



**Canadian Mental
Health Association**
Windsor-Essex County
Empowering transitions to wellness.

HELP US MAKE A DIFFERENCE IN OUR COMMUNITY

MESSAGE FROM THE CEO

This month I celebrate my third year as CEO of the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECEB) and City Centre Healthcare. After a long career in acute hospital-based care, I had a lot to learn about community care, let alone mental health and addictions care. While I continue to learn, what I do

know unequivocally is that there is no health without mental health. Fortunately our community is demonstrating its commitment to reducing the stigma and is talking more about mental wellness. However, we still have a long way to go with respect to funding.



Earlier this year, CMHA Ontario launched the **Erase the Difference** campaign. For too long mental health and addictions have received less funding than healthcare to meet more physical needs. This inequity must change. With the provincial election just a few weeks away, I encourage you to sign the petition at www.erasethedifference.ca in order to send this message to our elected officials.

Like many branches, CMHA-WECEB has continued to experience volume and capacity pressures. We attribute this to a variety of factors including the increasing prevalence of mental illness and a willingness to seek help, as well as the work that has been done to alleviate stigma. People want to talk and that is a good often therapeutic thing to do!

Last February we launched the Sole Focus Project in an effort to engage, enlist and educate the Windsor-Essex community about mental wellness. It has been a huge success. Not only did we achieve our initial fundraising goal in less than one year, we provided education and outreach to hundreds of individuals in this community increasing awareness and addressing stigma.

We are looking forward to a number of upcoming events that allow us to continue to bring awareness and education to this important wellness topic. The inaugural **“Breakfast of Champions”** is scheduled for May 1st at St. Clair College Centre for the Arts. This year our guest speaker is Sue Klebold, mother of Dylan Klebold, one of the Columbine shooters. We

are looking forward to an engaging morning. As part of the event, we will also be presenting the first Carol Mueller Mental Health Champion Award.

In addition, two of our signature events, the Go Green Golf Tournament and Ride Don't Hide are happening in June. We are also partnering with the Detroit Tigers again this year on June 12th. Information about all of these events are provided in this newsletter and also on our website, www.windsorsex.cmha.ca.

Wishing you all a Happy Spring as we look forward to longer, sunnier and hopefully, healthier days!

All the best,

Claudia den Boer
Chief Executive Officer

Sole Focus Project - Year 1 Anniversary Event/Solcz Donation

On March 8, 2018 the "Sole Mate" event was held to celebrate the accomplishments of year one of the Sole Focus Project campaign. Thanks to the overwhelming support of the Windsor-Essex community, the campaign reached its initial fundraising goal of \$500,000 in less than one year!! In addition, hundreds of individuals have taken a stand for mental health and shown their soles. CMHA-WECB has also been very active in providing education, training and awareness to groups throughout the community. Like any physical illness, we know that early intervention and identification are critical.



A **VERY** special **THANK YOU** to the Solcz Family Foundation for their extraordinary gift in support of youth mental health programs.

UPCOMING EVENTS



Breakfast of Champions

Tues., May 1 from 7:00am-9:30am

St. Clair College Centre for the Arts
Tony Doucette with Sue Klebold, Youth Mental
Health Panel & Carol Mueller Mental Health
Champion Award

Tickets \$50 / Students \$35

<https://windsorsex.cmha.ca/events/breakfast-of-champions/>



CMHA's Mental Health Week

May 6-13, 2018

See a complete list of events on our website.

www.windsorsex.cmha.ca/events



Go Green Golf Tournament

June 11, 2018

Registration & sponsorships available online!
<https://windsorsex.cmha.ca/events/go-green-golf-tournament-2/>

Detroit Tigers Canadian Fan Game Night

Tues., June 12 at 7:10pm

Comerica Park, Detroit
Purchase tickets now!
tigers.com/canadian



Ride Don't Hide

Sunday, June 24, 2018

100K, 50K, 20K & 10K routes available.

Register early and save!

www.ridedonthide.com



Viewpoint Estate Winery Be Happy, Vineyard 5K

Sun., June 24

Viewpoint Estate Winery, 151 County Rd. 50
[Registration now open!](#)

Early Intervention: Lived Experience

Speaking in front of a large group can be daunting for any of us. When you experience anxiety this can be terrifying. Congratulations to Christina for sharing her story. She wrote this poem and recently shared at the Sole Mate event.

Stigma is defined as a sign of disgrace or discredit, which sets a person apart from



everyone else
Stigma, drove me to think I was a monster, anyone but myself

Attempting suicide is how I dealt with pain that I just wanted gone
Attempting suicide I learned, does not end the pain, it just passes it on

Hiding self-harm was my next plan of action
I learned, that too was a temporary distraction

I think the worst mistake I made
Was having fear of how I would be portrayed

I lived in a world where psychosis was not to be spoken of
I thought I'd have to choose between honesty and love

Delusions, depression, paranoia, the list goes on
Mental illness plays games, and I was a pawn

Little did I know I was comfortable in that dark spot
But it was my story, I was writing the plot

Yet, I didn't think I was worthy of any assistance
I thought, "who would care about my very existence"

So for a while I lived in a stagnant plateau
Then, I slid on my ballerina slippers and put on a show

Supports came flooding through the gates
And off of me came all the weights

Once I accepted the help I needed
Self-love, security, and trust were seeded

I fought this disease with all the strength in me
Then and now, I don't find it easy

I realized this disease is only going to make me stronger
Especially when I fought it, longer and longer

It's a forever fight that you can win
And when you do, life can begin

I needed to forgive myself for the past
Now when I look back, I can see the contrast

I want everyone to know that you are not insignificant
It is the most beautiful thing that you are all so different



Join CMHA in the call to Erase the Difference

For decades, mental health and addictions services in communities throughout Ontario have been chronically underfunded compared to other parts of the health system. The result: it's impossible to meet the needs of Ontarians. Wait times are up. Programs have been cut. People are falling through the cracks.

But we're on the cusp of something big. For the first time in a long time, there's widespread acceptance about the urgent need for quality mental health and addiction services. The federal government is providing an unprecedented amount of money for mental health and addictions services. And with the provincial election coming this spring, Ontario's three main political parties all believe it's a key issue.

Now is the time for all Ontarians who have been touched by mental health or addictions issues to make their voice heard. Join us in letting provincial candidates know that it's time to #erasethedifference and fund mental health and addictions care the same as physical health care.

Visit erasethedifference.ca and sign the petition. Then ask three friends to do the same.

With your help, we can send a strong message ahead of Ontario's June 7, 2018 election.

[Donate Now](#)

[Become a Member](#)

Canadian Mental Health Association Windsor-Essex County Branch

Main Office:
Monday - Friday: 8:30am - 4:30pm



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