



# FAMILY & FRIENDS



BC Schizophrenia Society, Vernon & Salmon Arm Branches

June, 2010

## BOARD OF DIRECTORS

**President** - Beatrice Cormier

**Treasurer** - Gloria Noble

**Secretary** - Shirley Leng

Marty Leier, Vicky Mittdal

Sharon Rauhala, John

Suderman, Kelli Sullivan,

Marilyn Wright

## Annual General Meeting and Warm Wishes

We have had some unpredictable weather this spring, but hopefully we will enjoy more of our typical Okanagan sun in a couple of weeks with the summer solstice.

## 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

Monday to Thursday: 9:30 to 12:30 and Monday to Thursday afternoons and Friday mornings by appointment.

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

Website: [www.vernon.bcsc.org](http://www.vernon.bcsc.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

Wednesday and Thursday mornings by appointment.

Walk-in visits 1:00 – 4:00 pm

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

Website:

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

### BCSS Provincial website:

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

*BCSS Mission Statement: To improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy, and research.*

Thanks to those of you who joined us at our Annual General Meeting on May 13. Our current Board of Directors confirmed that they will continue in their roles with BCSS. Thanks so much to our Board for your commitment to our society and your ongoing support of the work we do in the community. After the business part of the meeting, we all enjoyed Donna's delicious homemade poppycock and other refreshments and then watched the DVD, "The Downside of High." This is a compelling documentary about recent science discoveries about marijuana and mental illness. This DVD is available to borrow from both our Vernon and Salmon Arm offices.

In April, one of our Directors, Paul Miron, resigned from our board. We wish you all of the best in your retirement and thank you for the support and expertise you offered us over the past four years. In May, we welcomed Sharon Rauhala as a new Director on our Board. We are pleased to have you with us, and look forward to working with you as we plan for our future.

Wishing all of you many sunny summer days.

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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.



We also have many library items that are overdue (valued at over \$1000 total). Would you please check your shelves, drawers, closets and other places for overdue materials and return them so that others may benefit from them and so that we don't have to buy them again?

## SPECIAL THANKS

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



*Ellen Verigan*

*Brian and Penny Jones*

*Lil Ullrich*

## CALENDAR OF EVENTS VERNON

### AWAKENING THE SPIRIT ART SHOW AND SALE July 13 – September 12, 2010

The Art Show Committee received ten submissions to be considered for the poster for the art show this year. We were pleased to have so many wonderful works to choose from. Thanks to everyone who submitted works and we encourage you to submit again next year as we enjoyed all of them. Congratulations to Wayne Pozdnikoff on his piece, "The Spirit Descending Like A Dove," (shown below) being chosen for the poster.

The Vernon and District Performing Arts Centre is once again donating the space in their Coat Check Gallery for the art show which features art created by people living with mental illness. If you are interested in participating in the show, you may submit up to four pieces of original art for consideration.



Your art may be original sculpture, paintings, photography or drawings that have not been submitted to previous Awakening the Spirit Art Shows. Pieces may be for show or sale. There are some free frames available on a first come first serve basis at Canadian Mental Health Association (CMHA). For more information contact Dianne (BCSS) at 250-260-3233 or Susan (CMHA) at 250-542-3114

#### **Submissions for show accepted:**

Between Monday June 28<sup>th</sup> and Monday July 5<sup>th</sup> at CMHA at 3100 28<sup>th</sup> Ave or at our office in room 301 of the People Place.

**Opening Gala for artists and invited guests only is:** Thursday, July 15<sup>th</sup> from 7 – 8:30 p.m. in the Coat Check Gallery at the Vernon and District Performing Arts Centre.

**Free Public Viewings:** Tuesday afternoons from 1 – 2:30 starting July 20<sup>th</sup> and ending September 7<sup>th</sup>.

Viewings by Special Arrangement – Contact Sue (CMHA) at 250-542-3114.

*The Spirit Descending Like a Dove*

by *Wayne Pozdnikoff.*

Sponsored by the Mental Illness Family Support and Information Centre (BCSS), Canadian Mental Health Association, Interior Health, & Province of BC.

## VERNON FAMILY SUPPORT GROUP

Future Family Support Group dates are: June 22<sup>nd</sup>, July 27<sup>th</sup>, August 24<sup>th</sup>

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. **We meet on the 4<sup>th</sup> Tuesday of every month from 7– 9 p.m. in our office at room #301 at the People Place.** For more information, call Dianne at 250-260-3233.



### MENTAL HEALTH FAMILY FUN DAY

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

**Time: 10 a.m – 2 p.m.**

**Place: Paddlewheel Park Hall (rain or shine)  
7813 Okangan Landing Road**

Join us on the shores of beautiful Okanagan Lake (come rain or shine) for burgers, games, boat rides, music, door prizes and fun, fun, fun!

## **SALMON ARM UPDATES**

### REVELSTOKE/SICAMOUS FAMILY SUPPORT

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

### **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

**SALMON ARM FAMILY SUPPORT GROUP**

**Future Family Support Group dates are:**

**June 24, July 29, Aug 26 and Sept. 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.

**DID YOU KNOW**



**One-to-one assistance is available for the new Register Disability Savings Plan**

The new Registered Disability Savings Plan (RDSP) is a savings plan designed specifically for people with disabilities. The BC Coalition of People with Disabilities (BCCPD) and Planned Lifetime Advocacy Networks (PLAN) are offering free one-to-one assistance for people opening RDSP accounts.

PLAN and the BCCPD can assist you over the phone, in person, and over email. We can assist you to determine whether the RDSP is a good fit, become eligible, open an account and answer questions.

For assistance please contact:

BCCPD at 604-872-1278 or 1-800-663-1278, email [rdsp@bccpd.bc.ca](mailto:rdsp@bccpd.bc.ca).

Online, including a link to our RDSP Help Sheet in English and Chinese:

<http://www.bccpd.bc.ca/rdsp.htm> PLAN at 604-439-9566, email [rdsp@plan.ca](mailto:rdsp@plan.ca) This website includes information about free community workshops: <http://www.forthefuture.ca> These community sessions are provided in English only and funding is provided by the Government of Canada.

**Quick Facts:**

- ◆ Likelihood that people with mental illness will commit violent acts: No greater than the general population
- ◆ Likelihood that people with mental illness will be victims of crime: 2.5 times that of the general population
- ◆ The percentage of 556 United Kingdom respondents who reported that either they or a family member had experienced stigma as a result of mental illness: 70%

*Excerpts from the Booklet: Quick Facts: Mental Illness & Addictions in Canada.*

<http://www.mooddisorderscanada.ca/page/quick-facts>

Excerpt from [www.mentalwellness.com](http://www.mentalwellness.com)

Submitted by Salmon Arm Branch

## **A Caregiver's Guide to Living with Mental Illness**



Mental illness can take its toll on family members and caregivers. That's why it's important to know what you can – and can't – do. Knowing what to expect – of your loved one, yourself, and others – can go a long way toward helping you be there when your loved ones need you most.

### **How You Can Help Your Loved One**

If someone you love is diagnosed with a mental illness, how can your family help? Your family should work together with the person who is ill and the team of mental healthcare professionals. Learn all you can about the illness; understanding can help you cope. Take things slowly, step by step. The speed of progress is not as important as the direction.

As people begin to get better, it is important to prevent a relapse (recurrence of a psychotic episode), since a relapse can be demoralizing for everyone involved.

### **To help maintain the recovery process:**

Identify reasonable goals that are obtainable in the near future. Setting expectations too high sets everyone up for stress and failure. Encourage and recognize progress, even if it is less than what was hoped for. Goals for some people may be taking a course at school or part-time volunteer work; for others, getting out of bed or coming to the dinner table is an accomplishment.

**Learn to reduce stress.** The sorts of stress that most people handle every day may have much more impact on someone who is ill. Stress can make people with mental illness vulnerable to relapse.

**Talk to each other and to the healthcare team.** Communication is important if you're going to work together.

**Be encouraging and supportive.** A critical, over involved, or overprotective attitude may be threatening to people who are ill and may undermine their confidence.

**Learn problem-solving techniques.** It's important that people be able to solve their own problems.

However, you can all work together to identify problems and possible solutions.

**Be sensitive.** Avoid comparisons to friends, colleagues, or family members. Other people's success at work, school, or in their social lives may only emphasize how far behind people are who are ill.

**Encourage compliance in taking medication.** Families should encourage loved ones to follow the clinician's instructions regarding their medication. Without nagging or criticism, you can help them remember to take their medication by pointing out how much they have accomplished.

**Avoid relapse by knowing the early signs.** If you notice your loved one losing interest in things, becoming increasingly depressed, having difficulty concentrating, withdrawing socially, having difficulty making decisions, having sleep problems, feeling over committed or over expansive, or if you notice other feelings or actions unique to your loved one, call the clinician immediately. Getting professional help early enough may prevent a relapse.

### **How You Can Help Yourself**

Caring for someone with mental illness can take a lot of energy. Juggling schedules. Making and keeping medical appointments. Keeping track of medications. It can be a day-in, day-out grind ...without a day off. As the days fill up, it's important to remember to schedule some time for yourself. Make time to relax and re-energize...de-stress...and take care of yourself.

Here are some simple steps you can take to recharge –

- Call a friend
- Go for a long walk
- Exercise
- Curl up with a book
- Rent a favorite video
- Take a hot bath
- Have a massage
- Write a letter
- Listen to your favorite music

**Or just do whatever makes you feel good**

## 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

Non-profit mental health engagement program that works with youth, emerging adults and the professionals who serve them to develop reliable and relevant resources and communication platforms. <http://mindyourmind.ca>

Survivors of Suicide: for those who are grieving the loss of a loved one by suicide.

<http://www.forsuicidesurvivors.com>

National nonprofit organization helping families recognize and cope with depressive disorders to get people well and prevent suicides. Great information including wellness guides and family profiles. [www.familyaware.org](http://www.familyaware.org)

Non-profit source for BiPolar Disorder – Information, support and education . [www.Pendulum.org](http://www.Pendulum.org)



**“Life is really simple, but we insist on making it complicated.” - Confucius**

**“It's hard to beat a person who never gives up.” - Babe Ruth**

**“There is no failure. Only feedback.” - Unknown**

**“Success is not final, failure is not fatal: it is the courage to continue that counts.” Sir Winston Churchill**

**“There are two ways of exerting one's strength; one is pushing down, the other is pulling up.” Booker T. Washington**

## 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.