

Link-Up

Newfoundland and Labrador's only Province wide newsletter by and for Mental Health Consumers



Office of the Prime Minister Cabinet du Premier ministre



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Mental Health Commission of Canada

Media Release August 31, 2007

Ottawa, Ontario
The creation of a mental health commission was a key recommendation of a 2006 report of the Standing Senate Committee written by the Honourable Michale Kirby and the Honourable Wilbert Keon. The report, entitled, "Out of the Shadows at Last: Transforming Mental Health, Mental Illness and Addiction Services in Canada" outlined the need for a mental health commission in Canada to provide an ongoing national focus on mental health issues.

In Budget 2007, Canada's New Government committed \$10 million over the next two years and \$15 million per year starting in 2009-10 to support the establishment of the Mental Health Commission of Canada, an arm's length, not-for-profit corporation.

The activities of the Commission will be fo-

cused in three areas: developing a national mental health strategy; sharing knowledge and best practices for the benefit of Canadians from coast to coast; and undertaking public awareness and education in order to combat the hurtful stigma associated with mental illness.

BOARD OF DIRECTORS

The Board, chaired by the Honourable Michael Kirby is made up of 11 non-government directors and six government-appointed directors. Nearly 500 applications from all across the country were received for the non-government positions on the Board.

The makeup of the Board reflects the diversity of Canadians who are involved with mental health issues: three members of the Board live with a mental illness, two represent Canada's

Aboriginal people - one First Nations and one Inuit, and others are family caregivers, peer support workers and service providers at the community level, in hospitals and in private clinical practice.

Non-government Directors

Joan Edwards Karmazyn: A resident of Grand Bank, Newfoundland and Labrador, Ms. Karmazyn is President of the Consumers' Health Awareness Network, Newfoundland and Labrador, Vice-President of the Board of Directors of the National Network for Mental Health, and an Executive Committee Member of the Canadian Coalition of Alternative Mental Resources. Ms. Karmazyn lives with a mental illness.

Mental Illness Awareness Week
September 30—
October 6, 2007
THE FACE OF MENTAL HEALTH

World Mental Health Day!
October 10, 2007

Mental Health in a Changing World

Recovery Focus on Mental Health Services

Occupational Therapists at Eastern Health not only work with individual patients/clients/residents, but have developed meaningful partnerships with community groups, such as the Consumers' Health Awareness Network of Newfoundland & Labrador (CHANNAL) to bring recovery focus to mental health services across the region.

CHANNAL's goal is to build and strengthen self-help initiatives among individuals living with mental health issues/difficulties. CHANNAL aims to combat isolation and to educate the public on issues relevant to consumers of mental health services by offering social and emotional support, skill building opportunities as well as advocacy and a forum for consumers concerns. Keri Chambers, Occupational Therapist at Eastern Health, and Karon Ann

Parsons, Executive Director (Acting) of CHANNAL, have been working closely together on an initiative which aims to educate the staff of Eastern Health and CHANNAL, as well as mental health consumers, on mental health recovery and the Wellness Recovery Action Plan (WRAP).

"We're working together with CHANNAL to help educate our staff at being better at what we do and also giving people with mental illness the message that you can recover from mental illness and there is hope," says Keri. "You have choice in your wellness management and you

have responsibilities in part of your wellness."

Eastern Health and CHANNAL also partnered on a workshop entitled "Do I Have a Story to Tell." The workshop involved a writer and public speaker who helped mental health consumers develop their stories and their ability to tell them. This provided another opportunity for partnership between mental health consumers in the community and Eastern Health as consumers were provided the opportunity to tell their stories as part of the recovery educational sessions."

The partnership between Eastern Health and CHANNAL has been beneficial to both groups, says Keri.

"We've opened up a couple of doors that probably were open

before but not really utilized," says Karon Ann.

In addition, the involvement of mental health consumers has truly meant a team approach to mental health recovery and both Keri and Karon Ann hope this partnership will grow not only within the Eastern Region but across the province as well.

If you would like more information about WRAP and mental health recovery, visit <http://www.mentalhealthrecovery.com/aboutus.php> and www.channalinc.ca

By: Jeanette O'Keefe

Communications Manager

Eastern Health

(Printed with Permission)

Thoughts...

"Recovery is not necessarily the absence of symptoms, but instead it is the moving beyond the symptoms of the illness and the side effects of medication to live the life we want and deserve."

Roy Muise, Peer Support Specialist

"At the heart of the recovery movement is the idea that instead of focusing on the illness, emphasis is placed on the potential for growth in individuals"

William Anthony, 2003

"Don't tell me that recovery is not evidence based.

I'm the evidence"

Anonymous

International Initiative for Mental Health Leadership – Some Experiences One Never Forgets!

Have you ever sat in a room filled with individuals who gave you a true sense of purpose and direction? Over the last few months I have worked with some of the most incredible individuals that I ever met in my life. They have inspired and strengthened me. They have understood my story and accepted me right where I am in my life.

As a part of this journey in which I currently find myself I have had the privilege to go to the International Initiative for Mental Health Leadership conferences which was held in August of this year. The first 2 days of this conference I had the opportunity to spend time with and get to know individuals from around the world. I learned a little bit about the “best practices” within their various organizations and how they strive to advocate for those individuals who do not have a voice yet.

It was during this time that I realized that as an organization CHANNAL is pretty much on par with the rest of the industrialized world. It was also during this time I heard a story that put into deeper focus why we fight so hard to advocate for our brothers and sisters with mental illness. One individual shared a story of an encounter he had at a conference earlier this year. He was there with other individuals who were working and striving for the same rights, freedoms and needs of consumers in his country. A gentleman was talking to him and told him that in his country they are still fighting to get the bars off the beds and chains off the people who experience mental illness.



I believe that we all experience moments in our lives that allow us to realize just how much we need to continue to fight the good fight and be a voice for those who have not found their voice yet. This

moment will remain in my mind for the rest of my life. Even now as I think of it my heart aches knowing that yes, we have come a long way; however, there is still so much farther to go. As long as one person in this world is treated in this way we must continue to push forward and advocate for rights and freedoms of individuals such as these.

While attending this conference I was also greatly inspired. Why, you may ask?

During my time there I was talking with individuals who lived the recovery life. They are proof positive that the recovery road exists and that if we follow our dreams we truly can, as Roy Muise puts it, have the life we want and deserve. The second part of the conference was held in Ottawa. To be honest I wish I could share every moment with each one of you, but there is not enough words in the human language to share the impact of this conference on me.

There was a young man, Gregory Frankson, aka Ritallin (his website is www.ritallin.com) was invited to share his gift of poetry. He would take in the various sessions of the conference and then sum them up in Spoken Word poetry. Well my friends, he spent time in the session held for consumers on Thursday afternoon. Greg admitted that he didn't have a deep understanding of mental health but let me tell you when he stood up the next day in the large session every consumer present knew that he got it! He was able to share our story with everyone at that conference. It is not often I am moved to tears but I was at that moment so moved that someone not only heard us but understood us. I am told that he is going to video tape this poem and it will be posted on the IIMHL website so that everyone who wants to take the time to hear it can do so. Perhaps at some point we will publish it here, but it is one of those pieces of artistry that you have to hear in order to truly appreciate.

Now there is one other thing that I want



to share with you. The part of the conference that was held in Ottawa had a focus regarding Indigenous Peoples globally and was entitled: First Nations Public Health: A Framework for Improving the Health of Our People and Our Communities and was hosted by the Assembly of First Nations. I think that the biggest thing I took from this was that we all have something to learn from each other. We need to take time to listen to each other. We need to support and care about each other and as always watch for the person who might fall through the cracks. So often, even within the mental health consumer movement we forget that there are marginalized individuals within our midst. We really need to make an effort to be open to hearing what they have to say to us.

Post Conference – I want everyone to know that we are currently working with other consumer driven organizations around the world to create an international network for consumers. As this unfolds we will be looking for your thoughts and we will be keeping you all aware of what is happening. Who knows we may have some international consumers contribute to the Link-Up.

Karon-Ann Parsons
Executive Director (Acting)

A Suicidal Time

by Renee Newell

Suicidal intention
Binded in my mind
The torrent is so damn high
My eyes screech and cry
There's no other way but to die
Cry. Cry. Sigh. Die.
Rock back and forth
Kiss me friends, goodbye.
I want to really die
This is my cry
Who can lower the tide
I'm ready to commit suicide

I tried, I tried.
I can't reach the other side.
My soul is being tortured
And going to die
Why? Why?
Why do I have to die
Say good bye
Commit suicide?

Where is the guide
To take me away on the ride
To get me to the other side?

I'm to far gone to hide
The suicide cry
Help me God or I'm going to die
My promise to fight I can't abide by
No more can I try
My spirit can't fly
I don't want it to die
I'm to broken. Too dry.
Most times not able to cry.

No one sees it
It's deep within
Got me tied
Can't fall weak. Afraid I'll crash
The glass will smash!
I'm sick, really sick.
Brain sick.
Does anyone got time
My life isn't mine
How can God save me this time?

Too Late

**Standing by the roadside
I'm waiting for you
There's no one else inside
Nothing I can do
I close my eyes
And see your face
That is an image
Time can't miss**

**Rain falls in the footsteps
I have left behind
And fills them in
A way back**

**I can't find
I look up from the bottom
That's where I'll be
There's no return
It's too late, you'll see**

**You were standing next to me
I heard every word
I knew what I said
I know what I heard
It's a simple twist of fate
Too late**

**By: James Power
St. John's**

Quotes

"There is no health without mental health"

Working Together For Mental Health 2005

"Nothing about us, without us"

Anonymous

"The value of self-help and support groups in Recovery has been very well documented...Financial support for promoting and funding. This important area is much needed. The self-help movement is growing, but could do so at a much faster pace."

Susan Kilbridge-Roper 2005

"Newfoundlanders are known world wide as sacrificial givers, yet here we see that we are neglecting our own. Labrador needs a psychiatrist. They need more beds designated safe for individuals who have mental health issues. They need more educated professionals who know how to treat individuals with compassion."

Karon Ann Parsons 2007

"As a resident of Newfoundland & Labrador, I firmly believe that having a Universal Pharmacare Program will certainly reduce our province's poverty rates and make our society a healthier one (Mentally and Physically)!"

Edward Sawdon 2007

Which Week Is It???

By: Jan Dymond (Printed with Authors Permission)

From September 30 to October 6 is Mental Illness Awareness Week, not to be confused with Mental Health Awareness Week that was held in the Spring. And then there is World Mental Health Day on October 10th. Now, you might have missed Addiction Awareness Week a short while ago. You do know that Addiction is now under the umbrella of Mental Illness, eh?

Anyway, there sure is a whole lot of days and weeks being used to try to keep the public up to speed on the leaps and bounds of change and understanding in the global mental health field. Thank Heavens for that. Living with a chronic mental illness AND an ignorant public has not made Life easy.

Now to be fair, it's only been a century or so since doctors knew that someone was schizophrenic, not possessed by the devil. At least in Western medicine. Devil possession is still a diagnosis used in many countries; even in corners of our own.

But for the most part, Canadians have some basic understanding that being mentally ill is not someone's fault. However I think far too many still equate it to leprosy.

Those who are mentally healthy aren't being mean when they are baffled by what is happening to us. I know that. I just wish they would respect, and maybe even admire, that we continue to have any kind of a life despite dark inner whispers, social prejudices and hallucinations. Some of us don't make it to even adulthood, you know. Some quit trying to survive symptoms and totally yucky thoughts, and choose to quit rather than repeat their pendulum swing endlessly.

I wish communities would support our loved ones more. It's so hard on them. Just imagine what it's like to be eldery parents of an adult who will never be able to live on their own, because every day is taken up with just trying to deal with private hells. I know it breaks their hearts wondering what will happen to their suffering child once

It's not like most communities have thoughtfully taken care of that concern.

In fact, whenever someone tries to build some kind of safe housing or even treatment centres, some communities act like a nuclear bomb is landing in their neighbourhood. Even though less than 1% of us will ever commit a violent crime, fear just sucks all compassion out of people. I guess helping people through difficult times is no longer what people want to do; not when there's some electronic device to entertain them.

I know I'm sounding a tad angry. I'd say it's more frustration than anything. I know that I belong to a group of people that includes Florence Nightengale, Copernicus, Sylvia Plath, and Mark Twain. Why then do I see people's eyes glass over with a twinge of discomfort when I say "I've just finished another bout of depression". You know it's true. And you know it would be different if I said I'd just finished a round of chemotherapy. Yet depression is just as life threatening as cancer.

There's a real good chance you know someone who has the challenge of keeping their thoughts and emotions out of the grip of their chemical imbalances. If it's someone close to you, then I hope you know how grateful we are for your unconditional love.

And if it's your next door neighbour, I hope you'll take a moment this week to close your eyes and in your imagination walk a mile in their shoes.

Ask them for details, if that will help. I'm sure they'd be glad to help you understand what is hard to explain.

I'm sure it'll surprise the day-lights out of them that you care.

Helen's eyes

Spring is arriving and it's
warmer everyday

My rekindled love is slowly
blooming

But the blue belles in our front
yard

Are covered in snow and they
thrive but a short while at the
best of times but like

Helen's eyes, they're the most
brilliant blue and always inspire
hope of the summer in our
country like a garden or an oasis
of natural green surrounded
by manicured lawns that by
comparison appears

As barren sea of artificial turf

By Bob Moore

St. John's, NL



Eastern Region



Congratulations!

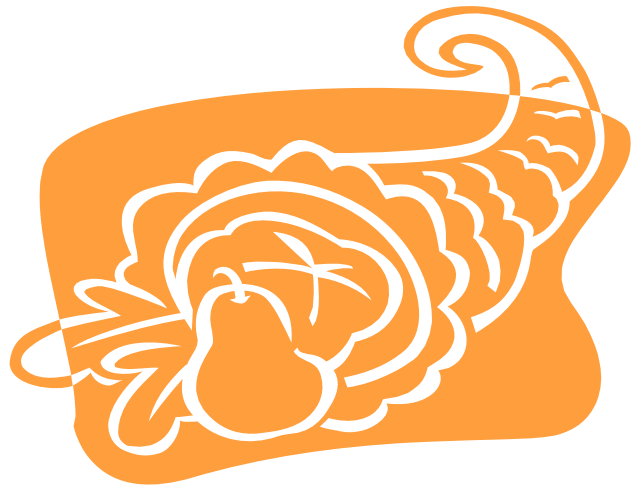
Brent Parsons graduated from Kenylin College and received a certificate in Career Preparation Program in Carbonear



CHANNAL Eastern Regional Coordinator, Lorna Garland & Eastern Representative, CHANNAL Board of Directors, Brent Parsons



Lorna Garland graduated from the College of the North Atlantic and received certificates in the following programs which were Kitchen Helper Program, First Aid & CPR, WHMIS in Carbonear



**Thanksgiving
October 9, 2007**



**Remembrance Day!
November 11, 2007**

“Lest We Forget”

**Remember those who
need a hand and those
who have lent a hand!**

St. John's Regional Report

By : Edward Sawdon

From Friday, 27th onwards, I am back to my old volunteer position as the one and only St. John's Regional Coordinator for CHANNAL, as my colleague and friend Renee Newell step down from this position as she will be busy with her new Noodle Kids Entertainment Darklight Theatre Business. I would like to thank Renee for all the good work she has done for and will do for CHANNAL and CHANNAL St. John's Region. Even though Renee will be busy with her new business venture, I am looking forward working with her and others during these upcoming months. I must say I learned a lot from my predecessors—Suzanne Power, Nicole Tupper and Renee Newell. As for the Regional Co-ordinator position, I remember the times I spent on this position, while the St. John's Self-Help Support Centres where located at the Old Post Office Building—354 Water St, and the HUB on Merrymeeting Road. This time, our new home is located on 120 Lemarchant Rd. (Old Lawrence College Bldg.), and I am looking forward to working with the St. John's Volunteers and members; Regional Coordinators and Group Leaders from other regions; our Executive Director, Karon Ann Parsons; and Joan Edwards Karmazyn (President, CHANNAL BOD), and all the Board of Directors.

During Thursday, September 6th, we listened to our colleague and friend Joan Edwards Karmazyn's interview with CBC Radio around 1:30 pm. Joan is the

President of CHANNAL, and a long time mental health consumer/survivor, and I am happy that the Federal Government appointed her to the Mental Health

Commission of Canada!

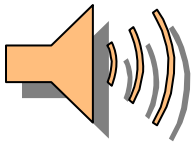
Here in St. John's, 17 CHANNAL members/mental health consumers took part in our Friday, September 7th BBQ here at the CHANNAL St. John's Office. Everyone enjoyed the barbecued Hot Dogs and Hamburgers, and everyone had Time. It was nice to see some new, as well as, older members attend this function. And, the membership presented former Regional Coordinator, Renee Newell a Thank You Card for all the good work she had done for CHANNAL.

On Tuesday, September 11th, I attended the Newfoundland & Labrador Advocacy Summit at Stella Burry Circle Banquet Room—8 am till 4 pm. The invited guests listened to several Guest Speakers; Advocacy Solution's Ryan Clarke who spoke about "Essential Elements of an Effective Advocacy Strategy" & "Coalition Building & Working Together;" Patient Advocate Lind Wilhelm's -

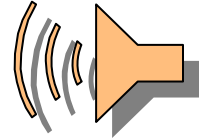
"Advocacy-It's a Personal;" CMHA-NL Roger Baggs (CMHA-NL Workplace Mental Health Coordinator) who spoke about "Newfoundland & Labrador's Political Landscape; Canadian Diabetes Association of NL E.D., Carol

Ann Smith, who spoke about "Recipe for Success (Building your Volunteer Capacity);" & Stella Burry Foundation's Director, Deborah Glassman, who spoke about "Fundraising-Building Your Case for Success."

There will be several CHANNAL/Mental Health related events taking place during the later part of September and October, especially during MIAW Week! First, I will be representing CHANNAL at the St. John's Mayor's Advisory Committee for Persons with Disabilities, Sept. 25; Body Images Presentation, Sept. 26; Writers Workshop, New Hope, Springdale St., Sept. 27; MIAW Symposium, Oct. 1st; CMHA's Guest Speaker, Margaret Trudeau, Oct. 1st; CHANNAL Presentation at St. Clare's Hospital Day Treatment Program, Oct. 2nd; CHANNAL St. John's Grand Opening, Oct. 6, and last but not least, CHANNAL Presentation at the Murphy Centre, Oct. 22nd.



Announcements



Birthdays

Juanita Butterworth October 5

Barb Budgel October 31

Lorna Garland, November 3

Emily Broderick, November 18

Cathy Collins, November 21

Stephanie Leyte, November 21

Joe Caul, December 5

James Power, December 13

Contributers

Cathy Collins, Lorna Garland, Bob Moore, Jeanette O'Keefe, Brent Parsons, James Power, Edward Sawdon, Joan Edwards-Karmazyn, Karon-Ann Parsons, Renee Newell, Jan Dymond and Rosalind Wiseman

Disclaimer

The opinions and statements made in this publication do not necessarily reflect those of the Link Up committee, CHANNAL membership or the organization as a whole.

All pictures that are submitted to the Link-Up may be used in a future issues of the Link-Up or on the CHANNAL website. The Link-Up committee will do its best to contact the individuals prior to their pictures being published.

If you are in need of someone to speak to please call the Mental Health Crisis Line at 737-4668 (St. John's Area) or 1-877-737-3668 (Toll free any where in Newfoundland and Labrador)

Upcoming Events

Mental Illness Awareness Week October 1—6, 2007.
We would love to hear about your experiences with mental health issues for our next edition.

Celebrate

Congratulations!

Paula & Rob Evans

On Your Recent Marriage!

August 11, 2007

Joan & Ralph Karmazyn

Celebrating 40 years of Marriage

October 29, 2007



Joan Edwards Karmazyn
On her appointment to
The Mental Health Commission

POETRY CORNER

The threesome hug each other

But the memory never fades with time

You'll always be our missing link
That will help keep us in line
I wonder where you are at present?

You'll find me

You'll find me in the darkness,
With sad eyes far away
You'll find me when there is nothing left
For you to do but pray
You'll find me in the silence of
A quiet winters morn
You'll find me in the wails of a child
Upset with being born
You'll find me in the grains of sand that
Seam beneath your feet
You'll find me in the sad souls
That live upon the street

You'll find me in the city lights
Those blinking on a pole
You'll will find me in your own eyes
Staring back at you when your old
You'll find me in the
Freebird swooping down
Upon the sea.
You'll find me all the way thru life
Just look and see
It's me
By Rosalind Wiseman
St. John's, NL

Our Chain Would Be Broken

The day was like any other day
Nothing strange or nothing wrong
I called her like any other night
I was told that she was gone

My head start spinning wildly
Not knowing what to do
The message so sudden and severe
I just couldn't believe it to be true

It was only Tuesday night
Everything was just the same
Little did I know that day
That God picked out her name

I wailed into her brothers ears
Sobbing, uncontrollably crying
I couldn't believe what I just heard!
I thought that he was lying!

I had to break the news to the others in the chain
One was sick, others were shocked
To feel way too much pain

I figured you'd live on forever
No! You could never die!
We depend on invincibility
When all it is, is just a lie

Can you see our souls on earth?
We tried in vain to contact you
We all had so much hurt

I know you haven't left for long
But you'll be gone for eternity
Our hearts are scattered pieces
For each and all to see
You struggled with your illness,
Your sadness and your strife
You endured so much suffering
In this very short life

Hopefully, you'll come to us
Someday you'll tell us you're okay
To let us know you understand
And wipe our tears away.

It all fell apart so quickly
There will be a tragic break in the chain
Our hearts are so deeply saddened
For we'll never see your face again

By Cathy Collins
St. John's, NL

(Ed note: "Our Chain Would be Broken" was originally published in the April—June 2007 issues of the ILRC "Black Spruce")

JOAN'S JOURNAL:

Greetings to my dear fellow CHANNAL members! I hope that all of you have had a very enjoyable summer!

The last time you heard from me I was contemplating my application to the Mental Health Commission of Canada (MHCC) in answer to the call for consumer representation on their inaugural Board of Directors. Given that I had been encouraged by many of my colleagues here in NL, in ON and from across Canada, I decided to throw my hat in the ring.

I have to say that I am very happy that I listened to those who encouraged me as well as to my head, heart and gut (yes gut, that is so necessary I have found) for I am honoured and grateful as I did get the call! The opportunities to now have my voice heard while participating, as a MHCC Board of Director is a dream come true.

I realize that my forty years experience in the mental health field as a consumer advocate and activist has brought me to this table and I hope and pray with all my heart that the MHCC can make a difference. Thank you to those who encouraged me to apply; it is truly appreciated.

As you may know the commission has three goals over the next few years, that of the development of:

- 1) a National policy/campaign to address Anti-Stigma/Discrimination towards those living with M/I;
- 2) the building of a National M/H Knowledge Exchange Centre; and
- 3) the delivery of a National M/H Strategy.

These objectives were born out of the recommendations put forward by the well-received Kirby/Senate Out of the Shadows report. If you wish to read this report it is on our CHANNAL website at www.channalinc.ca on the Resources page.

Also my own paper that I had presented to the Kirby/Senate back in 2005 will be posted soon on the CHANNAL site, again on the Resources page. My paper is entitled **Mental Health, Mental Illness – Issues & Options for Canada, A Psychiatric Peer Support Recovery Based Self-Help Perspective**. I am very pleased to say that on the day I presented my paper, Senator Michael Kirby stated, "Your presentation on behalf of Peer Support and CHANNAL is the best description of peer support, self-help and mutual aid that this committee has heard across the country".

Today I still feel that this continues to serve CHANNAL in a most empowering way and has and will continue to inspire and motivate me with my current work with the MHCC. I truly hope it does the same for the members and peer volunteers who are contributing of their time to the running of CHANNAL from day to day. As I said then and continue to say – it is you that makes all the difference – thank you!

On another note Karon Ann Parsons, our CHANNAL Executive Director (Acting) and I had the opportunity to attend the **International Initiative Mental Health Leadership Conference** held in St. Catherines and Ottawa at the end of August. This conference was instrumental in planting the seeds for the development of an **International Consumer Mental Health Coalition** of which CHANNAL; the National Network for Mental Health and the Canadian Coalition of Alternative Mental Health Resources has joined along with consumer run organizations from Scotland, Ireland, England, New Zealand and Australia! We will strive to keep you posted as to the events coming from this partnership. It is so exciting to have CHANNAL become an integral part of the international scene I must say!

For information on the IIMHL (International Initiative of Mental Health Leadership) just go to their website at www.iimhl.com

Finally in closing I would like to express my congratulations to the St. Johns Region as they hold their **Open House** on Friday, October 5th in honour of their new space on Lemarchant Road. They will also be recognizing and honouring, along with all of our other Regions in NL, Mental Illness Awareness Week which this year is from September 30th to October 6th. Hope all who are reading this had a good Awareness week!



Love & light, from Joan Edwards-Karmazyn,
President, CHANNAL Board of Directors

Pharmacare: CHANNAL Member Advocating for a Province-wide Drug Plan!

by: Edward Sawdon Email: Sawdon_edward@yahoo.com

PRINCE EDWARD ISLAND

Prince Edward Island is the smallest province when it comes to both population and land mass. The population is approximately 135,825 people who live on a small island of 5,660 sq. km (or 2,184 sq. miles). Even though Prince Edward Island may be considered small, it has the most specialized drug programs than an other province or territory in Canada!

The Prince Edward Island Drug Cost Assistance Program (DCAP) has been established to help residents get access to affordable or fully covered medications. There are twenty six drug programs that are provided through either the Island Community Pharmacies or the provincial hospitals or through the provincial pharmacy.

DRUG PROGRAMS PROVIDED THROUGH COMMUNITY RETAIL PHARMACIES

CHILDREN-IN-CARE PROGRAM: Provides coverage of prescription and non-prescription drugs that are listed in the Drug Cost Assistance Formulary for children under 18 years of age in temporary or permanent custody of the Child Welfare Director.

DIABETES CONTROL PROGRAM: Residents with PEI Medicare coverage who have Diabetes are eligible for Government Assistance. This program covers insulin products, oral diabetes medications and urine testing materials. Residents are responsible for a \$10 fee per 10 ml vial of insulin or a box of 1.5 ml insulin cartridges; \$20 fee per box of 3.0 ml insulin cartridges, and \$11.00 per prescription for oral diabetes medications or urine testing equipment

For the high Cost Diabetes medications, such as Pioglitazone and Rosiglitazone, coverage is provided to those residents who have Type II Diabetes; whose Blood Sugars are not controlled by any other Oral diabetes medications or unable to take any other diabetes medications; have approval from the Exceptional Drug Request Program and have a annual net household income of no more than \$34,000. Eligible residents

are responsible for paying the “deductible” amount (Based on one’s net household income), plus pharmacy fees which can range from anywhere from \$5 dollars to \$8 dollars.

FAMILY HEALTH BENEFIT PROGRAM: This program provides coverage to Families with at least one child under 18 years of age, and have a total annual net income of \$22,000 or less.

MULTIPLE SCLEROSIS

DRUG PROGRAM: Residents who have relapsing or remitting progressive Multiple Sclerosis are eligible for this program. Like the Diabetes Control Program –Type II Coverage, Multiple Sclerosis patients are responsible for paying a “deductible” (Based on one’s net household income) plus pharmacy fees per prescription.

NURSING HOME PROGRAM: Residents in private nursing homes that are eligible for social assistance.

REMICADE & EMBREL PROGRAM: Residents who are diagnosed with severe active Rheumatoid Arthritis; severe active Juvenile Rheumatoid Arthritis, and severe Crohn’s Disease, are eligible for assistance provided that they pay a “deductible” (Based on their net annual household income) plus pharmacy fees for each prescription.

SENIORS’ DRUG COST ASSISTANCE PROGRAM: Residents who are 65 years of age or older. Seniors are responsible for paying the first \$11.00 of their medication costs, plus a pharmacy fee for each prescription. This program does not cover most non-prescription medications, such as cough and cold remedies, stomach and bowel preparations, vitamins and mineral supplements; Prosthesis or other medical devices; and drugs that are already covered by another provincial or federal program (Workers Compensation.;Diabetic Control Program, DVA—Department of Veterans Affairs & HEALTH CANADA’S Native Indian and Inuit Non-Insured Health .

Benefits), and any medications that is not approved by the provincial drug formulary.

SEXUALLY TRANSMITTED DISEASES PROGRAM: Residents diagnosed with a sexually transmitted disease.

DRUG PROGRAMS DELIVERED THROUGH HOSPITALS

ERTHROPOITIN (EPREX) PROGRAM: Residents diagnosed with chronic renal failure or on a kidney dialysis

RABIES PROGRAM: Residents with exposure to or at risk for exposure to rabies through an animal bite.

DRUG PROGRAMS PROVIDED THROUGH THE PROVINCIAL PHARMACY

AIDS/HIV PROGRAM: Residents diagnosed as HIV positive or diagnosed with AIDS.

CANCER DRUG PROGRAM: The Cancer Drug Program provides financial assistance to those Prince Edward Islanders who require the High cost Cancer Drugs—Gleevec & Xeloda. In order to qualify, residents must have Drug Programs Exceptional Request approval and have a annual net household income of \$50,000 or less. Eligible residents must pay a deductible (based on their annual net income), plus a pharmacy fee for each prescription.

COMMUNITY MENTAL HEALTH PROGRAM: Approved long-term psychiatric patients living in the community. This program makes P.E.I. , as well as, British Columbia as the only two Canadian jurisdictions that provide a specialized Mental Health Drug Program for their residents.

CYSTIC FIBROSIS PROGRAM: Residents diagnosed with Cystic Fibrosis.

HEPATITIS PROGRAM: Residents diagnosed with Hepatitis or have been in close contact with a person diagnosed with Hepatitis or at risk of getting infection or have a occupational risk of infection.

CHANNAL Member Advocating for a Province-wide Drug continued



IMMUNIZATION

PROGRAM: Covers children's vaccinations against Hepatitis B, Diphtheria, Pertussis (Whooping Cough),

Tetanus, Haemophilus influenzae type b, Polio, Measles, Mumps, Rubella (German Measles), and Varicella (Chicken Pox)

INSTITUTIONAL PHARMACY

PROGRAMS: Residents who live in government run manors.

INTERFERON ALFA-2B (INTRON A) PROGRAM:

Residents diagnosed with Hairy Cell Leukemia, AIDS related Kaposi Sarcoma, and Basal Cell Carcinoma, who cannot afford their drug costs or who are ineligible for Social Assistance or who have no private coverage.

MENINGITIS PROGRAM: Residents who have been in close contact with a person with meningitis or is at risk of infection

NUTRITION SERVICES PRO-

GRAM: Children and high-risked women diagnosed with nutritional deficiency.

PHENYKETONURIA (P.K.U.)

PROGRAM: Residents who have phenylketonuria and who require special low protein formulae and foods

RHEUMATIC FEVER PROGRAM:

Residents who have rheumatic fever or rheumatic heart disease

TRANSPLANT DRUG PRO-

GRAM: Residents who require immunosuppressant medications due to bone marrow or organ transplant

TUBERCULOSIS PROGRAM:

Residents diagnosed with Tuberculosis or have been in contact with persons with Tuberculosis.

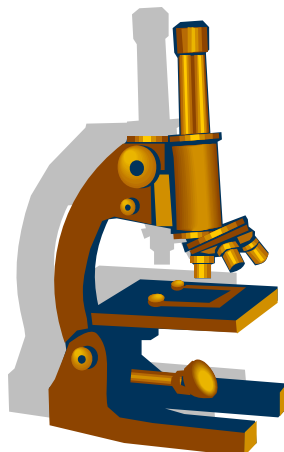
P.E.I. HOME OXYGEN PROGRAM

The Government of Prince Edward Island provided a Home Oxygen Program for residents who have chronic obstructive pulmonary disease. This program is available to all those who are prescribed home oxygen by their physicians and who need financial assistance in obtaining their monthly oxygen supply. The Home Oxygen Program pays 50% of approved supplies to a maximum of \$200 per month.

The various Drug Programs are administered by P.E.I. Government's DRUG PROGRAM, Department of Social Services & Seniors, Charlottetown, P.E.I.

Prince Edward Island has several specialized Drug Programs, including MS, Cancer, Community Mental Health, Tuberculosis and others. Like most provinces and territories, PEI has a Seniors Drug Program. Like neighbouring Nova Scotia, PEI has Cancer & MS Drug Coverage. And, like neighbouring New Brunswick, PEI has AIDS/HIV, Cystic Fibrosis, and Transplant programs. Unlike Alberta, B.C., Manitoba and the Yukon, PEI has no Palliative Care Drug.

With so many government drug programs it is hard to imagine anyone in that province slipping through their own social safety net! But, unfortunately, not everyone is covered! PEI is in a situation whereby the provincial government provides assistance to certain Health Consume Groups and not others!



Prince Edward Islanders, in my opinion, would be far better served if their own provincial government established a more comprehensive Catastrophic Drug Program, like Alberta's; British Columbia, Manitoba and Quebec Pharmacare; Ontario's Trillium Drug Plan, and soon, in October 2007, Newfoundland & Labrador's Catastrophic Drug Coverage. Such a Catastrophic Drug Plan will enable Prince Edward Island to cover all residents who need assistance regardless of their physical/mental illness/condition/disabilities!

Edward Sawdon
St. John's, NL

WEBSITES

Some Great information Websites:

Mental Health Minute: great information that is short sweet and to the point:
www.mentalhealthminute.com

The Independent Living Resource Centre:
www.ilrc.nf.ca/about.htm

Empowerment Center (US)
www.power2u.org/index.html

National Network for Mental Health:
www.nnmh.ca

International Initiative for Mental Health Leadership:
www.iimhl.com

Gregory Frankson, AKA Ritallin
www.ritallin.com

CHANNAL Provincial Office

Executive Director (Acting): Karon-Ann Parsons
120 Lemarchant Rd

St. John's, NL

A1C 2H2

Phone: 636-4709

Toll Free: 1-888-636-4709

Email: ed@channalinc.ca

St. John's Region

Support Groups meet at the St. John's regional Self-Help Centre which is located on the 1st floor of 120 LeMarchant Rd., St. John's

Regional Coordinators: Ed Sawdon

Phone: 753-7710

Email: channalstjohns@nf.aibn.com

Monday

Bipolar Disorder Support Group

7:00pm— 9:00pm

Tuesday

Depression and Anxiety Support Group

7:00pm—9:00pm

Wednesday

Women's Thoughts Talk (New Group)

Call for Group start up date and time

Saturday

Social Saturdays

2:00pm—4:00pm

Please Call for information on what's happening

Eastern Region

Regional Coordinator: Lorna Garland

Phone: (709) 596-1287

Email: lornag@persona.ca

Trinity Conception Self-Help (formerly Harbour Grace)

Meets the 2nd Wednesday of each month at Health and Community Services in Harbour Grace from 1:00pm — 3:00pm. For further information please call Lorna

Burin Self-Help

Meets regularly, Please contact Doreen at (709) 891-1540 for the next scheduled meeting.

Central Region

Regional Coordinator: Paula Evans

Phone: (709) 489-4719

Email: centralregionchannal@yahoo.com

Grand Falls-Windsor

We meet the 1st and 3rd Wednesday of every month.

Please call for more information.

Western Region

Regional Coordinator: Pat Summers

Phone: (709) 638-4919

Email: channalwest@nl.rogers.com

Corner Brook

Anxiety and Depression Support Group

Meets Friday's from 7:00pm-9:00pm at 20 Brook St.

Please call for more information.

Call Pat about the Laughter Club!

Lake Melville-Goose Bay Region

Regional Coordinator: Jan Dymond

Phone: (709) 896-0349

Email: jan.dymond@nf.sympatico.ca

Call for a meeting schedule

Labrador City — Labrador West Region**Labrador City—Regional Coordinator Needed**

If you would like to volunteer to lead a support group in this area Please contact the Provincial Executive Director (Acting) Karon-Ann Parsons Toll free at 1-877-753-5111

Grenfell-Labrador South Region

Regional Coordinator: Violet Strugnell (Port Hope Simpson)

Phone: (709) 960-0250

Email: violet_strugnell4@hotmail.com

Port Hope Simpson

Self-Help Coping with Recovered Emotions, Grief and Loss

For more information and for meeting schedule please call Violet Strugnell at (709) 960-0266

