



Mental Illness Family Support Centre

BC Schizophrenia Society - Vernon

FAMILY & FRIENDS

Fall 2011

BOARD OF DIRECTORS

President – Kelli Sullivan

Vice-President - Beatrice Cormier

Treasurer - Gloria Noble

Secretary - Shirley Leng

Directors :

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

VERNON BRANCH

Dianne Hustler - Family Support Coordinator

#301 - 2 3402 – 27th Ave.

Vernon, B.C. V1T 1S1

Ph:(250) 260-3233

Fax: (250) 260-3212

VERNON 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.mifsc.ca

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

Email: salmonarm@bcss.org

Website: www.mifsc.ca

BCSS PROVINCIAL WEBSITE

www.bcsc.org

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New Directors and a New Look

It is both sad and exciting that summer is coming to an end. We say goodbye to the recent sunny days, the fresh feeling of dipping into the cool water at the lake, and taking some time out to relax. But we welcome the harvest of fruits and vegetables from local orchards and gardens; regular routines of school, work and volunteer activities; and many local events that offer support and information about mental illness.

We are pleased to extend a warm welcome to two new Directors on our board, Teresa Steeves and Heather Kashino. We know that the skills you bring to our society will be a huge benefit to the families we support. We look forward to working with both of you.

This new season also brings a new look to our newsletter. It has been a bit of a learning curve to get used to a new publishing program, but it has also been fun to see what can happen when you don't really know what you're doing and you just operate on faith that everything will come together in the end. We hope you'll take the time to look through the newsletter and check out all of the wonderful activities coming up this fall.

Community Farm Update

The community farm refers to an inclusive, productive farm where community members participate in meaningful activities that foster positive social, educational, health, and environmental outcomes.

Representatives from community organizations and individuals have come forward and formed what is now known as the **Community Farm Action Team (C-FAT)**. C-FAT will help inform and advise the development of the business plan with the assistance of a project coordinator and a business plan consultant. Sub teams are pulling all the necessary pieces together by addressing things like: land acquisition, partnership and program development, governance and financing. An anticipated visioning/planning session with community stakeholders, interested groups and individuals will be held in September 2011 to present all the options and facilitate a direction. From there, a model will be refined that will work best here in the Vernon area. A lead agency will be selected to provide the

administrative capacity to carry the project forward once the initial planning phase is completed.

The Action Team has determined a number of site needs and possible farm activities. Specifically, the farm site will need to be accessible for people of various ages and abilities, have transportation service (public if possible), provide enough room to offer such things as a greenhouse, composting, food/flower production, gathering areas, storage, and possibly animal husbandry and equestrian activities. It is important that the farm also consider opportunities to provide meaningful employment and training, and enhance the community food system by contributing to the environmental, economic, social, and nutritional health of the community.

Currently, the Action Team is evaluating different locations that have come forward. It may be that different components of the farm will exist on more than one site with a staged development as resources and capacity allow.



We were so pleased that about sixty people joined us at Schubert Centre on August 16th to hear Susan Inman author of, "After Her Brain Broke: Helping My Daughter Recover Her Sanity",

share her compelling personal story. It was validating for families to hear that the journeys they have been through in supporting their loved ones are not unique and to learn what Susan's family has done to support their daughter while also caring for themselves.

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 we can add you to our newsletter email list.

Our Library

Thanks to those of you who have returned your overdue library items so that others may benefit from them.





Our next session is six evenings:
Thursdays Sept.29 – Nov. 3rd, 2011
6:45 – 9:15 pm
Room 003 at the People Place
3402 27th Ave., Vernon

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

If you would like to register for our fall session, please contact Dianne by September 20th at :
(250) 260-3233 or
bcssvernon@shaw.ca

KIDS IN CONTROL

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.

Tuesdays September 20 – November 8, 2011

3:15 – 4:45 p.m.

**The People Place Building
Room 003 3402 27thAve. Vernon**

REGISTRATION DEADLINE:

September 13, 2011

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: Sept. 27th, Oct. 25th, Nov. 22nd

SUICIDE IS EVERYONE'S LOSS



A Ceremony of Remembrance

Saturday, September 10th

World Suicide Prevention Day

Polson Park (Rose Garden –south end of park)

4:30 pm

The Vernon Suicide Prevention Committee in partnership with the Crisis Line is sponsoring this event in memory of those lost to suicide. In addition to the remembrance ceremony there will be guest speakers & aboriginal drumming.

Printed material and contact information for local agencies will also be available.

Vernon Native, Michael Schratte, Embarks on Canadian Home Stretch of His Worldwide Journey

After one year of bicycling around the world, crossing six continents and 30 countries clocking more than 30,000 km, mental health ambassador Michael Schratte has returned home to embark on the Canadian home stretch of his epic Ride Don't Hide journey. He is riding to raise awareness about mental illness, combat stigma, and raise funds for Canadian Mental Health Association youth mental health programs in communities across Canada. He expects to be in Vernon in October. Watch for him and let's show him our support for his efforts! www.ridedonthide.com

CMHA National Conference, Sept. 14-16, 2011, Kelowna, BC



Dr. Norman Doidge, best selling author of, "The Brain that Changes Itself, Tod Maffin - broadcaster, tech futurist and person with a

mental illness, and Dr. Martin Brokenleg are just a few of the fantastic speakers.

For more information go to: <http://cmhakelowna.wordpress.com>

Phone: 250-861-3644

Awakening the Spirit

art show & sale

Celebrating the creative talents of people living with mental illness



**JULY 13 to
SEPT. 11, 2011**

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

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
1 pm - 2:30 pm, starting July 19th
or by special arrangement -
contact Sue at 250-542-3114.



The play **Dirty Laundry**, is coming to Kelowna Community Theatre on Thursday September 15th at 8 pm. Advance tickets range from \$21.25 - \$26.25. It is the true story of Marilyn Avient's life with mental illness. Here is the link to the website for more information and for tickets: <http://www.dirtylaundrytheatre.ca/ticket-info-sponsors.html>

MEN & DEPRESSION Presented by the Vernon Suicide Prevention Committee

FREE, INCLUDES COFFEE & SNACKS

DATE & TIME: October 26, 2011 7:00 pm - 9:00 pm

LOCATION: Vernon Recreation Centre, 3310 37 Ave.

OPEN TO: everyone, men struggling with depression, family members, service providers

This presentation is aimed at helping men, families, friends and professionals who are either suffering from depression or may have loved ones suffering from depression.

The presentation will give participants an increased knowledge of the issues faced by adult men who may be:

- Suffering from depression
- Survivors of sexual abuse

Please RSVP to kelly.fehr@jhsnok.ca

Mental Health Stigma Still Pervades Canadian Workplaces

Toronto, June 20, 2011—When it comes to mental health issues in Canadian workplaces, misinformation, fear and prejudice remain far too



prevalent. Canadian organizations have taken some steps to remove stigmas associated with mental health issues. Yet employees remain concerned about disclosing a mental health issue to their employer, according to a Conference Board study released today at the Workplace Mental Health 2011 conference in Toronto.

“Mental health is a significant business issue that requires the attention of organizations. People who experience mental health issues face incredible challenges in the workplace. Many are misunderstood, shunned and underutilized,” said Karla Thorpe, Associate Director, Compensation and Industrial Relations. “In a world where shortages of critical skills are top of mind for many organizations, employers cannot afford to allow this situation to continue.”

The report, *Building Mentally Healthy Workplaces: Perspectives of Canadian Workers and Front-Line Managers*, provides a national perspective on Canadians’ work environment and the degree to which it supports their mental well-being. The study identifies four areas for organizational action: education and communication, workplace culture, leadership, and managerial skills and capacity.

A survey of more than 1,000 Canadians revealed that mental health issues are prevalent in their workplaces. Forty-four (44) per cent of the employees surveyed reported they were either currently (12 per cent) or had previously (32 per cent) personally experienced a mental health issue. For this study the definition of a mental health issue was very broad and included: excessive stress, anxiety, depression, burnout, addictions and substance abuse, mania, bipolar disorder, and schizophrenia, among others.

In addition to the effects of mental health on individuals, organizations are also feeling the financial costs. In 2009-2010, 78 per cent of short-term disability claims and 67

per cent of long-term disability claims in Canada were related to mental health issues.

However, most survey respondents said they would feel uncomfortable speaking to their manager, union representative or a colleague if they experienced a mental health issue. Respondents fear that making such a disclosure would jeopardize their chances for promotion (54 per cent) and future success (38 per cent) in their organizations.

Managers play a critical role in supporting employees, and a majority of the managers surveyed said they are informed about mental health issues. Yet, many are ill equipped to help employees - only 26 per cent of surveyed employees felt that their supervisor “effectively manages mental health issues”. A full 44 per cent of managers have had no training on how to manage employees with mental health issues. Managers want, and need, more workplace training in order to bridge this gap.

There is also a major disconnect between the perceptions of executives and non-management employees about the degree to which their workplaces promote mental health. While 82 per cent of senior executives surveyed stated that their company promotes a mentally healthy work environment, only 30 per cent of employees who work in such occupations as service, labour, and production agree. Just 36 per cent of employees report that senior management openly discusses the importance of mental health.

The four areas where organizations can take action are:

- Focusing on education and communication to reduce fear, stigma and discrimination in the workplace;
- Ensuring the organizational culture is conducive to supporting employees’ mental health;
- Encouraging senior executives to show demonstrable leadership around mental health; and
- Building managers’ capacity to support employees by providing the tools and training required in their role.

The findings are based on a January 2011 survey of 1,010 individuals currently employed on either a part-time or full-time basis, including 479 front line managers. The research is supplemented with a total of 30 follow-up in-depth interviews. The study was sponsored by Bell Canada, Manulife Financial, Morneau Shepell, Canada Post Corporation, and TD Bank Group. The report is available at www.e-library.ca.

INSPIRATION



There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered. *Nelson Mandela*

The future depends on what we do in the present. *Mahatma Gandhi*

Try not to become a man of success but a man of value. *Albert Einstein*

Every artist was first an amateur. *Ralph Waldo Emerson*

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.

Check out these websites:

The Honouring Life Network - offers suicide prevention resources for Aboriginal youth and youth workers. www.honouringlife.ca

Artbeat Studio - a mental health consumer initiated, peer directed, and recovery oriented art program in Winnipeg.

<http://artbeatstudio.ca>

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



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 RR001
Your generosity is appreciated.

Receipts will be issued for income tax purposes.