



Spring 2021



From pallbearer to psychiatrist: How childhood loss propels one of Canada's leading medical ethicists

Interview with Dr. John Maher, Psychiatrist
Assertive Community Outreach Teams CMHA Simcoe County

John Maher was eight years old when doctors discovered his best friend had a brain tumour. Two years later, John served as an honorary pallbearer, and while that designation meant he would not actually lift his friend's coffin, he's carried the emotional lessons ever since. "That event really shaped me," Maher, now 59, told me, the first time he has shared the story of childhood trauma in a public forum. "I learned to look beyond the disease. This is a person."

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Volunteer driven to forge connections

Our CMHA Simcoe County's volunteer's perspective about her lived experience and the impact on her life's journey

Eileen Bethune, a volunteer at CMHA – SCB, was shaped by her experiences growing up in Barrie. When she was not at St Monica's Catholic Elementary School, or later, Eastview Secondary School, Bethune received a lot of attention from her four, much older brothers – the youngest was eight years older than she. "I like to say I was picked on. (My brothers) would say I was spoiled rotten," she said. Either way, the interactions made him quite the social person, a trait she's treasured ever since. [Read more](#)

Ten tips to tamp down harm

Content provided by the Harm Reduction Committee Chair,
Kim Bray

When asked about "harm reduction" many people might think first of needle exchange programs for those who use injectable drugs.

But the idea of reducing harm is far broader, much like mental wellness is not only about treating illness – everyone stands to benefit. [Read more](#)



New program tackles soaring overdoses and deaths from substances

A conversation with Shane Tabobondung, the Program Director of B'saanibamaadsiwin Aboriginal Mental Health Program CMHA Muskoka-Parry Sound and Meredith Fryia, Manager of Addiction Services CMHA Simcoe County about the launch of a collaborative vision

After years of soaring death and overdose rates from opioids, our region will soon add new services to its continuum of care, two programs that deliver service to where it's needed most. The Barrie Area Native Advisory Circle – Mamaway Wiidokdaadwin, CMHA Muskoka Parry Sound Branch and CMHA Simcoe County Branch have come together to collaboratively build and deliver these new services: Day/Evening Care for Substance Use Program and Home Care Withdrawal Management Services. [Read more](#)



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