



FAMILY & FRIENDS



BC Schizophrenia Society, Vernon & Salmon Arm Branches

December, 2008

BOARD OF DIRECTORS

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

BRANCH INFORMATION

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Salmon Arm Branch:

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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@bcscs.org
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www.salmonarm.bcscs.org

BCSS Provincial website:
www.bcscs.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.



NEW THINGS IN THE NEW YEAR!

A new year brings some changes to the BC Schizophrenia Society. The Board of Directors of the Provincial Office of BC Schizophrenia Society recently decided to restructure in order to reduce costs. The Executive Director of BCSS provincial, Gary Glacken, has resigned to take another position effective November 5th. We wish him all the best in his new role. Jane Duval will move into the role of Interim Executive Director. This provincial cost reduction does not affect regional funding. Our local offices in Vernon and Salmon Arm will continue to offer programming as usual.

The Vernon and Salmon Arm offices are reducing our membership fee for our local society from \$20.00 per year to \$5.00 per year - a great deal! Existing memberships can be renewed by March 31, 2009 for the period March 31, 2009 - March 31, 2010. If you have benefited from our services or would like to make a donation to our local society, please do take a minute to fill out the membership form on the last page of the newsletter then contact us directly and we will issue you a receipt.

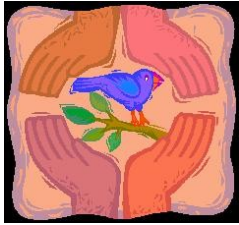
The board and staff of BCSS Vernon and Salmon Arm wish you and yours a safe and happy holiday season.

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VERNON UPDATES

FAMILY SUPPORT BUDDY PROGRAM



We currently have three volunteers with two 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? To learn more about this wonderful opportunity to help others, please call Dianne at 250-260-3233.

FAMILY ADVISORY COMMITTEE

The Family Mental Health Advisory Committee 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 to bring to the attention of the committee, please contact Dianne at 250-260-3233.

MENTAL HEALTH FAMILY FUN DAY

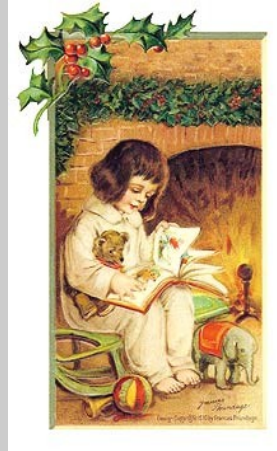
About 200 people enjoyed a lovely sunny day at Family Fun Day on Thursday, September 11th at Paddlewheel Park Hall. Booths displayed information about mental and physical health, and people had the opportunity to play games, participate in Tai Chi, go on boat rides and enjoy a tasty lunch of barbecued hamburgers and salads. Mayor Lippert was there to welcome everyone to the event. It was a great day and we plan on returning to Paddlewheel Park Hall for this event next year on Thursday September 10, 2009.



Thanks to all of the staff and volunteers at Canadian Mental Health Association, Interior Health, Group Homes and BC Schizophrenia Society for all of your dedicated work in bringing this great event to the community.

VERNON LIBRARY

NEW BOOKS



Recovering from Depression: A Workbook for Teens by Mary Ellen Copeland and Stuart Copans

Borderline Personality Disorder Demystified: An Essential Guide to Understanding and Living with BPD by Robert O. Friedel, MD

Angry Heart: Overcoming Borderline and Addictive Disorders: An Interactive

Self-Help Guide by Joseph Santoro PhD and Ronald Cohen PhD

Getting Your Life Back Together When You Have Schizophrenia by Roberta Temes Ph D

The Anxiety and Phobia Workbook by Edmund J. Bourne

Raising a Moody Child: How to Cope with Depression and Bipolar Disorder by Mary. A Fristad PhD and Jill Golberg Arnold PhD

Buried in Treasures: Help for Compulsive Aquiring, Saving and Hoarding by David F. Tolin, Randy O. Frost and Gail Steketee

Bodily Harm: A Breakthrough Healing Program for Self Injurers by Karen Conterio, Wendy Lader, Jennifer Kingson Bloom

Adolescent Depression: A Guide for Parents by Francis Mark Mondimore, M.D.

Lost in the Mirror: An Inside Look at Borderline Personality Disorder by Richard Moskovitz

CALENDAR OF EVENTS VERNON

Dramatic Reading of A Christmas Carol



Date: Wednesday, December 17, 2008

Time: 7 p.m.

Location: Trinity United Church

**Music: Coreen Smith's BX Elementary School
Intermediate Choir**

**Readers: Paul Burke, Dave Sayer, John Lomas
and two to confirm**

**Tickets available for \$7.00 each or \$15.00 per
family**

**This is the 11th production of this fundraiser
for the People Place**

***If you would like tickets please contact Dianne
at 250- 260-3233***

BREATHE EASY PROGRAM AT CANADIAN MENTAL HEALTH ASSOCIATION – VERNON

CMHA is offering this innovative new nine week program which combines nicotine replacement therapies, a weekly support group and a trained facilitator to help you move to a smoke free lifestyle. It is specially designed for people with mental illnesses who want to quit smoking.

To find out more about Breathe Easy or to sign up for registration, call Sue at 250-542-3114.



VERNON FAMILY SUPPORT GROUP

Future Family Support Group Dates are:

December 16, 2008 *Note change of date to 3rd Tuesday of the month in December*, & January 27 & February 24, 2009

Do you have a family member or friend who has been diagnosed with a serious and persistent mental illness? Our confidential bi-weekly 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 normally meet on the 4th Tuesday of every month from 7– 9 p.m. in our office at room #301 at the People Place. NOTE FOR DECEMBER ONLY – WE WILL MEET ON THE THIRD TUESDAY OF THE MONTH ON DECEMBER 16TH.** For more information, call Dianne at 250-260-3233.



SPECIAL THANKS

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

Fern and Jim Cody



SALMON ARM LIBRARY

Do stop in and view our many books and videos. We just recently received many new brochures and booklets on several mental illnesses.

MENTAL HEALTH & ADDICTION SERVICES

Salmon Arm Mental Health & Addictions provides a multi-disciplinary comprehensive counseling and supportive service through a variety of programs for people who are experiencing an acute and/or serious and persistent mental health disorder. One of their programs is:

“Adult Short Term Assessment & Treatment (ASTAT)”

Short term intervention for adults experiencing acute mental health problems which may put them at risk for more prolonged illness and/or of endangering themselves or others. Referrals may include: suicide/life threatening behaviors; depression/anxiety; complicated bereavement; severe adjustment problems; acute symptoms related to abuse; personality disorders.

- Individual therapy
- Group therapy
- Educational groups
- Psychiatric Day Program (Vernon)

Referrals, call 250-833-4100, Fax 250-832-1714
Office Hours: 8:00 a.m. - 4:30 p.m.



VOLUNTEER SEARCH

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.

CALENDAR OF EVENTS SALMON ARM

FAMILY SUPPORT GROUP

Future Family Support Group dates are:

Dec. 18, 2008, Jan. 31, Feb. 28, Mar. 27 and Apr. 24

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 located at 181 Trans Canada Hwy. N.E. Salmon Arm. Which is on the corner of the Trans Canada Hwy 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.

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.

Some recent Grants awarded in Australia

Schizophrenia Fight Stepped Up with \$1.5m Grant

Submitted by Salmon Arm Branch.

October 18, 2008 Article from: [The Australian](#)

RESEARCHERS have won a \$1.5million grant to improve the understanding of severe mental illness in young people, as part of a \$357 million funding round announced by the federal Government.

The money -- one of the largest project grants unveiled this week by the National Health and Medical Research Council -- will allow experts from the University of Newcastle to examine the changes in the brains of mentally ill young people through advanced scanning techniques.

More than 500 young people judged to be at extremely high risk of developing schizophrenia will undergo the scans and brain function tests over time, in the hope this will help researchers identify early brain changes associated with the still-incurable disease.

A spokeswoman for the NHMRC said the grant was one of the largest that was not directed towards a clinical trial, which are expensive.

But the grant is only one of three funded projects together worth \$2.3million won by experts from the Schizophrenia Research Institute, founded in 1996 as the only national medical research institute focused solely on preventing and curing schizophrenia.

Another grant, worth \$381,150, was won by experts from the University of NSW, who will explore the apparent ability of the female hormone estrogen to improve brain function in people with schizophrenia.

The research builds on work by co-investigator and neurobiologist Cyndi Shannon Weickert, and aims to "clarify the role of hormones and genes in relation to cognitive deficits in schizophrenia and it may help patients improve their level of functioning".

Adam Cresswell

Vancouver's Downtown Community Court

Submitted by Vernon Branch

Vancouver's Downtown Community Court is the first of its kind in Canada.

At its core, the community court is about partnership and problem solving. It's about creating new relationships, both within the justice system and with health and social services, community organizations, area residents, merchants, faith communities and schools.

The community court is about testing new ways to reduce crime and improve public safety. It will deal with offenders more quickly through a more coordinated and informed response.

A high number of offenders in downtown Vancouver have health and social problems, including alcoholism, drug addiction, mental illness, homelessness and poverty. The court takes a problem-solving approach to address offenders' needs and circumstances and the underlying causes of their criminal behaviour.

Vancouver's Downtown Community Court opens in summer 2008. It will work with about 1,500 offenders each year. There are two courtrooms in the community court, which is located at 211 Gore Ave.

This website explains how the community court works, who is involved with it and how the community can participate.

http://www.criminaljusticereform.gov.bc.ca/en/justice_ref orm_projects/community_court/index.html

BC Partners Mental Health Information Line

1-800-661-2121

The 24-hour line provides pre-recorded information about mental health services across B.C., as well as symptoms, causes, treatments, support groups and publications on a number of mental illnesses.

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 so that we can add you to our newsletter email list.

CHECK OUT THESE WEBSITES

Centre for Addiction and Mental Health – Mental Health and Addictions 101 - Free online tutorials on various mental health topics. These tutorials are a starting point for learning about substance use and mental health problems as well as factors that are critical to understanding these problems.

http://www.camh.net/education/Online_courses_webinars/mha101/

Globe and Mail Part II Breakdown: The Mental Health Crisis Series. The series started Saturday Nov 22. Some of the topics include: Children and Mental Illness, A Last Resort for Violent Teens, Why Medical School Graduates Steer Clear of Psychiatry, Growing Old With Bipolar Disorder, Lonely Lives in the Institution, and Forcing Adults Into Treatment. *Your on line contributions as family members and consumers are most welcome as the Globe is forwarding them to the government.*

You can view the stories at :

<http://www.theglobeandmail.com/breakdown>



INSPIRATION

You are never too old to set another goal or to dream a new dream. C.W. Lewis

Be the change you want to see in the world. Mahatma Gandhi

Choose a job you love and you will never have to work a day in your life. Confucius

BECOME A BCSS MEMBER

Lower Membership Fee!

Membership to BCSS entitles you to a vote at our Annual General Meeting and you will also receive newsletters from BCSS Provincial (Friends) and Vernon/Salmon Arm branches (Family and Friends).

If you would like to become a member of the BC Schizophrenia Society Vernon/Salmon Arm, 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
Box 914
181 Trans Canada Hwy. N.E
Salmon Arm BC V1E 4P1

MEMBERSHIP FORM



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

Membership fees are \$5 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, 2010

Membership dues

\$5.00 cheque enclosed

Cash

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

Cheque

Cash