



AMETHYST MATTERS

News and Views from Amethyst

Amethyst Matters

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Centre pour femmes toxicomanes

Amethyst

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ASSAULTS ON WOMEN CONTINUE WHILE TORIES DO NOTHING

*Michele Landsberg, Toronto Star, Saturday,
February 22, 2003, Page L1*

Blood, shock, terror and pity – that's what we need, it seems, to be able to keep a subject like "violence against women" in mind. If there are no headlines, no blow-by-blow accounts of the horrors, the issue keeps nosediving into obscurity. Which suits the provincial government just fine.

This month marked the one-year anniversary of the Gillian Hadley inquest report. (Hadley was murdered by her husband Ralph as she dashed naked into the street, trying to save her infant son). By next month, the government is supposed to give an account of itself to the Ontario Coroner, listing the actions it has allegedly taken in response to the 58 recommendations of the Hadley inquest jury.

Luckily for the do-nothing, don't-give-a-damn government, the public is somewhat distracted just now. Indeed, the whole subject of "violence against women" has been successfully blurred by government blarney and by determined backlash reporting in the conservative media.

Well, here's a reminder: Last summer, Lawrence Mends, already charged with previous assaults, was charged with attacking his estranged wife and stabbing their two-year-old son to death.



Peter Kiss came up from the States to Grimsby with a gun and murdered his former girlfriend Shannon Cruse, her six year old daughter, and Shannon's parents.

Telford Loyol, charged with murder, lived with the decomposing bodies of his wife Patricia, and her 13 year old daughter Marissa, for almost a week before they were discovered.

On Christmas day, Carmela Bruni was bludgeoned to death in the presence of her three children (the youngest is three years old); her husband Mel Emilio Bruni now faces a murder charge.

And that's just a sample of femicides. About 40 women a year in Ontario are murdered by their intimate partners, usually after years of threats, stalking and brutal assaults. In 2001, the Canadian femicide rate increased by 25 per cent. Almost all the increase was in Ontario.

There are clear reasons for that. Shelter and anti-violence workers say that battered women are staying longer in brutal relationships because they have no way to escape.

The shelters are full, and even though the government finally created 100 more beds (100! Well, isn't that magnificent), the shelter workers who make the difference to a woman's recovery and healing have not had a raise in 7 to 9 years. There have been constant staffing cuts.

Everyone is frayed with exhaustion and the futility of working against the government's obdurate hard-heartedness.

The Tories canceled 17,000 social housing units and never funded another square inch. A woman who wants to get away from a potential murderer has nowhere to go: Welfare has been effectively slashed by 36.6 per cent (including inflation) and a two-bedroom apartment in Toronto costs \$500 more per month than the shelter allowance for a woman with two children.

Jobs? The minimum wage is \$6.85 and hasn't gone up in 7 years.

There are thousands on the waiting lists for subsidized day care; it's these same Tories who frittered away millions of federal dollars meant for day care, and are determined to do the same again.

So you tell me: how is a battered woman supposed to escape?

Meanwhile, the Tories keep announcing their deeply flawed Domestic Violence Prevention Act, which has never been proclaimed into law and likely never will be. Last fall, they promised a paltry \$21.4 million to "new initiatives" – building new waiting rooms in court-houses, and teaching police to fill out more forms. While one shelter alone was forced to turn away 1000 women in a recent year, the Tories promised a ludicrous \$5 million to patch up leaking roofs and rusted plumbing in the province's 100 shelters. No new money for staff, of course, and they're the real guts of prevention.

"It's all one-time, short-term, high-profile stuff – high profile for the government and low impact for the women," said Eileen Morrow, co-ordinator of the Ontario Association for Interval and Transition Houses.

The education plan is particularly offensive. When they came to power, the Tories couldn't wait to yank the core funding of Education Wife Assault, an internationally respected Centre with deep experience in training and prevention. Now the Tories are shelling out money to uninformed private consultants to come up with Nancy Reagan-style publicity posters along the lines of "Just Say No to Violence". Good luck, battered women.

When you think of the in-depth expertise and commitment of the women's community, all going to waste under this woman-phobic regime, while more and more die at the hands of their abusers, you could weep. Or you could use your voice and your vote.



Early Childhood Development Project

How time flies, we've finished the first year for the ECD Project and it's been quite the year! Amethyst Women's Addiction Centre, in conjunction with the Champlain Addictions Coordinating Body, received funding (2002-2003) from the Ontario Early Years Plan to address program needs for women with addictions that are pregnant and/or have children up to six years of age. Phase I of this project has been dedicated to conducting a community assessment of the needs, gaps and opportunities in services for this population in the Champlain District. Amethyst being the lead agency in this project developed an Advisory Committee to oversee this project. What's really exciting is that the Advisory Committee is being represented by over thirty organizations in the Champlain District from the children's, families, Francophone, Aboriginal, ECD sectors as well as the addiction service sector. There's also ex-officio representation from MOHLTC, MCFCS and CAMH. The collaborative work of the Project Advisory Committee has kept the project on track and into Phase II.

The Needs Assessment Report was completed in October. The Protocols between the addiction agencies and the societies were completed by the end of April as well as training 18 trainers through the Train-the-trainer component of this project. These 18 trainers have also facilitated training to almost 69 frontline staff from the allied sectors.

A proposal for Phase II of the project was submitted to MOHLTC for 2003-2007 at the end of January. The challenge was to come up with a service delivery model for all of the Champlain District that would take into account the uniqueness of the local communities, yet recognize that there were common issues and the need for underlying principles for programs across all areas. We had to keep in mind that the urban and rural issues were very different and ensure that their needs were met in a service delivery model that's inclusive to all parties.

In summary, the development of new partnerships and strengthening existing ones in each local area will lead to improved, integrated and coordinated services for the identified population and will ultimately improve outcomes for women and children.

Carol Wu
Chair, ECD Project Advisory Committee

Update on the Housing Issue

On January 29, 2003 our Staff met with Susan Garvey and Ann McSweeney from Cornerstone, the Women's Emergency Shelter in Ottawa. Our hope was to learn more about the situation facing homeless women in our city and to explore ways that we might work together to address the problem. This past Fall the Board of Cornerstone made the difficult decision not to operate an "overflow" shelter to deal with the numbers of homeless women during the winter months, that exceed the capacity of the Emergency shelter to accommodate. The Board felt that it could no longer permit the needs of these women for adequate housing to be ignored. The Union Mission did open the "overflow" shelter for women from January to March. However, we were outraged to learn that during the past year, nine women died on the streets of Ottawa. We visited Cornerstone at the end of March and we will be meeting with their Staff in June to discuss our services and how we might work together to meet the needs of the women we jointly serve. We also support Cornerstone Board and Staff in their effort to focus attention on the housing crisis facing these vulnerable members of our community. If you have any suggestions of ways and means to alleviate homelessness for women please contact Erin at 563-0363 Ext. 30.

Erin Fowler
Counsellor



Tips for a Better Night's Sleep

Reproduced, with permission, from the City of Ottawa

Sleep for the amount of time you need, to awaken refreshed and alert.

Don't be afraid of being unable to sleep once in a while.

Never try to sleep!

✧ If you don't feel sleepy: read, watch TV, listen to music, do a hobby, do a relaxation exercise.

Don't be a clock watcher!

✧ If you need an alarm put it where it can be heard but not seen.

Relax! Allow for some wind-down time.

- ✧ Try a relaxation exercise.
- ✧ Take a warm bath to relax muscles before going to bed.

Bedtime rituals or routines are important for adults as well as children.

✧ These rituals are behaviours you associate with sleep. Do whatever works for you.

Keep a regular schedule.

- ✧ Stick to the same sleep schedule as much as possible on your days off.
- ✧ When working evenings, go to bed as soon as possible so that you can get up with your family.
- ✧ When working nights, have breakfast with your family and then go to bed so you can get up to enjoy the evening.
- ✧ Sometimes a 30-minute nap before work will increase your alertness.
- ✧ Let your family and friends know your schedule.
- ✧ Get a telephone answering machine to quickly answer your phone or disconnect the phone in your room before you sleep.

Do regular physical activity.

- ✧ Regular physical activity deepens sleep.
- ✧ Do not exercise less than one hour before going to bed. It will keep you awake!

Check the simple things.

- ✧ Are you hungry! Have a light bedtime snack, e.g. warm milk, toast.
- ✧ Are your bed and pillow comfortable?
- ✧ Keep your bedroom cool and dark.
- ✧ Low, soothing music or a fan can help to block out daytime noise.

Stimulants such as caffeine, nicotine and alcohol cause broken or fragmented sleep.

- ✧ Avoid coffee and tea, and other beverages with caffeine **5 hours** before sleeping.
- ✧ Avoid smoking **5 hours** before sleeping.
- ✧ Avoid alcohol within **2 hours** of bedtime.

If sleep is still a problem for you:

Discuss it with your family doctor.
Call Sleep/Wake Disorders *Canada*,
1-800-387-9253

Programme d'art-thérapie – en vie et en croissance !!!

Depuis le début de 2003 nous avons eu deux séries de 5 semaines en art-thérapie. Sept femmes se sont inscrites à chacune de ces séries, soit en janvier et février puis en mars et avril et la participation hebdomadaire a été forte. Encore une fois l'accent a été mis sur les forces, les limites personnelles, les êtres de soutien, être centrées; de plus, une murale créée en groupe est présentement au mur de la salle de groupe du deuxième étage. Nous projetons avoir une autre session de 5 semaines plus tard au printemps.

Marie Gérin

Art-thérapeute professionnelle et conseillère



10 Day Intensive Program for Women Who Use Sign Language

Amethyst received funding from the Community Access Ability Program so that women who use sign language can attend our Intensive 10-day program. The funding is for three interpreters to provide sign-language interpretation. The plan is to have this take place by December of this year. A Steering Committee is going to meet in May to discuss the needs of the deaf women who sign and to help us reach out to women who would benefit from this program. People involved in this committee include members of the Canadian Hearing Society, the Royal Ottawa Hospital, LESA Program at Centretown Community Health Centre, Vesta Recovery Home for Women, Centre for Addiction and Mental Health, SALUS, the Ottawa Deaf Centre, Addictions & Problem Gambling Services of Ottawa at Sandy Hill, and the Canadian Mental Health Association.

We are initiating a program that is unique in Canada because there are no programs for people who communicate with sign language and are struggling with addictions. It is our hope that this is going to open the door for more services and supports for these people and that their rights will be recognized.

Josephine FitzGerald
Counsellor

The Administration Team

Administrative staff has been very busy this year with the new database directed by the Ministry of Health and Long Term Care. Claire has trained two new relief staff on this new system and also the new voice mail system. Both Maria Luisa and Tracy can be found working on Catalyst and relieving Claire for sick time or holidays. The new voice mail seems to be working out with both staff and clients. Clients can now leave a more detailed message with their counselor, we still have some bugs to tweek but it is going well.

Jocelyn Bigras
Administrator and
Claire Lacelle
Administrative Assistant/Intake Worker

Help Women Build Healthier Lives

Become a **member** and/or **donor**

MEMBERSHIP APPLICATION

- Individual (\$15)
- Organization (\$50)
- Pay-as-you-can \$ _____

Your membership includes:

- ◆ a vote at our Annual General Meeting in June
- ◆ Amethyst mailings including our Newsletter and Annual Report
- ◆ borrowing privileges from our resource library

DONATION

- Here is my donation: \$ _____

For your donation you will receive:

- ◆ an income tax receipt for donations over \$10
- ◆ Amethyst mailings including our Newsletter and Annual Report

To make a **donation**, please make your cheque payable to

Friends of Amethyst.

For a **membership**, make your cheque payable to

Amethyst Women's Addiction Centre

**488 Wilbrod Street
Ottawa, ON
K1N 6M8**

Name _____

Address _____

City _____

Prov _____

Postal Code _____

Phone _____



Aidez les femmes à bâtir des vies plus saines

Devenez **membre** ou faites un **don**

FORMULE D'ADHÉSION

- Individu (15 \$)
- Organisme (50 \$)
- Ce que vous pouvez _____ \$

Les privilèges de membre incluent :

- ◆ le droit de vote à notre assemblée générale annuelle au mois de juin
- ◆ nos bulletins d'information, notre rapport annuel, etc.
- ◆ privilèges d'emprunt de notre bibliothèque de ressources

DON

- Voici mon don : _____ \$

Pour votre don vous recevrez :

- ◆ un reçu pour fins d'impôt (pour tout don de 10 \$ et plus)
- ◆ nos bulletins d'information, notre rapport annuel, etc.

S.V.P. faites votre chèque à l'ordre de
« **Friends of Amethyst** »
s'il s'agit d'un **don**.

Faites-le au nom du
Centre Amethyst pour femmes toxicomanes
pour devenir **membre**.

**488, rue Wilbrod
Ottawa, ON
K1N 6M8**

Nom _____

Adresse _____

Ville _____

Prov. _____

Code Postal _____

Tél. _____

Art Therapy Program – alive and growing !!!

The year 2003 has seen two five-week groups in art therapy. Both the January-February and the March-April groups had 7 women registered and weekly participation was very well attended. Once again, the focus was placed on strengths, boundaries, support beings, being centered; some group artwork was also done, and one mural now hangs proudly in the second-floor group room. We plan to continue in late Spring with yet another art therapy group.

Marie Gérin

Professional Art Therapist and Counsellor

The Concurrent Disorder Group

This pilot project, funded by HRDC, started in mid-April 2001 as a partnership between the Canadian Mental Health Association and Amethyst Women's Addiction Centre. The funding period for this project came to an end March 31st 2003.

This group is very unique in that it deals with both the addiction and the mental illness of the clients. Clients attending this group are either homeless or at risk of being homeless hence the barriers in accessing services due to their dual disorder. With no funding available, the group may not be able to function in the same way that it is doing and the dilemma is, where will these clients be referred to for similar services?

Another national conference focusing on concurrent disorder or dual disorder was organized early in 2003.

Alice Obina

Health Promotion Worker



A United Way/
Centraide Ottawa
Member agency



In the Community

Spring is here!

We held a Silent Auction during International Women's Week the weekend of March 8 and 9, 2003 at Carlingwood Shopping Centre and St. Laurent Shopping Centre. This Silent Auction was a fund raising initiative which raised over \$1,000 in support of the programs and services offered at Amethyst Women's Addiction Centre.

We would like to thank the people and organizations who donated the beautiful hand made crafts and various assorted items for this Silent Auction:

- | | |
|-------------------------|---------------------|
| Abbotsford House | ◆ Grace Grimes, |
| Senior Citizen's Centre | National Library of |
| ◆ Ben Babelowski | Canada |
| ◆ Kathleen and | ◆ Curtis Hamill |
| Rosemary Barrett | ◆ Anne Hrnchiar |
| ◆ Bethany Cultural | ◆ Kim Houlahan |
| Centre | ◆ Kit and Kabbodles |
| ◆ Jane Caskey | ◆ Soloway Jewish |
| ◆ Churchill Senior | Community Centre |
| Recreation Centre | ◆ Women's March |
| | Committee |

We would also like to thank Carlingwood Mall and St. Laurent Shopping Centre for the use of their community booths at no charge to not-for-profit organizations.

And, a final thank you to the numerous volunteers who gave up their weekend to staff the tables at these malls.

We are working on the plans for Amethyst Women's Addiction Centre's 25th Anniversary which will take place in 2004. We are looking at planning a sponsored event to raise funds for future program needs.

Natalie Champagne
Community Relations & Media Coordinator

Your Words

Here's what we thought about what you had to say!

The Lesbian Support Group

It has been suggested that we have two Lesbian Support Groups per month, rather than only one.

Staffing a second group is the only issue that we were concerned about since attendance at this group is very consistent.

We are willing to start a second Lesbian Support Group beginning in September of 2003 as long as the participants are willing to be flexible due to the staffing issues and the ten-day program which may influence the day that the second group is held.

Work Groups

The work group issue was unclear to us – "There should be "work" groups (ie. assignments for getting to know yourself, strengths and weakness". We do hold work groups on a regular basis through our Health Promotion Program. The programs offered include "Women and Wellness", and "Women Juggling Roles".

What we recommend that you do is speak to your counsellor regarding any specific work groups which we currently offer that would be of interest to you.

Special Guests

We will contact Karen Williams from Minwashin Lodge to find out what the "critic" workshop entails. If we find that the "critic" workshop would be beneficial to the women at Amethyst, we will invite her to facilitate at one of the group sessions.

Thank you to everyone who provided comments and suggestions to us. Please keep it up! We want to hear from you!



Au revoir Isabelle

Our Sponsors



This past August Amethyst marked the retirement of another talented and much loved counsellor at Amethyst. Isabelle Arpin began working at Amethyst September 24, 1994. "Working" does not seem an adequate word. She gave her talents to both the Anglophone and Francophone programs at Amethyst. She brought to Amethyst a wealth of life and professional experience. She loves to reach out and bring

forth a love of healing and learning to everyone whose lives she touches. Isabelle is a woman who mothered six children, taught and guided the lives of countless pupils in high school, gave of herself as a devoted and loving friend and as a compassionate and talented healer.

Isabelle is a woman who brought to Amethyst a wealth of wisdom, compassion, intelligence, humour and integrity. Isabelle is a woman who loves knowledge and loves sharing and receiving it from other women.

As an educator, she helped many of us learn the value of acquiring knowledge of ourselves and our world as a powerful healing tool. Never timid or afraid of confrontation when it comes to what she believes in, she also has gentleness and a reverence for the healing paths that all of us must make in this world. She had deep respect for the women that she worked with, how they coped and healed.

Isabelle is a woman who is truly and sorely missed at Amethyst even as we celebrate her moving into this next phase of her life.

We wish you a long and happy retirement full of good books, laughter and love. Good luck Isabelle, you truly are a "woman full of wonder".



Hawkesburty
General Hospital

