



Voice of HOPE

PATIENT/CLIENT & FAMILY COUNCIL

20 Years of Advocacy and Support

Free Please take one!

**Recovery from Mental Illness and/or Addictions is Possible!
Not only is it possible...it is **LIKELY****

VOLUME 7, ISSUE 3

MARCH 2014

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**New Front Entrance
Waypoint Centre for
Mental Health Care**

Starting in April 180 patients and 500 staff will move into the Atrium Building, beginning a new era of health care at Waypoint.

Advocacy for the redevelopment project began over 30 years ago as Waypoint, then known as Mental Health Centre Penetanguishene, urged all levels of government to replace the inadequate Oak Ridge, and eventually Brebeuf too. Fast forward to 2014 and the 350 000 square foot, state-of-the-art facility is now complete.

The hospital offers larger, more private rooms for patients and a more therapeutic environment to assist in their recovery. The recreation and vocational

services areas are brighter and offer better ventilation. The diagnostic and treatment areas are modern and spacious where patients can visit the doctor, dentist or physiotherapist right at the hospital instead of being transported into Midland.

The pool and gym areas are fully accessible and better equipped than the current Oak Ridge activity centre, and will still be offered to the community to use. The entire building is constructed with the environment in mind, using green technology to ensure the hospital is good for the Earth as well as patients.

*good things
happen here*

Patient/Client & Family Council Mission:

to nurture hope and discovery by supporting the recovery journey of people affected by mental health and/or addiction challenges.



**We are located at
Waypoint Centre for
Mental Health Care
500 Church Street
Penetanguishene Ontario
L9M 1G3
705 549-3181 Ext 2180
1-877-341-4729
ptcouncil@waypointcentre.ca**

Waypoint
CENTRE for MENTAL HEALTH CARE
CENTRE de SOINS de SANTÉ MENTALE

**Peek Inside
Find the Coupon for a free piece of clothing from
The General Store**



Dianne Stringer, Editor

Starting from where you're at

Where we're at is not always where we want to be. We can feel *contentment* and *security* in much of where we find ourselves positioned but, at least I think, there exists in all

of us a desire to move beyond....to stretch our boundaries. While contentment is a much desired state, it lacks the excitement, the abandon and joy of pursuing what is possible.

Change, by definition involves risk, desires trust in others and ourselves and requires intention and action. In achieving change we can be reluctant and the fear of the unknown can be all-encompassing and obsessive. The "negatives" of all that could "go wrong" halt our exuberance as we snuggle up with the status quo and "what ifs" rather than jump into the unknown with enthusiasm and wonder. I think many of us are seeing that diversity of attitudes as we approach "move day" for Waypoint Forensic Mental Health Programs to the brand new, state of the art Atrium Building in Spring 2014.

The benefits of the move that has been more than thirty years in the making are obvious....new surroundings, almost futuristic technology, sound security and overall better facilities and resources. The folks delivering services will, I am sure, be



reinvigorated by the new surroundings and the clients' benefit will be extraordinary.

There is a plethora of things to learn about the day to day operations for the new facility for both staff and clients of the Forensic Programs. Patience and a willingness to embrace the new challenges and opportunities are vital. This move is a good thing. My peers who are clients of the programs will no doubt feel a sense of confusion and upheaval. I am encouraged by the efforts of Waypoint employees to "get it right" on move day. In the years to come Waypoint will lead best practices in the treatment of mental illness and addictions, especially for those facing the criminal justice system.

I bid a hearty "good luck" to Waypoint's future and all stakeholders of the organization including my peer consumers, family members, front-line staff, administrators and other employees and volunteers.

On another note, I invite my peers to seek a seat at the upcoming *Professional Practice Advisory Council's Annual Conference* entitled **Recovery Informed Engagement, An Open Conversation** (May 29th, 2014). I have the personal and very proud honour of partnering with my long-time therapeutic companion, Janice Scott RN to speak on the value of *Building Therapeutic Engagement & Rapport*. I truly hope our collective story will inspire and educate.

This all day event will be the inaugural conference in Waypoint's Atrium Building and includes other speakers such as Glenn Robitaille, Liam Marshall and Laura Ball. It sounds like it will be an interesting day. More information can be found on page 10.

"Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do."

Apple Inc.



The Patient/Client & Family Council

20th Anniversary News

A Bit of History....

The Mental Health Centre Penetanguishene (MHCP) Patient/Consumer was established in response to the growing need to have patients/consumers involved in their treatment and the policies which directly affected their care. The model had already been tested in at least two other Ontario Provincial Psychiatric Hospitals and MHCP struck up a steering committee in 1992 to look at the possibility of bringing a Patient Council to its facility. In 1994, the very first MHCP Patient/Consumer Council, which included both inpatients and outpatients was elected and we've been going strong ever since.

In June 2004 we became incorporated and our name changed to the Patient/Client & Family Council (PCFC). While a strong working relationship continues with Waypoint Centre for Mental Health Care (formerly MHCP), we are now a separate organization providing contracted services to the hospital and branching out to other organizations seeking the types of services we are able to provide, such as peer-led self-help group facilitation and peer support services.

We have a Board of Directors and team of employees comprised of people with lived experience of mental illness and/or addiction, and family members of people who are living with these same issues.

Many changes have occurred over the last twenty years that have direct ties to the PCFC.

Systemically we have been very active behind the scenes, improving the quality of life and advocating for the individual rights and freedoms of our peers by bringing arising issues to the attention of administrators and management at Waypoint. In turn clinicians working with clients are better able to deliver services based in part on what users of the system are saying and asking for. Our voice has also been heard, in general throughout the larger mental health community around the province through our various partnerships with other Consumer/Survivor Initiatives (CSI's)

Through non-adversarial means we have been effective in communicating to service providers areas of need. One way of doing this has been our active involvement in the collection of opinions from our peers through the Annual Client Experience Survey from which Waypoint has created action plans to address the concerns and compliments clients have identified.

Our story has been an "evolution, not a revolution" and this is evidenced in the powerful partnership we've nurtured over the years with Waypoint and its staff. The future looks promising and we congratulate Waypoint on the opening of the new Atrium Building where we will now have an office, opening up our services to Provincial clients unlike any time before.



New Bus Passes Required for Usage



Users of the Waypoint Bus now need to show a valid Bus Pass to enter the bus. Passes can be obtained from your Case Manager, Clinician, CST Team Member, at Outpatient Services or the HERO Centre. Passes need to be renewed annually.

In addition, a new bus route takes effect on March 3, 2014.

More information is available on Waypoint's website at <http://www.waypointcentre.ca/> and information will be posted throughout the hospital facility and community programs.

A NIGHT OF MUSIC

Special Performance at the Groove by

The M S W Band

March 24th, 2014



Join Jeff, Chad and Mike as they entertain you with songs from the 50's, 60's & 70's

For more information, contact Melissa Moreau at 705 549-3181 Ext 2230

A lot has happened since the Guesthouse opened year-round on Nov 15 2012. By the middle of January 2014, the Guesthouse reached another milestone - having served 20,000 meals since opening permanently. 434 different guests signed the Code of Conduct since Nov 2012 and more than 140 have been overnight guests. Since opening permanently the centre has averaged 29 people for dinner each night and 9 people sleeping overnight. In addition to adults of all ages, a large number of infants and children have also been guests. About 30% of guests are women.

With generous support and fundraising from the local community, the Guesthouse will be moving to 522 Elizabeth street in Midland, where Waypoint's Outpatient Services was once located. With an agreement to purchase the whole building, revenue will come through rental space in this three floor office building. The shelter will be located on the first floor with some services spilling up to the third floor.

Since Dec 2011, the Guesthouse has been a registered charity. One part-time employee, Volunteer Coordinator Laurie Soper keeps the checks and balances in place. The rest are volunteers. Currently there are close to 500 volunteers involved at various levels. Some prepare meals in their homes, some clean the shelter, and a group of about 15 faithfully make sure there are two people onsite through the night. Each day the Guesthouse is open, at least 50 hours of volunteer labour gets the job done.

Find out a lot more by visiting the Guesthouse's Facebook page.

<https://www.facebook.com/TheGuesthouseShelter>

or the official website at <http://www.theguesthousesshelter.ca/>

The
Guesthouse
Leaving the light on in North Simcoe

The Guesthouse, formerly known as Midland Out of the Cold, offers shelter, meals and camaraderie for the homeless and vulnerably housed in North Simcoe.



COME SHOWCASE YOUR TALENTS AT THE GROOVE
OR JUST KICK BACK AND BE ENTERTAINED!

THE FIRST MONDAY OF EVERY MONTH
AT THE HERO CENTRE

334 KING STREET, MIDLAND 6—8 PM

The GROOVE is WHERE IT'S HAPPENING!!!

The Groove Bus Schedule

Location	Time
Waypoint	5:45 pm
Jennings Lodge	5:47 pm
2 Water Street. & Main Street	5:50 pm
Penetanguishene Foodland Front Doors	5:52 pm
Daisy Mart at Vinden Street	6:00 pm
HERO Centre	Drop off
Bay Street & William Street	6:15 pm
Hugel Avenue & George Street	6:20 pm
Robert Street & King Street	6:25 pm
HERO Centre	6:30 pm
Reverse home starting	8:00 pm



Please let us know
if you are coming.
Call 549-3181
Ext. 2772 by 3 pm
& leave a message.
We will let the driver
know to watch for you!

*****Times are approximate*****



James Karagianis MD FRCPC
 Psychiatrist in Chief
 Waypoint Centre
 Associate Professor
 of Psychiatry,
 University of Toronto

New Beginnings

Although it is early January as I sit down to write this, by the time it is published it will be almost March, and Spring will be upon us. Spring is a time of new beginnings, and it is an appropriate topic considering the impending opening of the new Atrium Building.

Any time there is a beginning it usually signifies there has also been a change. A change can be exciting, scary, or a relief. It could be all of those and more. The way things were before may have been comfortable enough, even though the new beginning offers something potentially better. These are some reasons that some people resist change.

For Oak Ridge staff and patients, I'm sure it's a mixture of both feelings. There is a certain comfort in what is old, familiar and predictable, even if it isn't the most modern of surroundings. With change there may be new expectations. We may be

expected to know things we don't, or to have skills that take time to develop. Or we may just THINK that others have these expectations of us.

I think of things like this while wearing my cognitive therapy hat. What comes to mind is that others are thinking of us far less than we might imagine. So the expectations we feel may be much more self-imposed than anything imposed by others. Yes, there are some expectations around this time, but I believe we will all be reasonable about them.

The laws of entropy, the disorganization of the universe, dictate that change is unavoidable. We have to expect it, like death and taxes. If it's going to happen, it's best to be at least accepting of it, and better still, to have a positive role in directing how it happens. That's my plug to encourage all of us to remain engaged and involved.



Some people just complain about change, without offering solutions. I feel sorry for those people because they are passing up on opportunities to make things better. Change rarely happens in a perfect way. This is as true for Waypoint as anywhere else. However, one thing I really like about working here is that people at this hospital care about others and want to do the right thing. We don't want to create problems, and when we find one we try to fix it, even if it is a side effect of a planned change. I can think of lots of examples of where we planned a change, and then revised how we did it based on ongoing feedback. This is a good thing. It means we are realistic.

In terms of the new building, I am sure that we are going to run into unexpected problems. That's normal, despite the huge preparations we have been putting in place. We haven't done this before but if we all keep trying to do our best, it will turn out ok. It will only get difficult if we turn our backs on a problem.

Visit Dr. K's Facebook page at:

<http://www.facebook.com/Dr.KPsychiatry>



Even though change may have negative elements, it's important to try to stand back and assess it in an objective way as much as possible. Force yourself to look at all angles, the benefits and the risks. In the case of the new building, the hospital

has already done its pro-con list, and after all these years, here we are right in the middle of this planned major new beginning. From my understanding, things have gone pretty well overall, and those who have been involved in the planning and execution have a lot to be proud of.

At Waypoint, things don't stay the same for long. We've been through a number of new beginnings, if name changes mean anything. There will be others too, including the divestment of the acute psychiatry beds to Georgian Bay General Hospital one of these days. But we've divested acute beds before and we'll get through it again whenever it happens. And that will lead to a readjustment of our focus, and new opportunities, just like the new building creates for us now.

Every year at Waypoint we go through a strategic planning exercise. At that time, we think about what we've been doing so far, how well we have been doing those things, how we could do them better, and what else is still important to do. It's like a new beginning every year, and those of us who take part in it are not afraid of change. We realize that change is normal and it's best if you embrace it and take charge wherever possible.

One of those new strategic directions is to go beyond putting patients at the center of everything we do. We'd like to help encourage patients to participate more in determining the care they get and the programs they use. It means that being a patient could be less of a passive experience, where you have others doing helpful things for you. It means the patient contributes more to the planning of their own care and to overall service/program planning. We think this is a good thing and it should help us become less paternalistic as caregivers.

I treat many people with anxiety. Anxiety is almost always centered around some kind of change. Maybe it's a fear of external change, or a fear of unknown internal symptoms, or something else. In my view there are only two kinds of things to be anxious about, and everything falls into one or the other of these two categories: Things that you can do something about, and things that you can do nothing about. So it is easy to see that if there is something that can be done, do it, and if there is not something that you can do, there's no point even thinking about it. Let it go and move onto something where your abilities can make a difference.



Wherever there is a new beginning, there more than anywhere else is the place where your efforts have a chance to make a difference. We don't know what's going to happen, how things will turn out. But if there is something at stake, and there usually is, then be a part of the process. It will give you an experience that you can learn from. Whatever you learn, it's bound to help you with some future decision. The neat thing is that in dealing positively with external new beginnings, you are sometimes giving yourself a new beginning, making positive changes within yourself.

So when you see a new beginning, don't shy away, open your eyes and jump in!



"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

Barack Obama

Felix Krasnov: A Profile In Recovery

My journey with mental illness started almost 10 years ago when I was 23 ½ years old. At the time I couldn't perceive the illness and so the psychosis took me entirely and made me believe in what wasn't there. This created problems and heartache for me, my family, my friends, and even strangers. My recovery began from my first dose of anti-psychotic medication and the care given to me by the Regional Forensic Services Program (RFSP) at Waypoint.

My story is one of immense mental emotional pain that was resolved with anti-psychotic medication and love - on the therapeutic level by my care team and on the home-front by my family. As a mentally ill person in recovery, today I am truly myself again. The 7 ½ years I received service from the RFSP team, the Patient/Client & Family Council, and the Spiritual Care team has resulted in my Absolute Discharge and the restoration of my autonomy on both the personal and legal levels.

To me, psychosis was a nightmare and a monster dedicated to destroying me and everything I loved and cared about. It made me hateful of my family, distrustful of my care team, oblivious of my own identity in true reality, and it did all of this pretending to love me and telling me it had my best interests at heart.

My psychosis had a dark and dangerous dimension to which I was mostly unable to understand and perceive correctly. With medication and counselling I was able to see myself being apart from my illness and so my understanding of my illness grew and grew steadily for many years up until I began using clozapine at which point my recovery became complete and my personal and legal autonomy was justified and well deserved.

Today my illness is controlled and I feel 'normal'. To feel this way now, I had to overcome an adversary of my psychosis as it knew everything about me and used this knowledge to corrupt, exploit, and undermine my love for myself and the world. As a diagnosed schizophrenic client my

conversations with the illness and the feelings that led me into the choices and decisions I made were entirely insane. My illness convinced me that it was me and this fueled my anguish for years to come.

If not for Waypoint and my family I might still be sick and not know it...thus...the blessing of medication, care, and treatment from Waypoint staff and Peer Supporters.

Looking back, the journey of mental illness for me was one of losing myself and finding myself again, returning to the person I was before I became sick. This journey was possible because mental illness is real and receiving service to treat the illness is equally real. My gratitude to anti-psychotic medication, my care team, and my family is immense as all of this restored my sanity and brought me from chaos to life.



Thank You Waypoint!



Waypoint Art Project Gathers Steam



The Waypoint Art Project is gathering steam as patients, clients, staff and community members get more engaged. The project began in workshops at Quest Art in the Midland Cultural Centre last November and is now moving along here at Waypoint, at Oak Ridge and in the Power Plant Studio (along with housekeeping in the power house). The project is a collection of art works that celebrate a journey, healing and Georgian Bay. These broad themes are engaging both new and experienced artists who are contributing their creative energies

towards murals planned for the Atrium building. Some works will be in display cases at the open house on February 21 and 22. Please drop by to see the various and vibrant results so far and think about joining in yourself.

For more information,
contact Alison Vallance at 705-529-6081
or email: vallance@csolve.net

Recovery Informed Engagement

An Open Conversation

Set up in the new Gymnasium at Waypoint
(500 Church Street in Penetanguishene)
this Inaugural Conference will happen on:

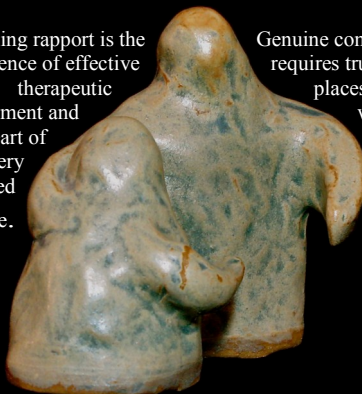
May 29th, 2014



Further conference and registration details will soon be available on the Waypoint website at www.waypointcentre.ca

For more information or to register, contact Alison Townsend at 705 549-3181 Ext. 2784

Building rapport is the essence of effective therapeutic engagement and the heart of recovery focused care.



Sculpture created by former patient of Waypoint Forensic Program

Genuine conversation requires trust, safe places and a willingness on the part of clinicians to truly listen.

Ten spots for mental health peers and/or family members are available to attend this conference. It will appeal to people interested in learning more about the inner workings of a therapeutic relationship and demonstrate the value of perseverance, dedication and holding on to hope.

For more information on sponsored seating, contact Lisa DeJong at 705 549-3181 Ext. 2647

What is Mental Illness?

What do you think of when you hear that someone has a mental illness?

If you are like many people, your reaction may be one of concern, fear, confusion or even aversion. Mental health issues affect Canadians of all ages, genders, cultures, educational and income levels. The economic and societal impact of mental illness touches everyone in our country, sparing no one from its touch.

All of us will have tough times in our lives when our emotions and thoughts are in turmoil; in spite of them we usually manage to cope and carry on with day to day living. However for some people, the unrelenting intensity of their emotions and the persistent chaotic nature of their thought patterns significantly interfere with their lives. Unless treatment is provided to help them regain their emotional footing, they continue to

be overwhelmed. The Public Health Agency of Canada (PHAC) describes mental illness as, "...characterized by alterations in thinking, mood or behaviour (or a combination), and impaired functioning over an extended period of time. The symptoms vary from mild to severe depending on the type, the individual, the family and socio-economic environment". A disease of the mind is like a disease of the body. No one chooses the illness and with proper assessment, treatment and support, recovery is possible. It's time to stop treating diseases of the mind differently than diseases of the body. It's time to start treating people with mental illness as people.

Canadian Mental Health Association



Mental Health Week 2014
Women's Mental Health
May 5 - 11, 2014

Mental illness affects everyone

Studies indicate that in any given year, one in every five Canadian adults under age 65 will have a mental health problem. It is estimated that every Canadian will be indirectly affected because a friend, family member or colleague suffers from a mental health issue.

Patient/Client & Family Council Board Member Testimonial:

When I was diagnosed with bipolar disorder, I was relieved. Finally we knew the issues and could start the healing, whether by medication or group sessions. To start, it was meds. They made me groggy and gain weight. My mum was very grateful for the diagnosis and this resulted in much support.

However, my dad was not (as grateful). I wasn't sick. I didn't need medication. And his general tangible reaction to my med side effects was one that actually added another med to my already complex cocktail. I knew he loved me and didn't want to think of me not well, but I felt abandoned.

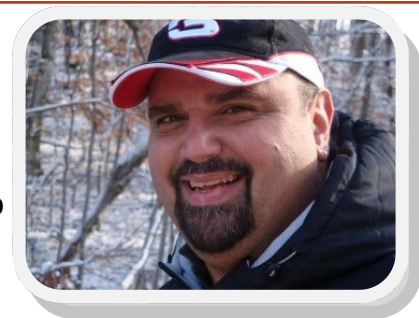
My desire is to help other clients and their families understand each other's issues when dealing with a mental illness and be supportive of one another. Share in the lows, the highs and the process of healing the family unit as a whole.

Heidi Triska, President
 Patient/Client & Family Council

It Happened In Canada...

March, April, May

Submitted by Michael Silvio



March 17, 1824 – First St. Patrick's Day Parade organized in Montreal, QC.

March 22, 1931 – Actor William Shatner born in Montreal, QC

April 2, 1975 – The CN Tower is completed in Toronto.

April 20, 1968 – Pierre Trudeau becomes prime minister replacing Lester Pearson.

May 11, 2008 – John Rutsey, original drummer for Canadian band Rush, passes away at age 55.

May 30, 1849 – King's College is renamed as the University of Toronto.



Waypoint
CENTRE for MENTAL HEALTH CARE
CENTRE de SOINS de SANTÉ MENTALE

Second Annual Client Experience Survey We Want to Thank You

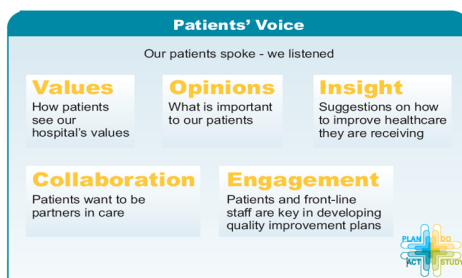


Patient/Client &
Family Council

The Second Annual Client Experience Survey was a great success with 184 Inpatients surveys and 135 Community surveys. Waypoint Centre for Mental Health Care and the Patient/Client & Family Council want to thank you for completing your survey and allowing your voice to be heard.

What we heard in the 1st Annual Survey was patients/clients wanted more information about your medications, care plans and improved food and activities. Therefore, many programs worked on these action plans and great strides were made.

Waypoint is in the midst of great change while embracing the new Clinical Services Plan and preparing for the opening of the Atrium building. The last three surveys have valuable data to measure the progress of the Clinical Services Plan and have pre-move data for the provincial patients. It is important for programs to sustain progress on their current action plans and to focus on the new information from the 2nd Annual Client Experience Survey.



Waypoint and the Patient/Client & Family Council appreciates the time patients/clients took to complete the survey and to provide personal comments on how to improve the care you are receiving. This information has been shared with each of the programs, the Senior Leadership Team and Waypoint's Board of Directors. We believe the Client Experience Survey is an importance tool for us to understand how you feel about the care you are engaged in here at Waypoint.

Waypoint and the Council will be conducting a Client Experience Survey each September/October.

For more information please contact the **Patient Client & Family Council** at 705 549-3181 Ext. 2180.

The General Store

The General Store operates Monday through Friday and offers great deals on clothing and small day to day products such as soaps and hygiene products, greeting cards, batteries, jewellery and other crafted items from the Vocational Program, "Seams to Please". All proceeds go back into patient programs and wages for the clients who assist in store operations. This is an important employment training program for clients and needs your support.

A large percentage of the clothing is donated by Waypoint staff and volunteers. We would like to thank everyone who has donated over the years and we hope you will continue to remember us when you are looking for a place for your gently used clothing items.

One thing we do ask is that when you donate clothing, please do not use large garbage bags that are unmanageable and difficult to handle. Please place bagged clothing in the Red Bin located near the parking lot in the back of the Administration Building.

We ask that if you are donating clothing items that you consider the season as we do not have room to store out of season items.



Hours:
Monday thru Friday
12:30 pm - 2:00 pm

New Hours!!!

The General Store at Waypoint

Staff, Visitors and Clients
are ALL welcome
to shop at
the General Store!

Free Clothing Coupon

Good for one piece of donated clothing from the General Store
Limit: One coupon per customer per quarterly issue

Expires May 31st, 2014

Please sign Coupon

Name: _____

Date: _____

Here's just a few sites we've come across....

Do you know of any websites that BLOW YOUR MIND!!!

A Whole Bunch of Optical Illusions

<http://opticalillusionsgallery.com/?so=mvv>

50 Cool Facts about Canada

<http://wpmedia.o.canada.com/2013/08/84f8efd2238ea5379a0e46228ffa313d.jpeg>

20 Cool Facts About the Human Body

<http://www.theguardian.com/science/2013/jan/27/20-human-body-facts-science>

So True Facts You Should Know

<http://www.sotruefacts.com/>

Simon the Cat....Cat Lovers Beware....Simon's antics are at it again

<http://www.simonscat.com/Films/>



What Folks are Sayin'

The anticipation is palpable. The thirty year odyssey to opening day of Waypoint's new Atrium Building has come to fruition and we are only weeks away from seeing its residents unpack their belongings and bunker in.

In general the buzz has been what one would expect with such a grand event and change in lifestyle. While some folks are "going with the flow", still others are concerned by a host of "what ifs" that can't possibly be answered until folks are physically in the new setting. Other comments included that they were very much looking forward to the new surroundings and that it will be 100% better than what they are moving from.

Regional clients who are not part of the big move do have some curiosity about all the goings on. Clients everywhere should know that there are future plans to replace the Toanche building and

develop new programs for those housed there currently. There is also an expectation that all acute mental health beds will be moved over to Georgian Bay General Hospital in Midland therefore eliminating the need for some space.

The Georgianwood Concurrent Disorders Program, Geriatric Services Program and Psychosocial Rehabilitation Program will all need new digs in the years to come.



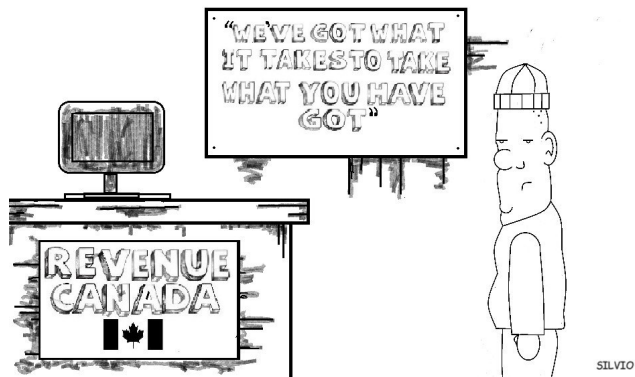
*Hmph....
Who knew?*

9 x 1 =	09
9 x 2 =	18
9 x 3 =	27
9 x 4 =	36
9 x 5 =	45
9 x 6 =	54
9 x 7 =	63
9 x 8 =	72
9 x 9 =	81
9 x 10 =	90

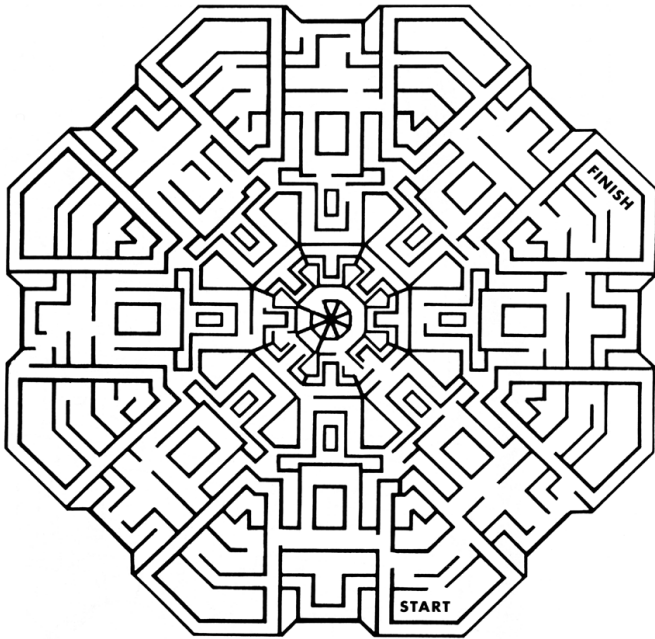
What the teachers never taught us

**DON'T PUT THE
KEY TO YOUR
HAPPINESS IN
SOMEONE
ELSE'S POCKET.**

Peer Page



A-Maz-ing



I Have TICS

Not wishing to bug you about the acronyms, that pervade the work we do. They're a confusing embarrassment to many, and only understood by a few.

In haste people will tend to abbreviate words, and assume we all understand. But this erroneous assumption is demeaning. a meaningful dialogue is bland.

As an example don't use the expression TICS, as it may suggest an infestation. Simply state; Trauma Informed Care Services, and thus avoid all consternation.

The mental health system is burdened enough, without playing a guessing game. Please communicate fully what you wish to say, and from acronyms try to refrain.

There's well in excess of 4,000,000+ acronyms. invading the language we speak. So if there are some we do not yet comprehend, it does not mean we are a geek.

Using plain language shouldn't be a great stretch,
if for other people we truly care.
Please don't get hung up on the acronym world,
use a language we all can share.

Len M. Wood

The Voice of HOPE is your vehicle to express and share your stories of survival, resilience, humour and HOPE.

We especially want to hear from mental health and addiction consumers, and their families about how, in the face of adversity, they've flourished, stumbled and got back up.

Send your comments about this publication, your stories, poems, helpful tips, etc. to:

Dianne Stringer, Editor Voice of HOPE - c/o Patient/Client & Family Council

500 Church Street, (Room A-234) Penetanguishene ON L9M 1G3

dstringer@waypointcentre.ca (Tele: 705-549-3181 Ext. 2751)



**Canadian Mental Health Association
Simcoe County
Mental Health Crisis Line
705-728-5044
1-888-893-8333
7 days a week, 24 hours a day**

The views, opinions & articles herein do not necessarily reflect those of the Patient/Client & Family Council, its staff or volunteers or Waypoint Centre for Mental Health Care.

We reserve the right to not print any material we feel inappropriate.

Any information should not be considered medical advice and you should contact your health care provider if you have any concerns or issues.

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David Meredith, Mike Silvio,

Dianne Stringer, Heidi & Beanie Triska

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Feedback ALWAYS welcomed

Useful Telephone Numbers (705)

A.A., Al-Anon, Al-Teen	526-3305
Canadian Mental Health Association	726-5033
Canada Pension Plan	1-800-277-9914
Children's Aid Society	526-9341
Community REACH	528-6999
Consumer Survivor Project	444-1844
ENAAHTIG	534-3724
Family Mental Health Initiative	725-0363
Georgian Bay General Hospital	526-1300
GST Inquiries	1-800-959-1953
HERO Centre	549-5268
Human Resources Dev. Canada	526-2224
Income Tax Inquiries	1-800-959-8281
Kinark Child & Family Services	526-3708
Midland Police Services	526-2201
Native Friendship Centre	526-5589
N.S. Catholic Family Life Centre	526-9397
MEDline	526-0567
Ministry of Community, Family & Children Services - Includes: Employment Support, Ontario Disability Support Program + other Provincial Gov. Support Services	1-800-565-9871
Our Place Social Club	526-6062
Ont. Provincial Police	1-888-310-1122
Outpatient Services Waypoint	526-0567
Orillia Soldiers Memorial Hosp	325-2201
Rape Crisis Line	1-800-987-0799
Rosewood	526-4211
RVH Barrie	728-9802
South Simcoe & Barrie Housing Authority (includes Midland)	725-7215
Telecare	528-1432
TeleHEALTH	1-866-797-0000
Victim Crisis Assistance Referral	527-8778
Waypoint Centre	549-3181
Waypoint Centre (Toll Free)	1-877-341-4729
Wendat	526-1305

Food Banks:

St. Ann's Church Penetanguishene	
St. Vincent DePaul	549-2560
St. Margaret's Church Midland	
St. Vincent DePaul	526-7585
Salvation Army	526-5683

Interested in publishing your poem, quote, article or upcoming event in our newsletter?

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