

Thank you!

MESSAGE FROM THE CEO

IT'S DIFFICULT TO BELIEVE that it's been just over a year since I started with CMHA, Ontario. What a busy and exciting year it has been!

I have had the pleasure of speaking with and visiting many of you, our donors and stakeholders. It doesn't surprise me that I continue to hear how much you value our important work, and that we need to continue to speak out about and help people with mental illness.

I also have personally experienced the importance of our health care system, having just been through a health scare with my husband. He is doing great, but I am reminded, more than ever before, of how important it is for our loved ones to get quality care in a time of great need.

As you may know, the health care system is on the cusp of significant change in Ontario. This transformation was eventually to affect the way in which services were delivered. To this end, the government organized Ontario into 14 Local Health Integration Networks (LHIN's), conducted needs assessments in these regions and most recently named six board members and a CEO for each of these networks.

The Canadian Mental Health Association, Ontario – along with its partners, the Centre for Addiction and Mental Health and the Ontario Federation of Community Mental Health and Addiction Programs – has been following the transformation quite closely. In fact, the partnership arose because of the transformation and our united concern that mental health services must be maintained and enhanced throughout the transformation process and beyond.

Our ongoing commitment is to continue to monitor the development of the LHIN's and to ensure that each one is responsive to mental health needs within its own jurisdiction.

So it's time for a united message from all of us – that not only reiterates the need for a full range of accessible

community-based mental health services in all areas of the province, but also reaffirms CMHA's core value that consumers and family members must be at the heart of the transformation.

I welcome any comments or thoughts you have with regard to the transformation. Please feel free to visit our website at www.ontario.cmha.ca/policy if you'd like to find out more about the LHIN's.

As reported in the April 6, 2006, edition of Mental Health Notes our e-newsletter, Local Health Integration Networks (LHINs) have begun to organize community engagement activities over the next few months, providing an opportunity for mental health advocates to get involved.

LHINs are required by legislation to engage the community in the development of an Integrated Health Services Plan for health services in their region. Each LHIN will develop its own process for community engagement.

Consumers, family members, mental health providers and other interested members of the public are encouraged to contact your local LHIN to find out how you can get involved in the community engagement process so that the health services plan includes mental health and addiction services.

To find the LHIN for your community, see the LHIN Locator at www.lhins.on.ca.

The time is now to make a difference to the community-based mental health system in Ontario. Thank you for your valuable advice and support.

Karen McGrath
Chief Executive Officer,
CMHA Ontario



DONOR DIALOGUE

Thank you for your input!

In our last newsletter, we asked "why you donate" to CMHA, Ontario. Many of you generously expressed your views, comments and stories. This will help us with our planning, to ensure that we address the issues that are important to you. Here are some of the things many of you have anonymously shared with us as to why you give to CMHA, Ontario:

- To help people with mental illness – to take away the shame and stigma of having the illness.
- Mental patients are often forgotten about.
- You do good work.
- A complex, too little understood human issue worthy of support.
- To raise awareness, dispel myths.
- It's a worthwhile organization.
- Depression runs in family.
- The help my son received.
- Family history of mental illness.
- CMHA must continue!

The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just.

– Abraham Lincoln 1809-1865

We Love Hearing from You!

Please use this space for any comments you would like to share with us (feel free to attach additional paper)

I would like to subscribe to **Mental Health Notes**, CMHA, Ontario's weekly e-newsletter. My e-mail address is _____

I would like this newsletter sent to me by e-mail. 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).

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

CANADIAN MENTAL HEALTH ASSOCIATION, ONTARIO
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Health is defined in the World Health Organization's Constitution as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Corporate Donor Testimonial

Richtree Market Restaurants

• WE HAVE BEEN SUPPORTING CMHA, ONTARIO for a few years now because we believe in this organization, and the many dedicated volunteers and staff, who are a vital part of our community.

• Personally, I feel we don't give enough to mental health, but unfortunately I have a budget to work within, so we do what we can.

• We are a small organization, and I receive many requests for support. Our corporate policy focuses on supporting health related matters, and I don't think twice about giving to CMHA, Ontario.

• Overall, when people get physically sick, they visit their physician. They even visit their physician when they're not ill, for an annual check up.

• So it's unfortunate that people don't seek help when they are feeling unwell, emotionally. There needs to be as much nurturing of our mental health as there is for a heart attack, or cancer. I don't understand why people aren't utilizing resources in the community to help with a problem or an emotional issue. We need to let people know it's okay to get help.

We need to let them know they are not crazy. We need to show them that there are resources and caring support available to help them along.

That's why CMHA, Ontario is so important – because they do all of these

things. I know they are helping to remove the barrier that many people feel about getting help

– so there is hope and a

chance for recovery.

I have moved from another country 15 years ago and I am amazed at how much assistance is available here in Ontario. In developing countries such as South East Asia, the suicide rate is high – especially among young people – and they aren't able to get the help they need – with devastating consequences. That's why I find it difficult to understand why the resources here are undervalued and under utilized.

So thank you to the people at CMHA, Ontario. You are truly making a difference in people's lives and on behalf of the staff at Richtree, we are proud to be part of such an essential and important cause.

ANNE DESILVA

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Here's What You've Told Us

In the last donor questionnaire, many of you indicated what topics of are of most interest to you. Here's a list of the top five, in order of popularity.

- Depression
- Family members of people with mental illness
- Stress
- Bipolar Disorder
- Seniors mental health

We hope to share information with you, related to many of these topics, throughout the year.

Mental Fitness Tip

Set personal goals — Goals don't have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.

source: www.cmha.ca

Think beyond your lifetime if you want to accomplish something truly worthwhile.

– Walt Disney

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

www.ontario.cmha.ca/donate

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We welcome your ideas, comments and stories. Please submit ideas either by mail to Karen Wilkinson or by e-mail – kwilkinson@ontario.cmha.ca

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 posting. We cannot guarantee the reliability of any information posted.



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