

# HEAR OUR VOICE

March 2010

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

[https://  
surveys.dal.ca/  
opinio/s?s=7808](https://surveys.dal.ca/opinio/s?s=7808)

Press Release

Advocacy

Many Thanks

Brag Board

April Conference

What's New

Special Presentation

PCMH Members  
Get Involved

## PCMH Press Release Immediately Following The Budget

### Province continues to sanction youth suicides

Suicide is the leading cause of non-accidental death in Ontario's youths aged 10 to 19, claiming the lives of our young people more than any other health-related cause. Mental illness is the strongest risk factor for suicide yet these youths cannot get treatment because of years of government underfunding. And this budget does nothing to change that: it continues to ignore this epidemic and, by extension, sanctions the deaths of young Ontarians. While Health Services continue to receive annual increases to their budgets, Children and Youth Mental Health continues to be ignored. More than 650,000 youths in Ontario currently suffer from at least one mental health disorder. But only 1 in 6 have access to or receive treatment. Worse, the number of children who are lucky enough to receive treatment is likely to now decrease due to Children's Mental Health services not receiving appropriate and needed funding in the budget.

While Health Services continue to receive annual increases to their budgets, Children and Youth Mental Health continues to be ignored. More than 650,000 youths in Ontario currently suffer from at least one mental health disorder. But only 1 in 6 have access to or receive treatment. Worse, the number of children who are lucky enough to receive treatment is likely to now decrease due to Children's Mental Health services not receiving appropriate and needed funding in the budget. It is morally imperative, as well as economically wise, for our government to provide proper funding to Child and Youth Mental Health Services to ensure that these children in need become productive citizens. Education and other government priorities will not be successful if thousands of children and youth struggle with this invisible illness. Yet once again, the Ontario Government has shown a lack of vision and lack of commitment to the children and youth and continues to find

other priorities over children's lives. "Parents for Children's Mental Health feels this budget has once again ignored the severity of the situation that our children face, it shows neglect and abandonment of the children, youth, their families, and those who serve them, and as a consequence, we will see an increase in the number of child and youth lives lost to these debilitating illnesses. What makes this even more intolerable is the fact that our leaders know precisely the risks of such neglect, yet choose neglect anyway. They should be ashamed of themselves." says Ms. Cannon.

## **ADVOCACY TIME**

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

The planning for May 3<sup>rd</sup> continues to go well. We have secured meetings with approximately 25 MPPs thus far, and continue to book appointments throughout the day. Andrea Howarth has agreed to put forth our Private Member's Bill and after a meeting with her office this week we feel we will see this passed by May 7<sup>th</sup> this year, declaring an officially recognized Day of Awareness for Children and Youth with Mental Illness. We also arranged with Ms. Howarth's office to have members of our agency present while she reads the Private Member's Bill into legislation. We can arrange for passes for up to 100 members to be present in legislature for this accomplishment and recognition for our children and youth. To have maximum impact on the public and to continue to work to increase political will, it will be essential that our membership is represented and shows a strong coming together for the public. We encourage every member to consider attending this important event. Confirmed speakers for the event are: Valerie Pringle, Smokey Thomas, Dr. Simon Davidson, Dr. David Goldbloom, Andrea Howarth, Ellis Kastoff, and families. It will be a powerful day for our cause, and we look forward to seeing you there.

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**Many Thanks to Rick Shields ,Willy Van Klooster and Ellis Kastoff for arranging buses in their areas:**

**LONDON/SARNIA/ST. THOMAS/NIAGARA/BURLINGTON Buses available**

If you would like to travel by coach at **NO CHARGE** thanks to the sponsorship of supporting agencies (St. Clair's, Vanier, NCYS), buses are available for the above locations. For the London/Sarnia/St. Thomas area, please contact Gaby Wass: [Gabriela\\_wass@hotmail.com](mailto:Gabriela_wass@hotmail.com) to make arrangements and learn of pick up times and locations.

For Niagara/Burlington areas please contact Sarah Cannon: [scannon@cogeco.ca](mailto:scannon@cogeco.ca) to make arrangements and learn of pick up times and locations.

## BRAG BOARD

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

### CHANGE THE VIEW—YOU TUBE VIDEO CONTEST FOR YOUTH

Youth are given the chance to change opinion and win \$2000. Check out the contest and encourage youth who are interested in creating a youtube video to Change the View to enter online.

Here is the link [http://www.kidsmentalhealth.ca/news\\_and\\_events/Change\\_The\\_View\\_2010.ph](http://www.kidsmentalhealth.ca/news_and_events/Change_The_View_2010.ph)

### APRIL CONFERENCE—HOLD THE DATE!

Special Guest Appearance on Friday April 30 - CTV's So You Think You Can Dance Performers Tara-Jean and Vincent

The following workshops are available on Saturday....

From the Inside Workshop and Training PCMH  
Self-Care for the Care Giver - Social Worker, The George Hull Centre  
Surviving the Teen Years -

Niagara Child and Youth Services

The Ontario Office of the Advocate - Mike Fogelman of the Ontario Advocate's Office

Advocacy and Its Importance - David Kraft of StratCom Communications

Youth and the Youth Justice System - Perry Mason, School Liason Police Office, Hamilton District School Board  
How to Start and Run a Peer

Support Group - Spencer Brennan, The Self-Help Network

Keynote Addresses by Gayle Grass

Arlene Pearly Rae

Kevin Flynn

If additional information required, please contact [admin@pcmh.ca](mailto:admin@pcmh.ca)

**Parent to Parent Conference April 30 - May 1, 2010 at the Novotel Hotel in Mississauga.**  
Full Program details now available online

Registration details at [www.pcmh.ca](http://www.pcmh.ca)

### What's NEW?

The Harold Crabtree Foundation has approved the Grant Application submitted for Chapter Development in the Eastern Ontario Region, (Ottawa and surrounding areas). This funding will be directly applied to establishing Peer Support Groups within the Eastern Ontario Region, increasing PCMH's visibility in this area, as well as developing and strengthening networks among agencies and partners in this area. If you would like to discuss funding applications to help strengthen your chapter, or would like to establish a Peer Support Chapter in your area please contact Sarah at [admin@pcmh.ca](mailto:admin@pcmh.ca)

Sponsorship for the April Conference has been granted by CDI (Child Development Institute), as well as sponsorship from BMO and a donation of \$100. Thank you to all who continue to support our efforts in supporting and educating our members.

**PARENTS FOR  
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MENTAL HEALTH**

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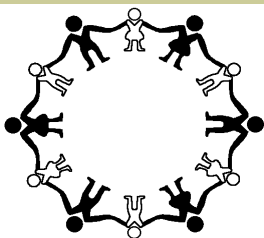
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**Life is about 10% how you  
make it...**

**And 90% how you take it.**



*Together we can make a difference*

**Special Presentation:  
An Evening with Rona Maynard**

Rona Maynard, author of *My Mother's Daughter* and former editor of *Chatelaine* magazine, will share the defining moments in her life including her journey through chronic depression.

Co-sponsored by Reconnect Mental Health Services.

**Thursday, April 8, 7 pm  
Toronto Public Library Richview Branch**

**PCMH Prepares to Strengthen our Voice**

We have been fortunate enough to secure the assistance and consultation of David Kraft of StratComm Communications in helping PCMH devise some strategic communication planning, strategies, and plans in moving forward to ensure that PCMH reaches the capacity it needs to reach to not only provide the service and support that so many families across Ontario need, but also to be an integral component of influencing positive change in the child and youth mental health system, and ensuring that families have a say and their expertise are not only listened to, but recognized as expertise. Some of you have been involved in some of the exercises we have completed with David to this point, and there are plans to include each of you in upcoming surveys and collection of data ~ each of you play an important role at PCMH and each bring a different lens, viewpoint, and articulation of where we hope to be, and we want to ensure that we capture all aspects of those involved with PCMH, our members, leaders, partners, and Board. We look forward to strengthening our voice together with you.