

January
February
2012



Iris Express

Out of the Box for Mental Health Creative Workshops

A launch of this program being led by James Iwasuk was held Tuesday December 13 at 205 Martin Street. The program includes writing and musical opportunities for persons in recovery from a mental illness to express themselves. Musical Workshops will be led by Lee Holland Standup bassist for Danielle Savage. Spoken word and musical performances are being planned to showcase the work of the participants.

Councillor Gary Litke provided opening remarks expressing the importance of literacy and opportunities for self-expression.

Guests included Dr. Alan Markin, Dawn Renaud of Literacy NOW, Board members and the program participants.

Thank you to Green Beanz for the coffee.

Call 250-493-7338 for more information.



Introducing Martin House

For youth (ages 16-30) experiencing mood disorder, psychosis, anxiety disorder

The Mental Wellness Centre is sponsoring a daily program to assist youth to develop and attain goals for recovery. This includes: Supported Education, Employment, paid or volunteer, Independent Living skills, Healthy Living including social skills, Peer Support and Creative Arts. The Program will also provide: Hospital Outreach and Family Support. Referral is by the person, family and providers. The hours are 10am-12.30pm Monday to Friday starting Tuesday January 3, 2012.

Parents attending the Family Support Programs anecdotally identify barriers caused by symptoms as their children try to make the transition from adolescence to adulthood. They praise the clinicians for the care provided using existing resources but have been wondering what more could help their children.

A family member was directed to *Laing House* a program for youth in Halifax, Nova Scotia (<http://lainghouse.org/content/home>) by Dr. Stan Kutcher Sun Life Finan-

cial Chair in Adolescent Mental Health. Laing House is a peer support organization developed by families of youth and is celebrating 10 years of operation.

The Peer Support Workers will work with each person to develop goals and then be connected to programs to attain those goals. Included in the options will be **Writer's Workshops** lead by James Iwasuk, **Stress Management** lead by Cindi Tomochko, **Employment Readiness** lead by the Job Developers (Alicia & Bob) assisted by the Job Coaches. Other options will include community volunteers or health providers for specific topics.

We contacted Laing House and were encouraged to start this program and will be a collaboration of existing services.

This is a pilot project funded by the Branch until March 31, 2012.

Family Support

Yvette continues to provide families and other agencies with information and support.

She was away for Christmas.



Family Support groups

Monday: Psychiatry Penticton Hospital

- 12-1pm Brown Bag drop in
- 2*4 pm Individual

Tuesday: Summerland Ministry of Children & Families 10 am to 12N (except 2nd Tuesday)

2nd Tuesday Princeton Call for appointment

1st Wednesday Keremeos WorkZone 12.30-2 pm

2nd Thursday Penticton (office) 6.30-8 pm

4th Thursday Oliver Call for location & time

Family Education

Strengthening Families Together course

- 4th Wednesday 4.30-6pm Penticton Office

Kids in Control Teens in Control groups will run in February and March

Register NOW call 250-493-7338

Peer Support



Individual support is available to help you to achieve your goals.

We are at the hospital each Thursday morning.

Your Recovery Journey Tuesday 10.30 to 12 noon. Call 250-493-7338 to register.

There are significant differences in the symptoms, course of illness, and treatment of different mental illnesses—but the recovery journey cuts across all of these.

We will be assisting with Martin House Youth program.

Bowling at Sun Country Lanes with youth was so much fun we will be going again in January.

POSITVELY SOCIAL monthly at 205 Martin Street. January 19 and February 9th

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2011-2012 Board

- Donna Ashcroft
- Mary Belcher
- Sharon Evans
- Irene Friberg
- Robert Friberg
- Wenda McKee
- Whitney Price
- Roberta Spara

NOMINATING BRANCH BOARD CANDIDATES 2012-2013

We often hear people say that there is no organization like the BC Schizophrenia Society. Our members share a unique mission that brings them together. This naturally affects the way we run our organization.

What are some of the qualities we need in the next generation of BCSS Board of Directors? The traditional mix of a governing board is usually comprised of teachers, lawyers, doctors and business people. While this may be important, even more valuable are certain wide-ranging abilities in the people we need to lead the organization.

Board members must be able to see the big picture.

It is true that each of us has particular areas of interest or expertise. But the BCSS Board is responsible for the policy of an increasingly varied provincial organization. The interests of the whole province – with extraordinary diversity from 6 separate health regions and 30 BCSS branches (May 2010) – must be a fundamental consideration during all board decision-making.

Board members must be team players.

Because of the issues we deal with, the BCSS Board experiences occasional debate and controversy. At the end of the day though, BCSS members demand and deserve action, not contentiousness. After hearing all points of view, an effective BCSS board must unite for the good of the whole organization.

Board members must understand finances.

Board members must stick to budgets and analyze trends. Growing demands on BCSS translate into more and more possible ways to use resources – all of them based on very real and immediate needs. The Board must not only be able to sort through these demands and decide which are the most critical, they must also make certain that enough money is coming in to cover what they elect to spend. It is imperative that Board members are able to give - or get others to give - to fully fund BCSS activities.

The job of all BCSS members right now is to help identify future leaders who can guide us as we realize our vast potential to alleviate the suffering caused by schizophrenia and other serious mental illnesses.

(Adapted from The Advocate)

Volunteers for Branch Board membership are invited to call Sharon Evans President at 250-493-7338 for more information.

Our next Annual General Meeting will be in June 2012.