

FOR IMMEDIATE RELEASE

LOCAL YOUTH GROUP OPENS PLAY ON MENTAL ILLNESS

(Thunder Bay, ON, November 14, 2007) **MINDFRAMES**, a dramatic presentation about mental health and mental illness opened today at Magnus Theatre. The play follows three main characters as they struggle with the issues that many teenagers face with their friends and families. Every component of **MINDFRAMES** was created by the local youth group, "Youth with an OPEN mind." The 12 members brainstormed ideas and wrote the play, adding in their own poems and selected/composed music all with the help of local playwright Eleanor Albanese.

Youth group member, Raija Begall says, "When I struggled with an eating disorder, it felt like people treated me like I was 'broken.' I want others to understand that you are normal, even though you may be dealing with mental health issues." Some members of 'Youth with an OPEN mind' have a friend or family member who is affected with mental illness. Others have struggled with it themselves. All understand what it feels like to be alone when struggling emotionally.

Brook Latimer, Public Education Coordinator – Mental Health, St. Joseph's Care Group says, "The play encourages everyone to feel more comfortable talking openly about mental illness while reducing some myths and misconceptions. St. Joseph's Care Group is proud to sponsor 'Youth with an OPEN mind' with this project."

MINDFRAMES will be presented to Grades 7 & 8's at six schools in the Lakehead Public School Board. Performances will also take place at Hillcrest High School, St. Patrick's High School, and a conference for the Centre of Excellence for Children and Adolescents with Special Needs in Thunder Bay. Two public showings on November 28th and December 2nd are also scheduled (see attached poster for details).

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For more information, please contact:
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**St. Joseph's Hospital ♦ St. Joseph's Heritage ♦ Lakehead Psychiatric Hospital ♦ Hogarth Riverview Manor ♦ Balmoral Centre
St. Joseph's Health Centre ♦ Behavioural Sciences Centre ♦ Diabetes Health Thunder Bay ♦ Sister Margaret Smith Centre**

St. Joseph's Care Group is accredited with the Canadian Council on Health Services Accreditation and provides services in complex care, rehabilitation, mental health and addictions, long-term care and supportive housing. As well, community programs are provided at Frank Murphy Community Centre. SJCG has approximately 1700 employees, over 400 volunteers and an annual operating budget of \$115M and is the fifth largest employer in Thunder Bay. To learn more about SJCG, visit the web site at www.sjcg.net.