



Mood Disorders Ottawa

Mood for Thought

MARCH/ APRIL 2017 NEWSLETTER

Enhancing the quality of life of people with mood disorders and their loved ones.

Mood Disorders Ottawa Mutual Support Group (MDO) is a peer run volunteer organization. We, members of MDO and individuals living with a mood disorder, our families and friends, engage in mutual support to improve the quality of our lives and to work at creating opportunities to reconnect with self and others. Together, we aim to offer a beacon of hope that people living with mental health challenges can and do live well. To these ends, MDO provides resources, support groups, social and recreational activities for our members and their families and friends. These include:

- Confidential support groups
- Subsidized recreational & social activities
- Recovery Programs (WRAP & Pathways to Recovery)
- Monthly speaker night
- Newsletter
- Lending Library

Want to see yourself in print? MDO Mood for Thought welcomes submissions of poems, thoughts or articles.

Submit either by mail or email.

MDO
c/o Canadian Mental Health
Association
301-1355 Bank Street
Ottawa, ON K1H
8K7
or email to mdogrp@gmail.com

Sorry, we can't guarantee when your piece will be printed. But we will endeavor to include in a timely manner, works based on relevance to mood disorders, happenings in our community as well as space constraints in the newsletter.

Did you know?

MDO is a charitable organization that issues CRA tax receipts for any donations over 20\$

MDO PEER SUPPORT GROUP

Emergency Numbers

24-Hour Mental Health Crisis Line:

613-722-6914

Outside Ottawa, call toll free:

1-866-966-0991

Ottawa Distress Centre

613-238-3311

Child, Youth & Family Crisis Line

For Eastern Ontario:

613-260-2360



A safe, supportive place to be, surrounded by adults with a mood disorder who “get it”.

MDO Peer Support Group meets the 2nd & 4th Tuesday of each month plus the Wednesday of the in-between week.

7:15—9:15 PM

CMHA 1355 Bank St., 4th floor, Ottawa 613-526-5406

Movie Nights are on the first Tuesday of the month from 6:00-6:45 at the World Exchange Plaza, 2nd Floor

Dates: March 7, 2017

April 4, 2017

The \$15.00 movie cards cost \$3.00 each for paid up members. You can use them at any Cineplex theatre for admission/concession items. They do not expire. You can only get your movie card every second month, so that you ought to receive 6/year. However if you miss a month we don't allow you to make up for the missed movie card. No sign-up required, First Come first Served. Limited to 30 cards per month.

TAMI Workshops "Tell My Story"

Your story is important. By sharing your story, you can inspire others on their journey and reduce the stigma that surrounds mental illness. The aim of the Story Preparation Workshops is to help equip you with the skills and knowledge to share your personal story of hope and recovery from mental illness. The workshop includes **3 sessions**: 1 training session followed by 2 practice sessions where you can present your story and receive feedback from your peers.

There will be three workshops for the TAMI “Tell my Story”;

- Dates:** 1) Jan 25,2017
2) March 29,2017
3) April 26, 2017

Time: 7:15-9:15pm

Place: 1355 Bank Street

Facilitator: Elise from CMHA

If you missed the first meeting and would like to get involved, please contact Sharon R. at mdogrp@gmail.com for the information so you can get up-to-date for the next meeting.

A special thanks to the Mental Health Commission of Canada (MHCC) for providing free tickets to the Crack-up for Mental Health comedy show. Thank you to the people who supplied the free tickets to all the mental health groups.

DISCOVERY 2000 EVENTS



Gotta Paint

Date: March 22nd, 2017

Place: 352 Kirkwood Ave, Ottawa

Time: 1-3pm

Fee \$5.00

Max 20 people

Tucker's Marketplace

Date: April 26, 2017.

Place: 61 York St

Time: 5pm-7pm

Fee \$5.00

Max 40 paid up members

Movie Nights

Dates: March 7, 2017

April 4, 2017

Just a reminder that, because our events, activities and workshops at MDO are provided at a very low cost for members, there is a very limited number of participants possible. Therefore it is important to register in advance by emailing mdogrp@gmail.com or call **613-526-5406**. To cancel your registration call the same number or email the same address as soon as possible.

MDO usually ends up with a waiting list for every activity and by letting MDO know you have to cancel, you will be giving your spot to someone else who is willing and able to go to the event. MDO has noticed in the past few months that there are more and more people who register and then don't show up to activities, taking a spot for nothing. MDO felt it was important to address this issue and add this little reminder to the next few newsletters. Thank you for your collaboration and your consideration for other MDO members.

This year round program provides several low cost social events each month for members with mood disorders. All are welcome to participate, however, only members with paid up memberships are subsidized. If you have signed up for an event and at some point you know you will not be attending, please let us know so we can contact people on the waiting list, to let them know a spot is now available. Thank you!!

For more information or to sign up please contact us at 613-526-5406 or at mdogrp@gmail.com

S P E A K E R N I G H T

March 21, 2017 7:30pm - 9pm



Monthly Speaker nights are open to the public. Join us for a new guest speaker each month.

Location: Southminster Church, 15 Aylmer Ave. (3rd Floor) Ottawa

Title: Validation, self care, and support - A workshop for mental health caregivers and those they care for.

Presenter: Ms. Julie Turcotte, RN BScN

Ms. Julie Turcotte is a fluently bilingual Registered Nurse (RN) who received her nursing degree in 2007 and moved to Ottawa to work in Oncology. She is presently working within the public health sector as a Public Health Nurse (PHN) with Ottawa Public Health's Mental Health team. Her many roles have included working in:

- sexual health and harm reduction as a clinic nurse and case manager for reportable infections,
- project management for priority public health campaigns,
- youth mental health alongside key community partners as a case manager, group facilitator, and health promotion counselor, and
- youth and family health promotion counselling.

Julie is experienced in public health education as well as in project management, program development and implementation, best practice guidelines, including policy and procedure development. In her current role, Julie is the coordinator and a bilingual trainer of safeTALK suicide-alertness workshops offered to all City of Ottawa employees and community-based organizations.

Julie leads the youth mental health portfolio as well as the Suicide Safer Ottawa plan; she is an experienced youth group facilitator, health promotion workshop facilitator, and conference speaker. Julie is the project lead of the Mental Health Caregiver Guide as well as the author, she has recently presented this exciting resource at the 2016 CMHA and 2016 CPHA National conferences.

She is also a member of the Post Suicide Support Team; a service offered by the Canadian Mental Health Association (CMHA) Ottawa Branch. Ms. Turcotte has a passion for mental health, supporting caregivers of those living with mental health challenges, as well as being involved in her community.

Presentation Summary

*The presentation will focus on three key aspects including:
mental health caregivers and the children, youth, adults, and older adults they care for
validation and attachment
self care for caregivers and those living with mental illness*

Julie will guide us through an interactive discussion and take us through the Mental Health Care-giver Guide. A national resource, developed by Ottawa Public Health (OPH) and its partners - available at no cost online in both official languages. This Guide was created out of an identified need for increased support of mental health caregivers and the individuals (children, youth, adults, older adults) they care for. The guide aims to provide mental health caregivers and those they care for with a deeper understanding of their roles and responsibilities as well as how to maintain their own well-being.

S P E A K E R N I G H T

April 18th , 2017 7:30pm - 9pm



Location: Southminster Church, 15 Aylmer Ave. (3rd Floor) Ottawa

Title: Mood and Anxiety Concerns: An Often Blurry Line

Presenters: Dr. Gallagher & Dr. Jacobs



Dr. Meagan Gallagher is a Clinical Psychologist at The Centre for Interpersonal Relationships (CFIR) and the head of the Eating, Weight, and Body Image treatment service at CFIR. Dr. Gallagher is also a Clinical Professor in the School of Psychology at the University of Ottawa. She received her PhD from the University of Ottawa in 2013, and previously worked in the Mood and Anxiety Disorders Program and the Youth Psychiatry Program at The Royal, and at the Ottawa Couple and Family Institute. In her clinical work, Dr. Gallagher works with adults, adolescents, families, and couples. Her areas of interest in her clinical work and research include: treatment for eating disorders and body image concerns, Cognitive Behavioural Therapy (CBT) interventions for anxiety and mood disorders, mental health in emerging adulthood, attachment in close relationships, and process factors in individual and group psychotherapy.

Dr. Andrew Jacobs received his PhD in Clinical Psychology from the Virginia Consortium Program in Clinical Psychology (College of William & Mary, Eastern Virginia Medical School, Norfolk State University, and Old Dominion University) in 2007, and completed a postdoctoral fellowship in anxiety disorders at McMaster University / St. Joseph's Healthcare, Hamilton. He is a Clinical Psychologist at the Centre for Interpersonal Relationship (CFIR), Psychologist in the Royal's Mood and Anxiety Disorders Program, and Clinical Professor in the School of Psychology at the University of Ottawa. His professional and clinical interests include interpersonal, motivational, and values-based factors in behavioral therapy for anxiety and mood disorders, cultural minority considerations in psychotherapy, and the dissemination of empirically-based psychological knowledge to the general public. Dr. Jacobs is a Founding and Credentialed member of the Canadian Association for Cognitive and Behavioural Therapies.



Presentation Summary

Mood and Anxiety Disorders are distinct, yet often concurring concerns, and receiving multiple diagnoses can be confusing and overwhelming. Drs. Gallagher and Jacobs will be discussing the considerable overlap in symptoms and experiences in Mood and Anxiety Disorders, the common roots for these conditions, and their impact on thoughts, emotions, and behavioural patterns. They will also discuss how individual treatments can address multiple difficulties and will allow for ample time for questions and discussion.

March 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 Movie Night	8	9	10	11
12	13	14 Peer Support group	15	16	17	18
19	20	21 Speaker night	22 Peer Support group/ Gotta Paint	23	24	25
26	27	28 Peer support group	29 TAMI workshop	30	31	

April 2017

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Movie Night	5	6	7	8
9	10	11 Peer support group	12	13	14	15
16	17	18 Speaker night	19 Peer support group	20	21	22
23	24	25 Peer support group	26 TAMI workshop/ Tuckers night	27	28	29
30						

What is Recovery?

Recovery is a process, a way of life, an attitude, and a way of approaching the day's challenges...The need is to meet the challenge of the disability and to re-establish a new and valued sense of integrity and purpose within and beyond the limits of the disability; the aspiration is to live, work and love in a community in which one makes a significant."

Patricia E. Deegan, National Consumer Leader

Pathways to Recovery

Pathways to Recovery is a 10-12 week program and is a valuable tool for people who have been labeled with mental health challenges who are thinking about what recovery would look like, and what it means to be on the journey of recovery. Pathways groups offer a self-directed way of transforming experiences as a consumer/survivor, mental patient or mental health service system user and using those experiences to achieve recovery. Our goal in using this program is to provide a supportive culture for people to explore their own recovery in a self-directed and self-controlled way, but done in group so that the experience can involve mutual support and building relationships that support and sustain recovery. Our hope is that people who participate in this program, and incorporate its work into their own journeys of healing, will one day receive most of their life's supports and resources outside of the mental health system.

WRAP® Wellness Recovery Action Plan

WRAP® is a 10 week self-management recovery program designed to decrease symptoms, increase personal responsibility and improve the quality of life for people who experience psychiatric symptoms. This self-designed plan teaches you to use simple, safe, personal skills, supports, and strategies to reduce or eliminate symptoms. It also includes plans for responses from others when you cannot make decisions, take care of yourself or keep yourself safe. WRAP is not meant to replace, but to complement, professional health care support and medication.

WRAP® is a structured system to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reducing, modifying, or eliminating them. It also includes plans for responses from others when you cannot make decisions, take care of yourself, or keep yourself safe.

Family Recovery Action Plan FRAP

FRAP is a workshop for family members of people with mental health challenges. It is a free 8-week workshop that takes a practical self-help approach to care and recovery for all members of the family. It is based on the Wellness Recovery Action Plan (WRAP), a program that has helped thousands of people with mental health challenges to improve the quality of their lives. WRAP has since been adapted for people with chronic pain, veterans, and now family members!

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – MARCH 2017

The FSG is a peer support group of adults living with mental illness. Join us every Wednesday for an evening of friendship and engagement.

March 1st: 5:45 to 7:45 pm

Games night

March 8th: 5:45 to 7:45 pm

Speaker: Alzheimer's Society

March 15th: 5:45 to 7:45 pm

Open sharing night/ St. Patrick's Day celebration

March 22nd: 5:45 to 7:45 pm

Movie night: TBD

March 29th: 5:45 to 7:45 pm

Monthly meal – please bring a toonie

For more information, contact Crystal & Sara at 613-860-7800 or fsg@micaontario.com

Carlington Community Health Centre

900 Merivale Road

Bus 85 & 176 – two blocks south of Westgate Mall



Sponsored by MICA - Mental Illness Caregivers Association

Friendship Support Group (FSG) is a separate organisation from the MDO Support Group