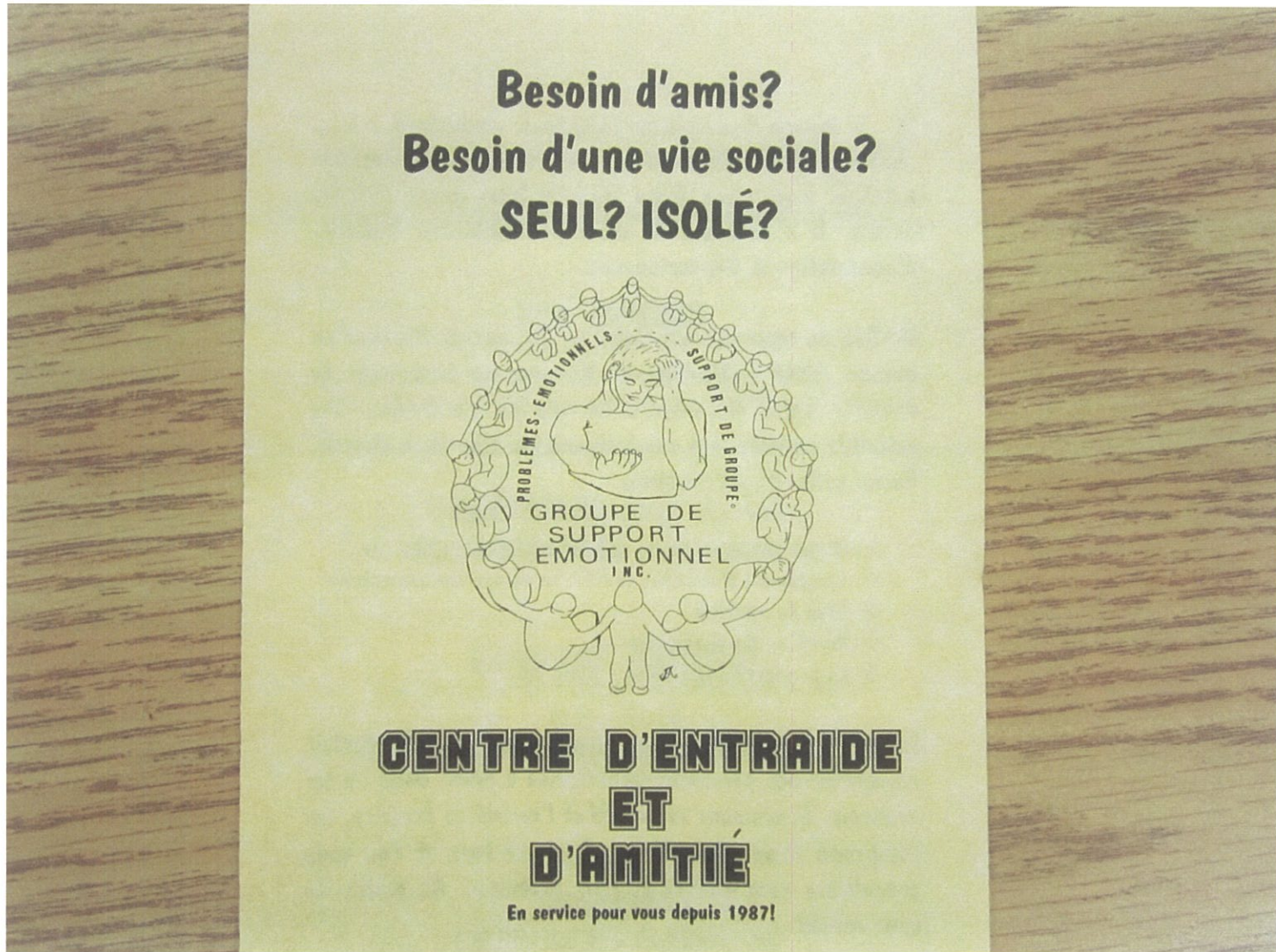


“EMBRACING OUR NEXT AWAKENING”

**Full Citizenship
in New Brunswick’s
Mental Health System**

**Eugène LeBlanc
December 2012**

LOCAL INITIATIVE: Groupe de support émotionnel inc.



PROVINCIAL INITIATIVE

Our Voice / Notre Voix

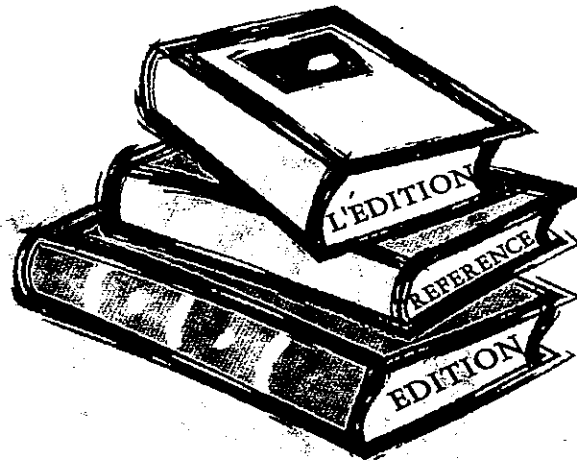
\$ Donation

If / Si possible

**OUR VOICE
NOTRE VOIX**

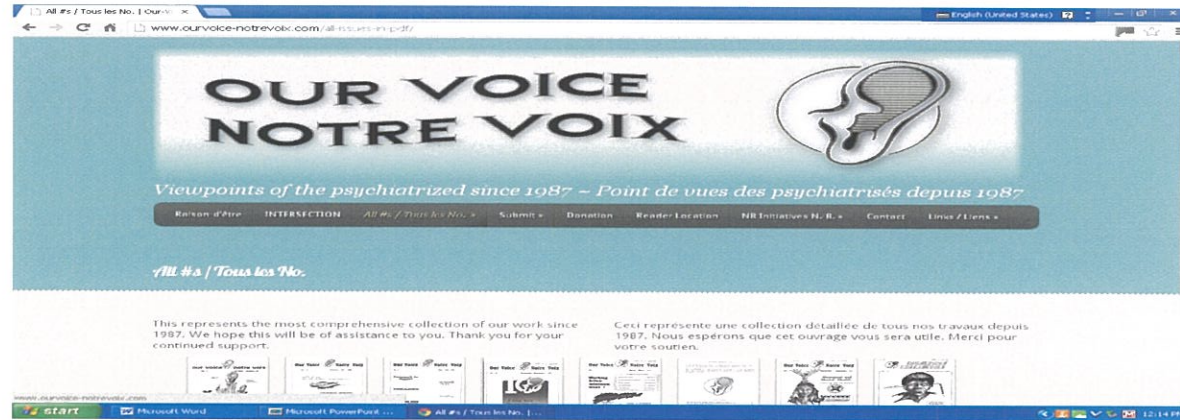


No.55 * JUNE / JUIN 2012 * 70 PAGES!



*Viewpoints of the Psychiatrized since 1987
Points de vue des psychiatisés depuis 1987*

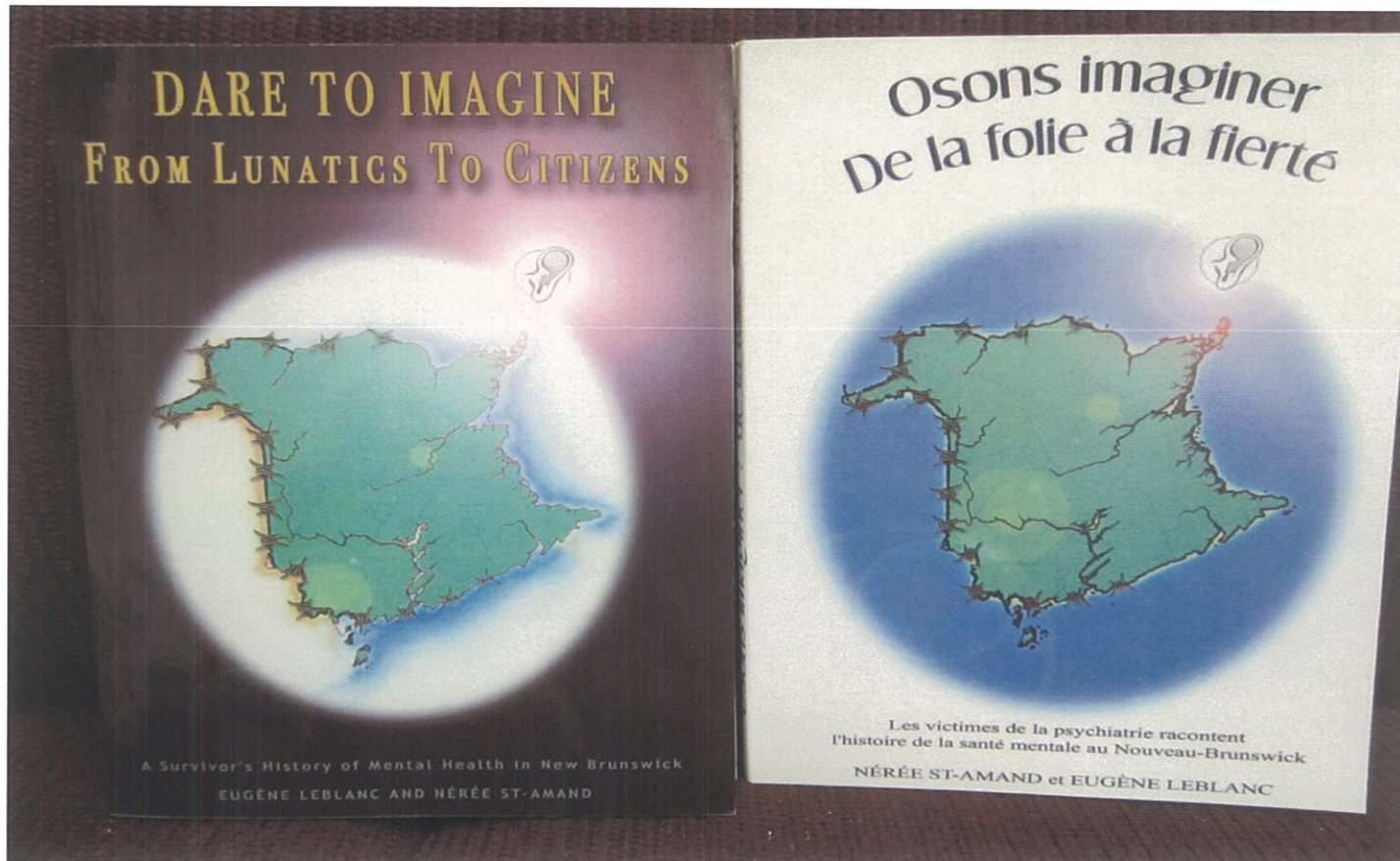
WEBSITE: www.ourvoice-notrevoix.com



Dare to Imagine - Osons imaginer

www.imaginenb.net

900 Printed - 860 sold - 40 copies remaining



NATIONAL INVOLVEMENT

* Member of the Hallway Group (a body comprised of people with lived experience advising the Opening Minds - Stigma initiative of the Mental Health Commission of Canada.

* Member of the National Peer Support Leadership Team under Stéphane Grenier. Originating from the Mental Health Commission, this process is now a separate entity and is called Peer Support Accreditation and Certification Canada: www.psac-canada.com

PEER SUPPORT: “Peer support is about being an expert without being an expert, and that takes a lot of expertise.” (www.recoveryopportunity.com)

** Collaborer avec la Société santé en français à Ottawa sur la mise en place d'un document stratégique qui porte sur la délivrance des services en santé mentale en français en situation minoritaire. En octobre dernier, j'ai présenté en partie les résultats de ce document au colloque internationale de l'Association québécoise sur la réadaptation psycho-sociale (L'AQRP).*

DEFINITIONS

and

THE IMPORTANCE OF WORDS:

MENTAL HEALTH SYSTEM:

Traditional VS. Critical Thinking in 2012

Traditional: Promotion of mental health under the mental illness framework and language. Identification of pathology in order to treat, and too often over-medicate, hospitalized and stigmatized.

Critical thinking: The mental health system calls us to answer a profound question on how WE SHOULD ORGANIZE SOCIETY so as to ensure that vulnerable populations are socially included in the market economy and take part in community life. Is this important?

If NO, there is nothing to do.

If YES, then a transformational shift is required to bring more wellness to communities by empowering individuals to full citizenship. Thus being less reliant on formal and clinical support - finding genuine solutions to daily realities.

WHAT 125 YEARS (1885-Present) OF CRITICAL THINKING AND SOCIAL CAPITAL HAS BROUGHT TO NEW BRUNSWICK

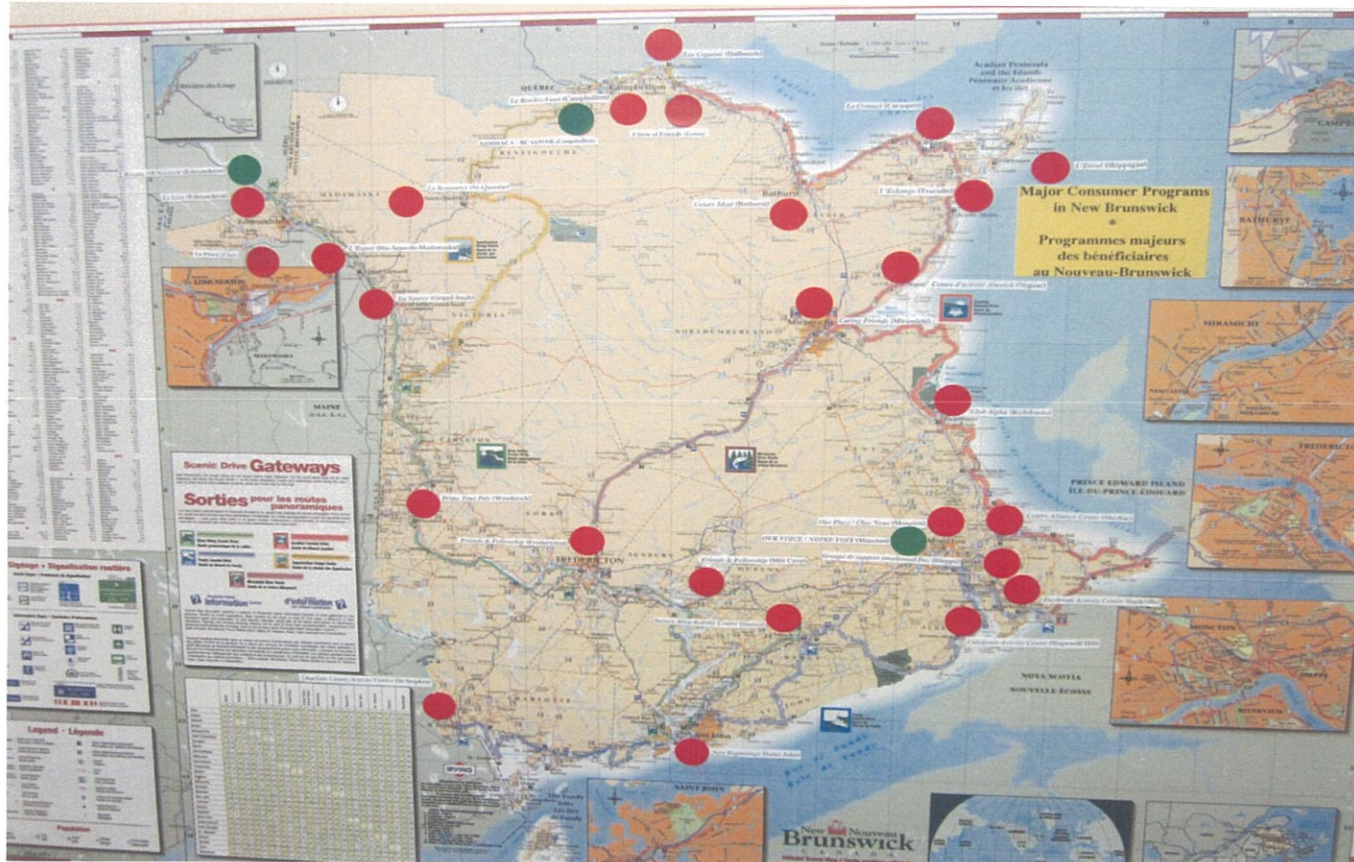
OUR STORY: 1959-2008 (Part 1)



OUR STORY: 1959-2008 (Part 2)



OUR STORY: Present Day



ACTIVITY CENTERS

* A place to belong, a space to own, a location to access for people who are chronically excluded for whatever reasons - giving them a sense of community by associating and socializing with peers.

* 27 in New Brunswick

* All AC directors meet twice per year and have created the New Brunswick Mental Health Activity Center Association (chaired for 7 years). A policy binder was developed.

NEW BRUNSWICK MENTAL HEALTH CONSUMER NETWORK

* The Network brings people with lived experience from across the province, and gives them a forum to share concerns and implement solutions which are more tailored to their reality.

* Provincial walk (Fredericton) in October 2013.

OUR VOICE / NOTRE VOIX

* It allows individuals the freedom to express opinions on topics, which are relevant to wellness, madness and its treatment in New Brunswick or elsewhere. This publication serves as a tool of public education, advocacy and community pride for people who have lived experience with psychiatry.

** Sa mission est de permettre l'expression libre sur tout sujet relatif aux mieux-être, à la folie et au traitement de celle-ci au Nouveau-Brunswick ou ailleurs. Ce journal sert comme outil de force quand à la sensibilisation publique, la revendication et la fierté communautaire parmi ceux et celles qui vivent des expériences psychiatriques.*

*850 copies - twice per year - circulates in NB, Canada and international.

* This creates an internal economy and provides vocational opportunities in writing, production, consultation and distribution.

ENHANCING FULL CITIZENSHIP

- Involvement in human rights promotion and protection.
- No existing research data to promote and protect our community from erosion and indifference (Belgium example : *La Charabirole*)
- Involvement by C/S folks in all facets of planning and implementation
- Rough calculations would indicate that it cost about \$750 annually per year to cover the cost per adult to attend an activity center (\$2.05 per day)
- This should be an incentive for modest increases in investments.

CONCLUSION

**Vision without action is merely a dream.
Action without vision just passes the time.
Vision with action can change the world.**

Thank you / Merci!

Eugène LeBlanc

OUR VOICE / NOTRE VOIX

PO. Box 29004, Moncton, NB, E1G 4R3

Phone: 506-857-1340 ; Fax: 506-854-5532

Email: ovnvletters@nb.aibn.com