



**“Service to others is the payment you make for your space here on Earth”**

**Mohammed Ali**

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## Karon-Ann's Korner

Hello Everyone!

There have been lots of wonderful things happening here at CHANNAL since our last issue. At our CHANNAL St. John's office we ran a Recovery Workshop with the support of our partners at Community Connections. We have been working toward and are looking forward to seeing the Mobile Crisis Response Unit in action starting March 31/10. CHANNAL also received funding to update our website and make it more interactive with lots of wonderful information and opportunities for people to connect with others who have had experiences similar to their own. CHANNAL is truly on the move! The last few months have been busy with presentations and opportunities to talk to people about recovery. Serena and our volunteers have been out talking about CHANNAL. I have been invited to talk to students all over about various types of mental health issues and recovery. The more we talk about Recovery the more people will start to hear us and understand our needs.

It is the time of year when we send a SHOUT OUT to our fantastic Volunteers! Over the last 12 months our volunteers have given about 5300 hours of their time to help this organization achieve its goals! Thank you so very much for your hard work and dedication.

One of the themes of this issue is Volunteering. When looking toward mental health recovery we are often told that fighting isolation and giving back to your community are vitally important to our well being. Volunteering helps you achieve both of these things at the same time. If you are not a volunteer then I would like to suggest that you look around and see what is out there that interests you. Reach out and offer your time to help others- it is very rewarding. If CHANNAL and Peer Support is a way you would like to volunteer Serena Payne, Volunteer Coordinator, is here to help you find the perfect place with us at CHANNAL. Until next time.....



Karon-Ann Parsons- Provincial Executive Director



## CHANNAL Receives Project Funding

In February CHANNAL received monies from Central Health under the Community Addictions Prevention and Mental Health Promotion Fund. The funds are dedicated to building CHANNALs name and image in the Central Region of the province as part of the process of establishing new self-help groups in the region. The hope is that by February of 2010 we will have established at least four new groups in more isolated areas of the region. Central is a very large and disbursed area with several different “mini” regions so the goal is to make sure that more people will have access to a group in person within a reasonable driving distance.

The organization also received funding from the Provincial Department of Health and Community Services. This money will go towards a complete overhaul of CHANNALs website. It will be a larger site that will contain more information on every topic that is currently on the existing site plus more that we cannot currently put on due to space limitations. While an end date for the re-launch of the website has not been set you can be assured that you will be notified of the date and asked to explore the new virtual CHANNAL home.

*“Synergy– the bonus that is achieved when things work together harmoniously.: “  
Mark Twain*

## Peter's Place

This continues to be a period of growth for CHANNAL. We recently received a grant from the Minister of Health Jerome Kennedy to redesign our web page. When our new web page is complete it is anticipated that many more people around the province will have access to groups, programs and information related to CHANNAL. This province is a very large geographical area that has very few large centres. Many people experiencing the challenges of living and recovering from a mental illness do so in isolation. This is also true for people living in larger communities but this is especially so for people living in smaller communities who don't have access to services and programs like self-help groups. The board hopes that a revamped web page will enable people to participate in . groups and other programming in their homes while on the computer. Certainly, social networking such

**Fight stigma and exclusion**



as Facebook has become an important way that people communicate with friends and family whether they are next door or hundreds, if not thousands, of miles away. Our new web page will take advantage of the opportunities available and it will also accommodate how people communicate with each other. In fact, many people may feel more comfortable participating in a group using their computer rather than in a face to face group. CHANNAL wants to reach out to as many people as possible.

This past December, several members of CHANNAL attended a conference sponsored by the Mental Health Commission of Canada. They have published a framework to develop a Mental Health Strategy. Paula, Karon-Ann and I attended the conference. The impetus for the Commission was a Senate report which recommended that government spend considerably more money in the community on mental health services. This would eventually reduce our reliance on hospital care which is a very expensive way to deliver mental health services that many consumers find unsatisfactory if not degrading.

I am optimistic that consumers and the recovery model will play increasingly important roles in the mental health system. Sometimes, it feels like the system pays lip service to consumers and the recovery model and little changes. There remains very little decent housing or supportive employment and many people with chronic illnesses continue to find themselves living in abject poverty. Furthermore, the people that deliver the mental health services that do exist seem to view the consumers as the problem. Some mental health professionals continue to stigmatize mental illness and they fail to treat people with dignity and respect.

Therefore, CHANNAL recognizes that stigma continues to be a huge problem. We agree with the Commission that stigma must be a focus of its work. CHANNAL is itself working on a program to highlight the issue and, hopefully, help reduce stigma. Karon-Ann continues to work very hard on this issue.

Another priority for CHANNAL is the training of volunteers. Volunteers have a huge responsibility and CHANNAL has not always given them the tools they need to do the work expected of them. Some of the changes we are developing may be difficult for some people. None of us particularly likes change. But the changes are essential to not only help our volunteers help others but also to help our volunteers develop the skills required to cope with assisting people who often have very demanding needs. I ask that everyone be patient as we learn how to help our volunteers. I am sure we will not always get it rights but I can assure you that we are trying to get it right.

Peter Ralph– President

***“Dignity is  
like perfume;  
those who  
use it are  
scarcely  
conscious of  
it” Queen  
Christina of  
Sweedden***





A Round of Applause  
for successful  
growth!!!

*"I'm in the Non  
-Profits for the  
money."  
T-Shirt Slogan*



Across the province!!

# Serena's Score

Let's see...since I last wrote the world has moved on and new things have occurred- some big, some smaller big stuff, some seemingly unimportant to many and some totally unimportant. So maybe I'll just cover a little bit of everything as it concerns our favourite organization CHANNAL!!

The Big Stuff #1: We are growing! I have numerous people from across the province looking to volunteer with us. Some of them are new members and others are people who have been with us for a while who want to take on another role with us. St. John's, in particular, has had several people come forth and I have to try and figure out what to do with them all. Big Stuff #2- The six week recovery group was completed in St. John's and, by all accounts, it was a success. Some tweaking to do but it will hopefully allow us to expand it to other regions. Finally, Big Stuff #3: First volunteer training package has been introduced to the first wave of volunteers (current ones) here in St. John's and will soon be done for new volunteers and people in other regions. We have also begun to look at, and have implemented some, outside training for certain volunteers as they need it to fulfill their roles.

Smaller Big Stuff #1: Word is spreading! I have done presentations on the Avalon at post secondary schools, Karon-Ann has been doing them on the West Coast and Central, plus some of our Regional Coordinators have been doing some. Not only that- we are being asked back for other times <insert celebration>. People are hearing about CHANNAL and wanting to learn about and from us. If you would like to see us present somewhere then just let us know. Smaller Big Stuff #2: We got MONEY (ok, this may fall into Big Stuff but it's not yet successful monies so it stays smaller for now). We received funding from Central Health to begin expanding in that region. The plan is that by the end of February of next year we will have at least four more support groups in that region and many more volunteers. We are first going to work on getting groups in smaller, more isolated, areas and go from there.

The “seemingly unimportant stuff” is stuff that “outsiders” may seem as insignificant but our members would not. So, Seemingly Unimportant #1: Some new medications have been added to the coverage under the Provincial Drug Plan (not volunteer related, but you need to know). So check with your doctors and see if any of them apply to you. Seemingly Unimportant #2: Organizations are really making an effort to work together to cover the needs of our community. Everyone is beginning to open up about what they would like to see implemented in their organizations and how we can work together to make these dreams become a reality. Here on the Avalon this has become a big thing for me because I have watched for so long as groups try and do it all alone- working together with our people and our strengths will go a long way in helping those who need it.



Finally, Totally Unimportant #1: I thank James for bringing this to my attention as it is a source for an excellent chuckle (unless you take offense to it, of course) is the cameo by the Cookie Monster on the Family Guy. I don’t like the Family Guy personally, but you can check it out on Youtube. Cracked me up. And last, but not least, Totally Unimportant #2: I scored over a million on “Bookworm!!!!” Unimportant to you I know (and that’s the category), but, oddly, really important to me?!?!? Oh well.....’Til next time...

Serena Payne– Provincial Volunteer Coordinator

## Regional Reports

The Baccalieu Self- help group now meets twice a month for their regular meetings at the Taylor Building in Harbour Grace from 1-3pm on Thursdays. Our group ranges from 4-6 active members. We encourage others who needs self help support to get out and attend our meetings. Everything is kept confidential meaning that whatever is said in the group stays with the group and it is not repeated outside.

From all members of our group we would like to take this opportunity to wish all CHANNAL members throughout Newfoundland & Labrador the very best of health and hope you all enjoyed your Easter.

Lorna Garland– Eastern Region



Taylor Building



*“And homeless  
near a thousand  
homes I stood, and  
near a thousand  
tables pined and  
wanted food”  
William  
Wordsworth*

## The Wellness Connection— Central Paula Evans

The Wellness Connection Self Help Support Group members have been consistent in attending meetings. An outing of Bowling is planned for Saturday, March 27. We are all excited and looking forward to the event. Now spring is here we will be getting outside more to enjoy walks, bbq’s and other outdoor activities.

Brenda Kelly, Instructor for the PCA (Personal Care Attendant) Program at Keyin College, Grand Falls-Windsor requested presentation to her class and I gave a short introduction to our Network.

Karon-Ann Parsons, Provincial Executive Director presented the “Recovery” presentation to ACTT Central (Grand Falls-Windsor).

The On-line CHAT Support Group has increased in members and continues to do well.

A CHANNAL member was interviewed by the Telegram and spoke on how attending the online support group has helped her.

The CHHN (Central Housing & Homelessness Network) had our first Pancake Breakfast on Tuesday, February 16 at the Salvation Army Church on Park Street. The Committee wore their t-shirts with the CHHN logo and a huge banner was displayed for all to see. It was a great success and we look forward to next year’s event.

The Community Café continues to do well. You can drop in every Thursday 6 – 8 pm for a Coffee, a lunch and chat.

The Regional Mental Health and Addictions Quality Improvement Team prepared and welcomed Creditors March 8 – 12 for the accreditations.



# St. John's James Power

Greetings fellow CHANNAL members. This is James Power in old St. John's. I hope all is well. Did you watch the Olympics from Vancouver? The men's hockey gold medal match went into overtime, but Mr. Crosby was in the right place at the right time to win for Canada over the U.S.A. That was a thrilling victory.

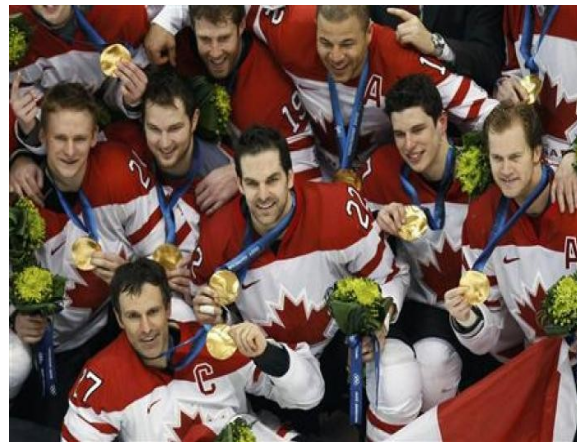
Now we are into March. That means St. Paddy's Day, Easter, and the first day of spring. Spring forward, as they say, and turn the clocks ahead one hour. More daylight, and hopefully less snow. We are ready for warmer days and sunny skies. During January and February this year, Susan Duff and myself co-facilitated a "Recover Is Possible" group on Wednesday afternoons. It went well, so I am continuing as facilitator for a peer support group that is recovery based, being held on Wednesday afternoons, 2-4 p.m. I did a Conflict Resolution workshop at Memorial University in early March, which Serena Payne also took part in. I found it interesting and informative. I learned about collaboration and compromise, competition and avoidance. For every one problem, there can be multiple solutions. You have to make a resolution to find the solution, and not just dwell on the problem. It's not always easy, but sometimes there is a gain that is worth the pain.

I also attended Open Doors meetings at CHANNAL with Ruth MacDonald from Vibrant Communities as well as Kurt Bambury from Community Connections. It's nice to know what's going on with community activities and it's great to meet new people. I was talking to Max Jacobs, and he is going to come back to CHANNAL on a Social Saturday, April 3rd, with his guitar, tambourines, and maracas, and have another sing-a-long. We will get to hear the CHANNAL song again. Sometimes we should listen to what we hear. Take care, everybody. I hope you're feeling good in your neighbourhood.

*"Fall seven times, stand up eight"*  
**Japanese Proverb**

*"He who has hope has everything"*

**Arabian Proverb**



**GOLDEN COUNTRY!!!!**

# St. John's Ed Sawdon



**“Students wisely see and understand that sexual harassment includes a range of behaviors that are not necessarily illegal or criminal”**  
*Elena Silva*

Wednesday, December 23rd was a busy day for me as it was the last day CHANNAL was open before Christmas! First, I helped out with the Winter 2009 Link Up Newsletters and having them prepared for mailing. Second, I attended the CHANNAL Christmas Party! Ten of us had Pizza and a piece of Yule Log! Everyone had a good time! Third, I participated in Sherril Gilbert's "Spirituality" session that was the last in the "Holiday Stress Busters" series.

On Tuesday, December 29th, I volunteered at the CHANNAL St. John's Regional Office during "Drop-In" Hours. During the Christmas Holidays, the CHANNAL Office was Closed Thurs., December 24th to Monday, December 28th and Weds., December 30th to Sunday, January, 3rd, 2010. The St. John's Regional Office was Reopened on Mon., January 4th.

During this time period, we had two OPEN DOORS Guest Speakers: Ruth Macdonald, Vibrant Communities/Citizen's Voice, Thurs., January 28th; Kurt Bambury, Community Connections, Thurs., February 11th; Ian Pollett, ACT (Assertive Community Treatment) Team, Fri., March 12th; and Amy Green, Meeting Place, Therapeutic Recreation, Thurs., March 18th. We also had a Volunteer Staff Meeting, Thurs., February 18th, and a General Membership Meeting, Thurs., March 4th.

On Monday, February 22nd evening two of my CHANNAL Colleagues; James Power & Doug Smith and I attended a NLSACPC (Newfoundland & Labrador Sexual Assault Crisis and Prevention Centre) presentation about "Sexual Harassment," at the College of the North Atlantic, St. John's.

In the St. John's area, I represented CHANNAL at the Mayor's Advisory Committee on the Status of Persons With Disabilities, City of St. John's, Thurs., February 25th; and a Citizen's Voice luncheon, Fri., February 26th.

(Updates con't pg. 14)



# Volunteer Appreciation Week April 18-24

Wow, my first volunteer week with CHANNAL! As Volunteer Coordinator it's part of my job to say "Thank You" to each and every volunteer that we have. So here is my universal "Thank You." In and of itself that probably does not sound like much but it is when I look at the volunteers this organization has, not just since I came on board, but since the beginning it means a lot. One thing that amazed me about CHANNAL is the fact that in a relatively short period of time it has become an organization that is truly Province Wide. The dedication shown by its members and volunteers has been strong and time tested. Few organizations in this province can say that they have a base of volunteers that allows it to thrive, on the ground, outside of the North East Avalon. That is amazing!

This year Volunteer Week is April 18<sup>th</sup> – 24<sup>th</sup> and the theme is "Volunteers Connect Communities." That is exactly what CHANNALs volunteers have allowed it to do. There are groups in Burin and Corner Brook and Carbonear and Grand Falls-Windsor. We have people already volunteering to run groups and others hoping to start groups in other places. It is amazing how our volunteers not only connect the people in their communities and regions but in turn connect town to town to town and group to group. We all listen to and learn from each other. That is a connection that is strong and that allows CHANNAL to thrive and it is all because of our wonderful volunteers. You may not think you make a difference but day in and day out you make an amazing difference to your peers, communities and the mental health sector as a whole. On top of that is the stuff you do for me! On behalf of everyone in this organization I do, indeed, mean my "Thank You."

There has been so much work involved in getting a formal volunteer program moving for the organization that I cannot compose a time of activities and appreciation that I would love to have done for all of you. I promise you that in the future that will change. This year, however, we will recognize those that work hard for us with small tokens of appreciation. We will also help new volunteers to establish what they want in their communities and to train everyone so that they can make the most of their experiences with us.

There is no list of names to be published, no scroll to be read, simply because I believe that each and every one of you is vital to the success of CHANNAL and you know who you are. I look forward to another year with you and helping you grow this organization into what YOU, our volunteers and members, want it to be. And again, on behalf of myself, Karon-Ann, other members and the Board of Directors I give you a heartfelt "THANK YOU"





## Poetry and Song

**They saw a challenge and opened the door  
A smile, a helping hand, or something more  
They listened to what was said, and said a kind word  
Nobody knows all they have heard  
For those with burdens to bear  
They show they care  
They say "I am here."  
They volunteer  
James Power (Resident Dude)**

*"Do not free a  
camel the burden  
of his hump; you  
may be freeing him  
of being a camel!"  
G.K. Chesterton*

**Peter Pan at  
Bowering  
Park, St.  
John's**



### **White Kisses**

White snow,  
kisses the dying grass  
Each frozen snowflake  
one after another,  
Crystal drops fall  
as the heavens weep  
A golden sun is hiding  
behind grey clouds,  
on an overcast day  
But there is peace  
within this dark,  
brooding being

N.G. Feb, 2010

Serena (and why not?)

Some think that she's notorious. She certainly is industrious. Gotta love that girl & all that she do!  
To know her is just glorious. At times she seems delirious. But hey! I get that way some-times too.



Chorus:

God love ya Serena,  
& all that you do.  
God love ya Serena.  
We love ya too.

We know Serena's here for us. One might suggest she's scrupulous. Making sure we all got what we need. Karon-Ann thinks she is fabulous, and sometimes she's hilarious. Yes b'y! That Serena is some sweet!



“You can not find peace by avoiding life”

Virginia Woolf

*Busy (2'10) - about trying to avoid contact*

*Pretending to be busy.*

*As if you'd rather chill.*

*If someone recognizes you,*

*you hope that they will*

*leave you to your solitude.*

*That's just what you'd prefer.*

*But are you not outgoing?*

*Are you now acting absurd.*

*No, you're not going anywhere,*

*not for an hour or two.*

*If you seem suddenly unfriendly,*

*So what if you do!*

*You look like you are busy*

*with some important task.*

*Curiously so serious.*

*You hope that noone asks.*

*Yes, let's call it being serious.*

*Life is a serious deal.*

*It can seriously affect you,*

*affect the way you feel.*

*You pretend that you are busy,*

*deeply preoccupied.*

*And not prepared to tell any-*

*one*

*all that occupies your mind.*

*Terry Rielly*

## HOW COULD PHARMACARE HELP YOU?

For too many Canadians the cost of drugs is a financial burden and a barrier to access.

All Canadians should be able to get the drugs they need for healthy living.

The National Drug Plan Hearings are collecting personal stories of hardship or difficulties caused by drug costs.



*“The truth is, in order to get things like universal health care and a revamped education system, then someone is going to have to give up a piece of their pie so that someone else can have more”*  
**Michelle Obama**

# Pharmacare Update— Finland Ed Sawdon

Finland is a Nordic country situated in the Fennoscandian region of Northern Europe. The Republic of Finland is surrounded by Sweden (West); Norway (North), Russia (East), and Estonia lies South (Southern region of the Gulf of Finland).

Like neighboring Sweden, Finnish residents have access to their National Public Drug Plan. The National Medicines Agency of the Ministry of Social Affairs and Health (In Finnish, it is called Sosiaali-Ja Terveysministerio) is responsible for providing pharmaceutical coverage for all 5.4 million Finnish Health Consumers. This nationwide program provides coverage to Persons with Disabilities; Mental Health Consumers; Seniors, Veterans, Children, low and moderate Income Families and individuals as well as all workers, regardless of status. The Ministry of Social Affairs and Health, and indeed, all Finnish Government Departments and Agencies provide trilingual information for all Finnish residents; Finnish, Swedish and English.

This essential Pharmacare service follows 5 Principles:

- to promote safe medical treatment
- to safeguard comprehensive pharmaceutical service nationwide
- to promote cost effectiveness in the use and prescription of pharmaceuticals
- to develop the reimbursement system appropriate to treatment
- to keep pharmaceutical costs to patients and society reasonable

Drug Coverage or Reimbursement levels varies from individual to individual and family to family as coverage is determined on one's socio-economic status or income levels. According to the Helsinki-based National Medicines Agency, "the basic reimbursement is 42%" of the Drug Costs, however, certain people can receive either 72% reimbursement or full 100% coverage for their prescription drug expenses. In order to receive reimbursement, Finns have to purchase their medications from any one of Finland's 800 pharmacies and branch pharmacies.

Like Australia, New Zealand, Great Britain and other nations, Finland has shown that Health Consumers can benefit from a National Pharmacare Program.



# Mindfulness— Based Cognitive Therapy Doug Smith



Mindfulness-based cognitive therapy (MBCT) is a combination of cognitive therapy and mindfulness meditation. At the heart of both is learning to recognise thought patterns which often characterize mood disorders as well as other mental health afflictions. It teaches you to cultivate a means to alter those patterns as well as promote a higher state of awareness

Cognitive therapy uses a two-fold approach; Identifying negative thinking patterns and creating positive thinking patterns to replace them. Dr. David Burns, author of *Feeling Good: The New Mood Therapy*, states that there are two basic underlying principles of cognitive therapy. First, you can control your mood by controlling what you think. Much of the emotional pain of depression for example is caused by responding to the negative thoughts in one's head. As we know, this causes negative emotions which fuel the pain. Basically, you feel the way you think. If you can teach yourself to stop responding to them, you can ease the pain significantly. The second principle states that how you perceive the world is the biggest factor in how you feel. If you see the world as a negative place, then you're likely to have only negative thoughts in your head. There are positive aspects in the world as well. A healthy mind maintains a healthy awareness of both.



*“Meditation brings wisdom’ lack of meditation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path which leads to wisdom”*  
**Buddha**

Mindfulness meditation can not only help promote awareness, it has also been shown to help ease depression. Basically, when you put your attention on your breath, it naturally takes the attention off of your negative thinking patterns. Buddhist and other spiritual teachings maintain that the mind can heal the body. Western scientists are beginning to agree. Science has shown that meditation induces powerful gamma wave activity - brain waves oscillating at roughly 40 cycles per second - indicating intensely focused thought. These waves are usually weak and difficult to see. Buddhist monks produce gamma waves that are up to 30 times stronger. Meditation also creates more activity in the left pre-frontal cortex - the area responsible for positive emotions.



Group Leader Doreen Walsh, Burin.

*"It's not the mountain we conquer but ourselves"* Edmund Hillary



## Mindfulness (con't)

Studies in MBCT have shown that in participants with three or more previous episodes of depression, MBCT has halved the relapse/recurrence rates over the follow-up period compared to treatment as usual. That's a 50% reduction.

This is based on a study involving 8 weekly 2-hour meditation classes and one all day session between weeks 5 and 7. These findings are very substantial. They show that not only is MBCT indeed a very effective treatment for depression, but that it could significantly ease the suffering of other mental afflictions as well.

## Regional Update Eastern-Burin Doreen Walsh

Happy Easter to all our CHANNAL friends across Newfoundland and Labrador. We had a little Easter party with cake- wish you all could have been here with us.

We have our meetings in the conference room at the Burin hospital every Friday night from 7-9 p.m. and refreshments are provided. For more information call me, Doreen Walsh, Group Leader, at 891- 8820

## Friend— Violet Strugnell

Don't tell me that you understand. Don't tell that you know. Don't tell me that I will survive or how I will grow. Don't tell me that this is just a test that I am truly blessed that I am chosen for this task apart from all the rest. Don't stand in pious judgment of the bonds I must untie, don't tell me how to suffer and don't tell me how to cry. My life is filled with selfishness, my pain is all I see. But I need you now, I need your love, unconditionally. Accept me in my ups and downs I need someone to share, just hold my hand don't let me go, and say "My friend, I care."

# Mental Health Week May 3-9 Corner Brook

Community Mental Health Initiative is marking Mental Health Week with a series of special events within Corner Brook:

May 3 Children’s Coloring Contest @ Millbrook Mall (entries will be displayed the entire week)

Mental Health Hugs will be distributed at Tim Horton’s (Valley Mall location)

May 4 Mental Health Hugs will be distributed at Tim Horton’s (O’Connell Drive location)

May 5 CMHA Mental Health Symposium at WMRH, 9:00am – 12:00pm

Display and distribution of Mental Hugs at WMRH

May 6 Mental Health Hugs will be distributed at Corner Brook Plaza

Movie Night at 35 Boone’s Road, 6:30pm. Open to the public. Free admission.

May 7 Mental Health Hugs will be distributed at Tim Horton’s (West Street location)

**“Sanity remains defined simply by the ability to cope with insane conditions?”  
Anna Castillo**

Call 634-4321 for more information or visit [www.envision.ca/webs/cmhi](http://www.envision.ca/webs/cmhi)

## Volunteer Expo 2010

On April 19th The Community Services Council of Newfoundland and Labrador held their Volunteer Expo at the Village Mall. Over twenty Non-profit and volunteer organizations set up tables and displays so that the general public could get a glimpse at some of the great volunteer opportunities in this province. For five hours people could browse the displays, talk to current volunteers and even enter their names for hourly prize draws.

Pictured, right, is Lisa. Lisa is a new volunteer in the St. John’s region and she has been of great help when called upon. She personed the display all afternoon for us and talked to people about what CHANNAL stands for and what We do. By all accounts the day was a great success!



**Volunteer Expo Display**

# 2<sup>nd</sup> Annual On the Surface Art Contest

## Entry Form

Name:	
Telephone:	
E-mail:	
Mailing Address:	
City / Town:	Postal Code:

## Visual Art Entry Form

(painting, drawing, photography)

Title of your artwork:
Type of media (oil, acrylic, watercolor, photo, etc.):

## Writing Entry Form

Title of your literary piece:
Word Count:

I have read the contest rules and regulations for the CMHI “**On the Surface**” Art Contest. I understand that I must be a mental health consumer/survivor in order to enter this contest. By entering this contest, I give Community Mental Health Initiative permission to publish my entry in the CMHI 2011 Calendar.

Signed,

\_\_\_\_\_  
(Your Name)

\_\_\_\_\_  
(Date)

On the Surface Art Contest  
Community Mental Health Initiative  
63 Broadway P.O. Box 2006  
Corner Brook, NL A2H 6J8



# 2<sup>nd</sup> Annual On the Surface Art Contest

First Prize \$100 ♦ Second Prize \$50 ♦ Third Prize \$25

## *Contest Rules and Regulations*

The contest is open only to consumers/survivors of mental health services\* in Newfoundland and Labrador. It aims to eliminate the stigma associated with mental illness by showcasing the talents and creativity of individuals living with mental illness.

Participants may submit more than one entry.

The contest opens May 1, 2010 and closes June 30, 2010. All entries must be received by 4:30 p.m. on June 30, 2010. Entries will not be returned. Winners will be announced July 21, 2010.

Artwork about the experience of mental illness is welcomed; however, all subjects are acceptable. Entries will be judged on originality and creativity.

The top twelve pieces (six from each category) will be published in the 2011 CMHI Calendar, with the top-three winners from each category receiving cash prizes. All entries will be on display during Mental Illness Awareness Week 2010.

\* A consumer/survivor of mental health services is defined as anyone who has experienced mental health difficulties or mental illness.

### *To be eligible, each entry must:*

- ♦ Be accompanied by an entry form;
- ♦ Be either a painting, drawing, photo or literary piece;
- ♦ Be written in English;
- ♦ Written entries must not exceed 100 words
- ♦ Arrive at CMHI by mail or hand delivery by 4:30 p.m. on June 30, 2010

(no faxes or e-mails)

**Karon- Ann Parsons Provincial Executive Director 1 888 636 4709 ed@channal.ca**  
**Serena Payne Provincial Volunteer Coordinator 709 697 9109 vol@channal.ca**



**Central- Paula 709 489 4719 nf\_central@channal.ca**  
**Western- Glenda 709 388 0666 nf\_western@channal.ca**  
**Labrador- Violet 709 960 0250 lab\_east@channal.ca**  
**Easter- Lorna 709 596 2744 nf\_easter@channal.ca**  
**St. John's- James 709 753 7710 stjohs@channal.ca**

**[www.channal.ca](http://www.channal.ca)**

**Mental Health Crisis Line 1 888 737 4668 or in the St. John's Region 737 4688**

Opinions and perspectives presented in the Link-Up are those of individuals and are not necessarily the opinions of CHANNAL or its employees.

## In Memory

On April 14, 2010 we lost a friend, supporter and Colleague in Ian Pollett. Ian was a tireless advocate for members of the mental health community in this province. He took pride in his work with ACT team as a Peer Support Specialist - knowing that he was helping others get through the life challenges that mental illness can sometimes present us with. He worked with the Provincial and National Schizophrenia Societies and helped them further their goals on all levels. He was respected by his peers and loved by his friends and family and it is with great sadness that we all say goodbye. Hopefully things are brighter on the other side Ian and we thank you for all you have done.



