

The Telegram (St. John's)

Editorial, Friday, June 11, 2004, p. A6

Association supports proposal

Geoff Chaulk
The Telegram

Thank you for your story by Will Hilliard in the June 6 edition of The Sunday Telegram, titled "Proposal aims to increase housing units," regarding the housing development in downtown St. John's proposed by Stella Burry Community Services.

In Canada, one in five people will experience a mental-health problem in his or her lifetime. Approximately three per cent of the population will experience a severe and persistent mental illness.

ESSENTIAL FOR RECOVERY

For many people in the latter group, the standard life goals such as education and employment may be interrupted with the onset of illness. However, research has shown that with appropriate community supports, such as housing and case management (personalized support), the majority of people can work or return to school.

In an effective community mental-health system for people with severe and persistent mental illness, good quality housing is a cornerstone.

Who among us could function well in any aspect of life without a safe and affordable place to live? Imagine how difficult life could be with a disabling mental illness coupled with poverty and poor or no housing.

Stella Burry Community Services is a reputable organization with a proven track record in terms of housing and supporting people dealing with various challenges. Who better to lead a new housing development in our community for some of our most disadvantaged?

The Canadian Mental Health Association, Newfoundland and Labrador Division, advocates for community-based services for our citizens dealing with mental illness.

Staff in our resource centre provide information and make referrals for many people experiencing housing problems.

The simple reality is that more good quality and affordable housing is needed. We support the efforts of Stella Burry Community Services.

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Category: Editorial and Opinions

Story type(s): Letter

Edition: Final

Length: Short, 245 words

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Doc. : news·20040611·ET·0SJT20040611083046_FMS0026