

RTP monthly

NEWSLETTER



AUGUST 2022

COMMUNITY RESOURCES

Donald Berman UP House, is a psycho-social clubhouse whose mission is to foster a peer-support, self-help community that eliminates social isolation and rebuilds the confidence, purpose and community of adults living with a serious mental illness. UP House follows the “Clubhouse Model” and is the only Clubhouse in Québec.

The Clubhouse Model of psycho-social rehabilitation and recovery is a comprehensive and dynamic program of support and opportunities for people living with a significant mental illness. Clubhouse participants are “members” (not patients or clients); and Clubhouse staff are hired for their ability to compassionately foster a dynamic, productive and supportive community

Address: 5215 Rue Namur Montreal, Qc H4P 2R7

Telephone: 514-764-5599

www.uphouse.org

We are accepting referrals for the Fall Rainbow Chat Group

The Rainbow Chat, an LGBTQIA2 discussion group, has wrapped up our 4 week pilot! The group was facilitated by myself (Rhiana, RTP member) and Matthew (an occupational therapist and clinical liaison), as well as guest facilitator Sabrina, a mental health nurse practitioner from MUSIC (McGill University Sexual Identity Centre). To have this project come to life was deeply gratifying in how those who participated engaged with the topics and one another, sharing and reflecting on our lived experiences.

We covered the topics of navigating the healthcare system and isolation and reintegration. Our last session functioned as a wrap up, looking at themes that may have arisen, and how our participants felt throughout the process. We also took suggestions for future topics. For me, I believe that to serve a community, even if I am part of it, means having active participation in that way.

I learned a lot as a facilitator, especially working alongside professionals in the space of mental health. I was able to further flex the skills I've gained from the one on one mentoring context to that of a group setting. For more info contact Patricia at: patricia.lucas@muhc.mcgill.ca

RTP
READS 
monthly book club

We meet once a month via **Zoom**

Next meeting is on

Friday, August 26th
2:00pm-3:00pm

We'll be reading the book

**“Why We Do What We Do:
The Dynamics of Personal
Autonomy”**

By: Edward L. Deci

For more information, contact
rtpublicationzine@gmail.com

Zoom Link

<https://us02web.zoom.us/j/83400975138?pwd=RDR2OS8xQ-0FRb0pIdzBuU1c4Mnkvdz09>

Meeting ID: **834 0097 5138**

Passcode: **626673**

**Patients, Health Care Providers,
Staff, Family, Friends
are welcome!**

*Program
Transition
Recovery*

RAVENSCRAG

(Allan Memorial Institute)

In 1860, Sir Hugh Allan purchased fourteen acres on the slopes of Mount Royal for \$10,000, from the estate of the late Simon McTavish. The property was then considered to be in the countryside and was outside the confines of Montreal. He commissioned the Liverpool-born architects, Victor Roy and John W. Hopkins of the firm William & Wily, to design and build a mansion on the land.

By 1863, Hopkins and Roy had completed Allan's residence in the style of an Italian Renaissance villa or palazzo, made popular in England since the construction of Osborne House for Queen Victoria and Prince Albert in 1851. Allan named his new residence after one of his favourite childhood haunts, the ruins of Ravenscrag Castle in East Ayrshire.

As Allan intended, from the outside Ravenscrag was both imposing and intimidating. It had a 300-foot frontage and a gate lodge at the end of the drive that now filters out onto Pine Avenue. The view from the house looked over Old Montreal, across the Saint Lawrence River and over to the Green Mountains of Vermont. From the 75-foot tower rising over the house, Allan could occasionally be glimpsed with a brass telescope in hand scanning Longue-Pointe for the safe arrival of the weekly Allan Line Steamer arriving from Glasgow.

TO BE CONTINUED

RTP OFFICE HOURS

Allan Memorial Institute Rm. P.2036

After more than two years of COVID isolation, we are pleased to let you know about our in-person office hours. Drop by at the following times with any questions you have about the RTP or just to talk and get to know who we are:

Patricia Lucas is the RTP Coordinator and is available on Thursdays from 10:00am to 2:00pm to answer questions about RTP activities including the upcoming Peer Mentor training course to begin in the fall.

François Collins is the resource manager -- he can help you locate the mental health or addiction resources you're looking for, and would be grateful to learn about any new resources you may have. His office hours are on Mondays from 9:30am to 11:50am and Wednesdays from 9:30am to 11:50am.

Grace Davis's office hours are on Tuesdays from 10am to 1:00pm; she will be there on the 16th, 23rd, and 30th of August. Grace is a senior peer mentor and will be happy to answer any questions you have about peer mentorship or RTP workshops.

Eric Zimmermann's office hours are on Mondays from 10:00am to 2:00pm. Having been part of various groups within the RTP, he will be able to answer any questions you have regarding peer mentorship, the zine, and other RTP workshops.

Imogen is the peer mentor supervisor. She will be available on Thursdays from 12:00pm to 2:00pm to answer any questions about the RTP that Health Care Providers, patients, or family members might have.



The Allan Memorial now has Wifi access for all.

Name: **Public** Password: **wifi**



Film Noir au Canal: OUTDOOR CULT CRIME FILM FESTIVAL

When dusk falls, pull up a patch of grass or set up a lawn chair as cult whodunnit crime dramas light up the night along the Lachine Canal.

Date: **July 17 to August 21, 2022**

Location: **Parc St-Patrick/ Wellington
Les Quartiers du Canal - Griffintown.**