



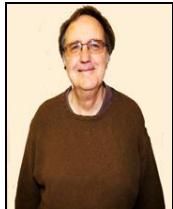
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The Men's Probus Club of Lindsay

Probus Banner Newsletter

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March , 2016.



Mike Catling
President



Bob Doran
Vice - President



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Health and Welfare

**Please notify
RON MORGAN**

(705) 324 - 2318

**if you have knowledge of a member
that is experiencing health issues
at any time....**

Next Guest Speaker

TUESDAY, April 12th



Dennis Carter-Edwards
Historian – Trent-Severn Waterway

"Steaming up the Scugog".

Meeting Highlights :

- Club member Ted Abbot, was filling in for both President Mike Catling and Vice President Bob Doran, called the meeting to order; followed by a group singing of "O Canada".
- He questioned the group to see who was interested in attending the luncheon after the meeting at the Olympia Restaurant.
- Ted continued by calling upon Director of Programs, Richard Graham, to come forward and introduce the morning's guest speaker, Alexandra MacKay.
- For the last five years, Alexandra has been employed at FourCAST as an addictions counsellor. Previous to that, she worked for The Children's Aid Society in Peterborough and prior to that she was a mental health case manager for Haliburton Highlands Mental Health Services. Today she will provide you with information about FourCAST, also known as Four Counties Addiction Services Team Incorporated. She will share with you the services and programs that are provided at FourCAST by working through some exercises in order to bring a better understanding as to what they do. Alexandra will be presenting for about 45 minutes or so and wants everyone to wait until the end of her presentation to answer questions.
 - Her presentation was called, "Mental Health and Addiction", and here is a brief outline of it :
 - She commenced her presentation by explaining to the membership what the organization called FourCAST is all about. A community addiction treatment agency offering professional counselling services for regarding substance use or problem gambling for over 25 years.
 - She continued by presenting a brief history of FourCAST :
 - back In 1979, a task force consisting of different individuals from community agencies created The Pine Ridge District Health Council;
 - between 1979 and 1982 five recommendations were made based on significant service gaps.
 - 1981 A Steering Committee was formed to plan and coordinate implementation of 5 recommendations
 - 1982 FourCAST Peterborough was born;
 - 1983 FourCAST became an Incorporated Body;
 - In 1985 FourCAST received permanent funding for the assessment and referral process from the Ministry of Health after a proposal for funding was submitted through the District Health Council on Dec.10, 1982.
 - 1989 FourCAST in Lindsay was established;
 - In 2014/15 FourCAST received funding from the Central East Local Health Integration Network (Central East LHIN), investing in new programs linked through established collaborations with community partners (Housing &Homelessness Program, H2H, working closely with First Nations).
 - She stated that she was happy to announce that FourCAST was currently in the process of presenting its new Mission and Vision



Club member Ted Howes thanking guest speaker Alexandra MacKay for her presentation.



DON'T FORGET
**Our Probus Club's
shirts (\$35) and hats (\$16)
are always available for
sale at our
monthly meetings.**

Any corrections, comments or additions regarding this banner can be forwarded to the attention of the editor at :

gerald.brown@xplornet.com

Statement based on the changes created in response to community needs and its rapid growth. The new programs added have created changes in the nature of our business and increased our staff complement by 30% within the last year. FourCAST has grown in the last year from 25 employees to 50.

- she continued by talking about the topics of substance abuse, psychological and physical dependence and outlined their progression;
- FourCAST provides support for individuals that are 12 years of age or older at no charge to them;
- she talked about residential centres, over 200 in Ontario; and the referral process that takes place (up to 6 to 8 weeks) to be accepted for treatment at one of these facilities;
- explained some of the types of treatment programs that is provided to the individuals once admitted :
 - CWM
 - Support Group Drop in Group (Weekend Planning & Getting Started Group)
 - Individual Counselling/Assessment
 - -General Program
 - -Gambling Program
 - -Opiate Program
 - -ECD Opiates
 - Other Groups: Relapse Prevention Skills Group, Seeking Safety Group, Family Group, Auricular Acupuncture (Acu-Detox)
- In closing, Alexandra told the membership that she had provided them with some of FourCAST's History, reviewed some exercises – substance use continuum, some definitions, assessments, treatment options and displayed the iceberg chart in order to better explain the range of services offered at FourCAST and its referral process.

- Ted called upon club member Ted Howes to come forward and thank Alexandra behalf of the Club members, for her very informative presentation.
- Following a short break, Ted Abbot proceeded with the "Club Business" part of the meeting.
- He called upon Ron Morgan (Health and Welfare) to come forward and inform the membership about any health issues concerning our members.
- Ron informed the group that club member Ron Wysynski was in the hospital undergoing a back operation procedure and further information regarding his process would be passed on as received.
- Ted informed the membership no Management Committee meeting was held in March, so nothing to report at that time.
- Ted continued by reading a notice of a special Rotarian event, Rotanza – Spring in the Country 2016, taking place on May 06th at the LEX, Lindsay Fair grounds :
 - **Purchase Tickets at :**
<https://www.eventbrite.ca/e/rotanza-2016-spring-in-the-country-tickets-19918802675>;
 - **Tickets for this event are \$120.00 and are available online as above, or from Scotiabank Lindsay, any Rotarian or by calling 705.324.9868 or 705.328.3673.**
- Before adjourning the meeting and the members making their way to Olympia Restaurant for the luncheon, Ted read a little humorous story regarding a cow breeding procedure or exercise.