



Mental Illness Family Support Centre

BC Schizophrenia Society - Vernon

FAMILY & FRIENDS

Fall 2012

this issue

Updates Page 2

Events Pages 2-5

Check Out These Websites Page 5

Articles Pages 6-7

Inspiration Page 8

Membership Page 8

BOARD OF DIRECTORS

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VERNON BRANCH

Dianne Hustler

Family Support Coordinator

#301 - 2 3402 – 27th Ave.

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Ph:(250) 260-3233

Fax: (250) 260-3212

VERNON OFFICE HOURS

Walk-in:

Mon. to Thurs.: 9:00 to 12:30

By appointment:

Mon. to Thurs. 12:30 – 4:00 pm

Fridays 9:00 to 12:30

*Other times available by request

Email: bcssvernon@shaw.ca

Website: www.mifsc.ca

SALMON ARM BRANCH

Donna Miller - Family Support Coordinator

181 Trans Canada Hwy N.E.

Box 914

Salmon Arm, B.C.

V1E 4P1

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BCSS PROVINCIAL WEBSITE

www.bcsc.org



Mental Illness Awareness Week September 30 - October 6th

Mental Illness Awareness Week is an annual national public education campaign to raise awareness of the level of mental illness in Canada; to reduce negative stigma about mental illness; and to promote the positive effects of best practice in prevention, diagnosis and medical treatment. Part of this campaign is the Canadian Alliance on Mental Illness and Mental Health's (CAMIMH) Faces of Mental Illness campaign which aims to get people talking about mental illness and recognizing the important role mental health plays in the lives of all Canadians.

Dr. Karen Cohen, chair of Mental Illness Awareness Week says, "By coming forward, our Faces help to remove the stigma attached to mental illness. With one in five Canadians with personal experience of mental health problems in a given year, CAMIMH's Faces are our faces. By sharing their stories in such a public way, letting us know what's worked and what hasn't worked so well on their journeys of recovery, these five people help significantly to advance the mental health agenda for Canada." The chosen Faces for the Faces of Mental Illness 2012 campaign are:

- Sandra Yuen MacKay
- Alicia Raimundo
- Dustin Garron
- Laurie Pinard
- Chantal Poitras

Learn more about them at - <http://camimh.ca/mental-illness-awareness-week-english/faces-of-mental-illness-campaign/faces-of-mental-illness-2012>

Patchwork Farms and Kalamalka Gardens - the planting begins!

This exciting collaborative project is located on 2 acres of land at Okanagan College - Vernon overlooking the beautiful Kalamalka Lake. With Okanagan College implementing its demonstration garden now called, Kalamalka Gardens, the timing was opportune to develop a community farm now called, Patchwork Farms. This collaborative partnership will facilitate numerous social, educational, economic, and environmental opportunities for students and a diversity of community members and organizations. There has been lots of action on the site over the summer getting the infrastructure in place including: fencing, irrigation and soil remediation.



Patchwork Farms (1/2 acre)

While the community at large will have access to the farm, the non-profit sector of the North Okanagan will utilize the site to provide clients with the opportunity to learn and develop skills, work with agriculture and give back to the sustainable local food system. The farm site design plan incorporates raised beds and collective plots for shared and collective farming activities. The farm will utilize organic farm methods to ensure soil fertility and crop sustainability. The farm will focus on preparations for programs over the winter with plans to begin active farm work in the spring of 2013.

Kalamalka Gardens (1 1/2 acres) provides educational space to promote sustainable practices in an effort to preserve, stimulate and promote agricultural and ecological ventures in the Okanagan Valley. **Kalamalka Gardens will begin planting their food forest on Friday September 14th and Saturday September 15th. They are looking for 20 volunteers on each of these days. There will be some wheelbarrows shovels, and rakes on site, but if you have access to some and can bring any along, that would be great. They'd prefer a 1/2 or full day commitment, but are thankful for any and all help rain or shine! If you are interested in volunteering, contact Wendy at 250-542-6920 or wendyaasen@shaw.ca**

Patient Voices Network Orientation

Saturday, September 29, 2012 (All day)

The Patient Voices Network is holding a free orientation session for individuals in the Interior Health region.

The orientation will be held in Vernon and is open to patients, families, caregivers or anyone else interested in becoming an activated patient with the Patient Voices Network. Participants will learn about the principles of public engagement, the role of the Network, and opportunities to get involved.

Registration deadline is September 14. If you have any questions please contact Carol Stathers, Interior Health Liaison: cstathers@patientvoices.ca

Interested in attending? Register online www.patientvoices.ca or call 1-888-742-1772

Our Library

Come and check out all the great books and videos in our library.



Thanks to those of you who have returned your overdue library items so that others may benefit from them.

KIDS IN CONTROL *Eight Tuesdays 3:15 - 4:45*



September 25 - November 13

Seven children completed our Kids in Control Program in May. This program offers education and support to children between the ages of 8 and 13 years of age who have a parent living with a mental illness. The children meet for one and a half hours, once a week for eight consecutive weeks. Using crafts, games and fun activities, children learn about mental illness and work together to develop healthy attitudes and coping skills to deal with the difficulties they may face. The course is taught by a mental health professional and an adult who has experienced the special circumstance of growing up in a home with a parent

living with a mental illness. **If you are interested in registering a child this fall, please contact Dianne by September 12th at 250-260-3233 or bcssvernon@shaw.ca**

Thank You

To those of you who have supported us with your donations. Your generosity is truly appreciated!

Electric Paper Company

Picture Perfect and Perpetual Blooms

Vernon and District Performing Arts Centre

For promotional Support:

Shaw Cable

Vernon Morning Star

Community businesses and organizations for displaying art show posters.



Strengthening Families

Together

Helping Canadians Live with Mental Illness

This FREE workshop is a national educational support program for family members and close friends of individuals living with mental illnesses such as depression, bipolar disorder, schizophrenia and anxiety.

You will learn about:

- Mental illnesses
- How to support your loved one
- Medications and treatments
- Tools for coping

Runs for six consecutive Thursdays
from 6:45 - 9:15

October 11 - November 15, 2012

People Place 3402 27th Ave. Vernon

To register, contact Dianne by October 2nd at :
250-260-3233 or bcssvernon@shaw.ca

WORLD SUICIDE PREVENTION DAY

Monday, September 10th, 2012

Performing Arts Centre Lobby

3800 - 33rd Street

Doors open at 5:30 pm

Remembrance Ceremony at 6:00 pm

Guest speakers, printed materials on loss & mental health, closing ceremony.

Emotional support available.

Join us on September 10th for a time to...

- ◆ remember the lives of those whose pain and despair took away their feelings of hope and died by suicide
- ◆ provide comfort to those who grieve and to say, you are not alone
- ◆ publicly declare and renew our commitment to preventing suicide in our community

Sponsored by the Vernon & Area Suicide Prevention Committee, partner agencies and the PIN Crisis Line 1-888-353-CARE (2273).

Soles to Remember Souls



The shoes remind us that none of us have to walk alone...

Suicide is Everyone's Loss.

You are invited to donate a pair of new or nearly new shoes or boots

Shoes can either be brought to the event or dropped off in advance at the Canadian Mental Health Association, 3100—28th Avenue.

The shoes will be on display at the event in memory of someone who has died by suicide then later donated to the John Howard Society's shelters - Gateway Support Services for Women and Men & the Howard House Men's Programs. and then donated to the John Howard Society's shelters - Gateway Support Services for Women and Men & the Howard House Men's Programs.

BC SCHIZOPHRENIA SOCIETY PROVINCIAL AGM



The Functional Brain and Symptoms of Schizophrenia and Psychosis

Associate Professor, UBC Department of Psychiatry; Research Scientist, BC Mental Health and Addictions Research Institute; Michael Smith Foundation Health Scholar. Researcher Dr. Todd Woodward specializes in examining how functional brain networks are related to delusions, and investigates possibilities for helping patients who have or are experiencing schizophrenia and psychosis.

Sunday, SEPTEMBER 23

1:00 pm- 3:30 pm

To register, e-mail bcss.prov@telus.net
or phone 604-270-7841

Radisson Hotel

8181 Cambie Road, Richmond

Skytrain Station: Aberdeen

Refreshments will be served

SPACE IS LIMITED

Awakening of the Spirit

art show & sale

Celebrating the creative talents of people living with mental illness

August 14 to September 19, 2012



"32nd Street" – by Bruce Adams

Eighty seven people joined us at the opening reception for the art show on August 15th. We all enjoyed lovely art by the talented artists, delicious snacks provided by Canadian Mental Health Association (CMHA), Holly Smith's beautiful harp music, and a drawing demonstration by Renah Woods. Thanks so much to the artists, Vernon and District Performing Arts Centre, everyone on the Art Show Committee, and volunteers and staff from CMHA, Mental Illness Family Support Centre and Interior Health who came together to make this event such a success again this year.

Watch for posters in the community featuring Bruce Adam's vibrant piece, "32nd Street". You might like to drop in to see this piece in person along with 61 more works by 27 more talented artists!

Be sure to come to the free public viewings Tuesdays & Thursdays from 1 - 2:30 pm
Coat Check Gallery
Vernon & District
Performing Arts Centre
3800 33rd Street
*Support artists by purchasing original art created right here for your enjoyment.

Family Support Group

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.

Future Dates: Sept. 25, Oct. 23, Nov. 27

Time: 7 – 9 pm

Place: Room 301 of the People Place.
3402 27th Ave, Vernon

Press 3012 at the main door to be let in.

Check out these websites:

Magpie Media Mental Health Blog by Bill McPhee editor of Schizophrenia Digest and person living with schizophrenia.

www.mentalwellnesstoday.com/mental-health-blog

Mind Check - Government of BC: Information and screening tools for young people to identify and understand mental distress they may be experiencing and link them to sources of help.

<http://mindcheck.ca/>

Here at Home - Interactive National Film board web documentary on homelessness includes information and personal stories.

<http://athome.nfb.ca/#/athome>

Changes Made to the Persons With a Disability Benefit

Changes to Earnings Exemptions

- Individuals receiving disability assistance will be able to earn up to \$800 per month and still receive their full benefits. (*was previously \$500*)
- A couple who are both collecting disability assistance can earn up to \$1,600 per month without impacting their benefits. (*was previously \$750*)
- Earnings are now calculated yearly instead of monthly. This will give people flexibility to work more during certain times of the year and less during others without it impacting their benefits.
- The waiting period will be waived for people who need to reapply for assistance after their benefits have been clawed back.

Changes to trust and asset allowances

- People on disability assistance can now invest up to \$200,000 – double the previous amount – in a non-discretionary trust account.
- Individuals will be able to access up to \$8,000 per year from their trust account for any other cost related to promoting independence – nearly double the previous annual allowance – and make their own choices about how best to use these funds.

For more information about the timing of these changes and about these and other income assistance policies see <http://www.hsd.gov.bc.ca/clientinfo/2012-10-update.htm>

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 we can add you to our newsletter email list.



Happiness

I may not be happy
But I do feel good
Maybe I don't laugh
As often as I should

And if laughing
Is a sign of being well
Then I really couldn't say
That my life is swell

But even feeling good
Is something new to me
Laughing will come
And I'll be more free

I just need to patient
And it will evolve in time
But, for now, feeling good
Is enough, because it's mine.

Barb Treen September 25, 2011

Action Needed to Address the Increasing Criminalization of People with Mental Illness Say Canadian Psychiatrists

Ottawa, ON, March 5, 2012—The Canadian Psychiatric Association (CPA) has released a position paper pressing the provincial and federal governments to work together to reduce the rising number of people with mental illness who are being unduly criminalized.

“Over the past decades an increasingly disproportionate number of people with mental illness have become embroiled with the criminal justice system—many for relatively minor offences,” says Dr. Gary Chaimowitz, author of the new CPA paper published in the February issue of *The Canadian Journal of Psychiatry*.



“More and better coordinated resources as well as increased monitoring and research are needed to reduce the number of Canadians with mental illness in our jails,” says Dr. Chaimowitz, “It is our hope that the Mental Health Commission of Canada’s much anticipated mental health strategy will push for action on this front and that governments of all levels will take action.”

CPA calls on the federal government to work with the provinces to ensure they remain accountable for providing sufficient and appropriate community and hospital mental health resources, affording people with mental illness adequate diagnosis and treatment before they reach the judicial system. The CPA further advocates that all levels of government review the impact of the new federal crime legislation to ensure people with mental illness are not unfairly affected. The Association also proposes that the Mental Health Commission of Canada and government create a mechanism to monitor the interplay among prisons, hospitals and the community. Research into the factors that predict when people with serious mental illness become involved in the criminal justice system and what mechanisms prevent criminal justice involvement is also recommended.

Lack of access to timely and appropriate mental health services is a fundamental part of the problem. In the last 40 years Canada’s psychiatric institutions have been emptied and the number of beds in psychiatric and general hospitals significantly cut. Yet the promised mental health services to support people in their communities are poorly resourced and fragmented. “In desperation, some family members charge their loved one in the hope that they will be able to access service through the forensic psychiatry system,” explains Dr. Chaimowitz. “Unfortunately the price of this uncertain access is the criminalization of the individual.”

According to the Correctional Investigator’s last annual report, 38 per cent of male federal offenders admitted to penitentiary required further assessment to determine if they have mental health needs. The same is true for over 50 per cent of female offenders. This far exceeds the rate in general society.

“Correctional systems are not benign. The suicide rate for incarcerated people is almost eight times that in the community and the homicide rate 14 times greater,” says Dr. Chaimowitz.

Link to position paper, *The Criminalization of People with Mental Illness*:

<http://publications.cpa-apc.org/media.php?mid=1268>

INSPIRATION



“Not everything that is faced can be changed,
but nothing can be changed until it’s faced.”
~ James Baldwin

“What you want to be eventually you must be
every day. With practice, the quality of your
deeds gets down to your soul.”~ Frank Crane

“Everything flowers from within, of self-
blessing; though sometimes it is necessary to
teach a thing its loveliness.”~ Galway Kinnell

“Do what you can, with what you have, where
you are.” ~Theodore Roosevelt

Our Mission: To provide hope to families
affected by mental illness and empower them
through support, education and advocacy.

Our Vision: A world where families affected
by mental illness have knowledge about
mental illness and the mental health system;
have timely access to appropriate services
and support; are partners in care; and are
accepted in society.

BECOME A BCSS MEMBER

A five dollar membership to BCSS Vernon entitles you to a
vote at our Annual General Meeting and you will also
receive our newsletter Family and Friends.

If you would like to become a member of the BC
Schizophrenia Society Vernon, please fill out the form below
and drop it off at our Vernon office or you can send it to:

Mental Illness Family Support Centre

#301 – 2 3402 27 Ave.

Vernon, BC V1T 1S1

MEMBERSHIP FORM



Name: _____

Address: _____

City: _____

Phone: (h) _____

(w) _____

Fax: _____

e-mail: _____

Expiry Date March 31, 2013

Membership dues

◇ **\$5.00 Cheque**

Please make cheques payable to:
BC Schizophrenia Society – Vernon.

◇ **\$5.00 Cash**

In addition to dues, I wish to make a donation to BCSS
_____ Donation Amount

◇ **Cheque** - Please make cheques payable to:
BC Schizophrenia Society – Vernon.

◇ **Cash**

The BC Schizophrenia Society Vernon Branch is an Incorporated
Branch Society and Registered Charity 867 308 389 RR001
Your generosity is appreciated.

Receipts will be issued for income tax purposes.