

THE SENSITIVE SCOOP

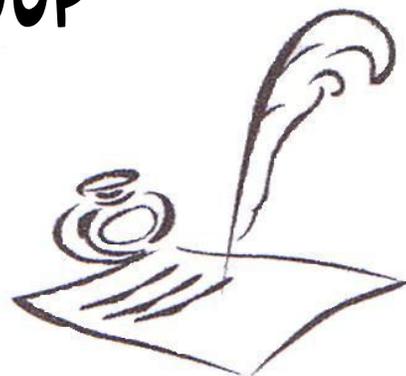
Consumer Newsletter

For *any* Woman living with Mental Illness

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Issue 54, November & December 2008



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

A New Canadian Mental Health Stamp

This message originated from Nicole Lemire, Manager, Media Relations; Canada Post, Ottawa Ontario. It worked its way up to us at MSS. Her message is as follows: “I am very pleased to inform you that Canada Post will be launching an historic stamp on Oct. 7th – the stamp is the FIRST stamp issued by Canada Post to raise the awareness of mental illness and mental health in Canada. As you know Canada Post has chosen mental illness and mental health as its “Cause of Choice” and has established the Canada Post Foundation for Mental Health. The stamp is a fundraiser for the Foundation. The Official Launch will take place on Oct. 7th at the Champions of Mental Health Gala Dinner at the National Gallery in Ottawa. More information on the Gala Dinner is at www.miaaw.ca,” (Mental Illness Awareness Week), if you want to know how it went.

Attached here is a copy of the article that appears in the October-December issue of DETAILS magazine.

Mental illness is rarely discussed, often misunderstood, and so commonly kept hidden that it’s been called the “Invisible Disease.” Its scope, scale and severity, however, are both far-reaching and deeply felt. In fact, one in five Canadians will suffer from a mental illness at some point in their lives, while many more will be touched by the illness of a loved one or friend. To help Canadian communities confront this problem openly, and with compassion and understanding, Canada Post has adopted mental health as its cause of choice and has established the Canada Post Foundation for Mental Health. The Foundation aims to raise funds to reduce the stigma associated with mental illness so that those affected feel more able to discuss their challenges and seek solutions.

As part of the corporation’s pledge to raise awareness about this pervasive problem, one PERMANENT domestic rate (52 cents) semi-postal stamp will be issued. A semi-postal stamp is one in which the cost of the stamp includes a surcharge in addition to the face value, in this case 10 cents, which will be used by the Foundation to fund mental health research and patient support. The only other Canadian semi-postal stamps were issued between 1974 and 1976 to support the Olympic Games in Montreal, and in 1996 to support literacy in Canada.

The concept for the commemorative stamp issued for mental health is based on a report co-authored by Michael Kirby, Chair of the Mental Health Commission of Canada. This report, entitled, “Out of the Shadows at Last: Transforming Mental Health, Mental Illness and Addiction Services in Canada,” is the blueprint for

transforming mental health services in Canada and focuses on the lack of knowledge, compassion, and services that prevent mental health patients from receiving the care they need. “Their plight is not being heard; nobody’s listening,” explains designer Paul Haslip of HM&E Design Communications. “We saw this stamp as an opportunity to advocate change.”

The digitally-enhanced photograph on the stamp features a figure stepping out of the shadows, using a mega-phone to broadcast the plight of mental health patients. Alain Leduc, Manager of Stamp Design and Production at Canada Post, explains, “This figure represents all those affected, both directly and indirectly, by mental illness. By bringing this pervasive issue out of the shadows and into the open where it can best be served, it really speaks to the objectives of the Canada Post Foundation for Mental Health.”

“Mental illness is an issue that is relevant to everyone in every community across our country,” says Moya Greene, Pres. and CEO of Canada Post. “Issuing this stamp is a key part of our effort to heighten awareness of the scale of the problem as a fundamental step toward providing those affected with the resources they need to get better.”

The stamp cancellation site will be Ottawa, as the city is home to the Foundation’s headquarters. To learn more about the Canada Post Foundation for Mental Health or to make a donation, visit www.canadapost.ca/foundation.

By Jo-Ann Paley



mental health WORKS

CMHA Manitoba Division offers this award winning national program to help employers respond immediately and appropriately when employees are affected by mental health challenges such as depression, anxiety, stressful life events or workplace conflict.

Mental Health Works offers a series of training workshops to help managers work with staff who might be experiencing mental health issues. Mental Health Works takes a realistic and solution-focused approach to resolving workplace issues, focusing on strategies and approaches that allow frontline managers, human resource personnel, union reps, occupational health professionals and employees to improve their awareness, communication and effectiveness in dealing with complex and often emotional charged situations in the workplace.

The benefits clients experience as a result of Mental Health Works training is reduced absenteeism rates, shortened disability times, successful return-to-work, and managers who are much more comfortable managing emotionally distraught employees.

For more information, please contact Debbie Keele at 953-2353. Visit our website @ www.cmha.manitoba.ca and the Mental Health Works website @ www.mentalhealthworks.ca

BUILT NETWORK

Building Up Individuals through Learning & Teamwork

BUILT Network is a national skills development project dedicated to assisting persons with employment barriers gain professional and personal skills to obtain employment. Funding for this project is provided by Human Resources and Social Development Canada. In six short years, BUILT Network has successfully grown to include six centers across Canada as well as a national online learning component.

The Winnipeg site was opened in June 2004 at 403 - 83 Garry Street. The program is eight weeks in length and covers Personal Development, Customer Service, Sales, Computer Fundamentals, MS Office, Resumes, Interviews, and Professional Development. Through this program we often see participants realize that many of them share similar pasts and present experiences. This open atmosphere promotes comfort and helps to provide a support structure that allows participants to feel at ease in the learning environment.

In June 2007, BUILT Network gained national recognition for excellence in learning practices from the Canadian Council on Learning.

BUILT Winnipeg is striving towards independence, looking to secure provincial funding and create an enthusiastic and passionate Board of Directors. Through this process, BUILT Winnipeg will truly belong to the participants, local members, and community.

As the Participant Support Worker, it is my job to facilitate the daily curriculum. As the facilitator, it is my *joy* to work with individuals whose journeys are inspiring and true success stories. A sense of community and support grows with each day until the participants are laughing, supporting each other and having supper together on the weekends. At the end of the program friendships have been made, employment goals have been achieved and the next point in the journey has begun.

As I continue my journey at BUILT I am reminded of life's joys and hardships and times in between. I am honoured to work with the individuals who come through our door; their dedication, positivity, and spirit help me to become a better woman.

If you are interested in becoming a participant or board member, please contact Brenda Gair @ 942-7459 or winnipeg@builtnetwork.ca. The remaining program start dates for this year are November 17th and January 26th.

Jackie Redekop, Participant Support Worker



Women's Program Schedule

November December 2008

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on an outing. 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.

November

- Nov. 6** **Writer's Group –Participants can bring in poetry or short stories they have written to receive positive feedback from other group members.**
- Nov. 13** **Sharing & Planning – Have a say in what you'd like to see in future programming.**
- Nov. 20** **Seasonal Affective Disorder**
Speaker – Tina of Mood Disorders Association of Manitoba
- Nov. 27** **Bowling – Come out and enjoy a couple of non-competitive games.**
Try to beat your own previous score.

December

- Dec. 4** **Pot Luck – Luncheon – 12:30 PM – R.S.V.P. 786-1616**
- 11** **Arts & Crafts – Have fun making something to take home.**
- 18** **Sharing – Last Women's group meeting until January 8th, 2009.**



Friday, December 19, 2008
11:30 a.m. – 1:30 p.m.
MSS Consumer Family Christmas Luncheon
at
St. Mary's Road United Church, 613 St. Mary's Road
R.S.V.P. by Monday, December 15th, 2008



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