



FAMILY & FRIENDS



March 2011

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

BOARD OF DIRECTORS

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Vice-President - Beatrice Cormier
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Directors Marty Leier, Vicky Midtdal,
Sharon Rauhala, John Suderman,
Marilyn Wright

Vernon Branch Information

Dianne Hustler
Family Support Coordinator
#301 - 2 3402 – 27th 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

Website: www.vernon.bcsc.org

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@bcsc.org

Website:
www.salmonarm.bcsc.org

BCSS Provincial website:
www.bcsc.org

Spring is in the Air

Spring is in the air – a time of new growth. We are embarking on new journey encouraging our community to dig in the earth, tend to gardens and provide not only nourishment for the body, but nourishment for the mind and soul. See more about an upcoming information session about starting a Therapeutic Farm in Vernon on page three.

This new season also brings our Annual General Meeting. We hope that you will continue to show your support of our community work by becoming a member of our society (see page 8) and by joining us at our Annual General Meeting for a sandwich lunch:

BCSS Vernon/Salmon Arm Annual General Meeting

Date: Monday, May 16, 2011

Time: Noon to 1 pm

Place: People Place
3402 27 Ave., Vernon
Basement Room 006



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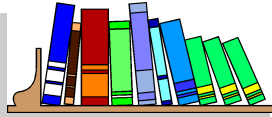
VERNON UPDATES

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

Vernon Fraternal Order of Eagles



VERNON LIBRARY



BOOKS

The Depression Workbook: A Guide for Living with Depression and Manic Depression

by Mary Ellen Copeland M.S. M.A.

The Mindfulness And Acceptance Workbook For Anxiety

by John Forstyth Ph.D and George H. Eifert Ph.D.

Everything Changes: Help for Families of Newly Recovering Addicts by Beverly Conyers

Sane: Mental Illness, Addiction, and the Twelve Steps by Marya Hornbacher

Beautiful Boy: A Father's Journey Through His Son's Addiction by David Sheff

Helping the Addict You Love: The New Effective Program for Getting the Addict Into Treatment by Laurence M. Westreich M.D.

The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder by Demetri and Jancie Papolos

Loving An Addict, Loving Yourself by Candace Plattor M.A.

Facing Panic – Self-Help for People With Panic Attacks by R.Reid Wilson Ph.D.

At Wit's End: What You Need to Know When a Loved One is Diagnosed with Addiction and Mental Illness by Jeff Jay and Jerry A. Boriskin, Ph.D

The Wilderness of Suicide Grief: Finding Your Way by Alan D. Wolfelt, Ph.D

The Brain That Changes Itself by Norman Doige, M.D.

Borderline Personality Disorder: An Information Guide for Families by Centre for Addiction and Mental Health

DVDS

Changing Your Mind with Dr. Norman Doige on the Nature of Things

CALENDAR OF EVENTS VERNON

VERNON FAMILY SUPPORT GROUP

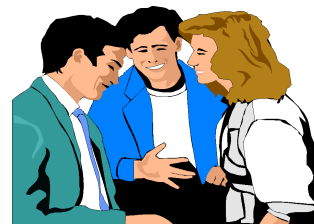
Do you have a family member or friend who has a mental illness such as depression, bipolar disorder, schizophrenia or anxiety? Our support group for family members is a caring place where you can share your hopes, fears, experiences and knowledge with others who also support a loved one living with a mental illness. YOU ARE NOT ALONE.

Group Meets the 4th Tuesday of every month

Future Dates: March 22nd, April 26th, May 24th

Time: 7 – 9 pm

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



For more information, call Dianne at 250-260-3233

Therapeutic Farm in Vernon?

Therapeutic farm communities provide meaningful work and skill development for people with physical, mental and emotional challenges.

Kevin Corbett, the Programs Manager at Providence Farm on Vancouver Island, will share information about the:

- History of Providence Farm.
- Types of programs a Therapeutic Farm can offer.
- People who a Therapeutic Farm can serve.
- Challenges and successes of running a Therapeutic Farm.
- Basic necessities to operate a Therapeutic Farm in Vernon.



Join us at: **Schubert Centre**
3505 30th Ave. Vernon, BC
Monday March 14, 2011
6:45 - 8:45 pm



Kevin Corbett is the Programs Manager at Providence Farm in the Cowichan Valley on Vancouver Island. He has been a part of this therapeutic community for 7 years and has received more from it and the people he works alongside than he could ever hope to contribute back. Kevin has discovered the value of contributing and belonging to something bigger than oneself... working with people, working with their hands in the soil and on the land are ideas that change lives, including his. A prairie boy with a background in human services, farming and the trades, Kevin and his young family enjoy life on the West Coast immensely.

Presentation is Free - No Registration Required

Contact Dianne at 250-260-3233 or bcssvernon@shaw.ca for more information

Sponsored by Mental Illness Family Support Centre & Partners In Action Committee

AWAKENING THE SPIRIT ART SHOW AND SALE July 13 – September 11, 2011

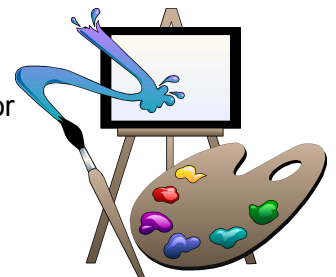
It's time to pull out your art supplies and get creative! The Vernon and District Performing Arts Centre is once again donating the space in their Coat Check Gallery for an art show and sale featuring artwork created by people living with mental illness.

Deadline for submissions to be considered for the poster - Wednesday May 25th.

Submissions accepted between Wed. May 18 and Wed. May 25th at CMHA or MIFSC

Deadline for submissions for the art show - Friday June 24th

Submissions accepted between Monday June 20th and Friday June 24th at CMHA only.



Sponsored by the Mental Illness Family Support Centre (MIFSC) and Canadian Mental Health Association, (CMHA).

KIDS IN CONTROL

We are excited to announce that we will run another session of Kids in Control this spring. 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.

Wednesdays April 6th – May 25th, 2011
3:15 – 4:45 pm
The People Place Building
Room 006 3402 27th Avenue, Vernon

REGISTRATION DEADLINE:
March 28, 2011

If you know of any children who may benefit from this program, please contact Dianne at 250-260-3233 or bcssvernon@shaw.ca.



Place: The People Place
Room 003 3402 2nd Ave

Date: Six Thursdays
May 5 – June 9, 2011

Time: 6:45 - 9:15 pm

PARTICIPANTS MUST REGISTER BEFORE April 25th by calling Dianne at (250) 260-3233.

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

UNIVERSITY OF ALBERTA SCIENTIST PINPOINTS ANXIETY TRIGGER



Based on Edmonton Journal article Dec 18, 2010

Groundbreaking research published in The Journal of Neuroscience, pinpoints a previously undiscovered mechanism in the brain that controls anxiety. William Colmers and collaborator Janice Urban, an associate professor at the Chicago Medical School at Rosalind Franklin University of Medicine and Science, discovered that chemical messengers in the brain regulate an ion channel. This is part of a cell that makes neurons more likely to fire causing anxiety, or less likely to fire, preventing anxiety.

In the article, Colmers said, "The ion channels are usually pretty good drug targets. That means new medications can be created to block the brain's anxiety - producing messages."



They noted that some common anxiety treatments have unwanted side effects since they don't target the parts of the brain responsible for anxiety very well. Colmers said, "It helps - it stops the panic disorder - but it's not very targeted. It's not very selective because it works pretty much everywhere in the brain....But there's hope now that there might be more targeted pharmaceutical compounds or treatment approaches that will help treat just these disorders." New drugs to treat anxiety based on this research are still probably about 10 years away, but this research offers some hope for the future.

Stigma and discrimination are barriers that may prevent people from seeking help when they are experiencing symptoms of a mental illness. It is encouraging to see that we are speaking more openly about illnesses that affect one in five people.

The mental Health Commission of Canada (MHCC) launched a 10 year Anti-Stigma campaign in October of 2009 called, Opening Minds. The Commission states that:

Many people living with a mental illness report that stigma and discrimination causes them more suffering than the illness itself.

The Winter 2011 edition of the MHCC Newsletter featured this article:

As part of its "Live Right Now" campaign to promote physical and mental health, CBC Radio's *The Current* broadcasted two special shows on mental health in January. They were both hosted by Steven Page, who is the former lead singer of the Barenaked Ladies and has a history of depression.

The first mental health special featured an interview with Dr. Simon Davidson, Chair of the MHCC's Child and Youth Advisory Committee. A number of important issues were raised relating to child and youth mental health including the impact of stigma, early intervention and prevention, and lack of services. Dr. Davidson also talked about the Advisory Committee's Evergreen Framework and the development of the MHCC's Knowledge Exchange Centre.

In response to the positive feedback received, *The Current* held a live phone-in session on: 'What it's like to be mentally ill in Canada today.' MHCC Vice-Chair, Dr. David Goldbloom, was invited to join Steven Page and CBC host Anna Maria Tremonti on the panel to take calls about personal stories of living and coping with mental health issues. All three were on air for more than five hours and fielded calls live from every time zone, resulting in five different shows.

You can listen to these interviews at:

<http://www.cbc.ca/thecurrent/episode/2011/01/07/mental-health--guest-host-steven-page/>

Mental Health Commission videos and information:
www.mentalhealthcommission.ca

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 so that we can add you to our newsletter email list.

CHECK OUT THESE WEBSITES

Children with parents with Mental Illness - great downloadable brochures:

<http://www.copmi.net.au/common/download.html>

The latest Edition of, Your Welfare Rights, Electronic booklet:

<http://www.lss.bc.ca/assets/pubs/yourWelfareRights.pdf>

Nature of Things Videos: Changing Your Mind and The Brain That Changes Itself

www.cbc.ca/documentaries/natureofthings/2010/changingyourmind

INSPIRATION

Never try to teach a pig to sing; it wastes your time and annoys the pig. ~ Robert A. Heinlein

Worrying is like a rocking chair: it gives you something to do but doesn't get you anywhere. ~ T. Harv Eker

If nothing changes, nothing changes. ~ Anonymous

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.