



# FAMILY & FRIENDS



BC Schizophrenia Society, Vernon & Salmon Arm Branches

June, 2008

## HOT WEATHER SEASON IS HERE!

### BOARD OF DIRECTORS

**President**, Beatrice Cormier  
**Treasurer**, Gloria Iannattone  
**Secretary**, Shirley Leng  
John Suderman  
Paul Miron  
Jim Snell

### BRANCH INFORMATION

#### Vernon Branch:

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#301- 3402 – 27<sup>th</sup> Ave.  
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Fax: (250) 260-3212  
Email: [bcssvernon@shaw.ca](mailto:bcssvernon@shaw.ca)

#### Salmon Arm Branch:

Donna Miller  
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](mailto:salmonarm@bcss.org)

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

#### BCSS Mission Statement:

*To improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy, and research.*

The BC Schizophrenia Society – Vernon Branch is an incorporated branch society and Registered Charity

867 308 389 RR00001  
Your generosity is appreciated.  
Receipts will be issued for income tax purposes.

It's time to bring out your sunglasses, suntan lotions, sun hats, camping gear, and picnic baskets to celebrate the sun! Summer brings our provincial British Columbia Schizophrenia Society (BCSS) Annual General Meeting on Saturday, June 28, 2008, at the Delta Vancouver Airport Hotel & Marina (3500 Cessna Rd., Richmond, B.C.) from 9:30 am – 12 Noon. For more information contact [bcss.prov@telus.net](mailto:bcss.prov@telus.net) or Tel: 604-270-7841 BC toll free 1-888-888-0029.

At our BCSS Vernon/SalmonArm Annual General Meeting on May 21<sup>st</sup>, the current directors of our board confirmed that they will be continuing in their roles and Jim Snell joined our Board. Thanks so much to all of you for your commitment to BCSS. We would also like to thank Lisa Pusey for her hard work and support as a Director through the past year. We will miss you on the Board of Directors, but know that we will still see you in the community.

Both Vernon and Salmon Arm branches are starting to work on preparations for the Family to Family/Strengthening Families Together programs for the Fall. These education programs for family members provide information about supporting your loved one living with a mental illness and caring for yourself. If you are interested in attending, please give us a call (Dianne in Vernon (250) 260-3233 and Donna in Salmon Arm (250) 832-2170 ext 206) and put your name on the early registration list.

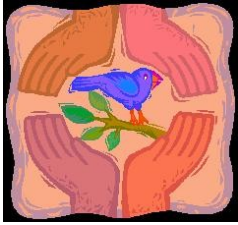
Coming soon! Vernon and Salmon Arm Branches will soon have our own web pages on the provincial web site. Check them out in the next few weeks at [www.vernon.bcss.org](http://www.vernon.bcss.org) and [www.salmonarm.bcss.org](http://www.salmonarm.bcss.org).

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## VERNON UPDATES

### FAMILY SUPPORT BUDDY PROGRAM



Our program is growing. We currently have 3 volunteers in active matches with family members, but we are looking for more. Do you have a family member or a close friend with a serious

and persistent mental illness? Are you in a stable place of coping with your experience? Would you be willing to be matched with someone who shares your experience and provide them with a friendly listening ear via telephone or in person for one hour a week? We will be holding our next training session June 18 from 6:00 - 8:30 p.m. and June 25 from 6:00 - 9:30 p.m. at the People Place. To learn more about this wonderful opportunity to help others, please call Angie at 260-3233.

### MENTAL HEALTH FAMILY FUN DAY UPDATE

The Family Fun Day scheduled for May 8 was canceled as some of the group homes had an outbreak of Norwalk Virus. The event has been rescheduled for September 11<sup>th</sup> at Paddlewheel Park Hall at 7813 Okanagan Landing Road in Vernon. The time will be confirmed at a later date. This special day offers consumers, their families and friends the opportunity to get together for a day of activities, games, education, food and fun!



### FAMILY ADVISORY COMMITTEE

We now have a Family Mental Health Advisory Committee in Vernon that serves to provide information and recommendations to managers and directors of Mental Health and Addictions and other stakeholders regarding planning, initiatives and legislative, systemic and structural issues that affect families. If you have any concerns you would like brought forward to the committee, please contact Dianne at 250-260-3233.

## CALENDAR OF EVENTS VERNON

### FAMILY SUPPORT GROUP – June 24, July 8 & 22, August 12 & 26

Do you have a family member or friend who has been diagnosed with a serious and persistent mental illness? Our confidential, monthly family support group provides a caring environment to share your hopes, fears, experiences and knowledge with others who have first hand experience in supporting a loved one with a mental illness. YOU ARE NOT ALONE. We meet on the 2<sup>nd</sup> Tuesday of every month from 2 – 3:30 p.m. in room #002 in the basement of the People Place and the 4<sup>th</sup> Tuesday of every month at 7:00 p.m. in our office at room #301 at the People Place. For more information, call Dianne at 250-260-3233.

### AWAKENING THE SPIRIT ART SHOW AND SALE August 7 – September 29th, 2008



It's time to share your artistic talent with the community! The Vernon and District Performing Arts Centre, for the fourth consecutive year, has generously offered the Coat Check Gallery for an art show and sale showcasing artwork created by mental health consumers. Original

works of sculpture, paintings, photography, drawings (maximum 4 pieces per artist), that have not been submitted to previous shows, may be submitted for consideration for the art show between July 14 and 17<sup>th</sup> at Canadian Mental Health Association (3100 – 28<sup>th</sup> Ave.) or BC Schizophrenia Society (#301, 3402 – 27<sup>th</sup> Ave.). Pieces may be for show or sale. There are some free frames available on a first come first serve basis through CMHA before July 11<sup>th</sup>. If you would like more information about the requirements for submissions, contact Susan at 250-542-3114 or Dianne at 250-260-3233. After the art show opens, viewings will be in the Coat Check Gallery for performance patrons during events at the Vernon & District Performing Arts Centre at 3800 33<sup>rd</sup> Street. Free public viewings will be Tuesdays from 1:00-3:00 p.m. or by special arrangement - contact Susan at 250-542-3114.

*Sponsored by the Mental Illness Family Support and Information Centre, Canadian Mental Health Association, Interior Health, & Province of BC.*

## RESPITE WEEKEND FOR FAMILY CAREGIVERS

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October 17 – 19, 2008 at Naramata Centre



If mental illness or mental health issues are part of your family's life and you are in a caregiver role, you are invited to gather at Naramata Centre, a place of Spirit. You will have time to relax (someone else is cooking!), to build relationships with other family caregivers, and to enjoy all that the Centre has to offer. Walk the outdoor labyrinth, be silent in the chapel, or skip stones at the lakeshore. You will have time to gather and meet others, and time to relax into just being.

Family caregivers face many challenges — caring and advocating for their family members, negotiating the mental health system, working toward and wondering about independence for their family members, and grieving for the struggles they and their family members face. This program offers a place for caregivers to relax into a whole weekend of being nurtured. This is a time for you to care for yourself as an individual, to be nourished by community, and to have a time of rest. There will be time for sharing your successes — small and large — if you choose, and time to tell your story and to hear the stories of others.

Leadership Team:

**Martha Scales** and **Susan Shores** (*Community Time*)

**Martha** has been a group facilitator for over 30 years and is the Mom of several family members who live with mental illness. **Sue** has 8 years experience as a social worker working in the Mental Health Field as case manager and therapist. Martha and Sue are a mother-daughter team.

**Henri Lock** (*Worship*) and **Leslie Black** (*Healing Touch*)

**Henri** is the United Church Chaplain at the University of Victoria and also teaches classes in meditation and centering prayer. He is primary caregiver to a family member with a life-long mental illness.

**Leslie** is certified through Healing Touch International, has run a private practice for 13 years as a Holistic Therapist, and is an Instructor for Naramata Centre's Healing Pathway program. She is involved in caring for a family member who struggles with mental illness. Henri and Leslie are husband and wife.

Fri. Oct. 17, 3pm – Sun. Oct 19, 1pm **Fee \$490**

**Please register by September 26**

Financial assistance is available through Naramata Centre's Heartwood Bursary.

For further information or to register, contact (250) 496-5751 ext. 200. Toll free in Alberta & BC: 1 (877) 996-5751 ext. 200 or [info@naramatacentre.net](mailto:info@naramatacentre.net)

[www.naramatacentre.net](http://www.naramatacentre.net)

### VERNON LIBRARY

**Please stop in and take a look at the great books on our shelves!**

***We have many borrowed library items that are long overdue.***

If you have borrowed materials from us, would you please check to make sure that you have returned them? If our office isn't open, you can return them to the Family Resource Centre on the second floor of the People Place. Returning these items gives others the opportunity benefit from them and saves us the expense of having to replace them. Thanks in advance for your attention.

### SPECIAL THANKS

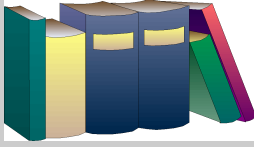
To those of you who have supported us with your donations – your generosity is greatly appreciated!

Vernon Fraternal Order of Eagles

Vernon And District Performing Arts Centre

## SALMON ARM UPDATES

### SALMON ARM BOOK AND VIDEO LIBRARY



Do drop into the office and have a look at all the books and videos that I have just waiting to be signed out. Summer is such a great time to sit outside and enjoy the weather with an interesting book. If there is a particular book or video that you think would be an asset to this library, please recommend it to me and I will try to bring it in.

### OUR NEW LOCATION

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Just a reminder that our office is now located on the corner of Trans Canada Hwy N.E. and Alexander Street in downtown Salmon Arm in The Family Centre. Our office is open on Thursdays and Fridays from 1 - 4 p.m. For more information, please give me (Donna) a call at (250) 832-2170 ext. 206. Do drop in for a visit.

### VOLUNTEER SEARCH

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BCSS Salmon Arm is looking for volunteers to assist with the programs that we would like to offer this year. As a volunteer, you will be providing us with your insight and personal experience, which in turn adds to a unique and powerful educational program that uses personal story telling as a basis for educating people about mental illness.

Volunteers are needed for:

**Partnership Education:** a team of three speakers – a family member, a consumer, and a mental health professional. Each person offers their personal stories to help people understand the nature and prevalence of chronic and severe mental illness. Training will be provided. If you are interested in volunteering, please contact Donna in Salmon Arm at 250-832-2170 ext. 206.

**Call for Board Members:** We are actively looking for two new board members to represent Salmon Arm on our Vernon Board of Directors. If you are at all interested or would like more information, please give me a call at (250) 832-2170 ext. 206, and I can give you more information.

### CANADIAN MENTAL HEALTH ASSOCIATION

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The Canadian Mental Health Association office in Salmon Arm recently had their Grand Opening. It was a great event and they gave tours of the building. Interior Health and Mental Health and Addictions now have offices on the 3<sup>rd</sup> floor. The Administration office and Thrift Shop are located on the second floor and their programs are held on the lower floor. If you are interested in a tour at CMHA, please call Leslie at (250) 832-8477 and she will arrange a tour on a Thursday morning.

## CALENDAR OF EVENTS SALMON ARM

### FAMILY SUPPORT GROUP

#### Future Family Support Group dates are:

June 26, July 31, August 28, and September 25.

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 now located at 181 Trans Canada Highway, which is on the corner of the Trans Canada Highway 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.

### RECEIVE THE NEWSLETTER 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.

### BRANCH ARTICLES

*Every issue, the BCSS branches of the region will present articles on new research, treatments, and developments in order to keep the members of our region informed and up to date.*

Excerpts from an article forwarded from BCSS – Provincial – Jane Duval and submitted by the Salmon Arm Branch.

#### Hormone Treatment Helping Women with Schizophrenia

##### **March 16, 2008 - 3rd International Congress on Women's Mental Health - Melbourne, Australia**

Hormone patches used to help older women through menopause can also radically improve the most debilitating symptoms of schizophrenia, a trial on Australian women has found.

A study to be presented at a major international women's mental health conference in Melbourne on Monday has shown for the first time that the female sex hormone, oestrogen, dramatically reduces hallucinations, delusions and thought disorder in women with the severe mental illness.

"This is revolutionary because it shows without a doubt that it really works to help these women," said study

leader Professor Jayashri Kulkarni, director of the Monash Alfred Psychiatry Research Centre in Melbourne.

"It's the strongest sign yet that we have a new mode of treatment for schizophrenia using reproductive hormones."

Oestrogen, a potent neurosteroid, is a key component in hormone replacement therapy (HRT), a controversial treatment found to relieve the hot flushes and mood swings suffered in menopause.

Recent studies have suggested the hormone also has a protective effect against schizophrenia, which could explain why women tend to get the disease later in life and less severely than men. But the link has not been explained or demonstrated in patients.

Prof Kulkarni has been investigating the connection for 15 years and in research soon to be published in the journal Archives of General Psychiatry, has shown it can work.

Her research team enlisted 102 female patients in Melbourne and treated them with either a moderate dose of oestrogen using a skin patch, the same as those used in HRT, or a dummy patch.

"The women who received the hormone patch got remarkably better over the eight-week trial, by making radical improvements in key symptoms," Prof Kulkarni said.

"It effectively worked on them like an anti-psychotic drug in the brain, targeting the dopamine and serotonin receptor systems which are out of line, and regenerating neural tissue.

"The women were not exposed to the increased breast cancer risk associated with HRT, because the treatment was short-term," she said.

The results were strong enough to recommend the treatment widely among women with schizophrenia, the team said.

They are now investigating its use in women with severe depression just prior to menopause, as well as studying a new range of brain oestrogens called selective oestrogen receptor modulators that work specifically on the brain.

"That limits the carcinogenic effect on the body, making it a much better treatment modality," said Prof Kulkarni, who is the convenor the International Congress on Women's Mental Health.

The event brings together global and national leaders in psychiatry, psychology, obstetrics, gynaecology, family health care, social work, nursing and community health to discuss female mental health issues from ADHD and eating disorders to postnatal depression and dementia.

### **Ontario and B.C. Privacy Commissioners issue joint message: personal health information can be disclosed in emergencies and other urgent circumstances**

#### **NEWS RELEASE May 9, 2008**

*News release by the Office of the Information and Privacy Commissioner for BC and Ontario - Submitted by Vernon Branch.*

In light of recent events, such as the tragic suicide of Nadia Kajouji, a student at Carlton University, and the Virginia Tech massacre of 2007, the Information and Privacy Commissioner of Ontario, Dr. Ann Cavoukian, and the Information and Privacy Commissioner of British Columbia, David Loukidelis, are reaching out to educational institutions, students, parents, mental health counsellors and healthcare workers in both provinces: personal health information may, in fact, be disclosed in emergencies and other urgent circumstances. The two Commissioners want to ensure that people realize that privacy laws are not to blame because they do permit disclosure.

The Commissioners want to send the clear message that privacy laws do not prevent counsellors or healthcare providers from contacting a person's family if there are real concerns that they may seriously hurt themselves. "When there is a significant risk of serious bodily harm, such as suicide, privacy laws in Ontario clearly permit the disclosure of personal information without consent, regardless of age. In such situations, schools may contact parents or others if there are reasonable grounds to believe that it is necessary to do so," says Commissioner Cavoukian. Commissioner Loukidelis adds that, "If there are compelling circumstances affecting health or safety, or if an

individual is ill, B.C.'s privacy laws allow disclosure to next of kin and others, including school officials and health care providers. Individual cases can be fuzzy, but if someone uses common sense and in good faith discloses information, my office is not going to come down on them. Privacy is important, but preserving life is more important."

In Ontario, the *Personal Health Information Protection Act* (PHIPA) allows health care providers, such as mental health counsellors, to disclose personal health information when necessary to eliminate or reduce a significant risk of serious bodily harm. This would include disclosure to a physician or parent if there are reasonable grounds to believe it is necessary to do so. In fact, *PHIPA* specifically allows for this kind of disclosure in emergency or urgent situations. Commissioner Cavoukian clarified this in a Fact Sheet she issued in 2005 entitled, *Disclosure of Information Permitted in Emergency or other Urgent Circumstances*, available at [www.ipc.on.ca](http://www.ipc.on.ca).

In British Columbia, Commissioner Loukidelis underscored, the public sector *Freedom of Information and Protection of Privacy Act* allows universities, schools, hospitals and other public institutions to disclose personal information where someone's health or safety is at risk. He also noted that the private sector *Personal Information Protection Act* contains similar authority to disclose personal information for health and safety reasons.

Both Commissioners are today announcing their joint project to issue a new publication aimed at clarifying the role that privacy laws play when workers are trying to decide whether they can disclose personal health information. Commissioner Cavoukian said of the joint project, "Our goal is to ensure that educational institutions understand the legislative framework in advance of problems occurring. We are looking forward to working further with the educational community – stay tuned."

Commissioners Cavoukian and Loukidelis are urging those responsible for the health and safety of others to educate themselves about how the privacy laws covering them apply to their work and familiarize themselves with the provisions allowing them to disclose personal health information in emergency situations. Commissioner Loukidelis says, "I know that frontline decisions have to be made quickly and sometimes the facts may not be as clear as you'd like. But there's no doubt that privacy laws support disclosures to protect health and safety." Commissioner Cavoukian agrees that privacy laws are not at fault. "To infer that privacy laws were responsible for someone's death is to completely misunderstand the role that privacy laws are designed to play. The tragedy here lies if you take a default position of non-disclosure and inaction." says Commissioner Cavoukian. She also adds that, "However, Commissioner Loukidelis and I both recognize that the decision to notify someone's family without their consent can be extremely difficult, requiring very sound judgment. We are also clear that notification cannot be done on a routine basis and that students need to feel reassured that their privacy will be protected when they seek counselling or other health care services."

## INSPIRATION

Dance as though no one is watching you; love as though you have never been hurt before, sing as though no one can hear you, live as though heaven is on earth.

Alfred Souza

Success is not to be measured by the position someone has reached in life, but the obstacles he has overcome while trying to succeed.

Booker T. Washington

It's hard to beat a person who never gives up.

Babe Ruth

## CHECK OUT THESE WEB SITES

### CMHA – Edmonton Region – Mental Illness in Children

<http://download.cmha.ab.ca/Edmonton/Mental%20Illness%20in%20Children.pdf>

Information on symptoms and conditions commonly seen in children.

### Depression Life Lines

[www.depressionlifelines.ca](http://www.depressionlifelines.ca)

Information from mental health organizations about depression.

### My Mental Health

[www.mymentalhealth.ca](http://www.mymentalhealth.ca)

User friendly site about mental health.

### Provincial Working Committee for Supporting Families with Parental Mental Illness

<http://parentalmentalillness.org>

Lots of great information including a sample Ulysses Agreement form for parents.

### Advocates for the Not Criminally Responsible Schizophrenia Sufferers.

[http://www.schizophrenia.on.ca/1024\\_CONTENT.php/f21/c/p84/s33/](http://www.schizophrenia.on.ca/1024_CONTENT.php/f21/c/p84/s33/)

Online support for families of people with mental illness who have been involved in violence. Based out of Ontario.

## BECOME A BCSS MEMBER

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

**BCSS – Vernon Branch**  
#301 - 3402 27 Avenue  
Vernon BC V1T 1S1

**BCSS – Salmon Arm**  
181 Trans Canada Hwy. N.E.  
Box 914  
Salmon Arm BC V1E 4P1

**BCSS – Provincial Office**  
#201 – 6011 Westminster Highway  
Richmond, BC V7C 4V4

## MEMBERSHIP FORM



**Membership fees are \$20 per year**

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

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

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

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

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

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

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

Thank you for supporting BCSS/  
Business No. 867 308 389 RR0001

*Expiry Date March 31, 2009*

### Membership dues

\$20.00 cheque enclosed

Cash

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

Cheque

Cash