



New Mental Health Support Model Coming to the Valley

Annapolis Valley District Clubhouse Network

A clubhouse is a community of people who are working together to achieve a common goal—recovery from mental illness.

-Clubhouse International

A new program for mental health consumers and their families in Hants, Kings and Annapolis counties is in the works. Four agencies led by the Evangeline Recreation Society and including CMHA-Kings, CMHA-Annapolis and Mental Health and Addiction Services of Annapolis Valley Health will be involved.

Fountain House was the very first Clubhouse, started in New York in 1948. Since its inception, Fountain House has served as the model for all subsequent Clubhouses that have been started around the world. Fountain House began when former patients of a New York psychiatric hospital met together informally, as a kind of “club.” It was later organized as a support system for people living with mental illness, rather than as a service or a treatment program.

The aim of the Annapolis Valley District Clubhouse Network is to allow those living with mental illness to be full contributors to the clubs they attend, to progress in their recovery and see improvements in their physical, emotional, mental and social health. Mental health consumers will contribute to program development and delivery, and support their peers to meet their social and recreational needs and to begin their recovery. More details to come.

For more information, please contact: Candice O’Brien, Evangeline Recreation Society (902-538-9349), eclub@ns.sympatico.ca.

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CMHA-Kings 2013 CHRISTMAS PARTY

CMHA-Kings would like to thank everyone who donated food, gifts, time, talent and money to help make our Christmas Party a success.

The party was held on December 20th at the Louis Millett Center in New Minas.

Fun was had by all, with a full turkey dinner, music, visit by Santa, gifts and many activities.



Newsletter Writer Hospitalized

I am saddened to report that long term writer for *A Mental Health Perspective*, Tony Legere, was suddenly struck with a rare illness. He has shown much improvement over the past couple of weeks and his prognosis for recovery is good. I have visited Tony a couple of times and have found him in good spirits, determined not to let this latest problem get the better of him.

Staff at CMHA-Kings joins me in wishing Tony all the best and in expressing hope that he is back on staff with us soon. Meanwhile, we will miss his monthly articles and his cheery determination.

- Heather Frenette, Editor

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MENTAL HEALTH FIRST AID

February, 6 to 7th, 2014 at the EKM center in Wolfville, and March 28 to 29th, 2014, location yet to be announced

The cost is \$150 per person

If you are interested please register at

www.kingsns.cmha.ca

Or call 679-7464.



Wolfville Farmers Market and the Dream of a One Hundred Mile Diet

On December 6, I went to the Wolfville Farmers Market. Held every Saturday from 8-1, it features local vendors.



Of particular importance to me is that it sells local fresh produce. Since I learned that most nutrients are lost in food thanks to travel, I've been making a great effort to buy my food as fresh as possible. And that means buying from local sources whenever possible.

That day, I focused on buying vegetables I still needed for the holiday season. Despite being winter there is still a variety of local produce being sold. From my favourite farm vendor, I bought Norland potatoes (3 lbs.) \$3.50; a bag of spinach, \$3.00; a small bag of pre-cut squash, \$2.50; and a small turnip, \$.50. Total (according to receipt): \$9.50.

My next destination took me to Richard Hennigar, who always greets me with a smile and offers me samples of his apple cider. I tasted both his sweet apple cider and his tangy one. However, I wanted to buy his actual apples. He told me of a new variety, called Redfree, so I bought two pounds at \$3. I picked the smallest I could find. (Aside from smaller apples being sweeter, since I am buying by the pound, I can get more for my money).

I also went to my favourite restaurant vendor, who sells home-style pizza slices and other dishes. I bought a bruschetta pizza slice for \$4. It was very good and not greasy at all. Yum! My last destination was the mushroom vendor. I bought a half pound of button (white) for \$2. They also have other varieties as well.

I spent a total of \$18.50. Not bad considering that I am going to store or freeze most of my purchases for a few weeks. By buying what you need, taking note of what's available and just enjoying the experience, you can have a great time at the Wolfville Farmers Market.

By Melinda Cadarette

For more information on the Wolfville Farmers Market, go to <http://www.wolfvillefarmersmarket.ca>

Ready To Rent Program Begins Again in New Year

The Ready to Rent program, offered by The Canadian Mental Health Association, Kings Branch, will begin on Tuesday, January 7, from 9:30 to 11:30 am and will be held every Tuesday for six weeks.

Ready to Rent...

- Offers you a 12 hour course
- Helps you plan to get good housing
- Tells you what landlords look for in choosing a tenant
- Works to improve your chances for getting the housing you need
- Helps you learn how to improve your credit rating
- Improves your references or rental history as needed

For more information or to register for the program, please call the CMHA office at 679-7464.



FYI Car 67 Program

Car 67 is a partnership between the Surrey RCMP and the Fraser Health Authority (Mental Health and Addiction Services), Fraser, British Columbia. A uniformed RCMP member and a clinical nurse, specializing in mental health, work together and respond to calls received involving emotional and mental health issues. The Car 67 team will drive in an unmarked police vehicle to enhance privacy of the individuals and families that they serve.

Self-Care and the Workplace

“The concept of recovery is rooted in the simple yet profound realization that people who have been diagnosed with mental illness are human beings. Recovery is an attitude, a stance, and a way of approaching the day’s challenges.”

- Patricia Deegan, **A Journey of the Heart**

“Of all persons with disabilities, those with a serious mental illness face the highest degree of stigmatization in the workplace, and the greatest barriers to employment” (Canadian Mental Health Association). It is vital that everyone has a sense of control over his/her life as well as financial independence, for productivity has been proven to be one of the most important factors in promoting mental health and personal fulfillment. Many people with mental illness have struggled for years to find and retain gainful employment, as the obstacles they encounter are often greater than for others, but there are strategies that people have found helpful.

Persons with mental illnesses have reported many challenges they encounter in the workplace. Feeling overwhelmed and isolated are common complaints. It can be difficult to disclose such a personal issue to an employer; however, it can be beneficial as the employer can make accommodations to take the pressure off. Employers also need to become educated on this issue so they can learn to be supportive of these working relationships. The following is a list of strategies for employers and employees to make long-term employment easier:

- * Flexible hours may increase productivity as medication can make an early start challenging
- * An open and honest relationship with your employer (and/or co-workers); this is perhaps the most important relationship in the workforce. S/he needs to be aware of your needs so as to relieve some of your stress
- * A quiet place to work can improve concentration
- * Discuss priorities with your employer/employee to help keep things on track
- * Avoid multi-tasking as this contributes to feeling overwhelmed
- * Good relationship with co-workers improves self-confidence and focus
- * Good support network (family, friends, services, colleagues)

Work-life balance helps us to be balanced emotionally, socially, intellectually, mentally, and so on. While everyone ought to reach for balance, it is more vital for persons with disabilities. Self-care is one of the keys for a self-fulfilling life.

By Dena Walker

References

Canadian Mental Health Association. (2013). “Hangin’ in There.” Mental health for all. Retrieved from http://www.cmha.ca/mental_health/strategies-for-job-retention-by-persons-with-a-psychiatric-disability/#.Uqy2cvRDvDs



A Mental Health Perspective Mission Statement:



The purpose of this newsletter is to bring faith, hope and courage to members of the local mental health community of Kings County, Nova Scotia, as well as others who are involved with a mental, emotional or psychological condition.

Donations to support this newsletter and other important programs and services can be made to CMHA, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5 (Cheque or money order will be accepted).

Staff & Volunteers

Editor: Heather Frenette Writers: Tony Legere, Melinda Cadarette and Dena Walker
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