



# FAMILY & FRIENDS



**BC Schizophrenia Society, Vernon & Salmon Arm Branches**

**September, 2009**

## **BOARD OF DIRECTORS**

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## **BRANCH INFORMATION**

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

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

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.

## **MENTAL ILLNESS AWARENESS WEEK**

**OCTOBER 4 – 10, 2009**

Mental Illness Awareness Week is an annual national public education campaign designed to raise awareness of the level of mental illness in Canada; to reduce stigma about mental illness; and to promote the positive effects of best practice in prevention, diagnosis and medical treatment. The week was established in 1992 by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health in cooperation with all its member organizations and many other supporters across Canada. Each of us can do our part on a daily basis to increase awareness about mental illness in our community:

- One in five people will experience a mental illness – let's learn more about it.
- Talk and think about mental illness just like you would any other illness.
- Provide support to a loved one with mental illness in the same way that you would someone with any other illness.
- Challenge myths and stereotypes surrounding mental illness.
- Remember that recovery is possible.

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## VERNON UPDATES

### FAMILY ADVISORY COMMITTEE

The Family Mental Health Advisory Committee serves to provide information and recommendations to managers and directors of Mental Health and Addictions and other stakeholders regarding planning, initiatives and legislative, systemic and structural issues that affect families. If you have any concerns you would like to bring to the attention of the committee, please contact Dianne at 250-260-3233.

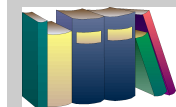
### PARTNERSHIP PRESENTATIONS

Are you aware of a group that might like to learn more about mental illness? One in five of us will have a mental illness at some point in our lives. This means that we will ALL be touched by mental illness whether it is ourselves, friends, family members, co-workers or other people involved in our lives through our work, churches, hobbies or community groups.

The goal of Partnership Education is to raise awareness and provide information about mental illness, dispel the myths surrounding mental illness, reduce stigma and fear, and spread a message of hope about early intervention and treatment.

This compelling and very personal presentation utilizes a panel of three people who offer their personal perspectives on mental illness from the point of view of a person with a mental illness, a family member and a mental health service provider. The presentation also includes an overview of the major mental illnesses, a short video, an interactive exercise (time permitting) and an opportunity for questions and answers. If you would like to book a Partnership Presentation (they take from 1¼ to 2 hours) call Dianne at 250-260-3233.

### THE VERNON LIBRARY



There are currently 35 overdue library items. Items can be returned to our office in room #301 of the People Place or, if I'm not here, they can be returned at the Family Resource Centre in room 201. If you are having difficulty returning the items due to our office hours, please contact me at 250-260-3233 and we can make arrangements for returning them. Thanks so much everyone!

## CALENDAR OF EVENTS VERNON



Strengthening Families  
**Together**  
Helping Canadians Live with Mental Illness

Do you have a relative or friend living with depression, bipolar disorder, anxiety or schizophrenia? Would you like to learn more about his/her illness?

Strengthening Families Together, a FREE workshop for families and friends provides information, skill building, and support. Taught by volunteer family members.

You will learn about:

- The different types of mental illnesses
- The medications and treatments for mental illness
- How to cope with and support your loved one living with a mental illness
- How to care for yourself

Six Wednesdays from 7:00 - 9:00 p.m.

September 30 – November 4, 2009

Room 301 3402 27 Avenue

“The People Place”

Vernon, BC

**REGISTER FOR THE FREE FALL SESSION**

*by September 17, 2009*

Call Dianne at 250-260-3233 or email  
[bcssvernon@shaw.ca](mailto:bcssvernon@shaw.ca)

**AWAKENING THE SPIRIT**  
**ART SHOW & SALE**  
 CELEBRATING THE CREATIVE TALENTS  
 OF PEOPLE LIVING WITH MENTAL ILLNESS



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 starting August 18th 1pm - 2:30 pm or by special arrangement - contact Susan at 250-542-3114.

**August 10 - September 28, 2009**

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

**VERNON FAMILY SUPPORT GROUP**

Future Family Support Group dates are:

**September 22nd, October 27th, and November 24th**

Do you have a family member or friend who has been diagnosed with a serious and persistent mental illness? Our confidential family support group provides a caring environment to share your hopes, fears, experiences and knowledge with others who have first hand experience in supporting a loved one 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**

**NOTE: DATE CHANGED TO WEDNESDAY, SEPTEMBER 9TH**

This promises to be a magical day offering consumers and their families the opportunity to get together for a day of fun on the shores of Okanagan Lake. Join



us Wednesday, September 9<sup>th</sup> from 10 a.m. - 2

p.m. at Paddlewheel Park Hall at 7813 Okanagan Landing Road in Vernon. You can learn more about community services, enjoy a free burger lunch, take a boat ride, try out the water balloon toss, soccer relay, tug of war, beach volleyball, bingo, Tai Chi demonstration, and more! Maybe you'll win a door prize too! Transportation to the event is available from 9 – 9:30 at CMHA and at 9:45 at Albert Place.

**EMBRACE LIFE – SURVIVORS OF SUICIDE VIGIL – AN EVENING OF SUICIDE PREVENTION, AWARENESS AND REMEMBRANCE**



The Crisis Line and other community agencies on the Suicide Prevention Committee are working together to recognize World Suicide Prevention Day on Thursday, September 10. Committee members will have free buttons as shown and wristbands are also available. The empty space in the middle of the button represents the emptiness left in the hearts and lives of anyone who has lost a friend or family member to suicide. It is an emptiness that words cannot express and the head cannot justify to the heart. If you have been touched by suicide and would like to join others to honour the memory of your loved one, please join us at the **Embrace Life Vigil by the Rose Garden at Polson Park from 6:30 – 7:30 p.m. on Thursday, September 10, 2009.**

# beyond the blues

depression anxiety  
education and screening day



**Thursday, October 8, 2009 Vernon and Salmon Arm**

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If you are concerned that you or someone you know may have clinical depression or an anxiety disorder - real conditions that touch at least one in every 5 people - there is help and hope.

Learn more about these treatable conditions, complete a brief questionnaire, speak one-on-one with a clinician, and find out about the range of community resources available to help. Sites also have information on alcohol and drug use problems, and seasonal or postpartum depression.

Canadian Mental Health Association is hosting the site in Vernon and Salmon Arm and clinicians from Interior Health will be available for screenings. Other community agencies, including BCSS, will be available at displays to provide handouts and information.

**Watch the media for announcements about screening locations.**

## SALMON ARM UPDATES

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### VOLUNTEER SEARCH



BCSS Salmon Arm is looking for volunteers to assist with the programs that we would like to offer this year. As a volunteer, you will be providing us with your insight and personal experience, which in turn adds to a unique and powerful educational program that uses

personal story telling as a basis for educating people about mental illness. Volunteers are needed for **Partnership Education**: a team of three speakers – a family member, a consumer, and a mental health professional. Each person offers their personal stories to help people understand the nature and prevalence of chronic and severe mental illness. Training will be provided. If you are interested in volunteering, please contact Donna in Salmon Arm at 250-832-2170 ext. 206.

### DISPLAY AT SENIORS RESOURCE FAIR



Each year during the first week of June, is the Seniors Resource Fair which is a three day event held at the Piccadilly Mall here in Salmon Arm. This year I was invited to attend. As you can see above, the display included some of our programs, brochures, booklets, support group information and other support that we offer here in Salmon Arm. There were many service providers attending this event and it was a great success. I would like to thank Ellen Verigin for volunteering some of her time to help with the display.

# DID YOU KNOW



Article from: *Canwest News Service, (The Province)*  
August 19, 2009

## ANTI-POT GRANT GIVEN TO SCHIZOPHRENIA SOCIETY

WINNIPEG -- Ottawa is giving the Schizophrenia Society of Canada more than \$500,000 to educate Canadians about the link between smoking pot and an increased risk of psychosis.

There can be "very serious consequences" for young pot smokers who have a predisposition to mental illness, Winnipeg Conservative MP Joy Smith said Tuesday. "Science has shown that cannabis may actually trigger the onset of psychosis and may also intensify the symptoms for those who already have a psychotic illness," Smith said in announcing the grant.

## CALENDAR OF EVENTS SALMON ARM

### SALMON ARM FAMILY SUPPORT GROUP

#### Future Family Support Group dates are:

Sept. 24, Oct. 29, Nov. 26 and Dec. 17

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.

**HURRY... REGISTER EARLY ..**

**LIMITED SEATING.**



Strengthening Families

# Together

Helping Canadians Live with Mental Illness

This 6 week workshop is a national education program for family members and close friends of individuals living with a mental illness. This program aims at increasing accessibility to Canadian based information on topics associated with living daily with mental illness. This program provides information, skill building, support, awareness and tools for coping.

**Place:** Okanagan College, Salmon Arm

**Date:** Tuesday, Sept. 22 – Oct. 27, 2009

**Time:** 6:30 p.m. – 9:00 p.m.

This workshop is sponsored by the BC Schizophrenia Society and is **FREE**, however, participants must **PRE-REGISTER BEFORE Sept. 22**, call Donna (250) 832-3014 ext. 206.

## BRANCH ARTICLES

*Every issue, the BCSS branches of the region will present articles on new research, treatments, and developments in order to keep the members of our region informed and up to date.*

*Excerpt from [www.webmd.com](http://www.webmd.com), **Bipolar Disorder Facts**, submitted by Salmon Arm Branch*

### **BIPOLAR DISORDER BASICS**

#### **What Is Bipolar Disorder?**

Bipolar disorder is a serious mental illness that is characterized by extreme changes in mood, from mania to depression. It can lead to risky behavior, damaged relationships and careers, and even suicidal tendencies if it's not treated.

#### **Bipolar Children and Teens**

Although bipolar disorder is more common in older teenagers and young adults, it can affect children as young as 6. Some experts believe the condition is rare and over-diagnosed; others disagree.

## **Bipolar and Women**

In general, women tend to experience more periods of depression than men, research shows. Women are also at higher risk for rapid cycling, which means having four or more mood episodes in one year.

### **Causes of Bipolar Disorder**

Doctors don't completely understand the causes of bipolar disorder. Bipolar disorder often runs in families, and researchers believe there is a genetic component.

**Bipolar Disorder: Who's at Risk?** About 5.7 million U.S. adults are living with bipolar disorder. Bipolar disorder affects men and women equally, as well as all races, ethnic groups, and socioeconomic classes.

### **Preventing Bipolar Disorder**

Although bipolar disorder cannot be prevented, early recognition of bipolar warning signs and seeing your doctor regularly can allow you to monitor your mood and medications and keep the illness from escalating.

## **THE MOVIE - THE SOLOIST**

*Submitted by Vernon Branch*

*Starring Robert Downey Jr. and Jamie Foxx, this movie is based on the Steve Lopez novel, *The Soloist: A Lost Dream, an Unlikely Friendship, and the Redemptive Power of Music* (Putnam, 2008).*

You might like to check out this movie. Steve Lopez is an award-winning columnist with the Los Angeles Times when he meets Nathaniel Ayers on the street and is mesmerized by the beautiful music Ayers creates on his battered two stringed violin. Lopez discovers that Ayers is a talented Juilliard musician who ended up living on the streets after his symptoms of schizophrenia cut short his education. Lopez writes a series of columns bringing attention to Ayers talent and his illness and then goes about trying to get him off the street and playing music again. Lopez discovers that this is not a simple process and learns about himself, mental illness, homelessness and about friendship and acceptance.

## **SPECIAL THANKS**

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

Ellen Verigin  
Brian and Penny Jones  
Herbert and Carroll Klein  
Picture Perfect and Perpetual Blooms  
Dikor Ribbons  
Vernon and District Performing Arts Centre  
Electric Paper Company  
Clancy's Meats  
Baker's Dozen  
Norval Rentals  
Vernon Morning Star - for providing us with ongoing media coverage



## **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

ONLINE SELF-SCREENING TESTS - Take self-screening test for depression, anxiety and risky drinking.

<http://heretohelp.bc.ca/connect/education-events>

This Australian site has lots of downloadable information about depression, anxiety and related substance misuse for consumers, family carers, and professionals.  
<http://beyondblue.org.au>

BIPOLAR SIGNIFICANT OTHERS – The information provided on this website is for the caregivers, spouses, parents etc. of a loved one that has Bipolar Disorder.

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

TEEN MENTAL HEALTH – Kids Health.org is an excellent website that will provide information on just about anything to do with health and kids/teenagers. Very informative website, not only for teens.

[http://kidshealth.org/teen/your\\_mind/](http://kidshealth.org/teen/your_mind/)

## INSPIRATION

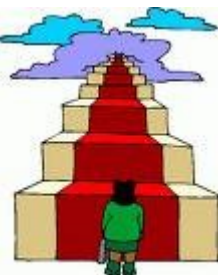
"Faith is taking the first step even when you don't see the whole staircase".

*Martin Luther King Jr.*

"If opportunity doesn't knock, build a door". *Milton Berle*

You are never too old to set another goal or to dream a new dream." *C.S. Lewis*

"When you come to the edge of all the light you know, and are about to step off into the darkness of the unknown, faith is knowing one of two things will happen: There will be something solid to stand on, or you will be taught how to fly." *Barbara J. Winter*



## BECOME A BCSS MEMBER

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 – 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

Membership fees are \$5 per year

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: (h) \_\_\_\_\_

(w) \_\_\_\_\_

Fax: \_\_\_\_\_

e-mail: \_\_\_\_\_

Thank you for supporting BCSS/ Business  
No. 867 308 389 RR0001

*Expiry Date March 31, 2010*

#### Membership dues

\$5.00 cheque enclosed  
Cash

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

Cheque  
Cash