



# FAMILY & FRIENDS



**BC Schizophrenia Society, Vernon & Salmon Arm Branches March, 2009**

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

### Salmon Arm Branch:

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Fax: (250) 833-0137  
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Website:  
[www.salmonarm.bcss.org](http://www.salmonarm.bcss.org)

### BCSS Provincial 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 RR0001

Your generosity is appreciated. Receipts will be issued for income tax purposes.

## LET YOUR VOICE BE HEARD!

*The Mental Health Commission of Canada is conducting public consultations in regional meetings and online until March 31. It's a chance for you to influence the development of a national mental health strategy.*

Some excerpts from their website: "A mental health strategy will be a blueprint for improving the lives of people with a mental illness and promoting the mental health of all Canadians. The Commission has produced a draft framework for the strategy.

All Canadians, stakeholders and governments will have an opportunity to comment on the draft framework and help develop the strategy. Stakeholder meetings are being held in 11 different cities throughout February and March and a public e-consultation will begin the week of February 9<sup>th</sup>.

The Commission plans to develop a unifying vision, and to encourage the adoption of Canadian and international best practices. The first phase of strategy development will involve broad goals for what a transformed mental health system will look like. It will include a clear focus on recovery and well-being."

*To participate in the online consultation or read more about it see:*

[www.mentalhealthcommission.ca/English/Pages/NationalStrategy.aspx](http://www.mentalhealthcommission.ca/English/Pages/NationalStrategy.aspx)

## INSIDE THIS ISSUE

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## VERNON UPDATES

### 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.

### AWAKENING THE SPIRIT ART SHOW AND SALE August 10 – September 28th, 2009

It's time to get out your art supplies and get your creative juices flowing. The Vernon and District Performing Arts Centre is once again donating the space in their Coat Check Gallery for an art show and sale featuring artwork created by people living with mental illness.



The show is a few months away so we don't have all of the details yet, but you will be able to submit up to four pieces of original artwork for consideration for the art show. Artwork may be in sculpture, paintings, photography or drawings that have not been submitted to previous Awakening the Spirit art shows. Pieces may be for show or sale and may also be considered for the promotional poster for the event. There are some free frames available on a first come first serve basis through CMHA. The Opening Gala (for artists and invited guests only) will be on Thursday, August 13 from 7 – 8:30 p.m.

Check out our June newsletter for all of the details about art show and poster submission dates. For now, just use this notice as a bit of inspiration to get your artwork started.

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

### NEW ADDITIONS TO THE VERNON LIBRARY

#### Books:



**In the Realm of Hungry Ghosts: Close Encounters with Addiction** – by Gabor Maté M.D.

**When a Parent is Depressed: How To Protect Your Children From the Effects of Depression In the Family** – by William R. Beardslee

**The Ghost in the House: Real Mothers Talk About Maternal Depression, Raising Children and How They Cope** - by Tracy Thompson

**A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years** - by Ruta Nonacs

#### DVDs:

**Which Brain Do You Want?** - Dr. Amen sits down with 5 teenagers, 3 who have abused substances and two who haven't. He shows the actual effects that drugs and alcohol had on the brains of the substance abusers (47 min).

**A Beautiful Mind** - This 2001 movie is based on the life of John Forbes Nash, a Nobel Laureate in Economics, who has schizophrenia (136 min).

**American Experience: A Brilliant Madness** - This 2002 documentary features interviews with the Nobel Prize-winning economist, John Nash, his wife Alicia, and his friends and colleagues. It documents his 30 year battle against schizophrenia which ended in triumph and international acclaim (60 min).

**Men Get Depression** - This one hour 2007 documentary explores the effect of depression on men including a former NFL Quarterback, a Fortune 100 CEO, an Iraq War veteran and others.

**Depression: Out of the Shadows** - This 2008 documentary features the voices and stories of people living with depression and interviews with scientists about depression.

## Board Members Wanted BC Schizophrenia Society Vernon/Salmon Arm

We provide support to family members of people living with any mental illness and we are looking for professional and lay people interested in contributing in a meaningful way to our organization and the community. Are you a family member of someone with a mental illness or do you have accounting, strategic planning, human resources or management experience? Do you have four to six hours per month to contribute on our Board of Directors? If so, please send your resumé and expression of interest to:

Bea Cormier, President  
BCSS Vernon  
#301 3402 27<sup>th</sup> Avenue  
Vernon, BC V1T 1S1

## CALENDAR OF EVENTS VERNON

### SUBSTANCE ABUSE AFFECTED SUPPORT GROUP

Jared Dennis at Interior Health is running a new support group for families/support people who are affected by a loved ones substance abuse. The group meets the first Thursday of every month at the Vernon Health Unit at 1440 14th Ave (just off Hwy 6) from 1:00-5:00pm  
**Please contact administration and/or intake at 250- 549-5737 to pre-register.**

### BCSS Vernon/Salmon Arm Annual General Meeting

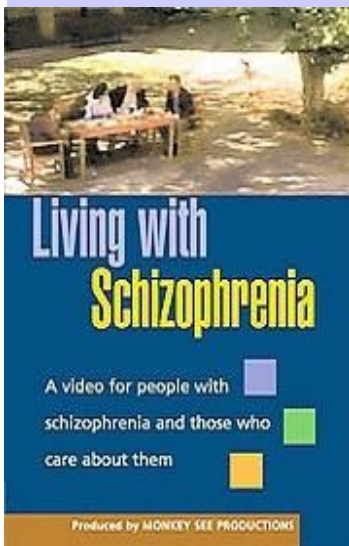
**Date:** Thursday, May 21, 2009

**Place:** People Place  
3402 27 Ave., Vernon  
Basement Room 003  
(Press 003 to be let in)

**Time:** 7:00 – 8:15 p.m.

*Light refreshments provided*

### Featuring the DVD



Three people with schizophrenia and one with schizo-affective disorder discuss how they manage their mental illness. The video was produced in Australia in consultation with Dr. Andy Campbell, who has a lifetime of experience caring for people with schizophrenia. Dr. Campbell also appears in the video (39 min).

## VERNON FAMILY SUPPORT GROUP

### Future Family Support Group Dates are:

**March 24<sup>th</sup>, April 28<sup>th</sup>, May 26<sup>th</sup>**

Do you have a family member or friend who has been diagnosed with a serious and persistent mental illness? Our confidential 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 4<sup>th</sup> Tuesday of every month from 7– 9 p.m. in our office at room #301 at the People Place.** For more information, call Dianne at 250-260-3233.



This **FREE** workshop helps family members and friends of individuals with mental illness understand and support their loved one while maintaining their own well-being. Topics include: information about mental illnesses, coping and communication skills, problem solving, medications and treatments, how to support your loved one, self-care and emotional support. Taught by volunteer family members.

### **Next course offered for Six Wednesdays Evenings**

**April 22 to May 27, 2009**

**Classes from 7 - 9 p.m.**

**at the People Place**

**Rm #301(first class) then Rm #003**

**3402 27<sup>th</sup> Avenue**

**Vernon**

**To register, please call Dianne**

**before April 10<sup>th</sup> at**

**250-260-3233**



# ***Building Financial Well-Being for People with Disabilities and Their Families***

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## **Attend a Free Financial Well-Being and Tax Reduction Seminar in Vernon**

Learn about How Eligibility for Disability Tax Credits and the New Registered Disability Savings Plan Can Substantially Increase your Financial Well-Being

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### **You Will Learn**

- The importance of Disability Tax Credits(DTC) for financial well- being.
- Who qualifies for DTC's.
- The hurdles and challenges faced by people seeking to qualify.
- How the new Registered Disability Savings Plan works and its significant value as a savings plan for a person with a disability. Eligibility for the DTC is crucial for creating a RDSP.
- Upcoming tax measures that can provide important financial options and further significant tax savings for families with a disability.

### **Attend the Seminar**

Space is limited - if you plan on attending please email: [taxwatch.dts@gmail.com](mailto:taxwatch.dts@gmail.com)  
or phone: 1-877-829-7771

When: **Monday, March 9th** - 7:00 pm

Where: **The People Place:**

101-3402 27th Avenue, Vernon, BC

When: **Tuesday, March 10th** - 2:00 pm

Where: **The People Place:**

101-3402 27th Avenue, Vernon, BC

**Can not attend?** Visit [www.disabilitytaxcredit.ca](http://www.disabilitytaxcredit.ca)

Free Eligibility Assessments for Disability Tax Credits can be arranged at the seminar. Family members & caregivers of persons with disabilities are encouraged to attend.

*Provided by Tax Watch a division of Ken Lagasse Inc. Chartered Accountant Disability Tax knowledge and experience that you can trust*

## SALMON ARM UPDATES

### 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:

#### “Alcohol & Drug Services”

Salmon Arm Alcohol & Drug Services offers drop-ins, individual, group and family counseling. assessments and referral to various treatment centers are provided, as well as harm reduction information and education. Youth services are also available.

Adult Drop-In/Intake in Salmon Arm

Monday, Wednesday, Friday – 1 pm to 3 pm only

250 – 833 - 4103

### TELEPHONE LISTING

I discovered that Mental Illness Family Support and Information Centre Salmon Arm was not listed in the local telephone book. I have contacted Telus and this office will be listed in their next publication.

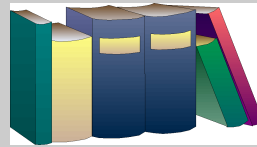
### VOLUNTEER SEARCH

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.

### NEW ADDITIONS TO THE SALMON ARM LIBRARY



#### Books:

I have a number of new books arriving in the next couple of weeks on the subjects of addiction, depression, bipolar disorder, borderline and addictive disorders.

#### DVDs:

***Flight from Darkness*** - by Trevor Grant, focuses on the life of Percy Paul, from his dazzling rise and fall as a brilliant mathematician to his continuing struggle to prevail over his illness and realize his full potential. (Bipolar Disorder)

## CALENDAR OF EVENTS SALMON ARM

### SALMON ARM FAMILY SUPPORT GROUP

Future Family Support Group dates are:

Mar. 26, Apr. 30, May 28, June 25, and July 30

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.

## CALENDAR OF EVENTS SALMON ARM CONTINUED



This 5 week workshop is a national education program for family members and close friends of individuals living with a mental illness. This program aims at increasing accessibility to Canadian based information on topics associated with living daily with mental illness. This program provides information, skill building, support, awareness and tools for coping.

**Place:** Okanagan College, Salmon Arm

**Date:** Tuesday, April 21 – May 19, 2009

**Time:** 6:30 p.m. – 9:30 p.m.

This workshop is sponsored by the BC Schizophrenia Society and is **FREE**, however, participants must **PRE-REGISTER BEFORE APRIL 16**, by calling Donna (250) 832-3014 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.*

### REGISTERED DISABILITY SAVINGS PLAN

*Submitted by Vernon Branch*

Do you know that the federal government has initiated a Registered Disability Savings Plan beginning in 2008? You may have missed the March 2, 2009 deadline for this year, but you can start contributing now for the next tax season. Generally any person eligible for the disability tax credit, resident in Canada, and under the age of 60 (or a minor child's parent or guardian or adult's legal representative) will be eligible to establish an RDSP. The maximum lifetime contribution is

\$200,000. Contributions can be made by the individual, family members or friends. Contributions to an RDSP are not tax deductible and can be made until the end of the year in which the beneficiary turns 59 years of age.

RDSPs may qualify for Canada Disability Savings Grant by up to another \$3,500 depending upon the family net income. The grant portion can be received to a maximum of \$70,000 and can't be paid after the year the beneficiary turns 49.

RDSPs may also qualify for a Canada Disability Savings Bond of up to \$1000 per year (without any contribution) where family net income is \$21,287 or less. The bond can be received up to a maximum of \$20,000 and can't be paid after the year the person turns 49.

The beneficiary must wait ten years after the last grant or bond is received in order to avoid withdrawal penalties on the grant or bond portion. If you or your relative are already in your/their 40s you may want to consider if investing in your/their trust would be a better option.

Application for an RDSP is about 15 pages long and you may need help filling it out. Here are some financial institutions that can provide you with more information: BMO call 1-800-665-7700 and ask for investment services, Royal Bank at 1-800-463-3863 to book an appointment with the Investment Retirement Planner, Berkshire Investment Group at 250-309-3022 and First Capital Financial at 250-558-4600. Other banks may soon be offering RDSPs as well so check with your bank.

See page four of this newsletter about local RDSP information seminars. Below are links with more information about RDSPs. Planned Lifetime Advocacy Network is doing free workshops and trainings, some in person, some by telephone, on how to set up and manage a registered disability savings plan. You can get more information from their website at: [www.plan.ca/Resources\\_Workshops2.php](http://www.plan.ca/Resources_Workshops2.php).

*This is our basic understanding of RDSPs which is not a professional understanding. Please consult with your financial planner to see if this option is good for you or attend the workshop noted on page 4 of this newsletter. Contact the numbers mentioned above and the resources below to get up to date, accurate information.*

[www.rdsp.com](http://www.rdsp.com)

[www.hrsdc.gc.ca/eng/disability\\_issues/disability\\_savings/index.shtml](http://www.hrsdc.gc.ca/eng/disability_issues/disability_savings/index.shtml)

[www.cra-arc.gc.ca/tx/ndvdl/tpcs/rdsp-reei/menu-eng.html](http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/rdsp-reei/menu-eng.html)

[www.rbc.com/newsroom/2009/0209-plan.html](http://www.rbc.com/newsroom/2009/0209-plan.html)

[www4.bmo.com/investments/0.4629.35649\\_62330610.00.html](http://www4.bmo.com/investments/0.4629.35649_62330610.00.html)

## BRANCH ARTICLES CONTINUED

### BURNABY CENTRE FOR MENTAL HEALTH AND ADDICTIONS

*Excerpts from Government of BC News Release February 23, 2009 Submitted by Salmon Arm Branch*

BURNABY – One year after it was announced, the Burnaby Centre for Mental Health and Addiction has filled its 100 beds, and is making a difference in the lives of British Columbians suffering from the most severe addiction and mental health illnesses, announced Health Services Minister George Abbott today, at a special event celebrating the milestone.

“In just one year, the Burnaby Centre for Mental Health and Addiction has progressed from a throne speech commitment to a fully functioning treatment facility that is helping some of British Columbia’s most vulnerable and challenged citizens,” said Abbott. “Its unique approach is helping to break the cycle that can too often trap this vulnerable group.”

The 100-bed facility is the first of its kind in British Columbia. It is intended for adults who are medically stable, with a range of mental health and addiction issues. Most clients also experience behavioural challenges, which have been compounded by lack of shelter, poor social networks, and a history of social stigma and discrimination.

The Burnaby Centre for Mental Health and Addiction provides clients with on-site medical, nursing and psychiatric care, as well as addiction care, counselling, and trauma support. It also connects them with social and recreational opportunities that contribute to their overall wellness. For example: all clients participate in music, art or recreational therapy, approximately half take part in weekly yoga classes, and 32 are currently registered for on-site education, such as the pursuit of their high school equivalency, continuing education or computer skills development.

The Burnaby Centre provides a holistic and integrated approach to treatment that combines the expertise of primary care, addiction and mental health practitioners. Clients enter treatment voluntarily and stay for an average of nine months or longer, depending on their individual care needs.

It is expected that close to two-thirds of clients will be able to return to the community with varying degrees of care and support once discharged from the centre, with many having the skills to be employable and productive.

“The philosophy at the Burnaby Centre involves client-centred care that is fully integrated with existing community-based addiction and mental health services operated by Vancouver Coastal Health,” said Dr. Stephen Holliday, director of addiction services, VCH. “The programs offered are holistic and strength-based, with the goal of helping clients recover and reintegrate into their community, where they will be supported to secure a home, a job and a friend.”

The provincial government invested \$3 million in one-time capital costs for facility renovations and is providing approximately \$14 million annually for the Centre’s operating costs. VCH is responsible for operating the facility in collaboration with the Ministry of Health Services, Provincial Health Services and Fraser Health

### 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.*

### SPECIAL THANKS

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

Vicky Pythagora - Kontos



## CHECK OUT THESE WEBSITES

**From Grief to Action has a new website** - Provides hope and respect, resources and support to family and friends affected by drug abuse . [www.fgta.ca](http://www.fgta.ca)

**Victoria BCSS Branch Early Psychosis video on youtube** - Provides information on early psychosis intervention. [www.youtube.com/watch?v=cockdhPZEIM](http://www.youtube.com/watch?v=cockdhPZEIM)

### Treatment Advocacy Centre

A U.S. national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illnesses. It promotes laws, policies, and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses. Browse the resource library and look at the Catalyst newsletters. They are very informative. [www.treatmentadvocacycenter.org/](http://www.treatmentadvocacycenter.org/)

### World Fellowship for Schizophrenia and Allied Disorders

Has information for families, siblings etc. Click on publications then scroll down and see the article, Families in Limbo - article 8a (and many more). [www.world-schizophrenia.org/](http://www.world-schizophrenia.org/)

### Helping Children Understand Mental Illness -

from the Mental Health Association of Southeastern Pennsylvania. [www.mhasp.org/coping/guardians.html#6](http://www.mhasp.org/coping/guardians.html#6)

## INSPIRATION

**It's not what you look at that matters, it's what you see.** Henry David Thoreau

**You only live once, but if you work it right, once is enough.** Joe E. Lewis

**In a world where there is so much to be done, I felt strongly impressed that there must be something for me to do.** Dorothea Dix (1840's mental health advocate)

**If you find it in your heart to care for somebody else, you will have succeeded.** Maya Angelou

## 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