

# The Second Miler

## BC Schizophrenia Society, Nanaimo Branch

Newsletter

200-1585 Bowen Road, Nanaimo, BC V9S 1G4 Tel: 250-753-9923  
Email: [bcssnanaimo@telus.net](mailto:bcssnanaimo@telus.net) Website: [www.nanaimo.bcss.org](http://www.nanaimo.bcss.org)

Spring 2011



### OUR MISSION

“To improve the quality of life for those affected by schizophrenia and other serious persistent mental illnesses.”

### SCHIZOPHRENIA IS . . .

- A medical illness PERIOD.
- A brain disease, the result of physical and biochemical changes in the brain
- Afflicts 1 in 100 people worldwide
- Almost always treatable with medication

**A REASON TO HOPE.**

**THE MEANS TO COPE.**

**RECOVERY IS POSSIBLE.**

## Community News

### Nanaimo introduces two new Psychiatric Units!

Two new psychiatric units are being constructed as part of the emergency department expansion at Nanaimo Regional General Hospital. The new units will open in the Spring of 2012.

A Psychiatric Emergency Services (PES) unit will provide specialized outpatient care offering seamless support and treatment to patients with mental health & addiction emergencies providing more comfort and privacy to patients away from the general emergency population.

An eight bed Psychiatric Intensive Care (PIC) unit will provide specialized inpatient care offering recovery focused treatment and supports, interventions and care with a high level of security for patients in an acute phase of a serious mental illnesses.

These new units will enhance the existing acute services for mental health and addiction clients and their families in specialized care environments with dedicated professional staff.

For more information please contact: Marg Fraser, Manager of Nanaimo Mental Health and Addiction Services: Tel: 250-755-6257 or email: [marg.fraser@viha.ca](mailto:marg.fraser@viha.ca) or contact: Alison Millard, Leader, Housing Program Nanaimo Mental Health and Addiction Services: Tel: 250-755-6274 or email: [alison.millward@viha.ca](mailto:alison.millward@viha.ca).

## “Mental Health & Addiction Forum”

The Nanaimo Mental Health & Addiction Advisory Council invites you to attend its public forum Thursday, May 5, 2011 from 8:30am—3:30pm at Beban Park Social Centre. The theme of the Forum “Journey of Hope. . . The Winding Road”, features three keynote speakers: Shelagh Rogers, Broadcast Journalist and a champion of Mental Health; Dr. Bayla Schecter, Regional Medical Advisor, VIHA MHAS; and Susan Inman, Author “*After Her Brain Broke: Helping my Daughter Recover her Sanity*”.

This free forum is sponsored and supported by the Vancouver Island Health Authority, Nanaimo Mental Health & Addiction Services. Pre-registration is required as seating is limited to 200. FMI: please see page 3.

We gratefully acknowledge Nanaimo Mental Health & Addiction Services for their ongoing financial support.

# News, Meetings, and Events



**Computers!**



**Do You Know Someone who is Blind or Partially Sighted?**



## FREE COMPUTER LESSONS

Free computer lessons for the blind or partially sighted, taught in a warm and welcoming environment. Students are tutored one-on-one by instructors skilled in Windows and Mac based systems. Open Source (free) software is available.

We gratefully acknowledge our Sponsors




Nanaimo & Region Disability Resource Centre  
 #2-4166 Departure Bay Rd.  
 Nanaimo, BC V9T 4B7  
 Tel: 250-758-5547  
 Fax: 250-758-5504  
 Email: ruth.watt@nrdr.org  
 Website: nrdr.org

**Would you like to learn how to use your computer?  
 But a disability makes it hard to get out to a class?**

My ComputerTutor @ Home 

**The Nanaimo and Region Disability Resource Centre Welcomes at-home students!**

**Do you want to take FREE\* computer and Internet lessons in your own home?**  
\* (nominal tutor travel contribution)  
**You will be taking lessons from a specially trained, certified volunteer senior!**

For more information contact the Disability Resource Centre and ask about My ComputerTutor at Home  
 250-758-5547  
[nrdr.org/computertutors.html](http://nrdr.org/computertutors.html)

 Funded in whole or part through the Canada-British Columbia Labour Market Development Agreement



**BC Schizophrenia Society,  
 Nanaimo Branch  
 and  
 Nanaimo F.O.S. Non-Profit  
 Housing Society**

**ANNUAL GENERAL MEETINGS**

**Thursday May 26, 2011  
 7 – 9 pm**

Beban Park Social Centre, Room 3  
 2300 Bowen Road, Nanaimo

Celebrating 22 years of growth!

**NANAIMO MENTAL HEALTH & ADDICTION ADVISORY COUNCIL**

**NANAIMO MENTAL HEALTH & ADDICTION ADVISORY COUNCIL**

**2011 MEETINGS**

March 21, 2011 April 18, 2011  
 May 16, 2011 June 20, 2011

The Council meets the third Monday of each month from 10am to Noon. There are no meetings July and August and December's meeting is on the second Monday.

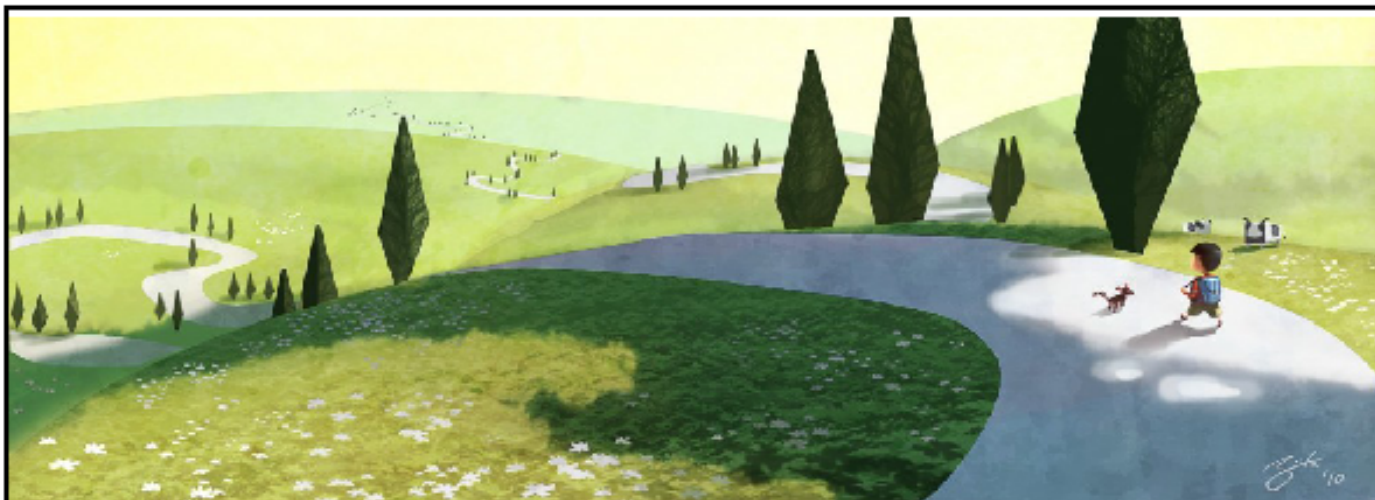
Meetings are held at 528 Wentworth Street, 1st Floor, Conference Room, Nanaimo

Anyone with an interest in mental health issues is welcome!

For More Information  
 EMAIL: [nmhaac@gmail.com](mailto:nmhaac@gmail.com)  
 TEL Message: 250-739-5700 Local 57569

**PLEASE COME AND SHARE YOUR VIEWS!**

We gratefully acknowledge Nanaimo Mental Health & Addiction Services for their ongoing financial support.



## *Journey of Hope... The Winding Road*

A free public forum for **everyone** interested in  
Mental Health and Addiction Issues

**Thursday, May 5th, 2011**

8:30am—3:30pm

Beban Park Social Centre—2300 Bowen Road, Nanaimo

### Keynote Speakers

#### **Shelagh Rogers**

CBC Radio Broadcaster  
An Officer of the  
Order of Canada

#### **Dr. Bayla Schecter**

Regional Medical Advisor for  
Vancouver Island Health  
Authority, Mental Health  
and Addiction Services

#### **Susan Inman**

Author of "After Her Brain  
Broke: Helping My  
Daughter Recover  
Her Sanity".

*Register by calling: (250) 739-5700 Ext. 57569  
Or e-mail registration info to [nmhaac@gmail.com](mailto:nmhaac@gmail.com)*

*Registration deadline: April 28th, 2011*

*As seats are limited please register early! Lunch is included*



Presented by:  
Nanaimo Mental Health & Addiction Advisory Council

Proudly Sponsored by:



## Strengthening Families Together

Do you have a relative or friend with a serious mental illness?  
Would you like to learn more about his/her illness?

*Strengthening Families Together*, a 10-session group for families and friends, provides information, skill-building, and support.

You will learn:

- The different types of mental illnesses
- The medications and treatments for mental illness
- How to cope with and support your loved one living with a mental illness

BC Schizophrenia Society—Nanaimo Branch will host the next group session **Fall 2011**. Pre-register today. For more information:  
Phone: 250-753-9923 or Email: [bcssnanaimo@telus.net](mailto:bcssnanaimo@telus.net)

Strengthening Families Together  
Helping Canadians Live with Mental Illness



Education Is the  
movement  
from darkness to  
light.  
— Allan Bloom



### BC SCHIZOPHRENIA SOCIETY NANAIMO BRANCH

200-1585 Bowen Road, Nanaimo, BC V9T 4K5 Tel: 250-753-9923  
Email: [bcssnanaimo@telus.net](mailto:bcssnanaimo@telus.net) Website: [www.nanaimo.bcss.org](http://www.nanaimo.bcss.org)

## WE ARE MORE THAN SCHIZOPHRENIA

PROVIDING  
EDUCATION AND SUPPORT  
TO  
FAMILY AND FRIENDS  
OF  
THOSE LIVING WITH  
ANY  
SERIOUS MENTAL ILLNESS

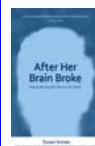


**A REASON TO HOPE.  
THE MEANS TO COPE.**

Charity BNRRegistration # 89348 5425 RR 0001



*"The disorder does not define the person -  
how the person handles it  
defines the impact of the disorder."*



### After Her Brain Broke: Helping My Daughter Recover Her Sanity

- - - by Susan Inman

Susan Inman's memoir describes her family's nine year journey to help her younger daughter recover from a catastrophic schizoaffective disorder.



### My Schizophrenic Life: The Road to Recovery From Mental Illness

- - by Sandra Yuen MacKay

Sandra Yuen MacKay chronicles her struggles, hospitalizations, encounters with professionals, return to school, eventual marriage, and success as an artist, writer and advocate.

**Both Books** offered for sale by the BC Schizophrenia Society, Nanaimo Branch at the Nanaimo Mental Health & Addiction Forum, May 5, 2011 for \$20 each

We gratefully acknowledge Nanaimo Mental Health & Addiction Services for their ongoing financial support.

## Local Resources

### Acute/Crisis Services

VI Crisis Line/Community Crisis Response Team  
(24 hour service) Tel: 1-888-494-3888

Nanaimo Mental Health & Addiction Services  
Access Services— Monday to Friday  
203-2000 Island Highway North  
Brooks Landing Mall Tel: 250-739-5710  
Walk-In Counselling Clinic 10:00 am to 7:00 pm  
No appointment necessary

### Community Mental Health Services

Nanaimo Mental Health & Addiction Treatment  
Services

3151 Barons Road Tel: 250-760-0200

Nanaimo Mental Health & Addiction  
Advisory Council  
Email: nmhaac@gmail.ca

Canadian Mental Health Association Central  
Vancouver Island Branch-Phoenix Centre  
1045A Terminal Avenue, North Tel: 250-716-8823

Haven: A Society for Women and Children  
Community Service Building  
2270 Labieux Road  
24 Hour Crisis Line: 250-756-0616  
Business Line: 250-756-2452

Nanaimo Family Life Association  
1070 Townsite Road Tel: 250-754-3331

Open Minds Open Windows Society  
Contact: Ron Plecas Tel: 250-754-6296

Columbian Centre Society  
2356 Rosstown Road Tel: 250-758-8711

Nanaimo Citizens Advocacy  
110-55 Victoria Road Tel: 250-753-2321

Nanaimo Regional John Howard Society  
200-1585 Bowen Road Tel: 754-1266

## New Phone Number

# Vancouver Island Crisis Line

# 1-888-494-3888

## Shore Counselling Society

Shore Counselling Society is a non-profit registered charity offering support services to the community in conjunction with VIHA, by referral, and on a sliding scale.

Shore also offers anger management & dealing with depression workshops for men, women and families. Family Time Connections is a program that supports families by providing much needed building blocks and resources towards stronger and happier families.

Shore Counselling Society is pleased to announce that they have a new Executive Director. James Latour Retegno has joined the team at Shore. James comes to the Society with a wealth of background experience in the Not-for-profit sector as well as business. He has served with such charities as The Salvation Army as well as smaller charities. James is also the current owner/operator of JL Pacifico Community Solutions ([www.jlpacifico.com](http://www.jlpacifico.com)) and serves Nanaimo as a consultant to both charities and businesses.

Congratulations James on your new position!

### Professional Counselling for individuals, couples & families

**Tel: 250-716-8888**

**Email: [office@shorecounselling.ca](mailto:office@shorecounselling.ca)**  
**[www.shorecounselling.ca](http://www.shorecounselling.ca)**



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**THE MEANS TO COPE.**

**RECOVERY IS POSSIBLE.**

#### Websites

BC Schizophrenia Society, Provincial Office

- [www.bcss.org](http://www.bcss.org)

Schizophrenia Society of Canada

- [www.schizophrenia.ca](http://www.schizophrenia.ca)

The BC Schizophrenia Society,  
Nanaimo Branch gratefully  
acknowledges

### Nanaimo Mental Health & Addiction Services

for their ongoing financial support of  
our branch programs



We gratefully acknowledge Nanaimo Mental Health & Addiction Services for their ongoing financial support.

## Poetry Corner

### WHAT IS A TRUE LEADER?

A true leader does not abide within his tent while his men bleed and die upon the field.

A true leader does not dine while his men go hungry nor sleep when they stand at watch upon the wall.

A true leader does not command his men's loyalty through fear nor purchases it with gold.

A true leader earns their respect and love by the sweat off his own back and the pains he endures for their sake.

A true leader lifts first and sits down last.

A true leader does not require service of those he leads, but provides it for them.

A true leader serves them, not they him.

- - - by G. B. Riches, 2011

**MSWALKS.CA**  
**APRIL 17** Register today!  
 Scotiabank MS WALK EVERY STEP MATTERS

3K 6K 9K  
 PRIZES!

Quality FOODS WALKS CORRAL 2-Run NANAIMO

**PLEDGES ENHANCE QUALITY OF LIFE IN CENTRAL ISLAND!**  
 Registration at 8:30 a.m. Walk at 10:30 a.m., Maffeo Sutton Park  
*Our largest fundraiser of the year!*  
 Along Nanaimo's Scenic Harbourfront

**Entertainment:**  
 Music by Pam Edgar, Brian Hazelbower, Bobbi Schram, Mike Nicols, Farmer Vicky and Daisy the Cow. Warmup by Heavenly Curves Team. Hot chili lunch provided by QF Bowen Rd. cooked up by Alex's Carrot on the Run (Walkers only). By donation: Phenomenal Cathy Corbetts Magic Facepainting, Balloon Typhoon & Bouncy Castle.  
 Walk or not YOU are ALL invited for the music, fun and exercise!!!  
 Call Yvonne @ 754-6321. No fee to register!

\* Family Fun \* Live Music \* Mascots  
 \* Team MS \* Go SOLOS \*  
[mssociety.ca/centralisland](http://mssociety.ca/centralisland)

### *Tips to Increase Emotional Wellness*

Emotional wellness is striving to meet emotional needs constructively. It is maintaining good mental health, a positive attitude, high self-esteem, and a strong self-image. It is the ability to respond resiliently to emotional states and the flow of life every day. It is dealing with a variety of situations realistically and learning more about yourself and how things you do affect your feelings. It is taking responsibility for your own behavior and responding to challenges as opportunities.

- Practice optimism.
- Spend time with friends and family discussing important personal concerns and being supportive of each other.
- Participate in self-esteem workshops or support groups.
- Read a self-help book that is of interest to you.
- Learn time management skills and other stress management techniques.
- Attend a wellness forum.
- Smile at least 20 times each day.



Every Thursday 12-1 pm

CHLY101.7 FM • LIVE RADIO

Tune in for insights on Nanaimo's  
 Mental Health Community

Host: Kevin Mideo

Streamed Online at:

[www.chly.ca](http://www.chly.ca)

We gratefully acknowledge Nanaimo Mental Health & Addiction Services for their ongoing financial support.

# 6th ANNUAL FAMILY CONFERENCE

Family Involvement In The Mental Health System

## WORKING TOGETHER FOR MENTAL HEALTH



**April 30, 2011  
SATURDAY  
8:30AM - 4:30PM**

**Vancouver General Hospital  
Paetzold Theatre  
899 West 12 Ave**

**Conference fees:**

**Individual - \$35  
Family - \$50  
Low Income - \$10**

**Limited Seating  
Pre-registration Required**

**604-873-0103**

[familyconference2011@gmail.com](mailto:familyconference2011@gmail.com)

**Certificate of Attendance  
available on request**

**For more information contact:**

Shirley Rogers	Linda Proudfoot	Vicki Rogers
VCH	BCSS	MDA
604.708.5289	604.247.1884	604.873.0103

**Conference Sponsored by:**



## No health without MENTAL HEALTH

Provide treatment and support to people with mental, neurological and substance use disorders



“**Mental health** is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community.”



## Alzheimer Society **Caregiver Support Group**

BRITISH COLUMBIA

### For families and friends of people with dementia

By attending a support group you have an opportunity to talk about your experiences and feelings with people who understand what you are going through.

By listening, you can apply to your own life what others have learned.

By sharing, others can learn from you.

When we support and help others in a safe and confidential atmosphere, we also help ourselves.

Meets the 2nd Thursday of every month  
10:30 a.m. to Noon  
Alzheimer Resource Centre – Board Room  
200 - 1585 Bowen Road, Nanaimo, B.C.

(Parking in any spaces marked for John Howard Society)

**For information call:**

Jane Hope  
Alzheimer Society of B.C.  
North & Central Vancouver Island  
250-734-4170  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

We gratefully acknowledge Nanaimo Mental Health & Addiction Services for their ongoing financial support.

## BC Schizophrenia Society, Nanaimo Branch

200-1585 Bowen Road  
Nanaimo, BC  
V9S 1G4

Tel: 250-753-9923  
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www.nanaimo.bcscs.org

**EDITOR: Charlene Riches**



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Charity BN/Registration  
# 89348 5425 RR 0001

# 2011 Event Calendar

## BCSS Nanaimo Branch

**Share and Care Family Support Group Meeting:** March 31 and April 28, 2011, 6:30-9:00pm, 3151 Barons Road

**Annual General Meeting:** Thursday, May 26, 2011, 7-9pm, Beban Park Social Centre, Room 3, 2300 Bowen Road, Nanaimo

**Annual Picnic:** Saturday, June 18, 2011, Bowen Park lower picnic shelter.

## People First Radio

**Every Thursday:** 12-1pm, CHLY Radio 101.7 FM, www.chly.ca

## Nanaimo Mental Health & Addiction Advisory Council

**Meetings:** March 21, April 19, 2011; May 17, 2011; and June 21, 2011  
10 am-Noon, 528 Wentworth Street, 1st Floor. No meetings July/August

**Mental Health & Addiction Forum:** May 5, 2011, Beban Park Social Centre, 2300 Bowen Road. Pre-registration required before April 28th.  
Call: 250-739-5700 Ext. 57569 or email: nmhaac@gmail.com

## MS Society

**MS Walk:** April 17, 2011, Maffeo Sutton Park, 10:30am, Registration 8:30am. FMI call: 250-754-6321 or see Website: mssociety.ca/centralisland

## Alzheimer Society of British Columbia

**Caregiver Support Group:** 2nd Thursday of each month, 10:30am-Noon, 200-1585 Bowen Road, Nanaimo. FMI: call Jane 250-734-4170.

## How You Can Help

There are many ways you can help the BC Schizophrenia Society. Whether you make donation, become a member, participate in an event, or volunteer your time, any contribution is greatly appreciated.

**MAKE A DONATION :** By making a financial contribution, you can help families affected by mental illness, assist them to better cope with their illness, and give additional hope and support.

**BECOME A MEMBER:** Our voice is only as powerful as the number of families and friends dedicated to our cause. Help us continue to speak for families by joining the Society today.

**VOLUNTEER:** Volunteers are an invaluable part of our organization. Help us make a difference in the lives of people with mental illness and their families. Please contact us at 753-9923 or bcssnanaimo@telus.net.

### **BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY Nanaimo Branch**

200-1585 Bowen Road, Nanaimo, BC V9S 1G4

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Prov** \_\_\_\_\_ **PC** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Other Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

Donation Gift \$ \_\_\_\_\_

Branch Membership \$5.00

Prov/Nat'l Life Membership  
\$25.00

**Tax Receipts issued for amounts of  
\$25.00 or more**

Please make cheque payable to: BC  
Schizophrenia Society, Nanaimo Br.

**Thank you for your support!**

We gratefully acknowledge Nanaimo Mental Health & Addiction Services for their ongoing financial support.