



FAMILY & FRIENDS



BC Schizophrenia Society, Vernon & Salmon Arm Branches

March , 2010

BOARD OF DIRECTORS

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Treasurer - Gloria Iannattone
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BRANCH INFORMATION

Vernon Branch:

Dianne Hustler
#301 - 2 3402 – 27th Ave.
Vernon, B.C. V1T 1S1
Ph: (250) 260-3233
Fax: (250) 260-3212

Office Hours

Monday to Thursday: 9:30 to 12:30 and Monday to Thursday afternoons and Friday mornings by appointment.

Email: bcssvernon@shaw.ca
Website: 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

Office Hours

Wednesday and Thursday mornings by appointment.
Walk-in visits 1:00 – 4:00 pm

Email: salmonarm@bcss.org
Website: www.salmonarm.bcss.org

BCSS Provincial website:
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.*

Membership and Annual General Meeting

We appreciate your support of the work that we do in our community. We hope that you will continue to show your support by becoming a member of our society (see more on page 8) and by joining us at our upcoming Annual General Meeting.

BCSS Vernon/Salmon Arm Annual General Meeting

Date: Thursday May 13, 2010

Time: 7:00 – 8:15 p.m.

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



After the business part of the meeting
(at about 7:15),
join us for popcorn and
watch the DVD

The Down Side of High

Is today's strong pot damaging young minds? That provocative question is at the heart of this new documentary on recent science discoveries about marijuana and mental illness.

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AWAKENING THE SPIRIT ART SHOW AND SALE July – September 2010 (dates to be confirmed)



It's time to pull out your art supplies and get creative! 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. You will be able to submit up to four pieces of original art for consideration for the art show. Your art may be original sculpture, paintings, photography or drawings that have not been submitted to previous Awakening the Spirit Art Shows. Pieces may be for show or sale. There are some free frames available on a first come first serve basis at Canadian Mental Health Association. The show will start some time in mid to late July. **Our June newsletter will have more details about the art show submission dates.** For now, just use this notice as a bit of inspiration to

get your artwork started. If you are interested in submitting art to be considered for the promotional poster for the event, **submissions for the poster only will be taken between May 19 and 26th at Canadian Mental Health Association or at our office.**

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

VERNON LIBRARY

BOOKS

Me, Myself and Ike by K.L. Denman

Pieces of Me by Charlotte Gingras

Why Are You So Sad? A Child's Book About Parental Depression by Beth Andrews

Nothing to Hide: Mental Illness in the Family by Jean Beard and Peggy Gillespie

Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner by Julie A. Fast

Wishing Wellness: A Workbook For Children of Parents With Mental Illness by Lisa Anne Clarke

Electroshock: Healing Mental Illness by Max Fink

Boundaries: Where You End and I Begin by Anne Katherine

Where to Draw the Line: How To Set Healthy Boundaries Every Day by Anne Katherine

Codependent No More: How to Stop Controlling Others and Start Caring For Yourself by Melody Beattie

Mind Gone Astray by Wayne Kallio true story of a husband supporting his wife who was diagnosed with schizophrenia after forty years of marriage.



DVDs

Unlearn by the National Film Board - a short DVD about stigma

Flight From Darkness by the National Film Board - about Percy Paul's journey from a remote Dene community to Princeton and his life coping with alcoholism and bipolar disorder

Not Just a Bad Day: Living with Bipolar Disorder by Vancouver Coastal Health

Life After Mental Illness: The Story of Bill MacPhee by Buffy Bradshaw Films

Note: Would you check to see if you have any overdue library items and, if so, please return them so that others may benefit from them.

VERNON FAMILY SUPPORT GROUP

Future Family Support Group dates are: March 23, April 27th, and May 25th

Do you have a family member or friend who has a mental illness such as depression, bipolar disorder, schizophrenia or anxiety? Our support group for family members is a caring place where you can share your hopes, fears, experiences and knowledge with others who also support a loved one living with a mental illness. **YOU ARE NOT ALONE. We meet on the 4th 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.



Do you have a relative or friend living with depression, bipolar disorder, anxiety or schizophrenia? Would you like to learn more about his/her illness?

This FREE workshop for families and friends provides information, skill building, and support. Taught by volunteer family members.

You will learn about:

- The different types of mental illnesses
- The medications and treatments for mental illness
- How to cope with and support your loved one living with a mental illness
- How to care for yourself

**Mental Illness Family Support and Information Centre
BC Schizophrenia Society – Vernon Branch**

is hosting the next session:

Six Wednesdays

from 7:00 - 9:00 p.m.

April 7 – May 12, 2010

Room 003 3402 27 Avenue, Vernon

“The People Place”

**REGISTER FOR THE FREE SPRING SESSION BEFORE March 25, 2010
Call Dianne at 250-260-3233**

FREE INFORMATION SESSION

Setting Up a Trust for Your Loved One With a Disability



Geoffrey White, of the Geoffrey W. White Law Corporation, has a practice with a focus on Estate, Tax and Charity Law.

Geoffrey will provide information about Trusts and the new Registered Disability Savings Plan.

DATE: March 31, 2010

TIME: 6:30 – 8 p.m.

PLACE: Room 003 of the People Place
3402 27th Avenue, Vernon
(Press 003 to be let in)

This session is free, but you must register before March 29th by calling Dianne at 250-260-3233 or bcssvernon@shaw.ca

Geoffrey has received honours in Wills, Estates and Client Counseling. Within the Canadian Bar Association, he is the Treasurer of the National CBA Elder Law Section, Chairperson of the BC Elder Law Section, Co-Chair of the Wills & Trusts (Okanagan) Section; and a member of the Charity Law Section and Tax Law Section. In addition to membership in numerous Societies, he is a frequent lecturer at the BC Continuing Legal Education for lawyers on topics such as Trust law, Will & Estate matters, and Elder law. As a current project, Geoff is helping to design the lawyer education program for BC's new Wills, Estate and Succession Act, which is expected to take effect in 2011.

SALMON ARM UPDATES

SALMON ARM BOOK AND VIDEO LIBRARY



If you have someone in your home or life that has a mental illness and you are not sure where to find reading material on that particular mental illness or a mental illness in general, our lending library can help you. We have several books touching on all mental illnesses. We also have a video lending library as well. Do call or come in to see what we have.

VOLUNTEER TO SHARE YOUR PERSONAL STORY

BCSS Salmon Arm is looking for volunteers for our Partnership Presentation Program. The goal of this program is to raise awareness and increase understanding about mental illness. As a volunteer, you will share your personal story as a person living with a mental illness, a family member or a mental health worker. 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:

Mar. 25, Apr. 29, May 27, June 24, July 29, and Aug 26

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.



This **FREE** 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: Family Resource Centre, Salmon Arm

Date: Tuesday, May 4 – June 15, 2010

Time: 6:30 p.m. – 9:15 p.m.

This **FREE** workshop is sponsored by the BC Schizophrenia Society and Interior Health, however, participants must **PRE-REGISTER BEFORE APRIL 27**, by calling Donna (250) 832-3014 ext. 206. Please register early as seating is limited.

DID YOU KNOW



- ◆ The chance of having a mental illness in your lifetime in Canada: **One in Five**
- ◆ At any given time, percentage of Canadians who have a mental illness: **10.4%**
- ◆ Percentage of adolescents (age 15 – 24) who report a mental illness or substance abuse problem: **18%**
- ◆ Percentage of Canadians who will experience a major depression in their lifetime: **8%**
- ◆ Percentage of Canadians who will experience bipolar disorder in their lifetime: **1%**
- ◆ Percentage of Canadians who will experience schizophrenia in their lifetime: **1%**
- ◆ Percentage of Canadians who will experience an anxiety disorder in their lifetime: **12%**

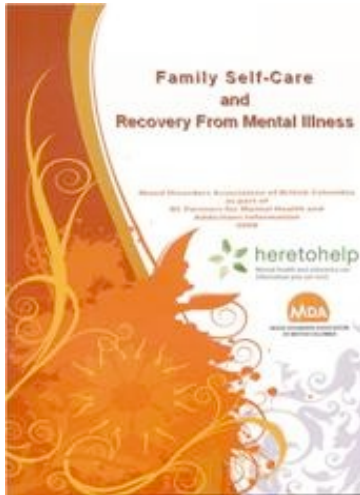
Excerpts from the Booklet: Quick Facts: Mental Illness & Addictions in Canada.

<http://www.mooddisorderscanada.ca/page/quick-facts>

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.

Submitted by Vernon Branch



Family Self-Care and Recovery from Mental Illness Manual

The Mood Disorders Association of BC, as part of BC Partners for Mental Health and Addictions, has written a wonderful booklet called, Family Self-Care and Recovery from Mental Illness.

The booklet offers families information on:

- ◆ supporting your ill relative while taking care of your own mental and physical health.
- ◆ mental health recovery
- ◆ discharge planning
- ◆ treatments
- ◆ communicating with health care workers
- ◆ planning for the future with your relative
- ◆ improving relationships in the family
- ◆ changing from the role of being a caregiver to becoming a support person in your relative's life.

You can go to either of the websites listed below to download pdf versions of the booklet. We have copies of the booklet in our libraries that you may borrow as well.

<http://www.mdabc.net/education/information/Family/>

<http://heretohelp.bc.ca/publications/toolkits>

Common Myths About Eating Disorders (Part 2 – continued from our December newsletter)

Excerpt from: National Eating Disorders Assoc. (NEDA) (NEDA Toolkit for Parents)

Submitted by: Salmon Arm Branch

This information is intended to help dispel all-too-common misunderstandings about eating disorders and those affected by them. If your family member has an eating disorder, you may wish to share this information with others (i.e., other family members, friends, teachers, coaches, family physician)

Eating disorders are caused by unhealthy and unrealistic images in the media

While sociocultural factors (such as the 'thin ideal') can contribute or trigger development of eating disorders, research has shown that the causes are multifactorial and include biologic, social, and environmental contributors. Not everyone who is exposed to media images of thin "ideal" body images develops an eating disorder. Eating disorders such as anorexia nervosa have been documented in the medical literature since the 1800s, when social concepts of an ideal body shape for women and men differed significantly from today—long before mass media promoted thin body images for women or lean muscular body images for men.

Only people of high socioeconomic status get eating disorders

People in all socioeconomic levels have eating disorders. The disorders have been identified across all socioeconomic groups, age groups, both sexes, and in many countries in Europe, Asia, Africa, and North and South America.

Recovery from eating disorders is rare

Recovery can take months or years, but many people eventually recover after treatment. Recovery rates vary widely among individuals and the different eating disorders. Early intervention with appropriate care can improve the outcome regardless of the eating disorder. Although anorexia nervosa is associated with the highest death rate of all psychiatric disorders, research suggests that about half of people with anorexia nervosa recover, about 20% continue to experience issues with food, and about 20% die in the longer term due to medical or psychological complications.

Eating disorders are an attempt to seek attention

The causes of eating disorders are complex and typically include socio economic, environmental, cultural, and biologic factors. People who experience eating disorders often go to great lengths to conceal it due to feelings of shame or a desire to persist in behavior perceived to afford the sufferer control in life. Eating disorders are often symptomatic of deeper psychological issues such as low self esteem and the desire to feel in control. The behaviors associated with eating disorders may sometimes be interpreted as ‘attention seeking’; however, they indicate that the affected person has very serious struggles and needs help.

Purging is only throwing up

The definition of purging is to evacuate the contents of the stomach or bowels by any of several means. In bulimia, purging is used to compensate for excessive food intake. Methods of purging include vomiting, enemas and laxative abuse, insulin abuse, fasting, and excessive exercise. Any of these behaviors can be dangerous and lead to a serious medical emergency or death. Purging by throwing up also can affect the teeth and esophagus because of the acidity of purged contents.

Purging will help lose weight

Purging does not result in ridding the body of ingested food. Half of what is consumed during a binge typically remains in the body after self-induced vomiting. Laxatives result in weight loss through fluids/water and the effect is temporary. For these reasons, many people with bulimia are average or above-average weight.

You’re not sick until you’re emaciated

Only a small percentage of people with eating disorders reach the state of emaciation often portrayed in the media. The common belief that a person is only truly ill if he or she becomes abnormally thin compounds the affected individuals’ perceptions of body image and not being “good” at being “sick enough.” This can interfere with seeking treatment and can trigger intensification of self-destructive eating disorder behaviors.

Kids under age 15 are too young to have an eating disorder

Eating disorders have been diagnosed in children as young as seven or eight years of age. Often the precursor behaviors are not recognized until middle

to late teens. The average age at onset for anorexia nervosa is 17 years; the disorder rarely begins before puberty. Bulimia nervosa is usually diagnosed in mid-to-late teens or early 20s, although some people do not seek treatment until even later in life (30s or 40s).



You can’t suffer from more than one eating disorder

Individuals often suffer from more than one eating disorder at a time. Bulimarexia is a term that was coined to describe individuals who go back and forth between bulimia and anorexia. Bulimia and anorexia can occur independently of each other, although about half of all anorexics become bulimic.

Achieving normal weight means the anorexia is cured

Weight recovery is essential to enabling a person with anorexia to participate meaningfully in further treatment, such as psychological therapy. Recovering to normal weight does not in and of itself signify a cure, because eating disorders are complex medical/psychiatric illnesses.

See more at this website:

US National Eating Disorders Assoc. (NEDA)

Provides a parent toolkit for anyone wanting to understand more about eating disorders and how to support a family member or friend who’s affected.

www.nationaleatingdisorders.org/information-resources/parent-toolkit.php

In Vernon, you can get information about eating disorders at Canadian Mental Health Association's Eating Disorders Program at 250-542-7111

CHECK OUT THESE WEBSITES

Stand in the Light

Everyday people connected by their experience with mental health issues, illness and well-being.
www.standinthelight.ca

Quick Facts on Mental Illness and Addictions in Canada <http://www.mooddisorderscanada.ca/page/quick-facts>

Children of Parents with a Mental Illness

to promote better mental health outcomes for children (0 - 18 years) of parents with a mental health problem or disorder.
<http://www.copmi.net.au/>

Information about street drugs

<http://www.streetdrugs.org/>

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.



"Denial ain't just a river in Egypt."

- Mark Twain

"I couldn't wait for success, so I went ahead without it." - Jonathan Winters

"You have to expect things of yourself before you can do them."

- Michael Jordan

"Some desire is necessary to keep life in motion." - Samuel Johnson

BECOME A BCSS MEMBER

A five dollar 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 – 2 3402 27 Ave.
Vernon, BC V1T 1S1

BCSS - Salmon Arm
(PO Box 914)
181 Trans Canada Hwy NE
Salmon Arm, BC V1E 4P1

MEMBERSHIP FORM



Name: _____

Address: _____

City: _____

Phone: (h) _____

(w) _____

Fax: _____

e-mail: _____

Expiry Date March 31, 2011

Membership dues

- \$5.00 cheque enclosed
 Cash

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

_____ Donation Amount

- Cheque
 Cash

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.