

SHARE & CARE

THE RECOVERY OF HOPE ~ THE HOPE OF RECOVERY

STICKING IT TO STIGMA

A powerful new ally commits to supporting mental health. Welcome, Canada Post

A new 62¢ stamp was introduced by Canada Post during Mental Illness Awareness Week last October. Officially known as a semi-postal stamp, it's a 52¢ domestic-rate stamp with an added 10¢ surcharge. It's a tangible symbol of Canada Post's decision to designate mental health as its cause of choice.

The corporation sees this commitment as an opportunity to improve Canadians' awareness and understanding of mental health, and to make a major dent in the stigma directed at those suffering from mental illness. With its scope, stature and 72,000 employees, Canada Post is well equipped to reach its goals.

An ongoing interest

This involvement didn't happen out of the blue. The Mood Disorders Society of Canada had approached Canada Post to lend their support to the 2007 Mental Illness Awareness Week. "They did," says Society national executive director Phil Upshall, "and they helped even more this year. In fact, they became our first platinum-level sponsor."

That there's an abundance of shame, fear and confusion surrounding mental illness is not news to AMI members. Canada Post responded to that knowledge by establishing the Canada Post Foundation for Mental Health. It plans to raise funds to help bring mental illness out of obscurity, to reduce the humiliation and stigma so that the one in five Canadians — along with their loved ones — who need help dealing with a mental disorder won't be afraid to

seek it out. Chairing the foundation is Moya Greene, president and CEO of Canada Post. Upshall has been named a trustee.

The 62¢ stamp is Canada Post's first fundraising initiative to benefit the foundation. Ten million stamps have been printed. They are available at all post offices and the vast majority of Canada Post's retail outlets.



For 62¢ you can help stamp out stigma

The stamp depicts a figure stepping out of the shadows and using a megaphone to communicate the difficulties of mental health patients. The figure represents all those affected directly and indirectly by mental illness and

speaks to the foundation's goal of bringing mental illness into the open where problems can be best addressed.

Easy to help out

A sheet of 50 mental-health stamps costs \$31. You can buy a strip of 10 for an affordable \$6.20. And although most offices have stamp machines today, Upshall hopes the business community will see the cause as worthy and buy rolls of stamps to use on their envelopes. He also suggests that companies consider offering framed stamps as an unusual and interesting gift or souvenir. "Stamps get seen by millions of people on a daily basis and can be a major contributor to raising awareness," he says.

Canada Post has issued semi-postal stamps twice before — in 1974 to support the Olympic Games in Montreal and in 1996 to promote literacy in

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LOW-BEER LECTURE, 2008

The gloves are off

Michael Kirby and his Commission are determined to bury the attitudes towards mental illness that have hurt so many for so long. And they won't take no for an answer

It was like a breath of fresh air listening to The Honorable Michael Kirby, chair of the Mental Health Commission of Canada, explain just how the Commission aims to improve life for people coping with mental illness. His underlying message: the status quo has got to go.

"We live in a society where the brain has been severed from the body, where the physical has been separated from the mental and the emotional," Kirby said. "We need a paradigm shift in our way of thinking." That shift includes the mental healthcare system's turning from its time-worn medical mode to a concept of recovery as the ultimate objective. It won't necessarily mean a cure, but it will mean people will be able to manage their illness so they can once again become active, productive members of society.

National Mental Health Strategy

Despite the fact that one in five Canadians will experience an episode of mental illness in their lifetime, despite the fact that mental health and addiction issues cost the workplace a fortune and are soaring (\$33 billion in 2002), Canada has no national mental health strategy in place. We're the only G8 country without one. The reason, Kirby

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ITCHING TO WORK?

Supported Employment Program offers consumers the help they need to take the plunge

You've been ill, now you're on the road to recovery. You'd like to find a job, but what, where and how?

Supported Employment Program (SEP) is there for you. A department of Agence Ometz, it's staffed with four employment specialists called job coaches. Edina Markovitz is one of them.

"We've been providing this service to the community for over 20 years," she says. "Our clients are people who have either a mental illness or some sort of intellectual or learning limitation. We get to know them, learn about their skills, interests and needs, their education, any jobs they may have held in the past. Then we match them with one of the many companies looking to hire that we have on file." SEP is funded by *Emploi Québec*, which can substantially subsidize salaries for eligible candidates. SEP's placement service is free for both job seekers and employers.

SEP places its clients in full- or part-time paying jobs, not in a training or pre-employment program. "We have a few basic requirements," Markovitz explains. "You need to be unemployed, reside on Montreal Island, and have relatively recent references from a paid or unpaid work experience. Apart from those considerations, we welcome everyone, whether you've been on employment insurance or welfare, if you have no income, if you're living at home, whatever your circumstances."

All sorts of work

Are you comfortable dealing with the public? Enjoy administrative work or working with your hands? Do you like production? Are you a professional with a degree? SEP has a bank of dozens of employers who phone daily with news of job openings. Tim Horton's, Walmart, Reitman's, Louben and Zellers are just a few of the names you'll recognize. And the four job coaches canvas the market regularly looking for additional companies to add to their pool.

A special place is SEP's affiliate, the Jem Workshop, where companies outsource

their labeling, ticketing and packaging operations. Working here is a good first step for anyone without previous job experience, or someone perhaps not yet ready to face a faster-paced work environment, but who still wants to build up employability skills for the future.



Job coaches, l-r, Kim Oiknine, Gina Zagari, Edina Markovitz. Absent: Stacey Mones

With you for keeps

SEP takes its clients under its wing with ongoing support to resolve any problems that crop up and keep their reintegration into the work force running smoothly.

There's a guidance counselor to advise if you're undecided about your choice of work. A selection of computer courses is also available.

Job preparation includes help with your CV and interview coaching. Role-playing is a technique to help you improve your interview skills. SEP encourages candidates to also try looking for work on their own. You'll be coached on how to hunt effectively, net-

work, cold-call and how to follow up after you've made a connection.

Travel training can be provided if you're unsure about navigating your way via public transit. Your job coach may accompany you and even sit in on your interviews for extra support. Should problems develop at work, SEP will mediate with your employer to set things right.

The four coaches often participate in worksite training. This builds clients' confidence, facilitates integration and saves employers time. Markovitz has acquired some unexpected skills along the way. "Among other things, I've packaged soap, I can smoke fish and I know my way around a heat-sealing machine," she smiles.

SEP visits employers in advance to ensure that both the job in question and the corporate culture will be compatible with their clients' needs. Once you're working, follow-up support is essential and long-term. A client placed 20 years ago at a clothing manufacturer was trained on-the-job daily by his SEP counselor. He's still in the same job today and his counselor visits twice a year just to make sure things are going well.

Through the success of its program and its relationship with so many Montreal employers, SEP adds a strong voice to the stigma-fighting chorus. They go even further: Concordia offers a staffing course in resources for potential future employers and every semester SEP presents to the class. "It helps sensitize the students, the employers of the future," Markovitz says.

SEP's client referrals come from other agencies, CLSCs, hospitals, social workers and family members. Consumers phone for themselves, too. If a job is part of your recovery plan, go for it. Call Edina Markovitz at **514-342-0000, local 3377**. □

MEMBERSHIP RENEWAL CHANGE

For years, an annual AMI membership ran from January to December. No longer.

Your annual membership will now be in effect from the date you renew — or, in the case of new members, from the date you join.

Reminder notices will be mailed in advance to alert you that the time for renewal is approaching.

We expect the new system will be more accurate and simplify the administration of our membership renewal drive.

WINTER 2009

EDUCATION

7:00-9:00pm at AMI

Mood and Thought Disorders

6-session program begins March 17

Recovery Workshop for Families

6-session program begins February 5

Roundtable Discussions

January 26; February 23; March 30

Teleworkshops

January 28; February 25; March 25

SUPPORT GROUPS

Mondays 7:30pm 4333 Côte Ste-Catherine Road
unless otherwise indicated

FAMILY for relatives

January 5, 12, 19; February 2, 9, 16; March 2, 9, 16

PAC Parents of Adult Children

7:00pm at AMI

January 13; February 17; March 19

SOUTH SHORE for relatives

10 Churchill Blvd., suite 205, Greenfield Park

Wednesdays 6:30pm

January 7, 21; February 4, 18; March 4, 18

SIBLINGS AND ADULT CHILDREN

January 12; February 9; March 9

BIPOLAR DISORDER

for consumers and relatives

January 5; February 2; March 2

DEPRESSION for consumers and relatives

January 19; February 16; March 16

OBSESSIVE COMPULSIVE DISORDER

for consumers and relatives

January 19; February 16; March 16

HOARDING GROUP (in collaboration with Quebec OCD Foundation)

January 5; February 2; March 2

KALEIDOSCOPE for consumers

January 12; February 9; March 9

LIFELINE for consumers

Alternative Centregens, 5770 Auteuil, Brossard

Thursdays 1:00-3:00pm

BOARD MEETINGS

Tuesdays 7:00pm at AMI

January 6; February 3; March 10

Kirby ... continued from page 1

notes, is that to date there's been no effective pressure put on governments to take action. As a result, instead of specific strategies for systems, agencies and individuals, services for the mentally ill are all over the map. Peer-support services are largely under-funded and many other important services aren't funded at all.

A national mental health strategy would give people the opportunity to recover to their maximum ability. It's the linchpin of all change and a key Commission initiative. But they can't make it happen alone.

"To build a system where recovery is the focus, we need the help of everyone involved in mental health," Kirby said. Stakeholders have already been asked for their input and the Commission plans on speaking to Canadians "sector by sector, constituency by constituency until we have a workable plan." They're aiming to complete the job by early 2011.

Anti-Stigma Campaign

"Stigma is just a polite word for discrimination," Kirby remarked. Stigma creates a major barrier to accessing treatment, maintaining employment and participating fully in community life.

The Commission will be launching a 10-year campaign to reduce the stigma associated with mental illness and combat the discrimination directed at those who are ill. It's a long haul, but not impossible. Australia, New Zealand and Scotland have all succeeded with dramatic results.

The first target group will be children and youth, because that's when 80 percent of mental illnesses begin and because attitudes are easier to change in the young.

The second target will be health-care professionals. Sadly, an inordinate amount of stigma comes from service providers in the healthcare system and, as Kirby puts it, "When

doctors don't believe, that's a hell of a barrier to overcome."

But overcoming is the buzzword. Kirby cites breast cancer as an example of how people working together can create a radical shift in attitudes and build political will.



Kirby wants a social movement

Forty years ago breast cancer was not discussed in public. The *Globe and Mail* was forbidden to print the word "breast." Today there are marchers and volunteers; the Canadian Breast Cancer Foundation has contributed over \$120 million to research projects and community programs; mortality rates have declined some 26 percent since 1986.

"We need a social movement like theirs to keep mental illness out of the shadows forever," Kirby said. "Because no matter how good the Commission's overall national mental health strategy, it won't be effective without the political will to implement it. We want to be the catalyst that makes change happen, but to do it we need the support of all Canadians."

To that end, the Commission will be building a volunteer network and establishing a not-for-profit charitable organization. A national organization is coming — watch for news of its official start next spring.

Kirby concluded his address by throwing down a challenge to the audience: "Be part of the movement. Join hands with us as we seek to turn the mental health system in Canada into a system of hope and recovery." □

FUNDRAISING CONCERT WOWS

GREAT MUSIC, GOOD VIBES AND A HEALTHY RETURN ON INVESTMENT — WHO COULD ASK FOR ANYTHING MORE?



Our fundraising concert last October, featuring the Oliver Jones Trio and Ranee Lee in *A Tribute to Oscar Peterson*, sent the audience of 400 home humming Gershwin tunes and earned a well-deserved pat on the back for everyone involved in making the evening an out-and-out success.

It was far from your typical jazz happening. Jones reminisced about his childhood years, when listening to friend Oscar's magic on the piano inspired him to make music his own career. We learned about



the lesser-known side of Peterson, the serious composer whose talents blended classical and jazz genres in fascinating ways. Lee's stirring vocals included "Song of Freedom," a Peterson composition yearning for a world without stigma and discrimination. The reaction in the concert hall was electric.

The event, our third fundraiser and the first professionally coordinated, netted over \$77,000. It has



raised AMI's profile in the Montreal community and stimulated our fundraising efforts. That we were able to reach our target return has strengthened our commitment to explore new fundraising possibilities in the future. ☐

LIBRARY NEWS

The Lily Pond

Man challenges accepted wisdom. Man wins

In the late '70s Mike Barnes, then in his early twenties, came dangerously near to being consigned to a long-term care psychiatric facility. Diagnosed (wrongly) with acute schizophrenia, he had undergone two years of drug trials in and out of hospital and an extensive course of ECT, and was considered unresponsive to treatment. Today Barnes is the award-winning author of seven books, including two novels, two collections of short stories and two poetry collections. In addition, he works as a private tutor of English for high school students and adult immigrants. He lives in Toronto with his wife Heather, a visual artist, and copes on an ongoing basis with bipolar disorder — his own and hers. In his latest book, *The Lily Pond: A Memoir of Madness, Memory, Myth and Metamorphosis* (Biblioasis Press, 2008), Barnes tracks the journey of his recovery and shares his perceptions of the ways in which mental illness has altered his identity and shaped his life choices.

The Lily Pond is neither a self-help book nor a "recovery memoir." It's a challenging book — not one to pick up if you're looking for a quick read — but never less than absorbing. Bringing a formidable intelligence to bear on his subject, Barnes has written a deeply thoughtful account of the impact of mental illness on his thinking, self-image, memory and relationships. In four interlocking essays, he explores metaphors and myths that have haunted and helped him, mixing autobiography with reflections on paintings, literary works and scientific lore as he probes the psyche's resources for healing.

"Two Rooms" revisits the years of the author's first crisis and hospitalizations. "Hunters in the Snow" spans several decades in flashbacks as he celebrates his fiftieth birthday with parents and siblings at the family cottage, recalling some early traumatic events in the same setting. In "Leavetaking," we're offered an inside look at psychotherapy sessions with a sensitive and perceptive psychia-

trist. Finally, in "The Lily Pond," we see Barnes assume the role of caregiver to the woman he loves when she herself is diagnosed with his same disorder.

Barnes never makes light of his illness, but neither is he uncritical of the prevailing system for treating it. Observing how Heather's diagnosis and treatment are "working against her confidence, implanting radical doubts in her about her basic capability," he expresses his strong conviction that hospitalization should be avoided except as a last resort: "If diagnosis means that one is being considered seriously for a position, then hospitalization is confirmation that one has got the job. And it can be a hard position to leave; it can easily become a career leading to retirement and beyond."

The Lily Pond is an account of how Barnes rejected that job description and opted for a larger life. "I have been there and come back," he writes, "come partly back, at least. Return is possible; the door swings both ways." ☐

BOOK REVIEW by R. Belkind

WHAT'S SO FUNNY? YOU'D BE SURPRISED

There are stand-up comics in this country joking about their experiences with mental illness. And audiences love it

They can be nervy, shocking, even outrageous, but they're always professional and always very entertaining.

They're the comics of Stand Up For Mental Illness, an organization that teaches stand-up comedy to consumers as a way of building confidence and fighting public stigma.

The concept is David Granirer's. He's a counselor who's himself a stand-up comic and someone who lives with depression. "Many people with mental illness suffer from shame and hopelessness," he explains. "They often isolate themselves and give up on life. To me that's a huge waste of their talent and potential."

I've been in the psych ward and you have to question the way they treat you. When you're paranoid, the last thing you need is to be interrogated by people in lab coats, then placed in a room with a surveillance camera. I'm thinking, "If I wasn't paranoid before, I sure am now!"

— Keri Aitken-Toby, Guelph comic

The way Granirer teaches, the good, the bad and the ugly of mental health journeys are all grist to the comedy mill. He calls the program a lifeline for those who sign on. "Teaching consumers not to suppress their painful memories but to find the humor in them and use them in their writing has an amazing effect," he says. "Often for the very first time, students learn to laugh at their mental illness — and their audiences are laughing right

along with them. They discover a talent they never dreamed they had. The fact that they can succeed at something most people would never have the courage to try is a huge boost to their self-esteem."

Material is written by the whole group in class, bolstered at times by routines people work up at home. Granirer makes sure the content is professional, nothing gross, hones his students' delivery, then lets them fly. When they're ready to perform in front of a live audience, there's no lack of opportunity.

The idea took root in B.C., Granirer's home turf, in 2004. There are now programs in Burnaby, Chilliwack, Abbotsford, Delta and Courtenay. Expansion to Ontario brought in Toronto, Fort Frances, Guelph, Ottawa, Peterborough and Windsor. Now Edmonton's also on the list. And last September Granirer trained a group from the Depression Bipolar Support Alliance in the U.S.

Granirer calls stand-up comedy psychosocial rehabilitation by stealth. "To participate, students have to leave their homes, take public transit, work together and interact with others, meet new people and develop social skills. We try to do all that in psychosocial rehabilitation, but I

believe the change comes easier when it occurs naturally because the students are motivated."

Another reward is what the performers refer to as "high-status" identity. "Audiences see them as courageous, funny and talented, not broken or sick. Imagine finally being able to talk about your illness and have people hang on your every word. And then you get a standing ovation."

To Granirer's knowledge, the healthcare system has yet to take advantage of humor as a source of strength and a powerful form of therapy. What may be lacking is the input of

research data. That will change. Granirer has set up a partnership with the Canadian Mental Health Association in London-Middlesex and researchers from University of Western Ontario and York University to learn more about the benefits of exorcising one's demons through comedy.

When you're coping with a mental illness sometimes your thinking is a little delusional. Some people think they are the prime minister or God. Me, I think the Leafs will win the Stanley Cup.

— Comic Allan Strong

Performing as a stand-up comic isn't everybody's thing, but it offers those who opt in a unique road to recovery. And it's an effective antidote against prejudice. How can you stigmatize anyone you've spent an evening laughing *with*, not *at*? □

David Granirer is the author of *The Happy Neurotic: How Fear and Angst Can Lead to Happiness and Success*. For more about Stand Up For Mental Health, visit www.standupformentalhealth.com



Granirer: rehabilitation by stealth

MAKE AMI THE BEST IT CAN BE

The right board of directors is a powerful asset to an organization. It's important to have the very best people in place.

You probably know someone who could make a valuable contribution to

AMI. Give him or her the chance to shine. Send in your nomination, along with a written rationale for your choice, to the office no later than March 1, 2009.

Board elections are held every June during the annual general meeting.

Reward excellence: nominations now open for annual awards and recognition

Every year at the annual general meeting AMI honors those whose exceptional efforts are helping us achieve our goals. Know someone deserving? Submit your nomination — or nominations — accompanied by a short written rationale to the selection committee by March 1, 2009. The board of directors makes the final choice. For more information or help, call us at 514-486-1448.

Monty Berger Award for Exemplary Service

Presented to an individual, usually an AMI member, who has made a significant voluntary contribution to AMI or its mandate over a long period of time.

AMI-Québec Award for Exemplary Service

Presented to someone working in the field of mental illness. Selection criteria include extraordinary care to those with mental illness, guidance and support to families struggling to cope and active participation in support of our goals.

Exemplary Psychiatrist Award

Presented to psychiatrists who endorse our agenda by guiding and supporting families, sensitizing health professionals to the pain and difficulties families face, promoting the inclusion of family members in treatment teams and increasing public awareness of mental illness.

AMI-Québec Volunteer of the Year

Presented to an AMI volunteer for service during the previous twelve months that far exceeded the norm as well as for outstanding and inspiring dedication to our objectives.

The Extra Mile Award

Presented to an individual or an organization for special efforts to promote the understanding of mental illness.

TRIBUTES & MEMORIALS

In honor of Dan Drudi
Leonard Drudi

In honor of Monica and Maurice Reznick
Clara Mayers

In honor of Anita Miller's 90th birthday
Elsa Kisber and Frank Kagan
Linda and David Stromberg
Judy and Norman Small
Lise and Jack Shostak
The Erlicks and Sally

In honor of Harold Kroger
Dr. Linda Wood

In honor of Sylvia Klein
Sonia Weinzwieg

In honor of Hershie Shtull
Becky Shtull

In honor of Chana Werzberger
Sherry Ellen

In honor of Lillian and Stephen Vineberg
Jo-Jo and Brahm Gelfand

In honor of Seymour Kornbluth
Jo-Jo and Brahm Gelfand

In honor of Sheila and Larry Skolnick
Jo-Jo and Brahm Gelfand

In honor of Hymie Skolnick
Jo-Jo and Brahm Gelfand

In honor of Annie Young
Francine Gagnon

In honor of Marilyn Block
Ruth Sher

In memory of Kevin Goodwin
Jennifer Goodwin

In memory of Toby Mendel
Marylin Block
Claudia and Jerry Ikeman

In memory of Éliane Amzallag
Alain Amzallag

In memory of Sydney Goldenberg
Marylin Block

In memory of David Schnitzer
Fay Schnitzer

In memory of Susan Leger
Sheila A. Leger

In memory of Dr. Jonathan Andrew Block
Marylin Block
Norma Block and cousins
Trish and John L. Block
Joan and Irving Goldenberg
Edna Pleskin and family
Riva and Carl Gelber
Sylvia Silver
Rona and Morley Miller
Pat and Paul Rubin
Judy and Harold Bricks
Dante Maratta
Sheila Segal
Lorna and David Moscovitch
Ruth and David Kaplan
Joanne Smith
Sylvia and Bill Klein
Claudia and Jerry Ikeman
Kay Simpson
Ruth Sher
Miriam and Morris Erenberg
Shirley and Bob Smith
Mina Libman
Helen Schrider

In memory of Carl Langleben
Pat and Paul Rubin

In memory of Jiggy Singh
Pat and Paul Rubin

In memory of Victor Sayegh
Jeanette Sayegh

In memory of Monty Berger
Alvin J. Guttman

In memory of Phil Rabow
Brenda Wahl and family

In memory of Edwin Caswell
Joanne Smith
Kay Simpson

In memory of a much loved oldest brother, G. Edwin Caswell
Sharol Caswell

In memory of May Gruman
Marilyn Fraiberg

In memory of Martin Johns
Kay Simpson

In memory of Danny Yachnin
Marylin Block and Jeffrey Block

In memory of Veronica Henke
Kay Simpson and family

In memory of Marie and Claude DesRosiers
Anonymous

In memory of Maxine Sevak
Donna Kuzmarov

In memory of Hester Katz
Margie Golick

In memory of Liz Kane
Sally McNamara

AMI-Québec extends sympathy to the bereaved and appreciation to all donors for their generosity. For information, please phone 514-486-1448.

AMI-Québec Membership & Donation Form

NAME _____

ADDRESS _____

CITY _____ PROVINCE _____

POSTAL CODE _____ TELEPHONE _____

E-MAIL _____

Membership

Membership includes the quarterly *Share&Care*, other mailings and lecture announcements, access to support groups and education programs and all other activities. Complimentary membership is available for people with limited incomes.

- ☐ I wish to renew my membership
- ☐ I wish to become a member
- ☐ I have a family member with a mental illness
- ☐ I have a mental illness
- ☐ I am a mental health professional

Donations

(Tax deductible Business Number 89652 4071 RR0001)

I wish to support your work with a donation

- ☐ \$50 Sponsor ☐ \$100 Sustaining Donor
- ☐ \$250 Patron ☐ \$500 Benefactor ☐ Other _____

I wish to make this donation ☐ in honor of: ☐ in memory of:

FOR US TO ACKNOWLEDGE YOUR GENEROSITY, SUPPLY DONEE'S NAME AND ADDRESS

- ☐ I would like information about including AMI-Québec in my estate planning

Membership (\$25 annual): \$ _____

Donation: \$ _____

Total amount enclosed: \$ _____

Payment may be made by cheque, VISA or MASTERCARD
Payments may also be made by phoning 514-486-1448

- ☐ VISA ☐ MASTERCARD ☐ Cheque

Card number _____

Name on card _____ Exp. date _____

Send payment to **AMI-Québec**,
5253 Décarie, Suite 200, Montréal, Québec H3W 3C3

Canada Post ... continued from page 1

Canada. Both those promotions were successful, Upshall notes, and he's confident of the outcome of this one. "It's especially interesting because it will indicate just how willing the public is to support a mental health issue," he adds. Selling the entire print run would return \$1 million to the foundation.

The foundation will focus its efforts totally on mental health and mental illness. Eventually, in addition to the corporate funds and promotion revenues it receives from Canada Post, the foundation itself will be actively raising money — and not necessarily from the sale of stamps. One of the foundation's aims is to fund mental health research and patient support. Another aim is to help community organizations allied to mental health that could put extra revenue to good use. In time there will be an awards committee to develop guidelines for groups seeking to apply for funding, to determine the sorts of projects that would be considered for support and to oversee the dispersal of funds.

Few Canadian corporations are so advantageously positioned to provide so much needed strength in the cause of mental health. You can show your appreciation the next time you buy stamps. ☐



This issue of *Share&Care* has been made possible by an educational grant from Janssen-Ortho.

amiquébec

Agir contre la maladie mentale
Action on mental illness

AMI-Québec, a grassroots organization, is committed to helping families manage the effects of mental illness through support, education, guidance and advocacy. By promoting understanding, we work to dispel the stigma still surrounding mental illness, thereby helping to create communities that offer new hope for meaningful lives.

Mental illnesses, known to be biologically-based brain disorders, can profoundly disrupt a person's ability to think, feel and relate to others. Mental illness affects not only individuals, but also their families, friends and everyone around them.

Renée Griffiths, *President*
Danielle Gonzalez, *Vice President*
Annie Young, *Vice President*
Joseph Lalla, *Secretary*
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Lorna Moscovitch, *Immediate Past President*
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SHARE&CARE

Share&Care is published quarterly for members of AMI-Québec and mental health professionals.

Ella Amir, *Managing Editor*
Bryna Feingold, *Associate Editor*
Liane Keightley, *Designer*

Articles and comments are invited. Anonymity will be respected if requested. Guest articles reflect the opinions of the authors and do not necessarily reflect the views of AMI-Québec.
Legal deposit: Bibliothèque Nationale du Québec, National Library of Canada.

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Member of La Fédération des familles et amis de la personne atteinte de maladie mentale (Québec)

