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Our Website:

www.anxietycanada.ca

Provincial Associations

British Columbia: www.anxietybc.com

Manitoba: www.adam.mb.ca

Ontario: www.anxietydisordersontario.ca

Quebec: www.ataq.org

Contact Us

contactus@anxietycanada.ca

1-888-223-2252

P.O. Box 117

Station Cote-St-Luc

Montreal, QC, H4V 2Y3

Here it is hot off the cyber-press, ADAC/ACTA's third newsletter. This newsletter is meant as a forum to bring you information on what we at ADAC/ACTA are doing, to bring you some studies on anxiety disorders and to bring you success stories. Please send us your story or the story of someone whose accomplishments you are proud of. We will add an article written by a consumer in each issue under our Consumers Speak Up section. Remember, your stories inspire others.

Remembering a Past President

It is with great sadness that the board members of ADAC/ACTA announce the death of Peter McLean, past president and co-founder of ADAC/ACTA. Peter McLean was a registered psychologist in Vancouver, BC, who retired from the academic faculty of the Department of Psychiatry at the University of British Columbia at the end of 2006, after some 30 years. His research and publications primarily involved the development of psychological treatments for depression and anxiety disorders. Recently he worked in the area of professional knowledge dissemination and the development of new mental health delivery systems.

Peter had a vision of bringing the provincial anxiety disorder associations together to form a national association. He worked diligently to make this a reality and in January 2002, The Anxiety Disorders Association of Canada was officially launched. In April 2007, he stepped down from the role of president but remained an active board member until the winter of 2008. A student bursary will be set up to honour Peter McLean's work and dedication to the research of anxiety disorders.

We extend our deepest sympathy to his wife, Dr. Lynn Miller and his family.

Introducing the Board of Directors

Word scramble by Madalyn Marcus

Please unscramble the words below:

1. lfal _____
2. trsses _____
3. lscooh _____
4. owyrr _____
5. srscaf _____
6. etemnetxic _____
7. esmax _____
8. rahulgte _____
9. ysruitnvei _____
10. ertniw _____

ADAC/ACTA bracelets are available.



These fun bracelets are a nice way to celebrate the efforts you've made or someone you care about has made towards dealing with an anxiety disorder. It is a royal blue silicone bracelet with the inscription: Anxiety Disorders are REAL, COMMON and TREATABLE followed by our website address. Go to our website to download an order form today.

President: **Sherry Holt** is a Psychotherapist in private practice in Toronto, originally entering this field as a social worker 25 years ago. She earned her Master's of Education in Counselling Psychology at the University of Toronto/ O.I.S.E.

Treasurer: **Stéphane Bouchard** is professor at the Université du Québec en Outaouais and he holds the Canada Research Chair in Clinical Cyberpsychology. His research focuses on treatments for anxiety disorders.

Secretary: **Linda Rombough**, is a certified Child Meditation Facilitator who works with kindergarten and elementary school children in the Ottawa area. She is the Chair of the Youth Committee for the ADAO (Anxiety Disorder Association of Ontario).

Co-Chairs- Scientific Advisory Committee:

Martin Katzman is the Clinic Director at the START Clinic for Mood and Anxiety Disorders as well as a staff psychiatrist at the Centre for Addiction and Mental Health-Clarke Division. He is also an Assistant Professor at the University of Toronto, and the Northern Ontario School of Medicine and is the Co-Chair of the Scientific Advisory Board of the ADAC/ACTA.

Adam Radomsky is an Associate Professor of Psychology at Concordia University. His research investigates cognitive, behavioural and emotional aspects of OCD and a number of other anxiety disorders. He has received several national and international awards for his work including being named a Beck Institute Scholar and receiving a Canadian Institutes of Health Research (CIHR) New Investigator Award.

Chairperson- Consumer Advisory Committee: **Earla Dunbar** founder the Social Phobia Support Group of Toronto which has a membership of 90 and is still growing. Through her work with ADAC/ACTA and the Social Phobia Support Group of Toronto, Earla is extremely active in promoting the education and understanding of anxiety disorders through television interviews, public education and national publications.

Directors:

Jitender Sareen is Associate Professor of Psychiatry and Community Health Sciences at the University of Manitoba.

Provincial government websites on Mental Health:

Québec:

www.msss.gouv.qc.ca/sujets/prob_sante/sante_mentale/camp08/indexen.html

Ontario :

www.health.gov.on.ca/english/public/program/mentalhealth/mentalhealth_mn.html

Newfoundland :

www.health.gov.nl.ca/health/mhcta/

New Brunswick: www.gnb.ca/0055/promo-e.asp

Nova Scotia: www.gov.ns.ca/health/mhs/

P.E.I.:

www.gov.pe.ca/health/index.php3?number=1020497&lang=E

B.C.:

www.gov.bc.ca/themes/healthy_living/mental_health.html

Alberta:

www.amhb.ab.ca/Pages/default.aspx

Manitoba:

www.gov.mb.ca/healthyliving/mh/

Saskatchewan:

www.health.gov.sk.ca/mental-health-and-addictions

He is the Director of Research, and Anxiety Services in Department of Psychiatry.

John R. Walker, Ph.D. is a clinical psychologist and Professor of Clinical Health Psychology at University of Manitoba. In addition to research and teaching activities, he is a coauthor of two recent books *Treating health anxiety and fear of death* (2006) and *Triumph over shyness: Conquering shyness and social anxiety* (2001). He was a founding member of the Boards of the Anxiety Disorders Association of Manitoba and the Anxiety Disorders Association of Canada.

Madalyn Marcus is a graduate student in the Clinical Psychology program at York University. Currently, she is active as both a researcher and clinician focusing primarily on mood and anxiety disorders. Her primary research involves understanding the pathways towards treatment with the goal of increasing treatment access for those with mood and anxiety disorders. Her MA research examined potential predictors of detection and disclosure of mood and anxiety disorders within primary care.

Tracey Rudolph is a Multi-Media Director in a Healthcare Communications marketing agency in Toronto, where she is leveraging ten years of marketing, communications and advertising experience. She has launched several national marketing campaigns and programs to update physicians, motivate consumers, and enhance consumer lifestyle behaviour.

Lynne Coles is a senior communications professional with extensive experience in media and stakeholder relations, marketing and business development. As a volunteer board member Lynne brings strategic and tactical expertise to help ADAC achieve its mission to improve the lives of people who suffer from anxiety disorders.

From the Executive Director

As I sit and stare at the carpet of red and yellow leaves that now cover my yard I am in disbelief at how quickly the summer flew by! Perhaps due to the fact that I kept busy all summer working on and completing a project close to my heart. On October 8th, ADAC/ACTA launched STUDENT ZONE, the first Canadian bilingual online tool to help university, college and cegep students identify and deal with anxiety. A 2004 study done in 40 universities across Canada found that on average 29.2% of university students

Would you like to write an article and share your story in the *Consumers Speak Up!* section? Simply send us an email: contactus@anxietycanada.ca or send it to us by mail:
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Montreal, QC, H4V 2Y3

According to Children's Mental Health Ontario

(www.kidsmentalhealth.ca/get_help/anxiety.php)
Anxiety disorders are the most commonly occurring mental health problem in children and youth (6.5%). Anxiety is a normal reaction to stressful situations. People of all ages — including children — feel anxious from time to time.

experienced high levels anxiety and depression, and that women suffered almost 10% more than men. (CAMH Population Studies e-bulletin Sept/Oct. 2005). These young people deserve our help www.anxietycanada.ca . The cost of the program was covered by the participating universities, colleges and cegeps and 70% of it was funded by ADAC/ACTA in part from money from corporate sponsors like Astra Zeneca.

As always, we are searching for new ways to create awareness about anxiety disorders and to help both the public and general practitioners better understand them. I identified a few large Canadian corporations that have put mental illness at the top of their community giving list and plan on contacting them to partner with us to create new programs. As I mentioned in our last newsletter, we will be hosting the 2009 Consumer conference in Montreal in April, preparing for this should keep me busy for several months. The challenge in Montreal is respecting the cities biggest richness: its bilingualism. We have yet to finalize the format but I assure you both the Francophones and Anglophones will walk out enriched. Look to our website in January or for our next newsletter for all the details.

Among the many emails and phone calls we receive from consumers and their caregivers, there have been many asking about support groups often as a compliment to cognitive therapy. In our very first newsletter Earla Dunbar wrote about her compelling story and now she runs a support group for Social Phobia in Toronto. This month we feature an article from an Ontario mother's point of view and how she too felt the need to find support amongst her peers. Our *Consumers Speak Up!* section is there for you to constructively share your experiences with others who may be feeling like you once did. Remember when you thought you were alone feeling anxious or living with someone who has anxiety. Sharing your story with strangers could be the greatest gift you'll ever give.

Finally, to complement our consumer story, I thought it would be fitting to find a mental health professional's point of view. My research found a great newsletter put out by the BC's Chapter of the Canadian Mental Health Association. Read what Lynn Miller had to say about parents and teachers getting involved in the recognition of an anxiety disorder. Follow the link below to read the entire article.

Have a happy fall and holiday season!

Geneviève Charette



Consumers Speak Up!

By Darlene Wierski-Devoe

A MOTHER'S LOVE HELPS HER DAUGHTER AND OTHERS

We knew from the start that something wasn't right with our daughter because she was always so sad. At the age of eighteen months the crying was more than just colic, and even the slightest changes in environment would catapult her into a frenzy. Inevitably the stress of caring for this inconsolable little person had me at my doctor's office in tears. I went into that appointment with the frame of mind that if it was something physical that was causing her problems, let's figure it out; if it was

behavioural that's fine – just help me find resources that could work with me to deal with it. So, in order to help diagnose her problems, we ventures into the crazy world of psychologists and waiting lists.

Our daughter was diagnosed with Social Anxiety Disorder (SAD) in 2005. Raising children is always a challenge. When you have a wonderful child who is just not adjusting to the world, and whose everyday life is a struggle, you become their advocate. There was nothing we wouldn't do for her ... and so began our endless journey: a family counsellor at The George Hull Centre, occupational therapy, speech therapy (she was selectively mute, which impeded her speech and language development), cognitive behaviour therapy, naturopaths (to help with her serious food allergies) ... well, you get the idea.

Our daughter has come a very long way since the first day in the doctor's office, but it wouldn't have happened without the help of all of those wonderful professionals. Now that she's in Grade one our challenges are different and our focus is becoming more academic rather than social. So now we've been introduced to a number of professionals such as Special Educations Resource Teachers and Anxiety specialists.

I was having difficulty finding a support group for parents raising children with social anxiety. I was sure that we weren't the only family dealing with a SAD child. As a result in 2008 I started a support group for parents and caregivers of these wonderful children who in my eyes are so misunderstood. I have met a number of people this year who are in a similar situation and there is most definitely strength in numbers.

For more information on Mrs. Weirski-Devoe's group please contact her by email: ideasme@cogeco.ca

WHY PARENTS AND TEACHERS NEED TO PAY ATTENTION

Often, anxious children are impaired in their learning due to higher rates of absenteeism and lower rates of participation in classroom and extracurricular activities. Children also suffer from impaired interpersonal development both with peers and with non-family adults because anxious behaviours discourage interaction. These effects are too often parlayed in later adolescence and adulthood to more severe anxiety disordered behaviours, depression, substance abuse, higher rates of medical utilization, lower rates of post-secondary completion, lower income levels, and loss of employment.

School-based research of children who suffer from serious emotional disorders reveal that less than a third receive help. That makes more than two thirds of children who would qualify for help for mental disorders unlikely to receive treatment. Children with anxiety and depressive disorders are shy, inhibited, and avoidant: rarely do these behaviours encourage teachers to take action, as teachers are consumed with classroom management issues of children with attention-getting behaviours. Anxiety disorders in children warrant more notice from educators, clinicians and researchers. Precisely because educators have the opportunity to observe and interact with students consistently and on a sustained basis, they are in a unique position to help in identification, treatment and referral of anxiety disorders. As anxiety disorders seem to “run” in families, family education and involvement are clearly indicated. Early intervention with children and families, appropriate cognitive skill development and prevention strategies aimed at reducing the effects of future unpredictable stressors are key to a child’s healthy development. There is consensus in the research community that involving parents, families, peers, and schools are important in the *prevention* of anxiety disorders. In terms of *treatment*, there is support for partnership between these groups and clinicians.

By Lynn Miller PhD, RPsych,; BC’s Mental Health Journal *Visions*, No. 14, Spring 2002,
www.cmha.bc.ca/files/14.pdf

Ce document sera disponible en français sur notre site web à partir du 20 novembre

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