



Heroes of Mental Health Luncheon and Awards

Help honour the heroes of mental health in our community at a luncheon on Friday, September 30 at the Manitoba Club

Each year the Canadian Mental Health Association, Winnipeg Region honours and celebrates the many contributions made by individuals and organizations to the advancement of mental health.

Heroes award **nominations are accepted until Friday, September 9.** Nominations are accepted in the following seven categories:

- Individual: 3 awards
- Friend/Family: 2 awards
- Mental Health Professional: 2 awards
- Volunteer: 2 awards
- Organization/Business: 1 award
- Media: 1 award
- Philanthropist/Philanthropic Organization: 1 award

Nomination forms can be downloaded from cmhawpg.mb.ca

This year's awards luncheon boasts a performance by award winning actress Victoria Maxwell, a silent art auction in partnership with Humantree, great door-prizes and the event is emceed by Alex Forrest, the President of the United Firefighters of Winnipeg.

Reserve your tickets by calling 982-6100 or purchasing online at cmhawpg.mb.ca. Ticket price is \$45 or a table of eight is \$360. ■



Victoria Maxwell

Victoria Maxwell is an accomplished actress who lives with bipolar disorder. Victoria will perform her highly acclaimed one woman show 'Crazy for Life' at CMHA's Heroes Awards Luncheon.

This is Crazy for Life:

Talk about a walk on the wild side...Crazy for Life, is a 'tour-de-force' one-woman show of Victoria Maxwell's roller-coaster ride with bipolar disorder. A brave, funny, and compelling look at experiencing, surviving, and coming to terms with mental illness. Victoria takes us around the bend, and back again: from meditation groups to hospital psych wards, from black depressions to manic highs and psychedelic psychoses. Most memorable moment: joyfully running down the street...naked...in posh Point Grey, playing hide n' seek with the Divine.

Victoria Maxwell is a talented actress and this is a must see show! ■



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Heroes Luncheon

Friday, September 30, 2011
Manitoba Club
194 Broadway Street
Lunch & Awards: 12:00 to 1:00 p.m.
Performance: 1:00 - 1:45 p.m.

*Art auction in partnership with Humantree
Award winning actress Victoria Maxwell
will perform: Crazy for Life*

Ticket: \$45.00

Order tickets by calling 982-6100 or
online at cmhawpg.mb.ca

Heroes Luncheon Silent Art Auction

CMHA, Winnipeg Region, in partnership with Humantree is hosting a silent auction during the Heroes Luncheon. Five unique and compelling pieces of art are being auctioned off with proceeds divided between CMHAW and Humantree.

There are two ways to bid:

- Prior to Sept 30, email your bid to humantree@humantree.ca.
- In-person at the Luncheon on Sept 30

Prints can be viewed at cmhawpg.mb.ca.

MISSION

The Canadian Mental Health Association, a nation-wide voluntary organization, promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.



CMHA announces new program in partnership with Winnipeg Regional Health Authority and the Main Street Project

NEW HOME FOR CMHA SCHEDULED FOR MARCH 2012

CMHA grateful for grants and donations and hopeful for more

It has been just about one year since we announced our purchase of our new site at 930 Portage Avenue and just over five months since the building officially became the property of CMHA Winnipeg.

In that time many things have happened as we began to prepare for this major event in our organization's history. We have been working with our project manager and designer to develop designs for our new home, of which we unveiled preliminary designs this spring. We have also been engaging in many different aspects of fundraising to help raise the necessary funds to renovate the building to accommodate our growing family.

We have been pleased to announce in recent months major investments from the Province of Manitoba through the Urban Development Initiative and Neighbourhoods Alive! totaling \$175,000, and from the Winnipeg Foundation with a grant of \$100,000.

We are now in the process of finalizing revised designs for our site which are to be completed by the end of September, with an expected move date of mid-March 2012. Though this is a delay from our initial hope to be relocated this fall, we know that this added time will allow us to get things right. In the coming months we will begin construction and continue to ask you to support us on this important initiative. **Every dollar we raise assists us in creating a true community resource that will benefit all of us for years to come.** Your tax deductible donation can be made by calling 982-6100 or at cmhawpg.mb.ca. ■

Bell Hotel becomes a safe haven for dozens of Winnipeg's most vulnerable and CMHA Winnipeg will play an important support role to these people



On August 26th, 2011 the Bell Hotel, a long famous icon in Winnipeg, began opening its doors to 42 new tenants under a new mandate of offering housing

and supports utilizing the Housing First model.

The Housing First philosophy is exactly what it sounds like; it recognizes that housing is a basic right and that without housing most of us would struggle to maintain any kind of balance in life. It provides housing to persons living with mental illness and addictions and makes services available to those who need and want support.

The newly renovated Bell Hotel will include a café for tenants and the public, shared resource areas and public bathrooms to ensure that it is an integrated community resource for Main Street.

Centre Venture, the owners and developers of the Bell Hotel have worked with service providers including the The Main Street Project, all levels of the Government, and the community to create an inclusive space that will not only contribute desperately needed housing but important supports and services. Primary supports on-site at the Bell Hotel will be provided by the Main Street Project.

CMHA's role in this project (called Bell Scattered Sites) will be working with up to another 50 clients who are living

homeless and in shelters in our downtown to secure permanent housing in the community. These clients will receive supports through CMHA to choose, get and keep housing in our community.

Nicole Chammartin, Executive Director of CMHA Winnipeg Region shares, "We are pleased that we have been invited to have a role in this important new initiative." She adds, "We know that many people impacted by mental illness live in poverty, homelessness and sub-standard housing and appropriate supports are critical to addressing this."

To assist us in this endeavor CMHA has added five new staff members to our current complement. ■



Mental Illness Awareness Week
October 2-8 2011

VOLUNTEER NOTICES

FAREWELL

Thank you **Wayne** for all your hard work in the development of the volunteer program. You will be missed at CMHA. Good Luck in Ottawa!

WELCOME

Welcome to **Ryan** who has been an integral part in the capital campaign. Ryan will be working at the front. Please say hi the next time you are at CMHA.

MUCH APPRECIATED

Thank you **Arn** for all of your help in the office.

ASK BILL

Bill Burrows

Senior Information & Referral Worker
982-6133
billb@cmhawpg.mb.ca



QUESTION:

When trying to get help for a mental health problem, where do you start?

ANSWER:

The local mental health system is a large, diverse system that can be very confusing and intimidating. When people attempt to seek help for a problem they are experiencing or help for a family member or friend, they often struggle with trying to figure out how to get help and the appropriate first point of contact. A fairly comprehensive summary of the mental health system in Manitoba can be found on the Government of Manitoba's website at www.gov.mb.ca/health/mh/system.html. Although this guide is a good source of information on the many complementary forms of help available, it is not able to provide direction on the appropriate help to seek out for an individual's or family member's specific experience.

Some of the more common options for getting help include:

- **If the problem is not an urgent crisis situation**, a good first step is to see a family doctor. Most family doctors can do an initial assessment and, depending on the doctor's knowledge and experience, may propose treatment options. A family doctor can also make referrals to medical specialists like psychiatrists and make referrals to other programs within the health care system.
- **If a person is experiencing a mental health crisis and needs more urgent help**, the options can include the Winnipeg Regional Health Authority's Mobile Crisis Service (982-1781) and Crisis Stabilization Unit, hospital

emergency departments – including the Misericordia Urgent Care Centre, and the Winnipeg Police Service in crisis situations where they are an imminent risk of harm to self or others.

- **For people who require community-based mental health supports**, community mental health support services are available through the CMHA, Winnipeg Region (982-6100), the WRHA Community Mental Health program (788-8330), and Sara Riel Inc. (237-9263). These services typically provide one-to-one support to individuals in housing, employment, social, and education areas.

Winnipeg also has a number of diagnosis specific self-help organizations:

- The Manitoba Schizophrenia Society, 786-1616
- The Mood Disorders Association of Manitoba, 786-0987
- The Anxiety Disorders Association of Manitoba, 925-0600
- The Obsessive Compulsive Disorder Centre of Manitoba, 942-3331

In addition to the support groups, educational groups, and workshops offered, staff and volunteers from these organizations can provide information on the larger mental health system in Winnipeg.

CMHA, Winnipeg Region also publishes a Mental Health Resource Guide (call 982-6100 or visit cmhawpg.mb.ca/resources.htm) where you can find the contact information for most mental health related programs and services in Winnipeg. CMHA also offers an Information & Referral service (982-6127) where people can talk to an Information & Referral worker who can assist in determining appropriate resources.

Whatever the mental health issue is, there are supports and services in Winnipeg to help with recovery. ■



Mental Health
First Aid

CMHA FALL COURSES & WORKSHOPS

Mental Health First Aid

September 14 - 15
8:30 a.m. - 4:30 p.m.
CMHA Education Centre
1 - 333 Vaughan Street

Member cost: \$99.00
Non-member cost: \$125.00

Mental Health Education for Families

October 5, Orientation session from 5:30 - 6:30 p.m., and then 8 sessions on Wednesdays from 5:30 to 7:30 p.m.
1 - 333 Vaughan Street

Cost: \$25.00

Mental Health First Aid

October 24-25
8:30 a.m. - 4:30 p.m.
CMHA Education Centre
1 - 333 Vaughan Street

Member cost: \$99.00
Non-member cost: \$125.00

Mental Health First Aid

December 6-7
8:30 a.m. - 4:30 p.m.
CMHA Education Centre
1 - 333 Vaughan Street

Member cost: \$99.00
Non-member cost: \$125.00

To find out more or to register for one of these courses go to cmhawpg.mb.ca/client_course_display.cfm or call 982-6100. ■



Stacey Shule
Community Educator
for CMHA, Winnipeg

SETTLE IN FOR A RELAXING FALL

During the summer we tend to take more time for self, family and community. Why summer? In the summer, our responsibilities slow down; less running to children’s activities, fewer emails to respond to and fewer looming deadlines. 58% of Canadians report overload associated with their many roles. (CMHA National)

By looking at what we do in summer to manage these many roles, we can develop a healthy work life balance. In the summer months we tend to choose healthier foods and participate in more activities. Find balance in your life by looking after your physical wellbeing through exercise and eating sensibly throughout the year. Routine exercise will increase your energy level, make you feel great, and you’ll be able to take on more than you ever thought possible. Regular exercise also decreases your chance of developing fatigue and exhaustion. So instead of feeling run down, go for a run. There are several indoor and outdoor activities we can continue doing during the winter months. Make a plan and be accountable for it.

Other things we can do to maintain health/work/life balance are:

- Take all your entitled vacation time. Vacation time is for us to get away from work and re-energize. If you can’t go somewhere warm, stay in Manitoba and check out the local attractions.
- Make time for family and friends. Bring back Sunday suppers with family and friends or set aside time every week to meet a friend for coffee.

- Turn off your blackberry, email, etc. and take time for you. Wireless devices and laptops blur the line between downtime and work.
- Buy a Full Spectrum SAD Lamp if you’re feeling the winter blues. For example, you may be feeling the winter blues if you hit the snooze button eight times before hauling yourself out of bed, guzzle three cups of coffee, drive to work in the dark and go home in the dark—repeat for four months. Without enough light our bodies suffer from something like jet lag and our melatonin (the sleepy hormone) and serotonin (the feel-good hormone) levels get out of whack. The right kind of light, pointed at the eye at a 45-degree angle, seems to recalibrate things.
- Volunteer in the community. Volunteering can give your mind, body and spirit a healthy balance. Many people report feeling healthy and content as a result of their volunteering activities.

Building momentum to relaxing all year round can be difficult, however, I believe if we make a plan it is possible. Here’s to a relaxing fall! ■

STAFF ANNOUNCEMENTS

WELCOME TO OUR NEW STAFF IN THE REHABILITATION & RECOVERY SERVICE!

Coralee Dennis, Skills Coach
Darren Dobchuk, Skills Coach
Gabriella Mazzei, Skills Coach
Joseph Fofanah, Rehabilitation Worker
Juanita Brockman, Skills Coach
Katie Redekop, Rehabilitation Worker
Melanie Linden, Rehabilitation Worker

CONGRATULATIONS!

On September 1st **Pauline Henderson** celebrated her 25th anniversary with CMHA, Winnipeg!



A United Way Agency

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