

September
October
2011



Iris Express



Mental Illness Awareness Week

October 2-8, 2011

One in five Canadians (6,000,000 persons) will experience mental illness during their lifetime. A number of myths have led to misunderstandings about mental illness, preventing many people from seeking and getting help when they need it.

Mental Illness Awareness Week brings us some fundamental messages:

1. Reach out. Don't be afraid to ask for help or to ask how you can help. This is a message for the family as well as for the person who is suffering alone and for all of us who know someone in trouble.
2. Get help early. Early intervention and treatment reduce long term disability from mental illness.
3. Talk about it. Share your stories to help others understand.
4. Share the care. Treatment and support of people with mental illness involves many types of caregivers; each has an important role to play.
5. Hope. While there are no cures for severe mental illnesses, improved treatments and community supports offer increased hope for recovery from its symptoms and a better quality of life.

Respect differences. People with mental illnesses and their families are as diverse as the general population.

Unfortunately, the stigma surrounding mental illness often prevents sufferers from seeking the help they need, impairs recovery, affects the quality and availability of care and needed supports and even takes lives. Stigma also continues to keep mental health low on the health agenda.

Mental illness knows no boundaries; it can affect all people, regardless of age, culture, income and education.

We all have a role to play.

See page 4 for a list of events in the South Okanagan.

What words cannot say
4th Annual Psychiatric Art Show
Penticton Art Gallery

199 Marina Way Penticton

Opening reception

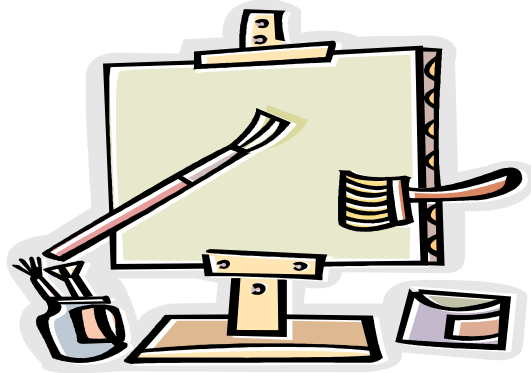
7-9 pm September 16

Seniors Tea Wednesday September

28th 1.30 pm presentation on Art

Therapy by Cindi Tomochko of

Wind in



Volunteer Puppeteers

Help educate children in Grades 3-5 to combat stigma and discrimination.

We will be visiting schools in SD 67 in the fall .

Call 250-493-7338

Bequest helps Branch Programs

The Branch has received a generous bequest of \$24,077 from the estate of H.L. Futter.

Mr. Futter had supported the Branch with yearly donations through the Community Foundation of the South Okanagan.

This remembrance will enhance our Family Support programs including rural community outreach by Yvette Zwysig Family Support Worker.

Information about donating to the Branch can be obtained by calling the President.

Family Support

Summer has been a planning time.

I have continued the groups at the hospital and in the community.

I expect to be in the rural communities more often now that funding for travel has been obtained (details in the next Iris).

Several families are coping with a diagnosis of Borderline Personality Disorder. I have found specific family support information for them. We will be able to hold some education sessions so the family can support the person during therapy and to maintain wellness.

Family Support Groups

Monday: Psychiatry Penticton Hospital

- 12-1pm Brown Bag drop in
- 2*4 pm Individual

Tuesday: Summerland Ministry of Children & Families
10 am to 12N

1st Wednesday Keremeos WorkZone 12.30-2 pm

2nd Thursday Penticton (office) 6.30-8 pm

4th Thursday Oliver Call Yvette for location & time

Family Education

Strengthening Families Together

- 4th Thursday 6.30-8.30 pm Penticton Office
- Saturdays October 22 to November 26 10-3pm

Kids in Control Teens in Control Dates to be announced. Parent/guardian consent required

Peer Support

Individual support is available to help you to achieve your goals.

Your Recovery Journey Tuesday 10.30 to 12 noon Starts Tuesday September 13. Call 250-493-7338 to register.

We enjoyed the Dragon Boating this summer. The final session will be September 14th (weather permitting).

Mental Health First Aid was offered to all peer providers this summer. Two intense days of staff development provided by Charly Sinclair and Andrea Swoboda of CMHA Kelowna.

Canadian Mental Health Association Kelowna is hosting the national conference September 14-16th. We will attend the breakout session with Lt-Col. Stephane Grenier of the Mental Health Commission of Canada about Peer Support. We look forward to meeting other peer mentors.



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Strengthening Families Together

Free

For friends and families: learn to cope & hope.

The **monthly** course in Penticton starts

September 22nd, 2011

4th Thursday 6.30–8.30 pm

The **weekly** course for 5 Saturdays will start **Octo-**

ber 22, 2011 10 am to 3 pm

We will skip November 12th and finish November 26th.

—Lunch is provided.

Call 250-493-7338 to register.



Mental Illness Awareness Week

Watch Community bulletin boards for posters from the national campaign.

2011-2012 Board

- Donna Ashcroft
- Mary Belcher
- Sharon Evans
- Irene Friberg
- Robert Friberg
- Wenda McKee
- Whitney Price
- Roberta Spara

Events

September 16th: 7-9 pm Opening reception 4th Annual Psychiatric Art Show Penticton Art Gallery

October 1 9-2 pm Summerland Health Fair

8.30-12.30 Downtown Penticton Market

October 5th 6.30-10 pm Dinner & Comedy Evening at Sandman Inn Penticton Tickets \$30 per person Call 250-493-7338 or 250-493-8999 for information Proceeds will support Youth Programs