



Newsletter

Victoria Branch, B.C. Schizophrenia Society

VOL. 24, No. 1

FEBRUARY, 2008

A New Year message from the president

By Josie Jones

We're living in a world where change, the "only constant," is occurring at an ever increasing rate. Words like "Blackberry", "I-Pod" and "Bluetooth" are everyday vocabulary. Communicating by e-mail and taking photographs with a cell phone are an everyday occurrence. How long ago was a "fax" or a "beeper" astonishing technology? Be careful, you could really date yourself with an answer!

Today, I can screen-out callers because I have call-display. I can hear from a selected few if that's what I chose. *I can control hearing.*

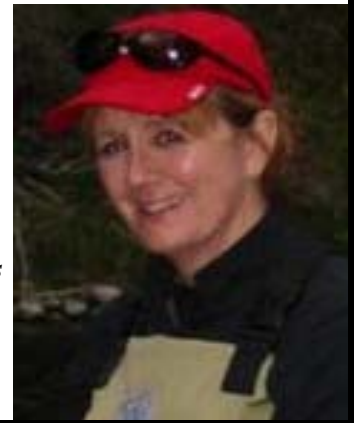
Today, I can tele-conference because I can meet around a telephone network instead of a table.

I can control seeing. Today, I can see someone, and be seen, hear and be heard through the use of a web-cam. If I want, I can digitally control how I'm seen. *I can control contact.*

Today, I can choose which TV channels I watch because I have 300 of them. I can watch

**Connect
with those
you love and
who love you**

— Josie Jones



what I want to and stay in that world for as long as I like. *I can control the world I see.*

Today, I can "chat" and "blog"; I can play simulated life games. I don't actually have to be physically present with anyone. *I can control connection.* Today, **I can isolate** myself. Today, I can be **NOT** heard, **NOT** seen, **NOT** touched, **NOT** felt. Today, **I can be isolated.**

Is this a good thing?

To hear the voice of a dear friend, wife, husband, son or daughter can gladden the heart.

To see that person creates real joy. To physically touch someone you love - to hold their hand or hug them, can bring mutual happiness. To be in the presence of another person makes you real, and can make the other person real too.

I know relationship building and maintenance can be difficult but being **unconnected** is not an option.

This New Year I encourage you to leave your computer screen and TV set. This New Year I encourage you to be connected and to stay connected with those you love and those who love you.

Happy New Year everyone! Stay active!

DON'T FORGET!
Jazz @ Café Berlin
Hans Fear Memorial 2008

Victoria Edelweiss Club
108 Niagara Street

SATURDAY, FEB. 16
AT 7 p.m.

(For more details see Page 2)

Primary Caregiver Respite: for those caring for someone with a serious mental illness

We at B.C.SS, Victoria Branch are a dedicated team focusing on the individuals and families to improve their quality of life, rather than only on the mental illness. We are recovery oriented. In doing our work, the emphasis is always rightly upon the possibility of recovery. We also recognize the vital role caregivers play in the life of a loved one affected by a mental disorder. The thought "What if something should happen while I'm away?" often prevents them from taking moments of respite that could bring relief from the stress of caring for an ill family member. As such, Respite Care is identified as one of the most essential needs that family caregivers experience.

In its broadest sense, respite simply means a break or reprieve. Respite Care is defined as temporary, short-term care designed to give relief and support to a primary, unpaid caregiver who cares for a family member affected by a severe and persistent mental illness such as schizophrenia, bipolar disorder or major depressive and psychotic disorders.

At the Respite Program our primary goal is to increase the quality of life of our clients. We recognize that the needs of the caregivers are different from the needs of the supported family member. We also know each

family is unique: Our service is designed to meet specific needs for each family. We supplement and enhance the ability of the family to provide care in the household. Together we try to find the best ways and strategies to enhance home management. We assist the families in their role as care-givers to strengthen the family. We integrate and coordinate our work with other mental health services. We strive to keep the family well.

The services we provide are flexible in terms of duration. Respite services may range from a few hours a day, a week or a month, to a more focused period of days or weeks, up to a period of three months. The duration of service is determined through a consultative process involving the family, the client and professional mental health workers from our agency.

A few words about myself: I have a bachelor's degree in Psychology from the University of Western Ontario. Over the years, I've worked extensively with people diagnosed with a broad range of mental health disorders. I have been working for the B.C. Schizophrenia Society Respite Program since February of 2003. At the same time, since March of 2003, I have also been working for the Ministry of Children and Family Development, through the Phoenix Human Society. My work is my calling and my passion. My family and I relocated from London Ontario to Victoria B.C. five years ago. We fell in love with this magnificent place.

Don't hesitate to contact me. You can call me at 384-4225 ext. 313. There is always hope for recovery. Together, we can make a difference!

Michaela Iacob



This newsletter, which is published four times a year, is a publication of:



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2007 DINNER AND DANCE

Nearly 270 guests attend Christmas event

This year's Christmas Dinner embodied a community feel and was joyous for all of us who attended. The number of guests was close to 270 people who arrived for the opening of doors at 5:30 pm with Christmas spirit. There were many smiling faces from staff, volunteers and the people we serve. Music rang through the hall before dinner and I send a gracious thank you to Friends of Music for providing Christmas tunes. This year we did something different and did not cook the food at the hall. Our chef this year was Steve Walker Duncan from Ambrosia Catering, who along with our amazing volunteer kitchen helpers, prepared the meal. Thanks Steve for your work and effort to help us have a successful event. Once again Jason Dunphy's band played into the night while people danced and had an opportunity to win spot dance prizes. This band has supported our dinner for a number of years and truly adds so much fun to the evening. Our MC for the evening, Bill Buckle, hon-



ors us with grace and presence and all the volunteers who helped make this dinner festive for all are greatly appreciated. I look forward to seeing everyone again at the next Christmas party. Until then, I wish you all the best and a Happy New Year filled with opportunity and hope. —Tara Timmers



Santa holds the tickets for Bill Buckle to make a draw



The Friends of Music Eclectic group provided Christmas music for the guests



PARTY PICTURES

A long line of volunteers (above) served dinner to about 270 people at the Victoria branch's Christmas party. At right, helpers display the wide selection of desserts.

(Party pictures by Kevin Pryer and Desi Sloan)

OUR THANKS

The Victoria branch of BCSS wishes to thank the following for their help in assuring the success of the dinner and dance:

Alisa Low
 Andrée & Murray Galbraith
 Anne Marie Appleton
 Anne Appleby
 Anna Phelan
 Anthony & Mollie Moric
 Barb Reeve
 Barb Travers
 Becky Lee
 Bill Buckle
 Bonnie Soulsby
 Bruce Saunders
 Cam Miller
 Chris Caleb
 Jeanette Wilkinson
 Christy Gain
 Chris Schraz
 Clint & Laura Dalsin
 Daphne Dalsin
 David & June Pryer
 David Lock
 Dana Lewis

Dana Lindokken
 Desi Sloan
 Eclectics
 Elizabeth Cook
 Elizabeth Bogod
 Emily Henderson
 Eva Chen
 First Metropolitan United Church
 Germaine Williamson
 Geoff Plint
 Greenridge
 Gwen Langford
 Hazel Meredith
 Helen Hitchens
 Helen Morrison
 Heidi Hitchcocks
 Ian & Linda Taggart
 Ivalina Zahariev
 Jane & Don Milliken
 Jason Dunphy's Band
 Jean Forrest
 Jesse Robinovich
 Joan Appleton
 Joan & Doug Bell
 Joan & Blane McIntosh
 Joe Power
 Jonathan Morris



John & Bev McNerney
 John Gray
 Josie & David Jones
 Kathy Wilkinson
 Kay & Peter Gibson
 Kevin, Janet, Trevor,
 Heather, Lisa, Erika Pryer
 Laura McIntyre
 Lorna Vulliamy
 Marilyn Beckett
 Marilyn Duncan
 Marnie McKay
 Mel Wilson
 Mike Williams
 Moodswing Chorus
 Ned Robertson
 Norm & Sherrill Eyres
 Norman Sim
 Pat Appleton
 Pat Robertson
 Patty Milne
 Pauline Karch
 Perry Dettling
 Peter & Gurli Wolfe
 Rebecca Chuang
 Ryan Steele
 Reima-Lee Sellers
 Robert Anderson
 Saday Mirza
 Sandy Tice

Sara Lieberherr
 Shawna Howard
 Stella Hurrell
 Chef Steve Walker Duncan
 Sus & Barb Tabata
 Stephen Parrott
 Tara Timmers
 Cindy L'Hirdondelle
 Wayne Sheeran
 Wendy Mishkin
 HMV – Hillside and
 Mayfair; Dairy Queen;
 British Importers; Safe-
 way Canada Fort & Foul
 Bay; Rogers Chocolates;
 Purdy's Chocolates;
 Changing Times Hair Stu-
 dio; Old Spaghetti Fac-
 tory; Melanie Faganello
 (Hair by Melanie); Ste-
 venston Shoe Clinic;
 Shopper Drug Mart- Hill-
 side Mall; A & W May-
 fair Mall; Nicole & Co.
 Hair design

Website aids First Responders: www.piimic.com

.By Adrian de Zwart

Adrian is presently at the office of the Victoria Branch of BCSS to complete his 4th year practicum in social work. He is a student at the University of Victoria.

In 2003, Richard Dolman (retired Provincial Director of the BCSS), Jamie Graham (recently retired Chief of Vancouver Police), and Steve Watt (recently Director of the Justice Institute of B.C. Police Academy), released their *First Responders Website*: www.piimic.com for public use. After years of researching and interviewing psychiatrists, nurses, people with mental illnesses, families of those with mental illnesses, police officers and many other people they had compiled a unique and resourceful website.

Piimic.com was created to help first responders communicate more effectively with a person in psychosis. Whether it be a police officer, parent, nurse, or friend that is the first on scene, it can be an overwhelming experience if the proper communication tools are not available. This website offers a variety of sections including: opening lines, intervention tips, trauma and post trauma, control lines, and legal issues that will help with the intervention. By educating oneself with these techniques it may make it easier to re-stabilize an individual that is having a psychotic break. The site is based on the theory that even those with psychosis may retain some degree of rationality, and through constructive communication it is possible to calm them to a sensible level in which they will cooperate and get the help they deserve.

The website is based on the Mental Health Act of B.C. and has generated a slow but steady interest in the province, as well as international inquiries. Although requests have been made to use it as a formal education tool in other jurisdictions, considerable research would be needed to adapt important parts of it. However it provides a useful general guide for police, nurses, and family members seeking more information on how to better handle psychotic episodes, including suicide.

Currently there are no firm plans to modify the project but Mr. Dolman would like to see the site updated and expanded in various ways. He believes piimic.com could be adopted by the RCMP and used to help build a standard national training tool for first responders to intervene in mental illness crisis. At present there is no national standard

for police intervention, and each province is guided by their own mental health acts and related legislation.

For more information please review the website: www.piimic.com

I am happy to be given the opportunity to complete my 4th year practicum in Social Work from UVic at BCSS. I believe that this will be an exciting and educating experience which will allow me to expand my knowledge in the field of mental health.

Members of the Society have eagerly accepted my presence and have quickly engaged me in various projects.

I have previous experience working with the Salvation Army, Specialized Youth Detox and volunteering with the National Parole Board. The skills I have gained between my education, my work experience and my volunteering will allow me to offer the Society another voice, hand and ear in helping raise mental health awareness.



Adrian de Zwart

Pension plan set up to assist disabled

Canada Revenue Agency has announced that it is setting up a [Registered Disability Savings Plan](#). This plan will allow funds to be invested tax free until withdrawal. It is intended to help parents and others to save for the long-term financial security of a child with a disability.

Those eligible to participate in the plan are persons who are eligible for the Disability Tax Credit and are Canadian citizens or the parent or legal representative of a person who is resident in Canada and is eligible for the Disability Tax Credit.

Anyone can contribute but contributions are limited to a lifetime maximum of \$200,000 in respect of the child, with no annual limit. Contributions will be permitted until the end of the year in which the child attains 59 years of age.

More information can be obtained from <http://www.cra-arc.gc.ca/agency/budget/2007/rdsp-e.html>.

RECENT ADDITIONS TO OUR LIBRARY

By Jean Forrest

Recent additions to our library include three DVDs by **Pat Deegan**. A “psychiatric survivor” diagnosed with schizophrenia as a teenager, Deegan received her doctorate in clinical psychology in 1984. An activist in the consumer/survivor/ex-patient movement, she has published many papers on recovery, empowerment and systems transformation and given keynote addresses, lectures and workshops around the world.

Recovery: The Experience and the Evidence This film recounts her experiences with schizophrenia and her recovery and discusses key turning points in the recovery process as well as useful self-help strategies. She reviews research literature which shows a majority of those diagnosed with major mental disorders will recover.

Inside Outside: Building a Meaningful Life After the Hospital This film depicts the lives of eight people with histories of institutionalization as they move from nursing homes and psychiatric hospitals into the community. The message is that recovery and life in the community are possibilities even for people who are viewed as the most impaired.

The Politics of Memory This film challenges conventional accounts of the history of mental health services because that story often ignores the experience, voice and perspective of people on the receiving end of services. It argues that the voice of people with psychiatric disabilities has been silenced and suppressed. First person accounts over many years are presented through messages written on old asylum postcards, embroidered on sheets, initials carved on walls and self-published stories of asylum injustice.

Wendy Mishkin, peer support co-ordinator, will do a full review of "Recovery: the Experience and the Evidence" in a future newsletter..

Our library is open Monday-Friday from 10 a.m. to 4 p.m. Books can be borrowed for four weeks and videos/DVDs for one week.

DVD stresses WRAP

By Wendy Mishkin

A Workshop with Mary Ellen Copeland is another new recovery-oriented DVD in our library. It is a three-part series based on a workshop with Mary Ellen Copeland, MS, MA, renowned author of many self-help workbooks including The Depression Workbook and the Wellness Recovery Action Plan (WRAP) (both of which are in our library). The three parts of the video are: *Key Concepts for Mental Health*, covering such topics as hope, personal responsibility, self-advocacy and support. The second part of the DVD is an overview of *Wellness Recovery Action Plan (WRAP)*, an empowering self-help tool that anyone can use to recover and stay well from any kind of illness or challenge, physical, emotional or mental. It includes sections on creating a daily maintenance plan, understanding and planning for triggers and early warning signs, and crisis planning. The final part of the DVD is called *The Wellness Toolbox*, and it covers strategies people can use for staying well, including reaching out, relaxation, fun and diversions, and many others. It also includes a guide to creating your own toolbox which can be used as part of a WRAP.

DO YOU KNOW YOU CAN DONATE TO BCSS, VICTORIA BRANCH, ONLINE?

Just go to www.bcssvictoria.ca, enter the site, then click on Canada Helps button



Local fundraising for local services

Playtime Bingo

Victoria

3400 Tillicum Road
And the Province of British Columbia
support the programs and services
of the **B.C. Schizophrenia Society
Victoria Branch**



**Monday, Feb 11
KING CORN**

This feature documentary is a gentle look through the eyes of two “everymen” who plant an acre of corn in Iowa. They watch it grow and investigate what happens to it. It’s a gentle, creative way to explore the wonders and foibles of modern day mega-agri-business and food distribution.

**Monday, Feb 18
KNOCKED UP**

A surprisingly sweet comedy about a free-wheeling one night stand and unexpected repercussions. Now a career girl has to decide if this decidedly immature, geeky man could be a father to her babe. And he is trying – very trying... Knocked Up is somewhat raunchy but I found it ultimately winning.

**Monday, Feb. 25
DOG GONE ADDICTION**

Inspired by the Women of the Yukon Quest Three women tackle the grueling Yukon Quest; a 1,000-mile sled dog race through the Yukon and into Alaska's frigid Interior. They test their limits, driving their dog teams through record cold temperatures and over icy mountain passes amid mental exhaustion. Feel their pain as they question their abilities, and celebrate their triumphs when they overcome obstacles small and large. This entertaining film will reveal why the lesser-known Yukon Quest is considered by many to be the most challenging sled dog race on the planet.

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