

SHARE & CARE

THE RECOVERY OF HOPE ~ THE HOPE OF RECOVERY

LOW BEER MEMORIAL LECTURE: YOUNG CARERS IN THE SPOTLIGHT

There is an old saying—*necessity is the mother of all invention*; this certainly holds true for Megan Durnford and Rebecca Heinisch.

Durnford is a Montreal based filmmaker who a few years ago was on the trail for new subject matter; a friend recommended a TED Talk about a young adult who grew up with a parent with mental illness. After watching the video, she began researching and quickly realized there were no documentaries on the subject matter. Durnford dove head first into what eventually became her film *I Am Still Your Child*.

Durnford's film follows the lives of three young adults from Montreal; each impacted by growing up with a parent with mental illness. A central theme of the documentary is conflicting feelings: "On one hand they're worried about their parents, on the other they're mad at their parents. And they feel both of these emotions equally, and it's hard to reconcile that," says Durnford.



Despite the somberness, Durnford was fascinated by how much humour and hopefulness and positive feelings existed in these three young adults lives. Sarah, Jessy, and Von shared another



commonality—artistic expression. Sarah sang in a choir and acted in plays. Jessy painted and played guitar in a band. Von became a professional graphic novelist and created stories about his childhood traumas.

Rebecca Heinisch was a schoolteacher in Trois-Rivières, Quebec, and nearly two decades ago went through a similar experience. She had students with parents suffering from mental illness who were

slipping through the cracks, not getting the help they needed. "I was appalled and shocked there were no children's books in Quebec that broached mental illness

for children," she says. "You had to go to Australia, Europe, or the United States to find these books." As a result, Heinisch stepped away from the classroom and began writing *Anna And The Sea* (available in the AMI library). The whole process of writing her semi-autobiographical children's

book was very therapeutic. "Art is often at the heart of healing," she says. "It's amazing that people who have gone through trauma often use art as an outlet."

Today there is a lack of awareness and support for young caregivers on a global scale. "Young carers are not officially recognized as a specific population, with their own unique needs," says Durnford. "In England there's been quite a lot of progress...in Canada, absolutely not at all." Heinisch has seen a gradual shift; in the last decade she's noticed researchers and practitioners working with this demographic.

The documentary and book continue to have a powerful impact. Readers often tell Heinisch, "Had *Anna* not been there, I don't know where I'd be today". The book forged a bridge between parents and children; a place where much needed conversations could begin. She's expanded *Anna* into a training and outreach program available at annaetlamer.org that grows across Quebec and in places

"I Am Not Your Child" will screen at **AMI-Quebec's Low-Beer Memorial Lecture**. It will be followed by a panel discussion with cast & crew alongside writer Rebecca Heinisch.

Thursday, September 27, 7pm at Oscar Peterson Concert Hall, 7141 Sherbrooke West, Montreal. **Free admission:** Lecture will be presented in English. Information: 514-486-1448 or amiquebec.org/LB18

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VALIDATION: THE COMMUNICATION OF ACCEPTANCE

Part I: What is Validation?

Effective communication is at the heart of good relationships. When a loved one lives with mental illness, our ability to communicate effectively and reach out is sometimes challenged in a way that discourages rather than encourages, or hinders rather than helps.

Validation is a communication approach that was developed within the context of Dialectical Behavioural Therapy

(DBT), which is now considered the gold standard to treat Borderline Personality Disorder (BPD). But Validation can be applied to any challenging situation. It can be learned and practiced by anyone, with the goal of improving relationships and reducing conflicts. It can be used in a variety of situations, including other mental illnesses or any difficult interpersonal relations, and can be a very powerful com-

munication tool. **Validation** is a skill!

Acceptance and **Change** are the two pillars of DBT. Individuals with BPD first need to feel they are accepted as they are before they can strive for change. This holds true for anyone facing the challenges of mental illness: once they are validated and accepted for who they are they can embark on a journey of change and recovery.

The following is an edited summary from Dr. Gillian C. Galen's webinar:

"Validation: Making Sense of the Emotional Turmoil in Borderline Personality Disorder". The webinar can be viewed on the Mclean Hospital website: <http://bit.ly/McleanValidation>

What is Validation?

Validation is a way we communicate our understanding of someone's **emotional experience**. When we validate, we acknowledge, understand, or accept their **inner experience**: their thoughts, feelings, and/or behaviours.

The **goal of Validation** is to see the wisdom in the other person's position and to communicate that their emotional experience makes sense in that moment under specific circumstances. While it may sound easy, it can be very difficult to do. To get better at it takes practice!

Validation is the foundation of
constructive relationships.

It is important to recognize that Validation **does not mean** we agree with the person; it is also not giving a compliment or letting go of our limits, contingencies, or expectations. Validation is not about teaching or convincing someone of another position.

Why is validation important:

- It improves communication and relationships
- It is more likely that a person will listen to what you are saying when they feel you understand or are at least trying to understand their experience
- If the person we are communicating with is feeling overwhelmed, validation may help calm their emotions
- It can be a gateway to change and to support change

The opposite of validation is **invalidation**, and before we can validate we want to understand what stands in the way of valida-

tion. Invalidation occurs when a person's emotional experiences are **rejected, ignored, or judged**. Invalidation is particularly painful for emotionally sensitive people and it can damage relationships.

Here are some ways we often invalidate, despite very good intentions:

- When a person's experience seems so out of proportion from our own, we tend to dismiss it
- We problem solve before we understand the other person's experience and what they are looking for
- We minimize the other person's experience
- We make problems seem easier to solve than they are for the other person
- We blame
- We use words (name calling) or body language that dismisses their experience (rolling eyes, walking away)
- We tell someone to "let it go" or "get over it"

Why do we invalidate?

Despite our best intentions we are often more likely to invalidate than to validate. We do this for different reasons:

- Because we don't know how to validate (skill deficit)
- We may be afraid that if we validate we will get more emotion, not less
- We want to fix what is wrong. Hard not to do this when we can so clearly see what could be a good solution

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Validation ... continued from page 2

- Our own emotional or physical state makes it very hard to think about another person’s experience (we may be afraid, angry or resentful, overwhelmed, tired or exhausted. If validation is too difficult for you right now, that’s okay! Take some time and come back to it when you feel ready)
- We want to encourage or ‘cheerlead’. This is not validation!
- We are afraid that if we validate we are endorsing their position or that we agree
- We can’t tolerate the other person’s emotions. It might feel too painful or anxiety inducing for us

Here are some examples of reassuring but invalidating responses:

Dan is a young man with BPD who easily becomes jealous. He is noticeably upset that during dinner his girlfriend got a text from a male friend. He tells you he wants to break up with her because she answered the text at the table.

1. **“Dan, you guys have a wonderful relationship and she doesn’t seem like someone who would ever cheat on you.”**

This response does not capture Dan’s emotional experience about the situation.

2. **“Dan, I’m sure it will be ok. She let you see the text and she was making plans for the two of you to have dinner with him and his girlfriend.”**

Dan is upset and unless his emotional experience is recognized, reassurance might not make him feel better.

3. **“Dan, why would you possibly want to break up with her? You need to work on letting these little things go when you are in a long-term relationship.”**

This response attempts to problem solve and give Dan solutions, but it discounts Dan’s emotional experience and might make him more agitated.

A **validating response** would recognize Dan’s emotional experience so that he feels heard and understood. For example:

“It sounds like this was upsetting to you, is there anything I can do?”

Remember: Validation builds trust and is the foundation of constructive relationships! ☐

Watch for Validation: The Communication of Acceptance Part II: How to Validate in our next newsletter

We will hold a two part workshop on BPD validation this fall. See details on page 5.



Join the AMI team as we walk towards a world without stigma

Montreal Walks for Mental Health is an annual 2 kilometer walk organized by the Montreal Walks for Mental Health Foundation. Every fall, walkers take to the streets of downtown Montreal to help increase public awareness about mental health and eliminate stigma and discrimination towards people living with mental illness. The walk is also an opportunity to raise funds for organizations providing mental health services. 2018 marks the 10th anniversary for this special event, with lots of surprises in store! ☐

NEW LOCATION: Place Émilie-Gamelin (Berri metro)

October 14th 2018 • 10am registration
Register now: www.mtlwalks.com

Low Beer ... continued from page 1

like Australia.

Information about young carers can be found at iamstilly-ourchild.com. You can also find screening kits to host the film in your city, plus commissioned graphic artwork from Von. Durnford hears similar responses from audiences nationwide about the prevalence of young carers in their lives. She says, “It is remarkable. Its proof of how common this situation is.”

In the end, it all comes back to these young adults. They have a tremendous responsibility on their shoulders, and lack support at home and from their governments. “They are doing it out of love, but also because they have to,” says Durnford. “The danger is, what’s the emotional toll?” By shedding light and working towards better awareness of that matter, we hope to prevent the potential emotional and other costs of young caregiving. ☐

— Marc Griffin

PROGRAMS ADDED TO OUR EDUCATION AND SUPPORT IN 2018-19

Help for all with new workshops and perennial favourites



To maximize the benefits of programs to our members, we evaluate them on a regular basis and adjust as necessary. In the past year we noticed a decreased attendance in our distance-learning programs (telephone workshops), but at the same time a rise in workshop participation that focused on recovery, coping skills, and communication.

As a result, we've created a *Hot Topics* series—live, online videos. Starting this fall, you can use your computer or smart-

phone to watch experts discussing trends in mental health, and interact live by sending in questions and comments.

Likewise, we introduce new one-time workshops, including *Letting Go & Acceptance* and *BPD Suicide Prevention*; a two part series on *Communication*; and two Mindfulness series on *Self Care* and *Stress Management*.

Our workshops will provide you with information and a hands-on experience and help reduce stress and increase con-

fidence. Read through the information below and you're sure to find something that suits you.

But if you live outside Montreal, don't despair! We can still support you through counseling by phone or Skype, our YouTube videos, SoundCloud podcasts, and Facebook Live videos, and if you give us a call we can help guide you to services in your area.

All our programs are free!

SUPPORT GROUPS

Open-agenda sessions facilitated by people who have experience, either as a caregiver or having lived with mental illness. No registration necessary. All our Montreal support groups start at 6:30PM. We also have a Support Group on the South Shore. See Calendar, page 6, for dates and locations or visit amiquebec.org/support

MINDFULNESS/YOGA

For caregivers and individuals living with mental illness

Can attend one or many, but must register for each session

YOGA

"Yin yoga brings you deep within your body and mind," says Debbie Hoffman who will be teaching the workshops. "Yin helps you to go beyond the muscular system into the connective tissue, the fascia, the ligaments and the bones, helping you to open up your body, calm your mind and your nervous system, enabling you to turn inward and focus on your breath. This type of yoga is slow paced, with poses being held for longer periods of time."

You must provide your own yoga mat.

September 13, 20, 27, 2018, with Debbie

Hoffman, **2-3:30pm**

Further yoga dates TBD.

MINDFULNESS

Mindfulness is a mental state you can achieve by focusing your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations. You will be taught a simple meditation practice that could impact your life and give you insight into your thinking patterns. We have two Mindfulness series this autumn.

Mindfulness & Self-Care

September 11, 18, 25, October 2 2018 with Julia Brochocka, **10am-12pm**

Mindfulness & Stress Management

October 23, 30, November 6, 13, 20, 27, 2018 with Julia Brochocka **10am-12pm**

NEW!

HOT TOPICS

for all

Use your computer or smartphone to spend some rewarding time learning about trends in mental illness and mental health. Presented live* by Doctors in McGill

University's Psychiatry Postgraduate Program. The hosts interact with you, and you can send in live questions and comments through Facebook while watching. Registration not necessary, and you do not have to have a Facebook account.

7-9pm. Visit amiquebec.org/learnonline

September 12, 2018 **Social Media & Internet Addiction.**

October 24, 2018 **Marijuana and Mental Illness.**

**These videos can be watched at a later date if you miss the live event.*

COUNSELLING

for caregivers

Should you need a personalized one-on-one for a particular problem or situation where a family member with mental illness is concerned, we're here for you. If you're a resident of Montreal, call our office to book an appointment with **SOS-Famille**. For those who live outside the city or in a remote area, who are housebound or having difficulty accessing English-language services, there's help by telephone or Skype. For further information, visit amiquebec.org/SOS or call **514-486-1448** or **1-877-303-0264** (outside Montreal, toll-free).

WORKSHOPS

Please note: space is limited for all workshops and registration is required.

All workshops take place at the AMI office, 5800 Decarie.

For caregivers only, 6-8pm

Register at amiquebec.org/workshops

ONE TIME WORKSHOPS

NEW! LETTING GO & ACCEPTANCE

We all deal with various forms of losses in our lives, whether it be a death, a loss of relationships, or loss connected to mental illness. This workshop looks at how we grieve mental illness and the losses associated with it; how we can adjust our hopes and expectations and accept what exists in the present moment.

September 18, 2018, with Melanie Hughes.

CREATIVE EXPRESSION

The Recovering workshop for carers will introduce you to what you can do as you help your relative manage their illness, and what you can do to sustain your own health. Since recovery is one of the building blocks of our work, you may consider attending this workshop before others.

November 1, 2018, with Joyce Cohen.

RECOVERING

The Recovering workshop for carers will introduce you to what you can do as you help your relative manage their illness, and what you can do to sustain your own health. Since recovery is one of the building blocks of our work, you may consider attending this workshop before others.

November 8, 2018, with Ella Amir.

INTRODUCTION TO BORDERLINE PERSONALITY DISORDER

This introductory session will provide basic knowledge on Borderline Personality Disorder: what it is, what are some of the challenges, and what can be done to reduce conflicts. You will gain a better understanding of the condition and how to cope.

November 14, 2018, with Sylvie Bouchard.

TYPES OF MENTAL ILLNESS

There is a wide spectrum of mental illnesses from Depression to Hoarding to Bipolar Disorder. This workshop goes over the various diagnoses and characteristics of each mental illness. This workshop is facilitated by doctors in McGill University's Psychiatry Postgraduate Program.

November 21, 2018.

NEW! BPD SUICIDE PREVENTION

Loving someone who is suffering so deeply that they turn to death for solace is extremely painful. It can feel as though loving them is not enough and yet we don't know what else to do. The purpose of this workshop is to discuss suicidality within the context of Borderline Personality Disorder. We will explore the meaning of suicide attempts and non-suicidal self-injury. We will talk about what is helpful and what is not, look at how to care for yourselves, explore more effective ways to care for your loved ones, and teach them how to live.

November 29, 2018, with Kate Drury.

COPING SKILLS

Dedicated to solving one of the stickiest worries for caregivers: how to deal with stressful situations and keep harmony in the family. Plus learning resilience—the process of adapting well in the face of adversity, trauma, tragedy, threats, or other sources of stress.

December 11, 2018, with Melanie Hughes.

TWO PART WORKSHOPS

Must attend both sessions

BPD VALIDATION

In this two-part workshop, you will be introduced to communication skills that have the potential to defuse conflicts and improve relationships. For family members or friends of loved ones with "Emotional Dysregulation*" or Borderline Personality Disorder. No diagnosis necessary. You will learn: what is validation, why validation is important, the difference between validation and invalidation, and how to validate.

**Emotional Dysregulation: difficulty in controlling or regulating emotions, intense mood swings, hyper reactivity, hypersensitivity.*

September 26 & October 17, 2018 (must attend both), with Laura MacMartin.

COMMUNICATION

In communication the idea is to strengthen mutual respect and trust, thereby allowing people with diverse attitudes and opinions to develop effective partnerships. It's the type of approach that can help reduce your anxiety and improve your relationship with your ill loved one.

October 30 & November 13, 2018 (must attend both), with Melanie Hughes. □

STAY INFORMED!

Find our most up-to-date information at:

www.amiquebec.org

For regular updates, follow

AMIQuebec on:



Sign up for monthly emails:

amiquebec.org/email

Or call us:

514-486-1448 (1-877-303-0264 outside Montreal)

FALL 2018

September 27: Low-Beer Memorial Lecture. **Mental Health is a Family Affair. Beyond Their Age: Youth Caring for a Family Member.** Oscar Peterson Concert Hall, Concordia University, 7141 Sherbrooke St. West, 7:00pm.

SUPPORT GROUPS

For family, friends and people with mental illness unless otherwise indicated.

For details visit amiquebec.org/support

Mondays 6:30pm 4333 Côte Ste-Catherine Road (near Cote-Sainte-Catherine metro) unless otherwise indicated. No registration necessary.

FAMILY for relatives and friends

September 17, 24; October 1, 15, 22, 29; November 12, 19, 26; December 3, 10, 17

BPD for relatives and friends

September 17; October 15; November 12; December 3

ANXIETY

September 17; October 15; November 12; December 3

BIPOLAR DISORDER

September 24; October 22; November 19; December 10

DEPRESSION

September 24; October 22; November 19; December 10

HOARDING

October 1, 29; November 26; December 17

OBSESSIVE COMPULSIVE DISORDER

September 17; October 15; November 12; December 3

KALEIDOSCOPE for people living with mental illness

October 1, 29; November 26; December 17

SOUTH SHORE for relatives

Wednesdays 6:30pm

Greenfield Park Baptist Church, 598 Bellevue North, Greenfield Park
September 5, 19; October 3, 17, 31; November 14, 28; December 12, 26

LIFELINE for people living with mental illness

Alternative Centregens, 462 Sainte Foy Blvd, Longueuil, QC J4J 1Y2
Call 450-651-0651 for dates and times.

BOARD MEETING

Tuesdays 7:00pm at AMI

September 4; October 2; November 6; December 4

Registration required for programs below. See pages 4-5 for descriptions. Call 514-486-1448 or visit amiquebec.org/workshops for details or to register.

One-Time Workshops

for relatives and friends

6-8pm at the AMI office

Letting Go & Acceptance

September 18

Creative Expression

November 1

Recovery

November 8

Intro to BPD

November 14

Types of Mental Illness

November 21

BPD Suicide Prevention

November 29

Coping Skills

December 11

Two Part Workshops

for relatives and friends

6-8pm at the AMI office

BPD Validation

September 26 + October 17

Communication

October 30 + November 13

Yoga

for all
2-3:30pm at the AMI office

September 13, 20, 27

Later dates TBA

Mindfulness

for all 10am-12pm

Mindfulness & Self-Care

September 11, 18, 25; October 2

Mindfulness & Stress Management

October 23, 30; November 6, 13, 20, 27

Hot Topics

for all
Online at amiquebec.org/learnonline

7-9pm

Social Media/Internet Addiction

September 12

Marijuana and Mental Illness

October 24

Food for Thought Mental Health in the Restaurant Industry

Get your tickets now for our fundraising event on October 18th at Local 514 featuring Kat Kinsman, great food, open bar, raffle, and more. Lee Haberkorn from Virgin Radio will be our MC. Tickets \$100, including a \$60 tax receipt. Visit amiquebec.org/FoodForThought

Working in a fast-paced industry can be extremely difficult when there are so many things to do and this time-crunch can take its toll on workers. Making sure a meal is cooked to perfection, ensuring the quality is outstanding, maneuvering around their co-workers in a tight kitchen space, the beeping of appliances that can feel like a constant throb, the unbearable heat of ovens and stove-tops. Working as a chef may seem glamorous thanks to countless reality TV shows, but behind the television screen there is something that they don't show: mental health issues.

Kat Kinsman, a former CNN food reporter, wanted to shed light on these issues and started a website called "Chefs With Issues." A support network, this website aims to reach out to professional chefs and ask them the difficult questions of mental health in the cooking industry. Her results have brought to light the anxieties and difficulties experienced by these professionals. 80 per cent of respondents to her survey reported anxiety, panic disorders, and depression, and most of those people indicate that this was at least partially due to working in the food industry. She also says that some people who are already living with mental health issues may be drawn to the intense and fast-paced nature of the kitchen.

Kinsman has also reached out to food industry professionals with a private Facebook group of 600 who actively post messages. The Facebook group members have shown support and love towards each other. When one person writes they are having a difficult time, many answer the post and help the individual. It has become a community, and Kinsman has called it "beautiful." Since then many have told their stories of work and their mental health struggles. □

— Gabrielle Lesage

Kat Kinsman's book *Hi, Anxiety* is available in AMI's library.

Working in a kitchen: An Insider's Perspective

There is a big difference between the world of the consumer and what lies behind the kitchen doors. To better understand this experience, we have reached out to an individual who works in the restaurant industry.

For most of my career, I have worked in high-end hotels but I have experience in catering and regular restaurants as well. Many kitchens have conditions that most would consider abusive, but yelling and screaming at people is somewhat the norm. It is not a job for people who are weak physically or mentally. You have to be able to work fast and hard all day, maintaining a high standard of work quality at all times. You will get yelled at. You will hear harsh language, some of which would be considered unacceptable by the political correctness culture.

Stress in the kitchen is normal regardless of the position. Unless you are unionized, breaks and meals are likely non-existent. One of the reasons so many cooks smoke other than stress is to have an excuse to leave the kitchen to take a break. Most meals are made on the fly and eaten where you stand when you have a moment to take a bite in between getting things done.

The environment is full of constant risks. Like many hard labour fields you must expect to have minor injuries on a regular basis and always be on watch for yourself and the people around you to ensure they stay minor. Holidays also don't exist for us. Many restaurants don't close for statutory or religious holidays. Hotel restaurants often never close.



Many cooks right out of cooking school don't last a year in the industry. After five years out of a starting class of thirty only one or two will still be in.

The levels of drug addiction in a busy restaurant are often quite high. Cigarettes and booze aside, marijuana and cocaine play a huge role in the kitchen. When the stress is on, a lot of people turn to pot to calm them down and kill the pain, or coke to get them fired up and working fast. Many cooks snort their paycheques up while they are earning them and everyone has a contact who can deliver.

Anyone who has been in the business long enough knows we are overworking, over eating, over snorting, over smoking and over drinking ourselves to death. We know that we are doing the work of two people because the owner won't hire more staff. We know that today we could slip with a pot of hot oil and sear the skin off our faces. We do it anyway. Stubbornness and stoicism are the names of the game; very few people get help unless they hit rock bottom.

Having hit the bottom and worked with a sponsor for two years myself I know what that is like. I am very open with my experiences in that regard and often advise people to get help like I did but before they hit the bottom. In my experience, getting control of a

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TRIBUTES & MEMORIALS

In honour of Angela and Murray Kertzer

Sharleen Young and Ron Gesser

In honour of Jennifer Harper and Tom Masseau

Mindy and Elisabeth Mayman

In honour of Ronald and Mary Ruth Gehr

Helene and Shel Kaufman

In honour of Kylie Savage

Joan Zidulka

In memory of Grace Baird

Sylvia Itzhayek and Family

In memory of Roselyn Zilberberg

Joe and Evie Cassell

Eric Davis

Elliot Feder

Marge and Norm Feder and Family

Eva Gardos

Lorraine and Arthur Goldstein

Bill Habelow and Family

Gail and Jesse Pettaway

Amy and Mitchell Ross

Elissa Ross Walfish

Gail and Robyn Schwartz

Terry and Barry Sheiner

Estelle Snyder

Ron and Julie Wolok

In memory of Lisa Samberg

Sharron Schwartz

In memory of Sarah Gaulin

Angie Gaulin

In memory of Mrs. Chenfeng Huang

Norman Segalowitz

In memory of Charles Lusthaus

Enid and Carl Backman

Sema and Henry Goldstein

In memory of Maria Tagliamonti

Sylvia Itzhayek and Family

In memory of Jacky Ross

Sally and David Verrall

AMI-Québec extends sympathy to the bereaved and appreciation to all donors for their generosity. If you wish to honour someone with a donation, please phone 514-486-1448 or visit amiquebec.org/donate.

Give online! Visit amiquebec.org/donate amiquebec.org/membership

AMI-Québec Donation & Membership Form

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I wish to support your work with a donation

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Monthly donations will be deducted from your credit card the 15th of every month. You can change or cancel your monthly donation by calling 514-486-1448.

New Membership

Membership includes the quarterly *Share&Care*, other mailings and lecture announcements, access to the AMI library and all other activities. Complimentary membership is available for people with limited incomes.

Existing members receive their renewal notices in the mail

Membership (\$25 annual): \$ _____

Donation: \$ _____

Total amount enclosed: \$ _____

Payment may be made by cheque, VISA, MASTERCARD or by phoning 514-486-1448

- VISA MASTERCARD Cheque

Card number _____

Name on card _____ Exp. date _____

Send payment to **AMI-Québec**,
5800 Décarie, Montréal, Québec H3X 2J5

We never share, trade or sell donor information.

An Insider's Perspective ... continued from page 7

drug issue or the like requires an actual human being to help, be it a social worker like mine was or a drug counsellor or a therapist.

Over the last ten years I have seen the industry get slightly softer and kinder; people are behaving less like Gordon Ramsay does on television. The yelling has toned down for the most part, and the casual abuse has lessened a little. It is always going to be a rough social environment simply because a rough mindset is required for the job but I think many chefs are coming to understand that a softer approach works similarly to the classical approach, though there are negatives and positives to both systems.

Your team is like family. In a good kitchen, we cover for each other and treat each other as best we can. Cooks who keep up and cover each other are like treasure.

I have made the industry sound horrible. And it is. But so are many many other labour intensive industries all around the world. Ours is just one of them. You need to love food and, even more, hard work. You need to want to push your limits every day and aim at perfection which does not in fact exist. Do it anyway! But most of all you need to love your job! If you don't you are going to have a terrible time. But if you do, and you keep an eye on your mental health, it all becomes worth it. ☐

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Otsuka

Lundbeck



amiquébec

Agir contre la maladie mentale
Action on mental illness

AMI-Québec, a grassroots not-for-profit organization, is committed to helping carers* manage the effects of mental illness through support, education, guidance and advocacy. By promoting understanding, we work to dispel the stigma still surrounding mental illness, thereby helping to create communities that offer new hope for meaningful lives.

*Carers (proches aidants) are those in the circle of care, including family members and other significant people, who provide unpaid support to a person in need.

Norman Segalowitz, *President*
Donna Sharpe, *Vice President*
Joanne Smith, *Secretary*
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SHARE&CARE

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Member of La Fédération des familles et amis de la personne atteinte de maladie mentale (Québec)