

# THE NEW MENTALITY

DISABLE THE LABEL 2013

## Youth Engagement in Mental Health

JULY 16-19, 2013, YMCA GENEVA PARK, ORILLIA, ONTARIO



**Disable the Label 2013**  
**On-Site Program**

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# THE NEW MENTALITY

## DISABLE THE LABEL

Disable the Label is an annual summer training program for community organizers in the mental health system. It is organized and hosted by The New Mentality, a program of Children's Mental Health Ontario (CMHO). Founded in 2007, The New Mentality is a network of youth-led groups across Ontario who "Disable the Label" of mental illness. We are a community of practice in youth engagement that ignites change in the mental health system and beyond. Together with youth and their allies across the province, we mobilize youth to decrease the stigma surrounding mental illness, and increase youth leadership and influence within community-based counselling centres.

[www.thenewmentality.ca](http://www.thenewmentality.ca)

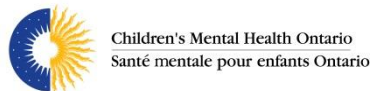
Catherine Dyer, Program Manager, The New Mentality  
Children's Mental Health Ontario  
40 St. Clair Ave. E., Suite 309 Toronto, ON M4T 1M9  
416-921-2109 x33

Our network consists of 13 partnerships with community mental health centers. Each group will have 5 to 15 youth meeting at least bi-weekly and reaching out across their communities to other youth. For the 2013-14 year, we will have the following agency partners supporting New Mentality groups:

1. Algoma Family Services (Sault Ste. Marie)
2. Delisle Youth Services (Toronto)
3. Dufferin Child and Family Services (Orangeville)
4. East Metro Youth Services (Scarborough)
5. Huron-Perth Centre
6. New Path Youth & Family Services (Barrie)
7. Open Doors for Lanark Children and Youth (Smiths Falls)
8. Pathways for Children and Youth (Kingston)
9. Phoenix Centre (Pembroke)
10. Reach Out Centre for Kids (Burlington)
11. Sarnia-Lambton Rebound
12. Windsor Regional Children's Centre (Windsor)
13. Youth Services Bureau

**The New Mentality would like to thank its generous Funders for their support,**

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# THE NEW MENTALITY

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## Youth Engagement in Mental Health

### Tuesday, July 16

6:00pm DINNER  
7:00pm Creative Reflection  
9:30pm Camp Fire

### Wednesday, July 17

7:00am (Optional) Yoga  
8:00am BREAKFAST  
9:30am Knowledge Circus  
12:30pm LUNCH  
2:30pm Leadership Discovery  
4:15pm SNACK BREAK  
4:30pm Solo Discovery  
6:00pm DINNER  
7:30pm Self-care Market Place  
9:00pm Camp Fire

### Thursday, July 18

7:00 am (Optional) Yoga  
8:00 am BREAKFAST  
9:30 am Reflective Painting  
10:45am Story Telling Market Place  
12:30pm LUNCH  
2:30 pm Self-directed Learning  
4:15 pm Outdoor Game  
6:00 pm DINNER  
7:30 pm Talent (Not Required)  
Show

### Friday, July 19

7:00 am (Optional) Yoga  
8:00 am BREAKFAST  
9:30 am Action Planning  
12:00 pm LUNCH  
1:30 pm END

## **YOUR HOSTS**



**Phyllis Novak**

Phyllis narrates and directs the cultural traffic of SKETCH, a working arts studio for street involved and homeless youth. Phyllis' "joie de vivre", LOVE and radical gratitude lights the way for this emerging movement of capacity-focused youth work.



**Violetta Ilkiw**

Violetta is a thought leader in the youth engagement/organizing world. Her big-picture thinking and enormous heart make her a powerful healer and community organizer. Violetta is also a Homeopath, skilled facilitator and world traveller.



**Myron Khatheer**

Myron is a Team Leader at Youth Services Bureau and a student at Algonquin College. When Myron's not doing youth work as a facilitator and community organizer, they're into meditation, yoga, hula-hooping, dancing, adventuring and raving.



**Peter Gindl**

Peter's been in Youth Engagement field for 4 years. He's a "regular" at the Youth Services Bureau of Ottawa and the Centre of Excellence for Child and Youth Mental Health. Although he likes to jump right in and stir things up he's an analytic thinker.



**Carolyn Quan**

Caralyn is a Community Worker extraordinaire. She animates and coordinates The New Mentality program and is a great process-oriented planner and thinker. She loves riding her bike and is a fierce hockey player.



**Cathy Dyer**

Cathy has been privileged to co-create The New Mentality among such beautiful people across the province. Cathy is a skilled facilitator and program designer. She loves considering the Great Mystery through quiet meditation.



**Frances Ruffolo**

Frances is a Manager at CMHO where she promotes and advances community mental health services for youth. Frances is into fitness and reading. She's run in many marathons.

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### SPECIAL GUESTS



**Jennifer Lewington, reporter**

Jennifer writes a weekly roundup of business school news for The Globe and Mail. She's also a freelance writer for Professionally Speaking, the magazine for the Ontario College of Teachers.



**Barney Savage, Government of Ontario**

Barney is a Senior Advisor to the System Transformation Team at Government of Ontario's Ministry of Children and Youth. He's also been the Director of Public Policy at the Centre for Addiction and Mental Health, a position he has held since September 2006.



**Vani Jain, McConnell Foundation**

Vani is a Program Officer at the J.W. McConnell Family Foundation. She was a Director for the Schizophrenia Society of Ontario. Vani is joining us on Thursday to learn more about youth engagement in mental health.



**Gordon Floyd, CMHO**

Gordon is the CEO of CMHO. He was the chief of staff to three Leaders of the Opposition in Ontario and VP for the Canadian Centre for Philanthropy. Gordon was honoured the Award of Excellence in Policy Leadership by Carleton University in 2002.



**Alisha Henson, McGill University**

Alisha is a PhD student in Counselling Psychology at McGill University. Her research is focused on self compassion and youth engagement. Before now, she was a Therapist for the Phoenix Centre. She has a MA in Creative Art Therapy and has a college degree in dance, singing, and acting.



**Joanne Johnston and Margo Warren, CMHO**

Joanne is a social worker and leader. She's been a Director for Vanier, Peel Children's Centre and now for CMHO. Margo is the Manager of Public Policy at CMHO.



## SPECIAL PROJECTS

These are the special projects going on this year in addition to our regular program



### RESEARCH STUDY

**Participants needed for research study!**



Alisha Henson, from McGill University, is studying the benefits of youth engagement. Youth are invited to complete a 15-20 minutes questionnaire package. The results of the research will be presented at psychology conferences, used for reports, and published in academic journals. For more information, [alisha.henson@mail.mcgill.ca](mailto:alisha.henson@mail.mcgill.ca).



### DOCUMENTARY

**Participants needed for documentary!**

Edison Javier Dueñas is a Community Artist at SKETCH and is graduating from the Digital Media Arts Program at Seneca College. He is producing, directing and editing a short film about the transformation process of participants in Disable the Label as they lose their fears and gain a more positive view resulting in a better community benefitting us all.



Ontario  
College of  
Teachers

### MAGAZINE ARTICLE

**Participants needed for magazine article!**

Jennifer Lewington will be interviewing youth and participating in Disable the Label for her upcoming article for Ontario teachers.









## Tuesday Evening

### Creative Reflection (7:00 PM to 9:30)

Join our creative personal reflection & sharing. Think about leadership. What are our underlying motivations and fears? How do we self identify?

#### Instructions:

Find a partner and share a time you had to do something and it made you feel afraid/fearful. Now share a time you felt very hopeful.

Alone: think about the name you call yourself (activist, mother, child of abuse, cancer survivor, program manager). List all the names you can. These are all the different ways we identify ourselves.

Now, sit for a moment and think about how big life is. Are these names enough to hold the bigness of you? What would you name yourself if it was without fear and without hope?

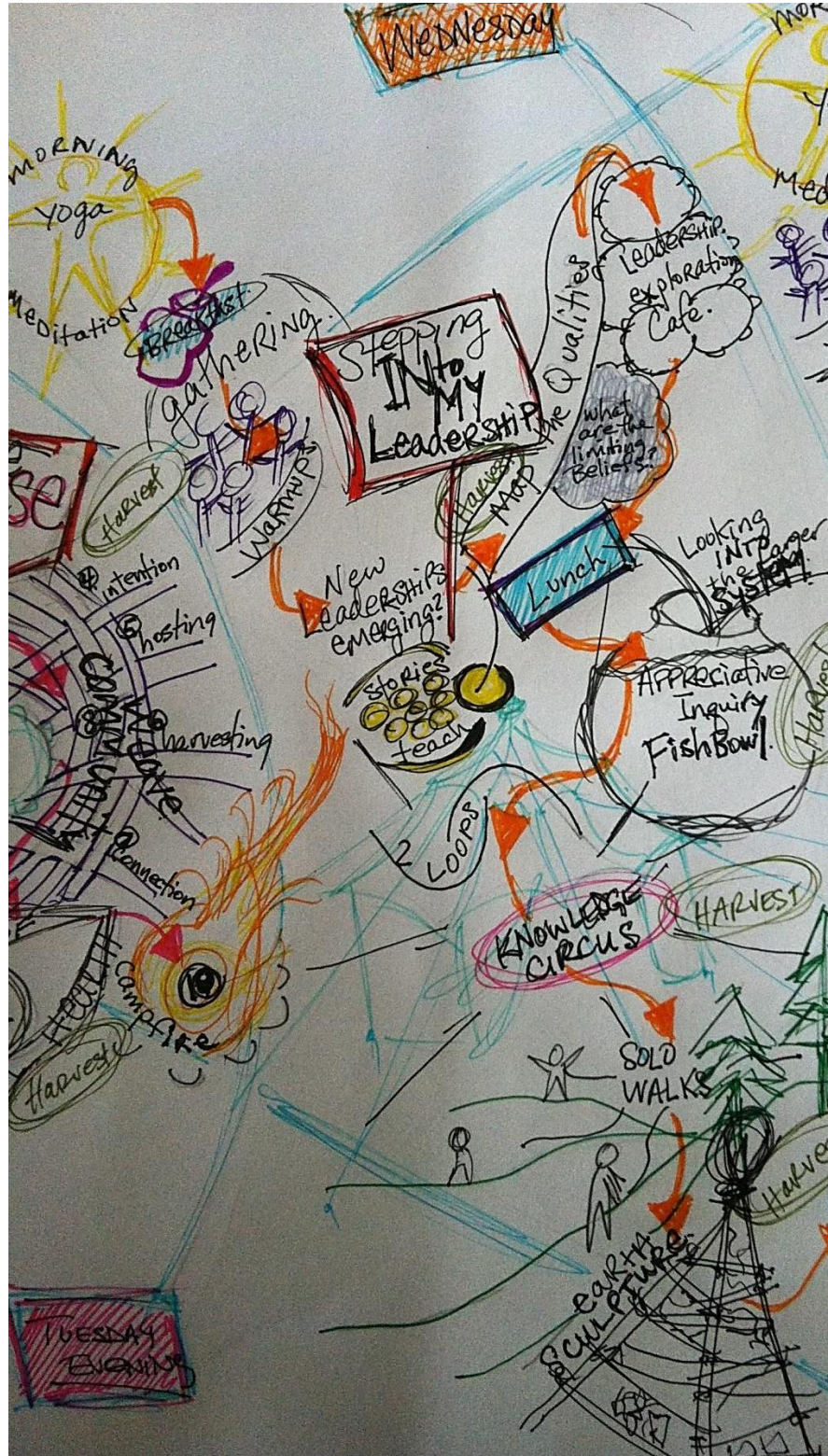




# THE NEW MENTALITY

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Wednesday





## **Wednesday Morning**

### **Leadership & Knowledge Circus (9:30 AM – 12:30)**

#### **Part 1: Opening Circle (9:30)**

Welcome to the day. Share your experience and learn the power of Circle. We will provide a short teach on appreciative inquiry method, why it's used, what its purpose is, and how to structure questions.

#### **Part 2: Appreciative Inquiry (10:30)**

Learn about the mental health system. Learn from three experts in the mental health system. Ask them questions, learn from them what is happening and how things work. Join the conversation.

#### **Part 3: Knowledge Circus (11:30)**

Purpose: Identify your leadership role. Where/ how do we see ourselves in the larger system? What could change look like? Where do I stand? We are a part of the system. We can be pioneers, networkers, influencers, illuminators. Each one of us plays a role.

## **Wednesday Afternoon**

### **Leadership Discovery (2:30 – 6:00)**

#### **Part 1: Leadership Conversation Café (2:30)**

This is a deep & soulful reflection on leadership. What are my leadership role/ style? What new forms of leadership are emerging? We are part of making change happen. Questions are asked that give room to emerge limiting beliefs. What is the big vision? What inspiring leadership qualities are needed now? What kind of leader makes does it make sense for us to be?

#### **Part 2: Leadership Teach (3:30)**

We will explore different leadership theories and models. (i.e., Walk out Walk on, Hero to Host, servant leader, collaborative leadership, etc.).

#### **Part 3: Earth Art (4:30)**

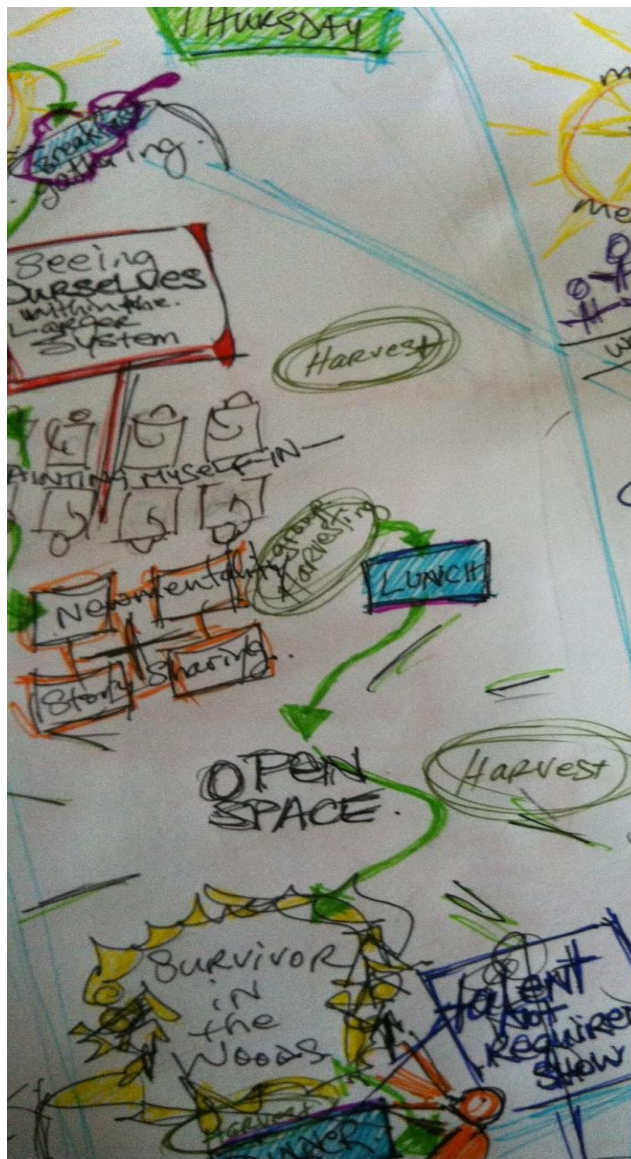
This is a solo exercise, a reflection to touch in with the earth. We bring an object from the forest to create something that connects to a larger earth sculpture set up outdoors. It is an exploration of limiting beliefs, things that are stopping my inner-leader from emerging.

## Wednesday Evening

### Self-care Market Place (7:30 – 9:00)

Share self-care strategies. What do you do for self-care? What can you share?

## Thursday





## **Thursday Morning**

### **Sharing Our Skills (9:30 – 12:30)**

#### **Part 1: Reflective Painting (9:30)**

With rolls of paper, paint and brushes, we name ourselves first as a unit & then to reflect on how we interpret ourselves within the system.

#### **Part 2: Story Telling Marketplace (10:45)**

Share skills & learn about our own leadership by shopping for skills & ideas. Half the group presents & the other half listens and feeds back what they learned. We listen for bigger systems change questions.

## **Thursday Afternoon**

### **Self-directed Learning (2:30 – 6:00)**

#### **Part 1: Open Space Technology (2:30)**

This is a chance to have deeper conversations to strategize what you need to build your group's strength.

#### **Part 2: Outdoor Game (4:15)**

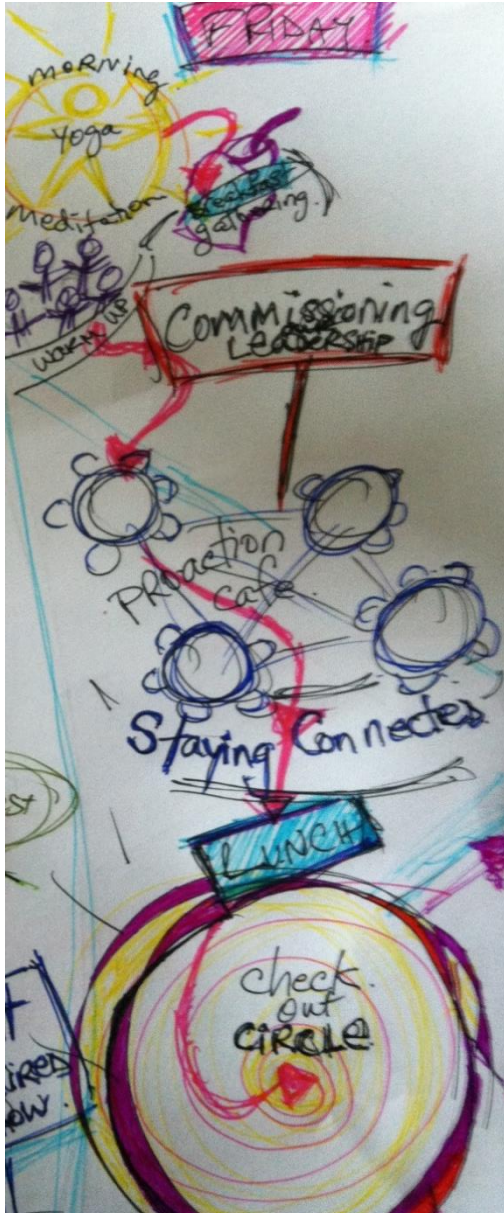
We are going to reinforce concepts of fluid, shared leadership, goal-setting, collaborative work/ connecting by running in the woods doing strange team building things that Phyllis & Peter make us do! FUN.

## **Thursday Evening**

### **Talent (Not Required) Show (7:30-9:00)**

FUN, FUN, FUN!

## Friday Morning



### Action Planning and Closure (9:30 – 1:30)

#### Part 1: Pro-action Café (9:30)

We will close the week with clarity on action. We'll know how to build on growing connections among groups and others. How we will commit to staying connected? We will identify actions we can take to support one another in real ways

What is the activity that would serve the group?

#### Part 2: Closing (11:30)

We hear all voices and thank volunteers and undo the weave.



## **RESOURCES**

### **Leading Change**

*RESOURCE: Art of Hosting: [www.artofhosting.org](http://www.artofhosting.org)*

#### **New Solutions Are Needed**

The problems we face compel us to find new solutions. These solutions are better, easier to find and easier to do if they are co-created by everyone who is impacted.

#### **New Solutions Grow Between Chaos and Order**

If we want things to change, we have to be willing to let go of what we know and step into not knowing. Change happens at the edge of chaos, or in the space between chaos and order. The way to any major change or transformation will go through chaos into new order.

#### **Conversations Matter**

It is common sense to bring more people together in conversation. It is the way we have done it in generations past, gathering round fires and sitting in circles. Conversation is the way we think and make meaning together. It is the way we build strong relationships that invite real collaboration.

#### **Meaningful Conversations Lead To Wise Actions**

Human beings that are involved and invited to work together only pay attention to that which is meaningful to them. Conversations that surface a shared clarity on issues of importance foster ownership and responsibility when ideas and solutions must be put into action. Actions that come out of collective clarity are sustainable.

## World Café

Resource: [www.theworldcafe.com](http://www.theworldcafe.com)

Brown, J. & Isaacs, D. (2005). *The World Cafe Book*. San Francisco: Berrett Kohler Publishers Inc.

### What is World Café Good For?

World Café is a great way of fostering interaction and dialogue with both large and small groups. It is particularly effective for information sharing, relationship building, deep reflection exploration and action planning.

### Operating Principles of World Café:

1. Create hospitable space
2. Explore questions that matter
3. Encourage each person's contribution
4. Connect diverse people and ideas
5. Listen together for patterns, insights and deeper questions
6. Make collective knowledge visible

### General Flow of a World Café:

1. Seat 4-5 people at café-style tables or in conversation clusters.
2. Set up progressive rounds of conversation, usually of 20-30

minutes each—have some good questions!

3. Ask one person to stay at the table as a “host” and invite the other table members to move to other tables as ambassadors of ideas and insights
4. Ask the table host to share key insights, questions, and ideas briefly with new table members, and then let folks move through the rounds of questions.
5. After you've moved through the rounds, allow some time for a whole-group harvest of the conversations.

When planning a café, make sure to leave ample time for both moving through the rounds of questions (likely to take longer than you think!) and some type of whole-group harvest.

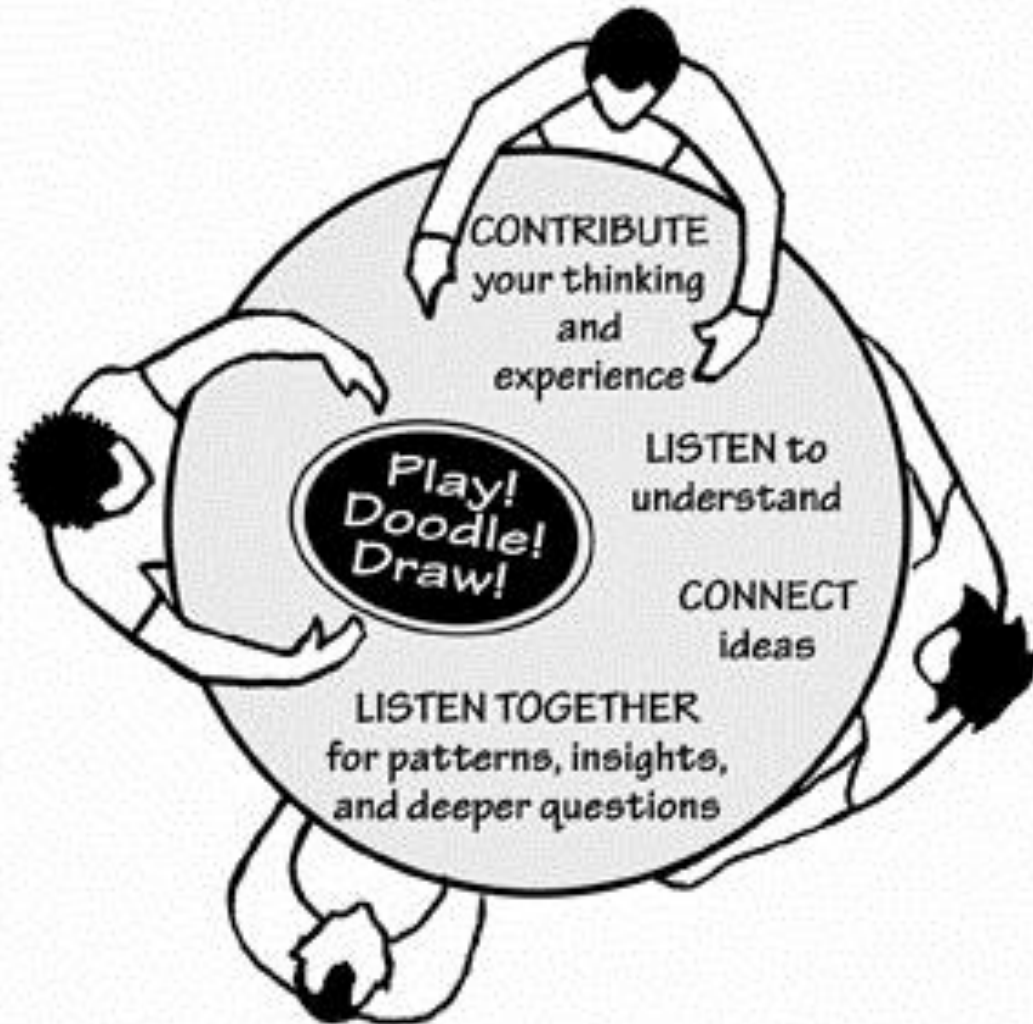
### Materials Needed:

1. Small tables (36-42”), preferably round
2. Chairs for participants and presenters
3. Tablecloths
4. Flip chart paper or paper placemats for covering the tables
5. Markers
6. Flip chart or large paper for harvesting collective knowledge or insights



## CAFÉ ETIQUETTE

**FOCUS**  
on what matters!



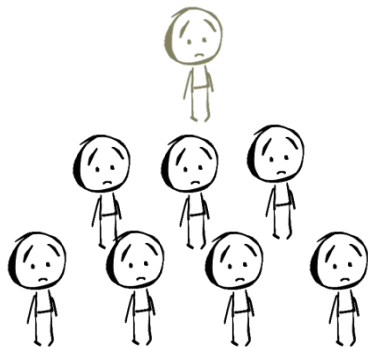
## Leading

Resource: Margaret Wheatley, [www.berkana.org](http://www.berkana.org)

1. We only support those things we are part of creating
2. We pay attention only to that which is meaningful to it here and now
3. We are always in constant change
4. Diversity increases our chance of survival
5. All the answers do not exist 'out there'—we must experiment to find what works, not what is right
6. We can't be controlled— only nudged to see things differently
7. We change only when see ourselves differently
8. Who we are together is always different and more than whom we are alone.

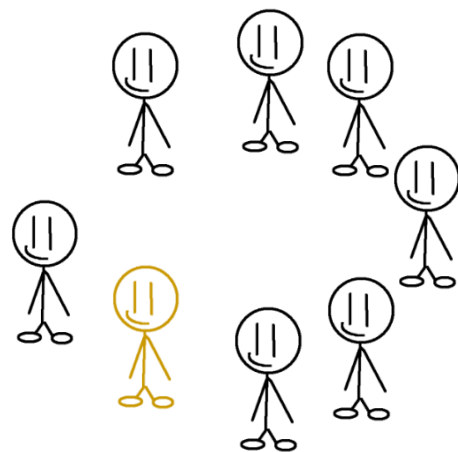
### No Top-Down

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### YES- CIRCLE

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## Four-Fold Practice of Art of Hosting

1. Being present
2. Engaging in conversations that matter
3. Hosting conversations that matter
4. Networking with other hosts





## Designing Meetings

*The Art of Harvesting* written by Monica Nissen and Chris Corrigan [www.artofhosting.org](http://www.artofhosting.org)

WHAT IF WE WERE PLANNING NOT A MEETING BUT A HARVEST?

### Stage 1: Sensing the Need

The need is not complicated; it is real and clear.

### Stage 2: Preparing the Field

A Host makes the field ready by creating awareness of the need.

The seriousness and quality of invitation for your meeting will determine the quality of what we reap.

### Stage 3: Planning the Harvest

Design your meeting:

1. What is your intention?
2. Who is going to benefit?

Making collective sense and meaning from the Harvest. Ask collectively: What did you notice? What gave sense and meaning to you? Notice the patterns—they indicate what is emerging.

3. How can we use the harvest?
4. What form or what media do we use?
5. Who should host or do the harvesting?

### Stage 4: Planting the Seeds

The questions become the seeds for harvesting.

### Stage 5: Tending the Crop

This is where we engage in conversation and exploration—where the richness of the harvest is born. The richer the conversation or exchange, the richer the harvest!

### Stage 6: Picking the Fruits

The simplest way to harvest is to record what is being said and done.

Use drawings and graphics to make complex issues manageable and visible

Or you can video the conversation—record both verbally and visually

### Stage 7: Preparing and Processing the Fruits

### Stage 8: Planning the Next Harvest—Feeding Forward

Most harvesting is done to bring closure to a process or bring us to the next level of understanding. More importantly, it helps us to know collectively, to see the same picture and share the same understanding together.

## Open Space Technology

Resource: [www.openspaceworld.org](http://www.openspaceworld.org)

Owen, H. (1997). *Open Space Technology: A User's Guide*. San Francisco: BerrettKoehler Publishers

The goal of an Open Space Technology meeting is to set the agenda by people with the power and desire to see it through.

### Principles of Open Space:

- Whoever comes are the right people
- Whenever it starts is the right time
- Whatever happens is the only thing that could have
- When it's over it's over

### Roles in Open Space:

1. Host—announce and host a workshop
2. Participant—participate in a workshop
3. Bumble bee—"shop" between workshops
4. Butterfly—take time out to reflect

### What is Open Space Good For?

Open space can be used in groups of 10 to 1,000—and probably larger. It's important to give enough time and space for several sessions to occur. The outcomes can be dramatic when a group uses its passion and responsibility—and is given the time—to make something happen.

### ***The Law of Two Feet:***

*If you find yourself in a situation where you are not contributing or learning, move somewhere where you can.*



## Mental Health

The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

## Mental illness

The Canadian Mental Health Association defined mental illness as a recognized, medically diagnosable illness that results in the significant impairment of an individual's mind, emotions and relational abilities. Mental disorders result from biological, developmental and/or psychosocial factors and can be managed using approaches comparable to those applied to physical disease (i.e., prevention, diagnosis, treatment and rehabilitation).

## Types of Mental Illness

**Mood disorders:** Depression, mania and bipolar

**Anxiety disorders:** Generalized anxiety disorder, post-traumatic stress disorder, obsessive-compulsive disorder, panic disorder

**Psychotic disorders:** schizophrenia

**Concurrent disorders:** addictions and substance abuse

**Personality disorders:** antisocial personality disorder, obsessive-compulsive personality disorder

You can't always see where it hurts





## **Mental well-being**

Wikipedia says, mental wellness is generally viewed as a positive attribute, such that a person can reach enhanced levels of mental health.

Wellness includes five life tasks—essence or spirituality, work and leisure, friendship, love and self-direction. It also includes a sense of worth, sense of control, realistic beliefs, emotional awareness and coping, problem solving and creativity, sense of humor, nutrition, sexuality, exercise, self-care, stress management, and cultural identity.

### **Cultural and religious considerations**

Different cultures, institutions and professions have very different ways of determining what is mentally healthy, and deciding what interventions, if any, are appropriate.

## **Emotional health improvement**

In order to improve your emotional health, the root of the issue has to be resolved.

Prevention emphasizes the avoidance of risk factors. Promotion aims to enhance an individual's ability to achieve a positive sense of self-esteem, mastery, well-being, and social inclusion.

It is very important to improve your emotional health by surrounding yourself with positive relationships and participating in activities that can allow you to relax and take time for yourself.

## **Therapies**

### **Group therapy**

Group therapy can include activity groups for expressive therapy, support groups (including the Twelve-step program), problem-solving skill-building groups.

### **Psychotherapy**

Psychotherapy is the general term for scientific based treatment of mental health issues. It includes a number of approaches such as cognitive and dialectical behavioral therapy.

**WHAT'S GOING ON**  
**I'M HERE FOR YOU**  
**THERE IS HELP**  
**YOU ARE NOT ALONE**  
**ARE YOU DEPRESSED**  
**I WILL LISTEN**  
**I WILL BE HERE FOR YOU**  
**I WON'T JUDGE**  
**I CARE ABOUT YOU**  
**THERE IS HOPE**  
**TALK TO ME**  
**HELP A FRIEND**

## Expressive therapies

Expressive therapies are a form of psychotherapy that involves the arts or art-making. These therapies include music therapy, art therapy, dance therapy, drama therapy, and poetry therapy.

## Meditation

Meditation provides an enhanced ability to recognize emotions in others and their own emotional patterns, so they could better resolve difficult problems in their relationships.

## Alternative therapies

There are many “alternative” forms of medicine and therapy such as traditional Chinese medicine, Ayurvedic medicine, homeopathy, hypnotherapy and more.

## Biofeedback

Biofeedback is a process of gaining control of physical processes and brainwaves. It can be used to decrease anxiety, increase well-being, increase relaxation, and other methods of mind-over-body control.

## Activity therapies

Activity therapies, also called recreation therapy and occupational therapy, promote healing through active engagement. Making crafts can be a part of occupational therapy. Walks can be a part of recreation therapy.

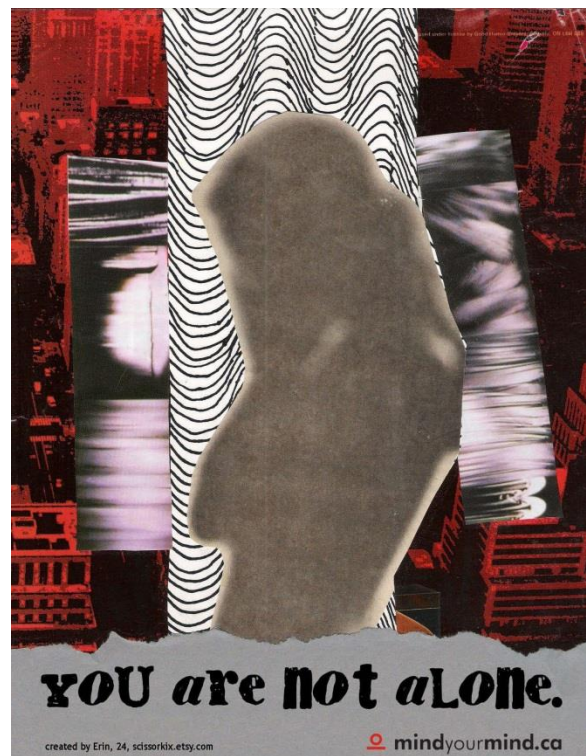
## Pastoral counseling

Pastoral counseling is the merging of psychological and religious therapies and carried out by religious leaders or others trained in linking the two.

## Medications

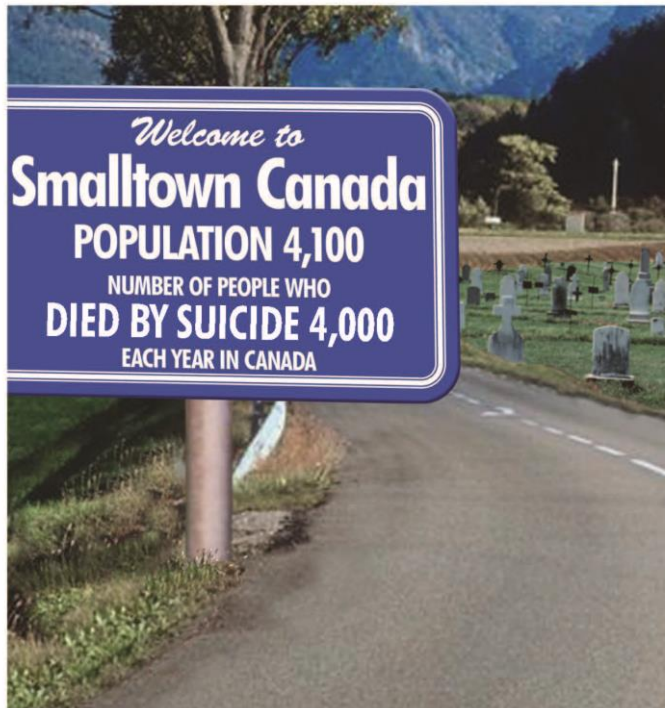
Psychiatric medications are taken to provide relief from mental illness by exerting an effect on the chemical makeup of the brain and nervous system.

1. Antidepressants, used for depression, and anxiety.
2. Stimulants, which treat disorders such as ADHD.
3. Antipsychotics, which treat psychotic disorders such as schizophrenia.
4. Mood stabilizers, which treat bipolar disorder.
5. Anxiolytics, which treat anxiety disorders.
6. Depressants, which are used as sedatives.



# The New Mentality

## DISABLE THE LABEL



**IF IT WERE THIS OBVIOUS,  
IT WOULDN'T BE SO EASY  
TO IGNORE.**



mindyourmind.ca designed by youth participants of the mindyourmind.ca Rural Anti-Stigma Campaign 2008



## Youth and Mental Illness

1 in 5 Ontarians under the age of 17 has a mental health disorder causing significant distress and impairing their functioning at home, at school, with peers or in the community.

The most common are anxiety, behavioural and depressive disorders.

When untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and even suicide.

Suicide is the 2nd leading cause of death (after accidents) among 10-19 year olds, and in 2005, it represented 19.7% of their deaths.

Canada had the 4th highest suicide rate among 15 to 19 year olds out of 29 OECD countries (Organisation for Economic Co-operation and Development).

"About half of Americans will meet the criteria for a DSM-IV disorder sometime in their life, with first onset usually in childhood or adolescence."

## Getting Help

Mental health services are available in Ontario by contacting Children's Mental Health Ontario ([www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)) for a list of your local accredited mental health service provider(s).

These services are free.

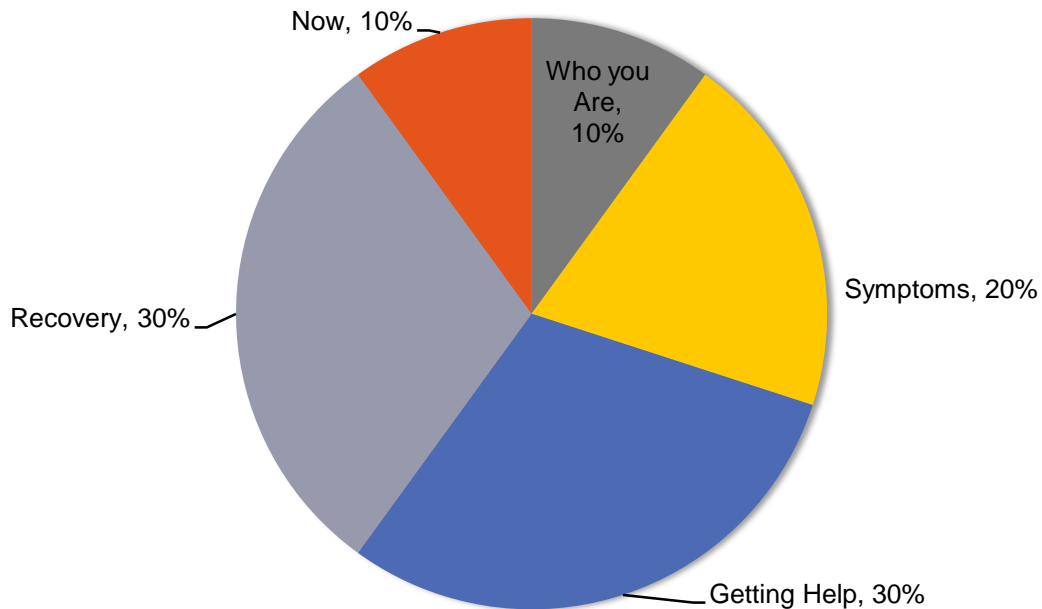
Your first contact call to a child and youth mental health centre will usually be answered by an intake worker who will collect information in a questionnaire and then give you an appointment.

Most children and youth are seen within a few days or weeks.

Private psychologists can provide mental health services. Private services are paid out of your own pocket, but may be covered by your personal insurance. You can find a private psychologist at [www.psych.on.ca](http://www.psych.on.ca).



## How to Tell your Story



## Telling Your Story Safely

The Liang House says to hit 5 points when telling your story of mental health. Here's how:

1. Start with who you are (1 min.)
2. What your poor mental health looked like (2 mins.)
3. Talk about how you got help (3 mins.)
4. What it's like for you in recovery (3 mins.)
5. Finally, what you are doing with your life now (1 min.).

### Remember...

You own your story- you decide what gets said.

Telling your story can be liberating but it can also be a scary thing to do.

Prepare for how you will feel after.

What are the important parts of your story? What do you want the audience to take away from hearing your story?

If you are too emotionally involved in an aspect of your story leave it out.

You don't have to answer any question you don't want to.

Everyone is rooting for you in the audience. They want to hear your story and will think you are tremendously brave, they are right.

# THE NEW MENTALITY

DISABLE THE LABEL

“Engaging youth to break the stigma of mental health and improve mental health services.”

