

The Sensitive Scoop

Consumer Newsletter



For *any* Woman living with Mental Illness

Issue 61, January February 2010

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The Sensitive Scoop is now available on the MSS Website at www.mss.mb.ca

 A SWEET NEW YEAR TO ALL 

After Christmas, we remain in the holiday spirit for the New Year's celebration. That means that it's that time of year again for some bubbly, and to stay safe. Here are a few recipes for those who can't drink alcohol because they are on medication.

Raspberry Shrub

- 1 cup raspberries
- 1/2 cup ice water
- 1 thin lemon slice with rind
- 1 tsp. honey
- Mint sprig
- BLEND



MSS Christmas Party 2009

Tropical Frosted

- 1/2 banana sliced
- 1/2 cup milk
- 2 Tbsp unsweetened pineapple juice
- 1 tsp. cream of coconut
- 1/2 cup crushed ice
- BLEND

These recipes were the "fancy drinks" or "Mocktails sans alcohol" served at CMHA's Fundraising Mental Illness Awareness Social on Friday May 4th, in 2001. They were printed in the Summer Issue of the Consumer's Connection Newsletter of 2001, by the CMHA.

PROVINCE MOVES FORWARD WITH CANADA'S FIRST MENTAL-HEALTH CRISIS-RESPONSE CENTRE

August 11, 2009

Canada's first stand-alone, mental-health crisis-response centre is moving forward with a proposed location on the Health Sciences Centre campus where it will provide centralized services while easing pressure on emergency room visits, Premier Gary Doer announced today.

"Until now, emergency rooms have been the first point of contact for thousands of people experiencing a mental-health crisis in Winnipeg each year," said Doer. "Once complete, this new centre will offer around-the-clock mental-health crisis services, providing much-needed specialized services while redirecting a number of individuals going to emergency rooms."

The Winnipeg Regional Health Authority is proposing the new, community-based centre be located west of the Health Sciences Centre on Bannatyne Avenue, pending final zoning approval. There will also be broader discussions with the community as the project moves forward.

The new centre will provide a central point of access for people experiencing a mental-health crisis seven days a week, 24 hours a day including walk-in care. Services planned for the centre include:

- medical and mental-health screening and assessment,
- crisis intervention and initial treatment services, and
- psychiatric consultation.

The centre will also provide linkages and referrals to specialized treatment, rehabilitation and support services for individuals with mental-health issues and those with co-occurring mental-health and addiction issues.

"The new integrated mental-health crisis-response centre will greatly benefit service users and their families. Clients will have increased access to a greater range of crisis services in a much more timely fashion," said Nicole Chammartin, executive director of Canadian Mental Health Association Winnipeg. "With a range of crisis services co-ordinated under one roof, there will be increased efficiency and co-ordination. We are confident that this will result in fewer hospitalizations and relapses for those using crisis services in Winnipeg."

Milton Sussman, the Winnipeg Regional Health Authority's vice-president of community health services, said the centre evolved from recommendations and input of users of mental-health services and their families about their needs during a mental-health crisis. He said it will also follow up on one of the long-term recommendations of the Emergency Care Task Force.

"The task force members and the mental-health community recognized the needs of individuals in a mental-health crisis are better met outside the emergency department structure," he said. "Having a designated facility that provides appropriate interventions in a timely manner will meet the needs of individuals in a mental-health crisis and will also reduce the strain on emergency departments. The vision is for the crisis response centre to be a centre of excellence in mental-health crisis intervention."



In the next few issues of the newsletter we will be featuring members of the MSS Women's Group. To the left is a picture of Bonnie Gregory.

Bonnie joined the Manitoba Schizophrenia Society Women's Group this past year. Bonnie was born in Birtle, MB in 1974. Prior to coming to Winnipeg Bonnie lived in Russell, Manitoba. Bonnie has three sons who currently live there with her mom and dad.

UPCOMING MSS EVENTS – 2010

Strengthening Families Together: An 8- week educational program for Family members & friends of individuals living with and recovering from mental illness – Next session starts on January 13, 2010 through March 3, 2010 For more information call 204-786-1616.

14TH ANNUAL IRIS GALA EVENING

SATURDAY, MAY 8, 2010
THE GATES ON ROBLIN



19TH Annual Golf for
Schizophrenia Tournament
Monday, June 21, 2010

Southwood Golf & Country Club

Announcing a New Location for the 20th Annual Journey of Hope Walk

**Saturday, September 11, 2010
The Forks Market – Canopy Plaza**

Women's Program Schedule January February 2010

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on outings. Any women living with a mental illness are welcome to attend. Occasionally we are out of the office for an activity so please call to confirm your attendance at 786-1616.

January

- Jan. 7th** **Writer's Group – at MSS (4 Fort Street)** – If you have some poems or stories you would like to share with the group please bring them along to get positive feedback. We will then do some short and fun writing exercises.
- Jan. 14th** **Sharing and Planning** – This is your chance to give suggestions for future programming.
- Jan. 21st** **Speaker – to be confirmed**
- Jan. 28th** **Yoga** – This is a great way to increase flexibility and tone muscles.

Happy Valentine's Day

REMINDER

*In March we will be having a fundraiser for the next Footsteps book
Footsteps V
Date to be announced in the next issue of The Sensitive Scoop newsletter*

February

- Feb. 4th** **Writer's Group**
- Feb. 11th** **Arts and Crafts** – Make something nice to take home.
- Feb. 18th** **Movie Day at FACES** - Come and relax as we enjoy a movie together.
- Feb. 25th** **Visiting Manitoba Hydro Building** – Call to confirm attendance at 786-1616.



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