

thank you!



MESSAGE FROM THE President & CEO

ONCE AGAIN FALL IS UPON US. The sun is setting earlier, the evenings are cooler, summer vacations are over and kids are back to school. For many Fall represents a time for change and new beginnings.

For Canadian Mental Health Association, Ontario this is a time of change and new beginnings. Across the province, there is a fundamental transformation taking place in how health care services are delivered. The fourteen Local Health Integration Networks (LHIN's) across Ontario whose task is to integrate and coordinate health services at the local level are now in place. Canadian Mental Health Association, Ontario has been working with its 32 local branches to make sure that mental health remains firmly on the local health care agenda and that the changes underway truly benefit and improve the lives of those needing help.

Canadian Mental Health Association, Ontario working with the provincial government and utilizing our mental health research and policy development expertise, knowledge transfer and education capability to play an integral role in shaping the future of mental health care in the province.



Further, we will continue to work hard to provide consumers and families living with mental illness with a voice to ensure continuity of care across treatment and support settings that are

needed to promote recovery. There is no health without mental health.

We are so grateful to you, our donors for your loyal support. In our ever changing health care system, there are many challenges to be met. With your help, we continue to dedicate our resources to the important issues of mental health.

Your voice is important to us. Many of you have shared your stories and we want to continue to know what's important to you.

Thank you. Please know that you are making a difference in people's lives!

If you are interested in more information about the LHIN's, please visit www.lhins.on.ca.

Sincerely,

Russel DeCou
President, CMHA, Ontario
Lorne Zone
CEO, CMHA, Ontario



CMHA Ontario Team — Ursula Cafaro, Jennie Lee, Angie Mackie, Karen Wilkinson



L to R: Brian Raybould, Staff Inspector, Adam Gage, Detective Wayne Banks, Karen Wilkinson



L to R: Karen Wilkinson, Staff Inspector Brian Raybould, Louise Gage, Lorne Zon, Detective Wayne Banks

TORONTO POLICE SERVICE HOMICIDE SQUAD Golf Tournament

IT WAS A BEAUTIFUL, HOT SUNNY DAY in September for the Toronto Police Service Homicide Squad Annual Golf Tournament. Detective Wayne Banks contacted me to tell me about this event, and say they wanted Canadian Mental Health Association, Ontario to be the recipient of the funds raised. This would be in memory of one of their colleagues, Detective Tom Gage, who died as a result of his mental illness.

The tournament took place at Maples of Ballantrae in Markham, Ontario and a record number of attendees participated.

Lorne Zon, CEO and I attended a case conference at the Toronto Police Service headquarters on October 16. Louise Gage presented a \$4,000 cheque to Canadian Mental Health Association, Ontario in front of Detective Gage's colleagues. We were honoured to be part of this special event and will ensure that the funds raised will help others, like Detective Tom Gage. Thanks to everyone who participated!

Karen Wilkinson
Manager, Fund Development

At times our own light goes out and is rekindled by a spark from another person.

Albert Schweitzer

How are we doing? We welcome your comments

- I would like to subscribe to Mental Health Notes, CMHA, Ontario's weekly e-newsletter. My e-mail address is _____
- Please send me information about "Mental Health Works" (workplace mental health program) I have included my mailing address.
- I do not want to receive the donor newsletter twice a year (spring and fall).
- I would rather receive the donor newsletter by e-mail — here is my address: _____

For bequest purposes our legal name is Canadian Mental Health Association, Ontario Division. Official information returns filed with the Canada Revenue Agency can be viewed at www.cra-arc.gc.ca.

Charitable Registration Number 10686 3665 RR0001

www.ontario.cmha.ca/donate

WHAT WE'RE

Up to

MENTAL ILLNESS AWARENESS WEEK, FROM OCTOBER 5TH TO 11TH, 2008

(MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of recovery from mental illness. The continuing theme of Mental Illness Awareness Week "Face Mental Illness"—is designed to reduce the persistent stigma that prevents millions from getting the help they need—and inspiring hope. Each year, several individuals share their personal stories, becoming the courageous "faces" of the campaign and helping to bring mental illness out from the shadows. Their experiences are proof that through proper diagnosis, treatment and awareness, people with mental illnesses can live productive and fulfilling lives.

Canadian Mental Health Association, Ontario and 32 CMHA branches across the province distributed posters, pamphlets and bookmarks to members, clients and residents of their local communities. CMHA, Ontario also promoted MIAW in our weekly e-newsletter, "Mental Health Notes" and featured campaign details on our website. View the 2008 "Faces of Mental Illness" and read the inspiring stories behind the faces at www.miaw.ca. Please enjoy the enclosed bookmark.

Policy & Programs

Working in the field of policy means gaining the attention of policy-makers who decide on laws, policy directions, and decisions on what get funded. In our work, Canadian Mental Health Association, Ontario identifies important issues that you our donors and other stakeholders have told us are significant, and suggests options and solutions to deal with these matters. Over the last few months, we have identified two issues that we believe require more attention in Ontario.

Chronic Disease, Mental Health and Mental Illness

We are proud to let you know that CMHA Ontario has prepared two policy papers on the relationship between chronic disease, mental health and mental illness. As many baby boomers age, there will be increasing numbers of people developing chronic physical conditions. The health system is already dealing with these escalating health demands. People with chronic physical conditions are at greater risk of developing depression and anxiety. Conversely, people with serious mental illness have a higher rate of chronic physical conditions. Our reports suggest options and actions to ensure that mental health is incorporated in the development of strategies dealing with chronic conditions, in order to best meet the needs of all Ontarians.

Alternatives to Tasers

CMHA Ontario is concerned about the use and safety of tasers, as well as the propensity of law enforcement officials to deploy tasers on people experiencing a mental health crisis or demonstrating signs of emotional distress. In appropriate situations, we believe people experiencing a mental health crisis can be dealt with more compassionately by mobile crisis teams that involve police and mental health professionals working together. Some police services in Ontario have already received training and participate in mental health crisis intervention teams. These teams consist of police officers and mental health workers acting together to respond to individuals experiencing a mental health crisis. While many areas in Ontario already have such teams, not every community does. CMHA Ontario is working with others also concerned about tasers. We are identifying what more can be done to ensure that every community has compassionate police response to assist people in accessing the mental health services they require.

For more information or to read these reports, please visit our website at www.ontario.cmha.ca/policy_positions.asp

Michelle Gold

Senior Director, Policy & Programs

Editor:

Karen Wilkinson,
Manager, Fund Development

Contributors:

Russel DeCou

Lorne Zon

Michelle Gold

Colleen Moore

We welcome your ideas, comments and stories.

Please submit ideas either by mail to Karen Wilkinson or by e-mail — kwilkinson@ontario.cmha.ca

Please feel free to pass this newsletter on to your friends, co-workers and family!

HOLIDAY TRIBUTE

We are pleased to provide you with a special, stress-free way of giving while at the same time supporting CMHA, Ontario during the holiday season. Making a "holiday tribute gift" acknowledges your family members, friends and customers during the festive season in a caring way. When you make a donation in honour of someone, we will send a holiday card to the recipient on your behalf. (The amount will not be mentioned.)

This is:

★ A meaningful gift for anyone who cares about mental health

Gift

★ A unique gift for someone who already has everything

★ A thoughtful (and tax deductible) contribution that will provide help and hope to individuals with mental illness, and their families

Please share this idea with friends, family and colleagues, so they too can make a donation as a way of gift giving.

Please call Susan at 416-977-5580 ext 4122 to make your "In Tribute" gift or visit our website www.ontario.cmha.ca/donate.

This is for general information only and may or may not reflect the position of the Canadian Mental Health Association (CMHA). Information provided is not a substitute for professional advice. If you feel that you may need medical advice, please consult a qualified health care professional. CMHA makes every reasonable effort to ensure that the information is accurate at the time of printing. We cannot guarantee the reliability of any information printed.

www.ontario.cmha.ca/donate

NOTE:

We have changed our system, and you must now notify us if you want your name recognized on our annual list of donors

 CANADIAN MENTAL HEALTH ASSOCIATION, ONTARIO
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE, ONTARIO

180 Dundas Street West, Suite 2301
Toronto, Ontario M5G 1Z8

Vision is perhaps our greatest strength.
It makes us peer into the future and lends shape to the unknown.

Li Ka Shing



7073030