

# Personality Profile Of The Week

Advancing the cause of mental health and education of the community regarding mental illness, are prime targets for CMHA's new South Peel Branch President, Mrs. Wm. S. Chisholm.

This target is not one woman's crusade. It is the target of mental health workers throughout the continent.

In accepting the responsibility of the presidency this year, Grace Chisholm feels that she is not a crusader, rather one of thousands of men and women, laymen and professionals, who are concerning themselves, actively, in a critical area of community need.

As president, it is her responsibility to interpret the role of CMHA to the community. Through public education to seek the same support, understanding and compassion for the mentally ill, as for the physically ill.

Born in Brampton, Grace Chisholm grew up and completed her education in Toronto, graduating as an Occupational Therapist from the University of Toronto in 1950. Her areas of interest in her profession, centered in working with children and psychiatric patients and her experience includes work at Homewood Sanitarium in Guelph, graduate work at the Hospital for Sick Children and further work in private institutions in the Toronto area.

Following her marriage in 1951, and a move to southwestern Ontario, she practiced at the Red Cross Curative Workshop in Windsor.

In 1954, her husband's work brought the family to this area, where they settled in their present home on Henley Road, Cooksville.

The Chisholm's believe in taking part in the growth and development of their community and both have been active in this regard. Mr. Chisholm is presently chairman of the local branch of the Engineering Institute of Canada and is an enthusiastic supporter of his 10-year-old son's hockey activities.



Mrs. Wm. S. Chisholm

As the mother of three children, Susan, 12, Robert, 10, and Stephen, five, Grace Chisholm has served many years on the executive of the Home and School Association at Westacres Public School, including two years as its president. Now, as a past president, she is serving further as Assistant Area Vice-President on the Peel Home and School Council.

With her past experience and interest in psychiatric patients, it was only natural that in 1962, she became one of the Charter Members of the then, newly formed, South Peel Branch of CMHA.

She has remained on the executive ever since, serving as corresponding secretary, later as vice president and this spring, was elected president of the association.

In her committee work for the South Peel Branch, she has been most active in the areas of education, child development and family life.

Through her many speaking engagements to lay and professional groups, she is able to reach a broad representation of the community; to help erase some of the inherited fears and replace them with facts regarding the true nature of mental and emotional illness.

As a wife, mother and homemaker, she is particularly aware of the important role of the woman in the family unit.

"Women are not medically trained to become mothers, yet they can and do learn to recognize their family's physical illness and seek medical aid when necessary she says. "Recognizing the symptoms of mental and emotional illnesses is equally important. Seeking medical aid is equally important. Only through education can fears and the bogeys of shame be replaced by confidence and positive action."

Far beyond this, she feels that it is everyone's need to know how to prevent such illness with its resulting unhappiness and wasting of human potential. For again, as with physical illness, much of mental illness could be prevented.

Work in community needs and organization, is to Grace Chisholm, simply an extension of her role as wife and mother. Her busy life - home, children, church work, Home and School and Mental Health - is obviously a fulfilling life.

She, like other women, wants her family to live and grow in a happy, healthy community. And to her, a healthy community is an aware community; aware of its growth and aware of its needs in all its services.

To Grace Chisholm, a community is people, and to her way of thinking, there is no limit to what people can and will do, when made aware of a real need.

"Look what we do in time of war! Well, we are engaged in another war in mental health. A war against ignor-

ance, on all levels of society, apathy, fear and shame.

The care of the mentally ill does not begin to measure up to the care of the physically ill.

Our job is to educate the community; the people. Knowledge and understanding will be the immunization against mental illness."