

Election Time! Your Vote, Our Voice, Counts!

In the final days leading up to the October 6th election it would be easy to listen to all the polling reports and think that your vote won't make a difference, that there are issues that have clouded the issue of child and youth mental health in this election, and there are issues that are much easier to take a definitive stand on one side or the other over.

The truth though is, your vote, and our voice will count. In an election as close as this one, even more.

I am sure like many of you there was a day when I didn't follow the election very closely, I concentrated on larger issues, and perhaps went with the majority of what my friends and families were thinking. Today however, I know that I have to cast my vote in a way that will truly represent what is best for the children and youth suffering with mental illness. If we don't vote for them, no one will. This is no easy feat mind you – that means making a tough decision and sometimes worrying about whether it is the right one.

There is a lot talked about in each party's platform, and there are likely many things that we like from each, but what I have chosen to do is concentrate only on the pieces of the party platform that deal specifically with child and youth mental health, or mental health overall. NOT Healthcare, as we know we are not funded through the Ministry of Health but the Ministry of Child and Youth Services. When looking at education, does the party's platform continue to ensure that my child is going to be measured against a cookie cutter criteria of excellence, OR, does it reflect that each child is unique and has unique learning styles and measures of success are far from unique. It isn't easy, but I don't think voting is supposed to be easy, it is designed to give us the power to make the most important decision, the decision of who will be leading us as a Province. Certainly shouldn't be taken lightly. I also know that many of us have very little time, but taking the time to fully understand where each party stands on only this issue is important if we want to be agents of change, the change our children and youth need. So please, take the time to read each party's platform at www.vote4mha.ca. If you have questions, or want to discuss the upcoming election, email us at admin@pcmh.ca. Sarah Cannon, Executive Director

Elections Update: [Click here](#) to see how candidates stand on support for mental health

Parents' Lifelines of Eastern Ontario (PLEO) and the Ottawa Child/Youth Housing Advocacy Initiative (OCHAI) invited candidates to respond to a survey about child and youth health. See the results [here](#).

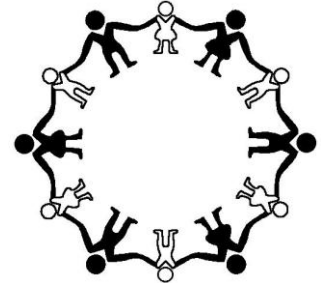
For more election opinions, visit Cageratlr at this [web site](#).

PCMH PLEDGE FOR CHILD AND YOUTH MENTAL HEALTH UPDATE

The following candidates have signed the pledge for Child and Youth Mental Health and **more than 700 residents** have also signed the pledge (*Editor's Note: This is thanks to ALL OF YOU sending it out to your networks – Congratulations!*).

Helen Burstyn – Beaches-East York – Liberal
 Lori Baldwin - Sands – Elgin-Middlesex-London – Liberal
 Deb Matthews - London North Centre– Liberal
 Khilail Ramal - London-Fanshawe – Liberal
 Chris Bentley – London West - Liberal

Vic Gupta – Richmond Hill – Progressive Conservative
 Tony Genco – Vaughan – Progressive Conservative



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Follow PCMH on Twitter:
[@PCMHOntario](https://twitter.com/PCMHOntario)

Mailing Address
 c/o Parents For Children's Mental Health
 600 The East Mall, 3rd Floor
 Toronto, Ontario
 M9B 4B1

Contact Information
 T. (416) 921-2109
 F. (416) 921-7600
 E. admin@pcmh.ca
 W. www.pcmh.ca

Upcoming Events and Opportunities

Does your child have ADD or ADHD? Maybe you have it too? - with Rick Green October 11, 2011 presented by York Region. To register, click [here](#).

Treating Explosive Kids: The Collaborative Problem Solving Approach – with J. Stuart Ablon, Director of “Think Kids” at Massachusetts General Hospital October 13, 2011 – CPRI, London, Ontario – Register [here](#).

IEP Workshop October 18, 2011 at 7:00 pm. Sean Cameron, PhD, a Development Psychologist and certified teacher from Guelph will be our presenter. To register, e-mail info@ldawc.ca.

17th ANNUAL EMPOWERMENT AND ACTION DAY: **Enhancing the Lives of Children and Youth with Disabilities**, October 19 – [Click here](#) for more information.

ADHD Awareness Week from October 16th to 22nd. A great time to raise awareness about ADHD, and to learn more to help you too. Check out the free online event called ADHD Awareness Expo by clicking [here](#).

Working With Stuck Kids, led by Gordon Neufeld, October 20 – 21, 2011 - Toronto, Ontario – visit the [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](#).

Jennifer Treverton – Leeds Greenville – Progressive Conservative
Katherine Sloss – Etobicoke- Lakeshore – Progressive Conservative

Janet Sudds-Kingstong – New Democratic Party

Justin Trottier – Parkdale-High Park – Green Party of Ontario
Catherine Stewart-Mott – Oxford – Green Party of Ontario
Myles O'Brien – Markham- Unionville – Green Party of Ontario
Meade Helman – York Simcoe – Green Party of Ontario
Jason Vermette – Sarnia Lambton – Green Party of Ontario
Judith Smith-Torrie – Northumberland Quinte West – Green Party of Ontario
Tim Grant – Trinity Spadina – Green Party of Ontario

There's still time! The election is this Thursday, October 6 but there is still time to get your local candidate to sign PCMH's Pledge for Child and Youth Mental Health! Visit the [PCMH web site](#) for more information.

Family Trainers Needed!

Together with the Provincial Centre of Excellence for Child and Youth Mental Health, Parents for Children's Mental Health is creating a curriculum and training for service providers on meaningful family engagement.

Together with families and service providers this curriculum, and methods of training will be created and tested. Those who participate in this process will then become trainers, and as the training curriculum is rolled out will be providing the training curriculum they helped develop.

We encourage you to seriously review this posting and consider application as this is truly an opportunity to influence the way service is delivered and the way family is included in the future. For more information, e-mail admin@pcmh.ca.

Dear PCMH Families

Sometimes, our office gets asked questions and we don't know the answer but maybe you do! Please respond if you know or if you want to know – send it in! This month's question is from a member in St. Thomas, she writes,

*I've been doing some research into therapy and resources for mental health and have come across something called **NeuroFeedback Therapy**. It looks interesting and potentially a productive therapy according to the people in the video on Youtube, but I'd rather hear it from someone trusted, which of course includes the PCMH family. If anyone has any experience with this therapy I'd be interested to hear what you have to say.*

If you have information to share, please e-mail admin@pcmh.ca and we'll print the answers we receive next month.

Chapter News!

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

London Chapter: Congratulations to **Sean Quigley** who got **Liberals Minister Deb Matthews, Minister Chris Bentley and MPP, Khalil Ramal** to sign PCMH's Pledge for Child and Youth Mental Health this past weekend.

York Region: Presenting Rick Green talking about "Does your child have ADD or ADHD? Maybe you have it too?"

London/St. Thomas: The Community Resource Guide was completed last month.... thanks to Gaby and Holly for their dedicated efforts as well as our champions in this project the Waterloo Chapter for all the combined work and effort that went into this!

Barrie: From the Inside was presented to Police Officers at a day of Training in the Barrie area – kudos to Tanya and her team for the excellent promotion of FTI...word is definitely out in that area about our presentation!

Wellington County: Learning Disabilities Association of Wellington County is recruiting Board members. For more information, please contact info@ldawc.ca.

Mental Health First Aid

Established through the Mental Health Commission of Canada, Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

For more information about this program and courses offered across Ontario, please visit their [web site](#)

The Mental Health Commission of Canada has also released a special edition of their newsletter focused on child and youth mental health. [Click here](#) to see it.

Articles and Newsletters about Mental Health

An article about Executive Director, Sarah Cannon,'s daughter, Emily and her presentation at a local agency's AGM, appeared last month. [Click here](#) to read this inspiring article – way to go Emily!

Oxford County Child and Youth Newsletter can be found [here](#) and features information about upcoming events and workshops.

Schizophrenia Society of Ontario publishes a quarterly newsletter – copies of which can be found [here](#).

Support PCMH

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!

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!

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