



'Shelter Me'



What is it?

'Shelter Me' is a housing project assisting individuals living with mental illness who are homeless or at risk of homelessness to find and retain long-term housing.

Who administers it?

CMHA Kings

Who funds it?

'Shelter Me' is funded by the Government of Canada's **Homeless Partnering Strategy for Rural Communities**

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## **'Shelter Me': Helping the Homeless Find Homes**

### **Who We Are**

The Canadian Mental Health Association (CMHA) Kings, through the Shelter Me Project, will assist individuals in Kings County who are homeless or at risk of homelessness and living with mental illness to implement long term solutions to obtain and retain housing.

### **What We Do**

The services will include:

- Ongoing support and case management to assist individuals with housing placement and to address barriers to placement and retention
- Eviction prevention: work with landlords, utilities and other agencies
- Skills training: Assist individuals at risk of homelessness to maintain housing through weekly sessions on topics such as eviction prevention, housekeeping essentials, self-esteem building, nutrition, shopping, budgeting, safety, personal care, independent transportation, paying rent on time, maintaining relationships with landlords, among other things
- Bridging to existing employment programs to remove barriers to employment or skill enrichment to facilitate labour market readiness.
- Develop and maintain partnerships with levels of government and community organizations to facilitate long term solutions for clients to increase access to needed services
- Referral to appropriate agencies

## **Getting Referred to the 'Shelter Me' Program**

Once a person is referred to the program via an employment worker, social worker, clinician, or other agency, etc., a needs assessment, designed to highlight areas of strength and areas where support and training are required, is completed.



**66 Educational Sessions  
Over 100 Exhibits  
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**Horton High School  
9:00 am – 3:30 pm**

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**<http://www.tools4life.ca/>**



**Staff of A Mental Health Perspective and  
CMHA Kings Wish to Acknowledge  
The Generous Support of the Newsletter from the  
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Losing his father to suicide at the age of 17, Scott Chisholm lived with his pain and his recovery “in solitude, social stigma and loneliness”. This experience determined the path of the Ontario native’s life. Twenty-nine years later, Scott has found a way to help survivors of suicide deal with their loss. He created **Collateral Damage, Images of Those Left Behind by Suicide**, soon to be a book of portraits, and already a website and a gallery exhibition of people who have had loved ones and friends die by suicide.

Katelyn Bessette of Communities Addressing Suicide Together (CAST), a program of CMHA, NS Division, said, “This is why the **Collateral Damage** Project is so very important; it highlights that a suicide affects many people, not just the person who died.”

**Collateral Damage** will be on display at the Tools for Life Conference at Horton High School on October 26<sup>th</sup>.

By Heather Frenette

Bring suicide out of the darkness and into the light  
-Simcoe County Suicide Awareness Council



References:  
About Collateral Damage.  
<http://leftbehindbysuicide.org/about/>  
Elliot Wendy.” Suicide’s Collateral Damage.  
“<http://www.kingscountynews.ca/Opinion/Columns/2012-09-16/article-3076189/WENDY-ELLIOTT%3A-Suicides-Collateral-Damage/1>  
Simcoe County Suicide Awareness Council  
[http://www.scsac.info/?page\\_id=12](http://www.scsac.info/?page_id=12)

## Tracing the Origins of “Pink Shirt Day”

*On the first day of school in September 2007, a grade nine student at Central Kings Rural High School in Cambridge Nova Scotia wore a pink polo shirt.*

“Bullies harassed the boy, called him a homosexual for wearing pink, and threatened to beat him up” (CBC News). Grade 12 students David Shepherd and Travis Price heard about what had happened and decided to do something about it. Shepherd stated, “I just figured enough was enough.”



The two students purchased fifty pink shirts at a local discount store so they could distribute them at school the next day. They e-mailed all their friends to ask their support for the idea. The next day hundreds of students came to school all decked out in pink. On this day the anti-bullying campaign called Pink Shirt Day was born.

Five years later the movement has spread. Two hundred and fifty students at Étoile de l'Acadie in Sydney, Cape Breton observed Pink Shirt Day. The students were all decked out in pink and assembled with the staff in the gym to listen to speeches, and watch a video.

According to the Algoma District School Board in Ontario, Pink Shirt Day has become the symbol of national anti-bullying.

The ORACLE ThinkQuest web site on bullying states that, “Many people think that bullying is a normal part of childhood or that “kids will be kids.” However, research shows that in fact, “bullying can cause negative academic, physical, social, emotional, and psychological consequences (for) the victims, bullies, and witnesses. These consequences can be short term or long term.””

By Tony Legere

### References:

“Bullied student tickled pink by school mates’ T-shirt campaign.” *CBC News Nova Scotia*. 19 September 2007. 16 September 2012.  
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“Pink Shirt Day – February 29, 2012.” *Algoma District School Board*. 16 September 2012.  
<<http://www.adsb.on.ca/content/about/?cat=2607>>  
“Consequences of Bullying.” *ORACLE ThinkQuest*. 16 September 2012.  
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## Economical Cooking: Versatile Chili

As a follow-up to my last article, this is a chili recipe. Chili is very economical as it can be made cheaply and can be used to stretch foods. My recipe does have a twist. Can you tell what it is?

Please note that I don't often measure my own recipes so please eyeball or measure with your hand.

### Ingredients:

Lean ground beef (enough to fill the bottom of the pot)

Can of tomatoes, diced

Can of beans (doesn't matter what type)

2 small onions or 1 large onion, chopped

1 small beet, grated

A pinch of black pepper, chili powder and paprika

1 cube of frozen chilli pepper (alternatively, you can use medium salsa or even a fresh chili pepper if you can handle them)

Any other vegetables and seasonings, if desired



Cook meat first in large pot; season before done. Add vegetables (except the tomatoes and beans). Stir with beef and cook for at least a few minutes. Add tomatoes and beans. Allow it to simmer for at least 30 minutes. Turn off heat and allow it to cool. You can eat it right away but it's best after it thickens in the fridge which could take 24 hours. I eat mine with a fork and some bread to mop up the juices. Get some milk and an apple and you have a complete meal. Why not make it and taste it for yourself?

By Melinda Cadarette



**Sept. 30- Oct. 6, 2012**

**An initiative of the Canadian Alliance on Mental Illness and Mental Health**

[www.camimh.ca](http://www.camimh.ca)

### **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).

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