

Happy
New Year

Newsletter

JohnHoward

SOCIETY OF THUNDER BAY & DISTRICT

JANUARY 2016

Fostering Genuinely Safer Communities



Welcome to 2016 and to our new newsletter! This issue includes success stories, volunteer opportunities, and notices about some upcoming events. Please contact us if you would prefer to receive a digital copy of our newsletter by email, or a large print version by mail, or if you would like to be removed from our mailing list.

Jane: A Success Story

Jane arrived at the John Howard Society from a local shelter. She had lived on the street the majority of her life. She had an addiction to heroin and had lost custody of her daughter. When Jane arrived, she was wary of trusting others and defensive at times towards staff.

After completing her Resident Action Plan, Jane identified specific goals that she wanted to work on. Jane began the methadone program, which she maintained with little relapse while at JHS.

Jane had only known a life living on the streets, fending for herself. Stealing had become a means of survival and a way of life. Jane realized this was also a cycle she needed to break. While at JHS, Jane was caught stealing and received a warning. Shortly after, she increased her contact with her Case Manager and her attendance at life skills programming. Through this programming and contact, she came to recognize the need to ask for permission before taking something, a life skill she had never learned. From that time on, when donated items came in to JHS, she would ask permission to before she claimed an item as her own.

Jane began regular supervised visits with her daughter while residing at JHS and was able to stabilize her life enough to seek out an apartment. Jane moved after five months of residency at JHS. She keeps in touch and is residing near her daughter and the methadone clinic in order for her to maintain her sobriety and work towards the goal of gaining custody of her daughter again.

*"You can't change
where you came
from, but you can
change where you
go from here."
- Sarah Addison
Allen*

FUNDRAISING VOLUNTEERS WANTED! →

We are having a **Tag Day on March 26th**, 2016 outside the LCBO Locations on Dawson Rd, Fort William Road, and Arthur Street. Shifts are one hour in length and involve collecting donations and giving out information about our organizations. All funds raised go to supporting our rehabilitative residential programs. If you'd be willing to generously give some of your time please contact the fundraising office at 623-5355 x 507 or by emailing PhebeAnn at pwolf-rame@johnhowardtbay.on.ca. We'd also love if you are out shopping and dropped by to say hello! :-)



David: A Success Story

David arrived at the John Howard Society in May 2015 after being charged with assault. After he joined John Howard's rehabilitative residential program, it became apparent that he struggled with his mental health and that he had few coping strategies. David participated in the life skills programming recommended by the Residential Case Manager, which helped David improve his conduct in the community.

David, in his own words, was worried he would "mess things up," so he connected with his Case Manager on a regular basis to make sure he was on the right track. He was also referred to community mental health services.

Soon after David became stabilized in John Howard Society's residential program, he was able to begin the search for an apartment in the community. After working with David over a period of four months, he was very open and honest with his Case Manager. Because of his honesty, trust, and hard work, David was able to successfully transition from JHS into his new apartment.

David's struggle with multiple issues had resulted in him coming into conflict with the law. However, through his participation in John Howard's community integration services, David was able to address the charges against him, build up his life skills, and find his footing within the community.

Howard Ball Wows Guests



Thank you to everyone who donated time, money and goods in 2015. Your gifts make a difference every day in helping us foster genuinely safer communities.



Seeking Board Members

We are recruiting diverse, motivated, community-minded citizens to provide leadership, guidance and vision to our organization as directors on our governance board. Consideration will be given to candidates who possess a background in public safety, finance and administration, criminology, research, fundraising and Indigenous issues. Interested individuals can submit a resume, attn: nominating committee.



The second annual Howard Ball fundraising gala took place on October 24, 2015 at the Valhalla Inn. Guests were treated to a delicious four course meal, while being entertained by the Women in Black trio, La Stelle Alpine Italian dancers doing a masked dance, Sachiko &

Dane performing acrobatic feats (including an aerial ribbon performance by Sachiko!), juggling by Eric the Juggler, and card tricks by illusionist Jeff McLeod. Guests had the opportunity to have a mask painted on by Wink Mobile Beauty or to purchase a mask, to take their photo in a photo booth, and to visit our tarot card reader. Our silent auction was highly successful and the winners of our 50/50 and Westjet raffles were very excited! We have had glowing feedback from guests about our masquerade, so we are happy to announce that we are planning the next Howard Ball for November 5, 2016. Save the date! Tickets will be available for purchase this spring at our office or online on Eventbrite.

John Howard Society Offers Mental Health First Aid Training



Mental Health Commission of Canada

Commission de la santé mentale du Canada

Mental Health First Aid CANADA

Mental Health First Aid is a program created by the Mental Health Commission of Canada. It focuses on:

- ⇒ Improving mental health literacy, and creating awareness of the prevalence of mental health issues in Canada
- ⇒ Reducing the stigma that prevents individuals from getting the support and treatment they need
- ⇒ Helping participants identify when they or someone they know may be developing or experiencing a mental health problem
- ⇒ Helping participants manage a potential or developing mental health problem emerging in themselves, a family member, a community

member, a friend or a colleague.

Mental Health First Aid gives participants a ways to help someone experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, Mental Health First Aid is given until appropriate treatment is found or until the crisis is resolved.

We will be hosting mental health first aid training open to the public this spring. You can also book a training session for your workplace or group at any time.

For more information, and to register, please contact Colleen at cpeters@johnhowardtbay.on.ca



Find us on the Web:
www.johnhowardtbay.on.ca
Like us on Facebook:

John Howard Society of Thunder Bay & District
Follow us on Twitter:
@JHStbay
Email us:
info@johnhowardtbay.on.ca



Please share our success stories posted monthly on our social media pages!

Other ways to reach us:
Phone: (807) 623-5355
In person or by mail:
315 Syndicate Ave. S.
Thunder Bay, ON, P7E 1E2

