



CSO Client Breaks Silence

On Panic Anxiety Disorder (PAD)

My heart is racing, I have trouble breathing, I am trembling, my legs feel weak, I am dizzy, sweating, and have nausea. Could I be having a heart attack, stroke, have a gun pointed at me....no it is a panic attack! I suffer from an anxiety disorder called Panic Anxiety Disorder (PAD). I have lots of company with this disorder with 15 million sufferers in North America alone. However, due to shame, embarrassment and the stigma of having a mental disorder, we often suffer in silence. We quit perfectly good jobs, turn down promotions, and are under employed rather than face telling an employer what is happening to us.

Many mental health professionals agree that it is often individuals with perfectionist traits who show extraordinary job commitment, pay strong attention to details and exhibit a high degree of selflessness that have a tendency to suffer from PAD. Ashamed and isolated by the disorder, I was constantly terrorized by thoughts of having an attack in the presence of others at my work. PAD is treatable not only by medication, but relaxation techniques and behavioural therapy. For the workplace both the employer and employee must be willing to be honest, flexible and realistic in their expectations. This will change the work environment from a stressful place to a safe place.

I found that a complete acceptance of my disorder is what helped me the most. Between an understanding and supportive supervisor and the help of a couple of designated co-workers who understood I may need to leave my desk in a hurry, it only took a couple of weeks of working in this atmosphere before I was at ease at work and did not have any problems. Just knowing that I could leave my desk made the need to leave unnecessary. It is the anticipation of the attacks that may trigger more.

Community Service Order Program

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Thank you for your support!

If you know of any non-profit organizations that could benefit from the help of our clients within their agency or for special events or projects, please contact us.

What Works?

When dealing with PAD

The worst thing a person with PAD can do is try to suffer in silence since it will escalate the attacks and the fear of having an attack may cause a phobia of being in the workplace and even causing one to be house bound. Whether you are working with staff, volunteers, students or community service order clients with PAD, the following strategies are recommended:

1. Let the person make up a first aid kit with potential remedies that can be realistically adopted. For example: a **warm** fluorescent light over the desk.
2. Educate yourself on the disorder. It is a real disorder. The sufferer deserves to be treated like an adult with the same dignity as you would treat a person with a chronic illness.
3. Let the person enlist a couple of co-workers to act as supports when they need assistance.
4. During the initial time of distress discuss work expectations.
5. Don't insist the person attend lunch meetings or staff parties when social situations trigger panic attacks.
6. Do use humour and compassion. A serious approach with a touch of humour can really be helpful.

Remember while PAD may be chronic it can be controlled and adopting the above strategies may eliminate any future problems at the workplace.

CSO Client

The **CSO Networker** is a newsletter of the Community Service Order Program of Community Counselling and Resource Centre. This program provides assessment, placement and supervision of adults and youths in conflict with the law in completing court-ordered community service hours within non-profit & tax-supported organizations. Through this newsletter, the CSO program will communicate with our 'placement agencies' (the groups & organizations that provide placements for CSO clients) about the program and what is happening within the placement agencies. Watch for this newsletter quarterly in January, April, July and October. Submissions with regard to placement services or events are welcome by contacting Shelley Giardino or Joanne Fulford by phone, fax or email. Please feel free to also share any success stories that you may have had through partnering with our Program.

Home Projects

Different stroke for different folks...

Sometimes clients are not able to attend placements. The reasons vary from health related problems, unmanageable work and family life schedules, and house arrest. In cases such as these, the Community Service Order Program will oversee a home project, which is then donated to one of the non-profit agencies within the community. Clients, who possess a number of talents and skills, create a variety of items for silent auctions and ongoing projects such as cat posts for the animal shelters, afghans for older adults and special requests for bookcases or even wheel chair ramps and picnic tables. If you have an idea for a project that you would like for your organization, please contact Joanne Fulford, CSO Program Manager, 743-6376 or Shelley Giardino, Case Coordinator, 743-4485, to discuss it. Any donations of materials to complete projects including knitting worsted weight yarn, medium sized baskets for floral arrangements, and silk flowers are much appreciated!

Here are just a few of the items done by clients!



Above Coffee table, cat posts (left), silk flower arrangements



Antiqued
Bench
(left)



Wood "Boat" Bookcase



Large floral arrangement

Placement Agency Profile

How they keep volunteers coming back!



At the YWCA of Peterborough, Victoria and Haliburton we recognize that it is the enthusiasm and commitment of our volunteers that enables us to continue to provide important services for women and their children living in our community. In this respect, we understand the importance of fostering an inclusive, welcoming environment for all of our volunteers to ensure that they feel comfortable at the YWCA, and continue their involvement with the organization.

Currently over one hundred eighty volunteers assist the YWCA in various capacities. From packing food boxes for our Just Food program, to working in Y's Buys, our second-hand clothing store, to assisting with office activities, to sitting on a committee or the YWCA board of directors. We understand that skills building and personal satisfaction are important aspects of volunteerism. Thus we try to provide meaningful volunteer placements, such that while contributing their time and skills, volunteers are able to gain valuable experience working in the non-profit sector. Although we endeavour to recognize and appreciate our volunteers in their placements on a daily basis, we also formally celebrate the work of our volunteers through a variety of appreciation events and activities throughout the year.

Volunteers are an important resource in the non-profit sector. The YWCA applauds our volunteers for all of their invaluable assistance. We truly couldn't do it without you!

Kate Johnston, YWCA Volunteer Coordinator

Welcome Aboard!

CSO would like to welcome the following 2005 Community Partners



- *Leta Branscombe*
- *Festival of Lights*
- *Art Space*
- *Kairos Non-Profit Housing*
- *Kawartha Village Coop*
- *Millbrook Valley Trails*



Did you know...?

About Confidentiality and Health and Safety!

- ❖ Any information pertaining to CSO clients performing Community Service hours **MUST** be kept confidential and should not be disclosed outside of work placements except to the CSO Office.
- ❖ This includes any written or verbal information received from the CSO office regarding client's and any information shared by client's at placements, as well as their status as CSO client's.
- ❖ CSO clients should not be exposed to unsafe working conditions that pose a threat to their health and safety without proper protective equipment.
- ❖ All clients are instructed to cooperate with their placement supervisor's instructions, particularly in matters related to safety. Additionally the CSO office advises clients of any known dress codes or equipment requirements.

*PLEASE ADVISE THE CSO OFFICE OF POTENTIAL HAZARDS AHEAD OF TIME AND WHAT PROTECTIVE EQUIPMENT WILL BE PROVIDED AND OR SHOULD BE BROUGHT BY CLIENTS.

'Lighter side of Life'

Nothing says summer like a hot day and the barbeque firing up! Here's a wonderful recipe for marinating either beef or pork !



¾ cup olive oil	Makes 2 cups
¼ cup lemon juice	¼ cup wine vinegar
1 tbsp. Worcestershire sauce	½ cup Soya sauce
2 cloves of garlic, smashed	1 tbsp. Montreal Steak Spice

Mix all ingredients in a non-metal container. Use ¼ cup per pound of meat being marinated. Marinate meat in non-metallic container or Ziploc bag for 1-24 hours before barbecuing. This is a great marinade for shish kebabs, too. Just soak wooden skewers in water a few hours prior to skewering pork or beef alternately with peppers, mushrooms, onions, cherry tomatoes, and/or zucchini chunks. Allow to soak in marinade. Grill meat to desired doneness. Additional marinade may be stored in refrigerator up to 3 weeks.

Current CSO Placements would like to announce the following Upcoming Events:

Special Event: Lakefield Jazz, Arts and Craft Festival

Place: Lakefield

Date/ Time: Saturday July 9 from 11:00 am to 11:00 pm.

Description: Check web-site at www.lakefieldjazzfest.com Admission \$5

Special Event: 10th Annual Fiesta Buckhorn

Place: Buckhorn Community Centre

Time: 1pm – 8pm

Date: July 23

Admission \$10 for 19 +over! Call 657-8833 for more details

Special Event: Ennismore Shamrock Festival, Truck Pull, Idol

Date: July 15 and 16

Place: Ennismore Community Centre

Time: various

Description: Contact Ed Barber at 292-8774 for more information.

Special Event: Peterborough Centennial Museum

Place: Peterborough Centennial Museum

Date: Now thru August 14, 2005

Description: Exhibit Proud Traditions: Metis in Canada

Special Event: 28th Annual Fine Art Festival

Place: Buckhorn Community Centre

Date: August 12 – 14, 2005

Call 657-8833 for more details

Special Event: Village by Candlelight

Place: Lang Pioneer Village

Time: 7:00 to 10:00 pm

Date: Saturday & Sunday, August 27 & 28 .

Admission: Adult \$9, Student/Senior \$8, Youth (5-14) \$5, Under 5 Free, Family \$25 (includes 2 adults & 4 youth). All taxes included.

Special Event: Pioneer Corn Roast

Place: Lang Pioneer Village

Time: 11am - 4pm

Date: Sunday, September 4

Admission: Adult \$7, Student/Senior \$6, Youth (5-14) \$4, Under 5 free, Family \$18 (includes 2 adults & 4 youth). All taxes included.

Special Event: Peterborough and District Obedience Club Rally-O Dog Trial

Date: Sunday Sept 11

Place: Douro Community Centre on Hwy 28 and Cty Road 4

Time: Starts at 9am

Description: Free Admission. Details at www.padoc.ca

Special Event: Applefest

Place: Lang Pioneer Village

Time: 11am – 4pm

Date: September 18, 2005

Admission: Adult \$9, Student/Senior \$8, Youth (5-14) \$5, Under 5 free, Family \$25 (includes 2 adults & 4 youth). All taxes included.

Special Event: Autumn Harvest

Place: Lang Pioneer Village

Time: 11am – 4pm

Date: October 2, 2005

Admission: Adult \$9, Student/Senior \$8, Youth (5-14) \$5, Under 5 free, Family \$25 (includes 2 adults & 4 youth). All taxes included.

Special Event: Spooky Halloween

Place: Lang Pioneer Village

Time: 6 - 9pm (weather permitting)

Date: Friday & Saturday, October 14 & 15, 2005

Ministry of Community Safety & Correctional Services & Ministry of Children & Youth Services  Ontario

