

Alpha Court Board Retreat

Alpha Court's Board of Directors gathered at Old Fort William for a retreat on March 5. At the retreat, the Board passed a motion to transition to a Policy Governance board model and completed writing several policies. The session was facilitated by Bernard Travis, who is very skilled in board governance work. In addition to developing board policies, the directors are updating the bylaws in preparation for the June 15th Annual General Meeting.



Meghan King, Staff; Leonard Pullan, Director

As an exercise break, the Directors strapped on snowshoes and enjoyed the fresh air as they trekked along the river and forest trails. It was a sunny, cloudless, balmy spring day filled with good work, good food and good company.

We want to send a special thank you to the Board of Directors for their generous contribution of time, expertise, wisdom and on-going commitment to Alpha Court.

Sean Adams, President
Christina Buzzi, Past President
Greg Larsen, Treasurer
Inie Slaney, Secretary
Suanne Howes, Director
Kate Brindley, Director
Patricia Hajdu, Director
Tammy Campbell, Director
Suzanne Persall, Director
Leonard Pullan, Director
Katherine Turner, Director



Sean Adams, President

"Helping People Move
 Beyond Mental Illness
 and Addictions"

Mission

Alpha Court promotes living beyond mental illness and addictions through the provision of individualized, recovery-oriented, community-based services that are developed in partnership with consumers: Alpha Court exists so that people with mental illness and addictions:

- Have safe, decent, affordable housing
- Have the resources required to meet their basic needs
- Have the self confidence, knowledge and skills to live their lives successfully
- Have positive and supportive relationships within the community
- Are supported in their efforts to navigate the complex system of community, health and social services
- Live in a supportive and understanding society free of stigma, barriers and oppression.

Vision

Alpha Court envisions a society where all people regardless of their mental health and addiction challenges can reach their full potential and live productive lives.

Main Office:

100-106 N. Cumberland Street
 Thunder Bay, On
 P7A 4M2
 (807) 683-8200

Satellite Offices:

1500 Dease Street
 Thunder Bay, On
 P7C 5H4
 (807) 623-2555

1241 Jasper Drive
 Thunder Bay, On
 P7B 6N8
 (807) 345-2120

SPRING 2011

ALPHA BITS

Snowshoe Walk

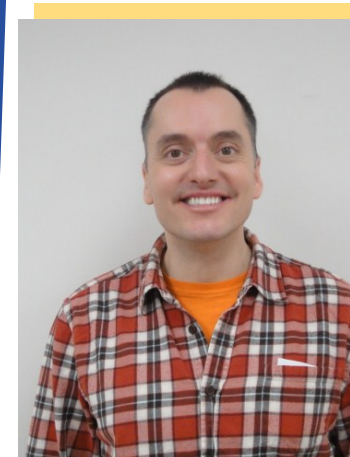
This winter we were very excited to offer snowshoeing to our clients as an extension to our existing Walking Group. The snowshoe walks were led by our staff, John Henry and Maira Pieda. Everyone who attended had a lot of fun learning how to walk in deep snow and just socializing and getting to know each other. Snowshoeing is a great way to explore the outdoors and get exercise for people of all ages.

A big thank you to the Wilderness Supply Co. for donating the snowshoe rentals.



Snowshoeing at Mission Island Marsh.

New Employee Announcement



We are pleased to announce our newest employee, Gary Mack, to Alpha Court. Gary will be working with individuals with problematic substance abuse within our Addiction Housing Program. He brings experience and expertise in both the addictions and mental health field and will be a terrific addition to the team.

Congratulations Gary and welcome to Alpha Court!

Jasper Building Repairs



This spring Alpha Courts Jasper housing complex will be under construction for repairs to correct the exterior structure.



Mental Health Network



Mental Health Week runs from May 1-7 and focuses on workshops that promote healthy activities designed to raise awareness of the importance of maintaining and enhancing mental health. As a member of the Mental Health Network, this

year we will be hosting the following workshops: Personality Gifts, An Introduction to Aboriginal Cultural Practices, Playground Boot Camp and Zumba Dancing. For registration and information on all Mental Health Network workshops: look for an insert in the Chronicle Journal on April 23, 2011, visit the website: www.mentalhealthnetwork.ca, or pick up a booklet at Alpha Court Community Mental Health Services at 100-106 North Cumberland Street.

Tenant Survey

Thank you to everyone who took the time to answer our 2010 Tenant Survey. The information collected is an integral part to improving our services. Actions taken based on previous survey results have resulted in significant improvements in the areas of: apartment conditions, security, repairs and staff assistance. Overall, 2010 results indicated that tenants are generally satisfied with their unit, building complex and property management staff.

Out of 59 surveys that went out 39% of the tenants responded. Although this is considered a good response rate, in order to ensure a true representation of our tenants, we would like to see a higher response. Alpha Court will be looking at ways to boost those rates for next year.

Moose Hide Rattles

Ooshke Bemahdesewin Mental Health Program clients participated in an outing which involved preparing a moose hide that will later be used to make their very own Moose Rattles. The outing was staffed by Irma Churchill and Jennifer Sportak, while Yvonne Pierre hosted the workshop and all shared their knowledge and teachings with the group.



Moose is the largest member of the deer family, and has great strength. The call of the male Moose is an awesome thing to hear on a musky spring night. His pride in his maleness and his desire to share his seed with a Moose cow are displays of his sense of self-esteem. The bellow of a male Moose can be viewed as a positive force, since it represents his willingness to "tell the world" about his feelings.

Moose is telling us that joy should be shouted with pride. The wisdom in doing this shout-

ing is that the joy is "catching". In a sense, the bellowing is a way for all of us to lighten up and give ourselves or each other a "well done!"

The Moose is also associated with self-esteem, learning how to get our nourishment from the inside, spontaneity and trusting our instincts to act in the moment rather than controlling future decisions through planning the results. The Moose is a great protector of the child, and working with Moose can teach us to nourish and protect the Little One inside.

Most rattles were used in Medicine or spiritual ceremonies. These rattles were mostly made up of all natural materials with the main end consisting of animal rawhide filled with beans or corn.

In history, rattles were an integral part of tribal ceremonies having symbolic meaning to the tribes that used them. The symbols may include the animal, plant and mineral kingdom (i.e. the shell of a turtle or a dried gourd shaker may represent the



Standing left to right: Sandy Johnston, Kristie Jewell, Laurie Walker, Linda Pruneau, Tammy Campbell, Yvonne Pierre and Evan Dagg

animal kingdom). The earthen paint used to decorate the rattle may represent the mineral kingdom. Small rocks may also represent the mineral kingdom as they are placed inside. The plant kingdom is many times seen in the type of handle the rattle has.

Native people have always used music, songs, stories and legends to express their cultural beliefs and customs to each other and to the outside world. It is in harmony with these forms of learning that rattles have come to be an important part in the ceremonies and rituals of the Indigenous people.

Announcements

April 1, 2011	Alpha Court is pleased to announce that we are now offering services to people with problematic substance abuse. The addiction team includes: Holly Gavin (Director of Programs), Gene Wazinski (Team Leader) Tiffany Sinclair (Addictions Worker) and Gary Mack (Addictions worker).
May 1-7, 2011	Look for the Mental Health insert in the Chronicle Journal on April 23, 2011.
May 1, 2011	Join us in the 1 st Annual Out of the Darkness Memorial Walk to help raise awareness in the community about suicide and depression. For more information or for a registration form please contact Meghan King at 346-3140 or by e-mail mking@alphacourt.ca .
June 15, 2011	Our main office will be relocating to 221 Wilson Street. Everyone at Alpha Court is excited for the change. We invite you to come and see our new office during our Open House on June 15, 2011 from 2 to 4 P.M..
June 15, 2011	Annual General Meeting (AGM) is held each June to elect Board of Directors and inform members of previous and future activities. Please join us on June 15, 2011 from 5-7 P.M..
Sept. 26-29, 2011	Congratulation is in order for the Homeless Initiative Project Phase II (HIPII) program and partnership. Alpha Court, Brain Injury Services of Northern Ontario and The Canadian Mental Health Association, Thunder Bay Branch are off to Cape Breton. They were selected to present their strategies and findings on the HIPII at the Psychosocial Rehabilitation Conference.

Employee Recognition



Congratulation to Darlene Belliveau and Barb Armstrong for their 20 years of service and dedication to Alpha Court!

Out of the Darkness Memorial Walk

Sunday May 1, 6:00p.m. - 8:00p.m.
Confederation College, Ryan Hall Cafeteria



Join us to increase awareness of depression and suicide and celebrate the lives of those lost to suicide