



Meet Karyn Baker,

Program Director of the
Family Outreach and Response Program,
Toronto, Ontario, Canada

Karyn Baker is the Program Director of the Family Outreach and Response Program providing supports to family and friends of those recovering from serious mental health issues.

Karyn has worked in mental health for 20 years and has been working with families for the past six. Prior to that time, Karyn worked as a consultant with Community Resources Consultants of Toronto and also managed the City of Toronto Mental Health Co-ordinating Committee.

Karyn has been able to work in many areas of mental health including:

- direct support for consumer/survivors and families
- community development and planning
- program and organizational development

Karyn is committed to ensuring that families learn about mental health recovery

Karyn is a well respected and very knowledgeable speaker on the topic of mental health recovery. Amongst her accomplishments in this area are attending several national and international conferences on mental health recovery both as a presenter and a participant. Her knowledge of the subject as led to her becoming a highly sought after professional instructor on mental health recovery. She is also in demand as a public speaker on mental health recovery, appearing both in person and on television in the Toronto area.

Karyn has presented at the following conferences:

- **Covering Addiction and Mental Health: the Institute of Addiction and Mental Health Studies for Journalists** - June 2005 – Toronto
 - Impact on Family
- **Spring 2005 recovery conference** – May 2005 – Thunder Bay
 - Families and Hope
 - Families and Recovery

- Bringing Families and Recovery Together Through Education and Support
- **Family Matters Conference** – May 2005 – Niagara Falls
Why Work with Families Anyway?
- **Ontario Case Management Association Conference** – October 2004 – Toronto
Families and Mental Health Recovery
- **Best Practices when Working With Families** – March 2004 – Toronto
Families and Mental Health Recovery
- **Making Gains Conference** – September 2003 – Niagara Falls
Families and Mental Health Recovery

Karyn's work as an educator and workshop facilitator on mental health recovery includes the following:

- **Accommodation, Information and Support** – June 2005
Introduction to Recovery, Board of Directors
- **Habitat Boarding Homes** – June 2005
Introduction to Recovery, Owners and Operators
- **Guelph Community Mental Health Clinic and CMHA** – May 2005
Family Mental Health Recovery Training
- **St. Joseph's Hospital, Hamilton, Ontario** – February 2005
Families and Recovery Workshop
- **Houselink Community Homes** – Winter 2005
Recovery Education Series
- **York Region CMHA** – December 2004
Why Work With Families?
- **York University – Social Work Graduate Program** – Spring 2004
Assisted in the teaching of *Critical Perspectives in Mental Health*
- **Parkdale Recreation and Activity Centre** – Spring 2004
Introduction to Recovery, staff and Board of Directors
- **Family Mental Health Alliance – Peer Group** – Spring 2003
Introduction to Recovery
- **Community Resources Consultants of Toronto** – Fall 2002 and Fall 2003
Introduction to Recovery, Part 1 & 2
- **Accommodation, Information and Support** – Winter 2003
Introduction to Recovery

Karyn has also developed with Ann Thompson the innovative and highly successful eight week **Family Mental Health Recovery Series** offered by the **Family Outreach and Response Program** in Toronto. Further information on this series can be found on the website of the Family Outreach and Response Program at www.familymentalhealthrecovery.org/public/programs/recoveryseries.htm.

Karyn has attended many conferences and courses on recovery as well. Recently, she has attended:

- **Pat Deegan: A Day on Recovery and its Practice(Toronto)**, May 2005, organized by the Leadership Project
- **Creating Positive Change in Mental Health Recovery(Niagara Falls)**, May 2005, organized by the Mood Disorders Association of Ontario and the Schizophrenia Society of Ontario
- **Pathways to Recovery(Hamilton)**, October 2004, organized by IAPSRS
- **Making Gains(Niagara Falls)**, September 2003, organized by CMHA Ontario, CAMH, and the Federation of Community Mental Health and Addiction Programs
- **Recovery: Hope for a Change(Toronto)**, March 2003, organized by the Leadership Project
- **Recovery Conference(Boston)**, October 2002, organized by the Center for Psychosocial Rehabilitation
- **Recovery Conference(Sudbury)**, May 2002, organized by northern CMHAs
- **Recovery Festival(Toronto)**, March 2001, organized by the Queen Street Outreach Society.

In **November 2004** Karyn was invited to attend a meeting of the **International Network of Treatment Alternatives for Recovery (INTAR)** in Massachusetts. This meeting was an international summit of world renowned psychiatrists, people who have recovered from serious mental health issues, psychologists and other mental health professionals from Canada, Finland, Germany, Ireland, Austria, England and the United States. The purpose of the conference was to share data and research proving that a non-medical approach to mental illness helps people to recover.

In April 2004, Karyn completed the requirements for the **Psychosocial Rehabilitation and Recovery Certificate** from the **Center for Psychosocial Rehabilitation of Boston University**.

Karyn has spoken in public as well as at conferences on the role of families and mental health recovery. In **January, 2004** Karyn was a participant in a panel discussion on mental health recovery that was part of the **There is Help...There is Hope** community information forums on addiction and mental health sponsored by the Centre for Addiction and Mental Health and Chatelaine magazine. She also was the moderator at the forum on **January 11, 2005** titled **Family Recovery**. On **March 30, 2005** Karyn participated in the **Family Council of CAMH** forum **Concurrent Disorders: Recovery from Both Mental Health and Substance Use Issues**. Karyn gave the keynote presentation at 2005 annual general meeting of **Habitat Services** in Toronto, **Moving Towards a Recovery Approach: The Learning and Challenges for Toronto**.

As well as speaking in public, Karyn has also appeared locally on television in Toronto. In **September 2004**, Karyn was a guest speaker on the **Rogers Television** show **Medical Intelligence** hosted by Jacqueline Hennessy. During the show, Karyn spoke on the role of families and mental health recovery and the services provided by the Family Outreach

and Response Program. As well as airing locally in Toronto, **Medical Intelligence** is also carried on the **G4TECHTV** and **MSNBC** cable channels.

Karyn is well connected in the recovery movement in the Toronto area and is an active member in the following groups:

- The Leadership Project
- The Ontario Recovers Campaign
- The Recovery Reference Group of the Centre for Addiction and Mental Health
- Family Initiative Steering Committee of the Centre for Addiction and Mental Health

Karyn was a member of the **Early Intervention in Psychosis Policy Work Group** which provided advice to the **Ministry of Health and Long-Term Care of Ontario** on a policy framework for early intervention in psychosis.

Karyn is also a member of the **International Network of Treatment Alternatives for Recovery (INTAR)**.

If you are interested in having Karyn come and speak to your group on mental health recovery and the role of families in mental health recovery, Karyn may be contacted by any of the following methods:

- **By mail:**
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Toronto, Ontario
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- **By e-mail:**
karyn_baker@familymentalhealthrecovery.org
- **By telephone:**
416-535-8501, extension 2011
- **By Fax:**
416-583-4335
- **From the website of the Family Outreach and Response Program**
an online speaker request form will be added during the spring of 2005.