

HEAR OUR VOICE

Volume 6, Issue 7

November 2009

Province-wide input is being requested to gather perspectives and insights into the Curriculum for students Grade 1-8

<http://www.edu.gov.on.ca/eng/paperconsult/index.html>

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—the last 8 months have seen so much development both with the issues of Child and Youth Mental Health and with PCMH and its involvement, activities, and voice. Without all of you and all of our voices, this movement would not have been possible.

PCMH is continuing to build their Chapters, with 5 new agencies Chapters being launched within the next month. Child and Youth Mental Health Agencies are realizing the benefits of Peer Support, and are working in collaboration with us to establish PCMH Peer Support Groups within their individual agencies. If you would like further information on how to partner with your local agency to have a Peer Support Group, please contact Sarah at admin@pcmh.ca. Using the models already implemented by other agencies across the Province and having concrete benefits to report, we are finding that this is a program agencies are more than willing to work with us to initiate.

Membership also continues to grow. We are building a strong network of families across the Province that empowers us all to continue our individual advo-

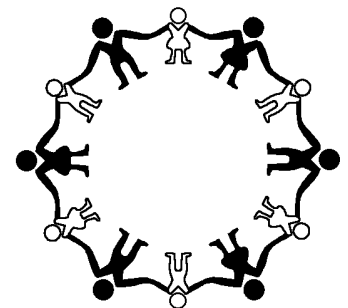
cacy work as well as the advocacy work we will continue to work towards together as members of this organization. Support remains a central component in the work of PCMH, and with all the wonderful exchange of information, ideas, and strategies, we are proving to be a network that offers expertise and help that families so desperately need. Continue to log on to the PCMH website and tell your stories, offer your advice, and support one another to help eliminate the feelings of isolation too often accompanying families in our situations.

As we approach another Budget period, and gear up for another election, PCMH is going to be organizing and mobilizing our membership to make an even greater impact, and to build on the momentum we have started. Look for opportunities to be involved in these efforts and commit to having a say, and to making a difference for all of our children and youth.

This month's newsletter will further highlight some of the exciting initiatives and plans for

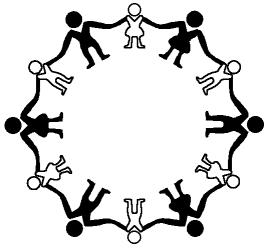
the next few months. Please continue to provide us with notifications and information you all receive from your individual networks so that we may continue to share them with our membership.

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/BUDGET TIME

Budget time is again approaching. We need to be a concentrated effort to ensure that the issues of Child and Youth Mental Health are raised at each and every budget consultation in each and every community.

PCMH is putting together a list of when and where the budget consultations are going to be across the Province, along with the instructions on how you can be part of those consultations.

Also, all of us can take an opportunity to make written sub-

missions to the budget consultation process. If we all commit to taking action on at least one of these fronts, we can perhaps demonstrate that we are a group who will not tolerate this indifference towards our children for one minute more.

PCMH also hopes to secure a spot on the agenda of the Budget Consultations that will take place at Queen's Park. We will be informing our membership of when this is to take place, as we hope to have a strong showing of family sup-

port on this day, and make the impact of our statement more clearly heard.

We also hope to hold another Press Conference this January to again bring media attention to the lack of financial resources that have been allocated to our services for the past nearly two decades.

If you have particular ideas or strategies that you feel would benefit our efforts to increase awareness around the budget, please send them to admin@pcmh.ca

“Our Awareness Calendar is ready for SALE. Look for ways to promote the issues, and our calendar within your own networks”

ANTI-STIGMA/AWARENESS CALENDAR

During Children's Mental Health Awareness Week 2009, PCMH engaged classrooms across the Province to create posters advertising this week within their schools. These posters were then submitted to PCMH to be entered in our Poster Campaign, the winning posters then featured in an awareness calendar.

The poster campaign was a

great success and the resultant calendar a labour of love that has proven to be worth every second and effort spent on its development and production.

The calendar has received rave reviews from all of those who have seen it thus far. It features the work of many children, as well as describing some of the issues of child and youth mental health issues, and

bringing attention to some of the specific awareness dates throughout the year specific to these.

For a closer look at the calendar go to: www.kidsmentalhealth.ca and in mid November purchase of the calendars will be available online through this site.

GREAT CHRISTMAS GIFTS!!

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

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 some of the efforts of our membership:

Andrea and Sonia leaders from Niagara for the close involvement and work done with their local agency in bringing Gayle Grass—author of *Iris the Dragon* to a local event to raise awareness and funds for NCYS. The day and its organization

would not have been possible without these two dedicated people, and the model is being promoted throughout all agencies now!!!

Cyndy Davis—for securing our first presentation of our new *From the Inside* Workshop after she completed the Training in October. Well Done!! Submit your stories to brag about!!

From The Inside—New Workshop Offered through PCMH

In partnership with The Self Help Network of Ontario, PCMH has developed a new workshop that uses simulations to increase the capacity of others to understand what it may be like for children and youth to experience mental health disorders.

The workshop has been tested with different groups and has proven to be a powerful tool in raising awareness and increasing the understanding of the importance of accommodations for our youth and all of those

who suffer with mental health illness.

At our October Conference, we launched this workshop presenting to both professionals and families as well as providing training for family members to be able to present these workshops in their own local communities.

The results of the conference were again extremely positive, and PCMH is continuing to promote the workshop, and provide further training to increase the capacity of families

to present it.

PCMH is also exploring the possibilities of partnerships to promote this workshop and ensure that it is delivered province-wide, and becomes a valuable tool in training those who work with our children and youth.

To find out more information, or to learn how you can be trained to provide the workshop contact: 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 23-24, 2010 for the Annual Parents Supporting Parents Workshop.

Plans are underway for the April Conference, and thus far it is shaping up to be an exciting two days.

After reviewing the evaluations from the 2009 conference, we have gone back to the two-day

format, Friday evening will present us with opportunity to network and socialize (with perhaps a few surprises!), and Saturday will provide a day of information, learning, and capacity building for members.

We continue to look for sponsorship to bring this day to life, so if you have any ideas, or connections that may be beneficial in our fundraising efforts,

please let us know.

We also want to hear from you as we progress with our plans—log onto www.pcmh.ca and contribute to the suggestions for workshops, keynote addresses, and any ideas that you feel would help to make this day the most beneficial for us all.

Look forward to seeing you all there!

Look for the blog about the April Conference at

www.pcmh.ca

And help us with our planning !

What's NEW?

Board Members

We welcome new Board Members to bring our Board to a full compliment. We now have a board representative of both the parent voice, and the professional guidance required to allow us to have the greatest impact in our work. This is extremely exciting and the group we have are moving us forward with our strategic planning and consultation in very meaningful ways.

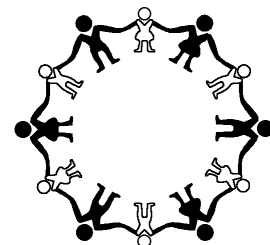
Wayne Hobbs: Is the Executive Supervisor Student Support Services - Grand Erie District School Board. He brings both a personal and professional dedication to having the issues of Child and Youth Mental Health Disorders front and centre on professional, political and social agendas

Sonia Melnyk—Niagara Chapter Leader. Sonia's personal advocacy skills, and dedication to raising awareness shows in her

clear and driven objectives to making a difference and PCMH is benefitting directly from her passion.

Andrea Betts—Niagara Chapter Leader. Andrea too brings a dedication and passion that is proving to be a key link in the work we want to achieve at PCMH!

Check out the website for full bios



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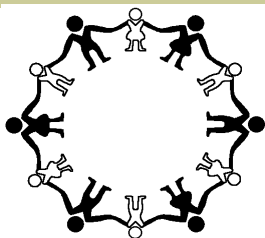
Fax: 416-921-7600

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 Members Get Involved

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

Liz Nicakson

Liz represents PCMH at the Waterloo Region District School Board Special Education Advisory Committee

Kim Brenner

Kim is a PCMH representative on her local Special Education Advisory Committee. She is also a parent voice, and avid member of AD VOX Wellington—Adding our Voices Together for Children's Mental Health

Sarah Cannon,

Sarah is newly appointed to the Child and Youth Advisory Committee to the Mental Health Commission of Canada. She also sits as a Board member on the Ontario Suicide Prevention Network. She has been invited to participate as a member of the Consumer and Partnership Advisory Committee to the Minister of Long-Term Health in the development of the 10 Year Mental Health Strategy. She also co-chairs her local Parent Advisory Committee at NCYS, and is also a member of the Consumer and Advocates Network for the Provincial Centre of Excellence

Karen Wilson

Karen is Chairperson of the Greater Essex County Public School Board SEAC
Chairperson of Help Link, Central Access Agency
Member of Windsor Essex Children's Mental Health Committee
Chairperson of Northwood School Council (my son's school)
Co-Organizer of major fundraiser for (Windsor Essex) Family Respite Services
Parent Advocate for families with children with Autism

Heather Bishop

Heather is a member of Advisory Board for Child and Adolescent Mental Health in London; Mental Health Promotions Committee and also a fundraising committee of the London District Distress Centre

Tracy Grant

Elgin Family and Children's Services (Director on the Board)
Thames Valley DSB Trustee (SEAC, Mental Health and Wellness, Supervised Learning for Excused Pupils, Policy)
West Elgin Child Wellness Community Planning Group
MACSE representing Multiple Exceptionalities
Mental Health Promotions Committee (LRMHC)

Heart Health Elgin.

Elizabeth Oakley

Elizabeth is a member of the Board of the Simcoe County Children's Aid Society

Gaby Wass

Gaby is on the Board of directors for OECYC, she sits on the Parent Advisory Committee for OECYC, as well as a Board member of PCMH. She is a member of the Elgin Planning Committee for Children and Youth Mental Health in Elgin County and is on the school council for St Joseph's Catholic High School.

Sherry Campeau

Sherry is a member of The Windsor Regional Children's Centre Child and Family Services Committee and also a member of the Help Link Advisory Committee in Windsor.

If you sit on a committee or board let us know so we can share how you are having your say and contributing!

Good Work—What a powerful group of families we have as members!!!!