



**SCPS Staff**

**Coordinator:**

Mary D Deciantis

**Peer Support Workers:**

Crystal Norris  
Susan Hagen  
Beth Miller

Lisa Vigfusson  
Linda Garrison  
Marilyn Cann

**Can-Help Staff**

**Peer Support Development Consultant**

Maria Coleman

**Family Liaison Worker:**

Christina Hahkala

**Peer Support/Liaison Worker:**

Chris Hayes

**2011 CONFERENCE ORGANIZING COMMITTEE**

Maria Coleman - Can-Help

Crystal Norris—SCPS

Christina Hahkala - Can-Help

Beth Diamond—Volunteer

Nancy Daley—CMHA

Chris Hayes—Can-Help

Linda Garrison—SCPS

Lisa Vigfusson—SCPS

Marilyn Cann—SCPS & Volunteer

**To register, please fill out the separate form  
and return it to the Kenora Office (address below)  
no later than Wednesday, September 7, 2011**

**For more information contact the office**

Canadian Mental Health Association, Fort Frances Branch  
Can-Help Program,  
1-204 Water Street  
Kenora, On P9A 1S4

**Kenora Office**

Phone: 807-467-8280

Fax: 807-468-2220

Email: mcoleman@cmhaff.ca

Toll Free: 1-866-872-0408

**Fort Frances Office**

Phone: 807-274-9400 ex 5 or 6

Email: chahkala@cmhaff.ca

Email: chayes@cmhaff.ca

Toll Free: 1-888-813-6503 ex 5/6

**Supported by:**



All sponsoring programs are funded by the  
Ministry of Health and Long Term Care

# The 13th Annual Consumer & Family Conference

## "Keeping it Simple"



## September 16-18, 2011

at the Best Western Lakeside Inn  
on the beautiful Lake of the Woods (Kenora)

**Celebrating  
Sunset Country Psychiatric Survivors  
20th Anniversary**



S.C.P.S.



CANADIAN MENTAL  
HEALTH ASSOCIATION  
FORT FRANCES BRANCH



Mood Disorders Association of Ontario

# Sponsors

Canadian Mental Health Association, Fort Frances



## CAN-HELP PROGRAM

Mission: Can-Help addresses the needs of consumer/survivors and families who are affected by the stigmas and reality of mental illness. It facilitates the development of grass root networks of support, self-help and education for the seriously mentally ill and their families in the Kenora/Rainy River District. This is achieved through real cooperation, collaboration and shared resources resulting in accessible, effective services when they are required.

## Sunset Country Psychiatric Survivors (SCPS)

Mission: SCPS is a self-help organization. By working together for acceptance, understanding and full participation of survivors, we will educate, advocate, and provide peer support to psychiatric consumer/survivors in our communities. We will contribute to the renovations/redesign of the mental health system in the Kenora/Rainy River District of Northwestern Ontario.



## Mood Disorders of Ontario

Our vision: People affected by mood disorders are treated with care, compassion, dignity, respect and equity.



All sponsoring programs are funded by the Ministry of Health and Long Term Care

Supported by:



Ontario

North West Local Health Integration Network

# SCPS AGM

## Sunset Country Psychiatric Survivors Annual General Meeting

All Conference Participants Welcome

Door Prizes & Games

September 17, 2011  
10:00 am



Nominations for the awards must be in by Sept 1, 2011

Registration Deadline is Wednesday September 7, 2011

## Wow! 20 Years

### Celebrating 20 years of Sensational Peer Support

#### *The Essence of Peer Support Helping Peers in their Recovery*

*Give people HOPE that they can recover*

*Cultivate attitudes of RESPECT and ACCEPTANCE*

*Express a genuine concern for the person's wellbeing*

*Treat the person as an EQUAL with equal capacity to learn, change.*

*Make life decisions and take action to CREATE LIFE CHANGE  
no matter how severe their symptoms*

*Focus on how the PERSON FEELS what the PERSON IS  
EXPERIENCING and what the PERSON WANTS rather  
than diagnosing, labelling and making predictions about the persons life  
RESPECT the individual where they are at, while setting boundaries*

*Look at the person as A WHOLE PERSON not as someone  
"who is mentally ill"*

*BELIEVE in the persons potential and STRENGTHS*

*Help them let and reach concrete goals*

*VALUE the person as a UNIQUE human being*

*ACCEPT the person for who they are*

*Listen NON-JUDGEMENTALLY to the persons experiences  
Help them grieve the losses they have experienced as a result of mental ill  
health*

*Help them to find a PERSONAL MEANING and PURPOSE  
OF LIFE ,tap into their spirituality*

*HOLD THE HOPE when they are not able to yet*

*~ Author Unknown ~*

**Congratulations  
Sunset Country Psychiatric Survivors**

## Participants

### WHO ARE WE.....

#### CONSUMER / SURVIVOR:

INDIVIDUALS WHO HAVE OR HAVE HAD A PERSONAL MENTAL HEALTH ISSUE AND / OR HAVE HAD DIRECT EXPERIENCE USING MENTAL HEALTH SERVICES, OR PERSON WITH LIVED EXPERIENCE WITH MENTAL ILLNESS

#### FAMILY MEMBER:

FAMILY OF A CONSUMER/SURVIVOR

PEOPLE DEFINE THEIR FAMILIES IN A VARIETY OF WAYS: PARENTS, CHILDREN, SIBLINGS, SPOUSES, COMMON-LAW, THROUGH CHOICE AND/OR THROUGH TRADITIONS RELATED TO THEIR CULTURES OF ORIGIN

#### SERVICE PROVIDER:

INDIVIDUALS WITH A WORKING CONNECTION IN THE MENTAL HEALTH FIELD

#### Index

Sponsors	2
Participants	3
Events	4-5
Workshops	6-8
Wellness Room	9
Speakers	10-13
20 years in Review	14
SCPS AGM	15
Contact Info	16

## Events

### Friday, September 16, 2011

4:00 - 8:00 p.m. Registration and Meet & Greet

**Come join in the many fun and creative activities SCPS is doing to celebrate their 20th anniversary**

5:00 - 7:30 p.m. Light Supper

### Saturday, September 17, 2011

8:30 a.m. Exercise Break

9:00 a.m. Opening Ceremonies  
Keynote: Susan Marshall

10:00 - 11:45 a.m. Sunset Country Psychiatric Survivors (SCPS) Annual General Meeting

10:00 - 11:45 a.m. Issues We Face - Family Members Only

12:00 - 1:00 p.m. Lunch Break

12:30 - 1:15 p.m. Guest Keynote Speaker

1:30 - 2:45 p.m. Art Therapy

1:30 - 2:45 p.m. Using the Enneagram System

1:30 - 2:45 p.m. Family Support Group—Family Members Only

3:00 - 4:30 p.m. Getting Dirty with Mary D

3:00 - 4:30 p.m. Obsession with Weight & How the Scale affects our Self-esteem

3:00 - 4:30 p.m. Formulas for Mental Health that Do Not Come from a Pharmacy

5:30 - 6:00 p.m. Keynote: Deb Sherman, OPDI

6:00 p.m. Banquet and Awards Presentation

7:30 p.m. Karaoke/Dance

## Speakers

*Happiness cannot be traveled to, owned,  
earned, worn or consumed.  
Happiness is the spiritual experience of  
living every minute with love, grace, and gratitude.  
~ Denis Waitley ~*

**Susan Marshall**  
Provincial Consumer Lead  
Community Mental Health Common Assessment Project (CMH CAP)

Susan Marshall is a passionate advocate for consumer/survivor rights and improving the mental health system for consumers and families. She is presently the Provincial Consumer Lead for the Community Mental Health Common Assessment Project.

Susan Marshall was the founding Coordinator of what is now called Sunset Country Psychiatric Survivors in 1991. Under her leadership the organization became incorporated with an independent Board of Directors with offices in Fort Frances, Red Lake and Kenora. She then went on to be the first Team Leader for the Can-Help Program as well as acting Executive Director of Canadian Mental Health Association, Fort Frances Branch.

Susan is a Master Trainer for Living Works in the Applied Suicide Intervention Skills Training (ASIST) and has a Psychosocial Rehabilitation Certificate. She is also a certified trainer in Wellness Rehabilitation Action Planning (WRAP) and a former Mobile Response Worker with a Crisis Program.

**Nancy Daley-Fulton**

My name is Nancy Daley Fulton. I have been employed by CMHA Fort Frances for almost 11 years. Prior to that, I have worked with various agencies and programs within the social services field. From 1996-1997 I was the Coordinator for SCPS. I am both a member and Board member of SCPS; currently I hold the position of Chair of SCPS Board of Directors.

I have been actively involved in the planning and development of the Can-Help Family and Consumer Conference for the past several years, and am thrilled to be a part of this event. I welcome you, one and all, to this year's annual conference and the celebration of the 20th year of SCPS.

**Wellness Room will be open throughout the Conference  
detailed list of times and activities will be in the  
conference package, available at Registration Table**

# Speakers

## Deb Sherman

Executive Director, Ontario Peer Development Initiative

Deb was born and raised in Hamilton, and graduated from Mohawk College's Communication Arts program, with a specialty in Advertising. Deb has been a consumer for four decades and a lifetime family member. Her mental health related experiences include: eight years as ED of an independent Consumer/Survivor Initiative; 12 years as a public member of the Consent and Capacity Review Board; graduate of the Psychosocial Rehabilitation (PSR) course; part time faculty (Distance Education) of Mohawk College's PSR course; current member, Board of Directors, PSR Ontario; Level 1(R) OPDI Peer Support Core Essentials™ training; and Diabetes Competencies for Peer Supporters (CMHA/OPDI).

Deb lives in Hamilton with her husband, a matrimonial lawyer, and their 24 year old son; she frequently lunches with their daughter, 26, who lives in Toronto. For fun, Deb reads and collects anything by or about Charles Dickens; acts with a community theatre; researches family ancestry; is reviving an old passion for drawing and painting; and has approximately 27 unfinished quilt projects waiting to be finished "one of these days". She does NOT get to the gym often enough.

## Irene Bergman

Counsellor, MSW, RSW

Irene is a 'local girl' who graduated from Lakehead University with her Masters degree in Social Work. She currently works for Lake of the Woods Hospital Community Programs and teaches part time at Confederation College. She also has a small 'private practice'. She has worked in the field of addictions and mental health since 1977.

## Hearing Voices That Are Distressing Facilitators

Lisa Vigfusson, Sunset Country Psychiatric Survivors - Kenora  
Crystal Norris, Sunset Country Psychiatric Survivors - Dryden  
Beth Miller, Sunset Country Psychiatric Survivors - Red Lake  
Linda Garrison, Sunset Country Psychiatric Survivors - Kenora  
Marilyn Cann, Sunset Country Psychiatric Survivors - Kenora

Through helping others, we help ourselves

# Events

## Sunday, September 18, 2011

8:30 a.m.	<i>Exercise Break</i>
9:00 -11:00 a.m.	CSI's: Past, Present & Future
9:00 -11:00 a.m.	How's that working for you?
8:30 -11:30 a.m.	Hearing Voices that are Distressing
11:30 a.m.	Luncheon, Closing Remarks

## Registration & Meet and Greet

Come and register for the conference and then join our annual meet and greet room where participants reconnect and meet new friends! There will be refreshments and a light supper provided. We will also be helping Sunset Country Psychiatric Survivors with their 20 year Anniversary Collage. Everyone is encouraged to participate.

## Guided Meditation 7:00 - 7:45 a.m.

Learn something new about meditation!!

Two mini guided meditations each morning. Come join us each morning to replenish the mind and body; in as little as 15 minutes a day. The techniques learned will help you to stay focused, relaxed and cope with the day to day stress of life.

## Opening Ceremonies

This year we will have Susan Marshall, the first coordinator for Sunset Country Psychiatric Survivors in 1991, starting our conference with a keynote speech, as well as other welcoming activities to kick off Sunset Country Psychiatric Survivors' 20 Year Anniversary.

**Breakfast will be provided Saturday and Sunday**

**from 7:30 - 8:45 a.m. for hotel guests only**

This year, Nancy Daley-Fulton will be guiding us over the course of the weekend as our Master of Ceremonies throughout the conference

**Registration  
Deadline is Wednesday  
September 7, 2011**

## Workshops

*Forget injuries, never forget kindnesses  
~ Confucius ~*

### **Issues We Face - Family Group**

#### **Christina Hahkala**

Would you like to learn how to establish healthy boundaries with your family member? Would learning some tips about how to better communicate help you in your relationships?

If you have answered yes to either of these questions, then please join our group as we explore these areas and more, while supporting and learning from each other.

**THIS WORKSHOP IS FOR FAMILY MEMBERS ONLY**

### **Sunset Country Psychiatric Survivors AGM**

The SCPS Annual General Meeting is so that members have an opportunity to meet their new Board, and become updated on the affairs of the organization of the past year.

**ALL SCPS MEMBERS & CONFERENCE PARTICIPANTS ARE WELCOME**

### **Art Therapy**

#### **Mandalas: Making Spontaneous Images Within a Circle**

#### **Beth Diamond**

Mandala means "sacred circle" in Sanskrit. This is a hands-on workshop.

You will have an opportunity to learn about Mandalas and to gain insight into yourself and circumstances. Participants DO NOT REQUIRE any special art skills or abilities. The number of participants is limited so that you can get the most out of the experience. Art is a powerful communication tool, a way to visually communicate thoughts and feelings. Eastern cultures have used specific mandalas for visual meditations for many centuries.

The creating of a mandala can be a relaxing and meditative experience.

Come join us for this creative experience.

**SPACE IS LIMITED TO 30 PARTICIPANTS**

### **Using the Enneagram System for Knowledge of Self & Others**

#### **John Maloney, MSc**

This workshop is an exploration of the Enneagram, a system of personality identification focusing on "growth and positive energy states." Knowledge of the Enneagram will assist you in understanding your own personality type and knowledge of other types who will represent a friend, family member, work colleague or partner. This brief introduction to the system will provide you with a personal and practical understanding of the nine personality types of the system.

***Knowing Other People is Intelligence. Knowing Yourself is Wisdom (Tao Te Ching)***

## Speakers

### **Cheryl Green, MSW, RSW Counselor**

Cheryl is a mental health therapist and clinical team leader at the Canadian Mental Health Association—Kenora Branch. She has been treating clients who suffer from eating disorders and disordered eating for the past twelve years and has presented many workshops on body image and self-esteem. Cheryl is a member of the Eating Disorder Working Group through St. Joseph's Care Group in Thunder Bay and the Eating Disorder Resource Group in Kenora.

### **Carolyn MacCormack, BSW, RSW Counselor**

Carolyn is a registered social worker and for over 20 years, a Mental Health Therapist for Lake of the Woods District Hospital Community Programs. She has been part of the Northwestern Ontario Regional Working Group for Eating Disorders since 2003 and has extensive experience in dealing with eating disorders and issues relating to body image and self-esteem.

### **Dr. Reed-Walkiewicz, MD, BPhE**

Dr. Reed-Walkiewicz, obtained her degree in Medicine from McMaster University. She also has a bachelor's degree in Physical and Health Education, and completed a Family Medicine Residency at the University of Toronto, in 1990. Engaging her patients to become empowered with self-help, knowledge and skills has always been important to her. She now has over 20 years of diverse clinical practice experience in both urban city and rural/remote settings. Her focused practice, for the last 9 years has been in mental health and psychiatry for the Schedule 1 service at Lake of the Woods District Hospital. She enjoys teaching and is an Assistant Professor in the Division of Clinical Sciences with the Northern Ontario School of Medicine. Her non-medical interests include travelling to new places, playing golf and basking in the summer sun while listening to loud 70's music.

*Wisdom comes from metabolizing  
what we learn from others and from  
experience to a point where it can be shared  
~ Mary Catherine Bateson ~*

## Speakers

*It doesn't matter how slowly you go,  
so long as you do not stop  
~ Confucious ~*

### **Christina Hakkala, RPN** Family Liaison Worker

Hello my name is Christina Hakkala. I am a R.P.N. and have been working in the mental health field for almost 15 years. I am a certified Mental Health First Aid Instructor for Adults that work with Youth and Family Education Program Facilitator. I have been a Family Liaison Worker with the Can-Help Program CMHA Fort Frances Branch for 4 ½ years and have loved meeting families from across the Kenora/Rainy River District. I am looking forward to reconnecting with friends from past years, and welcoming new family members.

### **Beth Diamond** Crisis Call Taker

Hi my name is Beth Diamond and I work for Crisis Response Services. I have always been a huge fan of art and raising three children they will tell you that they always had a pencil, crayon or paint brush in their hands. They spent a lot of time in art galleries. I have read many books on the expression of art. Mandalas were something that I came across when studying Eastern cultures and Carl Jung's work on the therapeutic benefits of mandalas. Of all the spontaneous art-making processes, mandala drawing is one of the most personally rewarding, soothing and relaxing. This could be the beginning of a Mandala Journal.

The journey could just be the beginning.

### **John Maloney** M.Sc in Psychiatric Rehabilitation

John has worked in a variety of mental health programs since 1980. With an intense interest in personal development, he has received training from Helen Palmer's organization in California. Since 1994 he has been helping agencies, couples and individuals learn about the Enneagram system.

### **Mary D Deciantis** Coordinator Sunset Country Psychiatric Survivors

Mary D Deciantis has personal experience living with mental illness. She believes in the value of holistic alternatives to traditional mental health methods of treatment. As a child she observed family members who enjoyed horticultural activities as a stress-reduction technique. She is currently taking courses in the field because horticultural therapy promotes a natural sense of wellness. She is a long-time member of SCPS and has been staff for more than 16 years.

## Workshops

### **Getting Dirty with Mary D** **(Horticultural Practices as Therapy)** **Mary D Deciantis**

#### **NO experience necessary to join in, enjoy, and have fun**

Working with horticultural materials is a rewarding and relaxing pastime. This project is about much more than just potting a plant; you will have the opportunity to create a unique work of art. By nurturing living material, you will develop new ways of thinking about your own wellness and the importance of self-care. Come share the de-stressing experience and then take your project home; with care it will flourish.

**SPACE IS LIMITED TO 30 PARTICIPANTS**

### **Obsession with Weight** **& How the Scale Affects our Self-Esteem**

#### **Carolyn MacCormack, BSW, RSW & Cheryl Green, MSW, RSW**

Our body image includes how we think and feel about our body, how it feels to be in a physical form, and all the messages we receive about our appearance—especially misinformation about the relationship between weight, health, and beauty. It is influenced by how we take care of our body, how other people respond to us, and any medical issues we might have. We need to learn how the media influences us and how a number can affect our self-esteem.

### **Formulas for Mental Health** **that Do Not Come from a Pharmacy**

#### **Dr. Reed-Walkiewicz, MD, BPhE**

- ~ Review the literature related to lifestyle choices that have been linked or proven to promote mental wellness; that increase resilience against various mental illnesses and those that actually positively contribute to effective treatment when illness strikes.
- ~ Discuss the specific role played by such things as diet, exercise, environment, behavioral habits and cognitive-emotional control techniques.
- ~ Focus on the specifics of how and why these strategies are effective at the bio-psycho-social level.
- ~ Consider approaches to implementing change for the better.

*'Normal' is just a setting on the dryer  
~ Patsy Clairmont ~*

## Workshops

### CSI's: Past, Present, & Future

#### **Deb Sherman**

Deb Sherman, Executive Director of Ontario Peer Development Initiative, will be presenting on the Consumer/Survivor Initiatives; the past 20 years, where we are at now, and what the future holds for Consumers across the Province. She will give participants insight on how far we've come in Peer Support, and what tomorrow may bring.

Presentation will include an overview of OPDI's new initiatives, what they are working on presently, and how these best practices will effect you as consumers.

### How's that working for you?

#### **Irene Bergman, MSW, RSW**

Many times in our lives, we all struggle with different things. Some of us struggle with depression, anxiety, stress, fears, problems with mental health and other 'issues' which trouble us. Most of us do what we can to help ourselves cope. Sometimes it works; and sometimes, it doesn't. This session will talk about things people struggle with and the things we can do to help ourselves cope without causing ourselves (and others) more problems. Audience participation will be welcome!!

### Hearing Voices that are Distressing

This is a complete training package in which participants use headphones for listening to a specially designed audiotape. During this simulated experience of hearing voices, participants undertake a series of tasks including social interaction in the community, cognitive testing, and an activities group. The simulation is followed by a debriefing and discussion period. This training was created by Patricia E. Deegan Ph.D; who holds a doctorate in clinical psychology and developed this curriculum, as part of her work with the National Empowerment Centre.

**This workshop is only open to those who do not experience the hearing of voices.**

*When love and skill work together;  
expect a masterpiece  
~ John Ruskin ~*

## Wellness Room

**Come check out the  
Wellness Room featuring:**

**Reiki  
Pharmacist  
Meridian Tapping  
Reconnective Healing  
Angel Card Readings  
Foot Massage  
Reflexology  
And More...**

The **Wellness Room** will be opened throughout the conference - detailed list of times and activities will be in conference package available at the Registration Table.

**There will be herbal tea and a  
quiet, relaxing place to sit.**

---

**There will be Guided Meditation offered each  
morning from 7:00 - 7:45am in the Wellness Room**

---

**Also check out the information room that will have  
many resources as well as presentations throughout  
the week-end**

**Please respect our SCENT-FREE policy for the  
Conference. Please refrain from using male  
and female scented products. Thank you**