



F. A. M. E.

Summer 2007

Family Association For Mental Health Everywhere

THE FAMILY ADVOCATE

Please Join Us For Our

ANNUAL GENERAL MEETING

Monday September 17th, 2007 - 6:30 P.M.

World Vision Building, 1 World Drive, Mississauga

(located east side of Hurontario, 1 block north of Hwy. 401, free parking is available)

KEYNOTE SPEAKER Tom Regehr

Founder of CAST Canada, Recipient of the 2007 "Courage to Come Back" Award

Drawing on his own powerful experiences of trauma, life on the streets and interacting with others to improve his life, Tom uses candid honesty and humour to present some basic truths and insights about a life in recovery, adding colour and understanding to his message.

Tom's inspirational story about hope and recovery is not to be missed!

"A compelling speaker with a compelling story." - Paul Garfinkle, C.E.O. Centre for Addiction & Mental Health (CAMH) *"Engaging and heartfelt, these are his strengths. Tom has the ability to connect his experience with the system, bridging the gap and allowing people on the inside and the outside to gather a special insight...."* -

Carol Wilkinson, M.S.W., Coordinator, Alcohol & Drug Treatment Program, Credit Valley Hospital



SPECIAL GUEST APPEARANCE!

An encore performance from "simply divas"! We are thrilled to present a special evening performance from one of our most talented up and coming divas, Miss Berlayne Smith.

Miss Smith, who is currently studying at the prestigious Etobicoke School of the Arts,

will be performing live with piano accompaniment. Berlayne's beautiful

voice along with her incredible stage presence will most certainly be a highlight

of the evening. You don't want to miss her performance!

Berlayne Smith brings her incredible voice and talent to our 2007 AGM for a special encore presentation of "simply divas".



PRESENTING THE FRIENDS of F.A.M.E.

A celebration of Community Achievement Awards and Volunteer Recognition

We will be recognizing those that have made significant contributions to F.A.M.E. over the past year.

BE OUR GUEST FOR A SPECIAL CATERED EARLY EVENING SUPPER!

A light evening supper buffet will be served from 6:30—7:30 p.m. Due to catering requirements & limited seating, **registration & R.S.V.P's are required** for this part of the evening.

Contact the F.A.M.E. office to register at (416) 207-5032. Registration deadline is Friday, September 14th.

BUSINESS MEETING

It's business as usual for the membership and the Board of Directors following dessert & coffee. We welcome you to join us for the presentation of our Annual & Financial Reports as well as the election of the 2007-2008 Directors.

Our Mission

F.A.M.E. is an organization for family support where mental illness of any form is an issue.

We are run for and by families to reduce the stress of coping with mental illness by strengthening and supporting family members in their role as caregivers.

FAME's Children's Program expands into Peel Region

FAME is pleased to report that its children's group, fameShare has been expanding over the past year and programming is now being offered in Peel Region thanks to funding from the Region of Peel.

fameShare is a highly specialized children's program unique to FAME, and is offered over eight weeks for children aged 7-12 who have a family member with a severe mental illness. Each session covers a different topic and children have the opportunity to express their feelings in a safe environment, explore healthy coping strategies, gain accurate knowledge about mental illness, and develop personal support networks. Group participants enjoy the variety of activities offered and have reported gratitude in meeting others in similar situations.

The fameShare program offered in Mississauga last year was observed by Brenda Gladstone, a PhD candidate. Brenda works for The Sick Kids Hospital in the capacity of Research Coordinator Community Health System Resource Group. Her thesis, approved by University of Toronto and the Sick Kids Hospital, focuses on the effects of mental illness of a family member on a child's life. At the end of the sessions, Brenda had a detailed evaluation of the program by the children attending this particular group. Possibly this is the first time in Toronto children have been asked to participate in a study about the impact of parental mental illness, since most of the research conducted so far has focused on the person with the disorder. FAME will receive a detailed evaluation of the children's program. The preliminary report is extremely positive and suggests that the program is meeting the children's needs.

At various community fairs over the past year, we were pleased to note that the program was well known throughout the industry. The fameShare program continues to evolve as the facilitators attend educational workshops on mental health issues, as well as learning from the children who attend the program. Their questions and experiences assist us in fine tuning some of the content and discussions in the sessions.

For more information about the program and registration details, please contact Marta at 416-207-5032, ext. 26.

United Way of Peel Region launches it's Annual Campaign September 15, 2007

Did you know the United Way of Peel Region currently provides funding to 108 programs offered through 53 community agencies? A donation to the United Way of Peel Region helps connect people to vital services, provides care and support for individuals and neighbourhoods, and works to build a community where everyone is respected and included.

FAME encourages you to support the United Way of Peel Region during its Campaign through your workplace or by contacting them directly. For more information, please contact 905-602-3650 or www.unitedwaypeel.org.

Are you receiving FAME publications?

Over the summer, FAME has been revising its database and membership listing in order to update all individuals' contact information. Keeping our members informed about current events and publications is extremely important to us. You may have received a phone call from a FAME volunteer and we thank you for your cooperation in the process.

As well, in an effort to reduce paper consumption, we have the capability to send information electronically and are inputting members email addresses. Please contact the head office at 416-207-5032 if your information is not accurate or to include your email address and we will make the necessary changes.

A Call to Families to Action: Putting Families on the Election Agenda

- on behalf of the Family Mental Health Alliance

With the Ontario Election set for October 10, 2007 we have a great opportunity to make mental health and addictions an important issue, and within that, the families' vital role. We can best do this by contacting as many MPPs and candidates as possible and help them understand our specific needs and situation.

OUR MESSAGES

- 1) Families and consumers need to be included as an integral part of the mental health and addictions system.
- 2) Families must be recognized as valued partners and their experience and knowledge need to be accepted as a means of leading to better outcomes.
- 3) Families need information, support and help for themselves in dealing with the daily and systemic challenges associated with caring for someone with a mental health and addiction problem.

The following are suggestions of methods you can use to get our messages out to MPPs and candidates:

- 1) All Candidates Meetings
- 2) Private Meetings with your MPP
- 3) Door-to-door canvassers
- 4) Write, phone or email to your MPP

The Family Mental Health Alliance (FMHA) is creating an informal network to exchange ideas or suggestions around the election. Such a network will help ensure we send the same messages to MPPs and candidates about mental health and addiction issues.

If you are interested in joining this network or have any feedback, please contact Joyce Santamaura at tonyjoyce@rogers.com or Ursula Lipski at ulipski@schizophrenia.on.ca.

FMHA is an alliance of family organizations and individual family members working to develop a stronger voice for families in the mental health and addiction system and to raise awareness of issues from a family perspective.

UPCOMING F.A.M.E. EVENTS

Families and First Episode Psychosis Education Group in Peel Region

FAME in partnership with FACT - PEEL, (satellite office of CAMH) offers a First Episode Psychosis Education Group for families

Begins Wednesday evenings from September 12th to October 24th, 2007

Time: 6:00 - 7:30 pm
Refreshments served at 5:30 pm

Participants must pre-register for this 7-week group by contacting Emily Collette at 905-276-8316 or Frank Logue at 905-488-7716.

Etobicoke Speaker Meetings

Topic and Speaker to be announced

Wednesday October 24, 2007 from 7:00-8:30 pm
Etobicoke Civic Centre, 399 The West Mall
(Burhamthorpe / Hwy 427)

Naturopathic Treatment of Mental Health

Complementary approaches to treating mental health issues including schizophrenia, bipolar and depression. Treatment options to be discussed include: vitamins, minerals, amino acids, essential fatty acids and specific herbal medicines.

Speaker: Jonathan Prousky, BPHE, B.Sc, ND, FRSH
Chief Naturopathic Medical Officer
Associate Professor, Clinical Nutrition
The Canadian College of Naturopathic Medicine

Wednesday November 28, 2007 from 7:00-8:30 pm
Etobicoke Civic Centre, 399 The West Mall
(Burhamthorpe / Hwy 427)

North York Family Education Group

Do you have a family member / friend with a mental health issue? Do you want an opportunity to learn and talk confidentially with other family members who have similar concerns?

FAME in partnership with North York General Hospital presents a Family Education Series

- Sept. 20 - Introduction: What is Mental Illness?
- Sept. 27 - Treatments for Mental Illness & Discussion of Recovery Philosophy
- Oct. 11 - Crisis, Suicide Prevention & Hospitalization
- Oct. 25 - Community Supports & ACT Team
- Nov. 8 - Legal Issues and Advocacy
- Nov. 22 - Self Care & Stress Management
- Dec. 6 - Seniors Mental Health Issues

Time: 7:00 - 8:30 pm

Location: Branson Division - North York General Hospital, 555 Finch Ave. West, 1 South Room 121 in Outpatient Mental Health

To register, please contact Mary at 416-207-5032, x29 or Rose-Marie at 416-633-9420, x6386

Info Fair: Mental Health & Addiction Services in East Toronto

This is your chance to learn about the wide range of mental health and addiction services available in East Toronto. Over 75 organizations will be present with information displays and staff representation including FAME.

Date: Wednesday October 3, 2007

Time: 12:00 - 4:00 pm

Location: East York Civic Centre, 850 Coxwell Avenue

Humber River Regional Hospital - 6th Annual Clinical Day

"Bridging the Gap - Lessons to Ease the Family Burden of Psychiatric Care"
Friday October 26, 2007 from 8:00 - 4:30 pm at the Old Mill Inn, 21 Old Mill Road, Toronto
For more information, contact: 416-658-2067

F.A.M.E. proudly acknowledges its funders!



F.A.M.E. SCHEDULE

SCARBOROUGH

Grace Hospital Support Group
Last Thursday of the month, 7:00-9:00 p.m.,
3030 Birchmount Rd. at Finch, basement Lecture Hall.

Centenary Hospital Support Group
Second Tuesday of the month, 7:00-9:00 p.m.,
2867 Ellesmere Rd., 6th floor. Parking is validated.

NORTH YORK

North York Family Support Group
First Tuesday of the month, 7:00-9:00 p.m.,
Ancaster Community Centre, 41 Ancaster Rd.,
(North of Wilson between Keele & Dufferin)

ETOBICOKE-WEST TORONTO

Etobicoke Family Support Group
Second Monday of the month, 7:00-9:00 p.m.,
4214 Dundas St.W., Suite 209.

MISSISSAUGA

Mississauga Family Support Group
Third Monday of the month, 7:00-9:00 p.m.,
2600 Edenhurst Dr., Suite 101 (near Dundas &
Hurontario).

BRAMPTON

Family Support Group
Second Monday of the month, 7:00-9:00 p.m.,
71 West Drive, Suite 21

BOLTON

Bolton Family Support Group
Fourth Monday of the month, 7:00-9:00 pm.,
150 Queen St. South, Room A

fameShare

A psycho-educational group for children with a family member with a severe mental illness. This specialized 8 week program runs twice a year. Please contact Marta at 416-207-5032 ext.26 for more information.

YOUTH FAMILY SUPPORT GROUP

Please contact Emily Collette at (905) 276-8316 for more information.

DUAL DIAGNOSIS PROGRAM

FAME's Dual Diagnosis Program provides support to family members dealing with a relative with a co-existing developmental disability and a mental health issue.

FAME currently offers confidential services in-person and by telephone. A new Family Support Group is scheduled to begin in the fall 2007. Specific program details to be announced.

For more information about the Dual Diagnosis Program, please contact Paul O'Donnell at 416-207-5032, ext. 24 or paulo@fameforfamilies.com.

F.A.M.E. Board of Directors

David Kennedy, Chair
Gregory Dickson, Treasurer, Irene Agius,
Jeremy Albisser, Colin Browne, Dr. Robert Hicks,
Sue LeMesurier, Brandie Pritchard,
Leena Sharma, Cindy Ann Williams

F.A.M.E. Staff Listing

Christine Cooper, Executive Director
Stephanie Baker, Marta Campos, Emily Collette,
Afrooz Eghbali, Mary Jursinic,
Frank Logue, Paul O'Donnell

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Brampton Outreach:
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(P): 905-488-7716
(E): frankl@fameforfamilies.com

Do you have an **email** address? Would you like to be on our electronic mailing lists?
Contact our Etobicoke office at: (416) 207-5032 or email us at: fame@fameforfamilies.com

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