

HEAR OUR VOICE

Volume 6, Issue 4

April 2009

Visit the Select Committee on Mental Health and Addictions web page:

http://www.health.gov.on.ca/english/media/news_releases/archives/nr_09/feb/nr_20090224.html

Find out when they are coming to your community and plan to attend to HAVE YOUR SAY!

PCMH Update

Advocacy/Budget

Anti-Stigma Campaigns

Brag Board

PCMH Study

April Conference

What's New?

Our Board of Directors

PCMH UPDATE

Wow—what a busy month April and the beginning of May have proven to be.

Busy is good—that means there is so much going on, which means there has been so much opportunity to continue to spread the word about the issues that surround all of us as families who face these daily struggles.

April saw the beginning of two new local support groups—our London Chapter, and our St. Thomas Chapter. Some of you may know our new support group leaders as they have been outspoken and active advocates for years, from London Heather Bishop and Sean Quigley, and from St. Thomas Gaby Wass. Thank you for your willingness to run these support groups and provide comfort and support for families in your community.

We are also in the process of beginning three other new local chapters and details on those will be coming.

In April members from PCMH consulted with the Select Committee on Mental Health and Addictions as well as continuing to meet with MPPs at Queen's Park. There is a link on the web site to the record

of our consultation with the Select Committee and you can view the questions that were asked and the comments that were made. We felt that this Committee has the potential to be a Committee of action and we urged them to be just that. We encouraged them to not be committed to yet another report that is filed and referred to, but to be committed to ensuring that reform begins in the system.

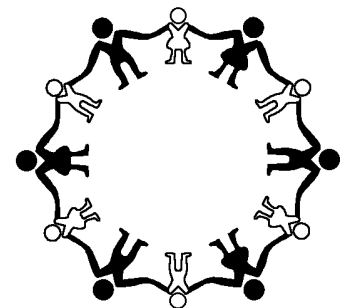
We also had the opportunity to present to two highschool classes—we do presentations often to adults and agencies, but presenting to a group of youth was a completely different experience. We have to thank our youth component to the presentation, Montana Goldrup, who bravely stood in front of the youth and told her story with honesty and emotion that obviously moved the students. Thank you Montana for being the star of that day, and a shining star every day!

We have been updating you regularly on the news stories, and there have been many! The amount of media we

have all contributed to is a key component in how we will continue to get the message out and motivate positive change for the future.

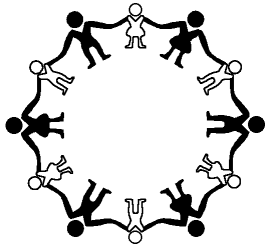
Keep up the GREAT work everyone.

Together, we WILL make a difference!



QUICK FACTS

- ◆ The World Health Organization has predicted that by 2020 Depression will be the second leading cause of disability in Canada (Heart Disease being first)
- ◆ In this year's budget the Health Sector received an increase of more than 3% in funding, Children's Mental Health 0



ADVOCACY

Although budget time has come and gone, we must all continue to advocate. Continue to send emails, letters, and request visits with your MPPs. We have sample advocacy letters posted on the website to help you if you struggle with how to begin or what to say.

The Select Committee on Mental Health and Addictions has committed to travelling across the Province and to hearing the perspectives from many. Look for their schedule, plan to attend any public meetings or consultations.

http://www.health.gov.on.ca/english/media/news_releases/archives/nr_09/feb/nr_20090224.html

The link above is for the Select Committee, visit, get the information, plan to attend and have your say.

We had the privilege of being involved with Hamilton's public forum where Deb Matthews also attended and spoke. Minister Matthews needs our help

to do her job, she needs for there to be a great noise around these issues to continue to shine a light on the glaring discrepancies in our system.

We have to continue to speak out, we have to encourage others, whether they are families who deal with this or not, the public needs to demand that the government make this a priority.

We all must continue to demand that the government makes saving our children a priority!

"We need your submissions for our book! Submit photos, works of art, stories to celebrate to raise awareness and celebrate our children and youth"

ANTI-STIGMA PROJECTS

PCMH wants everyone to see who the true faces of mental illness are—and what everyone should really picture when we talk about Children and Youth with Mental Health Problems.

Help us make this dream a reality. Submit your child's picture, works of art, works of poetry, or stories of success to be featured in our book that will illustrate who are true

heroes are and why they deserve to be supported and not kept hidden away from the world in shame.

Submit entries to:
admin@pcmh.ca

For Children's Mental Health Awareness Week, PCMH is running a poster campaign in schools across the province. Further information can be

found on our website. Encourage your school to participate in this valuable exercise for students to participate in raising awareness and talking openly about mental health issues in their school.

For more information email:
admin@pcmh.ca or go to
www.pcmh.ca for complete campaign details

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

This is a new section we wish to promote. Lets celebrate and spotlight our kids special talents.

Tell us about your child's accomplishments.

Have them featured here!

WE CELEBRATE:

This edition we celebrate the youth that we have had the privilege of working with and learning from.

Montana, for being a constant source of joy in spite of her continuous battle with depression and for your spirit and willingness to keep fighting.

You are a bright light, and we are glad you continue to shine.

Two poems are going to be featured on our website both written by youth girls and both powerful and beautiful works that bring an insight and understanding to the pain experienced that few of us can ever truly understand.

Look for those, and be warned, before reading, accompany with Kleenex!

PCMH Study

PCMH will be featuring regular polls on the new website. We encourage you to participate in these polls and check often for new questions. Each question will provide us with concrete statistics about issues from the family perspective. These statistics will be able to be presented and quoted in our advocacy work and will be reported regularly in our newsletters. PCMH continues to distribute parent information sheets. Our goal is to identify and unify as many families as we can

across the province to grow our base of support and network as well as to raise the voice for all families.

For this to be a success, we need as many responses as we can get. We will also be featuring polls on our website regularly that will be For an information sheet and survey please email:

admin@pcmh.ca

All support leaders—please encourage your members to fill in and submit.

**Help PCMH
release their
study showing
what families
need. We need
your input!**

APRIL CONFERENCE

Thank you to everyone who helped make our conference our huge success. Posted on the website in the blog section is a report back to members regarding the feedback and evaluations we received.

We are hoping that we continue the discussion in preparation for our next conference to ensure that we are providing everyone with the information

they want and what they would find most useful.

The youth component was a huge success, and many indicated that they loved the youth presentation at the end. We are hoping for our next conference to build on that partnership with the youth and have a stronger youth component at our next conference, with perhaps a session or plenary pres-

entation or both that is completely run by the youth—what the youth really want US to know! Thank you to the youth who shared with us!

Soon, on our website we will be hosting for a brief time an ask the presenters section—this will be your opportunity to ask the questions of presenters that perhaps there was no time for or that you thought of after

Look for the blog about the April Conference at

www.pcmh.ca

And help us with our planning for next year!

Ask the presenters section to be posted soon.

What's NEW?

On Line Live Chats

The first of what we hope will be many online live chats was this month. All of your responses and suggestions to the eblast regarding the online live chats are great—keep them coming.

The next one is coming and we look forward to chatting with everyone!

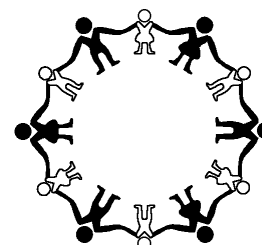
Board Members

We welcome to our Board of Directors two new members,

Gaby Wass, Gaby has been an active advocate for years for children and their families and the strength and passion that she will bring to the board is a welcome addition and component to the work we want to achieve.

Joanne Spence. Joanne is an instructor at Humber College as well as being a social worker. Her knowledge, experience, and care for the cause is a welcome presence at the Board level and already she has made an impact with her input and thoughtful insight on how we can make a difference.

If you or someone you know is interested in standing for nomination to the Board, send us an email.



**PARENTS FOR
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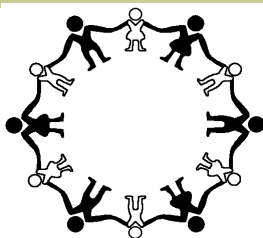
Fax: 416-921-7600

E-mail: admin@pcmh.ca

Website: www.pcmh.ca

**New web address
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 Board of Directors—

PCMH recognizes the hard work and dedication of our amazing Board!

**Sylvia Naumovski,
President**

Sylvia was born and raised in Toronto. Sylvia is the mother of two sons, her eldest suffers from mental health disorders. She has obtained a diploma in Volunteer Management and is an active member of the George Hull Centre's Parents' Association. September 2008 she was appointed President of Parents for Children's Mental Health.

**Rick Arseneau,
Treasurer**

Rick is the Director of Operations and Development at the George Hull Centre for Children and Families. He has been with the Centre since 1995. His personal motivation has always been his compassion for children and families and his respect for clinical work of those professionals who support them.

**Sarah Cannon,
Executive Director**

Sarah is the mother of two daughters, her eldest with a diagnosis of BiPolar Disorder. Since her daughter's diagnosis, Sarah has been an avid advocate for Child and Youth

Mental Health issues, appearing on Canada AM, The Gill Deacon Show, TVO Documentary. She obtained her Psychosocial Rehabilitation Practitioner Certificate and continues to promote awareness locally and provincially.

**Yolanda Gallo,
Board Member**

As a result of her 13-year old son's challenges, she became involved with parent advocacy. She has successfully launched one of the local PCMH Chapters in Simcoe County and continues to be a strong advocate in her local community.

**Halima Saad,
Board Member**

Halima is the founder and Executive Director of Madbakh Women's Initiative founded in 2006 and serves Somali women dealing with various challenges of being newcomers with challenges. Halima continues to be a valuable resource for many newcomers to Toronto, and she provides insight into many areas of mental health challenges faced by those in her community.

**Susan Hess,
Past President**

Susan is the Past President of

Parents for Children's Mental Health and the mother of a daughter with serious mental health problems. After years of trying to find help for her daughter, Susan was able to access services and treatment at a children's mental health agency in Windsor. She is a strong advocate for resources to meet the children's mental health needs.

**Judith Coulman,
Board Member**

Judith has been involved in the world of mental health for over 25 years. She is a proud member and supporter of "AD VOX, Adding Our Voices Together for Mental Health for Kids", or the AD VOX Wellington Project. She has been and continues to be a strong advocate for children and youth and their families.

**Bob Engel,
Board Member**

Bob is the Executive Director of Oolagen Community Services. Bob has been a valuable member of the Board giving direction and advice at all levels of planning. Bob's term is complete, and he will be missed. He is thanked wholeheartedly for his contributions over his term.