

# PRAIRIE VOICE

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### **Not All Disabilities are Visible**

**Did you know that a growing number of Canadians suffer from invisible disabilities, such as addictions and mental health issues.**

**In fact, 1 in 5 Canadians will experience some form of mental illness during their lifetime.**

## GOVERNMENTS OF CANADA AND SASKATCHEWAN ANNOUNCE FUNDING FOR HOUSING

*Released on August 26, 2014*



Together, the Governments of Canada and Saskatchewan announced an additional combined investment of some \$92 million over five years, to help more individuals and families in need access affordable housing. The funding will be delivered through an extension to the Investment in Affordable Housing (IAH) Agreement.

"Our government is proud to partner with the Province of Saskatchewan to ensure quality, affordable housing is available," said Candice Bergen, Minister of State for Social Development. "This bilateral agreement provides flexibility for the province to decide how to allocate this substantial investment according to their local needs and priorities. As a result, we are also creating needed jobs and opportunities for apprentices."

"We are pleased to continue to work with the Government of Canada to proactively ensure affordable housing is available in communities across Saskatchewan," Social Services Minister and Minister responsible for Saskatchewan Housing Corporation Donna Harpauer said. "By signing this agreement, we expect to accomplish a number of goals that complement our Growth Plan and Housing

Strategy. This includes working with other housing sector partners to ensure that current and future housing needs of Saskatchewan households are met."

The federal portion of this funding comes from Economic Action Plan 2013, which announced the Government of Canada's commitment to investing more than \$1.25 billion nationally over five years to extend the IAH and to creating opportunities for apprentices, which will support the training of skilled labour in residential housing. Governments will report annually to the public regarding the investments and progress toward achieving the intended outcomes of the IAH. Under the IAH, the Province of Saskatchewan has the flexibility to design and deliver a range of affordable housing programs to address local housing needs and priorities.

*We are pleased to continue to work with the Government of Canada to proactively ensure affordable housing is available in communities across Saskatchewan," Social Services Minister and Minister responsible for Saskatchewan Housing Corporation Donna Harpauer said.*

In October 2012, the Government of Saskatchewan released the Saskatchewan Plan for Growth: Vision 2020 and Beyond, which sets out the government's vision for a province of 1.2 million people by 2020. The plan identifies principles, goals and actions to ensure Saskatchewan is capturing the opportunities and meeting the challenges of a growing province. In part thanks to investment by the Federal Government, since 2011, the Government of Saskatchewan has invested \$326 million to develop more than 5,600 units and repair more than 24,300 homes.

To find out more about how the Government of Canada, through CMHC, is working to build stronger homes and communities for all Canadians, call CMHC at 1-800-668-2642 or visit [www.cmhc.ca/affordablehousing](http://www.cmhc.ca/affordablehousing). For more information on Canada's Economic Action Plan, call 1-800-O Canada or visit [www.actionplan.gc.ca](http://www.actionplan.gc.ca).



#### **Treena Jarocki**

The Saskatchewan Voice of People with Disabilities sends our condolences to the family of Treena Jarocki, a member of our Board of Directors for the past two years.

Treena's sudden passing is a shock to all who knew her. She was a remarkable person and will always be remembered by all her friends and acquaintances

#### **Programs & Services**

We offer information and support for individuals, other agencies and governments. Health/wellness programs for youth, we have been quite successful in lobbying for change for people with disabilities.

- Public Education
- Presentations
- Disability Awareness
- Simulation Work shops
- Accessibility Audits
- Advocacy
- Resource Centre
- Referral & Support
- Youth Empowerment
- Girl Power Camps

## **CCD AWARD NOMINATION NOTICE**

Once again, the Voice will present the Council of Canadians with Disabilities Award to a deserving Saskatchewanian who is dedicated to the "pursuit of full participation in society by people with disabilities".

If you know someone in Saskatchewan with commitment to the disability community and deserves recognition, you can nominate them for this award.

The presentation will be presented at the Voice's AGM, as well as featured in our newsletter and on our website.

Nomination forms are available online at [www.saskvoice.com](http://www.saskvoice.com) or by phone: 306-569-3111 or toll free: 1-877-569-3111

The deadline for nominations is January 31, 2015

## STIGMA AND DISCRIMINATION AROUND MENTAL HEALTH AND

About one in five people—over six and a half million Canadians—experience a mental illness or substance use problem in their lifetime. Unfortunately, many people don't ask for help because they feel ashamed or scared. People may judge them and treat them negatively based on a mental health or substance use problem. Others have trouble finding a place to live, finding a job, maintaining relationships and other important parts of life. In fact, most people living with a mental illness say that stigma is worse than the symptoms they feel.

Stigma originally meant a physical mark of shame. Now, it's an invisible mark that sets you apart from others. The problem with the word 'stigma' is that it puts the focus on the person's difference instead of on the people who are setting them apart. Using the word stigma makes it seem different than racism, homophobia or sexism. It isn't. So it's time to talk about stigma for what

it really is: prejudice and discrimination. Prejudice is holding negative attitudes or beliefs about people who are viewed as different. Discrimination is acting on these ideas or beliefs.

### Causes and effects of discrimination

Many factors lead to discrimination. Major examples include:

- **Fear:** Such as the fear of violence and the fear of the issues themselves because they affect our mind and behaviour. Some fears may be reinforced in the media
- **Untrue beliefs:** Such as the belief that people can't recover or the belief that people can't participate in their communities
- **Lame and self-blame:** People may be blamed for their conditions or problem substance use and viewed as weak. People with mental illnesses or

substance use problems, and their loved ones, may also deeply blame themselves. Discrimination affects all areas of living. It can prevent people from getting or having basic things that most of us take for granted, like:

Getting hired, promoted or keeping a job

Finding or keeping a place to live in a safe, accepting community

Getting proper health care

Feeling loved, needed and

accepted by family and friends

Contributing to communities

and feeling productive

Getting insurance

Going to school

Immigrating to another country

Feeling positive about ourselves

Discrimination may also affect

families and friends. Others

may dismiss their concerns. In

many cultures, the entire family

carries their loved one's stigma

because they strongly identify

as a group. As a result, family

members may not confide in

friends or others in their support network.

### 5 small ways I can make a difference

1. Tell someone who doesn't know my story of mental health or substance use problems, or help others tell their story
2. Seek direct contact by volunteering for a mental health or addictions organization, or find personal stories of recovery
3. Think about the words I use. Do I use people-centered language like, "A person living with..." or do I say, "A schizophrenic" or, "An alcoholic?"
4. Think about how I personally support and treat people around me who are living with a mental health or substance use problem
5. Speak up when I see discrimination or when I see a law or policy that unfairly excludes people

## BECOME A MEMBER OF THE VOICE

- ◆ Do you share the Voice's commitment to ensuring that people in Saskatchewan with disabilities are fully able to participate in society?
- ◆ Do you have a disability?
- ◆ Do you have a friend or family member with a disability?
- ◆ Are you interested in learning about disabilities and how to accommodate the needs of a person with a disability?
- ◆ If you answered "yes" to any of the above questions, then you truly qualify to become a member of the "Voice" to support Saskatchewan's only provincial, cross-disability organization of and for people with disabilities.
- ◆ To become a member, visit our website: [www.saskvoice.com](http://www.saskvoice.com)

Excerpts from the CMA publication: "Stigma and Discrimination around Mental Health and Substance Abuse." [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

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## Who We Are

### Purpose

*Saskatchewan Voice of People with Disabilities is a community based organization that promotes inclusion and addresses concerns affecting the lives of people with disabilities.*

### Goals

- We promote full and equal inclusion in all aspects of society
  - We promote advancement in program and services to meet needs
  - We promote a positive image of abilities, assets, strengths and talents
- We promote independent living principles including quality of life, consumer control, dignity and respect

### Objectives

- Affordable and accessible housing
  - Equitable income support recognizing the extra cost of disability
  - Accessible transportation in communities throughout the province
  - Comprehensive family support services
- Person Centered and Independent Living Model

## A life of poverty is an uphill battle.

Now, imagine that same struggle under the weight of a disability, surviving on \$26 dollars a day.

This is the reality for many people with disabilities in the province.

**DISC**  
Saskatchewan Disability Income Support Coalition

The Disability Income Support Coalition is working with the government to build a program that brings dignity back to a life lived with disability, but they're not there yet. The province is moving forward, but they need your help to succeed.

Please help by contacting your MLA.  
For more details, visit [www.saskdisc.ca](http://www.saskdisc.ca).



Photo courtesy of www.dreamstime.com

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