The New Manager!

Jenn Millan has gone on maternity leave! For the next year, I, Tara Day, will be at the helm. I hope you enjoy what I have to offer over the following months in newsletter and groups and programming. I look forward to serving you! In addition, we have hired a very competent Education Coordinator, Anne Marie Cabrejos, who will be the presenter for our new education series called ‘Families Coping with Mental Illness: An Education Series’. Anne Marie comes with a vast experience and tremendous enthusiasm.

We had a lovely and successful Art Gala to open our ‘Awakening the Spirit’ Art Show and Sale on September 13th at the Performing Arts Centre. Our board member, Stan Eaman, spoke. Attendees included many from our board of directors, artists and their families, the Mayors Mund and Garlik. CMHA’s Susan Myhre provided amazing food and presented on the importance of art in mental health! Thank you to all contributors! Tara
Families Coping with Mental Illness:

A Learning Series

All Families can benefit from a little support, education and hope!

Module #1—Coping with mental illness as a family
Module #2—What is mental illness?
Module #3—Understanding the mental health system in Vernon
Module #4—Mental illness and Substance Use: Communication, Stigma and Advocacy

Vernon Public Library — 2800 30th Ave.
September 27, 2017 6:30—8:30pm
October 25, 2017 6:30—8:30pm
November 22, 2017 6:30—8:30pm
January 24, 2018 6:30—8:30pm

FREE EVENT

Meet other families
Ask questions
Learn coping skills
Meet health care professionals
Learning trustworthy information

MENTAL ILLNESS FAMILY SUPPORT CENTRE
OKANAGAN REGIONAL LIBRARY orl.bc.ca
Stay Tuned!

Upcoming Events

October 24th 7-9PM - Next Family Support Group at the People Place - Using the principles adapted by the evidence based Emotion Focused Family Therapy for ‘Emotion Coaching, we will be moving the group more towards a skills based support group, so that family members have actual hands-on skills they can take home and use right away. This will be the first of a 6 week series. After the first group has gone through the series, we will discuss adding a secondary ‘skills practice’ group.

October 25th 6:30-8:30PM - The second installment of our new series entitled ‘Families Coping with Mental Illness’. Come to the Library Wednesday Evening for a free information session on ‘What is Mental Illness?’

November 23rd 7-9PM - MIFSC is co-hosting an information panel featuring Dr. Ocana, the head of the Adolescent Psychiatric Unit at the Kelowna General Hospital, as the keynote speaker. The focus of the evening will be about the community and relationships as a preventative and recovery measure in the vulnerability to and treatment of mental illness and addiction. That was a mouthful. In other words, we are all a vital part of the helping team.

February 10th - Battle of the Bands at the Green for Winter Carnival! Yes! Come and watch your favourite bands compete and vote for the best! There are prizes! All proceeds go to support the ongoing success of our Farm Friends program, for whom Tanya Lipscomb (aka Kiki the Eco Elf) has been a tireless servant this whole growing season. Let’s make sure we can have her back!
Support Group for Families
Do you have a family member or friend who has a mental illness or addiction?

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. This group format will be changed to include more hopeful takeaway tools. Come and see!

Future dates: September 26th, October 24th, November 28th, and December 19th

Time: 7 – 9 pm

Place: Room 300 of the People Place. 3402 27th Ave, Vernon

Press 3012 at the main door to be let in.
To the board and volunteers from the Mental Illness Family Support Centre for contributing to and attending the Awakening the Spirit Art Gala. It was a great success! A very special thank you to Susan Myhre, who guided me through my first of two ‘Awakening the Spirit’ Art Shows! Thank you to all of her team and all of the amazing artists who have their work on display at the Vernon Performing Arts Centre. We would have loved to see the art SELL OUT! Hopefully, our next show, in May, at the Vernon Arts Centre will be a hit.

And of course a special thank you to Lil, who walked all the way down to the Performing Arts Centre come rain or shine to volunteer her time for people to go to view the artists works and purchase your favourites!

Cheers!

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**Quote in Xavier Amador’s book ‘I Am Not Sick I Don’t Need Help’**

‘Whilst part of what we perceive comes through our senses from the object before us, another part (and it may be the larger part) always comes from our own mind. The fact that the brain is the one immediate bodily condition of the mental operations is indeed so universally admitted nowadays that I need spend no more time in illustrating it, but will simply postulate and pass on.’ William James, *The Principles of Psychology* Volume 1, 1890. Foreword.

~or~

“If I’m not me, then who the hell am I?” Arnold Schwarzenegger in *Total Recall* 1990
How to Help Someone You Think Might be Struggling

Rene Corbett Web-only article from "Campuses" issue of Visions Journal, 2007, 4 (3)

Christopher* was proud of his good marks in high school. But he got a ‘C’ on his first essay in college. His teacher said she couldn’t understand his thinking. He barely passed the semester, and didn’t go back to college. Ali* wasn’t allowed to attend college for a semester after he wore a costume to class, wrote notes to his teachers about his “special” personality and, finally, brought a replica gun to school. At first, Jessica* enjoyed her university courses and friends—until one day she suddenly stopped going to class. She worried that students were watching her, even when she was home alone, and she became afraid for her safety. She was shocked to discover she’d failed three courses.

All of these young people turned out to have psychosis, a treatable condition caused by a brain disorder. Psychosis symptoms are different in each person, but usually include hallucinations (such as seeing, hearing or sensing something that others don’t experience) and/or delusions (fixed false ideas). People with psychosis might suddenly have odd behaviour, may be unusually suspicious of others, or may change their normal sleeping or eating patterns without explanation. Problems remembering and concentrating are common.

Doctors don’t know exactly what causes psychosis. Schizophrenia, bipolar disorder and serious depression are all illnesses that might include symptoms of psychosis. Street/recreational drugs can cause psychosis, even after people stop using them.

The good news is that, nowadays, people with mental illnesses can lead ordinary, happy lives.

Concerned that you or a friend might be experiencing symptoms of psychosis?

If you are concerned and would like to get help, you can:
♦ contact your student health and/or counselling services
♦ talk to your family doctor
♦ access EPI services, if available in your community
♦ access your local mental health team (look for services on your Health Authority website, or in the Health Authority section of your local Telus phone directory’s ‘blue pages’)

If you are concerned that a friend (or family member) might be experiencing symptoms of psychosis, you can:
♦ contact any of the above services to ask for advice about what services exist in your community
♦ let your friend know—in a gentle, non-judgmental way—that you are concerned about them
♦ offer to accompany your friend to get help

Don’t be surprised, and try not to take it personally, if your friend denies any problems, or acts suspicious of you. This is sometimes part of psychosis. If you are concerned that your friend might hurt themselves or someone else, take them to the emergency department of your local hospital, if they will agree to go, or call 911. These kinds of threats need to be taken seriously, and it’s important to get professional help to deal with them. Early intervention yields good results.

Special mental health programs, called Early Psychosis Intervention (EPI) programs, give early, intense assessment and treatment. The programs—staffed by psychiatrists, social workers, psychologists, occupational therapists and nurses—target young people in their teens and twenties. Youth with possible psychosis can get help quickly, instead of just waiting to get better on their own, which is unlikely to happen. If youth do not have psychosis, EPI staff will suggest other mental health resources, if needed.

Research shows that EPI programs have good results.1-3 Young people who’ve received help have more full-time work, less medicine, fewer hospital stays, less problem drug and alcohol use, and better social relationships. EPI programs help people keep their friends, attend school and college, and work successfully.

So don’t wait!

People with psychosis sometimes don’t get treatment because their symptoms aren’t recognized as brain illnesses—by the person experiencing psychosis, by friends and family, or sometimes even by health care providers. Youth also don’t seek help because of the stigma that sometimes still goes with mental illness. But early treatment of psychosis helps people recover well.

At first, having psychosis was difficult for Ali, Jessica, and Christopher. It was scary to think there might be something wrong with them and that people might think they were ‘crazy.’ With the help of the Vancouver/Richmond Early Psychosis Intervention Program, they were able to get healthy. More importantly, they were each able to get back to the things that matter to them.

* Names and identifying details have been changed

To find a local adult or child/youth mental health team which can connect you to EPI services in your area, call the BC Mental Health Information Line: 1-800-661-2121
How to reconnect the mind and the body:
Check out the video at: https://www.youtube.com/watch?v=_pxp9958_Eo
Bessel van der Kolk; Interoception and Yoga

How to Change our Minds
Rick Hanson (Hardwired for Happiness, Buddha Brain) has studied ways to use mindfulness to ‘change our minds’. His emails entitled ‘Just One Thing’, give easy to use exercises and thought experiments for ‘rewiring’ our brains towards happiness. He also offers a reasonably priced online training

https://www.thefoundationsofwellbeing.com/
https://s3-us-west-1.amazonaws.com/fwb-media.rickhanson.net/PDFfiles/YourWonderfulBrain.pdf
BECOME A MIFSC MEMBER

A free membership to MIFSC 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 Mental Illness Family Support Centre Society, please fill out the form below and drop it off at our office or you can send it to:

Mental Illness Family Support Centre Society
#300 3402 27 Ave.
Vernon, BC V1T 1S1

MEMBERSHIP FORM

Name: _____________________________
Address:____________________________
City:________________________________
Phone: (h)___________________________
(w)_________________________________
Fax:________________________________
e-mail:______________________________

Membership is FREE

We encourage you to become a member of our society to show your support of the work we do and to show funders that you value the contribution we make to our community.

I wish to make a donation to MIFSC
______________________ Donation Amount

◇ Cheque - Please make cheques payable to:
  Mental Illness Family Support Centre Society

◇ Cash

◇ Donate online at Canada Helps:
  www.canadahelps.org/dn/9967

‘We all want to be happy, and there are many books and teachers in the world that try to help people be happier. Yet we all continue to suffer.

Therefore, we may think that we’re ‘doing it wrong’. Somehow we are ‘failing at happiness’. That isn’t true. Being able to enjoy happiness doesn’t require that we have zero suffering. In fact, the art of happiness is also the art of suffering well. When we learn to acknowledge, embrace, and understand our suffering, we suffer much less. Not only that, but we're able to further and transform our suffering into understanding, compassion, and joy for ourselves and for others’.

No Mud, No Lotus

Thich Nhat Hanh

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

Our Vision: A world where families affected by mental illness and substance use issues 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.

The Mental Illness Family Support Centre Society is an Incorporated Society and Registered Charity 867 308 389 RR0001

We love and appreciate your generosity!!