

May June  
2011



# Iris Express

## No-Charge Psychiatric Medication Plan (Plan G)

If your income is below \$28,000 per year you should qualify

The No-Charge Psychiatric Medication Plan (Plan G) is available to individuals of any age who are registered with a mental health services centre and who demonstrate clinical and financial need. The plan provides coverage of certain psychiatric medications.

Individual patient eligibility is determined by the patient's physician and the local mental health services centre. Registration is required.

The drugs eligible for coverage under the No-Charge Psychiatric Medication Plan are listed in the Plan G Formulary by both brand and generic name. Drugs in the formulary identified as "Limited Coverage" require prior Special Authority approval from PharmaCare. For these medications, a patient's physician must submit a Special Authority Request to PharmaCare.

For more information on the plan, contact

Penticton Mental Health Centre 250-770-3555

Physicians' offices can download the Application for Psychiatric Medication Coverage (HLTH 3497) (PDF 536K) or request pre-printed copies from the local mental health services centre.

don't miss your  
medication  
because of cost



### How do volunteers help?

- Board of Directors
- Partnership Program
- Family Support Groups
- Strengthening Families Education program
- Kids in Control
- Iris Express Newsletter
- Community events
- Puppeteer Program
- Peer Support Program
- Office coverage

## *Volunteers are important to our Society*

Tuesday April 26th, we had an afternoon tea for our volunteers.

Without the generous donation of time, it would be impossible for Yvette to be in the community providing family support.

Our support and education programs to combat stigma

rely on volunteers. Each person who works as a facilitator helps families develop coping tools and know that they are not alone.

The Board of Directors ensures the society operates responsibly to use our funding to support families

and people with a mental health concern.

The weekly help from Ariel, Shelley, Bruce and Monique keeps the office organized.

Thank you all.

Sharon Evans

## *Parental Mental Health Framework FORCE Network*

*Opportunities for families to share their ideas on what's needed to improve their lives when coping with a mental health concern*

### **Project Scope**

The Parental Mental Health Framework (the Framework) will focus on the family unit where there is at least one existing mental health problem, and address ways to support positive mental health for all members of the family.

The Framework will consider the mental health promotion and mental illness prevention needs of families where children and/or parents are experiencing a mental health problem. Specifically, the Framework will look at families with children experiencing mental health problems to ensure that parents/caregivers are given the support they need to parent challenging children and stay healthy; that affected children are enabled by family and others to stabilize and flourish; and that siblings are given the consideration they need to thrive.

The Framework will also look at families with parents living with mental illness to ensure the parents are given the support they need to raise healthy children, and the children are provided with the support they need to succeed in life. The latter includes support for adult children in their role as parents to help prevent multi-generational mental health problems.

The Framework will not address opportunities to support adults with a mental illness in their own treatment and recovery. Although this is an im-

portant issue and has clear prevention benefits, support for mental illness treatment is out of scope for this project. It will be critical to keep the focus on parenting and family support.

### **Vulnerability Lens**

The Framework will address the needs of vulnerable families. This means hearing from families experiencing poverty, unstable housing, cultural dislocation, substance use problems and other conditions that contribute to and are amplified by family mental health problems.

### **Service Providers**

The Framework will address the need for a full continuum of service and supports for affected families across the life course, with an emphasis on mental health promotion and mental illness prevention. This opens up a range of service provider/system perspectives for consideration, beyond the adult mental health system, including education, primary care, child and youth development, in-

come support, housing, child protection and law enforcement (e.g. policing, courts and corrections).

### **Engagement of Aboriginal Families**

While the participation of Aboriginal families in the stakeholder engagement process is most welcome, it is recognized that this does not constitute formal or fulsome engagement of Aboriginal communities. Such engagement would require the establishment of formal relationships with Aboriginal leadership, Aboriginal service providers, Elders and Aboriginal communities (both First Nations and Metis). These relationships would be facilitated through existing government structures and processes, such as the Tripartite Health Actions Management Team.

### **Join the discussion with Mark Littlefield**

**Penticton:** Monday May 16th: 10 am to 1 pm

205 Martin Street Call 250-493-7338

**Kelowna:** Monday May 16th 6:30pm to 9:00pm

Tuesday May 17th 8:30am to 4:30pm (lunch)

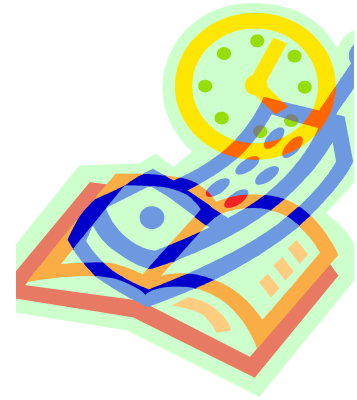
Call Toll free: 1-888-832-0705

## Member Generosity Rewards Branch

Jeannette Ide is a branch member who volunteers in Penticton.

Mrs. Ide has been a board member, a family support group facilitator and a Strengthening Families course facilitator.

Her generous donation of time reaps a financial reward for the Branch from the Telus Cares program. As she has donated more than 200 hours of her time in Penticton, we again received \$500.00 toward our General Revenue. Last year's donation helped purchase books for our library.



*Telus Cares*

Thank you Jeanette and Telus.

## Family support

In the community is where we find Yvette Zwysig Family Support Worker.

Over the past 2 years, Yvette has worked to reach families by being at the Inpatient Unit Penticton Regional Hospital on Mondays, Tuesdays at the Ministry for Children and Family Development

in Summerland and monthly in Keremeos and Oliver. After going to Princeton April 10th, a person admitted to the IPU called her for support on the recommendation of an agency in Princeton.

Our goal for 2011-2012 is to provide more direct service in Princeton and Osoyoos.

### Travel funds needed

Donate directly to the office

OR

through our account at [www.canadahelps.org](http://www.canadahelps.org)

**Yvette travels: monthly to Keremeos and Oliver /Osoyoos; and weekly to Summerland. She went to the April Community Services meeting in Princeton.**



## Peer Support

We are working with Sarah Senecal O.T. to lead PHOTOVOICE Tuesday afternoon at Unity House. Participants take pictures and describe what meaning the photo has on their journey of recovery. We will meet until the end of May. In past years, the pictures have been displayed at the Penticton Art Gallery during

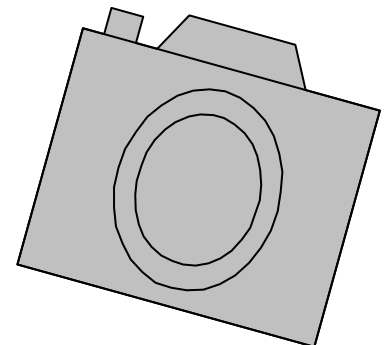
October.

Watch for us on Skaha Lake this summer with the youth and young adults. Dragonboating was so well received last year we are going again. Come and cheer Wednesday afternoons at 2 p.m.

Individual support is available to your achieve goals.

*Your Recovery Journey* Tuesday 10.30 to 12 noon starts again May 3rd.

Call 250-493-7338 for peer support.



PHOTOVOICE

BC Schizophrenia Society-  
Penticton Branch

*Mental Wellness Centre*  
205 Martin Street Penticton BC V2A 5M2

Phone: 250-493-7338

Fax: 250-493-0690

E-mail: [bcsspenticton@shaw.ca](mailto:bcsspenticton@shaw.ca)

A Reason to Hope The Means to Cope



Mental Wellness Centre  
Family Support Peer Support  
A reason to Hope. The means to Cope. Recovery is possible.  
BC Schizophrenia Society - Penticton Branch

*Strengthening Families Together*

Free

The 10 session course has been offered the 4th Thursday of the month at the office from 6.30 pm.

The next course in Penticton starts

**September 22nd, 2011**

Call the office to register.

We will be planning a course for the fall in Oliver/Osoyoos.

Details will be available in July.



**Mental Health Awareness Week May 1-7**

**Mental Health for All**

Wednesday May 4th

1-2.30 pm

\*Mental Health VOICES video featuring Shelagh Rogers CMHA Unity House Coffee & cookies

7-8.30 pm

\*Youth Poster Contest Awards

En'owkin Centre Green Mountain Road Doors open 6.30 pm

Thursday May 5th

10 am to 8 pm

\*Display at Cherry Lane Mall  
Come by and say hello

7-9 pm

\*Strawberry Social Closing event: MIND OVER MATTER Cultural Month by PACE Leir House

Saturday May 7th

8.30 am to 12.30 pm

\*Downtown Penticton Market "SOS Fest"  
Showcasing Community Resources

10 am

\*Penticton Lions Volunteer Day Garden care at Skaha Sunrise Call CMHA 250-493-8999 to volunteer