



FAMILY & FRIENDS



BC Schizophrenia Society, Vernon & Salmon Arm Branches

March, 2008

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BRANCH INFORMATION

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BCSS website: www.bcss.org

*BCSS Mission Statement:
To improve the quality of life for
those affected by schizophrenia and
psychosis through education, support
programs, public policy, and
research.*

The BC Schizophrenia Society –
Vernon Branch is an
incorporated branch society and
Registered Charity

867 308 389 RR00001

Your generosity is appreciated.
Receipts will be issued for
income tax purposes.

SPRING IS IN THE AIR!

The snow is melting and soon the crocuses will be blooming in our flower beds. More people will be going out for walks or jogging to shake off the cabin fever of winter. Spring also brings our:

Annual General Meeting

Date: Wednesday, May 21, 2008

Place: People Place
3401 27 Ave., Vernon
Basement Room 006
(Press 006 to be let in)

Time: 7:00 – 8:15 p.m.

Light refreshments provided



Featuring DVD of a television interview
with Bill MacPhee
Editor of Schizophrenia Digest Magazine

Check out the rest of the newsletter for more information and events you may want to participate in this spring!

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VERNON UPDATES

FAMILY SUPPORT BUDDY PROGRAM

Our program is growing and you can be part of it! We currently have three volunteers with two in active matches with family members, but we are looking for more. Are you a family member or a close friend of someone with a serious and persistent mental illness? Are you in a stable place of coping with your experience? Would you be willing to be matched with someone who



shares your experience and provide them with a friendly listening ear via telephone or in person? The focus of the program is to provide one-on-one peer listening, practical assistance and information, emotional support, and hope during a weekly phone call or visit.

The volunteers do this by providing suggestions on ways of coping, sharing information about resources, and providing an opportunity to talk to someone who's 'been there'. If you know a family member who would like to volunteer or be matched with a Family Support Buddy, please call Angie at 250-260-3233 to learn more about this wonderful opportunity to help others. For more information on the Family Support Buddy program, go to the link below.

www.bcsc.org/2006/03/08/family-peer-support-buddy-program/

KIDS IN CONTROL

We regret that we will not be able to offer Kids In Control this spring. This is an educational support program for children between the ages of 8 and 13 years of age who have a parent with a mental illness. It is taught by a mental health professional and another adult who has experienced the special circumstance of growing up in a home with a parent with a mental illness. We hope to offer it again in the future so watch the newsletter for updates.



VALUED VOLUNTEER

WILL CUNDY



Will has been an enthusiastic volunteer in our Partnership Program for nine years. In presentations, Will tells of how he struggled with accepting that he had a mental illness. He had difficulty finding an appropriate medication when he was first diagnosed with schizophrenia 20 years ago. He also abused street drugs which only served to make it more challenging to

become healthy. He worked at various jobs over the years including: dishwasher, gas station attendant, doughnut baker, pizza jockey, and doing janitorial work in a retail store. He also volunteered at Peer Support Services for 10 years.

Will's family has been a real support to him and he is very close to them. He has found the right balance of medication to stay healthy now and he no longer uses street drugs. Going on a disability pension and getting into supported housing has made a huge difference in maintaining his health. Faith has played a large role in his recovery as well and he has recently started attending church again.

Will enjoys playing drums, writing his own drum charts, creative writing, and watching dvds with his friends. He is looking forward to going to the gym twice a week to work out. He loves heavy metal music so a highlight for him this spring will be going to a Rush concert with a friend.

Will's openness and honesty in our Partnership Presentations helps audiences gain a better understanding about mental illness, demystifies mental illness, and fights ignorance and prejudice about mental illness. Thanks for all you do, Will. You're awesome!

NEW ADDITIONS TO THE VERNON LIBRARY

Books:



Is He Depressed Or What?: What To Do When the Man You Love Is Irritable, Moody and Withdrawn – by David Wexler

Living Longer Depression Free: A Family Guide to Recognizing, Treating, and Preventing Depression in Later Life – by Mark D. Miller, M.D. And Charles F. Reynolds III, M.D.

Helping Your Teen Overcome Depression – A Guide for Parents - by Miriam Kaufman, B.Sc.N., M.D., F.R.C.P

CALENDAR OF EVENTS VERNON

FAMILY-TO-FAMILY EDUCATION COURSE

This **FREE** course helps family members and friends of individuals with mental illness understand and support their loved one while maintaining their own well-being. Topics include: information about mental illnesses, coping and communication skills, problem solving, medications and treatments, how to support your loved one, self-care and emotional support. Taught by trained volunteer family members.

Next course offered 6 Saturdays:

March 29 to May 10 , 2008

(note: no class on April 26)

Classes from 9:30 to 3 p.m.

at the People Place

Rm #001 (first class) then Rm #003

3402 27th Avenue

Vernon

To register, please call Bea

before March 17th at

250-549-4553

MENTAL HEALTH FAMILY FUN DAY THIS SPRING!

Join us at Okanagan Lake for Mental Health Family Fun Day. This year we have a new venue, new time and new activities! Mark your calendars for May 8 from 3 - 7 p.m. at Paddlewheel Park Hall at 7813 Okanagan Landing Road in Vernon. This special day offers consumers, their families and friends the opportunity to get together for a day of activities, games, education, food and fun! See you at the beach!

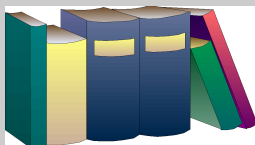


FAMILY SUPPORT GROUP – March 11, 25, April 8, 22 and May 13, 27

Do you have a family member or friend who has been diagnosed with a serious and persistent mental illness? Our confidential, monthly family support group provides a caring environment to share your hopes, fears, experiences and knowledge with others who have first hand experience in supporting a loved one with a mental illness. **YOU ARE NOT ALONE.** We meet on the 2nd Tuesday of every month from 2 – 3:30 p.m. in room #002 in the basement of People Place and the 4th Tuesday of every month at 7:00 p.m. in our office at room #301 at the People Place. For more information, call Dianne at 250-260-3233.

SALMON ARM UPDATES

NEW ADDITIONS TO THE SALMON ARM LIBRARY



Books:

10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction & Accomplish Your Goals- by Stephanie Moulton Sarkis, Ph.D.

Answers To Distraction (ADD) - by Edward M. Hallowell, M.D. & John J. Ratey, M.D.

Listening to Depression: How Understanding Your Pain Can Heal Your Life - by Lara Honos- Webb, Ph.D.

Break The Bipolar Cycle: A Day-By-Day Guide to Living with Bipolar Disorder - by E Brondolo, Ph.D., and X Amador, Ph.D.

Can't Sleep, Can't Stay Awake : A Woman's Guide to Sleep Disorders - by Meir Kryger, M.D.

The Bipolar Handbook : Real-life Questions with Up-to-date Answers. - by Wes Burgess, M.D., Ph.D.

Depression : Your Questions Answered. - by Melvyn Lurie, M.D.

New Hope for People with Bipolar Disorder :Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions - by Jan Fawcett, M.D., Bernard Golden, Ph.D. and Nancy Rosenfeld

Seasonal Affective Disorder for Dummies - by Laura L. Smith, Ph.D. & Charles H. Elliott, Ph.D.

Dancing with Fear: Controlling Stress and Creating a Life Beyond Panic and Anxiety - by Paul Foxman, Ph.D.

You Mean I'm Not Lazy, Stupid or Crazy?! The Classic Self-Help Book for Adults with Attention Deficit Disorder - by Kate Kelly & Peggy Ramundo

SALMON ARM UPDATES CONTINUED

OUR NEW LOCATION

The Shuswap Family Resource Centre is now in their new building and we moved with them. We are located on the corner of Trans Canada Hwy N.E. and Alexander Street in downtown Salmon Arm. The new location has lots of windows and is a level entry from the street. Our office is open on Thursdays and Fridays from 1 - 4 p.m. For more information, please give me (Donna) a call at (250) 832-2170 ext. 206. Do drop in for a visit.

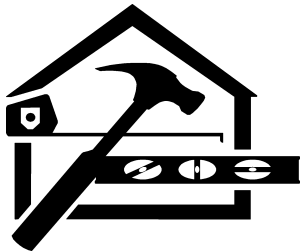
VOLUNTEER SEARCH

BCSS Salmon Arm is looking for volunteers to assist with the programs that we would like to offer this year. As a volunteer, you will be providing us with your insight and personal experience, which in turn adds to a unique and powerful educational program that uses personal story telling as a basis for educating people about mental illness.

Volunteers are needed for:

Partnership Education: a team of three speakers – a family member, a consumer, and a mental health professional. Each person offers their personal stories to help people understand the nature and prevalence of chronic and severe mental illness. Training will be provided. If you are interested in volunteering, please contact Donna in Salmon Arm at 250-832-2170 ext. 206.

CANADIAN MENTAL HEALTH ASSOCIATION



The CMHA office in Salmon Arm is under construction again. They have started renovations on the 3rd floor for the arrival of Mental Health and Addictions. If you are interested in a tour at CMHA, please call Leslie at (250) 832-8477 and she will arrange a tour on a Thursday morning. And, don't forget about the Thrift Shop, there is always a smiling face and lots of things to look at.

CALENDAR OF EVENTS SALMON ARM

FAMILY SUPPORT GROUP

Future Family Support Group dates are:

Feb. 28, Mar. 27, Apr. 24, May 29, and June 26.

Do you have a family member or close friend who has been diagnosed with a mental illness? Do you feel you would like to talk about what you are going through with others that are going through similar feelings or issues with their mentally ill relative? Then come and join us. The Family Support Group provides a confidential and caring environment to share experiences and knowledge with others who have first hand experience in supporting a loved one with a mental illness. We meet on the last Thursday of every month from 7-9 p.m. We are now located at 181 Trans Canada Highway, which is on the corner of the Trans Canada Highway and Alexander Street. There is parking on Alexander Street and at the back of the building. Please come to the front door. For more information call Donna at 250-832-2170 ext. 206.

RECEIVE THE NEWSLETTER BY EMAIL

Provide us with your email address and you can receive the newsletter by email preserving Mother Nature and reducing mailing costs at the same time. Email Dianne at bcssvernon@shaw.ca so that we can add you to our newsletter email list.

BRANCH ARTICLES

Every issue, the BCSS branches of the region will present articles on new research, treatments, and developments in order to keep the members of our region informed and up to date.

New resource charts course to recovery for people with schizophrenia

by Mary A. Metcalfe, M.S.

Excerpts from an article forwarded from BCSS – Provincial – Jane Duval and submitted by the Salmon Arm Branch.

Warren Butcher is like many young people today. The 28-year-old worked at a number of part-time jobs before landing a full-time position that will finally give him weekends off. As the newest support worker in Winnipeg's Program for Assertive Community Treatment (PACT), Warren has taken a personal step forward in his journey of recovery from schizophrenia.

Mr. Butcher experienced his first psychosis six years ago and was diagnosed five years ago.

"When we were first faced with his diagnosis we were frightened." His mother Amy, a registered nurse, remembers thinking, "What could I do? How could we help him? Who could we reach out to? Even with my medical knowledge, I didn't know where to turn."

For patients and families facing that journey today, there is a new publication to help them navigate. *Schizophrenia: The Journey to Recovery. A Consumer and Family Guide to Assessment and Treatment* was a joint effort by the Canadian Psychiatric Association (CPA) and the Schizophrenia Society of Canada to produce a plain-language resource for those whose lives are affected by schizophrenia.

"The CPA's clinical practice guidelines (CPGs) on the treatment of schizophrenia describe the spectrum of schizophrenia services, from early psychosis clinics, to case management and community treatment, to tertiary care hospitals, as well as the important involvement of families and patients or consumers," says Dr. Donald

Addington, chair of the schizophrenia CPGs writing group. "These guidelines were developed to help consumers and families become well-informed participants in the recovery process."

Recovery involves many services and supports

The CPGs and the booklet reflect the growing understanding that successful recovery goes far beyond medication. "Recovery includes medication but also psychosocial rehabilitation, family education, community supports and services, plus access to safe, affordable housing, gainful work and adequate income," explains Chris Summerville, interim CEO of the Schizophrenia Society of Canada (SSC) and CEO of the Manitoba Schizophrenia Society.

He notes that a major trigger for people living with schizophrenia is stress. "How you process life utilizes the brain. If the brain isn't working properly, then managing stress is going to be more pivotal to recovery," adding that, "historically, the medical profession and the SSC worked on symptom reduction. The holistic approach to recovery laid out in the clinical practice guidelines is a welcome approach."

Psychosocial rehabilitation and community support services are changing the outlook for increasing numbers of people living with schizophrenia, particularly for their quality of life.

"They are recovering not only from their illness but also from loss of friends, delayed education, loss of means of work, and from stigma and discrimination. People living with schizophrenia consider themselves recovering when they can have new meaning and hope. And that means approaching each consumer as a person and not an illness," he emphasizes.

From her nursing career in hospitals, clinics and long-term care facilities, and now as a board member of the Manitoba Schizophrenia Society, Ms. Butcher says it comes down to three words: "Acknowledgment, acceptance and appreciation. If you acknowledge a person and accept and appreciate them it goes a long way in treating people as people."

Both Mr. Summerville and Ms. Butcher agree that successful treatment of any mental illness, including schizophrenia, involves healing in the mind, body and spirit. "You can't have physical health without mental health," Mr. Summerville believes.

Reduce the stigma to improve recovery.

"One of the things I brought up at the provincial mental health advisory board is we need to be more focused and positive, says Mr. Butcher, who has become a dedicated advocate for people living with schizophrenia.

He knows first-hand that reducing or eliminating the stigma against mental illness is key. "People who have mental health difficulties need to be treated with the same respect as people with physical health difficulties."

For Warren Butcher that means being a role model by providing support to others living with schizophrenia, including making plans to go back to the University of Manitoba to pursue his degree in social work.

Schizophrenia: The Journey to Recovery. A Consumer and Family Guide to Assessment and Treatment, the plain-language CPG booklet is intended to help the one in 100 Canadians living with schizophrenia as well as all those who have a relationship with someone who is affected. Family members, caregivers, friends and co-workers can all better understand the nature of schizophrenia, the approaches to treatment and the growing potential for recovery.

It can be downloaded in PDF format at www.schizophrenia.ca and is also available in print form from the Schizophrenia Society of Canada provincial chapters and there are a few copies our Vernon and Salmon Arm offices.

Psychotic Illness Can Be Predicted In Up To 80 Percent Of High-Risk Youth

08 Jan 2008

Excerpts from article adapted by Medical News Today from original press release. - Submitted by Vernon Branch.

In an article published in the January 7, 2008, issue of the *Archives of General Psychiatry*, it was determined that youth who are going to develop psychosis can be identified before their illness becomes full-blown 35 percent of the time if they meet widely accepted criteria for risk, but that figure rises to 65 to 80 percent if they have certain combinations of risk factors. This can help scientists predict who is likely to develop the illnesses within two to three years with the same accuracy that other kinds of risk factors can predict major medical diseases, such as diabetes. Plans for studies to confirm the results, are underway.

The combinations of factors that predicted psychosis included:

- * deteriorating social functioning (for example, spending increasing amounts of time alone in one's room, doing nothing);
- * a family history of psychosis combined with recent decline in ability to function (such as a drop in grades not explained by other factors or an unexplained withdrawal from extracurricular school activities);
- * increase in unusual thoughts (such as thinking that strangers' conversations are about oneself);
- * increase in suspicion/paranoia (such as suspicion of being followed); and
- * past or current drug abuse.

"When teens have a dive in grades or drop out of the school band, and it happens against a backdrop of family history of schizophrenia and recent troubling changes in perception - like hearing non distinct buzzing or crackling sounds, or seeing fleeting images that disappear with a second glance - more often than not it indicates that psychosis is fairly imminent," Cannon said.

If participants had an unrealistic belief that they were being followed, for example, but could be shown that their troubling thoughts were unfounded, the researchers considered them as having a risk factor, but not yet psychosis. But if the participants' sense of being followed became unshakable, despite evidence to the contrary, or became disabling, the researchers considered them as having crossed a threshold to psychosis.

Research shows that intervention during the early stages of psychosis improves outcomes, but it is not yet clear if even earlier intervention, before a psychotic illness develops, is effective.

"Having this more accurate ability to measure who's likely to develop psychosis will be a great asset. Identifying young people in need of intervention is crucial, but the results of this research can help us do more than that. It can eventually help us determine the most effective time to intervene," said NIMH Director Thomas R. Insel, M.D.

Researchers from the facilities that conducted the study used similar criteria and techniques to evaluate 291 high-risk youth, about three times as

many as had been evaluated in any previous study of this kind. In addition to being smaller, earlier studies had used different criteria and measuring techniques from one another, which clouded the picture and resulted in only moderate accuracy in predicting psychotic illness.

In this study, a total of 35 percent of participants with at least one risk factor developed a psychotic illness within the 30-month study time frame. However, when researchers broke the data down further, they found that the youth who had two or three additional risk factors developed psychosis at a rate of 68 to 80 percent, depending on which risk factors were combined.

A separate group of 134 healthy people with no known risk factors for psychosis served as a control group, for comparison. None of them developed a psychotic illness.

Researchers also found that the youth who progressed to a psychotic disorder tended to do so relatively quickly. Twenty-two percent developed psychosis within the first year of follow-up, an additional 11 percent by the end of the second year, and 3 percent more by two-and-a-half years (adding up to the total percentage of people - 35 percent - who developed psychosis in this study).

"The message here is that once we identify people as being high risk, we have a very good chance of knowing whether or not they're likely to develop a serious mental disorder like schizophrenia and that, if they do, it will happen fairly quickly. That's such a critical window of opportunity for getting them the help they need," said Heinssen.

MOVING LIVES FORWARD SCHOLARSHIP



Opening the door to educational opportunities is a positive way for people with mental illnesses such as schizophrenia and bipolar disorder to realize their potential. The *Moving Lives Forward* Scholarship is offered

by Eli Lilly Canada, the BC Schizophrenia Society and the Mood Disorders Association of BC, to help people acquire the educational or vocational skills necessary to reintegrate into society and help them move forward with their lives.

Eligibility:

To be eligible for the scholarship applicants must:

Be a resident of British Columbia

Be diagnosed with a severe and persistent mental illness. e.g. schizophrenia, schizo-affective disorder or bipolar disorder.

Be receiving medical treatment for the disorder, including medication and psychiatric care.

Complete an application package.

Eligible programs:

The scholarship offers financial assistance for a wide range of educational opportunities in which students work to attain a certificate, diploma, or degree from an accredited institution such as:

High School Equivalency programs

Community College, Trade or Vocational School programs

Bachelor or Graduate degrees

Non-credit, online or home study courses are not eligible.

Scholarship Awards: 6 scholarships of \$750.00 and 2 scholarships of \$1,500.00.

(The award may be paid to the individual or directly to the institution.)

Scholarships will be effective for Fall/Spring 2008 - 2009 school year only.

Applicants must be planning to attend school during this period.

Application Deadline: June 30, 2008

For more information contact:

Mood Disorders Association of BC

Phone: 604-873-0103

email: info@mdabc.net

BC Schizophrenia Society

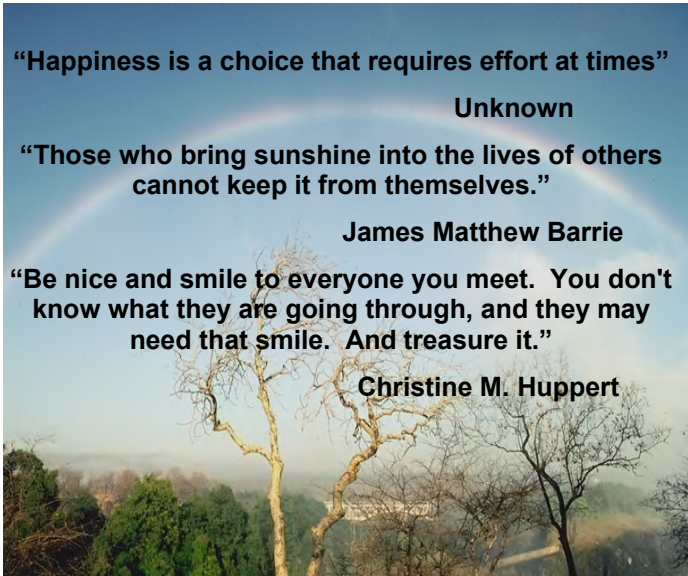
Phone: 604-270-7841

email: bcss.prov@telus.net

You can download the application package from the Mood Disorders Association of British Columbia website at :

<http://www.mdabc.net/whatsnew.html>

INSPIRATION



CHECK OUT THESE WEB SITES

Website aid for first responders

PIIMIC stands for **Police Intervention In Mental Illness Crisis**. PIIMIC is an information resource to enhance police intervention in psychiatric emergencies. Has info for others in the front lines (caseworkers and families) to help in assessing risk of endangerment in mental disorders and practical recommendations to help in managing a crisis.
www.piimic.com

Video on coping with suicidal behaviour

Excellent video in 4 parts.

<http://www.schizophrenia.com/sznews/archives/005335.html>

Youth Suicide Prevention Website

This site is for both youth and adults who would like, to the point, information on Youth Suicide and what to watch for. There is also a quiz which is quite interesting to do.

www.youthsuicide.ca

Depression information service:

<http://en.depnet.ca>

On line check-up depression, bipolar and anxiety (Mood Disorders Association of Ontario and others)

www.checkupfromtheneckup.ca

BECOME A BCSS MEMBER

If you would like to become a member of the BC Schizophrenia Society, please fill out the form below and drop it off at our Vernon or Salmon Arm offices or you can send it to:

BCSS – Vernon Branch
#301 - 3402 27 Avenue
Vernon BC V1T 1S1

BCSS – Salmon Arm
181 Trans Canada Hwy. N.E.
Box 914
Salmon Arm BC V1E 4P1

BCSS – Provincial Office
#201 – 6011 Westminster Highway
Richmond, BC V7C 4V4

MEMBERSHIP FORM

Membership fees are \$20 per year

Name: _____

Address: _____

City: _____

Phone: (h) _____

(w) _____

Fax: _____

e-mail: _____

Thank you for supporting BCSS/
Business No. 867 308 389 RR0001

Expiry Date March 31, 2009

Membership dues

- \$20.00 cheque enclosed
- Cash

In addition to dues, I wish to make a donation to BCSS

- Cheque
- Cash