



FAMILY & FRIENDS



BC Schizophrenia Society, Vernon & Salmon Arm Branches

September, 2008

BOARD OF DIRECTORS

President, Beatrice Cormier
Treasurer, Gloria Iannattone
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John Suderman
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BRANCH INFORMATION

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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.

A FAREWELL FROM ANGIE



Hi everyone,

I hope you had a wonderful summer.

I am just writing to let you know that I am moving on from my position at the Mental Illness Family Support and Information Centre. I have been able to secure full time employment following my graduation from the Human Service Work Program this past June and I am excited (and a little nervous!) to see what the future and new experience will bring. I am sad to be leaving my position as Family Support Buddy Program Coordinator, although I hope to be able to return someday as a volunteer.

It has been both an exciting and challenging year and a half that I have been assisting Dianne and the Board to bring this now well-established program to life. This experience has brought many rewards, most importantly, to the friends, family members, and people with mental illness who I have had the privilege to serve.

I wish to thank everyone at the Vernon and Salmon Arm office, especially the Buddy volunteers; BCSS Provincial, for developing such a wonderful program; and the many other agencies in the community for all their help, support, and encouragement throughout my time at the Vernon branch. It has truly been an honour and privilege to have been able to work with and get to know all of you while helping this valuable program to grow. I am sure that this program, along with others, will continue to make a huge difference in the community.

Thank you again - I wish you all the best in the future!

Sincerely,

Angie Ferraro

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VERNON UPDATES

FAMILY SUPPORT BUDDY PROGRAM



Our program is growing. We currently have 5 volunteers with 4 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

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 to bring to the attention of the committee, please contact Dianne at 250-260-3233.

PARTNERSHIP EDUCATION PROGRAM

Partnership Education is a very personal and compelling free presentation utilizing a panel of three people who offer their personal perspectives on mental illness from the point of view of a person with a mental illness, a family member and a mental health service provider. The presentation also includes an overview of the major mental illnesses, a short video, an interactive exercise (time permitting) and an opportunity for questions and answers. Ideally, presentations take about an hour and a quarter, but we can adjust to shorter or longer times to suit your needs.

If you would like to book a presentation for your school, college, university, service club, church, company, or other interest group, please contact Dianne at 250-260-3233 or bcssvernon@shaw.ca

VERNON LIBRARY

We'll be getting more new books this fall. Stop in and check them out!



Thanks to those of you who have so kindly returned your overdue library items. If you have items to return and 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 to benefit from them and saves us the expense of having to replace them. Thanks in advance for your attention.

VALUED VOLUNTEER

We are pleased to honour Renee Klein's valuable work with our society. Renee has volunteered with our Partnership Program since 1991. She remembers being quite nervous when she first started sharing her story, but she feels very comfortable speaking now.



Renee enjoys creative endeavours. She is a photographer who regularly submits work to our annual art show and other shows. She enjoys writing, woodworking and gardening. She is currently combining two of these hobbies by making some stools for her garden.

As Renee says in the anthology, *Storm Breaking* (CMHA 2002), "I feel grateful, once again, for the freedom, peace and clarity I now enjoy. I have friends and a family to thank. And I send my great thanks to the universe, up to the heavens, where it lands, I hope, upon the ears of an angel".

Thanks, Renee, for being you and for dispelling the myths and decreasing the stigma associated with mental illness by sharing your story.

CALENDAR OF EVENTS VERNON

AWAKENING THE SPIRIT ART SHOW AND SALE

August 7 – September 29th, 2008



Celebrating the creative talents of people living with mental illness.

We are pleased to say that this is the fifth year of the Awakening the Spirit Art Show - this year featuring 28 artists and 66 works! The work selected for the poster was, "The Art Critics," by Renah Woods. Thanks to all of the artists for your outstanding submissions for the poster and for the art show.

Mayor Lippert and Harold Schaffer, President of CMHA, offered a warm welcome to artists and invited guests gathered for the Gala Opening at the Performing Arts Centre on August 13. Everyone was treated not only to beautiful art, but also, to tasty refreshments provided by CMHA and to Brent's (Interior Health) lovely guitar music.

Take the time to check out the artists' fabulous creations and we are sure you will be inspired to purchase a piece to enjoy at home. Viewings are in the Coat Check Gallery for performance patrons during events at the Vernon & District Performing Arts Centre at 3800 33rd Street. Come to free public viewings on Tuesdays from 1 p.m. – 3 p.m. or by special arrangement - contact Susan at 250-542-3114.

Thanks to all of the volunteers and staff from Canadian Mental Health Association, Interior Health, and BC Schizophrenia Society who helped to put this event together and a special thanks to Vernon and District Performing Arts Centre for your ongoing support of the show.

VERNON FAMILY SUPPORT GROUP

Sept. 9 & 23, Oct. 14 & 28, Nov. 25

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 meet on the 2nd Tuesday of every month from 2 – 3:30 p.m. (*note - no meeting on November 11) in room #002 in the basement of the People Place and the 4th 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.

EMBRACE LIFE VIGIL – AN EVENING OF SUICIDE PREVENTION, AWARENESS AND REMEMBRANCE

Wednesday, September 10, 2008 6:30 p.m.

The Crisis Line and other community agencies on the Suicide Prevention Committee are working together to recognize **World Suicide Prevention Day on Wednesday, September 10.** Committee members will have free buttons available as shown below, and wristbands for a suggested donation of \$2 are also available. The empty space in the middle of the button represents the emptiness left in



the hearts and lives of anyone who has lost a friend or family member to suicide. It is an emptiness that words cannot express and the head cannot justify to the heart. If you have been touched by

suicide and would like to join others to honour the memory of your loved one, please join us at the **Embrace Life Vigil in the Rose Garden at Polson Park from 6:30 – 7:30 p.m. on Wednesday, September 10.**

CALENDAR OF EVENTS VERNON CONTINUED

MENTAL HEALTH FAMILY FUN DAY

Paddle Wheel Park Hall

Thursday, September 11, 2008 10 a.m. - 2 p.m.

Join us for Family Fun Day on Thursday, September 11th from 10 a.m. to 2 p.m. at Paddlewheel Park Hall at 7813 Okanagan Landing Road in Vernon. This special day offers mental health consumers, their families and friends the opportunity to get together for a day of activities, games, education, food and fun! If you need transportation to Paddlewheel Park, the van will pick people up at CMHA at 9:00 a.m. and 9:30 a.m. and Albert Place at 10.00 a.m.



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.

FAMILY-TO-FAMILY EDUCATION COURSE

This **FREE** course helps family members and friends of individuals with mental illness to 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 trained volunteer family members.

Next course offered 5 Saturdays:

September 20 to October 25 , 2008

(note: no class on October 11th)

Classes from 9:30 to 3 p.m.

at the People Place

Rm #003 (Oct. 18 Rm #001)

3402 27th Avenue, Vernon

To register, call Bea

before September 10th at 250-549-4553

Community Living B.C. & Okanagan Foster Parents Association

Present two workshops for those who support youth and adults with

Intellectual / Developmental Disabilities

**Aspects of Mental Health and People
with**

Developmental Disabilities

9:30 – 11:30 AM, Monday, Sept. 29, 2008

**Alcohol, Drugs and Disability:
Making the Connection**

12:30 – 2:30 PM, Monday, Sept. 29, 2008

Prestige Hotel & Conference Centre

4411 – 32nd St., Vernon

Registration: \$10 for one workshop,

\$15 to attend both

*Seating is limited** lunch is not included*

Barbara Ludwig has worked in the United States and Canada for over 30 years in diverse capacities as a licensed counselor, non-profit executive director, successful grant writer, medical school faculty lecturer, transdisciplinary clinician and team leader, behavioral and crisis services provider, consultant and presenter. Her specialization is serving people with intellectual/developmental disabilities and complex needs and their supporters.

She volunteers as the international outreach coordinator for the National Association on Alcohol, Drugs and Disability (NAADD) and has worked extensively with the National Association for the Dually Diagnosed (ID/MI), (NADD). Barbara is currently developing Life College by CHAS for Community Homes and Services in Marin County, California.

For more information contact Noelle at

(250) 558-0939

email NOKsupport@okfosterparents.ca

**NATIONAL DEPRESSION & ANXIETY
SCREENING AND EDUCATION DAY
Thursday, October 9, 2008**

If you are concerned that you or someone you know may have clinical depression or an anxiety disorder - real conditions that touch at least one in every 5 people - there is help and hope.

Learn more about these treatable conditions, complete a brief questionnaire, speak one-on-one with a clinician, and find out about the range of community resources available to help. Sites also have information on alcohol and drug use problems, and seasonal or postpartum depression.

Canadian Mental Health Association is hosting the site in Vernon and clinicians from Interior Health will be available for screenings. Other community agencies, including BCSS, will be available at displays to provide handouts and information.

Watch the media for announcements about screening locations.

SPECIAL THANKS

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

Picture Perfect

Electric Paper Company

M & M Meats

Bakers Dozen

Vernon and District Performing Arts Centre

Vernon Boys and Girls Club

Nor-Val Rentals Ltd.

Dr. Laidlaw

Clancy's Gourmet Meats

**RESPIRE WEEKEND FOR FAMILY CAREGIVERS
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. 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. 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

www.naramatacentre.net

SALMON ARM UPDATES



**New to the Salmon Arm Library:
DVDs:**

"Depression - Out of the Shadows", (PBS Video)

"The Forgetting, A Portrait of Alzheimer's" (PBS Video), by David Shenk

"The Secret Life of the Brain", (PBS Videos) Baby to Aging Brain, by David Grubin

Books:

"The Forgetting, A Portrait of Alzheimer's",

by David Shenk

CANADIAN MENTAL HEALTH ASSOCIATION

September is here and new programs are starting so call the Salmon Arm CMHA Office at (250) 832-8477 to get more information.

SALMON ARM UPDATES CONTINUED

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.

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 Community Support Services (ACSS)”

Provides assessment, treatment and consultation to help clients achieve independence and improve the quality of their lives. Community based service to adults with a serious and persistent mental illness. ACSS services include:

- Residential Care and Supported Housing Programs
- Early Psychosis Intervention (EPI)
- Injection Clinics
- Community Outreach
- Case Management
- Concurrent Disorders

Referrals, call (250) 833-4100, Fax (250) 832-1714

Office Hours: 8:00 a.m. - 4:30 p.m.

CALENDAR OF EVENTS SALMON ARM

FAMILY SUPPORT GROUP

Future Family Support Group dates are:

Sept. 25, Oct 30, Nov. 27 and Dec. 18, 2008

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.

Excerpts from www.emedicine.com, submitted by the Salmon Arm Branch.

Background: The term schizoaffective disorder was coined by Dr. Jacob Kasanin in 1933. Schizoaffective disorder is a perplexing mental illness distinguished by a combination of symptoms of a thought disorder or other psychotic symptoms such as hallucinations or delusions (schizophrenia component) and those of a mood disorder (depressive or manic component). The coupling of symptoms from these divergent spectrums makes treating patients who are schizoaffective difficult.

Schizoaffective disorder is defined using the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR)* criteria or by *International Classification of Diseases, Tenth Revision (ICD-10)* coding. Schizoaffective disorder has features of both schizophrenia, including hallucinations, delusions, and distorted thinking, and a mood component, such as depression or mania.

The diagnosis is made when the patient has features of both illnesses but does not strictly meet diagnostic criteria for either schizophrenia or a mood disorder alone. Unfortunately, determining if a patient has 2 separate illnesses (schizophrenia or a mood disorder), a combination of illnesses (schizophrenia and a mood disorder), or perhaps even a distinct and separate illness apart from schizophrenia or a mood disorder is difficult. Making the diagnosis of schizoaffective disorder can be difficult because it encompasses 2 other diagnostic

entities, namely schizophrenia and mood disorders. An accurate diagnosis is made when the patient meets criteria for major depressive disorder or mania while also meeting the criteria for schizophrenia. Moreover, the patient must have psychosis for at least 2 weeks without a mood disorder.

Men with schizoaffective disorder tend to exhibit antisocial personality traits. The age of onset is later for women than for men, and the exact etiology and epidemiology is unclear because of limited research in this area. Patients with schizoaffective disorder are thought to have a better prognosis than that of patients with schizophrenia. Treatment consists of both pharmacotherapy and psychotherapy.

Pathophysiology: Although the exact etiology of schizoaffective disorder is unknown, it may involve the balance of dopamine and serotonin in the brain. Others believe that it may be due to in utero exposure to viruses, malnutrition, or even birth complications.

Frequency: United States - The lifetime prevalence of schizoaffective disorder is thought to be approximately 0.32%, with a range of 0.5-0.8%. This rate is only an estimate because no studies have been performed.

Mortality/Morbidity: The prognosis for patients with schizoaffective disorder is thought to lie between that of patients with schizophrenia and that of patients with a mood disorder. That is, the prognosis is better with schizoaffective disorder than with schizophrenic disorder but worse than with a mood disorder alone.

- Individuals with the bipolar subtype are thought to have a prognosis similar to those with bipolar type I, whereas the prognosis of people with the depressive subtype is thought to be similar to that of people with schizophrenia. Overall, determination of the prognosis is difficult.
- The incidence of suicide is estimated at 10% (Williams, 1998). Also consider difference in

suicide attempts among different ethnic groups. Caucasian individuals have a higher rate of suicide than African Americans. Persons who immigrated to a country have higher suicide rates than people born in that country. In regards to gender, women attempt suicide more than men, but men complete suicide more often.

- Schizoaffective disorder affects more women than men, but this appears to be influenced by the fact that more women are in the depressive subtype as compared with the bipolar subtype.
- A poor prognosis in patients with schizoaffective disorder is generally associated with a poor premorbid history, an insidious onset, no precipitating factors, a predominant psychosis, negative symptoms, an early onset, an unremitting course, or their having a family member with schizophrenia.

Race: No race-based difference in diagnosis is observed.

Sex: Schizoaffective disorder is more common in women than in men. Men with schizoaffective disorder tend to exhibit antisocial traits and behavior in contrast to other personality traits. In addition, the age of onset is later for women than for men, and the exact etiology and epidemiology is unclear because of limited research in this area.

Age: Young people with schizoaffective disorder tend to have a diagnosis with the bipolar subtype, whereas older people tend to have the depressive subtype.

If you are interested in learning more about schizoaffective disorder, go to the website, www.emedicine.com.

CHECK OUT THESE WEBSITES

Representation Agreements - Nidus is an on-line centralized registry for Enduring Powers of Attorney and Representation Agreements. The Law Society of BC and Gateway File Systems are technical partners for the Nidus Registry. www.nidus.ca/textual/home.htm

Schizophrenia and Substance Abuse Website - Schizophrenia Society of Canada - Aims to optimize the chances of recovery and quality of life of people affected by concurrent disorders by providing user-friendly and accessible information for consumers, family members and service providers. www.schizophreniaandsubstanceuse.ca/

Rays of Hope Booklet - This is a "must-have" publication for families and caregivers of individuals with schizophrenia. Rays of Hope is available here to download. We also have copies at our offices.

http://www.schizophrenia.ca/Rays_of_Hope.pdf

The Organization for Bipolar Affective Disorder - Their mission is to help people affected directly or indirectly by Bipolar Disorder, Depression and Anxiety, live better lives. This website is very informative with recent news, answers questions and has several links. www.obad.ca

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.

INSPIRATION

How far you've come.

There was a time when you could not do many of the things you can do now. Yet you learned, and now those skills that once were out of reach have become second nature.

There was a time when you felt uncomfortable venturing in to new places, situations and relationships. Even so, you did it, and now you feel perfectly at home with those people and places.

There was a time when you could not comprehend many of the things you now understand so well. And you took the time to listen, to learn, to think and to challenge yourself.

You've come a long way already, and because of that, the challenges now are even greater. That means they're filled with even more valuable opportunities for you to move higher and higher.

Though you're not yet where you truly want to be, you've come a long way in that direction. The knowledge, the experience, the strength you already have is more than enough to move you forward today.

Make use of it all, and tomorrow you will have even more. - Ralph Marston

A Citizen with a Disability is...

- Not a burden, but an asset.
- Not an inmate, but a neighbour.
- Not a strain on society, but a contributing member.
- Not someone in need, but someone who has much to give.
- Not strange, but different and one of us.
- Not less then, but the same as.
- Not someone to fear, but someone to love.
- Not someone to be pitied, but someone to share with.
- Not handicapped, but

A PERSON.

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