



May 6 – 12, 2012 is **Children's Mental Health Week**. As such, this newsletter highlights our efforts at Peel Children's Centre (PCC) to increase awareness of the **signs of child and youth mental health difficulties** and **how to access treatment that works**. We also thank our community for helping us **fight the stigma** that can be associated with having a mental health difficulty.

Read on as well for information about **spring events** at PCC and the dedicated **volunteers and donors** who have generously supported our services and programs in recent months.

Children's Mental Health Week 2012

Children's Mental Health Week is an annual campaign to raise public awareness of the signs of mental health difficulties, the importance of early treatment, and the effective services that are available for children, youth and their families.



What is a mental health difficulty?

Mental health difficulties are struggles with feelings, behaviour or relationships that seriously affect daily functioning at home, at school, or in the community.

1 in 5 kids – that's 66,000 children and teenagers in Peel Region – have a diagnosable mental health difficulty.

The most common mental health difficulties in young people are behaviour disorders (e.g. defiance, bullying), anxiety disorders, Attention Deficit/Hyperactivity Disorder, depression, and eating disorders.

Signs of a mental health difficulty

Many children and youth exhibit these characteristics and behaviours from time to time during normal development:

- getting significantly lower marks in school
- avoiding friends and family
- having frequent outbursts of anger
- losing her/his appetite
- having difficulty sleeping
- rebelling against authority
- drinking and/or using drugs
- not doing things he/she used to enjoy
- damaging property
- worrying constantly
- experiencing frequent mood swings
- not concerned with her/his appearance
- obsessed with her/his weight
- lacking energy or motivation
- hitting or bullying other children
- attempting to injure himself/herself.

However, if these characteristics or behaviours are **intense, long-lasting, inappropriate for the child's age, or interfering with the child's life**, they may be signs of a mental health difficulty.



If your child has mental health difficulties, it is important to get help. Left untreated, kids in distress can turn to drugs and alcohol, become suicidal, drop out of school, become violent, or withdraw into silence and isolation. The good news is that treatment works, leading to better outcomes and happier lives.

How do I get help?

Mental Health Services for Children and Youth (Centralized Intake) is one number to call for mental health services for children and youth who live in Brampton, Caledon or Mississauga. If you are a parent, service provider, or youth over age 12, you can call **905-451-4655** for help. These services are free of charge for children and youth living in Peel Region.

PCC operates a **Crisis Response Service**. If you are a child/youth under age 18, or the child's parent or caregiver, you can call **416-410-8615** to get help **24 hours a day, 365 days a year**.

New this year, **Tangerine Walk-In Counselling** is a service provided, in partnership, by Associated Youth Services of Peel, Peel Children's Centre, and Rapport Youth & Family Services. Call **905-795-3530** or visit www.tangerinewalkin.com.



Walk-in days, locations and hours are:

- **Tuesdays**, 9:00 am to 8:00 pm (last walk-in session is at 6:00 pm)
Associated Youth Services of Peel, 120 Matheson Blvd East, Suite 201, Mississauga, ON
- **Wednesdays**, 9:00 am to 8:00 pm (last walk-in session is at 6:00 pm)
Peel Children's Centre, 85A Aventura Court, Mississauga, ON (SE corner, Hurontario St/Derry Rd)
- **Thursdays**, 9:00 am to 8:00 pm (last walk-in session is at 6:00 pm)
Rapport Youth & Family Services,* 155 Clark Blvd, Unit 11, Brampton, ON
** This location serves youth up to their 21st birthday*

Any child or youth, regardless of age or circumstance, can develop a mental health difficulty. Should this happen, please contact us. Mental health treatment gives kids and families hope for a bright future.

Fight Stigma – Change the View!

Despite the fact that 1 in 5 children and youth will have a mental health difficulty, **stigma is the number one barrier to accessing and using children's mental health services**. All of us – families, friends, healthcare professionals, schools, community services, businesses, politicians, media, volunteers, funders and donors – have a role to play in fighting stigma.

In this section, we profile some initiatives in our district school boards. Many thanks to all our community partners for their efforts to "change the view" on mental health.



- This spring, with new funding from the Ministry of Children and Youth Services, PCC is piloting **school-based groups for parents** in partnership with our district school boards. *COPE: the Community Parent Education Program* is running in four schools within the Dufferin-Peel Catholic District School Board and two schools within the Peel District School Board.
- The Peel District School Board organized a public event, *Suicide: Start the Conversation*, on April 30 to increase awareness of youth suicide and highlight the signs and symptoms of students who may be at risk. PCC was pleased to participate as a community resource on child and youth mental health.
- Parent councils have applied for **Parents Reaching Out (PRO) grants** from the Ministry of Education to engage their school communities in learning about child and youth mental health. PCC is happy to help by sharing our expertise – for instance, at Our Lady of Mercy Catholic Elementary School and its Family of Schools.
- PCC is participating in several **information fairs and workshops** that Peel schools have organized for Children's Mental Health Week. It is especially effective when students help organize the event and engage their peers – for example, as the Kids Help Phone Club has done at Glenforest Secondary School.

Spring events at PCC

8th Annual Cosmic Bowl

Join Peel Children's Centre for our 8th Annual Cosmic Bowl on **Thursday, May 24th** at Classic Bowl in Mississauga. You'll enjoy a fun-filled evening of bowling, prizes, balloon pops and treats, while supporting children, youth and their families who are experiencing emotional difficulties. Jason, official mascot of The Toronto Argonauts Football Club, will make a special guest appearance, delighting young and old as he throws the first ball.



You can support Cosmic Bowl in a number of ways:

- **Be a sponsor or donor** – showcase your company, product or brand at this high-energy event attended by 250 young professionals, families and leaders from the business and legal communities.
- **Register a team** of 4 or 5 members from your company, family, neighbours or friends. Cosmic Bowl is a great social night out, with excellent prizes and a positive team-building experience!
- **Make an in-kind donation** to the "loot bags" for our participants and/or donate an item as an incentive prize, or for our balloon pop.

Register today by contacting our Development Department at **905-795-3500 ext. 2298**.

Many thanks to the generous sponsors and donors who are already supporting this year's Cosmic Bowl. We are pleased to recognize your support at www.peelcc.org/events/cosmic-bowl and later in this newsletter.



Annual General Meeting and Community Celebration

Peel Children's Centre and our partner agency, Nexus Youth Services, invite you to our Annual General Meeting:

Tuesday, June 19, 2012
 Mississauga Convention Centre, 75 Derry Rd West, Mississauga, ON
 6:00 pm Annual General Meeting
 6:30 pm Refreshments
 6:45 pm Celebration of Peel Children's Aid Society's 100 Years of Service
 RSVP: by June 11 to Angela Wheatley at rsvp@aysp.ca or 905-890-5222 ext. 222

Our celebration brings together not only PCC and Nexus, but also Associated Youth Services of Peel, Catholic Family Services Peel-Dufferin, Peel Children's Aid Society, and Rapport Youth & Family Services, which are also holding their annual general meetings. Join us for a special celebration of the 100th anniversary of Peel Children's Aid Society!

Thank You, Volunteers and Donors!

More than 100 specially trained volunteers and 700 donors generously support Peel Children's Centre each year. Their contributions enable us to extend significantly the services we can provide for children, youth and families who are experiencing mental health difficulties.

Our Dedicated Volunteers

This year marked Canada's 69th annual National Volunteer Week. PCC celebrated and gave thanks to all of our dedicated volunteers for their continued support and commitment to the children, families and staff at Peel Children's Centre. Each and every one of our volunteers has positively contributed to the lives of the clients that we serve. Their time, talents and energy are invaluable and we are continually grateful.



Our Generous Donors

PCC is also grateful to our Caring Community for its generous financial support. A listing of our major supporters is available at www.peelcc.org/about/how-we-are-funded. Recent donations and sponsorships include:

- **Oxford Properties'** Square One Photo with Santa program raised \$3,708.50 for PCC. We are honoured to be Square One's charity of choice again for the 2012 Photo with Santa program.



- Our 21st Annual Holiday Brunch and Auction raised more than \$50,000 for PCC's continuum of high quality mental health services. Many thanks to Rogues Restaurant and to everyone who made donations for the auction, sponsored the event, purchased tickets and bid on auction items. Thanks as well to tenor Michael Ciufu for his splendid entertainment. Together, you made this year's Holiday Brunch and Auction our most successful ever!



Mayor Hazel McCallion with Tenor Michael Ciufu

- Binswanger Hectare employees held an event that raised \$1,070 for PCC.

- Our 8th Annual Cosmic Bowl has received these generous sponsorships and donations.

Silver Sponsors: Peel Regional Police, Pearson Dunn Insurance, CompuCom and Equitable Life

Media Sponsor: The Mississauga News

Lane Sponsors: Binswanger Hectare, Bluebeard®/Twenty Thousand Leagues Under the Sea® Entertainment, Canpar, Enersource, Erin Mills Town Centre, K Promotions, Ken Foxcroft, Laird Plastics, Mayor Susan Fennell, Mississauga Convention Centre, Pallett Valo LLP, PriceWaterhouseCoopers LLP, Rexall, Sutton Group

Donors: BCFPI Inc., Bodyworks Auto Collision Specialists, Brookfield Homes (Ontario) Limited, Danic, Diamond Cleaners, Dylanico Supplies Inc., Fingerprint Communications, Glen Schnarr & Associates Inc., Habib Canadian Bank, Jeff Hershberg, John D. Rogers & Associates, Prouse Dash & Crouch LLP, SLG Group Commercial Printers, Tompkins Insurance, The Toronto Argonauts Football Club

- The Pendle Fund at the Community Foundation of Mississauga has provided a generous grant of \$20,000 towards our Day Treatment Summer Camp.
- The Mississauga Firefighters Association Benevolent Fund has donated another \$2,000 towards our Day Treatment Summer Camp.
- Hydro One Brampton has again chosen PCC as its charity of choice for its 2012 Golf Tournament.

Many thanks to all our donors and sponsors for their generous support of our programs and services.



Join Our Caring Community

Our Services

Learn more about PCC's high-quality services for children, youth and their families at peelcc.org. To access services, call **Mental Health Services for Children and Youth** at 905-451-4655. If your child, youth or family is experiencing a crisis, call our 24/7 Crisis Response Service at 416-410-8615.

Volunteer

Want to gain valuable experience? PCC's volunteer options include mentor, tutor, childcare, respite, driver and fundraising. Volunteer Coordinators provide orientation, training, and support. Call 905-795-3500 or visit peelcc.org/volunteer. Make a difference in the life of a child!

Donate

Make your donation today to help children and youth who are struggling with mental health difficulties. Thanks to your generosity, we are there to support families when they need us the most. Call 905-795-3500 ext. 2298 or donate securely through peelcc.org/donate. Thank you for your support!