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# NNMH Bulletin

**Volume I Issue II**

**February 2007**

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Dear Reader,

Welcome to the second edition of the National Network for Mental Health's NNMH Bulletin.

It is the desire of the NNMH Leadership to share as much information on a regular basis with as many Canadians as possible while using the most cost effective means. It is for this reason that we have embarked on this monthly initiative.

Please feel free to forward this e-mail on to others within your network who may be interested in events of interest and priority to our organization and its many stakeholders.

Anyone wanting to sign up to the bulletin can do so at [www.nnmh.ca](http://www.nnmh.ca). While there, if you haven't done so already, please feel free to join our membership. The larger our membership, the stronger our voice becomes!

Health Canada Consultation

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In the last edition of the "NNMH Bulletin" we encouraged our readers to become involved in a 10 day consultation by Health Canada to determine the importance of a Mental Health Commission of Canada to Canadians.

Although there has been no formal announcement of a Mental Health Commission, or the findings of the consultation, it is my understanding that we have made an impact.

I have both concerns about the process and excitement about the potential of our community to stick together.

The two concerns I have about the process used by Health Canada are the very tight deadline, and the lack of access of persons with mental illness (one of the poorest and most marginalized populations in Canada) to the information about the consultation and to the technology to respond to the consultation in a meaningful way.

Established through the process of this consultation was the very exciting understanding that when we mobilize as united stakeholder groups around an issue of common concern, we can be a very powerful voice. I applaud everyone who participated in the consultation method as it demonstrated true unity amongst the nation's mental health stakeholder community.

We have made an impact during the consultation process, we are strengthening our united voice, and whether it be a budget issue, or an election issue, I know that together we will make our voice heard!

Constance McKnight, National Executive Director

[Health Canada](#)

**An Afternoon with Dr. Dan Fisher**

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Dan Fisher is a long-time survivor activist who also happens to be a psychiatrist. He is the co-founder of the National Empowerment Center (<http://www.power2u.org/>) in the Boston area, the co-author of the PACE (Personal Assistance through Community Existence) model for recovery, a committee member of the President's New Freedom Commission on Mental Health, and more recently, he is assisting in the development of the (US) National Coalition of Mental Health Consumer/Survivor Organizations. ("The National Coalition of Mental Health Consumer/Survivor Organizations (NCMHCSO) will ensure that consumer/survivors have a major voice in the development and implementation of health care, mental health, and social policies at the state and national levels, empowering people to recover and lead a full life in the community." <http://www.ncmhcsso.org/index.htm>)

Dan is interested in meeting with the Toronto/Ontario consumer/survivor community to discuss recovery and empowerment issues. He will provide an overview of recovery, and discuss progress in the States to 'transform the institutionally-oriented mental health system to a recovery-oriented system'. Dan will engage directly with representatives from various local/Ontarian survivor agencies and groups, and he will provide information and recommendations relating to province-wide and national organizing.

**Time & Location**

**1:00 - 4:30, Wed. Feb. 28, 2007**

**Workman Theatre**

**CAMH, 1001 Queen St. W. (Queen & Osslington)**

This event is **FREE**. Donations gratefully accepted.

Registration is not required.

Light refreshments will be provided at break-time.

The event is sponsored by the Ontario Recovers Campaign, the National Network for Mental Health, Workman Arts, Hong Fook, Community Resource Connections of Toronto, Family Outreach & Response Program, & Alternatives

For more information, contact: Brian McKinnon, 416-285-7996, ex. 227 or [bmckinnon@iprimus.ca](mailto:bmckinnon@iprimus.ca)

**BUILT Network**

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During the month of January, our dedicated and skilled staff from across Canada have been working extremely hard with our participants in their goals of completing the program and obtaining employment. Twenty-six persons gained employment through our project in January with a further three choosing to return to education pursuits in their pathway to success. We are entering a very active time of the year when all of the organizations staff, volunteers, and members watch the incredible success stories emerge from our project sites.

All year long the staff at the project locations have been working tirelessly towards accomplishing the objectives for the national project. To each of them, we offer our sincerest thank you. To all of our participants, we extend our heartfelt congratulations on a job well done! To our new program participants, we say welcome to our program and we wish all of you our very best.

**BrainStorm Poetry Contest**

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It's that time again, when poets pick up their pencils and enter the BrainStorm Poetry Contest for individuals living with mental illness. Join in, by entering your best poetry by March 23, 2007. Prizes will be awarded for the top three poems.

[Northern Initiative for Social Action](#)

**Did You Know?**

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- The National Network for Mental Health (NNMH) represents the Interests of mental health consumer/survivors across Canada, regardless of diagnosis... and that number is equivalent to approximately 20% of the Canadian public
- Without the strong support of Human Resources and Social Development's Office for Disability Issues, the NNMH would not have enough financial support to

survive

- The NNMH operates all of its activities on a core budget of \$80,000 per year, and is dependent on project funding and donations to support the core operations of the organization

**Upcoming Events Across Canada....** (External of the NNMH)

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**The 15<sup>th</sup> Annual David Berman Memorial Concurrent Disorders Conference**

**May 28<sup>th</sup> - 30<sup>th</sup>, 2007**

**Vancouver, BC**

A person suffering from concurrent disorder has to fight both a mental illness as well as a substance use addiction. This conference will provide advanced training in concurrent disorders, including in-dept exploration of integrated treatment. Various concurrent disorder treatment topics will be explored including the treatment of early life developmental trauma, difficulties and barriers to treatment, and the use of Dialectical Behavior Therapy as treatment. In addition, workshops and concurrent breakout sessions further discuss the various methods of screening and treating patients, the impact on family, and ways to support patients. Fellow clinicians and specialists will share skills and information that will provide participants with the latest knowledge on resources and treatments against concurrent disorders.

For further information and a downloadable brochure please visit our website [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca) , or contact us at [ipad@interchange.ubc.ca](mailto:ipad@interchange.ubc.ca) or (604) 822 - 7524.

The Early Bird deadline for registration is **April 21, 2007**

**Contact Information**

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phone: 905-682-2423

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