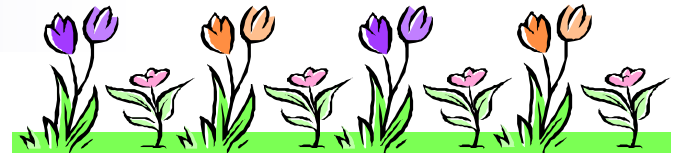


March 2011



MENTAL ILLNESS FAMILY SUPPORT CENTRE (B.C. Schizophrenia Society)
SALMON ARM BRANCH

FAMILY & FRIENDS



Spring Is Around The Corner

Last Fall, I planted 100 tulip bulbs in a flower bed beside my back deck. All winter I wondered if I did it right. Did I plant them too deep, or too shallow. Should I cover them with more snow or should I take some of the snow off of that area. You see, this is the first time I have planted tulips so I read a few books on how to do it and then as we say "I'll just wing it." So, for several months I have sat in anticipation of Spring to see if I did it right.

For caregivers such as moms, dads, sisters, brothers and extended family members of someone that has a mental illness, we never know from one day to the next if we have done or are doing the right thing for our loved one, because we have never been in this situation before. From the families new to mental illness to the families that have been dealing with someone with a mental illness for years, every day is an adventure and we do our best to help and be there to support the person with a mental illness. And to all you caregivers, I stand and applaud you for all your time and caring you have given to help and support someone.

Having said this, the next **Strengthening Families Together Workshop** is scheduled to start on April 19th. The class fills quickly as we only take 15 participants. There is further information inside this newsletter on what this workshop is about, how to register and the dates of the classes.

We also have our Annual General Meeting (AGM) coming up in May 2011, which as a member, you have a vote and it would be great for you to meet our Board of Directors. So, do make it a plan to come out and join us. Further information on the AGM is inside this newsletter.

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Membership Renewal Time

Another year has slipped by and it is time to renew your membership for the 2011 year which will expire on March 31, 2012.

Memberships are important to our organization because memberships are like voices, the more memberships we have, the stronger the voice we carry. So, please take a minute and fill in the membership form on the last page of this newsletter and bring it into our Salmon Arm office or mail it into our Salmon Arm office. We look forward to meeting you.





Generalized Anxiety Disorder

.Excerpts from:

<http://www.anxietyanddepressioncenter.com>

Generalized Anxiety Disorder is:

A. Excessive anxiety and worry, occurring more days than not, for at least six months, about a number of events or activities, such as work or school performance;

B. Difficulty controlling the worry;

C. The anxiety and worry are associated with three or more of the following symptoms:

1. Restlessness or feeling on edge
2. Being easily fatigued
3. Difficulty concentrating or mind going blank
4. Irritability
5. Muscle tension
6. Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep)

D. The focus of the anxiety is not confined to worry about a panic attack, being embarrassed in public (social phobia), or being contaminated (Obsessive-Compulsive Disorder).

E. Anxiety, worry or physical symptoms cause clinically significant distress or impairment in social, occupational or other important areas of functioning (Adapted from DSM-IV-TR-Revised)

In addition to the above symptoms, people with Generalized Anxiety Disorder may experience the following:

- numbness or tingling sensations in their finger tips, toes or on the top of their head
- feeling warm or hot
- wobbliness
- difficulties relaxing
- thinking that something terrible is about to happen
- feeling dizzy or lightheaded
- heart palpitations
- feeling unsteady
- feeling scared

- trembling
- fears of losing control
- difficulties breathing
- sweating not due to the heat

Thoughts (cognitions) associated with anxiety often begin with “what if...?” The thoughts associated with anxiety are often:

- catastrophic expectations of the future, and
- the sense that something terrible or bad is going to happen

Anxiety is associated with thoughts that involve:

- threat
- danger
- personal vulnerability

Five percent of the population is likely to have Generalized Anxiety Disorder at some point in their life, and one percent of the population is likely to have Generalized Anxiety Disorder at some time in the course of any given 12-month period of time.

Anxiety is a “fight or flight” response and occurs as a result of the perception of danger, threat or vulnerability. Cognitive therapy teaches people to identify, evaluate and perhaps alter thoughts and beliefs that may be contributing to the anxiety they are experiencing. Additionally, Generalized Anxiety Disorder responds well to relaxation training, which can include progressive muscle relaxation, breathing exercises, and relaxing imagery. A component of treatment involves exposure to events or internal experiences that may be creating anxiety. Antidepressant medication or anti-anxiety medications may also be helpful in addressing Generalized Anxiety Disorders. Without treatment, Generalized Anxiety Disorder can be chronic and persistent. Cognitive therapy, relaxation training and behavioral therapy have demonstrated in research studies to be very powerful and effective in the treatment of Generalized Anxiety Disorder. Cognitive Behavioral Therapy can be helpful in reducing symptoms and achieving a sense of safety, security and control.



Watch for us in the next **SHUSWAP HEALTH DIRECTORY '11,**

You're not stuck. You are just taking the time to plan your next move.





Panic Disorder

Excerpts from:
<http://www.anxietyanddepressioncenter.com>

Panic Disorder is the experience of panic attacks followed by ongoing concern and worry about having another panic attack and/or worry about the possible consequences of a panic attack. There may be avoidant behaviors associated with, and secondary to, the panic attacks. Panic attacks consist of:

1. Heart palpitations or racing heart
2. Sweating
3. Trembling or shaking
4. Sensations of shortness of breath or a Panic Disorder is the experience of panic attacks followed by ongoing concern and worry about having another panic attack and/or worry about the possible consequences of a panic attack. There may be avoidant behaviors associated with, and secondary to, the panic attacks. Panic attacks consist of:

1. Heart palpitations or racing heart
2. Sweating
3. Trembling or shaking
4. Sensations of shortness of breath or a smothering sensation
5. Feeling of choking
6. Chest pain or discomfort
7. Nausea or abdominal distress
8. Feeling dizzy, unsteady, lightheaded or faint
9. Feelings of unreality or being detached from oneself
10. Fear of losing control or going crazy
11. Fear of dying
12. Numbness or tingling sensation
13. Chills or hot flushes (DSM IV-TR-Revised)

One to two percent of the population is likely to have a Panic Disorder at some point in their life. Often associated with a panic attack is a catastrophic misinterpretation of a physical sensation. For example, in response to a rapid heartbeat, a person with panic disorder may think:

“I’m having a heart attack.”

In response to a feeling of dizziness, a person with Panic Disorder may conclude:

“I’m having a stroke.”

These catastrophic misinterpretations further create anxiety which exacerbates the physical sensation and strengthens the catastrophic misinterpretation. The thoughts most often associated with panic include:

“I’m having a heart attack,”

“I’m having a stroke,”

“I’m out of control,”

“I’m going to die.”

In the past panic disorder has been thought of as a condition that was chronic or only treated with psychiatric medication. In the last 20-30 years new, highly effective cbt treatments for panic disorder have been developed, tested, and refined. The newest cbt treatments are not only effective in a relatively brief period of time but research has demonstrated a low relapse rate. Most people with panic disorder get better and stay better after cbt treatment. Panic disorder has the best prognosis of any problem a person can come to a psychologist with and can generally be treated in 12-20 sessions.

Psychotherapy consists of relaxation exercises and patients learning to identify, evaluate and alter the thoughts that are associated with their panic attacks. This is often combined with systematically approaching situations that are being avoided because of fear of having a panic attack.

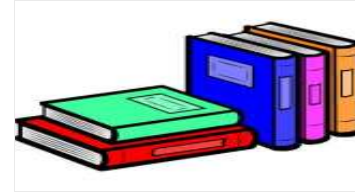
SOMETHING NEW!

MENTAL HEALTH FILM FESTIVAL

I am planning a once a week (for three weeks), lunch hour program, to show videos on different mental illnesses. This will be held over the lunch hour at the Family Centre and you can bring your lunch and relax. Stay tuned for the dates and titles.



What's New In Our Library



We have a lot of new additions to our library. Check out the list below and pop in to borrow them.

The following publications are from the Centre for Addictions and Mental Health (CAMH):

1. Schizophrenia: An Information Guide
2. Depressive Illness: An Information Guide
3. Anxiety: An Information Guide
4. First Episode Psychosis: An Information Guide
5. Women and Psychosis: An Information Guide
6. BiPolar Disorder: An Information Guide
7. Borderline Personality Disorder: An Information Guide
8. Obsessive Compulsive Disorder: An Information Guide
9. Understanding Psychiatric Medications—Series
 - Antipsychotics
 - Antidepressants
 - Benzodiazepines
 - Mood Stabilizers
10. What kids want to know—Brochure series
 - When a parent dies by suicide
 - When a parent has Bipolar Disorder
 - When a parent is depressed
 - When a parent has experienced psychosis
 - When a parent drinks too much alcohol
11. Management of Alcohol, Tobacco and Other Drug Problems: a Physician's Manual

Other books just in:

After Her Brain Broke - Helping My Daughter Recover Her Sanity by Susan Inman

Less Than Crazy— Living Fully with Bipolar II
By Karla Dougherty

Facing BiPolar - The Young adult's Guide to dealing with Bipolar Disorder
By Russ Federman, PH.D. and J.Anderson Thomson, Jr. MD

Taming Bipolar Disorder By Lori Oliwenstein

Addicted Like Me - A Mother-Daughter Story of Substance Abuse and Recovery
By Karen Franklin and Lauren King

Addiction & Recovery for Dummies By Brian F. Shaw, PHD, Paul Ritvo, PHD, Jane Irvine, DPhil

Living with Co-occurring Addiction and Mental Health Disorders - A Handbook for Recovery By Mark McGovern, Ph.D.

Anxiety Disorders - General Anxiety Disorder, Social Anxiety Disorder, Panic Disorder and others
By Dr. J. Paul Caldwell

Overcoming the Fear of Fear By Margo C. Watt, PhD, Sherry H. Stewart, PhD

Healing Anxiety and Depression By Daniel G. Amen, M.D.

Driven to Distraction - Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood By Edward M. Hallowell, MD and John J. Ratey, MD

Borderline Personality Disorder for Dummies By Charles H. Elliott, PhD, Laura L. Smith, PhD

CoDependent No More By Melody Beattie

The Everything Health Guide to Alzheimer's Disease By Maureen Dezell



ANNUAL GENERAL MEETING BCSS VERNON/SALMON ARM



This year our Annual General Meeting will be held over the lunch hour (12 noon to 1 pm) on Monday May 16, 2011 at the People Place (3402—27th Ave, Vernon) in the Basement Meeting Room #006.

Everyone is welcome to come and meet the Board of Directors and staff. Also to hear what we have been doing over the past year.

Family Support Group

Future Family Support Group dates are: March 31, April 28, May 26 and June 23

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 located at 181 Trans Canada Hwy. N.E. Salmon Arm, which is on the corner of the Trans Canada Hwy 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.



Our next workshop will start on April 19, 2011 at 6:30 p.m.

This **FREE** 6 week, Tuesday night workshop is a national education program for family members and close friends of individuals living with a mental illness. This program aims at increasing accessibility to Canadian based information on topics associated with living daily with mental illness. This program provides information, skill building, support, awareness and tools for coping. This class fills early so call Donna at (250) 832-2170 ext. 206 to pre-register.

Upcoming Events - In Vernon

The following are the upcoming events in Vernon. If you would like more information, please call Dianne at the Vernon office at (250) 260-3233.

Strengthening Families Together Workshop - May 5 - June 9, 2011

Awakening The Spirit Art Show and Sale - July 13 - September 11, 2011

Kids In Control - April 6 - May 25, 2011



INFORMATION WEBSITES

This site has some very interesting articles that will peak your interest. This is the Centre for Addictions and Mental Health, Winter 2010/11 Newsletter.

<http://www.crosscurrents.ca/>

WORDS OF INSPIRATION

“You get the best efforts from others not by lighting a fire beneath them, but by building a fire within.”

Bob Nelson

“Change what needs changing.... Not what’s easy.”

Anonymous

“A good leader inspires people to have confidence in their leader. A great leader inspires people to have confidence in themselves.”

Anonymous

CONTACT US

Salmon Arm Branch:

Donna Miller—Family Support Coordinator
181 Trans Canada Hwy N.E., Box 914,
Salmon Arm, B.C.V1E 4P1
Ph: (250) 832-2170 ext. 206 Fax: (250) 833-0137
Office Hours: Walk-in: Tues. to Thurs.: 1:00 - 4 pm .
By appointment: Tues. - Thurs. 9 am - 12 pm
Email: salmonarm@bcss.org

Vernon Branch:

Dianne Hustler—Family Support Coordinator
#301 - 2 3402 – 27thAve., Vernon, B.C. V1T 1S1
Ph:(250) 260-3233 Fax: (250) 260-3212
Email: bcssvernon@shaw.ca

BCSS Provincial Website: www.bcss.org

BOARD OF DIRECTORS

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Jan Arcand

BECOME A BCSS MEMBER

A five dollar membership to BCSS Vernon/Salmon Arm entitles you to a vote at our Annual General Meeting and you will also receive newsletters, **via email**, from BCSS Provincial (Friends) and Vernon/ Salmon Arm branches (Family and Friends).

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

MENTAL ILLNESS FAMILY SUPPORT CENTRES

BCSS - Salmon Arm
(PO Box 914)

181 Trans Canada Hwy NE
Salmon Arm, BC V1E 4P1

or BCSS – Vernon
#301 – 2 3402 27 Ave.
Vernon, BC V1T 1S1



MEMBERSHIP FORM

Name: _____

Address: _____

City: _____

Phone: (h) _____

(w) _____

Fax: _____

e-mail: _____

*Expiry Date: **March 31, 2012***

Membership dues

- \$5.00 Cheque (to BC Schizophrenia Society– Vernon)
 \$5.00 Cash

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

_____ Donation Amount

- Cheque (to BC Schizophrenia Society– Vernon)
 Cash

The BC Schizophrenia Society, Vernon Branch is an Incorporated Branch Society and Registered Charity
867 308 389 RR0001

Your generosity is appreciated.

Receipts will be issued upon request, for income tax purposes.