



# *Spinoff*

ROTARY CLUB OF WEST OTTAWA

Marcia Armstrong, President  
March 19, 2024 Reporter: Don Butler

**This meeting was Zoom only**

**Program:** Michelle Crogie, Parents' Lifeline of Eastern Ontario

Meeting video: <https://youtu.be/ACBhWo4hUtE>

### **We open:**

**President Marcia Armstrong** welcomed us to the 36<sup>th</sup> meeting of this 120<sup>th</sup> Rotary year. As we gather virtually, with most of us doing so on the unceded territory of the Algonquin, Anishinaabe people, let's be always mindful of their experience in the story of Canada. Learn about it, understand it, and act to make change.

Attendance: 43 members and three guests

### **Guests:**

**President Marcia** welcomed guest speaker Michelle Crogie and Marianna Aregbesola again. She hoped visitors and guests would consider joining us.

**O Canada** video: sung by Charlotte Cardin at the opening to an NBA game.

### **Presentation:**

Before introducing our speaker **Ginette Thomas** commented on the beauty of the O Canada rendition we had just heard.

**Ginette** then reminded us of the youth mental health event the Club is hosting April 27 and told us that our speaker Michelle Crogie was Executive Director of Parents' Lifelines of Eastern Ontario (PLEO), one of the partners in the event. PLEO is a non-profit agency that supports parents and caregivers who have children, youth and young adults with mental health and addictions issues. Michelle is a registered early childhood educator and holds a Masters of professional education from

Western University. She has over 30 years of experience in the field of support to vulnerable children and families.

Michelle took the floor and told us that PLEO supports families with youth dependents up to the age of 25 who are experiencing mental health and addiction concerns. PLEO is unique in that all its staff including Michelle have lived experience supporting youth with these concerns. Peer support is what PLEO is all about. They have been there.

Michelle then gave us a bit of PLEO history. In 1999 three mothers at CHEO discovered that they could support each other. An informal network evolved. In 2000 PLEO was established as a charity and continued growing. They now have about 20 employees and serve an area including Ottawa Pembroke, Cornwall, and others. They have allied with other service organizations. Their main funding is from the United Way and the Champlain LIHN. In 2022 PLEO got a best non-profit employer award from Charity Village. PLEO staff are not therapists and not experts, but they do have experience in supporting families. They help families to access mental health services, which can be complicated.

They have had training in SMART Recovery and Applied Suicide intervention. PLEO provides service with a helpline open Monday through Friday, parent support groups, and mobile one-to-one support. They also have newsletters listing the types of support available and discussing particular mental health topics.

## Q&A

**Don Butler-** measure success?

-Surveys and screening before and after specific programs

**Ken Murray** – Partner with LiveWorkPlay?

-Always looking for opportunities to partner.

**Gaye Moffett-** Are services free or prorated with Ontario government funding?

-Services completely free. PLEO has to apply annually to United Way. PLEO has to do a lot of fundraising, but they have private donors and other sources.

**David McGregor-** What happens when youth age out?

-PLEO support is to families. When the youth are older PLEO will help the family find other sources of support

**Ginette Thomas-** Did PLEO see changes during the covid period?

-Call volumes rose in 2021 and 2022 and there will be long term mental health effects.

**Wilmer Pulido** – what are the 3 to 5 main mental health challenges PLEO faces over the coming years? What could the Club do to be part of the solutions? Costs?

-On the main challenges, Michelle will check some PLEO statistics and get back to **President Marcia**. She would think anxiety, depression, self harming, school avoidance would be some of them. With more staff PLEO could handle more phone calls and do more person-to-person consultations. More funding.

**Brett Brooking-** Phone lines open 24/7?

-No. Mon-Fri 9am -7pm. More funding help here too.

**President Marcia-** when they were planning the April 27 mental health event, they consulted the Ottawa Carleton District School Board and the first thing they were told was that they could not do it without PLEO. Michelle's guidance and connections have been key in putting together the April 27 program.

**Marcia** will bring posters and other material about the April 27 event and asks us to put them up.

**Ginette Thomas** thanked Michelle, telling her she had found laudable the fact PLEO is using the experience of parents to help parents. And that the training makes that help more effective. **Ginette** also told about our gift to End Polio Now to mark Michelle's presentation

## **Announcements.**

**Caroline Dewitt** for the Environment Committee: reminded us of the Brewer Park cleanup on April 20, Earth Day.

Another environment and community service event would be the repair event to at the Jim Darrell Recreation Centre from 9AM to 2 PM on May 11. This is to encourage repair of tools, small appliances etc rather than scrapping them. Another volunteer is needed for the RCWO table at the event to promote NO MOW MAY in support of pollinators.

**Ken Murray** added that tools needing repair, could also be given to the Ottawa Tool Library rather than thrown away.

**Ken Murray** for the Awards Committee called for nominations for Paul Harris Fellow awards and also for the Lloyd Loynes Volunteer Service awards for having provided outstanding hands-on volunteer service in time and talent to our club projects. And/or provided outstanding service to the community. As we know those who volunteer are never looking for recognition in words, but it's our job, all of us to ensure that they are recognized. Nominations must be in to Awards Committee March 31.

**Gaye Moffett** for Visitors Day 28 May. Think of people you know who would add to our club. Invite them to join us at the Saint Elias centre and see what we do at Rotary. Committees will have tables to set up their displays, and guidelines will be provided on what the displays should show. A few selected Rotarians will give five minute elevator speeches on why they joined Rotary. The lunch will cost \$40 and we need 50 people present.

**Robert Eagle** was assured a continuous loop computer display would be OK.

**Lynne Fraser** for Soc and Rec: Solar eclipse watch party Monday, April 8, 1:30 to 4 o'clock. Maximum eclipse is 3:15 to 3:30. At chances R restaurant on Woodroffe Plenty of parking. Details to be provided by email.

**Gaye Moffett** reminded us about the RC Stittsville Trivia night March 22 where our Club would have three teams

**Graeme Fraser** told us about the Kanata RC Music Trivia night May 10 and called for us to have team. RCWO team had done poorly last year but had fun..

**Happy \$**

**Ginette Thomas** had won \$131 in a Rotary Catch The Ace which supports RC Ottawa Metro. She was going to donate her winnings to <https://www.foodforthought.cafe/> which cooks and provides meals to those who cannot cook.

**Hadi Mortada** was happy that a Rotaract bowling event for Minwaashin Lodge last week had done really well and thanked those who had covered for him in his absence.

**Dave Morton** was happy to be back from Japan, where he participated in the Tokyo Marathon thus completing his Six Stars ( the others are Boston, London, Berlin Chicago and NYC). They had also done some tourism and had a great time.

**John Kersley** had just taken delivery of a battery powered scooter to get around the neighborhood. Now Trudy wouldn't have to push him anymore.

### **Meeting ends**

**President Marcia** looked forward to seeing us at St Elias March 26 to wish farewell to **Ken** and Glenda and ended the meeting.

### **Cash Calendar winners**

<https://www.ottawarotarycalendar.com/2024-winners.html>

**Next Meeting**  
**Tuesday, March 26**  
**Hybrid**

Goodbye party for **Ken** and Glenda **Murray**

**NB Early "Doors open" 11:00.**

**Meet greet and mingle**  
**Group photo 11:45**

**Online and in person at St Elias centre**

Lunch after group photo. and meeting proper starts @ 12:30

**MC President Marcia**

Spinoff: **Don Butler**

Meeting log-in info: See meeting invitation or see rcwo.org for Club contacts.

**NB Hybrid meetings planned to restart at St Anthony Banquet Hall April 2**

