www.amiquebec.org Fall 2010 VOL. 33 No. 4

SHARE CARE

THE RECOVERY OF HOPE ~ THE HOPE OF RECOVERY

You may be living with a mental illness, but deep down you know you have skills and potential. What do you do to revive that inner you?

JOIN THE CLUB

ast July 12 an innovative recovery concept came to Montreal. Called Donald Berman UP House, it's not a drop-in centre, medical facility or adjunct of any mental health institution. UP House is an independent, privately funded working clubhouse where members and staff contribute as equal partners.

Clubhouse membership is exclusively for people with diagnosed psychiatric problems. They join UP House to strengthen their recovery and boost their confidence and self-esteem. The key to making it happen is being a valued asset in a community — a family, really — that works at a variety of meaningful activities every day to keep the clubhouse thriving. In clinical terms it's called a psychosocial approach to psychiatric rehabilitation.

UP House director is Ruth McLellan, a veteran of many community organizations. She was won over by the clubhouse model. "People who come here aren't considered patients, consumers or clients," she says. "They're members and they're here because they want to be, so they can learn and grow."

The clubhouse idea is new to Montreal, but it's no Johnny-come-lately. The prototype, Fountain House, opened more than 40 years ago in New York. Toronto's Progress Place, the first in Canada, has been in operation for some 25 years. There are now over 300 clubhouses in countries around the world.

The work-ordered day

Donald Berman UP House is a brand new, airy and cheerful place with spacious rooms painted in happy colors. Among its facilities are a fully equipped kitchen some restaurants would envy, a café and an upto-the-minute computer room. They've also planted a garden outside.

Just as in any business, life in the clubhouse revolves around a structured workordered day. Members and the staff of three get to know each other by working side by side as colleagues. Members aren't obligated to work, but most everyone does. It's part of the fun and also teaches skills that could well be important if and when job-hunting becomes a goal.

The work is divided into three distinct units: café and kitchen, communications and administration. Each involves a surprising variety of different activities.

continued on page 2

HOMELESS AND MENTALLY ILL

WHAT IT'S REALLY LIKE, WHAT'S BEING DONE TO HELP

Two speakers shed light on this persistent problem at our 2010 Low-Beer Lecture

n another life, **Jijian Voronka** was a street person with mental health problems. She lived the trials most of us only read about. But she got lucky. The street offered lessons and rewards she never imagined possible.

Today Voronka is a PhD student and works as a consumerresearch consultant on the At-Home project for the Mental Health Commission of Canada. She's presenting an unusual address, **Living Homeless: My Learning from Street Life**, at this year's Edith and John Hans Low-Beer Memorial Lecture. Homelessness from another perspective is **Sonia Côté**'s topic. She's Montreal Site Coordinator of the At-Home project. This national research project was launched to learn how best to house homeless people suffering from mental health difficulties. Côté is program chief of the psychosocial rehabilitation and specialized residential resources

program at

the Douglas

Institute.

Sonia Côté



Jijian Voronka

You don't want to miss this exceptional evening. The Low-Beer Lecture takes place Wednesday, October 27, 7:00pm at Oscar Peterson Concert Hall, 7141 Sherbrooke St. W. The event is co-sponsored by AMI and Concordia University's department of psychology. Free admission. English presentation. □

Club ... continued from page 1

If you choose to work in the kitchen, you're not just making lunch. There's food to be bought, menus to be planned, inventory to be kept, cash to be taken (lunches cost under \$2), pricing, service, cleanup. There are plans to produce a recipe book. It's much like running a restaurant, only on a smaller scale.



Ruth McLellan

The clubhouse

mantra is wellness and health. Menus are planned to be good and good for you. You can join a walking group and get in 15 minutes of activity during the lunch break.

Members opting for communications are responsible for the reception desk, answering the phone and taking messages. They're also into booking and guiding tours for clubhouse visitors, photography,



Grant Gellis

computer graphics and programming the music that's broadcast during the day. Future projects include a newsletter and a website. And there's something called reach-out: if someone hasn't been in for a few weeks, a member working in communications will call to find out how things are going, to give the absentee member encouragement and reassurance that the clubhouse is thinking of them and hopes to see them back soon.

If your skills are more business-oriented, your help is needed with the essential tasks of the administration unit: filing, faxing and photocopying; statistics, banking and money management; letter and report writing; data entry and organiz-

ing resources for the clubhouse's services and programs.

"The only other staff members besides myself are Erica Botner and Aaron Garcia," explains McLellan. "We're a purposely small group and we're generalists who don't have the time or the special-

ized skills to handle every type

of work that needs doing. We count on our members, who are proving to have plenty of talent. One member is an electrical engineer who likes to do technical writing. Another is in a creative writing course. And we're only just beginning."

Fuller, richer lives

Down the road, other projects will be undertaken. People coming in are expressing a wish to complete their education or return to work. Without duplicating employment services that already exist in the city, UP House will be seeking partner-

ships with organizations that can make it easier for members to move back into the workplace. They're already speaking to employers about a transitional



Donny Friedman

employment program that would involve entry-level positions of six to nine months and 15 to 20 hours a week. Housing is another area that will be investigated.

Your choice

Clubhouse hours are Monday to Friday, 9:00am-4:00pm, but that doesn't mean you need to put in a full day every day. Or ever. Members arrive at different times, morning or afternoon, whenever it's right for them. Neither do you have to commit to working in only one area. There's experience to be gained by trying them all. Eventually each work unit will meet twice a day, 9:30am and 1:00pm, to sort out who will be working at which job. You just sign up for whatever you'd like to do.

On July 8 an open house was held for mental health professionals. Some 120

people toured the clubhouse, snacked on platters of food set out in the café and were given an informative presentation. The official opening took place the following Monday. Within weeks, McLellan says, over 35 applications had been submitted and a dozen members were com-



Estrella Farache

ing by every day. She estimates that the clubhouse can accommodate about 400 people over a year.

Oualifications

To become a Donald Berman UP House member, you need to be 18 years or older and have a diagnosis of a mental illness. You can't be in crisis or have substanceabuse problems. And it goes without saying that respect for your co-members and the clubhouse is expected. Most basic, your enthusiasm: you should want to become a member. If you're not sure, do visit and check things out for yourself.

There's an application form to be filled out. Your support team can refer you or you can apply on your own. UP House doesn't offer therapy, workshops or counseling, so welcomes the opportunity to partner with the professionals who are following you.

Your membership is free and it's for

continued on page 8

LEARN, SHARE, GROW



Make full use of your AMI membership benefits.

Check out this year's slate of education and information programs for the understanding you need to face the trouble a mental illness can throw your way

t's hard to cope on your own with mental illness problems. Whatever your situation or dilemma, we've lined up the topics, expertise and support to give you that all-important knowledge and confidence.

Pick your program and call the office for help, information or to register. Together we can make this a better year for you and your family.

TELEWORKSHOPS

Can't get out? Teleworkshops link you and others with your same concerns to professional expertise over the phone. One-hour conversations. Expanded to 8 dates this year. Call **1-866-396-2433** to register or go online to **www.careringvoice.com**.

September 29. When you suspect a mental illness: how to convince the person to get help. Dr. Allan Fielding, psychiatrist.

October 20. Violence and mental illness: separating fact from fiction. Dr. Marc Laporta, psychiatrist.

November 17. What if there's another crisis? Plans you should make before trouble starts. Christine Deschênes, Tracom.

January 19. How mental illness affects sexuality. Dr. Gerald Wiviott, psychiatrist.

February 16. Depression. Dr. Joseph Rochford, psychologist.

March 16. The hoarding life: what happens when "stuff" starts to control you. Dr. Kieron O'Connor, psychologist.

April 20. Bipolar disorder: truths and myths. Dr. Serge Beaulieu, psychiatrist.

May 18. Understanding and dealing with schizophrenia. Dr. Ridha Joober, psychiatrist.

SUPPORT GROUPS

Telesupport. New last year, now increased to 9 monthly dates. If you can't attend our regular support groups or if local help is unavailable, benefit via the phone from your home as part of

an English-language group. Sessions are confidential, safe and non-judgmental, led by a trained facilitator. **Tuesdays, 7:00-8:15pm** on **September 28, October 26, November 23, December 14, January 25, February 22, March 22, April 26 and May 24.** Caregivers only, limited space. Call **1-866-396-2433** or click on **www.careringvoice.com** to register.

All other support groups operate year-round, no registration necessary. These are open-agenda sessions led mostly by family members. No better way to meet others and share your concerns and experiences. See *Calendar*, page 6, for the complete schedule.

EDUCATION PROGRAMS

Open to relatives, consumers and caregivers, all education programs run for six consecutive weeks. At **AMI**, **7:00-9:00pm**. Free for AMI members and those on limited incomes. Call the office to register and reserve your place.

Mood and Thought Disorders. Group 1 begins September 21; group 2, October 20; group 3, February 1; group 4, April 14.

Obsessive Compulsive Disorder. Sessions begin October 21.

ROUNDTABLE DISCUSSIONS

Air your concerns, learn how others are coping with the same problem. Sessions open to families and consumers. At **AMI**, 7:00-9:00pm. Registration required.

October 18. How mental illness affects sexuality. Dr. Gerald Wiviott, psychiatrist.

November 22. What if there's another crisis? Plans you should make before trouble starts. Hugues Laforce, CSSS de la Montagne.

March 21. Living without anxiety: is it too much to ask? Dr. Joseph Rochford, psychologist.

April 25. Violence and mental illness: separating fact from fiction. Dr. Louis Bérard, Pinel Institute.

WHAT IF?

THOSE INNOCENT WORDS TRIGGER ANXIETY MISERY FOR THOUSANDS

linically diagnosable forms of anxiety affect anywhere from 12 to 15 percent of the population in Canada. The most common of mental health concerns, they're also among the most treatable. We spoke to an expert on the subject, Dr. Joseph Rochford. A psychologist at the Douglas Institute for close to 20 years, he's Director of both Academic Affairs and Neurophenotyping Platform and an associate professor in McGill's department of psychiatry.

Rochford will host two events for us: a teleworkshop on depression, February 16, and a roundtable discussion on anxiety, March 21. There's also a new anxiety support group. Check *Calendar*, p. 6, for dates.

S&C: Is there a simple definition of anxiety?

JR: If you talk to 12 different people you'll get 12 different answers. To me it's an anticipated threat, a what-if scenario. You avoid downtown late at night because you may run into people who'll rob you. You put up with taking the long way home because there are dogs in the park that might bite you.

S&C: But it's normal to be afraid.

JR: Anxiety and fear are closely related. Your body reacts the same way. The dif-

ference is, you rightly fear a thug holding a knife and demanding your money. But when what possibly might happen makes you glad to stay home instead of going out with your friends, that's anxiety. We all have some anxieties. Mostly we don't let them force us to do things that interfere with our experiencing life in a happy way. Anxiety becomes a clinically diagnosable disorder when we can't face our fear and it controls us. It's a lack of appropriate cognitive control. Our brain starts seeing things that aren't quite there.

S&C: Are there different kinds of anxiety?

JR: The DSM [Diagnostic and Statistical Manual of Mental Disorders] lists six. Social and non-social phobias are very specific fears about specific things: the dentist, needles, public speaking. People who suffer from generalized anxiety disorder are nervous and anxious all the time and sometimes can't even explain why. Panic disorder is characterized



Rochford: don't confuse anxiety with fear

by brief but intense panic attacks that appear out of the blue. They cause such profuse sweating, pounding heart and rapid breathing that they often resemble a heart attack. The anxiety category also includes obsessive compulsive disorder [OCD] and post-traumatic stress disorder.

S&C: If you have a disorder that's not treated, does it get worse over time?

JR: If you don't confront your fears, very

continued on page 5

AN EVENING AT LE SPA to revive your mind, body and soul

(Sorry, guys, this one's just for women)

eed a little pampering? Here's just the ticket. October 13, 5:30pm-8:30pm, Avanti Le Spa is opening its doors to "Mind, Body & Soul," a women-only fundraiser benefiting AMI where the emphasis will be on looking good and feeling great.

Attendees have their choice of a free spa service — makeup application, blow-dry, manicure, mini-pedicure or a 20-minute massage. There'll be luxury-level door prizes, including a Linen Chest gift certificate, VIP tickets for the 2011 Just for Laughs Festival and a gift basket of Moroccan Oil products. And everyone receives a thank-you booster bag of gifts to take home. Traiteur La Bouchée will be catering a cocktail-supper, while personal trainer David Whiteman and the Kenatax Sports Physio staff will be on hand to offer health tips.

It's all included in the cost of a ticket, \$100. Call AMI and register promptly for the spa service you prefer. Availability is first come, first served. VISA and MASTERCARD accepted. \Box

What If ... continued from page 4

often they tend to snowball. The more you avoid your fears, the more you justify avoiding them. For instance, people who are agoraphobic, meaning afraid of the outside, worry about leaving the house, having a panic attack and embarrassing themselves. So they become housebound because that's where they feel safe. Their behavior reinforces and perpetuates the problem.

S&C: Are certain personality types more prone to anxiety?

JR: Some evidence suggests that a tendency towards anxiety may be genetically based. Anxious babies typically grow up to be anxious children who often become anxious adults. Temperaments tend not to vary as a function of parental care. But as I tell my students, having genes that predispose you to a certain behavioral trait doesn't mean you're stuck for life. It's not like having blue eyes. Very often with experience, teaching and learning, you can overcome what you've been given at birth. You may not conquer it, but at least you'll deal with it effectively.

S&C: How are anxiety disorders treated these days?

JR: The psychotherapy that seems to be working best now is cognitive behavioral therapy [CBT]. The cognitive part is identifying the triggers, thinking about what makes you anxious. The behavioral part is about changing your thoughts and/or your usual responsive behavior.

S&C: Is this a long-term process?

JR: It can be, depending on the severity. Usually it's very brief. We see results even within three months.

S&C: What about medication?

JR: Medications are often prescribed for OCD and generalized anxiety disorder. Antidepressants seem to be most effective as they provide a long-acting anti-anxiety effect. That's important because OCD anxiety tends to be chronic and unremitting. For anxiety that's more acute and of shorter duration, panic attacks and phobias, for example, benzodiazepines such as Xanax can be helpful. But medication isn't a must for everyone. It's not essential for phobias, for instance, because they respond very well to psychotherapy.

S&C: What occupies your practice most?

JR: The great majority of clinical psychology cases are either anxiety or depression. It's very rare that we'll see someone who's depressed who is not anxious about something. I'd say between 75-80 percent of depressed patients have some sort of anxiety problem. It doesn't hold true in reverse, though.

S&C: We hear so much about anxiety these days. Is this mental health concern relatively new?

JR: Not at all. Even before Freud there was talk of people who had extreme, almost pathological levels of anxiety. In those days there wasn't much help for them. Freud with his psychoanalytic therapy was one of the first who allowed people to function more effectively. But it takes forever and it would cost a patient a fortune. That's why, if you see a psychologist about your anxiety disorder, you're not likely to receive any Freudian type of treatment today. Besides, CBT works quickly and a lot more effectively.

MONTREAL WALKS FOR MENTAL HEALTH

Such a good idea, it's on again

Then you can be part of an event that benefits both you and a cause that's dear to your heart—once is not enough.

So Montreal Walks for Mental Health is backfor a second year, October 24, 11:00am, starting this time at Phillips Square (Ste-Catherine and Cathcart Sts. downtown, right across from The Bay). Again it's an easy 5km walk. There'll be refreshments waiting at the finish and you'll have the chance to chat with representatives of the organizing partners. Honorary co-chairs are two well-known personalities, Margaret Trudeau and François Massicotte.

The walkathon has the goal of boosting awareness of mental health, reducing the stigma associated with psychiatric illnesses and raising funds for the participating organizations. In addition to AMI, they include Agence OMETZ, CSSSs Cavendish and de la Montagne, Cummings Jewish Centre for Seniors, Fondation de l'Hôpital Louis-H. Lafontaine, Douglas Institute, L'Abri en Ville and Forward House.

Last year's successful event attracted over 600 participants. Many were in teams with friends or family. Try it yourself, it's lots of fun. Just be at Phillips Square at 10:00am to register. The walk goes rain or shine and you're bound to have a healthy, happy day.

For more information, contact Noga Yudelevich, **noga@cummingscentre.org**;



 $Hundreds\ turned\ out\ for\ last\ year's\ walk athon$

Marcie Klein, marcie.klein@ometz.ca; or call the Fondation Louis-H, 514-251-4141. □

FALL 2010

October 13: Mind, Body and Soul fundraising event at Avanti Le Spa, 5:30pm.

October 27: Low-Beer Memorial Lecture. Living Homeless: My learning from street life. Jijian Voronka and Sonia Côté. Oscar Peterson Concert Hall, Concordia University, 7141 Sherbrooke St. West, 7:00pm.

SUPPORT GROUPS

Mondays 7:30pm 4333 Côte Ste-Catherine Road unless otherwise indicated. No registration necessary.

FAMILY for relatives

September 13, 20, 27; October 4, 18, 25; November 1, 15, 29; December 6, 13, 20

SIBLINGS AND ADULT CHILDREN

September 20; October 18; November 15; December 13

DEPRESSION for consumers and relatives

September 27; October 25; November 29; December 20

BIPOLAR DISORDER for consumers and relatives

September 27; October 25; November 29; December 20

OBSESSIVE COMPULSIVE DISORDER

for consumers and relatives

September 20; October 18; November 15; December 13

HOARDING GROUP

(in collaboration with Quebec OCD Foundation)

September 13; October 4; November 1; December 6

ANXIETY for consumers and relatives

September 13; October 4; November 1; December 6

KALEIDOSCOPE for consumers

September 20; October 18; November 15; December 13

PAC Parents of Adult Children

7:00pm at AMI

September 14; October 13; November 9; December 8

SOUTH SHORE for relatives

Wednesdays 6:30pm

For location call 514-486-1448

September 8, 22; October 6, 20; November 3, 17; December 1, 15, 29

LIFELINE for consumers

I Tuesday every month 1:00-3:00pm Alternative Centregens, 5770 Auteuil, Brossard

Call 450-445-5427 for dates

Call 450-445-5427 for dates

HOLIDAY PARTY

December 5

BOARD MEETINGS

Tuesdays 7:00pm at AMI

October 5; November 2; December 7

Talk about DREAMING BIG!

Three top U.S. neuroscientists are staking their reputations on a radical approach to studying mental illness

oes early brain development hold the key to the origins of mental illness? If so, the mystery may well be solved at the Lieber Institute for Brain Development now being built in Baltimore, Maryland. The nonprofit institute will be an independent affiliate of Johns Hopkins University.

The three founding scientists are outstanding in their fields. They include Daniel Weinberger of the National Institute of Mental Health, known for using brain imaging and genetics to study mental illnesses; Ronald McKay of the National Institute of Neurological Disorders and Stroke, whose lab was among the first to use stem cells to treat neurodegenerative diseases in animals; and Solomon Snyder, a Johns Hopkins neuropharmacologist renowned for his work on brain receptors.

The Lieber Institute's research agenda will include basic science and developing treatments for schizophrenia based on what is learned from probing early brain development. This developmental focus makes Lieiber unique among scientific institutes.

The lion's share of start-up funding comes from a New York investment banker and his wife. The couple has a daughter with schizophrenia and has led a major charity supporting research into mental illnesses for over two decades. Their interest was aroused by studies suggesting that the neural patterns that lead to schizophrenia are present at birth. Substantial financing was also received from a family foundation in Cleveland.

The institute will have plenty of breathing room, beginning with 30,000 square feet of space for labs. Weinberger expects to recruit 50 to 100 staff members within the next five years. Five initial projects will focus on stem cell biology, developmental neurobiology, neurogenetics and imaging. A drug-discovery unit will also be set up.

Other plans for the future include guest-researcher exchanges with the nearby National Institutes of Health and possibly partnering with the agency to conduct early-phase clinical trials. Contrary to the norm, the institute will make its cell lines and data freely available.

In a recent interview, the three founders reflected on why they're giving up long-established programs for this new venture. The appeal: the freedom to pursue risky projects that's missing in grant-driven academia and opportunities to interact with industry. And then, it was noted, there's the cherry on the sundae: the wonderful opportunity not to be worried about profit. \Box

Information excerpted from a feature in SCIENCE, July 9, 2010, by Jocelyn Kaiser.

emory is one of the keys to human identity. It's indispensable in helping us to make sense of the world and our place in it. Sometimes it keeps us from repeating our same mistakes.

One of the more devastating effects of depression is the memory loss that accompanies the general decline in engagement with

life. Time seems to pass without the usual sense of accomplishment. Sometimes it trickles to a stop, other times it gallops ahead like a racehorse. Appointments are missed, phone numbers, keys and glasses disappear. A general feeling of

THE DEPRESSION-MEMORY CONNECTION

you can do something about it

incompetence and frustration compounds the mood of irritation.

We all go off-track occasionally: where did I leave my magazine? What did I come for here in the kitchen? Finding it difficult to concentrate and remain in the present plays havoc with committing material to memory. The brooding that accompanies depression frequently trumps what you're doing at any moment; if you don't notice something while it happens, it's unlikely you'll remember it later on.

Help yourself

One thing you can try to help maintain your focus is easing up and sticking to less complex activities. Trying to accomplish something major like filing taxes will just be frustrating during a depressive episode. If you can postpone intricate tasks or have someone help you with them, you can avoid the feelings of failure that only deepen depression.

Consider keeping a journal. Committing thoughts and appointments to paper is a simple and pragmatic technique for managing a wayward memory.

Most people use some sort of agenda to organize their lives, but for those suffering from depression it's also helpful as a record of emotions associated with events. Describing a feeling pinions it and can help it seem more under control. Sometimes keeping a diary can also serve as a clue to recognizing circumstances or people that may trigger depression. Selective attention to our sur-

roundings acts as a filter of our perceptions and forms the basis of what we remember.

There are many reasons for trying to maintain a routine during a depressive episode. Just going through the motions can be helpful. Even a loose, minimal structure can provide the boost you need to get up in the morning. Keeping a bedside notepad

can prompt a recall of any plan you made the day before.

It's good to be very specific about your schedule. Keep it simple but as detailed as possible. And don't forget to allow time for things you enjoy doing.

Depression removes a sense of enjoyment. Consulting your journal can remind you of something you like to do as well as prompting you to do it.

Another technique to stimulate memory is to talk to friends and family members about events you may have shared, whether they were pleasant or not. Don't be tempted to re-hash things that are better forgotten, but try and recapture times and moods that may have been simpler and happier.

What our brain selects to perceive, store and recall from many complex experiences sometimes pops up totally unexpectedly. We've all had distant memories resurface while walking down a particular street, hearing a piece of music or getting a whiff of a certain food. Understanding how our thoughts are triggered by our senses can sometimes help elicit important and comforting memories we thought were lost forever.

Memories can comfort us and also deceive us. We all forget things that have happened and remember things that haven't. Knowing a bit about the very complex working of our brains helps us recognize the wide range of what's normal and understand what we can expect of ourselves. \square

Text adapted from an article by Wendy Campbell in *Moods magazine*, Spring 2010. She recommends reading *In Search of Memory: The Emergence of a New Science of Mind* by Eric Kandel, 2000 Nobel Prize recipient for his work on memory.

TRIBUTES & MEMORIALS

In honor of the Stand Up For Mental Health comedians

Joanne Smith

In honor of Phyllis and Robert Friedman's 50th wedding anniversary

Mona Golfman and Irwin Woods

In honor of Sylvia Itzhayek's birthday

Sherry Ellen Pam Litman In honor of Gail Bernstein and David Mizrahi's 25th wedding anniversary

Marsha Bernstein Cenni and Jak Mizrahi

In honor of Roni Gandel's birthday

Lynn and Andy Nulman

In honor of Pat and Paul Rubin's 50th wedding anniversary

Elaine and Ted Matthews
Rochelle and Norman Malus

In memory of Steven Witt

Mona Golfman

In memory of Michael Kotler

Lynn and Andy Nulman

In memory of Éliane, Samuel and Henri Amzallag

Alain Amzallag

In memory of Oscar Weinstein

Donna Kuzmarov

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		
	Member	rship
Membership includes the quarterly <code>Share&Care</code> , 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 re	new 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		
	Donati	one
Donations (Tax deductible Business Number 89652 4071 RR0001)		
I wish to support your work with a donation		
\$50 Sponsor \$100 Sustaining Donor		
\$250 Patron		
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

2

Club ... continued from page 2

life. That applies even if you go through a rough patch, you're in hospital, say, and can't come in for a while. Just show up when you're ready and the welcome mat will be out. There are no waiting lists.

McLellan has researched and studied the clubhouse model in depth and she marvels at its positive effects. "It's amazing what happens," she says. "I'll ask a visitor, 'What are your interests?' The answer too often reveals their lack of self-confidence: 'Because of my medication and symptoms, I haven't really been involved in anything for a long time. I'm not sure I can do anything here.' But when I explain our activities, they see immediately how they could fit in. Being accepted, focusing on wellness, on what's happening today rather than what happened in the past, that restores power and control."

Share&Care spoke with McLellan a mere 10 days after Donald Berman UP House opened. She said she'd seen members change in that short a time. "It's a most remarkable experience," she added.

Donald Berman UP House is located at 6909 Decarie Blvd., one block north of Vezina. Phone: 514-764-5599. E-mail: ruth.mclellan@uphouse.org

To learn more about the clubhouse model, visit www.iccd.org



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

ami québec

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.

Annie Young, President
Danielle Gonzalez, Vice President
Jean-Claude Benitah, Vice President
Joseph Lalla, Secretary
Anna-Beth Doyle, Treasurer
Renée Griffiths, Immediate Past President
Ella Amir, Executive Director

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.

5253 Décarie, Suite 200, Montréal, Québec H3W 3C3
Telephone 514-486-1448 Toll-free 1-877-3030-264 Fax: 514-486-6157
Internet: www.amiquebec.orgE-mail: info@amiquebec.org

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