



# FAMILY & FRIENDS

## Let it snow, Let it snow, Let it snow

Well, over the last couple of weeks we have watched the Fly Hills and Mt. Ida, as the snow has gradually moved down the slopes and now covers Salmon Arm and area. So having said that, the winter weather is now here for the next few months.



Since our last newsletter went out in September, we have welcomed two new board members to our Board of Directors and they are Heather Kashino and Teresa Steeves. Our Board of Directors now consists of ten board members that are very supportive and great to work with. I thank each and every one of you for all the time you volunteer to keep our agency moving forward into the future.

Many of us are now thinking of the holiday season, shopping, decorating, wrapping, socializing and the many other things on our list that will take place in December and maybe into January. The one most important thing to remember is you. It is important that you don't over-tax yourself, that you get your rest and eat properly so that you can enjoy all the festivities that are coming up in December. So having said that, at the end of the day, consider putting your feet up and enjoy a cup of tea and relax. Tomorrow is a new day with all it's adventures.

From our Board of Directors and myself (Donna) we wish you and yours a Happy Holiday Season and a Happy New Year.



### Inside this issue:

Articles	1/3
In Our Library	4
Christmas Closure	4
Special Thank You	4
Did You Know??Annual	4
Family Support Group	5
SFT Workshop	5
Pass It On	5
Informative Website	6
Inspiration	6
Contact Us	6
Be a BCSS Member	6

## TIPS FOR THOSE WITH A MENTALLY ILL FAMILY MEMBER

Excerpt from CMHA.- Alberta

Mental illness affects more than just the individual with the illness. Family members and friends often feel overwhelmed and confused when dealing with a loved one who has a mental illness. Some people may focus so much on caring for the mentally ill person that they forget to take care of themselves. It is important to realize that mental illness is a long-term issue. Therefore, it is essential to plan for the long-term instead of focusing only on short-term issues, even though they may be the things that seem most important right now.

### Important things you should know:

- Families do not cause mental illness. Mental illnesses are usually caused by a combination of factors, including biological, psychological and social issues.

Cont'd on page 2



## TIPS FOR THOSE WITH A MENTALLY ILL FAMILY MEMBER - Cont'd

- You cannot 'cure' the ill person or make him or her better – you can support the person and help, but it is not possible for anyone to cure another person of mental illness.
- The needs of the ill person should not always come first – you need to take care of yourself to be able to support the person.
- Feelings like anger, despair, grief, hopelessness, resentment, fear, guilt and shame are very common – it is not abnormal to experience these, they are normal reactions to an abnormal and distressing situation.
- You are not a caseworker or mental health professional. Maintain your role as family member.
- Unusual behavior can be a symptom of the disorder. Try not to take it personally.
- Learn about the person's particular mental illness – bearing in mind that books etc will tell you a lot about "schizophrenia" or "depression" etc. in general, but won't explain the individual person's experience.
- Mental health professionals, family members and the person who is ill will all have good days and bad. Forgive yourself and others for mistakes they may make (this does not mean that you or your loved one should accept sub-standard care).
- Mental health professionals have varied degrees of competence. It's okay to get a second opinion.
- It is essential for you to have boundaries and set clear limits – nobody should accept violent or threatening behaviour. Mental illness does not entitle someone to be verbally or physically abusive towards you or anyone else.
- Your family member is entitled to live their own life just as much as you are entitled to live yours – this means that they have the right to make mistakes and bad decisions, just as you do.
- Separate the person from the disorder. Love the person, even if you hate the disorder and the behaviour that comes with it.
- Acknowledge the remarkable courage your family member may show in dealing with his or her illness.
- Having a mental illness does not mean that an individual cannot grow and develop as a person and do things like have a career, form friendships and relationships and have a family of their own. Achieving these things is more difficult because of mental illness, but mental illness does not make them impossible.
- Treatments for mental illness have developed significantly in the past 10-20 years. We now know a lot more about which medications, psychotherapies and other kinds of interventions are more or less likely to help people with particular types of mental illness. Not all treatments are equally effective – educate yourself about which treatments have evidence showing they may help. Encourage your loved one to learn more about their treatments too.

### Stigma

Although one in five people will experience a mental illness at some point in their lifetime, there is still a lot of stigma around mental health issues. Mental illness is nothing to be ashamed of. However, the reality is that you and your loved one may encounter discrimination from people you encounter who have stereotyped and outdated views of mental illness. Because of this you may prefer to be selective about who you tell about your loved one's illness, and how much information you choose to give them.

### Support

Support systems are crucial – you need as much emotional and practical support as you can get to help you deal with the challenges you are facing and to stay healthy. You are not alone. Sharing your thoughts and feelings with others in a support group is helpful and enlightening for many.



## Just an Interesting Thought

A lecturer when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?"

The answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you are carrying now, let them down for a moment if you can. So, my friends, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while."

*Here are some great ways of dealing with the burdens of life:*

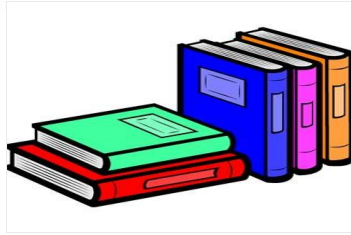
- ⇒ Accept that some days you are the pigeon and some days you are the statue.
- ⇒ Always keep your words soft and sweet, just in case you have to eat them.
- ⇒ Drive carefully. It's not only cars that can be recalled by their maker.
- ⇒ If you can't be kind, at least have the decency to be vague.
- ⇒ If you lend someone \$20 and never see that person again, it was probably worth it.
- ⇒ It may be that your sole purpose in life is simply to be kind to others.
- ⇒ Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- ⇒ Nobody cares if you can't dance well. Just get up and dance.
- ⇒ Since it's the early worm that gets eaten by the bird, sleep late.
- ⇒ The second mouse gets the cheese.
- ⇒ When everything's coming your way, you are in the wrong lane.
- ⇒ Birthdays are good for you. The more you have, the longer you live.
- ⇒ You may be only one person in the world, but you may also be the world to one person.
- ⇒ Some mistakes are too much fun to only make once.
- ⇒ We can learn a lot from crayons... some are sharp, some are pretty, some are dull, some have weird names and all are different colours, but they all have to live in the same box.
- ⇒ A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day and know that someone has thought about you today.

Author: Anonymous



## In Our Library



We have some new additions to our video lending library. They are:

**AUTISM NOW** - This is a comprehensive look at autism, a developmental disorder that manifests itself during the first three years of life.

**THIS EMOTIONAL LIFE** - This 3 disc video covers why social relationships are so critical to our well-being, why we have emotions that are obstacles to happiness, such as anger, fear, anxiety and despair and what can we do to keep them under control and rethinking happiness.

**IN OUR OWN VOICE** - provides a rare glimpse into the experience of mental illness such as schizophrenia, manic depression or depression.

**STRESS - Portrait of a killer** - This research reveals that the impact of stress can be found deep within us, shrinking our brains, adding fat to our bellies, even unraveling our chromosomes.

I have also added more copies of the Information Guides on mental illnesses and addictions, to the book library. Come on in and check them out.



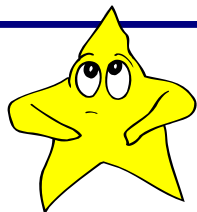
### **Christmas Season Closures at the Salmon Arm Branch:**

**Dec 9 to Dec 28 - Closed**

**Dec. 29 - Open for  
appointments and  
Family Support Group**

**Dec 30 - Jan 2 - Closed**

**Jan 3 and on - Open on usual  
days and times.**



## DID YOU KNOW??

Factors related to good mental health:

- ◇ The ability to handle day-to-day demands
- ◇ The ability to handle unexpected problems
- ◇ In youth - integration with peers and positive feelings about appearance
- ◇ In seniors - retaining life satisfaction through maintaining value systems, roles, activities and relationships.

The activity known to reduce the symptoms of anxiety, depression and panic disorder: **Exercise**

## A SPECIAL THANK YOU

To the special someones that have supported us with their donations, your generosity is always greatly appreciated.

**Deitrich and Hilke  
Heermann**

Wishing you and yours a happy and healthy 2012.





## Family Support Group

### Future Family Support Group dates are:

December 29, January 26, February 23  
and March 29

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.



Strengthening Families

# Together

Helping Canadians Live with Mental Illness

### Our next workshop in Salmon Arm starts

**In April 2012**

This **FREE** 6 session, confidential, one evening per week workshop is an educational program for family members and close friends of individuals living with a mental illness, to help you understand and support your loved one while maintaining your own well-being. This program provides information, skill building, support, awareness and self-care. This class fills early so call Donna at (250) 832-2170 ext. 206 **before April 5th to pre-register.**



## PASS IT ON

### Strengthening Families Together Workshop -

**Salmon Arm** - starts April 2012 - pre-register by calling Donna at (250) 832-2170 ext 206 .

**Family Support Group** - Salmon Arm - Last Thursday of each month at 7 p.m. at the Family Centre. Check item above for dates. Call Donna at (250) 832-2170 ext 206 for more information.

**Office Closures** - Above is listed the dates which the office will be closed over the holiday season. I will be checking my voicemails prior to December 29, so if you want to come into the office on December 29th for a visit, please leave a voicemail and I will set up a time with you. The Family Centre (building) will be closed from December 23 to January 2, so walk-in visits won't be available.



## INFORMATIVE WEBSITE

### Anxiety BC

Resource of self-help information and programs, as well as resources for parents and caregivers. Also new videos.

[www.anxietybc.com](http://www.anxietybc.com)

## INSPIRATION

“There is no greater welcome than a **Welcome Home.** “ Anonymous

“What I know for sure is that what you give comes back to you.” Oprah Winfrey

## CONTACT US

### BOARD OF DIRECTORS

**President** – Kelli Sullivan

**Vice-President** - Beatrice Cormier

**Treasurer** - Gloria Noble

**Secretary** - Shirley Leng

**Directors** - Marty Leier, Jan Arcand  
Sharon Rauhala, John Suderman,  
Heather Kashino, Teresa Steeves

### Salmon Arm Branch:

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  
Office Hours: Walk-in: Tues. to Thurs.: 1:00 - 4 pm .  
By appointment: Tues. to Thurs. 9 am - 12 pm  
Email: [salmonarm@bcss.org](mailto:salmonarm@bcss.org)  
Website: [www.mifsc.ca](http://www.mifsc.ca)

### Vernon Branch:

Dianne Hustler—Family Support Coordinator  
#301 - 2 3402 – 27thAve., Vernon, B.C. V1T 1S1  
Ph:(250) 260-3233 Fax: (250) 260-3212  
Email: [bcssvernon@shaw.ca](mailto:bcssvernon@shaw.ca)  
Website: [www.mifsc.ca](http://www.mifsc.ca)

**BCSS PROVINCIAL WEBSITE:** [www.bcss.org](http://www.bcss.org)

## BE 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 our newsletter, (via email), Family & Friends.

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

### MENTAL ILLNESS FAMILY SUPPORT CENTRES

BCSS - Salmon Arm (PO Box 914) 181 Trans Canada Hwy NE Salmon Arm, BC V1E 4P1  
or BCSS – Vernon #301 – 2 3402 27 Ave. Vernon, BC V1T 1S1



### MEMBERSHIP FORM

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

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

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

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

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

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

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

*Expiry Date: **March 31, 2013***

### Membership dues

- \$5.00 Cheque (to BC Schizophrenia Society– Vernon)  
 \$5.00 Cash

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

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

- Cheque (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 greatly appreciated.***

Receipts will be issued upon request, for income tax purposes.