



Wellness and Recovery Newsletter

Volume 2 Issue 2 June 2007



Community
Resource
Connections
of Toronto

Welcome to the Sixth Wellness and Recovery Newsletter

Welcome to the sixth edition of the Newsletter. This edition we have two articles.

The first article is a reprint from the Canadian Health Network's Healthlink newsletter. It is about mental health promotion for persons with mental illness. This article discusses the question "what is mental health promotion?," and gives some concrete examples of how it works with people who have experienced mental illness. Thanks to Jennifer Pyke for bringing this article to our attention.

The Canadian Health Network is a free, online database of health information which can be found at www.canadian-health-network.ca. To subscribe to their free Healthlink newsletter, just click on the subscription link on their home page, and type your email address.

The second article is a reprint of the "Pleasant Events Schedule." This is a lengthy list of things that people like to do, which was initially devised for research purposes. I have seen it printed in a number of psychology-related textbooks over the years; the authors of these books have suggested that if the reader is experiencing depression, doing some of the things on this schedule can help with that condition. Since these books generally said they were printing a modified version of the Schedule, I was interested in tracking down the original version of the list to find out what was in it and what its copyright status was. I quickly tracked down Dr. Lewinsohn via the Internet. He is now based at the Oregon Research Institute. Dr. Lewinsohn assured me that the PES itself is now public domain.

Again, please let us know any comments you may have regarding this and previous issues of the Newsletter, and any suggestions you may have for future issues. Thanks to Mel Starkman for giving us so many ideas for articles to be included in future editions of this newsletter.

- G. Dewar

How to Subscribe to the Wellness and Recovery Newsletter

The Wellness and Recovery Newsletter is available by Canada Post and by email. To subscribe, contact the C/S Info Centre by phone at 416 595-2882 or by email at csinfo@camh.net. The newsletter is published quarterly ie. Four times a year. Subscriptions are free.

This newsletter is a joint effort by the Consumer/Survivor Information Resource Centre of Toronto and the Health Promotion Program of Community Resource Connections of Toronto (CRCT). The C/S Info Centre has for many years published its Bulletin which twice a month brings information of interest to consumers and stakeholders in the mental health system. CRCT works to encourage wellness and recovery of consumers through its Health Promotion Program, Community Support Program, Hostel Outreach Program, COPE Program, and Mental Health Court Support Program. Visit CRCT's web site at www.crct.org for information about its programs as well as current information about mental health-related resources, news and events.

Current and past issues of the Wellness and Recovery Newsletter are available on CRCT's web site: www.crct.org. Just enter 'Wellness and Recovery Newsletter' (without the quotes) in the site-wide search box at the top of any page on CRCT's web site. Feel free to photocopy, post and otherwise distribute copies of the Wellness and Recovery Newsletter. Usually it is alright to further reproduce individual articles from the newsletter for nonprofit purposes, but please be sure to include the acknowledgement for the original source of the article.

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The following article about Mental Health Promotion (MHP) for persons with mental illness is reprinted with permission from the Canadian Mental Health Association (CMHA), which is the mental health affiliate of the Canadian Health Network.

Good health means having both good physical and good mental health. This is the first in a two-part series on mental health promotion, an umbrella term for strategies and activities aimed at having a positive effect on mental health. Part One explores mental health promotion for people with mental illness and [Part Two](#), shows how promoting mental health is good for us all.

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- A group of mental health consumers gathers in North Bay, Ontario, for a training session about WRAP: a Wellness Recovery Action Plan designed to help them recognize signs of a relapse, and teach them techniques to help prevent them from becoming seriously ill again.
 - In Medicine Hat, Alberta, the coordinator of a program that helps people with a mental illness find and keep mainstream employment speaks with patients at the regional hospital psychiatric ward about how the program can work with their wellness plan.
 - At a meeting of a mental health consumer support group in Sudbury, Ontario, a valued board member's resignation is applauded when his peers learn the reason: the demands of his new job as a supervisor at a large company.

You might conclude that the common thread in all these scenarios is mental illness. That is true, but it's only one strand of a richly woven fabric. What links these people is that, in each situation, mental health promotion is at work, providing a range of supports and resources that help people with a mental illness gain control over their lives and build the resilience they need to cope and move forward.

What is mental health promotion (MHP)?

But what exactly is mental health promotion? Ask five Canadians, and chances are you will hear five different responses. Some people think it refers to public awareness and education campaigns. Others believe it means programs, while others see it more as a philosophy. The definition of MHP varies even among organizations that have a mandate to assist people with a mental illness or a mental health problem.

" Mental illness and mental health are not mutually exclusive. "

In fact, [MHP](#) encompasses all these elements and includes many key principles of health promotion theory and practice. In 1986, the *Ottawa Charter on Health Promotion*, produced by the World Health Organization, defined health promotion as "the process of enabling individuals and communities to increase control over the determinants of health and thereby improve their health."

This definition does not separate out people with a mental illness. "Mental illness and mental health are not mutually exclusive," points out Bonnie Pape, former Director of Programs for the Canadian Mental Health Association National office (CMHA). "People don't always understand that you can have an illness and at the same time have health." For example, a person with bipolar disorder can, with the help of treatment, learn coping skills that enable them to maintain healthy relationships and employment. The symptoms remain, but their effects on a person's quality of life can be reduced.

Mental illness in Canada – a growing concern

Mental illness affects all Canadians at some time, indirectly through a family member, friend or colleague, or directly through personal experience.

- [One in five](#) Canadians will develop a mental illness at some time in their lives
- [Mood disorders](#) affect an estimated 10% of Canadians

- [Anxiety disorders](#) affect approximately 12% of Canadians
- Stress and mental health-related problems represent 40-50% of the short-term disability claims among employees of some of Canada's largest companies
- In 1998, the total value of [lost work time in Canada](#) due to depression was \$2.16 billion. The total economic burden of mental disorders was \$14.4 billion.

Mental health promotion builds on strengths

For people with a mental illness, MHP [focuses on a person's abilities and capacities](#) to enhance strength, resilience and self-confidence. Effective MHP involves strengthening people's coping skills, and above all, their ability to take control over their lives, thereby improving their mental health.

Since mental health promotion applies to *everyone* in society, it follows that its ripple effect touches all aspects of our lives. The [benefits of MHP](#) include:

- improved well-being
- enhanced networks of social support
- greater social inclusion
- reduced stress
- better understanding of the needs and experience of people with mental illness.

Mutual support is key

[Social inclusion](#) is a recurring theme in any discussion about MHP. Ask Ellen Cohen why she is so passionate about the consumer/survivor network she helped create and she says simply: "It stopped the isolation." The North East Ontario Consumer Survivor Network (NEON) has 200-300 members, meets on a quarterly basis and offers peer support and training opportunities.

"It was very isolating when you didn't have a peer group to share with," says Ellen, NEON's North East Regional Coordinator. "People may be frustrated by developing their own organization, they might get mad and need a place to vent, but at the same time they're learning coping skills, they're learning skills to deal with conflict, to develop something positive."

NEON may have been launched with peer support as its primary goal, but that has since grown into skill development initiatives, such as WRAP and suicide/crisis prevention, as well as participation in the regional awareness campaign, *We All Belong*.

"Mutual support, to me, is just about the best example of MHP going," says Bonnie Pape. "Instead of being a recipient of services in an illness model, people are providers of health to one another and they're identifying their capacities and strengths and what they're good at."

A practical tool kit for communities Mental health promotion is a positive approach to positive mental health. In the [Mental Health Promotion Tool Kit](#), developed by CMHA, MHP is described as "any actions which are taken for the purpose of fostering, protecting and improving mental health."

From posters about depression to community-level advocacy for improved housing, from skills training to peer support groups – if improved mental health is the goal of any initiative, it qualifies as mental health promotion.

Mental health promotion helps people find jobs

[*Routes to Work*](#), an initiative of CMHA National, started as a one-year program in 1996. Since then, it has expanded to seven sites across Canada, and has helped over 300 people with mental illness to gain employment, and over 425 to enhance their employability.

Employment has been identified as one of the prime [determinants of health](#). As a source of money, social contacts and identity, work has a huge impact on our physical and mental health.

"*Routes to Work* fits the person to the job and offers so much support along the way," says Julie Flatt, Program Manager. Julie credits *Routes'* employment support workers (ESW's) for a tremendous amount of mental health promotion, especially in the area of public education. "Our ESW's sensitize people to the fact that mental illness is not a distant thing any more," says Julie. "It opens them up to the fact that maybe their workplaces have to change."

Sarah Carleton, a *Routes to Work* ESW in Kingston, Ontario, develops her portfolio of potential employers through meetings and by holding workshops about mental illness. "I try to demystify people with mental illness in the workplace," she says. Recently, banks, in particular, have demonstrated a willingness to accommodate diversity. "They've been open to offering interviews with my clients," she says. "They're pretty educated about mental illness."

In Medicine Hat, Alberta, *Routes to Work* coordinator Duncan Dyer makes sure other community agencies know all about the program. "We're fortunate in having a really cohesive network," he says. "Most of our clients are referred by other agencies."

At NEON in northern Ontario, some members have found mainstream employment. "These are valuable people that were so beaten and so ill," says Ellen. "They were told they'd never be able to work, that they would always be on drugs, and now they're out and as a result of being involved in a consumer organization, many have become coordinators, executive directors, staff and peer support members."

Mental health promotion benefits everyone

"When we talk about the benefits of MHP for people with a mental illness, we use terms like *recovery* - and this is not like recovering from the flu, it's having the feeling that you can get on with your life, that you can cope," says Bonnie Pape. "The things people say contribute to their recovery are very similar to how we understand MHP: inclusion, feeling accepted, that someone believes in you."

And that leads to believing in oneself, like when members of NEON participated in the regional awareness campaign, *We All Belong*, from 2001-2005. They made presentations and held workshops across northern Ontario, and as they informed their communities about mental illness, their pride grew. "You could see people getting strong," says Ellen Cohen. "These were unexpected results, how it empowered people, how it made people well."

FINDING PLEASANT THINGS TO DO

An important part of wellness and recovery is having interesting things to do, and things to look forward to. In support of this, we are here printing the Pleasant Events Schedule. This is a long list of pleasant things to do. We are here printing an edited version of the original list developed by Lewinsohn et al many years ago. Versions of this list have appeared in a number of psychology-related books over the years, as a remedy for depression.

There is a paper with the original unedited version of the PES available on the Oregon Research Institute's web site www.ori.org. The paper is "The Pleasant Events Schedule: Studies on Reliability, Validity, and Scale Intercorrelation" by Douglas J. MacPhillamy and Peter M. Lewinsohn, *Journal of Consulting and Clinical Psychology*, 1982, Vol. 50, No. 3, pp. 363-380. The PES is public domain; Dr. Lewinsohn requests just that anyone reprinting the PES simply acknowledge its source.

Just to make reading this list more interesting, I've added (somewhere) one additional activity that people like to do, which was not available when the original PES was published in 1982. Can you spot it?

-G. Dewar

1. Being in the country
2. Wearing expensive or formal clothes
3. Making contributions to religious, charitable, or other groups
4. Talking about sports
5. Meeting someone new of the same sex
6. Taking tests when well prepared
7. Going to a rock concert
8. Playing baseball or softball
9. Planning trips or vacations
10. Buying things for myself
11. Being at the beach
12. Doing art work (painting, sculpture, drawing, movie-making, etc.)
13. Rock climbing or mountaineering
14. Reading the Scriptures or other sacred works
15. Playing golf
16. Taking part in military activities
17. Re-arranging or redecorating my room or house
18. Going to a sports event
19. Reading a "How to Do It" book or article
20. Going to the races (horse, car, boat, etc.)
21. Reading stories, novels, poems, or plays
22. Going to a bar, tavern, club, etc.
23. Going to lectures or hearing speakers
24. Driving skilfully
25. Breathing clean air
26. Thinking up or arranging songs or music
27. Saying something clearly
28. Boating (canoeing, kayaking, motorboating, sailing, etc.)
29. Pleasing my parents
30. Restoring antiques, refinishing furniture, etc.
31. Watching TV
32. Talking to myself
33. Camping
34. Working in politics
35. Working on machines (cars, bikes, motorcycles, tractors, etc.)
36. Thinking about something good in the future
37. Playing cards
38. Completing a difficult task
39. Laughing
40. Solving a problem, puzzle, crossword, etc.

41. Being at weddings, baptisms, confirmations, etc.
42. Criticizing someone
43. Shaving
44. Having lunch with friends or associates
45. Playing tennis
46. Taking a shower
47. Driving long distances
48. Woodworking, carpentry
49. Writing stories, novels, plays or poetry
50. Being with animals
51. Riding in an airplane
52. Exploring (hiking away from known routes, spelunking, etc.)
53. Having a frank and open conversation
54. Singing in a group
55. Thinking about myself or my problems
56. Working on my job
57. Going to a party
58. Going to church functions (socials, classes, bazaars, etc.)
59. Speaking a foreign language
60. Going to service, civic, or social club meetings
61. Going to a business meeting or convention
62. Being in a sporty or expensive car
63. Playing a musical instrument
64. Making snacks
65. Snow skiing
66. Being helped
67. Wearing informal clothes
68. Combing or brushing my hair
69. Acting
70. Taking a nap
71. Being with friends
72. Canning, freezing, making preserves, etc.
73. Driving fast
74. Solving a personal problem
75. Being in a city
76. Taking a bath
77. Singing to myself
78. Making food or crafts to sell or give away
79. Playing pool or billiards
80. Being with my grandchildren
81. Playing chess or checkers
82. Doing craft work (pottery, jewelry, leather, beads, weaving, etc.)
83. Weighing myself
84. Scratching myself
85. Putting on make-up, fixing my hair, etc.
86. Designing or drafting
87. Visiting people who are sick, shut in, or in trouble
88. Cheering, rooting
89. Bowling
90. Being popular at a gathering
91. Watching wild animals
92. Having an original idea
93. Gardening, landscaping, or doing yard work
94. Reading essays or technical, academic, or professional literature
95. Wearing new clothes
96. Dancing
97. Sitting in the sun
98. Riding a motorcycle
99. Just sitting and thinking
100. Social drinking
101. Seeing good things happen to my family or friends
102. Going to a fair, carnival, circus, zoo, or amusement park
103. Talking about philosophy or religion
104. Gambling
105. Planning or organizing something
106. Having a drink by myself
107. Listening to the sounds of nature
108. Dating, courting, etc.
109. Having a lively talk
110. Listening to the radio
111. Having friends come to visit
112. Playing in a sporting competition
113. Introducing people who I think would like each other
114. Giving gifts
115. Going to school or government meetings, court sessions, etc.
116. Getting massages or backrubs
117. Getting letters, cards, or notes
118. Watching the sky, clouds, or a storm

119. Going on outings (to the park, a picnic, or a barbecue, etc.)
120. Playing basketball
121. Buying something for my family
122. Photography
123. Giving a speech or lecture
124. Reading maps
125. Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.)
126. Working on my finances
127. Wearing clean clothes
128. Making a major purchase or investment (car, appliance, house, stocks, etc.)
129. Helping someone
130. Being in the mountains
131. Getting a job advancement (being promoted, given a raise, or offered a better job, accepted into a better school, etc.)
132. Hearing jokes
133. Winning a bet
134. Talking about my children or grandchildren
135. Meeting someone new of the opposite sex
136. Going to a revival or crusade
137. Talking about my health
138. Seeing beautiful scenery
139. Eating good meals
140. Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.)
141. Being downtown
142. Wrestling or boxing
143. Hunting or shooting
144. Playing in a musical group
145. Hiking
146. Going to a museum or exhibit
147. Writing papers, essays, articles, reports, memos, etc.
148. Doing a job well
149. Having spare time
150. Fishing
151. Loaning something
152. Being noticed as sexually attractive
153. Pleasing employers, teachers, etc.
154. Counseling someone
155. Going to a health club, sauna bath, etc.
156. Having someone criticize me
157. Learning to do something new
158. Going to a "Drive-in" (Dairy Queen, MacDonald's, etc.)
159. Complimenting or praising someone
160. Thinking about people I like
161. Being at a fraternity or sorority
162. Taking revenge on someone
163. Being with my parents
164. Horseback riding
165. Protesting social, political, or environmental conditions
166. Talking on the telephone
167. Having daydreams
168. Kicking leaves, sand, pebbles, etc.
169. Playing lawn sports (badminton, croquet, shuffleboard, horseshoes, etc.)
170. Going to school reunions, alumni meetings, etc.
171. Seeing famous people
172. Going to the movies
173. Kissing
174. Being alone
175. Budgeting my time
176. Cooking meals
177. Being praised by people I admire
178. Outwitting a "superior"
179. Feeling the presence of the Lord in my life
180. Doing a project in my own way
181. Doing "odd jobs" around the house
182. Crying
183. Being told I am needed
184. Being at a family reunion or get-together
185. Giving a party or get-together
186. Washing my hair
187. Coaching someone
188. Going to a restaurant
189. Seeing or smelling a flower or plant
190. Being invited out
191. Receiving honors (civic, military, etc.)
192. Using cologne, perfume, or aftershave
193. Having someone agree with me

194. Reminiscing, talking about old times
195. Getting up early in the morning
196. Having peace and quiet
197. Doing experiments or other scientific work
198. Visiting friends
199. Writing in a diary
200. Playing football
201. Being counselled
202. Saying prayers
203. Giving massages or backrubs
204. Meditating or doing yoga
205. Seeing a fight
206. Doing favours for people
207. Talking with people on the job or in class
208. Being relaxed
209. Being asked for my help or advice
210. Thinking about other people's problems
211. Playing board games (Monopoly, Scrabble, etc.)
212. Sleeping soundly at night
213. Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.)
214. Reading the newspaper
215. Snowmobiling or dune-buggy riding
216. Being in a body-awareness, sensitivity, encounter, therapy, "rap" group
217. Dreaming at night
218. Playing ping pong
219. Brushing my teeth
220. Swimming
221. Running, jogging, or doing gymnastic, fitness, or field exercises
222. Walking barefoot
223. Playing Frisbee or catch
224. Doing housework or laundry; cleaning things
225. Being with my roommate
226. Listening to music
227. Arguing
228. Knitting, crocheting, embroidery, or fancy needlework
229. Amusing people
230. Going to a barber or beautician
231. Having house guests
232. Being with someone I love
233. Reading magazines
234. Sleeping late
235. Starting a new project
236. Being stubborn
237. Going to the library
238. Playing soccer, rugby, hockey, lacrosse, etc.
239. Preparing a new or special food
240. Birdwatching
241. Shopping
242. Watching people
243. Building or watching a fire
244. Winning an argument
245. Selling or trading something
246. Finishing a project or task
247. Confessing or apologizing
248. Repairing things
249. Working with others as a team
250. Bicycling
251. Telling people what to do
252. Being with happy people
253. Playing party games
254. Writing letters, cards, or notes
255. Talking about politics or public affairs
256. Asking for help or advice
257. Going to banquets, luncheons, potlucks, etc.
258. Talking about my hobby or special interest
259. Smiling at people
260. Surfing the World Wide Web
261. Playing in sand, a stream, the grass, etc.
262. Talking about other people
263. Being with my husband or wife
264. Having people show interest in what I have said
265. Going on field trips, nature walks, etc.
266. Expressing my love to someone
267. Caring for houseplants
268. Having coffee, tea, a coke, etc., with friends
269. Taking a walk
270. Collecting things
271. Playing handball, paddleball, squash, etc.

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| 272. Sewing | 288. Defending or protecting someone; stopping fraud or abuse |
| 273. Suffering for a good cause | 289. Hearing a good sermon |
| 274. Remembering a departed friend or loved one, visiting the cemetery | 290. Winning a competition |
| 275. Doing things with children | 291. Making a new friend |
| 276. Beachcombing | 292. Talking about my job or school |
| 277. Being complimented or told I have done well | 293. Reading cartoons, comic strips, or comic books |
| 278. Being told I am loved | 294. Borrowing something |
| 279. Eating snacks | 295. Travelling with a group |
| 280. Staying up late | 296. Seeing old friends |
| 281. Having family members or friends do something that makes me proud of them | 297. Teaching someone |
| 282. Being with my children | 298. Using my strength |
| 283. Going to auctions, garage sales, etc. | 299. Travelling |
| 284. Thinking about an interesting question | 300. Going to office parties or departmental get-togethers |
| 285. Doing volunteer work; working on community service projects | 301. Attending a concert, opera, or ballet |
| 286. Water skiing, surfing, scuba diving | 302. Playing with pets |
| 287. Receiving money | 303. Going to a play |
| | 304. Looking at the stars or moon |
| | 305. Being coached |

A COMPREHENSIVE GUIDE TO TORONTO'S MENTAL HEALTH SYSTEM

Having choices and options to pursue in selecting mental health services and supports is an important principle of recovery. "Making Choices: CRCT'S Guide to Adult Mental Health Services and Supports in Toronto," can be a great help by providing information about what services and supports are available, as well as general information about topics such as basic needs, housing, employment and social activities. It is 154 pages in length.

Copies of Making Choices are available by pickup or by mail from CRCT 416-482-4103. There is a flat charge of \$5 per copy for consumers and family members; for service providers and all others there is a charge of \$26 if picked up, \$30 if mailed (with quantity discounts available). Send cheques, payable to CRCT, to: CRCT, 366 Adelaide St. East, Suite 230, Toronto, ON M5A 3X9.

The full text of Making Choices is also available on CRCT's web site at www.crct.org in pdf format. The guide may also be purchased by credit card from Caversham's Booksellers www.cavershambooksellers.com 416-944-0962, toll-free 1-800-361-6120.

A Mental Health Recovery Reader for Providers, Survivors and Families is a 377-page collection of articles of interest to anyone wanting to learn more about mental health recovery. It is available for purchase through: Canadian Scholars' Press, 180 Bloor St. West, Suite 801, Toronto, ON M5S 2V6 416-929-2774 www.cspi.org. Cost: \$40.95