our community

who struggle with mental illness and the daily challenges they face in and outside of the classroom.

. Dave Hardwick - Ward 9 "This workshop is a must for any parent. There is not enough awareness in our community regarding children's mental health issues."

Erich Jacoby Hawkins -Green Party "It's clear that early and pro-active measures are the best way to reduce future problems, costs, and tragedies."

Rodney Jackson - Ward 3 "Excellent 'real life' experience that will open people's eyes to a serious situation that doesn't get enough attention."

Myrna Clark - NDP "The question was asked: 'What can we do to better support our children?' Let's put energy and monies into our children, all of our children."

Patrick Hebert - Ward 4 "As a survivor of mental illness, I offer hope to those who are also living with one. Bringing CAMH-level treatment to Barrie is something I believe would further improve access to care in our community."

John Brassard — Ward 7 "The workshop presented tonight is one that I would recommend to anyone wanting to understand what mental illness is and the effects it can present."

Joe Tascona — Mayor "As a community, we must provide a better understanding and education of persons with mental disorders and work for greater compassion and public resources to better our community."

Rose Romita - Ward 2 "Very informative. Should be done more often so more people can understand and help eliminate the stigma."

James Palmer - Ward 5 "Starting a new family of my own, its great to know if there is ever the need for support, there is a group any of us can reach out to for that support"

John S. Webb - Ward 8 "For a society who values education, I am surprised by how little society understands at times. I would recommend everyone take 20 minutes and go take a look at www.pcmh.ca."

"Parents for Children's Mental Health is doing a tremendous job about the "real' effect of mental health for children and youth."

PCMH salutes Yolanda and Tanya for their excellent work in continuing to educate the public about mental illness and stigma. This is an initiative our members can carry out across the province in an effort to effect change. If you are interested in organizing an event such as the one highlighted above please email admin@pcmh.ca.

MOBILIZING OUR PARENTS:

Reaching IN...Reaching OUT (RIRO), a program that promotes resilience in families, is carrying out a research project funded by the Ministry of Children and Youth Services (MCYS). MCYS wants to know how it can better help children, youth and families to be resilient. PCMH parents were invited to learn more about what the research says about resilience and to share their experiences and views. They shared ideas about how MCYS funded services (like children's aid, licensed childcare, children's mental health, foster care, group homes, counseling, youth detention, etc.) can better help children, youth and families to be resilient. PCMH was thrilled with the opportunity to have the family voice heard and to be recognized as the true front line experts.

MEDIA TAKES INTEREST.....

CBC called upon PCMH to hear from families that have children suffering from depression and anxiety who are currently on the wait list for service. Thank you to those families that volunteered to tell their story. 3 families have been selected by this reporter to for an upcoming story about the crisis in children's mental health.

W5 recently contacted PCMH after one of our parents called them to share her story. The researcher was shocked to discover that her "story" was not unique and that 656,000 children in our province are currently waiting for service (some waiting up to 2 years to access service). PCMH sent out an email blast asking for families willing to share their stories. 5 families have been selected by the researchers and we will keep you posted when this segment will air. Sharing your story publicly is not an easy endeavour and we applaud the parents who found the strength to come forward and put a face to the illness and help to continue erasing the stigma. These 8 families will be the voice of 100's of thousands of families in this province that struggle everyday!

FACTS ABOUT MENTAL ILLNESS

- *1 IN 5 Canadians has or will develop a mental disorder.
- *At least 70% of cases of mental illness in adults can be traced back to childhood!
- *Mental illnesses affect people of all ages, educational, income levels and cultures.
- *It is estimated that mental health issues costs the Canadian economy \$51 billion in health care and lost productivity each year.
- *In Canada, mental illness is the second leading cause of human disability and premature death. Suicide is the second leading cause of death in youths between 15 and 19 years of age. Only accidents result in more deaths in this age group.
- *The World Health Organization estimates that depression will represent the single largest burden on health care by 2020!

Bryten Rockz

In Memory of Bryten Brown

Presented by PCMH

ROCKIN IT OUT IN PINAFORE PARK



ALL DAY ALL AGES
SOMETHING FOR EVERYONE
SPEND THE DAY AND EVENING
IN PINAFORE PARK WITH US

SATURDAY AUGUST 14, 2010

12 NOON TO 10PM
FOOD, DRINKS, SNACKS
VENDOR TENTS

LIVE ENTERTAINMENT ALL DAY
CHILDREN'S EVENTS & GAMES

ADMISSION: GATE TOLL AT PARK ENTRANCE & MAIN STAGE

COURTESY OF PCMH VOLUNTEERS

Pinafore Park
89 Elm Street, St. Thomas, Ontario



WHY DO PEOPLE
BULLY?

TO PRETEND THEY ARE TOUGH

TO TRY TO GET OTHERS TO LIKE THEM

TO HIDE THEIR OWN FEARS

THEY COPY OTHERS WHO BULLY

THEY ARE UNHAPPY

THEY DON'T LIKE WHO THEY ARE

ARE THERE ANY OTHER REASONS?