



BCSS Northwest Newsletter

**Mental Health
Family Resource
Centre**

#210 4546 Park Avenue
Terrace, BC V8G 1V4
Fax/Phone: (250)635-8206
Toll Free: 1-866-326-7877
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Molly Has a Few Things to Say!



“Molly”
One of the
puppets from
**What are
Friends For?**

The **TTOP** (*Talented Troupe of Puppeteers*) have a new Puppet Show **What are Friends For?** to present this year. They’ve spent the summer practising, learning the new script, and honing their skills and are excited to soon be performing.

TTOP performers are dedicated to educating the public about mental illness with the aim of eliminating stigma.

The new play, designed for a grade 4-5 audience, explores the concern and bewilderment of Cole’s friends and sister as Cole de-

velops the early symptoms of psychosis. It also delves into the recovery process and underscores the importance of friends and family.

First break psychosis most often strikes between the ages of 16 and 30. Arming children with knowledge of what can happen and what can be done at this earlier age can prevent confusion and fear should they, a friend, or a family member develop symptoms later on.

What are Friends For is presented in partnership with TTOP,

Mental Health & Addictions, Child & Youth Mental Health and the Mental Health Family Resource Centre.

After the puppet show a representative from Child & Youth Mental Health leads a short discussion about mental illness.



“Nikki”

**We are open for
booking!**
**To arrange a free
show, call:**
(250)635-8206
Toll free:
1-866-326-7877

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Healthy Minds
Healthy People

Nov 1/10

BC releases its 10 year plan to improve the mental health of all British Columbians.

View the plan online:

<http://www.gov.bc.ca/health/>

(Click on Reports and Publications)

Many Paths to Recovery

Recovery, whether it is from physical illness, mental illness, or addiction is an individual process and most successful when self-directed.

For decades Alcoholics Anonymous and Narcotics Anonymous appeared to have been the sole players on the block for self-help with substance abuse. Those programs have worked for millions of people, but for some, the format (which requires a belief in a higher power) has not been acceptable or effective.



LifeRing is another path to recovery.

“LifeRing is a self-directed approach for people looking to recover from addiction to alcohol and/or drugs, or who are in relationships where chemical dependency is a problem.

LifeRing welcomes everyone without distinctions based on “drug of choice”.

LifeRing includes people of all religious faiths and none. Meetings are free of religious observances.

LifeRing supports individuals building their own recovery programs, and requires no particular steps other than abstinence from alcohol and drugs.

LifeRing meetings are conducted by peer volunteers called convenors.

LifeRing meetings are autonomous. A basket may be passed for voluntary contributions but there is no charge for participation.”

<http://lifering.org/>

For further information, and guidelines on how to get a chapter started in your community:

info@liferingcanada.org
Toll-free 1.888.920.2095

To visit LifeRing online chat:

<http://lifering.org/chat-room/>

Family Support Groups

Terrace:

- Third Tuesday of every month (except July, Aug & Dec)
- Stepping Stone Centre
#102 - 4450 Greig Avenue
- 7:30 - 9pm
- 250-635-8206

Kitimat, Prince Rupert, Nass Valley:

- As needed.
For info, call toll free:
1-866-326-7877

24hr Online Support:

<http://www.reachoutpsychosis.com/phpBB/>





The earlier a brain disorder/mental illness is treated, the better the outcome, yet it is all too common that people wait months and sometimes years before seeking help.

Brain disorders still carry a huge weight of stigma, which can dis-

Public Education Combats Stigma

courage people from seeking help.

Stigma is the co-occurrence of labeling, stereotyping and segregating that leads to a discriminating loss of status. Those who are stigmatized have less power than those who stigmatize. (Gaebel, Zasko & Baumann, 2006, *Acta Psychiatrica Scandinavica*)

Self-stigma is the internalization of soci-

ety's negative views towards one's self. Affiliate stigma is self-stigma felt by people closely affiliated to an individual who is stigmatized. (Mak & Cheung, 2008, *Journal of Applied Research in Intellectual Disabilities*)

Self-stigma and affiliate stigma can lead to people denying themselves opportunities which could enhance their well-being and

recovery.

Our free public education programs - The Puppet Show and Partnership Education Presentation - are designed to enlighten and put a human face to these often misunderstood illnesses.

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Partnership Education Presentation

Partnership Education Presentation (PEP) is a story-telling method of providing basic education about the major mental illnesses.

It's presented by a panel which usually includes an individual living with a mental illness, a family member or caregiver, and representatives from Child & Youth Mental Health and Mental Health & Addictions. The BCSS Coordinator provides a brief

overview of the major mental illnesses, followed by a short DVD and we finish off with personal stories from each of the panel members.

Following the presentation we have time for questions and answers.

Attendees mention the power of the story to inform, demystify and provide hope. Panel volunteers report feeling empowered.

PEP is one of our most powerful methods of breaking down stigma.

We are always looking to expand this program. We can present to any size of business, agency or group.

If you would like to see this at your venue, or if you are interested in learning more about joining a panel, please contact the Mental Health Family Resource Center.

"Attendees mention the power of the story to inform, demystify and provide hope. Panel volunteers report feeling empowered."



Family to Family Education Course



“Move from crisis to coping to advocacy.”

Terrace is once again delivering the NAMI Family to Family education class. Family to Family is a free 12 week (one evening per week) course designed for families or caregivers of people with mental illness.

Participants will:

- Gain current information about the major mental illnesses, medications and research into brain biology.
- Gain empathy as they begin to understand their loved one’s lived experience.
- Engage in workshops designed to teach problem solving and communication techniques.
- Acquire strategies for handling crisis and relapse.
- Learn about the resources available in their community.
- Develop a support network and learn to focus on care for the caregiver.
- Move from crisis to coping to advocacy.

A synopsis and further information can be viewed on the NAMI (National Alliance on Mental Illness) web-site.

<http://www.nami.org/> (Click on the Support and Programs tab.)

The fall session of the Family to Family class will conclude on Dec 6th.

Applications for the next session are ongoing.

To register, or for more information, please call:
Eileen Callanan
(250) 635-3620

New Resources

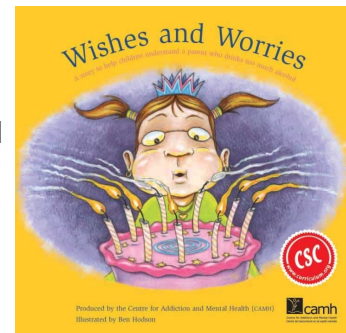
We are continuously adding to our Resource Library.

Recent additions include these two children’s books:

Can I Catch It Like A Cold answers some common questions children have when a parent has depression.



Wishes and Worries is a story to help children understand what is happening when a parent drinks too much alcohol.



No due dates and no late fees make us the friendliest library in town!



Noreen Spence
NW Regional Coordinator



Introduction

This summer has seen a bit of change in our office with Dolly Hall, the former NW Regional Coordinator, moving into a managerial position and me attempting to step into Dolly’s very capable shoes.

Many of you will already know me through my years of volunteer work with BCSS, and if we haven’t met yet, I hope we can connect soon. You are all welcome to stop in, check out the new resource material and/or just have a chat. My office hours are generally Mon – Thurs from 8:30 – 4pm but it’s best to call first since I’m often out and about in the community. We’re located in Suite 210, on the second floor of the Trigo building, across from the Public Library. If you have mobility issues there is wheelchair access from the parking lot behind the building.

Phone/Fax: (250) 635-8206 Toll Free: 1-866-326-7877 Email: terrace@bccs.org

If you are from Kitimat, Kitimaat Village, the Nass area or Prince Rupert, I can arrange visits and bring you free magazines, informational handouts and/or resources from our library.

We are also available for Partnership Education Presentations and Puppet Show Education Presentations in many of these communities.

This Beggar’s Description X2

Reviewer’s Corner

This Beggar’s Description is a biographical film about Philip Tetrault, a poet, and a man with paranoid schizophrenia. He grew up in, and has primarily lived in Montreal, but has also lived across Canada. His contemporaries among the poetry scene include a long time friend Leonard Cohen. I say this because upon first impression, and because Philip had been homeless, mentally ill, and addicted to alcohol for much of his life, it may surprise some people that such a person could deal with schizophrenia and still maintain friendships and establish themselves as a poet and artist.

Be forewarned that this film is honest about Philip’s life and the hardships he has faced. That being said, it is also uplifting because despite all the difficulties he faces, small triumphs emerge, such as his poetry and art, and this film. He even has a daughter who has overcome her grief over her father’s mental illness, and still cares about him.

This Beggar’s Description was written, directed and narrated by Philip’s brother, Pierre Tetrault. It features a soundtrack of music by both Philip Tetrault and Leonard Cohen. The DVD is 65 minutes long, and contains other special features as well as the main feature film. It was published in 2005 by the National Film Board



Submitted by Shawna Mann Kitimat, BC

Write the Next Review...

Are you interested in writing a review for the next Newsletter?

Stop by, or contact me via phone or email. You can choose from our stacks or make a recommendation for a book or DVD you would like to see in our library.



Make a Difference in Your Community

Being on the Mental Health & Addictions Advisory Committee (MH&AAC) provides you with an opportunity to have a voice in what happens in your community and to make changes to improve the mental health system in general.

A sub-committee, Consumer and Family Initiatives Funds Committee (C&FIFC), administers funds which are dedicated towards providing individuals with mental illness and/or their families with opportunities for recreational, vocational and educational activities. Funds are also used for community education/events aimed to increase awareness and understanding of mental illness.

The committees meet for one hour, once a month. Some positions offer an honorarium.

For further information call: 250-631-4202 or 866-326-7877
Email: terrace@bcss.org

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Are You Buried in Books?



What kind of world would this be without books? Books transport us to other places, teach us new skills, provide humour and respite from situations which are sometimes difficult, and help us gain insight into ourselves and others.

It's important to support the authors who bring us this wealth but some of us seem to be overly avid supporters! Let's face it; some of us bibliophiles have a serious problem on our hands.

In recent years creative responses to bulging bookshelves have emerged - solutions beyond taking your beloved books to the local thrift store where they may languish, unread and unloved. Websites like *Bookcrossing* can send your tome on a worldwide journey with occasional reports send back home.

We have another solution. The Family Room is a small comfortable living room in the Psychiatric Ward of Mills Memorial Hospital. Furnishings were provided by the Consumer and Family Initiatives Fund. The Family Room is in need of books and VHS videotapes.

The only requirement we have is that the material is positive and uplifting. Your book may provide comfort, respite and joy to a resident or a family member during their hospital stay. All reading material in the Family Room can be removed and kept. This is to ensure that if a patient starts a book while they are hospitalized they can take it home with them once they are discharged.

The Family Room also has a small TV and VHS machine. VHS movies will be gratefully accepted.

If you have some books that you have finished and you think they would make an appropriate addition to the Family Room Library, give me a call to either arrange pick-up or delivery.

Get out from under the pile and provide enjoyment for someone else at the same time.