



# FAMILY & FRIENDS

**BC Schizophrenia Society, Vernon & Salmon Arm Branches**  **September , 2010**

## **BOARD OF DIRECTORS**

**President** – Kelli Sullivan

**Vice-President** - Beatrice Cormier

**Treasurer** - Gloria Noble

**Secretary** - Shirley Leng  
Marty Leier, Vicky Midtdal  
Sharon Rauhala, John Suderman, Marilyn Wright

## **BRANCH INFORMATION**

### **Vernon Branch:**

Dianne Hustler  
#301 - 2 3402 – 27<sup>th</sup> Ave.  
Vernon, B.C. V1T 1S1  
Ph:(250) 260-3233  
Fax: (250) 260-3212

### **Office Hours**

#### **Walk-in:**

Mon. to Thurs.: 9:00 to 12:30

#### **By appointment:**

Mon.to Thurs. 12:30 – 4:00 pm  
and Fridays 9:00 to 12:30

Other times available by request

Email: [bcssvernon@shaw.ca](mailto:bcssvernon@shaw.ca)

Website: [www.vernon.bcss.org](http://www.vernon.bcss.org)

### **Salmon Arm Branch:**

Donna Miller  
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 - 4:00 pm

#### **By appointment:**

Tues. - Thurs. 9 am - 12 pm

Email: [salmonarm@bcss.org](mailto:salmonarm@bcss.org)

Website:

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

BCSS Provincial Website:

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

## **SO MUCH IS HAPPENING**

It looks like fall is going to be very busy judging by the number of events coming up in the next few months. Take a look at the rest of the newsletter. We have had a few changes over the summer:

- At our June Board Meeting, our Board elected Kelli Sullivan as the new President of our Society. Congratulations to Kelli. We look forward to working with you in your new role. Kelli takes over from Bea Cormier who has been on our Executive almost every year since we became a Society in 1999. She has been our President for the majority of those years. Thank you Bea for all that you have done for our society over the years. Thanks to Gloria and Shirley and the rest of our outstanding board for continuing in your roles. We truly appreciate all that you do to make this organization a success.
- The Salmon Arm office will now be open an extra day each week – on Tuesday, Wednesday and Thursday, with walk in visits from 1 – 4 pm. For earlier appointments, please call Donna to schedule a time.
- We have decided to shorten our operational name to, Mental Illness Family Support Centre. We will be updating our promotional material to reflect this change over the coming months.

There is a lot happening this fall. Why not be a part of it? Join our team today as a member of our society and help us to do much more.

## **INSIDE THIS ISSUE**

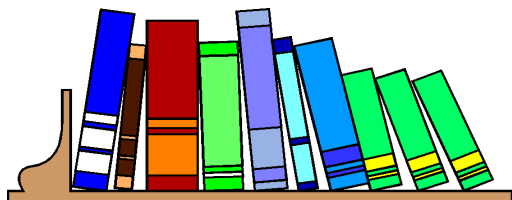
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## VERNON UPDATES

### VERNON LIBRARY

Feel free to come and browse through our library. We have lots of great books, handouts, dvds and videos on various mental health topics.

Thanks so much to those of you who have returned your overdue library items.



To those of you who have supported us with your donations. Your generosity is truly appreciated!

Electric Paper Company  
Picture Perfect and Perpetual Blooms  
Vernon & District Performing Arts Centre  
Okanagan Glass  
Nor-Val Rentals Ltd.  
Baker's Dozen  
Music by Ray the Hatman Everton  
M & M Meats  
Vernon Morning Star

## CALENDAR OF EVENTS VERNON

### AWAKENING THE SPIRIT ART SHOW AND SALE until September 12, 2010

Coat Check Gallery – Vernon and District Performing Arts Centre – 3800 33rd Street

Be sure to check out this inspirational show when you attend events at the Performing Arts Centre. You'll enjoy 62 works created by 26 local artists living with mental illness.

**If you purchased art from the art show or you an artist who submitted art to the show, please pick up your works at the Performing Arts Centre on Monday, September 13 between 10 and 11 a.m.**

Sponsored by the Mental Illness Family Support Centre, Canadian Mental Health Association, Interior Health, & Province of BC.

### VIGIL – SUICIDE IS EVERYONE'S LOSS

The Suicide Prevention Committee invites you to attend **Suicide Is Everyone's Loss Vigil in the Rose Garden at Polson Park on Friday, September 10 from 6:00 – 7:30 p.m.**

in recognition of **World Suicide Prevention Day**. If you have been touched by suicide and would like to join others to honour the memory of your loved one, please join us.



### VERNON FAMILY SUPPORT GROUP

Do you have a family member or friend who has a mental illness such as depression, bipolar disorder, schizophrenia or anxiety? Our support group for family members is a caring place where you can share your hopes, fears, experiences and knowledge with others who also support a loved one living with a mental illness. **YOU ARE NOT ALONE.**

Group Meets the 4<sup>th</sup> Tuesday of every month.

**Future Dates: September 28, October 26<sup>th</sup>, November 23<sup>rd</sup>**

**Time: 7 – 9 p.m.**

**Place: Room 301 at the People Place.**

For more information, call Dianne at 250-260-3233.



**Date:** Thursday, September 16, 2010

**Time:** 10 a.m – 2 p.m.

**Place:** Paddlewheel Park Hall  
7813 Okanagan Landing Road

A great day for people living with mental illness and their families to enjoy the shores of beautiful Okanagan Lake, burgers, games, boat rides, music by Ray the Hatman, door prizes and fun, fun, fun! Come rain or shine.

**If you need a ride to Paddlewheel Park Hall, pick up stations will be at : Canadian Mental Health Association at 9:30 a.m. and 10:30 a.m. and at Albert Place at 10 a.m.**



The Vernon office is excited to announce that we will run another session of Kids in Control this fall. This program offers education and support to children between the ages of 8 and 13 years of age who have a parent with a mental illness.

The children meet for one and a half hours, once a week for eight consecutive weeks. Using crafts, games and fun activities, children learn about mental illness and work together to develop healthy attitudes and coping skills to deal with the difficulties they may face. The course is taught by a mental health professional and an adult who has experienced the special circumstance of growing up in a home with a parent with a mental illness.

**Wednesdays**

**September 29 - November 17, 2010  
3:15 - 4:45 p.m.**

**The People Place Building  
Room 006 3402 27<sup>th</sup> Avenue  
Vernon, BC V1T 1S1**

**REGISTRATION DEADLINE:**

**September 21, 2010**

**If you know of any children who may benefit from this course, please contact Dianne at 250-260-3233.**

## **Your Brain. Use It or Lose It.**

with Gary Anaka  
at Schubert Centre – 3505 30<sup>th</sup> Ave.  
Wednesday, October 20<sup>th</sup> at 7:30 p.m.

Tickets \$15 per person @ [www.ticketseller.ca](http://www.ticketseller.ca) 250-549-7469 or at the door

Gain the secrets of brain longevity to give you workable strategies for maintaining quality of life. This energetic and lively session is filled with hope and optimism for your future. Find out how to use it before you lose it! [www.braincoach.ca](http://www.braincoach.ca)

THIS IS A FUNDRAISER FOR THE PEOPLE IN NEED CRISIS LINE.

For more information about this workshop contact Jim at 250-546-9160 or [jim.elderton@telus.net](mailto:jim.elderton@telus.net)



*The Suicide Prevention Committee Presents:*

# **CREATING A YOUTH-POSITIVE ENVIRONMENT**

with Dr. Martin Brokenleg

This workshop for professionals and parents will explore the universal needs of every young person. Dr. Brokenleg will provide specific techniques to help you create a positive environment that builds strength in youth and helps them grow to be their best.

**Date:** Wednesday November 3, 2010

**Location:** Best Western Vernon Lodge Hotel and Conference Centre

**Times:** 8:30 am check-in  
9:00 am to 4:00 pm  
(12:00-1:00 LUNCH PROVIDED)  
Refreshments provided

3914 32<sup>nd</sup> Street Vernon BC  
Ballrooms 1 and 2

**Cost:** \$10 per person

**Registration Deadline:** October 25, 2010



Dr. Martin Brokenleg consults worldwide. He is co-founder of the Circle of Courage model, Dean of the Circle of Courage Institute, and serves as a Vice President of Reclaiming Youth International, providing training for individuals who work with youth at risk. He holds a doctorate in psychology and is a graduate of the Episcopal Divinity School. He is an Emeritus Professor and was most recently Director of Native Ministries and Professor of First Nations Theology and Ministry at the Vancouver School of Theology in Vancouver, British Columbia. For thirty years, Dr. Brokenleg was Professor of Native American studies at Augustana College of Sioux Falls, South Dakota. He has also been a director of The Neighborhood Youth Corps, chaplain in a correctional setting, and has extensive experience as an alcohol counselor. Dr. Brokenleg has consulted and led training programs throughout North America, New Zealand, and South Africa. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe practicing the culture of his Lakota people.

*For more information contact:*

Sharon at 250-542-3114 ext. 212 or e-mail: [sharon.durant@cmha.vernon.bc.ca](mailto:sharon.durant@cmha.vernon.bc.ca)

*Sponsored by:*

*PIN Crisis Line, Canadian Mental Health Association, and Mental Illness Family Support Centre*

**MENTAL ILLNESS AWARENESS WEEK - October 3rd to October 9th, 2010**



**In Vernon and Salmon Arm**

**Various times and locations between  
October 4<sup>th</sup> and 8<sup>th</sup>**

**Watch the newspaper and media for details.**

You or someone you care about may have clinical depression or an anxiety disorder — real conditions that touch at least one in every five people. Learn more about these treatable conditions and find out about the range of community resources available to help. Sites also have information on alcohol and drug use problems, and seasonal or postpartum depression.

*Hosted by Canadian Mental Health Association (CMHA). Clinicians from Interior Health will be available for screenings at some locations. CMHA and other community agencies will be available at displays to provide handouts and information.*



This **FREE** 6 week workshop is a national educational support program for family members and close friends of individuals living with mental illnesses such as depression, bipolar disorder, schizophrenia and anxiety. You will learn about:

- Mental illnesses
- Medications and treatments
- How to support your loved one
- Tools for coping

### SALMON ARM LOCATION

**Place:** Salmon Arm Senior High School – Sullivan Campus, Salmon Arm

**Date:** Six Tuesdays  
September 21 – October 26, 2010

**Time:** 6:30 p.m. – 9:15 p.m.

**PARTICIPANTS MUST REGISTER BEFORE September 20<sup>th</sup>** by calling Donna (250) 832-3014 ext. 206. Please register early as seating is limited.

### VERNON LOCATION

**Place:** The People Place  
Room 003 3402 2th Ave

**Date:** Six Wednesdays  
October 13 – November 17, 2010

**Time:** 6:45 - 9:15 p.m.

**PARTICIPANTS MUST REGISTER BEFORE October 5<sup>th</sup>** by calling Dianne at (250) 260-3233. Please register early as seating is limited.

Sponsored by the BC Schizophrenia Society and Interior Health

## SALMON ARM UPDATES

### REVELSTOKE/SICAMOUS/ENDERBY - FAMILY SUPPORT

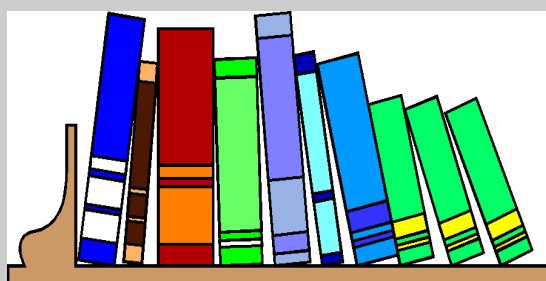
We are now providing support to families in Enderby, Sicamous and Revelstoke. If you know of any families in these areas that might benefit from any of our services, please have them contact Donna at 250-832-2170 ext. 206 or by email at [salmonarm@bcss.org](mailto:salmonarm@bcss.org). We look forward to hearing from you.

### NEW OFFICE HOURS IN SALMON ARM

As of September 1, 2010, our Salmon Arm office will be open Tuesday to Thursday. So, it will still be walk-in appointments on these days from 1pm - 4pm and for morning appointments, please call first to book a time.

### **SALMON ARM BOOK AND VIDEO LIBRARY**

If you have someone in your home or life that has a mental illness and you are not sure where to find reading material on that particular mental illness or a mental illness in general, our lending library can help you. We have several books touching on all mental illnesses. We have a video lending library as well. Do call or come in to see what we have.



# VOLUNTEER TO SHARE YOUR PERSONAL STORY

BCSS Salmon Arm is looking for volunteers for our Partnership Presentation Program. The goal of this program is to raise awareness and increase understanding about mental illness. As a volunteer, you will share your personal story as a person living with a mental illness, a family member or a mental health worker. Training will be provided. If you are interested in volunteering, please contact Donna in Salmon Arm at 250-832-2170 ext. 206



## CALENDAR OF EVENTS SALMON ARM

### SALMON ARM FAMILY SUPPORT GROUP

**Future Family Support Group dates are:**

**September 30, October 28, November 25 and December 30**

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.

## BRANCH ARTICLES

### **Mental Illness**

*Excerpt from [www.bookrags.com](http://www.bookrags.com)  
Submitted by Salmon Arm  
Branch*

Mental illnesses are biologically-based disorders which interfere with an individual's ability to think, feel, act, and relate within the standard norms of society. The American Psychiatric Association identifies hundreds of mental disorders ranging from Attention Deficit Hyperactivity Disorder to Violent/Self-Destructive Behaviors. Mental illness can be physical as well as psychological and emotional, and some are classified as "major mental illnesses" because of their propensity to seriously impair an individual's ability to function. Severe mental illnesses are more common than cancer, diabetes, or heart disease. Mental illness can strike any person at any time (one in five Americans and Australians, and one in six Canadians, will be affected some time in their life), account for more hospital admissions than any



other single disease, and cost U.S. society more than \$150 billion annually.

Mental illness afflicts people of every age, race, creed, and socioeconomic background. It can be extremely frightening and confusing to the sufferer, their families and their friends. It was not until the 1950s that mental illness became part of mainstream medicine. For centuries, it was so misunderstood and feared that sufferers were confined to insane asylums where they were shackled and treated as mere animals. In 1953, metal from such shackles was melted down and formed into a 300-pound Mental Health Bell and placed at the headquarters of the National Mental Health Association in Alexandria, Virginia as a symbol of hope and liberty for people with mental illnesses. Yet even today, mental illness brings about feelings of shame, disapproval, discrimination, and rejection.

There is no clear understanding of what causes mental illness. Biochemical imbalances may be triggered by environmental and emotional stresses, and genetic predisposition is a factor. Symptoms are usually behavioral, such as confused thinking, prolonged depression, high

anxiety/panic attacks, delusions of grandeur and hallucinations, suicidal thoughts, social withdrawal, dramatic swings between highs (mania) and lows (depression). Depression in the elderly is common and commonly unrecognized. Mental illness is often unrecognized in children; warning signs

include poor grades despite strong efforts, excessive worry or anxiety, hyperactivity, persistent nightmares, frequent temper tantrums, substance abuse, excessive complaints of physical ailments, inability to cope with daily activities, and frequent outbursts of anger.

Major mental illnesses include schizophrenia, mood or affective disorders (depression/manic-depression), panic/anxiety disorders, eating disorders (anorexia nervosa and bulimia nervosa), personality disorders, post-traumatic stress syndrome, obsessive-compulsive disorder, and organic brain disorders. Treatment aims at reducing symptoms, improving social and personal functioning, and strengthening coping skills. Many types of therapies and medications are available and can be grouped in categories of psychosocial rehabilitation, biomedical therapy, psychotherapy, and behavioral therapy. These can be used alone or in combination.

Mental illness is not mental retardation. While it cannot be cured, most can be treated effectively. The first step in the road to recovery is awareness that something is wrong followed by accurate diagnosis and treatment from well-informed specialists. Appropriately licensed psychiatrists, psychologists, psychiatric nurses and social workers, mental health counselors, case managers, and outreach workers are all available to treat and rehabilitate people suffering from mental illness.

## Twins Help Find Cause of Schizophrenia

*Submitted by Vernon Branch - from a July 2<sup>nd</sup> news release.*

Research has shown that faulty genes play a major role in causing schizophrenia. However, researchers have had limited success identifying these genes and, to date, no gene has been proven to cause schizophrenia.

Failure to find the genes that cause schizophrenia is not due to lack of effort. The search for these genes is a chief goal of psychiatric research in every major university in the world. But it seems that traditional approaches – so successful in locating genes for other diseases such as cystic fibrosis – may not be appropriate in searching for schizophrenia.

There is growing consensus among researchers and psychiatrists that, rather than being caused by just one gene, schizophrenia is probably caused by many genes acting in combination.

Traditional genetic research does not work well for diseases caused by several different genes. Moreover, genes that cause schizophrenia in one family may be different from those that cause the illness in another family.

About five years ago, geneticists identified a previously unknown abnormality called *copy number variation* (CNV). All human beings do *not*, as was once believed, have two copies of every gene. Instead, some gene sequences occur in duplicate or triplicate. Or conversely, chromosomes will sometimes lack a gene or a sequence of genes. CNV is now recognized as a common cause of genetic variation occurring in all humans.

CNV is now helping researchers identify genes that may underlie certain diseases. For example, many cases of autism have recently been shown to be the result of genes affected by CNV. Interestingly, different genes are affected in different people with autism.

A few early studies of CNV in schizophrenia show similar results. Findings suggest that CNV plays a role in causing schizophrenia by affecting many different genes, and that every person who develops schizophrenia has a slightly different set of affected genes. Although many different genes are affected, they all appear to be involved in a few chemical and developmental pathways.

In Canada, Drs. Richard O'Reilly and Shiva Singh at the University of Western Ontario are studying CNV differences in pairs of identical twins where one twin has schizophrenia and the other does not. The medical term for such twins is *discordant for schizophrenia*. Using this approach, O'Reilly and Singh have identified abnormalities in several genes that affect neurodevelopment.

Dr. O'Reilly says, "For the first time I feel optimistic that researchers are on the right track in understanding of the genetic underpinnings of schizophrenia." But he also says that finding all the genes involved is a major undertaking that requires large numbers of twin volunteers.

O'Reilly noted how helpful identical twins *discordant for schizophrenia* are in this effort. Identical twins receive the exact same genes from

their parents. Therefore it is easy to identify differences in CNV that have developed in the twins. Such differences have a high possibility of being the reason why one twin developed schizophrenia and the other one didn't.

Recruiting twins for this important research is a challenge. Dr. O'Reilly travels throughout Canada to assess suitable twins. He also arranges to fly twins to the University of Western Ontario in London, Ontario for assessment.

Anyone who can help identify possible twin subjects for this vital research should contact Dr. Richard O'Reilly (519) 455-5110, extension 47240 or email [roreilly@uwo.ca](mailto:roreilly@uwo.ca)

### 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](mailto:bcssvernon@shaw.ca) so that we can add you to our newsletter email list.

### CHECK OUT THESE WEBSITES

BC Coalition for People with Disabilities has great information about Registered Disability Savings Plans. <http://www.bccpd.bc.ca/rdsp.htm>

This website is for the BP Magazine and has a lot a great articles on Bipolar Disorder.

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

This website explains depression, answers questions and a lot more.

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

## INSPIRATION

"Forgiveness does not change the past, but it does enlarge the future." *Paul Boese*

"United we stand, divided we fall." *Aesop*

"Remember not only to say the right thing in the right place, but leave unsaid the wrong thing at the tempting moment." *Ben Franklin*

## 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 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 the form below and drop it off at our Vernon or Salmon Arm offices or you can send it to:

### Mental Illness Family Support & Information Centres

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

BCSS - Salmon Arm  
(PO Box 914)  
181 Trans Canada Hwy NE  
Salmon Arm, BC V1E 4P1

### MEMBERSHIP FORM



A REASON TO HOPE. THE MEANS TO COPE.  
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

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

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

City: \_\_\_\_\_

Phone: (h) \_\_\_\_\_

(w) \_\_\_\_\_

Fax: \_\_\_\_\_

e-mail: \_\_\_\_\_

*Expiry Date March 31, 2011*

#### Membership dues

- \$5.00 cheque enclosed  
 Cash

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

\_\_\_\_\_ Donation Amount

- Cheque  
 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 for income tax purposes.