



# FAMILY & FRIENDS



July 2011

**Mental Illness Family Support Centre  
BC Schizophrenia Society - Vernon**

## **BOARD OF DIRECTORS**

**President** – Kelli Sullivan  
**Vice-President** - Beatrice Cormier  
**Treasurer** - Gloria Noble  
**Secretary** - Shirley Leng

**Directors** - Jan Arcand, Marty Leier,  
Sharon Rauhala, John Suderman

## **Vernon Branch Information**

Dianne Hustler  
Family Support Coordinator  
#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.mifsc.ca](http://www.mifsc.ca)

## **Salmon Arm Branch Information:**

Donna Miller  
Family Support Coordinator  
181 Trans Canada Hwy N.E.  
Box 914  
Salmon Arm, B.C.  
V1E 4P1  
Ph: (250) 832-2170 ext. 206  
Fax: (250) 833-0137

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

Website:  
[www.mifsc.ca](http://www.mifsc.ca)

**BCSS Provincial website:**  
[www.bcscs.org](http://www.bcscs.org)

## Welcome to Summer

It has been a rather cool spring. It is nice to be back to our sunny Okanagan summer weather. It has also been a rather busy spring so our usual June newsletter is coming to you in July. As the saying goes, “Better late than never.”

Thanks to those of you who joined us for a delicious sandwich and salad lunch at our annual General Meeting on Monday May 16<sup>th</sup> at the People Place. After the Annual General Meeting, our board confirmed that the the executive will remain in the positions they held last year. We are also looking forward to working with a new director, Jan Arcand. Thanks to all of you for your tireless work and dedication to our society.

It is with sadness that we say goodbye to two parting directors, Marilyn Wright and Vicky Midtdal. It was a pleasure working with you. We thank you for your support and and wish you all of the best with your new endeavours.

Take a look at the rest of the newsletter to learn more about some great events over the summer and coming up this fall.

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# Thank You



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

Ellen Verigin  
Lil Ullrich  
Elfriede Steffl  
Karry Pedersen

Brian and Penny Jones  
Lynn and Denis Richardson  
Marilyn Mardiros

## Community Farm Update

We were thrilled to have about seventy people join us at the end of March to learn more about Community Farms from Kevin Corbett, the Programs Manager at Providence Farm in the Cowichan Valley on Vancouver Island. He has been a part of that farm community for 7 years and says he has received more from it and the people he works alongside than he could ever hope to contribute back.

Our community showed outstanding support for starting a project like this in Vernon. We are pleased to say that the Partners in Action Committee received some funding to get the project started so the Committee created three action teams: land acquisition, community partnerships and business plan action teams. There are few pieces of land that have come forward. We have started evaluating each piece of land to determine which ones we might like to investigate further.

A number of community organizations have expressed interest in operating programs that might be suitable for running from the farm location. One organization has expressed an interest in being the lead agency to make the start-up process simpler. The lead agency would in turn be directed by a steering committee of various community groups who have a vested interest in how the farm operates. We will keep you posted on how the project is progressing.



# Our Library

## Books:

**Hearing (Our) Voices Participatory Research in Mental Health**  
by Barbara Schneider

## DVD:

**Panic Disorder an Effective Self-Help Guide** by *Here to Help/Anxiety BC*

# Awakening the Spirit

art show & sale

*Celebrating the creative talents of people living with mental illness*



**JULY 13 to  
SEPT. 11, 2011**

Sponsored by the  
Mental Illness Family Support Centre  
and Canadian Mental Health Association  
who gratefully acknowledge the support of the  
Vernon and District Performing Arts Centre.

Viewings in the Coat Check  
Gallery for performance patrons  
during events at the Vernon &  
District Performing Arts Centre at  
3800 33rd Street.

Free public viewings Tuesdays  
1 pm - 2:30 pm, starting July 19th  
or by special arrangement -  
contact Sue at 250-542-3114.

Ninety-one people attended the Opening Gala for the Awakening the Spirit Art Show on July 14 at the Vernon and District Performing Arts Centre. Thanks so much to:

- the twenty two artists who created sixty four lovely works for us to enjoy this year.
- Grete Rus for creating the beautiful painting, Tulip Delight, which was chosen for the poster and promotional material for the art show.
- outstanding committee members, staff, and volunteers from Canadian Mental Health Association, Interior Health and the Mental Illness Family Support Centre for all of your support in bringing this show together.
- Canadian Mental Health Association for the delicious treats served at the Opening Gala.
- Electric Paper Company, Picture Perfect and Perpetual Blooms and the Vernon and District Performing Arts Centre for your ongoing support of the art show.

Bring a friend and come to the free showings every Tuesday from 1 – 2:30. Hope to see you there!

# 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:** July 26<sup>th</sup> and August 23<sup>rd</sup>

**Time:** 7 – 9 pm

**Place:** Room 301 of the People Place.  
Press 3012 at the main door to be let in.

For more information, contact Dianne at 250-260-3233 or [bcssvernon@shaw.ca](mailto:bcssvernon@shaw.ca)

## ***KIDS IN CONTROL***



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.

**We hope to run a fall session in Vernon from late September to early November from 3:15 – 4:45 pm. Details to be confirmed at a later date.**

If you know of any children who may benefit from this program, please contact Dianne at 250-260-3233 or [bcssvernon@shaw.ca](mailto:bcssvernon@shaw.ca) to be put on the wait list.



Nine family members completed the spring session of Strengthening Families Together. Thanks to all of you for your participation and your support of one another. Thanks also to Gloria for co-facilitating this session. Our next session is six evenings:

Thursdays Sept.29 – Nov. 3<sup>rd</sup>, 2011  
6:45 – 9:15 pm  
Room 003 at the People Place  
3402 27<sup>th</sup> Ave., Vernon

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

If you would like to be on the wait list for our fall session, please contact Dianne at (250) 260-3233 or [bcssvernon@shaw.ca](mailto:bcssvernon@shaw.ca)

# Supporting Families of People Living With Mental Illnesses

Susan Inman, author of, “After Her Brain Broke: Helping My Daughter Recover Her Sanity”, will share her family’s personal story about getting clinical treatment for her daughter’s mental illness. She will also discuss ways that the mental health system can better respond to the needs of families supporting loved ones living with mental illness.

**Free! No registration required.**

**Tuesday August 16<sup>th</sup>**

**7 – 8:30 pm**

**Schubert Centre**

**3505 30<sup>th</sup> Avenue, Vernon**

**Contact Dianne 250-260-3233 or**

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



## Suicide Prevention Vigil

**Join us on World Suicide Prevention Day at the  
Rose Garden at Polson Park**

**Saturday, September 10, 2011**

**4:30 pm**

Suicide affects many people in our community. There are approximately 500 suicides in BC per year. Suicide knows no bounds. It does not discriminate against age, gender, religion, ethnic background or educational or socioeconomic levels. Suicide affects not only the suicidal person. It is believed that 1 in 7 people are affected by suicide – that is 580,000 people in British Columbia alone.

**The vigil is open to all who have lost loved ones or  
who have been touched in some way by suicide.**



The CMHA National Conference is over 2/3 full, but there is still room for you to attend. Dr. Norman Doidge, best selling author of, "The Brain that Changes Itself, Tod Maffin - broadcaster, tech futurist and person with a mental illness, and Dr. Martin Brokenleg are just a few of the fantastic speakers.

For more information go to: <http://cmhakelowna.wordpress.com>

Phone: 250-861-3644

Email : [nationalconference2011@cmha.bc.ca](mailto:nationalconference2011@cmha.bc.ca)

## Stigma Busting

***Stigma is the situation of an individual being excluded from full social acceptance because of a trait that marks them as different from the so-called 'normal' majority. This difference then elicits some form of discrimination from the community, such as punishment, restriction of rights, ridicule and/or social rejection.*** Goffman, E. (1963). *Stigma: The management of spoiled identity.* Harmondsworth, UK: Penguin.

**Marsha M. Linehan** is a Professor of Psychology, Adjunct Professor of Psychiatry and Behavioral Sciences at the University of Washington and Director of the Behavioral Research and Therapy Clinics. She developed Dialectical Behavior Therapy (DBT), a type of psychotherapy that combines behavioral science with concepts of acceptance and mindfulness, derived from eastern and western contemplative practices.

Stigma around mental illness affects everyone regardless of religion, ethnic background, educational or socioeconomic levels or profession. In a recent New York Times article, 68 year old Dr. Marsha M. Linehan, revealed that she has lived with mental illness most of her life. This respected mental health professional decided to share her personal story after one of her patients essentially asked, "Are you one of us?" Dr. Linehan said after she was asked the question that, "So many people have begged me to come forward, and I just thought - well, I have to do this. I owe it to them. I cannot die a coward." In the article, Dr. Linehan spoke about harming herself, spending time in a seclusion room at the Institute of Living, having suicidal thoughts and attempting suicide, having electroshock treatments and being diagnosed with schizophrenia (although she would have diagnosed herself as having borderline personality disorder).

Through our Partnership Presentations, I am honoured to work with less well-known people who share their personal stories about living with mental illness. In these presentations, three presenters share how mental illness affects each of them from the point of view of a person living with a mental illness, a family member and a mental health professional. It is always moving to see how attitudes change through having direct contact with someone affected by mental illness. Myths are dispelled, walls break down and audience members often feel free to share how their own lives have been touched by mental illness.

One in five of us will have a mental illness in our lives, yet we still don't talk about mental illnesses in the same way that we talk about illnesses such as: cancer, diabetes, or multiple sclerosis. Perhaps through people sharing their personal stories about living with mental illness, whether they be well-known public figures or everyday people, we can eliminate the stigma associated with mental illness and just accept people for the valuable people that they are.

See the full New York Times article at: <http://www.nytimes.com/2011/06/23/health/23lives.html>

## 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

*Thanks to those of you have passed on some of these links:*

Video for understanding schizophrenia.  
<http://hopeandrecoveryfilm.com/>

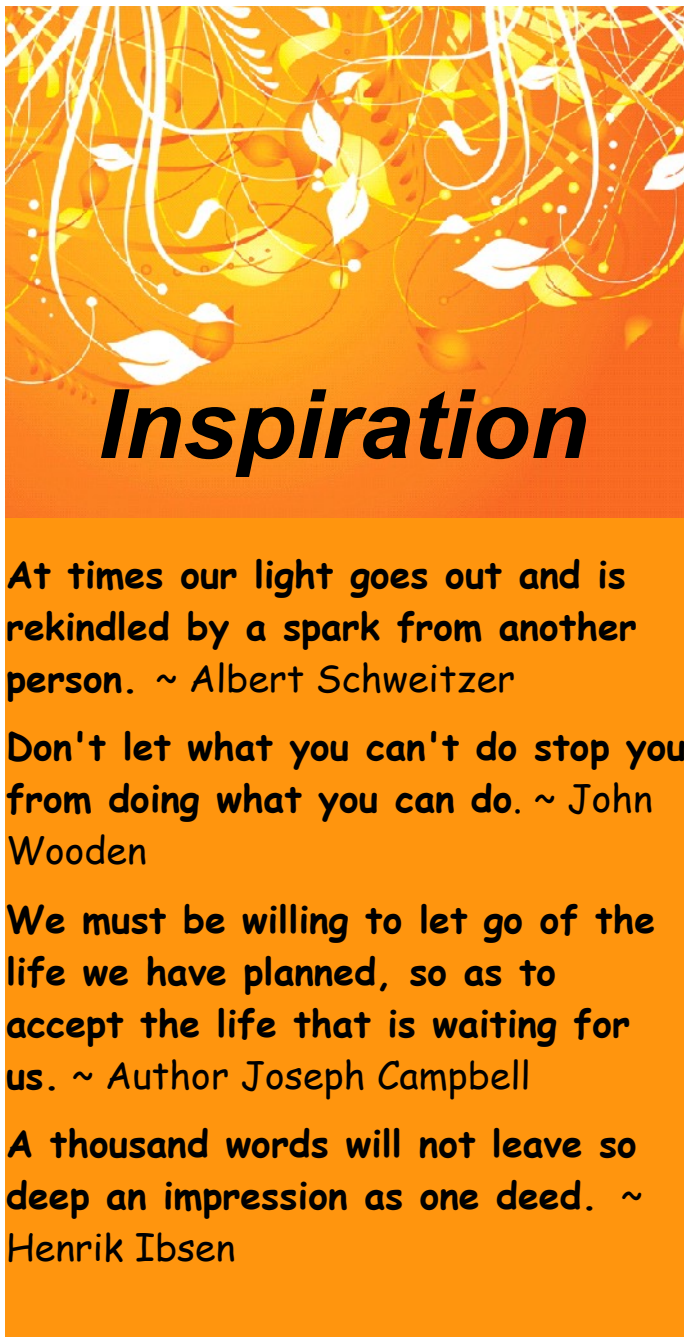
Treatment Advocacy Centre Video Library:  
<http://tac.nonprofitsoapbox.com/video-gallery>

Power of Attorney Representation agreement info: [http://www.cba.org/BC/public\\_media/wills/PrintHtml.aspx?DocId=22255](http://www.cba.org/BC/public_media/wills/PrintHtml.aspx?DocId=22255)

Laura Burke – person living with schizophrenia who created a wonderful video about acceptance and the stigma around mental illness.  
<http://www.youtube.com/watch?v=23a18HKYLW4>

Information on Borderline Personality Disorder including help for families and friends. [www.bpdcentral.com](http://www.bpdcentral.com)

Information on bipolar disorder, ways to treat and manage it, suggestions for ways caregivers can provide support and take care of themselves.  
[www.bipolarcaregivers.org](http://www.bipolarcaregivers.org)



# Inspiration

At times our light goes out and is rekindled by a spark from another person. ~ Albert Schweitzer

Don't let what you can't do stop you from doing what you can do. ~ John Wooden

We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us. ~ Author Joseph Campbell

A thousand words will not leave so deep an impression as one deed. ~ Henrik Ibsen

**Our Mission:** To provide hope to families affected by mental illness and empower them through support, education and advocacy.  
**Our Vision:** A world where families affected by mental illness have knowledge about mental illness and the mental health system; have timely access to appropriate services and support; are partners in care; and are accepted in society.

## BECOME A BCSS MEMBER

A five dollar membership to BCSS Vernon entitles you to a vote at our Annual General Meeting and you will also receive our newsletter Family and Friends.

If you would like to become a member of the BC Schizophrenia Society Vernon, please fill out the form below and drop it off at our Vernon office or you can send it to:

**Mental Illness Family Support Centre**  
#301 – 2 3402 27 Ave.  
Vernon, BC V1T 1S1

### 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, 2012*

#### Membership dues

**\$5.00 Cheque**

Please make cheques payable to:  
BC Schizophrenia Society – Vernon.

**\$5.00 Cash**

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

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

**Cheque** - Please make cheques payable to:  
BC Schizophrenia Society – Vernon.

**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.