



# FAMILY & FRIENDS



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

**December, 2010**

## **BOARD OF DIRECTORS**

**President** – Kelli Sullivan  
**Vice-President** - Beatrice Cormier  
**Treasurer** - Gloria Noble  
**Secretary** - Shirley Leng

**Directors** Marty Leier, Vicky Midtdal,  
Sharon Rauhala, John Suderman,  
Marilyn Wright

## **Vernon Branch Information**

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Family Support Coordinator  
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Vernon, B.C. V1T 1S1  
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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](mailto:bcssvernon@shaw.ca)

Website: [www.vernon.bcss.org](http://www.vernon.bcss.org)

## **Salmon Arm Branch Information:**

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Family Support Coordinator  
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Email: [salmonarm@bcss.org](mailto:salmonarm@bcss.org)

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

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

## **CHANGES IN THE NEW YEAR**

The beginning of a new year is often a time of reflection and change. We recently conducted a survey and went through a planning process that has led us to make some changes at our society.

- We updated our mission and vision statements.
- We shortened our operational name to Mental Illness Family Support Centre.
- We decided to have separate newsletters for the Vernon and Salmon Arm regions. You will receive the newsletter from the region you live in. We will keep you informed about special events in both regions. If you would like to receive the newsletter from the region you are not living in, please contact us and we will email it to you.
- We determined that we would no longer be able to sponsor and play a leading role in Family Fun Day. We would be happy to be involved in a solely educational role if another organization decides to lead and sponsor this special day.

Hours in Vernon over the holidays: Office is closed effective December 24<sup>th</sup> and re-opens January 4, 2011.

*Wishing you and yours a wonderful holiday season  
and all of the best in the New Year!*

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**In Memory of Herb Klein**



We are deeply saddened to announce that Herb Klein passed away at home on October 17, 2010 after a lengthy illness.

On behalf of the current staff and Board of Directors of the BC Schizophrenia Society (BCSS), we would like to extend our deepest condolences to his family. We are extremely grateful for Herb's long-time service to the BCSS and we hope you find comfort in knowing that his former commitment to our agency continues to be appreciated.

Sincerely,

Kelli Sullivan  
President, Mental Illness Family Support Centre  
BC Schizophrenia Society - Vernon

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



Fern and Jim Cody

Two Anonymous Donors

**AWAKENING THE SPIRIT ART SHOW**

Another successful Art Show featuring sixty -two works by twenty-six artists wrapped up on September 12th. We had a busy Opening Gala on July 15th with delicious treats provided by Canadian Mental Health Association. Brent entertained everyone with his lovely guitar music. Artist Wayne Pozdnikoff, Councillor Patrick Nicol, and Dr. Paul Carey welcomed the sixty-one people in attendance. Artists sold sixteen pieces over the course of the art show. In addition to patrons who attended the art show during regular performances at the Performing Arts Centre, seventy-eight people attended special viewings. Thanks to Marty and Lil for hosting these viewings. Thanks also to the outstanding committee and staff and volunteers at Canadian Mental Health Association, Interior Health, and Mental Illness Family Support Centre who made this event such a success again this year. Thanks also to the Performing Arts Centre for providing the space for the show. Last and most importantly, thanks to all of the artists who shared your beautiful work with us. We look forward to see more of your work at next year's show.



*Spirit Descending Like a Dove*  
by Wayne Podznikoff

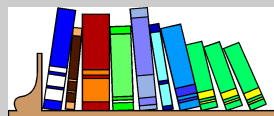
**FAMILY FUN DAY**

September 16<sup>th</sup> brought lovely weather for our Family Fun Day this year. Mayor Lippert welcomed about 165 guests and joined them in a delicious burger and salad lunch. Guests enjoyed boat rides, soccer relay, Tarot Card reading, cupcake walk, Tickle Trunk photos, tug of war, and bingo. Ray the Hat Man kept everyone dancing right until the end of the day. Guests also learned about diabetes and community agencies at education displays. Thanks to our amazing committee members and staff and volunteers at Canadian Mental Health Association, Interior Health, the Group Homes and Mental Illness Family Support Centre who made this day so much fun!

**VERNON LIBRARY**

**BOOKS**

**How You Can Survive When They're Depressed: Living And Coping With Depression Fallout** by Anne Sheffield



**After Her Brain Broke: Helping My Daughter Recover Her Sanity** by Susan Inman

**My Schizophrenic Life: The Road to Recovery from Mental Illness** by Sandra Yuen MacKay

Five children aged ten to twelve years old, completed our fall session of Kids in Control on November 17<sup>th</sup>. This group 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. Thanks to Lindi and Cecilia for facilitating this great group of kids.



We hope to hold another session in the spring so if you know of someone who might benefit from this course, please contact Dianne at 250-260-3233.



Eleven family members completed our fall session of Strengthening Families Together on November 17<sup>th</sup>. Thanks to all participants for your openness and for your support of one another throughout the course and to Gloria for volunteering to co-facilitate the classes.

If you have a relative or friend living with an illness such as depression, bipolar disorder, anxiety or schizophrenia and you would you like to 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

Contact Dianne at 250-260-3233 to be put on the wait list for our next session, which will take place over eight evenings in the spring.

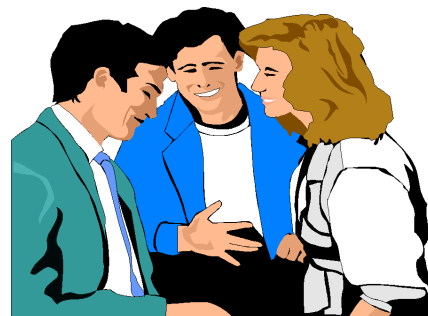
## CALENDAR OF EVENTS VERNON

### 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 4<sup>th</sup> Tuesday of every month  
EXCEPT IN DECEMBER WE WILL MEET ON THE THIRD  
TUESDAY OF THE MONTH**

**Future Dates: December 21, January 25, February 22<sup>nd</sup>  
Time: 7 – 9 p.m.  
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.

## Diabetes Information Session for Staff at Community Agencies

*Family members may also be able to attend if space permits.*

There will be a variety of topics to allow you to better support your clients with, or at risk for, diabetes. Topics include, diabetes basics, eating on a budget, wound healing, foot care, local resources and referral processes.



**Place:** Canadian Mental Health Association

**Date:** Friday December 17, 2010

**Time:** noon – 4 p.m. (lunch included)

**Cost:** Free

**Registration:** RSVP to james.kuecks@interiorhealth.ca

**Need more information - contact James Kuecks 250-212-4403 Mon./Tues  
250- 868-2230 Wed. - Fri.**

### BRANCH ARTICLES

## HOPE

Article From: <http://www.suicideprevention.ca/in-crisis-now/hope/>

What is it? Is it curse or blessing or both? The sense of having no hope deepens our despair. One of the worst things we say to another human being is that they are hopeless.

We speak of being hopeful... of feeling hopeless. We cannot give another person hope. Reality teaches us that what is hope to one may be a burden to another. In other words, my hope is not your hope. The challenge is to find a definition of hope that is truly our own.

The key to this illusive concept of hope is finding our own definition of what it means in the midst of life.

As we struggle with darkness, fear, despair and apathy we can feel that there is no hope. Perhaps that feeling comes from our understanding of what hope has been in the past. Perhaps what we experience in the extremity of struggle is a whole new definition of hope.

Victor Havel writes, "Hope is not the conviction that something will turn out well, but the certainty that something makes sense regardless of how it turns out."

Experience teaches us that our understanding of hope changes throughout our life time. When we are children, hope is what makes us happy. As we age, hope is a goal, a vision, a dream. It is far less immediate. Something we might attain, rather than a state we can dwell in, right here and right now.

Hope, at the darkest moments in our life, is not a comprehensive commitment to faith and belief. At those times hope can be as simple and as profound as the voice of another human being who appears to hear our fear; hope can be the knowledge that the sun will rise tomorrow, hope can be the smell of fresh spring rain, or the first snow flake, or the photo of someone we love. When despair seems to overcome us we feel disconnected, isolated, lost. What we need most in those moments is a means of re-connection, relationship and belonging. This "means" can be surprisingly simple or deeply complex. What matters at the moment is that we find this path of meaning in this life, here and now.



As someone who studied the science of hope, Ronna Jevne writes, “Hope; we ridicule those who have too much of it. We hospitalize those who have too little. It is dependent on so many things yet indisputably necessary to most. Those who have it live longer. Words cannot destroy it. Science has overlooked it. A day without it is dreadful. A day with an abundance of it guarantees little.”

If you are reading these words; you have hope. Try not to compare it with anyone else’s expression of hope. Try not to get caught in the dualism of good – bad, hopeful and hopeless, worthwhile and worthless... the only kind of hope that will succeed is one that melts all the need of competition and comparison. When we can come to this understanding we experience a sense of peace, both within and beyond ourselves. In this state we trust life to be a journey of adventure, meaning and worth.

Imagine hope as an energy that melts the difference between life and death. Life then is no longer either/or, it becomes more than we can even imagine. Ending life then is not the option for the end of struggle because life is not an endurance test of endless struggle. It is rather a mixture of struggle and strength. This is radical hope because it is often born in a sense of hopelessness. It is a new definition of the meaning of hope, which is not about happiness – rather it is about fullness, meaning and connection. It is being constantly reshaped and redefined, and it is constantly inviting us to the never-ending story of life’s meaning.

This is how hope becomes energy for whatever we have to face in life. It is not optimism, rather it is strength of seeking and realism.

Hope irks many professionals. Professionals are trained to know. Yet the choice is ours to make in relation to hope. We can open ourselves to the mystery or stay with the illusion of certainty.

Books abound on the topic of hope, but before you begin reading take some time to read from the book of your own life. Here some questions that may help you define your meaning of hope:

- Who are the most hopeful people you have known in your life?
- Who would you call to help with your hope right now?
- What images do you have of hope: music, smells, objects, colors, etc.?
- How do you nurture and care for your hope? What do you do to increase and strengthen it?
- What most threatens your hope?
- What do you think false hope is?
- Where do you look for hope when you feel hopeless?

- Can you remember a story of hope from your own life?
- When you close your eyes and try to imagine a picture of hope what do you see?
- What most threatens your hope?
- If a child asked you right now, “What is hope?” how would you respond?
- Do you have a practice of hope? What if you began each day asking, what do I hope for in this day? What if you ended each day with the reflective question, “Where did I find hope today?”

If you would like to know more about the study of the science of hope, and resources connected to a deeper understanding of hope you can contact: [hope@ualberta.ca](mailto:hope@ualberta.ca) [www.de-stress.ca](http://www.de-stress.ca)



# ride don't hide

## A quarter of the way there

(Vancouver, BC November 30, 2010)

His goal was to raise \$40,000 by cycling 40,000 km. So far, **Michael Schratter has raised almost \$26,000 and has just reached the 10,000 km mark of his world tour for mental health!** Beginning in Vancouver, Michael has biked an estimated 108km/day through the US, Mexico and Central America. Tomorrow, he **is set to cross the equator** over to the southern hemisphere for the Ride Don't Hide campaign.



"It's been really challenging, battling loneliness and boredom on my 8-hr daily rides. There are definite highs and lows. I was forewarned not to cycle through Central America and Colombia, but the opposite has been true. The further away from Canada and the US, the warmer and more helpful the people. Colombia has been my favorite country so far- the geography and people have been amazing. This last month has brought nothing but rain, but I remain focused. Between the hundreds of emails received, Facebook messages, my blog and bi-weekly column in 24Hrs, together, we are fighting the stigma, creating awareness and breaking the silence," says Schratter. On August 1, 2010, Michael Schratter, Vancouver School Board teacher and renowned social columnist, embarked on a one-year global journey with the goal of cycling 40,000 km, crossing 6 continents and 30 countries, in an effort to bring awareness to mental illness. All gross proceeds raised, during the campaign, will go to the Canadian Mental Health Association (CHMA) BC Division.

As someone who firsthand understands the pain and debilitating fear of discrimination that accompanies mental illness, having been diagnosed with Bipolar Disorder, Michael has vowed to do his part to help dispel the misconceptions from which stigma arises. This endeavor is more than a cycling campaign, it is an international movement for personal rights. Michael will continue to share his story from the road and is available for interviews by appointment. His travels are documented at the Ride Don't Hide website along with [twitter@ridedonthide](https://twitter.com/ridedonthide) and Facebook. His next milestone, the 20,000 km, brings him to northern Australia before heading to Asia. For more information, visit [www.ridedonthide.com](http://www.ridedonthide.com)

## GENEROUS DONATION FOR MENTAL HEALTH

On November 18, the Vancouver Sun featured an article about Vancouver business tycoon, Joe Segal, and his wife, Rosalie, donating a record-setting \$12-million for a new mental health building for Vancouver General Hospital. In the article, Joe Segal said, "Cancer, heart disease, these are the causes that everybody is aware of because everyone has had exposure to those diseases. I didn't want to support the obvious. I want to help where it's most needed. Mental illness is kind of out of sight, out of mind, and there's a tendency to sweep it under the carpet. It's not sexy to fund, but mental illness crosses all boundaries. It doesn't just affect people on the Downtown Eastside. It also affects people like business executives who have nervous breakdowns."

In response to the Segal's generous donation, Fred Dawe, Director and Past President of BC Schizophrenia Society said, "The British Columbia Schizophrenia Society cannot say enough to thank the Segals for their unprecedented donation. Their extraordinary kindness and generosity has brought attention to mental illness and its impact on families and society in general. We are confident that this most generous act on the part of the Segals will encourage others to see the need to fund medical programs and much needed community support systems for people with serious mental illness." We agree with Mr. Dawe.

## RECEIVE THE LETTER 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

An interactive website where a young woman living with a mental illness shares her adolescent diaries – a message of hope.

[www.thoughtsracedinmyhead.nfb.ca/](http://www.thoughtsracedinmyhead.nfb.ca/)

**Families for Depression Awareness** - helps families recognize and cope with depressive disorders to get people well and prevent suicides.

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

## INSPIRATION



**Once you choose hope, anything's possible.**

~ Christopher Reeve

**If you don't like something, change it. If you can't change it, change your attitude.**

~ Maya Angelou

**The road that is built in hope is more pleasant to the traveler than the road built in despair, even though they both lead to the same destination.**

~ Marian Zimmer Bradley

**If the shoe doesn't fit, must we change the foot?** ~ Gloria Steinem

**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.