

Link-Up

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

New Drug Plan for Newfoundland and Labrador

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2 The Newfoundland and Labrador Prescription Drug Program provides financial assistance in the purchase of eligible prescription medications for those who reside in the province. There are four main plans under the program: The Foundation Plan, The 65Plus Plan, The Access Plan and The Assurance Plan

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15 **The Assurance Plan**
The Newest Drug Plan offers protection for individuals and families against the financial burden of eligible high drug costs, whether be it from the cost of one extremely high cost drug or the combined cost of different drugs. Depending on their income level, individuals and families will be assured that their annual out-of-pocket eligible drug costs will be capped at either 5, 7.5 or 10 per cent of their net family income. Residents of Newfoundland and Labrador financially burdened by high prescription drug costs will benefit from the Assurance Plan. The newest plan has come into effect on October 31, 2007.

The Assurance Plan is said to offer protection against the financial burden of eligible high drug costs. Depending on their income level, individuals and families will be assured that their annual out-of-pocket costs for eligible drugs will be capped at a percentage of their net family income; Those with net incomes up to \$39,999 will pay a maximum of 5 per cent of their net

income for eligible drugs. Those with net incomes of \$40,000 up to \$74,999 will pay a maximum of 7.5 per cent for eligible drugs. Those earning \$75,000 up to \$149,999 will pay a maximum of 10 per cent of their net income for eligible drugs.

Health & Community Services Minister Ross Wiseman has said, "Through this new plan and our other plans under the Newfoundland and Labrador Prescription Drug Program, we are providing significantly improved access to drug coverage for our residents." A new Newfoundland and Labrador prescription drug program will help thousands of new people qualify for assistance, but still falls short, advocates say. "This program will now touch 14,000 more families than we currently touch," said Health Minister Ross Wiseman.

But, not every drug is covered under this New Drug Plan the program only includes drugs already listed on the government schedule, and does not apply to newer therapies which physicians and groups have been lobbying to have included. There are some necessary psychiatric drugs that are restricted to Canadians suffering from schizophrenia including the drugs zyprexa (olanzapine), Zyprexa Zydis, and Risperdal Consta I.M., as of Spring 2007.

Sean Kirby, vice-chair of the MS Society's Atlantic division, described that change as "a huge step forward." Kirby noted that families in Nova Scotia only have to pay dispensing fees.

Peter Dawe, executive director of the Canadian Cancer Society in Newfoundland and Labrador, said people with chronic diseases will still have to make tough choices. "Newfoundland and Labrador just caught up with a few other jurisdictions, which is great news, but there [are] still differences across the country," The program has limitations. For instance, it is based on a family's resources, and not just the person requiring therapy.

Still people not covered under the NLPDP, especially people whose gross annual is more than \$150,000 ought to have universal Pharmacare like Quebec, where everyone, especially those who have no other public or private drug coverage, can be covered. Depending on one's annual income Quebecers may have to pay an annual premium of anywhere from 0 to almost \$500, but the good thing about Quebec's drug plan is that everyone can receive coverage where as there are still restrictions here in Newfoundland & Labrador.

Ed Sawdon, CHANNAL member and pharmacare Advocate, feels that expan-

BUILT NETWORK
For information
On Participating
In
Building Up Individuals
through Learning and
Teamwork
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New Drug Plan for Newfoundland and Labrador

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plan is a big step forward towards universal pharmacare however there are still things that need to be worked out with the new plan such as out of province drug expenses, the drug formulary and the coverage of medical devices such as ostomy supplies, hearing aids, diabetic supplies, respiratory supplies, oxygen and various prosthetic devices.

Health Minister Ross Wiseman is also pushing for the idea of a National Pharmaceutical Strategy having said, "As you may be aware, federal, provincial and territorial governments are working together to develop a national pharmaceutical strategy that addresses catastrophic drug needs. One of the premises of this initiative is that all Canadians should have access to safe and effective drug therapies when they need them and that no Canadian should suffer undue financial hardship as a result of prescription medications needed to treat a serious illness or injury."

The New Newfoundland and Labrador Drug Plan is similar to the Ontario Trillium Drug Plan, British Columbia PharmaCare and Saskatchewan's Drug Program that assist residents who have high drug cost in relation to income. And while each provincial program is dedicated to provide each resident with access to equal pharmacare, the federal government has neglected the need to provide universal pharmacare on a national level. There is a tremendous need for a National Pharmacare program to provide equal and fair pharmacare for all Canadians, especially when one in five Canadians is "underinsured" for high drug cost and 3.5 Canadians are without Drug Coverage.

Newfoundland and Labrador residents can apply for the new drug plan by picking up applications in physician's offices and pharmacies as well as on-line at www.gov.nl.ca/health. Questions on the Assurance Plan can be directed to the Newfoundland and Labrador Prescription Drug Program Assessment Office at 1-888-859-3535.

By Nicole Goodyear & Faye Smith

Life's Big Successes.... Lorna's Story

This is Lorna's story. Lorna Garland who presently lives in Salmon Cove, Newfoundland, decided that if she was to get ahead and achieve some basic goals that were important to her, it was essential to first complete her high school education.

So, although she had been out of school for over 16 years, she made the decision to take action. A colourful poster caught her eye. It contained a message that indicated free tutoring was available for those who wished to improve their reading and math skills. The message was from THE BAYSHORE ADULT LITERACY COUNCIL located Shortly after making contact with a "Bayshore" representative, she was assigned a Tutor and her journey began. Lorna met as often as three times a week at her Tutor's home for an hour of instruction which led to completion of the 'Laubach" program in a period of less than one year. Now her reading and math skills had improved to the level that allowed her to be accepted at the College of the North Atlantic where her self-improvement journey continued. She graduated with her high school diploma in hand in June 2005.

In September 2005 she got accepted to do the WISE Woman Interested in Successful Employment where she received her certificate and Recognition award in Dec.2005.

Lorna is justifiably proud of her achievements and is very vocal in her praise of THE BAYSHORE ADULT LITERACY COUNCIL where her journey began that led to her achieving her personal goals.

Lorna now enjoys reading a good book and has since become involved in volunteer work, no doubt as a means of further showing her appreciation for the help she received. You will likely meet Lorna doing her part in the Carbonear Hospital Gift Shop as a volunteer. She is the Eastern Regional Coordinator for CHANNAL (Consumers' Health Awareness Network Newfoundland And Labrador.

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The Compass



Don't forget...

February 14th is

Valentines Day....

Do something special for that someone
special in your life! ... YOU

This is a great day to spend a little extra time doing self-care activities.



Front: Brent, Parsons & John Slade
Back: Emily Broderick & Pearl Rose



Brent Parsons & Lorna Garland

Eastern Region's Christmas Party



Lorna, Brent, Emily, Pearl & John



Front: Brent & John
Back: Pearl & Lorna



Lorna Garland & Emily Broderick



Building Up Individuals through Learning and Teamwork

Delivered nationally in our skills development centres, through our partner organizations, and online at:
www.builtnetwork.ca



A project of:



Who We Are...

BUILT Network is an employment program aimed at providing participants with the personal, professional and technical skills they will need to be successful in today's marketplace.

Designed in consultation with the business community, skills obtained from the program are directly related to the skills that employers are looking for when they hire.

What You Receive...

- New skills
- Ongoing support
- Self-confidence to achieve your goals
- An up-to-date resume and cover letter
- Job search assistance
- Access to resources and equipment
- A Certificate of Completion
- Membership in the Job Club and Graduate Society
- An opportunity for financial independence

Eligibility

To review the eligibility requirements please visit our website and look under programs.

Online Program

This program is available through online delivery for individuals who live in remote or under serviced communities. This cutting edge interactive online project is ideal for individuals who cannot attend one of our project sites and would benefit from our independent learning environment.

www.builtnetwork.ca

Program Content

The program is divided into six sections. During the **Personal Development** section of this program content will cover,

- Four easy steps to self-improvement
- Goal setting
- Self talk
- Stress and stress management
- Self-esteem
- Verbal/non-verbal communication
- The four communication styles and how to communicate with customers in their style
- Problem solving
- Anger / conflict resolution
- Time management

During the **Customer Service** section of the program participants will learn,

- Customer service excellence
- Managing challenging customers
- How customers make buying decisions
- Developing long-term customers
- Communicating with internal/external customers

During the **Personal Sales** section of the program participants will learn,

- The qualities of professional sales associates
- The selling process
- Objection handling
- Closing techniques
- Product features and benefits
- Telephone techniques; including simulated calls

Building Up Individuals through Learning and Teamwork

Delivered nationally in our skills development centres, through our partner organizations, and online at:
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A project of:



During the **Computer Fundamentals** section of this program, participants will be guided through discussion and will substantially enhance their computer skills

Participants will learn,

- Hardware
- Operating systems
- File management
- Understanding how the Internet works
- Internet security
- Internet browsers
- Search engines and databases
-

During the **MS Office** section of the program we will cover,

- MS Word
- MS Excel
- MS PowerPoint
- MS Outlook, E-mail
- MS Access

We follow this section with an employment preparation component. This includes preparing the participant for employment by ensuring interview readiness and the development of a professional up to date resume and cover letter.

During the **Professional Development** section of this program content we will cover,

- Resumes
- Cover letters
- Writing techniques
- The job interview
- Great answers for tough interview questions
- Dressing for interview success
- Mock interviews

Why Employers Come To Us

BUILT Network collaborates and works closely with both large and small employers across Canada. We have developed a solid reputation for providing dedicated and devoted employees. The skills and customer service expertise of our graduates provide outstanding customer satisfaction.

We work closely with employers to identify quality skilled participants that match their business needs, thereby ensuring long term success for both.

Graduate retention rates are well above average, reducing recruitment and training costs. BUILT Network provides a new and unique alternative to your human resource needs.

Employers, contact us today to see how we can assist your company.

Partner Benefits

BUILT Network and the National Network for Mental Health believe in an inclusive society. In this quest, we share our programming with non-profit consumer centered organizations that work with persons with mental health issues and/or disabilities. We strongly believe in partnerships and collaborations which lead to increased services to persons nationally.





The Cake Yummy

Ed Sawdon & Friends



CHANNAL St. John's Grand Opening!

120 LeMarchant Road, St. John's

October 5, 2007

Moyra Buchan, Karon-Ann Parsons
& Catherine Alix



Renee Newell

& Juanita Butterworth

To Smoke or Not to Smoke... is that the Question???

By: Jan Dymond (Reprinted with Permission)

I wasn't going to write about this, but I've been asked three times now to say something. Three's kind of a magic number with me. Anything that comes in three's requires attention, my experience tells me.

It's about the newest anti-smoking policy being tried out in the Labrador Grenfell Health Region; the one that says no one may smoke on the property under its control. Specifically, at this point, the land that the hospitals in Happy Valley-Goose Bay and Labrador West sit on.

I'm open to be corrected on this one, but I think they're the only places the policy is in effect, come to think of it. I doubt it's being used in any of the coastal health resources, and even the grounds of the nursing homes are safe from the policy for another little while.

Now, before all you adamant anti-smoking advocates start shaking your finger at me I want to make it clear that I am not supporting smoking. It's a horrible addiction. It's a man-made addiction, like so many addictions are. Tobacco use was once a sacred thing until industry got their mucky hands on it. The things we do to each other for the sake of a fortune, eh?

I suppose I'd best make it clear that I'm all for a policy that takes smoking away from entryways all together. And maybe that's what this policy wanted to do. If so, then a baby got thrown out with the bathwater.

My suspicion is this policy was created by someone (probably several some-one's) who simply hates smoking and all it's consequences, and saw an opportunity to force their opinion on a whole lot of lives. And that's what I oppose.

I am totally okay about no smoking inside buildings. I used to hate sitting in a doctor's office with my asthmatic infant next to a piled high ashtray. I get all the new insights about second-hand smoke, and why we need to do what we can about that.

But come on, what's the argument that supports forcing patients and staff and visitors to stand on the edge of our busiest stretch of pavement (which hasn't a sidewalk or even snow free decent edge) just to make someone feel sanctimoni

ously better about their world?

Maybe someone thought it would help prevent sick people from smoking during their stay in the hospital. Are you kidding? You think a period of illness is the best time to tackle an addiction that's worse than heroin addiction? And isn't that a little like prejudice against the disabled?

Maybe someone thought a spouse waiting for the last few hours of his or her partner's life would put the policy ahead of his or her emotional/physical need for his or her sedation smoke. Or maybe they thought staff would smell better if they could be inconvenienced enough to quit smoking. Sheesh, no social control in that, eh?

And that's the seed of my outrage in a nutshell. Who has the right to decide what choices I make in my life? Even bad choices. Who has the right to force me to try to live as long as I possibly can with the least amount of health problems?

Don't even start with me about how your tax dollars are wasted on my lung cancer. That's bull pucky. It costs a whole lot less to bed me in a cancer ward for several months then it does to keep my worn out body in a nursing home for several years. And you do know the tax collected on tobacco is far greater than the cost of tobacco related diseases, do you?

And it might be worth noting that recent studies show that the majority of smokers are in the low-income class. I wonder why that is, eh?

I realize that science has been giving us a lot of insight in how to be the healthiest people in the world. And I know that advertising and such is making that out to be a wonderful thing. But I think that a big fat line is being crossed when someone says that we "must" be health conscious in all our choices. Why? To whose benefit? And why should that garnish more attention and funding than so many other things that need fixing in our world?

Are we going to be told what to eat? Are there going to be mandatory exercising rules? Will smoking or overeating or getting over-stressed become reasons to stand in a court of law? Do you think I'm

being ridiculous? Well, social control is a heck of a slippery slope.

The worse part of this policy is that I just don't see how it's enforceable. Will security people have the right to pass out fines? Is there an expectation that policing agencies are supposed to keep an eye out for infractions? Could an employee lose a job? Or a visitor be refused access? Or a patient be held inside against his or her will?

I'm sorry the message to quit smoking altogether isn't getting out and about fast enough for some. Personally, I'll be glad when the last butt in the world is put out. But creating unenforceable policy for something that's not even illegal is just not the way to go.

That's just political bullying in my books.



What's Happening in Your Region???

CHANNAL St. John's Regional Report

My CHANNAL colleague and friend Renee Newell and myself, represented CHANNAL at the CMHA-NL's Fundraiser with Margaret Trudeau (former wife of the Late Right Honorable Pierre Trudeau), Newfoundland Fairmount Hotel, St. John's, NL, Monday, October 1st, 2007, Margaret Trudeau was a special guest speaker as she has been treated for Bipolar disorder. Newfoundland comedian Greg Malone (RE: CODCO & George St. TV) was Master of Ceremonies. Tickets were \$150 a plate but we were given tickets by Eily Lilly Pharmaceutical's Kimberly Chenier. I met people from the Schizophrenia Society of Newfoundland & Labrador, Ian Pollett and Florence Budden, and former CMHA-NL Executive Director, Moyra Buchan who now works for Stella Burry. Prior to Margaret Trudeau's speech, Greg Malone, CMHA-NL President Nadia Power and CMHA-NL Executive Director Geoff Chaulk spoke and introduced Margaret Trudeau to the audience. Actually, I personally met Mrs. Trudeau at a Pre-Dinner Reception, shook her hand, and told her I am honored to meet her, and read about her ordeal with Bipolar Disorder. This event was presented by Canadian Mental Health Association – Newfoundland and Labrador in partnership with Eastern Health, Discipline of Psychiatry, Memorial University and Newfoundland Labrador's Dept of Health and Community Services

On Tuesday, October 2nd, my colleague CHANNAL Executive Karon Ann Parsons and myself, made a CHANNAL Presentation at the St. Clare's Mercy Hospital Day Treatment Program

On Friday, October 5th, CHANNAL St. John's office celebrated our Grand Opening at its current location the old Lawrence College Building, 120 LeMarchant Road, St. John's, NL. We had 27 people for this special occasion. Guest Speakers included Ian Pollett, SSNL, Juanita Butterworth, Don Waddan, Harold Dunne and James Power. Everyone had a good time, good food and beverages, and all the speakers were telling us their own stories and experiences about mental illness and of CHANNAL. September 30 – October 6, 2007 was declared Mental Illness Awareness Week (MIAW) and it was good to begin this week with the CMHA – NL Margaret Trudeau Fundraiser, and end it with CHANNAL – St. John's Grand Opening

October 25 was a busy day for me, I made a CHANNAL Presentation at the Brother Murphy Centre (behind CONA College of North Atlantic, Prince Philip Avenue, St. John's) early that Thursday morning. In the evening 7 people showed up at our first OPEN DOOR Meeting. We had three guest speakers for the St. Clare's Day Treatment Program – Martina, Olive English, R.N. and Pam Burry, R.N.

On Friday, October 26th afternoon, I represented CHANNAL at a Vibrant Communities Poverty Reduction Workshop, Sobey's Howley Estates, St. John's. At the stakeholders were asked why we were interested in this type of forum. The responses were: we want to take a more positive approach and deal with one aspect of poverty at a time. At the workshop, I declared: "We all rise

above our self-interests, and we have the Collective Responsibility to support and help one another!" There was an immediate round of applause. I knew we had a wide range of interests there, but we all shared one thing in common – We want to Reduce Poverty.

CHANNAL St. John's had its annual Halloween Party Saturday, October 27th 2-4pm.

On Tuesday, October 30th, I went over to the Basilica of St. John the Baptist, to attend Jim Fardy's funeral on behalf of CHANNAL. Jim was one of the leading founders of CHANNAL and was the spouse of Debbie Sue Martin of Health & Community Services. I gave our condolences to Debbie Sue and her family and gave a sympathy card to her on behalf of CHANNAL.

On Wednesday, November 7th my CHANNAL colleague, Juanita Butterworth and I represented CHANNAL at a Mental Health Stakeholders meeting for Waterford Forensic Services, at the Fluvarian. St. John's.

On Friday, November 16th, I facilitated a General Membership meeting for CHANNAL St. John's and all those members who attended this meeting had a Pizza lunch to!

Wednesday, November 28th was another Busy Day for me as I attended two poverty-reduction meetings in the St. John's area. Duncan Kendrik, Dan Waddan, and myself represented CHANNAL, at a Vibrant Communities Poverty Reduction Workshop, Sobey's Howley Estates, in the afternoon. Later in the day, I went to COD's (Coalition of Persons with Disabilities) Poverty Focus Group meeting, at the Holiday Inn, St. John's. Two Provincial Cabinet Ministers; Shawn Skinner of HRLE and Percy O'Brien, Government Services took down notes about people's concerns, including my concerns over poverty reduction strategy. I pointed out the fact that I was disappointed that the Minister of Health & Community Services, Ross Wiseman wasn't at this meeting, especially since his department provides some benefits and services to people with Disabilities. I was also disappointed that the Federal Government wasn't represented at this meeting.

During Thursday, November 29th afternoon, James Power looked after the CHANNAL Exhibit at the Emmanuel House Health Fair.

In November we held two OPEN DOORS meetings; November 8th: Downtown Community Mental Health Social Workers: Trevor Day and Jennifer Mercer; and November 21st Peggy Matchim, Vibrant Communities.

During Tuesday December 11th afternoon, I represented CHANNAL at the Mayor's Advisory Committee for Persons with Disabilities, St. John's City Hall 12 noon—2 pm..

What's Happening in Your Region???

CHANNAL St. John's Regional Report - Continued

On Friday, December 14th morning, 3 CHANNAL members Stephen Kelland, Duncan Kendrik, Don Waddon and myself went over to St. John's for a Community Networking Breakfast – Partners Working to Reduce Poverty. 8:30am – 10:30am. Just when most people were finished with their breakfast, Community Services Council's Penelope Rowe welcomed everybody, and then everybody introduced ourselves in turn others what organizations we represented. City Concillor Ron Ellsworth gave greetings to everybody on behalf of the City of St. John's, Everybody witnessed 5 presentations Peggy Matchim, Vibrant Communities St. John's; Deborah Jackman, Citizen's Coalition; Sheldon Pollett, St. John's and Homelessness Network; Arnold Bennett, Religious Social Action Coalition and Aisling Gogan, Government of Newfoundland & Labrador Poverty Reduction Strategy.

On Thursday, December 20th, CHANNAL St. John's had our annual Christmas Party. We had Karokie (People singing popular Christmas songs), Pizza meal; Renee Newell's Darklight Theatre with Mr. Rotini; and Santa! This was Santa's fourth year in a row appearance at the CHANNAL St. John's Christmas Party. This time he gave Rotini Christmas Gifts as Rotini was a good puppet this past year and Rotini made sure she baked cookies for Santa. In fact, Rotini looks forward to visiting Mr. and Mrs. Clause, up in the North Pole, and making them a nice Jamaican dinner. While Rotini showed up at the Christmas Party, Spagetti Billy couldn't as she had other commitments. Besides, it was Rotini's turn. Oh yes Santa gave everybody a Christmas card and a candy cane.

Submitted By: Ed Sawdon
St. John's Regional Coordinator

CHANNAL Burin Report

There are 7 members attending the bi-weekly meetings in Burin. This group has social activities such as Bingo, music, etc. They had a Halloween party on November 1, and her Christmas party on December 20, 2007. If you live in the Burin area and are looking for a peer support/self help group call Lorna Garland and she will connect you up with our group leader, Doreen Walsh.

Submitted by: Doreen Walsh.

Coping after the death of a child

Jan 25th 1993 we had a parents worse night mare come true a call that our 26yr old had drowned with his two friends, The days ahead for many months were just existing many times being told where to go and what to do, needless to say our lives were changed forever. I struggled for three years wanting to make some sense of why a tragedy of so great magnitude would happen to us. I sought help from different health professionals who encouraged me to start a Self Health Group. Which would help those coping with the loss of a child, someone to be there and listen and say I do understand, and no you're not going crazy its just a normal reaction to going through stages of grief. I have made many friends in the last fifteen years and i hope i have in some small way been there when they were going through difficult times and could at least hold their hand and lend a listening ear. And though it has been fifteen years there are still days such as birthdays, anniversaries and Christmas days when its difficult to cope. But with the love of a great family, friends and a God who has everything in control, i can still smile and say that when you reach out to help others you are truly helping your self.

Submitted By: Violet Strugnel
Labraddor East Regional Coordinator



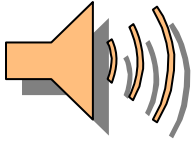
March 17 is...

St. Patrick's Day

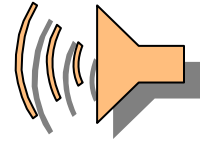
It's the Luck of the Irish..

If you find your pot
of gold at the end of
the rainbow





Announcements



Birthdays

Renee Newell Jan 6
Josie Kennedy Jan 14
Herman Wilkins Jan 21
Sheldon Colbourne Feb 15
Doreen Welsh March 12
Rob Evans March 13

Upcoming Events

Violence Prevention Month: February is violence prevention month. Our partners at the Deer Lake Mental Health Promotions committee would like to remind you that violence hurts everyone.

Mental Health Week: May 4th - May 10th 2008

Contributors

Jan Dymond, Joan Edwards-Karmazyn, Lorna Garland, Karon-Ann Parsons, Edward Sawdon, Violet Strugnell, Nicole Goodyear, Cathy Collins, and Faye Smith

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)

WRAP

(Wellness Recovery Action Plan)

If you are interested in attending a WRAP Workshop

Please contact:

Karon-Ann Parsons
Provincial Executive Director

Phone: 1-888-636-4709

Fax: (709) 635-4688

Email: ed@channalinc.ca

Karon-Ann's Korner

October 1, 2007 was a big day for those of us who live with mental health issues, and to be truthful even for those of us who don't. It was the day the new Mental Health Care and Treatment Act came into effect.

For Newfoundland and Labrador this new act should be celebrated. It is the first revision to the Mental Health Act in 35 years. It is wonderful to know that when they created this act they made sure that it wouldn't be another 35 before it would be reviewed. They did this by making sure that the act will be reviewed in 5 years to ensure it is serving the purpose it was created for.

So what does this new act offer that the old one didn't? Well, it has a rights based approach. This means that if anyone is involuntarily admitted to hospital for treatment they have certain rights and these rights are promised by law. The Act affords balance between an individual's right to safety and health with the need to offer interventions and supports where individuals are unable to make those decisions as a result of a mental health crisis.

The Act doesn't stop here. This new Act ensures that individuals will be advised of their rights. Through the hiring of Rights Advisors, located across the province, the government has made sure that if you are hospitalized involuntarily you will be told what your rights are and if you do not understand this at the time, it is the Rights Advisor's explain them to until you do. Their job is to help you to understand what your rights are and what the steps that need to be followed should you wish to appeal the involuntary admission.

What are your rights under the New Act?

You have the right to know where and why you are admitted. You have the right to access a telephone and have visitors. You have the right to instruct counsel. You have the right to have input into your treatment. You have the right to name someone to represent you (an individual who can speak on your behalf). And you have the right to access a Rights Advisor.

The review process has changed. If an individual files an appeal, that individual can expect to hear when their hearing will take place within 48 hours as to when that date will be within and it should be held within 10 days after the individual has been notified of the date. This ensures that the individual's case is heard in a timely manner. Unlike under the old Act when we weren't really sure when the hearing would take place.

On January 1, 2008 CTO's came on stream as an alternative treatment for individuals. CTO stands for Community Treatment Orders. This is a new treatment option created for individuals who have been admitted to hospital and are difficult to treat. This treatment option offers the individual the opportunity to be treated within the community as close to home as possible. The Community Treatment Order involves mandated treatment and care within the community under the care of an ACT Team (Assertive Community Treatment).

This team consists of a psychiatrist, social worker, peer support worker, nurse practitioner, and others whom the individual's psychiatrist feels is needed to increase the care and recovery of the individual.

The only ACT team that is functioning at the time of this article is located in the Eastern Region. This will give them the ability to glean information and begin the training of other ACT teams across the province over time.

Over the coming months the government will be sending out an information team to talk to the public about the new act how it works and the changes from the old to the new. Continue to watch our website www.channalinc.ca to find out when they will be in a community near you.

WRAP

Another opportunity for consumers is Wellness Recovery Action Plan (WRAP) workshops. If you are looking for information on recovery or on creating your personal wellness and recovery plan

contact the provincial office and we will let you know when the next workshop in your area will be.

The first one in St. John's will be held at the CHANNAL St. John's office, 120 Le-marchant Rd.

You might be wondering what WRAP is so here is a little bit of information to get you started:

Wellness Recovery Action Plan (WRAP) is a program that is intended for Mental Health Consumers/Survivors. Created by Mary Ellen Copeland WRAP focuses on getting well and staying well. Mental Health Consumers/Survivors will learn how to use WRAP to effectively manage or increase their level of wellness.

This is a helpful resource for consumers/survivors as it will give individuals with mental health issues the opportunity to develop a recovery plan with the goal of effectively decreasing the rate of episodes of illness. This program offers hands-on strategies for individuals to develop a personalized wellness action plan.



Karon-Ann Parsons
Provincial Executive Director

"What lies before us and what lies behind us are tiny compared to what lies within us ..."
Emerson

Joan's Journal

Hello fellow Network Members. I hope that all of our members and others are not having too hard a time of it during this NL winter! I'm guessing most of us will be happy to see spring arrive!

CHANNAL has now moved into its forth quarter fiscally speaking and all is going well in terms of our budget and our organization; the only remaining issue is that we would hope to receive increased funding in the next fiscal year of 2008/09. This would assist tremendously in order that we could then build our organization's capacity within the province. It is hoped that when the province's budget is handed down, usually some time in June, that CHANNAL will see the increase that we have been requesting year over year. If we do, this will enable us to apply our mandate in a way that would see much growth for CHANNAL. If not, then we maintain the status quo of our organization and continue to be creative in the way we spend our allotment. I must give credit and thanks for all the hard work of our Provincial Executive Director, Karon Ann Parsons, who works with our very dedicated and hard working Volunteers on a day-to-day basis. The excellent work of our organization would not be possible without our Volunteers who give of their time. They are the CHANNAL Board of Directors, our Regional Coordinators and you, our Members. For in the giving of your time CHANNAL has managed to deliver a Self-Help Network within NL that continues to grow and reach best and promising practices in the psychiatric consumer/survivor movement.

CHANNAL's Self-Help Network offers much in the way of supporting our Members on their individual paths of Recovery. For anyone who is ready to explore the path and begin the journey of Recovery I urge you to contact your Regional Coordinator within your area or call Karon Ann at the CHANNAL Provincial office. Also you may visit our website at www.channalin.ca to receive Recovery information and resources.

In closing, I would like to share a quote from the late Dr. Martin Luther King, Jr.:

"In a real sense all life is inter-related. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the inter-related structure of reality."



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

Remembering Spring Joan and her rainbow of promise

Picture taken Summer 2007

Pharmacare: Saskatchewan

by: Ed Sawdon

Email: Sawdon_edward@yahoo.com

During the last few months, I have received responses from Federal NDP Leader, Jack Layton; Honourable Yvon Godin, MP (Acadie-Bathurst); Alberta Health & Wellness Minister, David Hancock; Newfoundland & Labrador Health & Community Services Minister, Ross Wiseman and former Humber Valley MHA, Dwight Ball concerning universal Pharmacare.

During the past four years, I have done extensive research on the various provincial and territorial Drug Plans and how they benefit other Canadians in 12 of 13 provinces and territories. In all cases, I compared their Drug Plan/Pharmacare programs with other Canadian jurisdictions, and with our Newfoundland & Labrador Prescription Drug Plan. The only province I have yet to examine, is Saskatchewan, which is recognized as the home of Canada's much cherished Public Medicare System!

Along with their Public Health coverage, a good number of 996,869 Saskatchewan health consumers are entitled to Government Drug Plan Benefits, especially those people who have no other public or private drug coverage.

Just like in other Canadian Jurisdictions, Saskatchewan consumers who receive drug coverage from Workers Compensation; Health Canada's First Nations & Inuit Extended Health Benefits; RCMP; Canadian Armed Forces; Veterans Affairs, and Corrections Canada, are excluded from Saskatchewan's provincial government drug plans.

Saskatchewan Drug Plans covers 3,500 medications for a wide variety of physical and mental health conditions. And, these plans are administered by the Saskatchewan Government's Saskatchewan Health Drug Plan & Extended Benefits Branch, Regina, SK

Within this province, the Saskatchewan Drug Plans include: Special Support Program; Seniors; Supplementary Health: Guaranteed Income Supplement (GIS), & Saskatchewan Income Plan (SIP); Family Health Benefits; Emergency Assistance and Palliative Care Coverage.

SPECIAL SUPPORT PROGRAM: Just like Ontario's Trillium Drug Plan, Nova Scotia's Extended Pharmacare; and

Newfoundland & Labrador's new Catastrophic Drug Plan, Saskatchewan's Special Support Program assists those residents who have high drug costs in relation to their income. Families or individuals with Drug Coverage due to GIS, SIP or Family Health Benefits may be eligible for

additional assistance under the Special Support Program.

SENIORS DRUG PROGRAM: Beginning in July 1, 2007, all Saskatchewan residents 65 years of age and older are eligible for the Seniors Drug Plan. Under this Drug Plan, most Seniors are responsible for paying the first \$15 per prescription. However, low-income Seniors who are receiving the GIS or SIP or Special Support Coverage and are paying less than \$15 per prescription will continue to do so. Palliative care patients and those covered by Saskatchewan Aids to Independent Living (SAIL) will continue to receive Saskatchewan Formulary drugs at no costs.

SUPPLEMENTARY HEALTH: Social Assistance recipients can receive Drug Coverage from any one of the three plans:

Plan One: Adults pay no more than \$2 for each prescription

Plan Two: For those Social Assistance recipients who are on Plan One and who need different drugs on a long-term basis, are eligible for full coverage under Plan Two.

Plan Three: People under this plan receive full coverage. Plan Three is designed for people receiving the Saskatchewan Income Plan and reside in a special-care facility, or approved Group Home.

It is important to note that children 18 years of age and under, receive full drug coverage under all three plans. The drugs that are fully covered include insulin, oral medications for diabetes and birth control pills.

EMERGENCY ASSISTANCE: If residents require immediate drug therapy and are unable to pay their portion of their drug costs, may be eligible for a

Assistance. Once residents receive such assistance, they are re-requested to apply for Special Support Drug Benefits.

PALLIATIVE CARE COVERAGE: Palliative Care Drug Coverage is extended to those residents who are in the later stages of their terminal illness. Under this program residents are entitled to full 100 % coverage.

EXCEPTION DRUG STATUS (EDS): Just like every other Canadian provincial and territorial jurisdictions, Saskatchewan the residents, who require Prescription drugs that are not approved by the province's drug formulary, can apply for Exception Drug Status coverage. If the EDS Drug is approved, the consumer would have to pay for the EDS drug in the same manner as other benefit drugs.

SASKATCHEWAN AIDS TO INDEPENDENT LIVING (SAILS): This government program is intended for Residents who have Physical Disabilities. The only way mental health consumers could benefit is if we had certain Physical Disabilities on top of our respective mental health conditions.

Benefits include coverage for Medical Equipment & Supplies and services (Mobility & Assistive Devices, Respiratory Equipment, Prosthetic and Orthotic devices), besides prescription drug coverage. Within SAILS, there are a number of specialized programs - Paraplegia Program, Aids to the Blind Program, Cystic Fibrosis Program, End-Stage

Renal Disease Program, Ostomy Program and Hemophilia Program.

Saskatchewan's Drug Plans have many similarities to those Pharmacare/Drug Benefit Programs in other Provinces & Territories. The Special Support Program reminds me of the Ontario Trillium Drug Program, and even Newfoundland & Labrador's new "Prescription Drug Plan" as they are based on people's income. Saskatchewan's plans are quite similar to British Columbia's PharmaCare; Manitoba Pharmacare; Ontario Drug Benefits; P.E.I., New Brunswick, Nova Scotia (except Seniors Pharmacare), Yukon, N.W.T. and Nunavut in that they are financed primarily through Provincial Government General Tax Revenue, with Consumers paying a smaller portion of the costs through

Pharmacare: Saskatchewan

By: Edward Sawdon



"Deductibles" or User Fees. There is only two provinces that charge most, but not all, of their health consumers Insurance

Premiums - Alberta & Quebec. With the exception of low - income Seniors, Nova Scotia's Seniors Pharmacare programme alone is also finance partially from premiums. One aspect I like about the Saskatchewan Plans, is that it is quite similar to Ontario's and Newfoundland & Labrador's Plans in that the Government covers all Health Consumer Groups. In otherwords, Saskatchewan's plans do not favor certain groups over others. In certain jurisdictions, such as Nova Scotia, New Brunswick and P.E.I., some Health Consumer Groups receive assistance, while others do not.

When it comes to the issue of Universal Pharmacare, in Canada, we have noticed considerable progress towards Universality of Pharmacare, on the provincial level, but not much on the national

level. Provinces, like Newfoundland & Labrador have either improved or expanded their drug coverage to include more people who otherwise will be without! In fact, 13 provincial and territorial Health Ministers, in the Summer of 2006, have fully supported the National Pharmaceutical Strategy and it's call for a National Catastrophic Drug Coverage and a National Drug Formulary. Unfortunately, the Federal Government hasn't committed themselves to this important Canadian Health Care Initiative! Right now, one in five Canadians is "underinsured" for high drug costs, and 3.5 millions Canadians are without Prescription Drug Coverage!

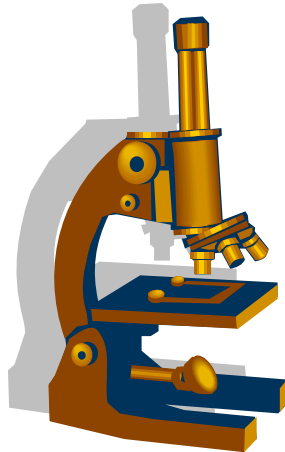
Former Health & Community Services Minister Elizabeth Marshall said I was right when I stated "that across the country public plans differ in terms of who is covered." In other-

need a National Pharmacare program that is "Fair, Just & Equitable" for all Canadians!

Edward Sawdon

St. John's, NL

Email: Sawdon_edward@yahoo.com



Quotes

"Poverty reduction is the process of ensuring that individuals and families have adequate resources to maintain a decent standard of living and to participate fully in the life of the community" -

Vibrant Communities, St. John's 2007

"Sawdon raised some excellent points about access to prescription drug coverage for people with mental illness and meaningful participation of mental health consumers in policy development. Access and collaboration are two important components of the policy directions laid out in the provincial government's mental health and addictions policy framework, *Working Together for Mental Health*, while the government is taking steps to lessen poverty and provide coverage for medications, there is still much work to be done."

-Heather Pollett, CMHA -NL 2007

POEM

Who Will She Be Tomorrow

I saw her wearing a smock today
belly big, seemed full of pregnancy.
I'll have it soon she says
like she does every other day.

Who will she be tomorrow?

Walking along the street
I see her face and head veil covered.
Her father is from a foreign land.
"I'm rich and my dad's Arabian" she beams.

Who will she be tomorrow?

Today she was on the church step,
Claiming to speak in tongues.
She claims to be Mary, Mother of Christ.

Taunting stares and laughs are returned instead.

Who will she be tomorrow?

She lay still in her eternal bed.
Hands folded decorated in beads.
She fought so hard with the demons.
I found her hanged yesterday in her bed sheet.

She finally has her answers
And lives on into the here after
Smiling blissfully, resting peacefully,
never having to ask,

But;

What will happen tomorrow?

by Cathy Collins

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

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: lorna_1103@yahoo.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 Evens

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