



# FAMILY & FRIENDS



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

## **BOARD OF DIRECTORS**

**President** - Beatrice Cormier  
**Treasurer** - Gloria Iannattone  
**Secretary** - Shirley Leng  
Marty Leier, Vicky Midtdal  
Paul Miron, Jim Snell  
John Suderman

## **BRANCH INFORMATION**

### **Vernon Branch:**

Dianne Hustler  
#301- 3402 – 27<sup>th</sup> Ave.  
Vernon, B.C. V1T 1S1  
Ph: (250) 260-3233  
Fax: (250) 260-3212  
Email: [bcssvernon@shaw.ca](mailto:bcssvernon@shaw.ca)  
Website: [www.vernon.bcss.org](http://www.vernon.bcss.org)

### **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)  
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.

## **TREASURED VOLUNTEERS**



How does a non-profit agency get things done when there are so few employees? The answer is through an amazing volunteer work force. We currently have 29 volunteers working in Vernon who donated 610 hours of their valuable time this past year and 2 volunteers in Salmon Arm who donated 48 hours of their valuable time. The work our volunteers do is as varied as the volunteers themselves. They help with office tasks, assist with the support group, tell their personal stories in Partnership Presentations, act as Directors on our Board, facilitate our Strengthening Families Together Course, host displays, act as a Buddy to other family members, participate on our Family Advisory Committee and help out with various other activities throughout the year like the Awakening the Spirit Art Show and Family Fun Day. We simply could not provide the services we provide without all of the important work that our volunteers contribute to our society. We would like to take this opportunity to publicly honour you and let you know that you are truly treasured.

## **INSIDE THIS ISSUE**

<b><u>Vernon Updates and Calendar of Events</u></b>	<b><u>2-3</u></b>
<b><u>Salmon Arm Updates and Calendar of Events</u></b>	<b><u>3-4</u></b>
<b><u>Branch Articles</u></b>	<b><u>5-6</u></b>
<b><u>Check out these websites</u></b>	<b><u>7</u></b>
<b><u>Inspiration</u></b>	<b><u>7</u></b>
<b><u>Membership</u></b>	<b><u>7</u></b>

## 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.

### ANNUAL GENERAL MEETING

Fifteen people attended the BCSS Vernon/Salmon Arm Annual General Meeting which was held on Thursday, May 21<sup>st</sup> from 7 – 8:15 p.m. We showed the DVD, "Surviving Schizophrenia", after the business part of the meeting with some discussion following the viewing.

### MENTAL HEALTH WEEK - MENTAL ILLNESS MYTH BUSTERS PRESENTATION

About 50 people attended this evening presentation at Trinity United Church on May 5<sup>th</sup>. Thanks to all four members of the panel who shared their personal stories about how mental illness has affected their lives from the point of view of a person living with a mental illness, a family member and a mental health professional.

### NEW ADDITIONS TO THE VERNON LIBRARY



#### Books:

**Shock: The Healing Power of Electroconvulsive Therapy** by Kitty Dukakis and Larry Tye  
**Broken Open: How Difficult Times Can Help Us Grow** by Elizabeth Lesser  
**Getting Control of Your Anger: A Clinically Proven, 3-Step Program for Getting to the Root of the Problem and Resolving It** by Robert Alan PhD.

#### DVDs:

**From Grief to Action** - One-hour documentary chronicling 17 months in the lives of four families whose children are addicted to hard drugs.

### STRENGTHENING FAMILIES TOGETHER

This course, which offers family members the opportunity to learn more about mental illnesses, caring for themselves and about supporting, caring for, and communicating with their loved one, ran for six evenings from April 22 – May 27. Twelve people completed the course. If you are a family member and you are interested in attending our next session in the fall, contact Dianne at 250-260-3233.

### CALENDAR OF EVENTS VERNON

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

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.



We hope that all of you artists are busy getting your work ready for the show. 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.

Here are some deadlines to keep in mind:

- **Monday, June 15<sup>th</sup> - Deadline for submissions to be considered for the poster.** Submissions will be accepted between Monday, June 8<sup>th</sup> and Monday June 15<sup>th</sup> at CMHA (3100 – 28<sup>th</sup> Ave.)
- **Monday, July 27<sup>th</sup> – Deadline for submissions for the Art Show.** Submissions will be accepted between Tuesday, July 21 and Monday, July 27<sup>th</sup> at CMHA (3100 – 28<sup>th</sup> Ave.) or the BCSS office (#301, 3402 – 27<sup>th</sup> Ave. - People Place).

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

## CALENDAR OF EVENTS VERNON CONTINUED

### VERNON FAMILY SUPPORT GROUP

#### Future Family Support Group Dates are:

**June 23, July 28<sup>th</sup>, August 25<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.

### MENTAL HEALTH FAMILY FUN DAY



Get ready for another fantastic day of fun and sun on Thursday, September 10 from 10 a.m. - 2 p.m. at Paddlewheel Park Hall at 7813 Okanagan Landing Road in Vernon. This special day offers consumers, their families and friends the opportunity to get together for a day of activities, games, education, great food and great times! Watch for more details in the coming months at CMHA and BCSS.

## 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:

#### **“Elderly Services Team (EST)”**

Provides assessment, consultation, treatment, follow-up psychosocial support and education for Seniors 65 years of age or older (adults under 65 who have dementia and similar clinical issues are also served) who are experiencing:

- Complex dementia (associated psychiatric or behavioral problems);
- depression, bipolar affective disorder, anxiety, delusional disorders; and
- longstanding psychiatric disorders with age related complications.

Office Hours: Monday – Friday 8 a.m. - 4:30 p.m.

Phone: (250) 833-4100

### 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

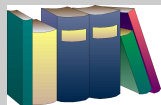
### SALMON ARM FAMILY SUPPORT GROUP

Future Family Support Group dates are:

June 25, July 30, Aug. 27, Sept. 24, and Oct. 29

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.

### NEW ADDITIONS TO THE SALMON ARM LIBRARY



#### Books:

**The Angry Heart: Overcoming Borderline and Addictive Disorders** by Joseph Santoro, PhD.

**How to Quit Drugs for Good: A Complete Self-help Guide** by Jerry Dorsman

**Overcoming Panic and Agoraphobia: A Self-help Guide Using Cognitive Behavioral Techniques** by Derrick Silove & Vijaya Manicavasagar

**Coping with Grief: A Self-help Guide** by C.A. Komar

**Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children** by Charles Rubin

**When a Parent is Depressed: How to Protect Your Children from the Effects of Depression in the Family** by William R. Beardslee, M.D.

**Thinking Simply About Addiction: A Handbook for Recovery** by Richard S. Sandor, M.D.

**The Bipolar Bear Family: When a Parent has Bipolar Disorder** by Angela Ann Holloway

**You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-help book for Adults with Attention Deficit Disorder** by Kate Kelly and Peggy Ramundo

**The Everything Health Guide to Addiction and Recovery: Control your behavior and build a better life** by Linda L. Simmons, Psy.D.

**Inside a Cutter's Mind: Understanding and helping those who self-injure** by Jerusha Clark with Dr. Earl Henslin.

**Acquainted with the Night: A Parent's Quest to Understand Depression and Bipolar Disorder in His Children** by Paul Raeburn

#### DVDs:

**Meth in the City** – From the users to the activists to the law enforcement officers on the front lines, METH IN THE CITY provides a stark warning about the growing availability of this dangerous substance on the streets of America's cities.



Strengthening Families  
**Together**  
Helping Canadians Live with Mental Illness

This 6 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, Sept. 22 – Oct. 27, 2009

**Time:** 6:30 p.m. – 9:00 p.m.

This workshop is sponsored by the BC Schizophrenia Society and is **FREE**, however, participants must **PRE-REGISTER BEFORE Sept. 22**, call Donna (250) 832-3014 ext. 206.

## OVER THE SUMMER MONTHS

The Salmon Arm office is open over the summer with the same regular office hours 1 – 4 p.m. Wednesdays and Thursdays. For other times, please call for an appointment 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.*

#### MIND GYM HELPS PEOPLE LIVE WITH SCHIZOPHRENIA

*Submitted by the Salmon Arm Branch*

*from New Scientist Health at*

<http://www.newscientist.com/article/mg20227044.600-mind-gym-helps-people-live-with-schizophrenia.html>

BRAIN training in a computerised mind gym could help people with schizophrenia cope with the debilitating cognitive problems caused by the condition.

The obvious schizophrenic symptoms - such as having animated conversations with people who aren't really there - can be controlled by antipsychotic drugs. However, people with schizophrenia find their difficulties with learning, remembering, making decisions and processing information even more problematic than hallucinations. These symptoms have proved hard to treat, making it difficult for people with the condition to hold down a job or deal with social situations.

Now there is hope. At the San Francisco Veterans Affairs Medical Center, a team led by Sophia Vinogradov has put 55 volunteers with schizophrenia through "brain fitness" training, using software made by the firm Posit Science, also in San Francisco.

The brain fitness software starts by giving volunteers basic tasks such as identifying whether the pitch of various tones rises or falls and ends with a comprehension test of a spoken narrative.

After the training, Vinogradov's volunteers performed better in cognitive tests, including tests

of verbal learning and memory, compared with a control group who played simple computer games.

The improvements were about twice as great as those seen in previous trials of cognitive training, Vinogradov's team reports in a paper to appear in *The American Journal of Psychiatry*.

Susan McGurk of Dartmouth Medical School in Hanover, New Hampshire, who has analysed the evidence from earlier trials, calls Vinogradov's results "exciting".

This is not the first attempt to use computer tools to treat the cognitive problems that come with schizophrenia, but it is more intensive than earlier efforts. Each volunteer did about 50 hours of brain training over 10 weeks.

The approach is also unusual because it initially focuses on improving a person's ability to process sensory information, before honing higher-level cognitive processing.

This "bottom-up" approach is crucial, says Vinogradov, who likens having the sensory difficulties that come with schizophrenia to trying to listen to a talk show on a badly tuned radio. Tuning the radio to remove the static allows the listener to hear the underlying discussion. Similarly, training sensory processing frees volunteers with schizophrenia to work on higher-level cognitive tasks.

The big test will be whether these gains lead to an improved ability to hold down a job or deal with social situations. One encouraging sign has already come from a follow-up study on some volunteers, who six months after the training had improved their scores on a questionnaire that assessed quality of life (Schizophrenia Bulletin, DOI: 10.1093/schbul/sbn170).

Vinogradov hopes to improve the results further by adding training on visual information and the processing of social cues such as those from facial expressions. She is also testing whether the training can help protect the brains of young people who show early signs of psychosis. This may be important because cognitive decline sets in before a first psychotic episode.

"The way we treat schizophrenia now is the equivalent of waiting until someone has metastatic cancer before starting to treat," she says.

**MELBOURNE RESEARCHERS CLAIM SCHIZOPHRENIA BREAKTHROUGH**

*From SZ Magazine Inspiration and Information May 29, 2009 Vol 3 Issue 6 Submitted by Vernon Branch*

Scientists in Melbourne, Australia have made a critical breakthrough in understanding the differences in the brains of people with schizophrenia.

Scientists from the Mental Research Health Institute have discovered that 25 percent of people diagnosed with schizophrenia can be separated from other people with the same diagnoses. Professor Brian Dean, who is leading the research, likened the breakthrough to the advances made with diabetes when scientists found a split in Type 1 (insulin deficient) and Type 2 (insulin resistant) diabetes.

“It was the first step in developing different treatments used for the two disorders,” he says. “The same will be true for schizophrenia, a syndrome that affects one in 100 people.”

The team is now working to understand the differences in the brains of people with Muscarinic Receptor Deficit Schizophrenia (MRDS), the form of the disease they have identified, and other forms of schizophrenia. “Now we can study a form of schizophrenia in isolation, it makes it much easier to see what is changed in the brains of subjects with MRDS,” Dean says. “This significant step forward is helping us to unravel the potential causes of the MRDS disorder, so that we are able to develop better treatments.”

With no blood test or other marker available currently to diagnose schizophrenia, the illness is currently diagnosed by the presence of other specific symptoms that cannot be accounted for, unlike psychiatric illnesses induced by brain tumors or brain injury.

Dean and his team focused their work on the brain tissue of 154 deceased people.

The scientists made very thin sections (14 thousands of a millimeter thick) of the brain tissue to measure the levels of the Muscarinic M1 receptor using a radioactive drug that binds to the receptor.

The next phase of the research will be undertaken by Professor Christos Pantelis and his group at the University of Melbourne, completing a neuroimaging study to identify living people with MRDS. “What we are hoping for is to come up with a marker to diagnose schizophrenia over the next two years,” Dean explains.

**SPECIAL THANKS**

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

Lil Ullrich  
Vernon Insurance Services  
Spallumcheen Golf and Country Club  
Capri Insurance



**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.

## CHECK OUT THESE WEBSITES

National Education Alliance For Borderline Personality Disorder:

<http://www.borderlinepersonalitydisorder.com/>

Borderline Personality Disorder Association of Kelowna

<http://www.bpdakelowna.com>

**Mental Health Works Website (CMHA)** – great website with information for employers and employees about mental health in the workplace.

<http://www.mentalhealthworks.ca/index.asp>

Schizophrenia Society of Canada – Schizophrenia and Substance Use

<http://www.schizophreniaandsubstanceuse.ca/>

**Advocacy Toolkit SSC** This site has information on advocacy and an advocacy toolkit

<http://www.schizophrenia.ca/Advocacy.htm>

**THE BUZZ** – a newsletter about Alcohol and Drug Issues and Services in the North Okanagan.

<http://www.interiorhealth.ca/health-services.aspx?id=4994&terms=the+buzz>

## INSPIRATION

"Never let yesterday's disappointments overshadow tomorrow's dreams." Unknown

"To those who can dream there is no such place as faraway." Unknown

"It may be those who do most, dream most." Unknown

And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom." Anaïs Nin

"Learn the alchemy true human beings know. The moment you accept what troubles you've been given, the door will open." Rumi

## BECOME A BCSS MEMBER

### Lower Membership Fee!

Please note that due to bylaw changes at the Provincial AGM last June, provincial membership renewal is no longer necessary. All current BCSS members have been "grandfathered" in, and do not need to renew their provincial memberships annually.

Membership to BCSS Vernon/Salmon Arm 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:

### Mental Illness Family Support & Information Centres

BCSS – Vernon  
#301 – 3402 27 Ave.  
Vernon, BC V1T 1S1

BCSS - Salmon Arm  
(PO Box 914)  
181 Trans Cda Hwy NE  
Salmon Arm, BC V1E 1Z3

### 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