



CHANGING MINDS

A BC Schizophrenia Society Northern Interior Publication.

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Family And Consumer Education Involvement Toolkit (F.A.C.E.I.T.)

The Family And Consumer Education Involvement Toolkit (F.A.C.E.I.T.) working group of the Prince George Mental Health and Addictions Planning Partners (PG MHAPP) is ready to introduce their project for 2008. Working group members Elizabeth Dabels, Kim Dixon and Kathryn Ens have produced a toolkit to address discrimination in mental health through evidence based best practice partnership education.

Why F.A.C.E.I.T.?

The challenge of discrimination in mental health remains with the number of individuals affected by mental illness and addictions increasing yet up to 75% of individuals will NOT access treatment. Discrimination is often the first barrier to treatment resulting in huge personal and economic costs. The 2007 Northern Health (NH) mental health and addictions community consultation report states that NH is committed to “developing partnerships...between agencies,

service providers and families...to jointly solve problems and to share resources, skills and knowledge... including education sessions” to address discrimination.

Best Practice doesn't Discriminate Stigma is no longer a useful concept for change because it puts the focus on the “branded” individual. Discrimination puts the onus where it belongs, on the individuals and institutions that practice it. The research has found that awareness and education are NOT enough to change discriminatory attitudes and actions. Strategies that are proven to be effective in addressing discrimination must include direct personal contact with individuals in recovery and their family members AND elicit positive feelings from the audience. Mental health education program development, communication and evaluation best practice includes consumers, family members and service providers.

PARTNERSHIP EDUCATION. Partnership education includes the personal experience and expertise of individuals in recovery, understanding and involvement of family members and clinical knowledge of service providers. Partnership education uses a storytelling model with presenters telling their stories of living with, working with and having a mental illness to provide the FACTS and elicit positive FEELINGS.

AN INVITATION

The F.A.C.E.I.T. working group would like to invite interested partners to demonstrate their commitment to evidence based best practice in mental health by entering into a service agreement to receive a copy of the toolkit and work to include individuals in recovery and their family members in all mental health education initiatives to address discrimination. For more info please call 250-561-8033.

Kim Dixon
Regional Manager



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PEER SUPPORT GROUPS

For individuals living with mental illness and/or addiction:

Prince George *Recovery Group*
For people living with ANY mental illness.
Meets the third Wednesday of every month from 6:30 - 8 PM
at 1117-6 Ave.
Call Lee at 250-561-0187 or
Maria 250-563-2991

NEW Prince George
DOUBLE TROUBLE
Educational support group co-facilitated by a consumer and service provider.
1st & 3rd Thursday, 2 - 4 PM
1117 - 6 Ave.
Call Kathryn at 250-561-8033 or
Donna at 250-565-7396

STRENGTHENING FAMILIES TOGETHER

A course for family members affected by mental illness and addiction.

This 10-session national education program for family members and friends of individuals living with mental illness and/or addiction, aims at increasing accessibility to Canadian based information on topics associated with living daily with mental illness and addiction. Strengthening Families Together is about more than education. It is about strengthening family members and friends of individuals living with mental illness and/or addiction by providing support, awareness and tools. *Strengthening Families Together* is sponsored by the BC Schizophrenia Society and is **FREE**, however, participants must **PRE-REGISTER** by calling the teacher(s) or Kim Dixon toll-free at **1-888-561-8055** or in Prince George at **250-561-8033**.

PLACE: PRINCE GEORGE, 1117 - 6th Avenue
DATES: Thursdays, Jan 15 - April 9, 2009 (NO CLASSES Feb 5, March 5, and April 2)
TIME: 6:30 - 9 PM
TEACHERS: Celia Perrins, Lawrence Barnes, Kim Dixon 250-561-8033

PLACE: QUESNEL • DATES: 2009 • TIME: TBA
TEACHER: Diana 250-992-8904
Call Diana for info and to be placed on a wait list for SFT in 2009.

PLACE: MCBRIDE • DATES: 2009 • TIME: TBA
TEACHER: Norma 250-569-2637
Call Norma for info and to be placed on a wait list for SFT in 2009.



Therapeutic Volunteer Training (TVT)

The Therapeutic Volunteer Training program is a partnership of a number of non-profit agencies in the helping profession that came together to create a program to train volunteers in the required helping skills such as; listening, confidentiality, non-verbal body language, boundaries, cultural knowledge, et cetera. It took over two years for the Hospice Society, the Sexual Assault Centre, BC Schizophrenia Society, John Howard Society, the Crisis Centre, Northern Family Health Society and Positive Living North to create the manual and develop the program. Members from the societies take turns teaching the course and hosting it. To date fourteen volunteers from the BC Schizophrenia Society alone have earned TVT certificates by taking the 18 hour program.

EXTRA! EXTRA!

READ ALL ABOUT IT!

BCSS NEW Family Info List

Please check out the **new** BC Schizophrenia Society family information list! Designed to facilitate friendly support and sharing of information among family members and friends/supporters.

People can sign up by visiting:

<http://www.bcss.org/cgi-bin/dada/mail.cgi/list/Families>

OR simply going to

<http://www.bcss.org>

and click on ELIST SIGNUP top right of page.

Therapeutic Volunteer Training (TVT)

Winter session: February 18, 21 and 28th (BC Schizophrenia Society)

Spring session: April 29, May 2 and 9th (PG Hospice)

Call Kathryn Ens at 250-561-8033 for more information.

Quesnel
Group for people living with
mental illness meets on
alternate Tuesdays from
11:30 AM – 1:30 PM
at 324 Hoy St.
Call Bonnie at 250-992-9332

Watch for NEW Vanderhoof
group for individuals affected
by mental illness starting
Fall 2009



B.R.I.D.G.E.S.*

Education Program

*A course for individuals recovering from mental
illness and/or addiction*

B.R.I.D.G.E.S. is a 10-week program of
education and support run by and for individuals
living with mental illness and addiction.
The philosophy of the program is one of
empowerment with the goal of recovering a new
and valued sense of self, health and purpose.

B.R.I.D.G.E.S. is sponsored by the BC
Schizophrenia Society and is FREE, however,
participants must PRE-REGISTER by calling the
teacher(s) or

Kathryn Ens toll-free at 1-888-561-8055 or in
Prince George at 250-561-8033.

*B.R.I.D.G.E.S - Building Recovery of Individual Dreams
and Goals through Education and Support.

CONGRATULATIONS Shannon M.

*Shannon M. is the successful recipient of a
"Moving Lives Forward" Scholarship – and this is her story.*

Hi my name is Shannon. I was born and raised in Prince George.

I have traveled across Canada with my family and worked as a
model in Japan and Hong Kong. I enjoy meeting new people and
experiencing new cultures and lifestyles. I enjoy a variety of past-times
including making my own jewelry and baking, and I remain active with
snowboarding, hiking, horseback riding, and walking. I have been a
volunteer for the Girl Guides of Canada, Canadian Blood Services and
the Chill Program as peer support for beginning snowboarders.

At sixteen I began to really struggle with school and relationships. I
knew something was not quite right with me and tried to feel better by
making some unhealthy choices and made some poor friendships. I
was experiencing periods of disassociation, deep depression, and panic
attacks. I was hospitalized and diagnosed with bipolar disorder.

With counseling and medication plus support from my family, I am now
managing well and looking towards a brighter future. I am currently
working part-time at a jewelry store.

When I was awarded this scholarship I knew I could begin working
towards my future goals. Without this assistance I would be concerned
about how I would manage to afford it. One less matter to worry about is
most appreciated.

I presently attend the College of New Caledonia in Prince George where I
am taking upgrading courses. My marks are excellent and I am applying
myself well. Once these courses are completed I intend to work towards
becoming a dental assistant and dental hygienist.

Thank you for this scholarship.

Shannon M.

B.R.I.D.G.E.S. Education Program

PRINCE GEORGE
Youth Program (15+)
1117-6th Avenue
Wednesdays,
Jan 28 - April 1 2009
3:30 - 5:30 PM
Coordinator:
Kathryn Ens 250-561-8033

PRINCE GEORGE
Adult Program
1117 - 6th Ave.
Tuesdays,
Jan 20 - March 24
10 AM to 12 Noon
Coordinator:
Kathryn Ens 250-561-8033

QUESNEL
Adult Program
1117 - 6th Ave.
Wednesdays
Jan 21 - March 25
Noon to 3PM
Coordinator:
Kathryn Ens 1-888-561-8055

Partnership in Recovery Mentorship (PIRM)

The Partnership in Recovery Mentorship (PIRM) program was born out of a desire of the many talented consumers who had been trained in the BRIDGES teacher training model as well as the NAMI support group facilitators training model and who had also completed a term of employment at the Activity Centre for Empowerment (ACE); born out of their need for ongoing challenges and further training.

At the same time the staff of only three at ACE were serving well over four hundred members some of whom were dual diagnosed and many who were also concurrently disordered. One solution was to have these highly skilled consumers mentor some of the members.



With the help of the Ministry of Housing and Social Development program of \$100.00 a month for volunteer work and program money from the consumer and family initiative funds over eight people have found satisfying volunteer jobs through the mentorship program. Some of the job positions include; conducting bingo for ACE members and visitors from 3 North East, organizing dances for the Activity Centre and larger dances in partnership with the Canadian Mental Health Association and Activity Centre, one mentor gives pool lessons and plays pool with people, another supervises janitorial work and another trains people on the front desk doing clerical work. The mentors are given extra training by outside community members in anger solutions by Susan Tapp from E Fry, Concurrent Disorders by Candace Minors a Social Worker, they have the Healthy Thinking workshop I designed and like the Positively Peers volunteers they have all taken the Therapeutic Volunteer Training program.



Kathryn Ens
Consumer Programs and Involvement Coordinator

PEER SUPPORT GROUPS • For family members affected by mental illness and/or addiction:

Watch for NEW Men's Group
for any man affected by
mental illness in 2009

BCSS Rural Family Support On-Line Forum.

Do you live in rural BC and support a family member or friend coping with mental illness and do you find it hard to get to an in-person support group? This private discussion area is available to you 24/7.

Go to <<http://www.support.bcsc.org/>> to sign up
Call Kim at 1-888-561-8055 or 250-561-8033

The four parts of **ADVOCACY**

"Making sure you have your say, or get help saying what you need."

RIGHTS "Rights are owned, not earned."

The United Nations say our rights include: being safe from all types of abuse; being taken care of and having enough food, clothing, shelter and medical care; meaningful work and taking part in cultural and recreational activities; and having a say in decisions that are made about us.

INFORMATION "Information in individual's hands is power."

Individuals need to be fully informed about what is happening to them. Information needs to be helpful and clear and easy to understand.

VOICE "Individuals are their own best advocates."

The strongest form of advocacy is self-advocacy; when individuals speak for themselves in dealing with those who are making decision about them. When you can't do that, for whatever reason, you have the right to ask someone to help you say what you need. An advocate makes sure your opinions are considered.

INCLUSION "All voice need to be heard and considered."

When a decision is being made about an individual everyone involved-including you and the people who care about you-need to be part of the process.

S.A.F.E. BC (Self Harm Finally Ends) Psycho-Educational Support Program

In follow up to the successful completion of the S.A.F.E.B.C. Train the Trainer workshop in the fall of 2008, BCSS peers in recovery are now working with service providers to conduct the S.A.F.E. program using the best practice "Overcoming Self-Abuse" manual for individuals affected by self-harming behaviour.

The trainer, Mary Graham stated the training "specified the boundaries and guidelines necessary to produce a group process in which hope, support, companionship and acceptance empower the individual in their efforts to end self-abusive behaviours. In the resulting life affirming atmosphere individuals acquired the knowledge and skills, which permit them:

- To understand what 'triggers' self-harming behaviour
- To examine thinking for cognitive distortions
- To identify and deal with emotional reactions
- To formulate a variety of alternative strategies to deal with trigger events
- To choose a more constructive alternative and act on it

Referrals for the 10 session S.A.F.E. psycho-educational support group for individuals living with self-harm and developmental delay are ongoing and can be made by calling Darlene at 250-649-7180 or Sandy at 250-565-5838.

Wellness Recovery Action Plan (WRAP) Teacher Training

Congratulations to all the individuals who successfully completed the on-line Wellness Recovery Action Plan (WRAP) course. Four (4) of the successful individuals will now be travelling to Vancouver for WRAP teacher training in January, 2009.

Wellness Recovery Action Plan (WRAP) provides a simple system for monitoring and managing emotional and psychiatric symptoms, as well as avoiding unhealthy habits or behaviour patterns. The WRAP workshop will help consumers:

- Develop their own list of activities for their everyday well being
- Track triggering events and early warning signs
- Prepare their personal responses if symptoms increase
- Create a plan for their supporters to care for them if necessary

With a team of WRAP teachers in Prince George BCSS will soon be offering the five-day course to other consumers. For more information and details of upcoming WRAP programs as soon as Spring 2009 call Kathryn Ens at 250-561-8033.

Prince George

Family support group meets the 1st Thursday of every month from 7-8:30 PM at 1117 6th Ave
Call Kim at 250-561-8033

(group meets Jan 8th in lieu of New Year's Day)

McBride

Family support group meets the last Wednesday of every month at 7:30PM at the McBride Health Clinic
Call Norma at 250-569-2637

Quesnel

Family support group meets the 3rd Tuesday of every month from 7:30-9 PM in the Quesnel Hospital upper boardroom.
Call Diana at 250-992-8904



NEW
**Building Resiliency
in Couples with Knowledge**
B.R.I.C.K.

Does mental illness affect your couple relationship?

*If you answered YES then this new *educational support program for couples affected by mental illness may be the place to learn more about mental illness and its influences and effects on your couple relationship.*

B.R.I.C.K is a new group for couples affected by ANY mental illness and can be either a partner or another family member living with mental illness. The goal of the program is to maintain, enhance, and strengthen the couple relationship through support and education. Classes will include the following topics and tailored to meet your unique needs:

- Couple hood
- Communication
- Boundaries
- Problem Solving
- Self-Care
- Stress Management
- Feelings and Needs
- Daily Living

Dates: Mondays, February 2 – March 23, 2009

Time: 6:30 – 9 PM

Place: 1117 – 6th Avenue

B.R.I.C.K. Orientation Sessions

Participants in B.R.I.C.K. must first attend an orientation session. This is a chance for you both to meet the facilitators – and the other couples. It is also an opportunity for you both to ask questions - and for us to get to know both of you. The evening's agenda will include (maybe even a little fun, food and refreshments):

- Questions and Answers
- Group Outline and Content
- Paper Work
- Consents
- Expectations

Dates: Monday, January 19th OR Monday, January 26th

Time: 6:30 – 8 PM

Place: 1117 – 6th Avenue

**For more information call facilitators
Blaine Powel at 250-565-2186 or
Kim Dixon at 250-561-8033
before January 16, 2009 and to register for an orientation session.**



CALL for TALENTED TEACHERS

FAMILIES and PEOPLE LIVING WITH MENTAL ILLNESS from ALL northern communities are needed to be TEACHERS for the NEW CANADIAN Family and BRIDGES education programs.

Families and people living with mental illness are now being trained to teach the NEW CANADIAN Family and BRIDGES education programs to other families and consumers in their communities.

Families and consumers DO NOT need any previous teacher training or experience. Program materials provided include every word you need to say and BCSS staff is available to help you implement the programs if needed. What is needed is your personal experience with mental illness and your compassion. Families and people who have experienced schizophrenia, psychosis, bipolar, depression, anxiety, addictions and concurrent disorders are eligible to participate.

Teacher training will be provided to teams of two (2) family members and three (3) consumers from communities in the north who are interested in teaching the NEW CANADIAN Family and BRIDGES education programs in their respective communities. A unique aspect of both education programs is that they are taught by trained peers.

DATE: May 29 – 31, 2009
TIME: Training starts at noon on the 29th
Training continues all day on the 30th
Training ends at noon on the 31st
PLACE: BC Schizophrenia Society, 1117 – 6th Avenue

Training and materials, transportation to and from training, accommodation and meals are all provided FREE of charge to participants. BRIDGES teachers are paid an honorarium of \$100 for successfully completing the teacher training and also receive an honorarium each time they teach the BRIDGES education program. However, registration is limited and participants must PRE-REGISTER.

For more information and to PRE-REGISTER before May 1, 2009
Call Kim or Kathryn at 250-561-8033 or call toll free from out of town 1-888-561-8055

A special THANK YOU to the BC Schizophrenia Society Prince George Branch for providing the funding for both the education program teacher training and support group facilitator training we offer each year.

BC Schizophrenia Society Group on Facebook

Please check out the new BC Schizophrenia Society Group on Facebook.com!

The URL is:
<http://www.facebook.com/>

Once you log in, the group is at:
<http://www.facebook.com/group.php?gid=5612665666>

If you already have an account, just go to GROUPS and search for BC Schizophrenia. We're taking mental illness to a global level, and a whole new audience!
By reaching out to everyone on Facebook, we will increase awareness of mental illness and decrease discrimination and stigma.
Please join our new group and get posting!

EDUCATION REQUEST FORM

The BC Schizophrenia Society (BCSS)

– We'd like to
change your mind.

The following educational workshops are available FREE of charge ANYWHERE in the Northern Interior and are suitable for youth and adult groups. Please check your request.

- _____ **Partnership Education** (1 hour): An individual living with mental illness and/or addiction, a family member and a mental health service provider share their personal stories and experiences with mental illness and/or addiction.
- _____ **Reaching Out Early *Psychosis** Identification and Intervention curriculum for youth and community groups (1.5 to 3 hours): Psychosis refers to ANY condition where there has been a loss of contact with reality. Learn about the early signs and symptoms of psychosis and the importance of early treatment.

The following 1 – 3 hour presentations can be tailored to your needs:

- _____ **Thought Disorders** (Schizophrenia/Psychosis)
- _____ **Mood Disorders** (Bipolar/Depression)
- _____ **Anxiety Disorders** (Panic/Obsessive Compulsive disorders)
- _____ **Addictions** (Substances/Behavioral)
- _____ **Concurrent Disorders** (Mental Illness/Addictions)
- _____ **Stigma & Discrimination** in Mental Illness and Addictions
- _____ **Mental Health Matters.** *Most of us know what we need to do to maintain our physical health-but how do we make our mental health matter?*
- _____ **Healthy Thinking.** Learn to think in a healthier way.
- _____ **Other related topics available.** Please specify. _____

Please complete workshop details below. You will be contacted to confirm details.

Date of workshop: _____ Time of workshop: _____
Location of workshop: _____ Number of anticipated participants: _____
(minimum of 8 participants required)
Contact name: _____ Contact tel. number: _____

Return form to: Kim Dixon, Regional Manager
Box 504 (1117- 6th Avenue). Prince George, BC. V2L 4S6
Fax: (250) 562-8015. E-mail: kimdixon@bcsspg.org
More information: Tel: (250) 561-8033. Toll-free: 1-888-561-8055



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

NORTHERN INTERIOR REGION

The BC Schizophrenia Society has officially adopted the national Schizophrenia Society of Canada Iris logo and tag line. "The means to cope. The reason to hope." The open hands of the iris are now a symbol of support, education, and advocacy for families and people living with mental illness across the country.

Northern Interior BC Schizophrenia Society
Kim Dixon, Regional Manager
Kathryn Ens, Consumer Programs
and Involvement Coordinator
Toll Free 1-888-561-8055
In Prince George call 250-561-8033
www.bcsspg.org