



THE BULLETIN



Rotary Club of Etobicoke

District Governor: **Valarie Wafer**

RI President: **Ron D. Burton**

Week January 15, 2014

Board 2013-2014

President: Michael Bell, Secretary: Ron Miller, Treasurer: Don Edwards

January 22, 2014. - Annual Robbie Burns Luncheon with Piper Jack Jackson

Reporting: Ron Miller

Pictures: Ron Miller & Peter Dusek

Big Ideas Forum: Youth Mental Health



Our panel of speakers was made up of the following:

Ewa Deszynski: Ewa is the Executive Director of The Etobicoke Children's Centre, which is a community based children's mental health centre in Etobicoke. The ECC serves children and families living, working or going to school in the Etobicoke area. Their services range from counselling to family programs, as well as intensive day programs for children affected by autism.

John Knox: John is the program director for Cameron Helps, which is an organization focusing on

increasing awareness around teen suicide, and which helps guide community organizations in delivering running therapy programs for their youths. The program has been delivered in both a clinical setting and through high schools and community centres.

Cindy Harris and Adrienne Leung: Cindy is the executive director and Adrienne works in various roles including social media and strategic planning for Addiction Free Youth. Addiction Free Youth is a non-profit organization that delivers school programs for the purpose of reducing and stopping unwanted habits and patterns of behavior in order to prevent them from becoming addictions. They are in 170 schools in North America, supporting educators, teachers and caregivers of youth in dealing with addictions of all kinds.

The issue

The panel discussed their concerns that mental health is like the "third rail" for families. Many times issues become swept under the rug. The statistics show that one out of every five kids and youth experience mental health challenges, but only 25% of them seek help. Ewa commented that if we had a child experiencing physical problems such as heart pains or a high fever, we would rush them to be seen by a doctor as soon as possible. That is not the case with mental health symptoms. Various reasons are believed to account for this. For one, the stigma of mental illness is still a significant deterrent to families. For another, the hope is that the child will "just grow out of" the behaviour or symptoms. Mental health is the unseen disability, and it leads to isolation and a compounding of the problems by the addition of anxiety and depression.

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The Big Idea?

Each organization focuses on different ways to help kids and youth. In the case of the Etobicoke Children's centre, they offer counselling and evidence-based treatment programs such as mindfulness based stress reduction programs (MBSR) to both children and their families, and one-on-one IBI treatment for children affected by autism. Their belief is that prevention is crucial – the sooner a child is diagnosed and treated, the better their long term outcome.

Addiction Free Youth focuses on helping young people to not only identify problem behaviours, and understand why they are not helping them in their lives, but to also help guide them to develop new behaviours and new habits. Many of their programs are delivered peer-to-peer, by the youths that have "graduated" from the program. They've found that the program works across many groups. Originally started as a program for adults, it now is delivered effectively to young people in both private schools and at risk schools, First Nations schools, and both rural and urban environments. After completing the program, 11 out of every 12 kids successfully beat drug addiction and the like.

Cameron Helps works with existing service organizations who already have a client base of young people, to in effect "piggy-back" on their other programs to enhance and support them. The recreational run program is inclusive, everyone is welcome, and there are no tryouts. The benefits are significant. Kids learn about the link between their diet, their exercise, and their mood and ability to concentrate. The focus is on counselling, providing inspirational speakers, creating an environment of belonging, and of course, running. It's been proven to reduce symptoms as varied as depression, Tourette's Syndrome, and anxiety.

The big challenges?

1.2 million people under the age of 35 suffer from mental illness. In addition to the stigma of mental illness, which creates barriers to seeking help, there continues to be a lack of available services to families. According to Dr. Dilkhush Panjwani, The

Queen Elizabeth II Diamond Jubilee Medal recipient who'd been honoured at our previous BIF, and who dropped in on Wednesday night, the mental health commission is targeting four main areas of focus to overcome the challenges:

1. Promoting education and anti-stigma campaigns
2. Evolving prevention programs
3. Improving intervention and treatment
4. Pursuing research and evaluation



We were left with a lot to think about, and perhaps found ourselves a little further along the line of understanding the issues facing one-fifth of youth and families in our community.

Thank You Notes – Ursula Adensamer

Secretary Ron received the following note from Ursula Adensamer;

"To all of Klaus' dear Rotary friends: Thank you for being there, for all your kind cards of sympathy and the beautiful flower arrangements that the club sent. Your thoughtfulness meant a lot. Yours with lots of good memories. Ursula and Family."

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Birthdays This Week



Robert Lychenko - January 13

Michael Lu - January 16

Tony Vella - January 19

Happy Birthday to on your happy day... ..

Secretary's Announcements



Our Luncheon meeting next Wednesday (January 22) will be our Annual "Robbie Burns Day" Celebration. Come and enjoy some haggis and scotch. As usual Jack Jackson will be our piper and will perform Robbie Burns' "address to the haggis". As well on Wednesday Alice Otupiri will talk about her work in Ghana.



Visitors & Guests

Visiting Rotarians:

- **Anmol Mirpuri** - York University Rotaract

- **Melisa Okanovic** - York University Rotaract

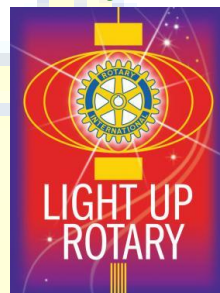
Visitors and Guests:

- **Cindy Harris** - Addiction Free Youth
- **Adrienne Leung** - Addiction Free Youth
- **Robert Harrison** - Addiction Free Youth
- **Ewa Deszynski** - Etobicoke Children's Centre
- **John Knox** - Cameron Helps
- **Dr. Dilkhush Panjwani** - Trillium Hospital Mental Health Unit
- **Doris Christensen** - Guest of Ingrid McGaughey
- **Barry Friesen** - Potential New Member

Attendance:

Members - 13
Visitors & Guests - 10
Total - 23

Rotary Theme for 2014-15



RI President-elect Gary C.K. Huang chose Light Up Rotary as his theme for 2014-15. Huang is urging club members to Light Up Rotary by hosting a Rotary Day in their community, continuing our fight against polio, and increasing club membership. "Light Up Rotary is more than our theme. It is how we make a difference -- every day, in every club, and every country we serve."