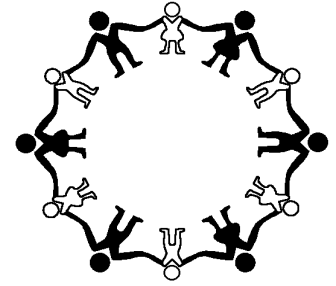


# HEAR OUR VOICE



Evergreen currently has online survey available for parents to participate in feedback.

<https://surveys.dal.ca/opinions?s=7808>

The DSM revisions are now open for public consultation

<http://www.dsm5.org/Pages/Registration.aspx>

HAVE YOUR SAY!

Hear Our Voice

Parent Navigator

Chapter Development

Brag Board

From The Inside

April Conference

What's New?

## DAY OF ADVOCACY QUEEN'S PARK – MAY 3<sup>rd</sup>

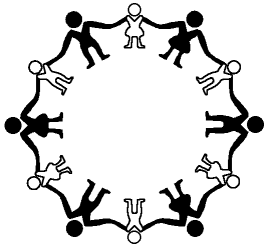
We are currently working with Andrea Howarth to bring forth a Private Member's Bill declaring May 7th National Children and Youth Mental Health Awareness Day. To support this effort, and to raise awareness, PCMH has taken the lead in organizing a Day of Advocacy at Queen's Park on MAY 3rd. KEY in this event's success will be strong representation. A strong message along with strong representation will draw media to the event, and bring added awareness of the issues to light publicly. Public will be drawn to the event and story only if there is a large presence to accompany our strong message. It is imperative that we all support this day within our networks looking for ways that we can support attendance and representation at this important date.

The main ask of the day will be to have Ontario declare May 7<sup>th</sup> Child and Youth Mental Health Awareness Day. Sarah, Sylvia, and Judy of the PCMH Board of Directors are also represented on a National Committee working to have this day declared across Canada with events supporting the effort in every Province. We will increase the public awareness of the issues, and bring some more focus and hopefully public pressure to government to invest in the Children and Youth Mental Health Services and Sector.

Thus far confirmed speakers for the day are: Valerie Pringle, Simon Davidson, The Mental Health Commission of Canada, and Smokey Thomas, President of OPSEU. We are still working on building our keynote addresses, and we continue to attract interest and support. There will also be presentations by PCMH, families, and youth. The day will consist of meetings with MPPs by groups of families who will have received training and meeting messaging training and packages, press conferences, interviews, guest presentations, and information booths and displays throughout the day. PCMH has partnered with Child and Youth Mental Health Agencies, as well as labor and continues to examine ways we can remove barriers for families to attend.

Please consider supporting the event in person, as well as examining opportunities within your work and personal networks to encourage participation.

*Together, we WILL make a difference!*



## Parent Navigator Program Proposal

**PCMH and Kinark continue to work together to obtain Ministry Funding for development and implementation of Ontario Parent Navigator Positions across the Province. The process is very slow and we continue to conversations with the Minis-**

**try of Child and Youth Services securing approval. Should we receive approval, the first phase will be research and development to present to the Ministry with a second proposal for implementation and piloting of the program. The first**

**phase of research is required to produce results that prove evidence-based data on the benefits and already proven best-practices being used of Parent Navigation and its role within the system. Kinark and PCMH remain committed to this endeavour and will continue to promote.**

***Excellent representation of families across the Province of Ontario is being established!***

## Chapter Development

**PCMH welcomes their new Agency Support Groups to our Network:**

Windsor—Maryvale

Niagara—NCYS

Dufferin County—DCAFS

Brantford—Woodview

Current Chapters in Development:

Halton—Woodview

London—Vanier

St Thomas—OECYC

Scarborough— East Metro

Once these chapters have been established and are off the ground and running Sarah will begin to travel meeting with Executive Director's provincially promoting the agency

support groups.

Some excellent feedback is already being realized since the establishment of these agency support groups,

It is our hope to have PCMH Peer Support Groups in 50% of CMHO agencies within the next 3 years! Please ask us how you can help us reach this goal!

***Brag about your child's accomplishments!***

Submit to:  
admin@pcmh.ca

We want to see poetry, art, hear stories, anything that will celebrate their accomplishments and how spectacular they are! They all deserve celebrating—lets share all our wonderful stories!

## BRAG BOARD

Brody Sharland knew that something was not quite right with his new friend. While slowly the other youth ostracized and ridiculed her Brody sought information that would explain her "behaviour". When he discovered her "story" he was both deeply saddened and moved to make a difference. Brody contacted one of our PCMH parents asking how he could make a difference. Brody who lives in Brantford will commence fundraising efforts by selling jelly bracelets and car magnets promoting mental health awareness in his community. We salute this young man that embraced his friend with mental illness and is helping her stay out of the shadows and walk with confidence in her bright light. To the world he may be just one person but to "her" he has been the world. Thank you Brody Sharland!

## From The Inside—New Workshop Offered through PCMH

Initiative funding to develop, implement, and market PCMH's From The Inside Workshops developed in conjunction with Ontario Self Help Network has been approved and funding has been received from The Centre of Excellence.

This funding will be directly applied to the further development and implementation of the From The Inside Workshop as well as the Training Program for the Presenters that will be delivered to family members of PCMH.

The approved initiative funding has allowed us to proceed with more aggressive development and marketing of workshops. An initial consultation with regards to development of the training manual and workshop itself took place on February 22, 2010 and after this meeting, concentrated efforts on having the material developed, printed and distributed is underway.

Consultation with a Strategic Marketing Consultant has also begun through the initiative funding to provide PCMH with

sound marketing strategies that will maximize contact and impact with intended audiences as well as combine marketing and 'branding' of PCMH.

To find out more information, or to learn how you can be trained to provide the workshop contact: [admin@pcmh.ca](mailto:admin@pcmh.ca)

**Contact us to  
learn more  
about how you  
can present  
FROM THE  
INSIDE!**

## APRIL CONFERENCE—HOLD THE DATE!

Hold the date!!! April 30 and May 1, 2010 for the Annual Parents Supporting Parents Workshop. Novotel Hotel Mississauga

Early bird registration and Flyers have been distributed and can be found on the website. Please ensure that you are distributing all information received about the conference to all of your networks as well.

**Key Highlights of the Event:**  
Friday Evening Mental Illness and the Arts and Reception featuring, CTV'S So You Think You Can Dance Canada Stars Tara-Jean and Vincent who will be performing their dance depicting mental illness that received much positive media attention after being aired on the show; as well as keynote address by Gayle-Grass-author of the Iris the Dragon Series

Keynote Addresses on Saturday by: Alene Pearly Rae (Bob Rae's wife, mental health advocate) and Kevin Flynn (Chair of the Select Committee on Mental Health and Addictions)

Full registration and program details can be found on our website [www.pcmh.ca](http://www.pcmh.ca)

Look forward to seeing you all there!

*Check our website*

[www.pcmh.ca](http://www.pcmh.ca)

*For upcoming full program and workshop descriptions  
For the Parent to Parent Conference!*

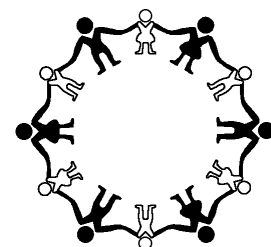
## What's NEW?

We are looking for new and perhaps innovative ways to raise funds to continue to be able to provide the support and ongoing work of PCMH. One of the items we are hoping you will participate in is helping roll out a fundraising initia-

tive for corporate sponsors and or donations. A draft letter has been prepared for distribution to local business, credit unions etc outlining sponsorship and donation opportunities for local businesses. If you feel you are able to help us

out in this endeavour, please contact PCMH for a full explanation of the program and the letter for distribution.

[admin@pcmh.ca](mailto:admin@pcmh.ca)



**PARENTS FOR  
CHILDREN'S  
MENTAL HEALTH**

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Toronto, Ontario  
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Phone: 416-220-0742

or

416-921-2109

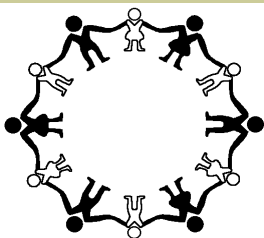
Fax: 416-921-7600

E-mail: [admin@pcmh.ca](mailto:admin@pcmh.ca)

Website: [www.pcmh.ca](http://www.pcmh.ca)

**New web address  
[www.pcmh.ca](http://www.pcmh.ca)**

**Participate in our online  
live chats!**



*Together we can make a difference*

Parents for Children's Mental Health is a provincial, non-profit, parent led that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and empowerment by linking networks of families, communities, agencies, and government. PCMH believes in the promotion of family-centered principles of care.

**PCMH wants to make children's mental health everyone's business in order that all children can live rich and fruitful lives.**

**Become a member—lets work together!**

*Together, we can make a difference!*

## **PCMH Members Get Involved**

Our You Tube Video Links:

<http://www.youtube.com/watch?v=bO5IP9wpqNg>

<http://www.youtube.com/watch?v=gSIWhNOL8PA>

<http://www.youtube.com/watch?v=dGX9IkSNT4o>

**Websites of Interest:**

[www.speakingofkidsmentalhealth.ca](http://www.speakingofkidsmentalhealth.ca) — Sarah Cannon, Simon Davidson, Ian Manion, Cathy Dandy a few of the featured bloggers of this site

[www.mentalhealth4kids.ca](http://www.mentalhealth4kids.ca)

Please watch our website for upcoming information on the launching a viral video contest concentrating on youth creations to build awareness and decrease stigma. Selected videos will be featured in selected venues across the province during Children's Mental Health Week.

Special thanks to Gaby Wass for her volunteer roll in so many areas and agreement to work on this regular newsletter for our members.

Special thanks also to Sonia and Andrea of the Niagara Chapter for their ongoing fundraising and advocacy efforts, and their strong presence in the Niagara Community.