

Overeaters Anonymous

“Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.” – Statement of Abstinence and Recovery

Overeaters Anonymous (OA), through the use of twelve steps and twelve traditions, offers help with recovery from compulsive eating. The OA program focuses on physical, emotional and spiritual health because any addiction involves many factors. Modelled after Alcoholics Anonymous, it does not promote a single religion; the philosophy is simply that members are powerless against food on their own and that they need a higher power to help them overcome their addiction.

Meetings provide a support system of shared experiences, strength and hope for one another. Members are given the tools they need to stay strong: the Twelve Steps mostly involve relinquishing control to a higher power in addition to developing a plan of action (eating plan, sponsorship, meetings, service, and more). The Twelve Traditions require that each member’s identity remain anonymous, members are united, and that the organization is financially independent of outside support. Through this program, members are mutually respected, as well as strengthened to succeed in their action plans.

For more information on the Twelve Steps and Twelve Traditions of Overeaters Anonymous, check out Lifeline Magazine at: http://www.oa.org/pdfs/Lifeline_Mar12.pdf. Meetings are held in the Annapolis Valley at the Wolfville Baptist Church on Friday mornings from 10:30 to 11:30, for anyone needing support with compulsive eating. Inquiries can be addressed at the church office at 542-5524.

By Dena Walker



Source

Overeaters Anonymous, Inc. 2014. Web. Retrieved from <http://www.oa.org/>

Writer Steps Down

One of our writers, Melinda Cadarette, is leaving to go to NSCC in the fall. Melinda, who has been with us since January 2008 and who has become a friend, has made a valuable contribution to the newsletter. We, and all her readers, will miss her. We wish you the best of luck Melinda.

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Farewell to the Newsletter

On July 29th, I'll be moving to Dartmouth to attend the Nova Scotia Community College, Waterfront campus. As I cannot do this and attend to the newsletter at the same time, I have no choice but to resign from my position with **A Mental Health Perspective**, CMHA Kings newsletter.



I have been with the newsletter since its start in January 2008. Many things have changed. A few years ago we moved from our Kentville location to our present one in the Opportunity Centre in Coldbrook. People such as Rick Merrill and Joyce Nimmo, who helped us tremendously in the early days, have come and gone, yet it's still obvious that positive and helpful information on mental health is still needed. The murder of Harley Lawrence will haunt the local mental health community for years to come. Much is still needed to ensure that those with serious mental health issues will be safe from potential harm and that people realize that they have the same rights as everyone else and deserve to be treated with respect and dignity. However, I do feel that much more can be accomplished by focusing on those who have successfully coped with mental illness and how they managed to do this.

I do want to thank those who made the last eight years a success for me: Michelle Ferdinand and Laurel Taylor, who have been at the Canadian Mental Health Association it seems forever and are still working here; Heather Frenette, the present editor of the newsletter who helped me with improving my writing skills and other things such as travel; the people of Liberty Lodge, especially Suzanne Seyforth, Diane Elliott and Anne-Marie Intini, who helped me tremendously to achieve my educational and living goals. I hope that the people of Support Services Group in Dartmouth will do the same. And most of all, to Mom, whose past experiences with mental illness helped me firsthand to realize the need for positive support and openness for those with mental illness and Buzz, her cat, her present companion. I am going to miss them so much.

Thanks also to the readers. Without your support, this newsletter would not have lasted as long. I hope that the newsletter will continue as long as possible because it's sorely needed. Now with due respect, it's time to go. Up, up and away!

By Melinda Cadarette

A One-day Gathering about Suicide Awareness and Prevention

Weaving the Threads of Community Resilience



**Monday,
September 29th, 2014**

United Church Campground
Commercial Street
Berwick, Nova Scotia

Hosted by Annapolis Valley
CAST Coalition
(Communities Addressing
Suicide Together)

Speakers:

**Dr. Matthew Bowes,
*Suicide: A Medical
Examiner's Perspective***

***Singer/song writer
Catherine MacLellan***

***Speaker from Laing House
Youth, A peer program on
Mental health***

For more information, contact
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CMHA-Kings Receives Funding for the "Shelter Me" Program



At last! CMHA-Kings has had word that funding from Employment and Social Development Canada (ESDC) has been secured through the Affordable Housing Association of Nova Scotia (AHANS). This will allow the very successful "Shelter Me" program to resume as of August 4, 2014. The funding ensures that the "Shelter Me" Program will run for the remainder of the current 2014-2015 fiscal year and will remain active for two more years after that.

The "Shelter Me" Program is designed to assist individuals living with mental illness in Kings County who are homeless or at risk of homelessness to implement long-term solutions to obtain and retain housing. The services include housing placement, eviction prevention, referral to appropriate agencies, skills training, ongoing support, and case management to minimize barriers to finding and retaining housing.

For more information, call 679-7573 or email sheltermesupervisor@cmhakings.ns.ca

Congratulations To This Year's Graduates



The Board of Directors and staff of the CMHA-Kings Branch would like to congratulate the 16 clients who have graduated with their Nova Scotia Grade 12 Certificate from Kings County Adult High School, or graduated from Nova Scotia Community College (Licensed Practical Nursing, Continuing Care, Business Administration, Human Services, Culinary Arts, Networking and Programming, Tourism and Medical Office Administration). We are extremely proud of your hard work and many scholastic awards!

Fundraiser for Art for Wellness

CMHA-Kings is raffling a cotton tablecloth, hand-crocheted and donated by Lynn Swan of "Art for Wellness". Lynn has been leading art therapy sessions since April, and has seen that many participants do not have the basic tools to be able to practice the art at home. The money raised through this draw will be used to purchase supplies for art kits for participants.

Tickets are \$2.00 each and available from CMHA-Kings staff and board members. Draw will take place at noon on October 30. For full details, see **House Rules for the Tablecloth Draw** at www.kingsns.cmha.ca/events (Lottery #AGD-104266-14)

For more information, call 679-7464 or email Admin@cmhakings.ns.ca.



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David Kates, in *Canada.com*, says educating the public is one of the best ways to remove the stigma and discrimination towards people with a mental illness. Experts have discovered that some awareness campaigns are more successful than others. Mark Ferdinand from the Canadian Mental Health Association believes that up until now the present campaigns have not done the job they are meant to do because they need to target specific populations instead of directing education towards everyone at once.

A recent major campaign is Bell's "Let's Talk" initiative which features people in the public eye sharing their experiences with mental illness. This campaign helps remove the stigma by creating conversations about mental health issues. Clara Hughes, a successful athlete, has been a major player in this campaign. Although having a person with a public profile sharing their experiences with mental illness is beneficial, it doesn't relate the complete picture. Does it educate society about consumers' who are destitute, homeless, or have an addiction problem?

Even so, by sharing her success, Clara inspires others to share their experiences. Her story can create hope in people that things aren't so bad, and the sense that "if Clara can do it, so can I." However, we also need to hear from regular, everyday individuals so people can think that "even though I am not an athlete, if a regular person can do it so can I." If we continue these public campaigns, just maybe the stigma and discrimination against those with mental health issues might be reduced considerably.

According to CTV News (June, 2014), two researchers made the comment that the number of people with mental illness in jail is high. They have started a program called *Hope, Not Jail* to try to find better ways to deal with people who have committed crimes. Lisa, who has been diagnosed with Bipolar I, says this program has helped her. She was in jail for three nights then was admitted to the Hospital. She shot someone believing it was self-defense. The victim recovered from the shooting. Lisa was declared not criminally responsible.

Crystal Dieleman, a Dalhousie University professor, is working to understand why so many people with mental illness end up in jail. She said she can empathize with family members who have to call the police because there is no one else available to offer help. Linda Bayers, a mental health advocate and community researcher has stated that the forensic units have some people incarcerated for committing minor crimes such as shoplifting or stealing chocolate bars.

It's a shameful thing that people with mental illness who break the law, when they're unable to understand their actions or the consequences, have to spend time in jail.

By Tony Legere

References:

David Kates."Mental illness: can improved awareness break through the stigma?" [Canada.com](http://o.canada.com/health/mental-illness-can-improved-awareness-break-through-the-stigma). 4 July 2014. 13 July 2014.
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"Hope, Not jail: Project focuses on inmates with mental illness." [CTV NEWS ATLANTIC](http://atlantic.ctvnews.ca/hope-not-jail-project-focuses-on-inmates-with-mental-illness-1.1873481). 17 June 2014. 13 July 2014.
<<http://atlantic.ctvnews.ca/hope-not-jail-project-focuses-on-inmates-with-mental-illness-1.1873481>>

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 (cheque or money order) to support this newsletter and other important programs and services can be made to
CMHA-Kings, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5

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