



AUGUST 2012

# Newsletter

BC Schizophrenia Society, Victoria Branch

## "Accomplishments"

### BCSS Victoria Annual General Meeting

Almost 70 people attended the BCSS Victoria Annual General Meeting held at Career Development Institute on Monday, June 18<sup>th</sup>. Chaired by Board Vice President Nancy Pike, the meeting featured awards to community partners, guest speaker Dr. Bayla Schecter and the election of board members.

An Outstanding Partner Award went to Investors Group who has provided exceptional volunteer and fundraising support for BCSS Victoria. The award was accepted by Paul DeGagne. John Fear, who this year is organizing the 10<sup>th</sup> annual Jazz Event, a memorial for his son Hans Fear, which benefits BCSS Victoria, was also recognized for his valuable contributions.

The first Pryer Family Media Award was presented by June Pryer to CFAX 1070 for the station's work to promote understanding of mental health issues. Program Director Murray Langdon and his son Parker accepted the award on behalf of CFAX 1070.

Rob Schuckel of the Integrated Mobile Crisis Response Team received the Fear Family Award for promoting mental health education in the community. The IMCRT presents at the Strengthening Families Together training course for family members and has involved BCSS Victoria in providing Partnership Presenters to the Crisis De-escalation Training for the Saanich and Victoria Police.

Dr. Bayla Schecter provided an entertaining and informative presentation "The Effects of Marijuana and Tobacco on Mental Illness and What Can Be Done about Them". Dr. Schecter has worked in addiction medicine for 24 years. She is a Regional Medical Advisor for Mental Health and Addictions Service, VIHA and also works as a consulting physician at one of the addiction services clinics on Vancouver Island. She has specialty certification in family practice and over 20 years of experience both in rural and urban practices. She has extensive experience in giving workshops and lectures to professionals and the general public.

Following a refreshment break, the meeting resumed to conduct the formal business of the society. Nancy Pike, Board Vice President, read the President's Address to the Membership. In her address, Jane Milliken emphasized the importance of fund raising for the continued viability of the agency. Dana Lewis, Program Co-ordinator, summarized the Executive Director's Report to the Membership. Hazel Meredith highlighted the ground breaking work of the Mental Health Commission of Canada and increased funding to the Peer Support Program. Both Jane and Hazel expressed gratitude for the work of agency staff and volunteers.

Monique Dull and Cam Millar are leaving the Board having reached the maximum 6 years of service. Cam has agreed to continue his work with Bill Buckle on the Memorial Fund Committee. Jackie McMath is leaving the Board following her retirement from Investors Group and plans to move from Victoria. Laurel Loxam is also leaving the Board.

Jane Milliken, President, Nancy Pike, Vice President, and Board Members Liz Cook, Julia Oland and Ian Taggart will remain on the board. Julia Oland will serve as Secretary.

New Board Members are Paul DeGagne, who will be Treasurer, David Axon, Cherry Lynn Brown, Donna M. Ruppel, Natasha Thambirajah, Chelsea Wakelyn and Germaine Williamson.

**Annual Vancouver Island and Victoria  
Schizophrenia Conference  
Victoria Conference Centre  
November 16, 2012**

International and local speakers present on topics of interest to people in recovery, families and professionals.

**Recovery in Schizophrenia ~Early Psychosis  
~ Difficult to Treat Patients**

Dr Gary Remington CAMH ~ Dr. Joann McIlwrick U of Calgary ~ Dr. Judith Cook U of Illinois at Chicago



## **A Look at the Registered Disability Savings Plan (RDSP)**

The RDSP - funded by Canada Revenue Agency (CRA) and managed by the Bank of Montreal, provides an opportunity - for those who can afford it - to make provision for the future of a person living with mental illness. As for procedure involved:

Firstly, a Disability Tax Credit Certificate must be obtained from CRA. This is initiated by a doctor/psychiatrist's completion of Form T2201, which is forwarded to the Benefits Program at the Surrey Tax Centre. If accepted, CRA will set up an account with the BMO which will subsequently be in touch re: making an annual deposit of \$1,500. This will be topped up by \$3,500 from CRA. Application may also be made for a \$1,000 grant. Instructions will be given on setting up a "trading agreement" between your financial institution and the BOM. A phone number connecting to their office back east will be provided to facilitate the annual payment.

Qualifications apply, including a \$200,000 lifetime limit, and restrictions on withdrawal.

So what could go wrong here?

Well, not much compared to some 2 ½ years ago, when people that were mentally ill found it difficult to be classified as "disabled". Although this is now established there remain:

- Various bureaucratic levels to navigate.
- Personal information to be directed to the right office - fully and within the allotted time.

It is important that a record of involved names, addresses, phone numbers, and correspondence be kept, not only for the applicant, but for the bureaucracy, as people change with time and others may have to be reminded of the status of things. Setting up a folder makes an excellent start so that all is together for reference, especially if an advocate is required. The application may seem to be painful, but a benefit like this is more than worth the struggle.

## Accomplishments- By Jessica Bevan

Like anyone, I have a hard time creating a balance between my recovery, personal life and career goals. I found that most of my life I've focused on getting my BA at VIU and left my personal life on hold for my career and my recovery. In hindsight, I wish that I hadn't done that. Even now I have a hard time finding the time for friends and relationships.

Throughout my recovery at the group home where I was living, I was always goal orientated. I always wanted to get a job, go back to school and do some volunteer work. I never really enjoyed getting to know my roommates. My main focus was to get back to Nanaimo back to MalU and finish my degree. I didn't realize how self-centered that I can be. Even my mom commented that never again will she help me move. After graduating from VIU, moving back to Victoria was a big step. Like when I first moved to Nanaimo, I didn't know anyone except my family. I realize that I can't always depend on family. Volunteering at the BCSS editing for the newsletter gives me a chance to use my degree and to get to know the BCSS staff. And this is part of my recovery.

I have a lot of family pressure to be in a steady relationship, to have a steady job/career and to one day have children. They don't think of me as a disabled person. I have not had a serious relationship with a guy. The longest that one relationship has lasted was less than one month. Also I want to have a steady job in a career that I love. This is so hard to find because I've had jobs before but not ones that I've loved.

In the fall, I am going to be starting the Office Admin Program at Camosun. I am applying to become a Peer Support Worker.

## Good Life Marathon Pledge Drive

BCSS Victoria's intrepid administrative coordinator is no stranger to setting and reaching her goals. In recovery from mental health issues she has gone from repeated hospitalizations and living in a group home to living in her own apartment and working full time. Currently she is enrolled in a two year Master's program in Leadership at Royal Roads University. At last year's Goodlife Fitness Victoria Marathon Timmers walked the 21k half marathon in 3 hours and 15 minutes. It was her first experience participating in a walk/run and she raised approximately \$1000 for BCSS Victoria. In preparation for this year's event she has completed a 12-week learn to run clinic. She began by running one minute at a time and can now run 40 minutes without stopping. Her goal is to run the 8k road race at this year's Goodlife Marathon on Sunday, October 7, 2012. She is collecting pledges and hopes to raise \$2,000 for BCSS Victoria. You can contribute to her fundraising efforts by stopping by the office at 941 Kings Road or going online to Canada Helps Giving Pages: Tara's Pledge Drive Good Life Marathon: <http://www.canadahelps.org/GivingPages/GivingPage.aspx?gpID=18223> You may also wish to join the BCSS Victoria Goodlife Marathon team, Champions4Hope, as a runner, walker, race expo volunteer or cheering section member. Please call 250-384-4225 to get involved.

## Picnic in the Park

The BCSS Victoria Picnic in the Park was a great success with over 90 attendees. We played badminton, did laughter yoga with Grace Gaughan, played bingo for prizes and listened to the amazing music of Karen Hamer. It is important to connect socially with other people in a safe and comfortable setting and the picnic offers just that. Many folks donated food and bingo prizes which makes a huge difference to the people who attended. We were greeted by a bright and sunny day. We'd like to thank Pizza Zone for giving us a great price on the purchase of 30 pizzas. To everyone who attended and to all the volunteers you made this event wonderful. You are all appreciated and we hope to see you next year. [By Tara Timmers](#)

## Margarita Heroes!

Saturday, April 28th was the Eves of Destruction roller derby season opener pitting the Margarita Villains against the Anarchy Angels. A sold out crowd at the Archie Browning Arena in Esquimalt was treated to an evening of fishnet stockings and hard hits on the oval track. A portion of the proceeds from ticket sales were generously donated to BCSS Victoria. To learn more about roller derby in Victoria, see the Eves of Destruction website at: [www.evesofdestruction.com](http://www.evesofdestruction.com). We'd like to thank the Eve's of Destruction for supporting our agency at their amazing event.

A photograph taken by Pauline Karch at the Naked Bungy Jump for Schizophrenia event at WildPlay Nanaimo in February has won an honorable mention in the National Volunteer Week 2012 Photo Contest.

## BCSS Victoria's Hazel Meredith wins Peninsula Co-op's Giving Back Award

On Monday, April 30, 2012, BCSS Victoria Executive Director Hazel Meredith won the Peninsula Co-op's Giving Back Award. Each week one deserving person is recognized for the outstanding contribution they have made to their community, neighborhood or workplace. Hazel was nominated by Peer Support Worker had this to say in her nomination: "Hazel is a rare and remarkable human being....she works tirelessly to help, support and embrace people with serious mental illnesses....Hazel Meredith has raised the bar in this community when it comes to compassionate selfless service to others." Congratulations Hazel!

**Thank you** to the following businesses and members for supporting our Picnic in the Park and to all the volunteers that made the events a success!

Andree Galbraith	John Gray
Arts Council	Karen Hamer
Barbara Reeve	Laura Dalsin
Bill Buckle	Linda Westra
Burger King	Lorna Vulliamy
Clint Dalsin	Patty Milne
Corey Maruca	Mikiko Monaghan
Debbie Van Decamp	Ministry of Health
Devorah Stone	Murray Galbraith
Eileen Schieldrop	Natasha Thambirajah
Gabriel White	Norm Eyres
Grace Gaughan	Oak Bay Parks Staff
Helen Morrison	Pamela McKay
Jane Milliken	Peter Schieldrop
Jessica Bevan	Rowland Monaghan
Joan Bell	Sandy Tice
Joanne Hamilton	Sherill Eyres
Joan McIntosh	Styles Residence
John Burke	

## Now Taking Registrations for Fall Groups/Courses at BCSS Victoria

We are now taking registrations for BCSS Victoria groups and courses that will begin in the fall of 2012. Please contact us to reserve a spot in the following offerings.

[Strengthening Families Together](#): (for family and friends of people experiencing mental illness)

[Free To Be Me](#): (for children with a family member experiencing mental illness)

[InsideOut](#): (for teens with a parent experiencing mental illness)

[Your Recovery Journey](#): (for people experiencing mental illness)

Also offered: **Wellness Recovery Action Plan (WRAP)**: learn how to plan for your recovery and to prevent relapse.

## *Jazz Event Thank You...*

Allison Piano  
Bristol Town Hair  
Caffe Fantastico  
Canadian Tire  
Catering Innovations By Ursula  
Chatters Salon  
Cobb's Bread Royal Oak  
Cold Cut Combo  
CTV  
Bill Mulley Quartet  
Edelweiss Club  
Energy Health Clinics  
Harry Sandu  
Heirloom Linens  
Ian Taggart  
Jessie Leung-Cottrell  
Julia Oland  
Kim Brousseau

Knickerbockers  
Langham Court Theatre  
Larsen Music  
Level Ground Trading  
Lush  
Lynne Collett  
Long & McQuade  
Illuminations Lighting  
Intrepid Theatre  
Munro's Books  
Metropol  
Maureen Washington  
Olive Olio's Coffee  
Ooh La La Cupcakes  
Pacific Opera  
Patty Milne  
Paul Austin

Paul McNair  
Prices Lock & Safe  
Ruby Della Siega  
Saanich Parks & Recreation  
Salon Felice  
Shopper's Drug Mart Royal Oak  
Tanner's Books in Sidney  
Tempo Trend  
The Bay  
Tim Horton's  
Walmart

**We appreciate all the donations and volunteer work that went into making this event a success. Thank you!**

# A Reason to Hope. The Means to Cope. Expect Recovery!

BCSS Victoria on Facebook:

<http://www.facebook.com/BCSchizophreniaSocietyVictoria>

Free To Be Me on Twitter: [https://twitter.com/jessielc\\_bcssvi](https://twitter.com/jessielc_bcssvi)

BC Schizophrenia Society on Twitter: <https://twitter.com/bcschizophrenia>

## MEMBERSHIP RENEWAL TIME!

Please make cheques payable to:

**British Columbia Schizophrenia Society, Victoria Branch (BCSS Victoria)**

941 King's Road, Victoria, BC, V8T 1W7 Phone: 384-4225; fax: 388-4391

E-mail: [admin.bcss@shaw.ca](mailto:admin.bcss@shaw.ca) Website: [www.bcssvictoria.ca](http://www.bcssvictoria.ca)

Please accept my tax-deductible donation of: \$\_\_\_\_\_ (receipts issued for gifts of \$20 and over)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Email \_\_\_\_\_

- I wish to become a member of BCSS Victoria. (\$25 individual membership)
- I wish to become a member of BCSS Provincial (free with BCSS Victoria membership)
- I wish to become a member of Schizophrenia Society of Canada (free with BCSS Victoria membership)
- I want BCSS Victoria online newsletter (be informed, save a tree, help us save \$! Share with you network!)
- E-mail me information about local events and news pertinent to our community! (unsubscribe anytime)

Designation (undesignated donations will be put towards supporting BCSS Victoria Programs and Services):

- Programs & Services (includes children/youth/adult peer programs, advocacy, consultation and more)
- Memorial Fund (supports education, arts and other goal support)
- Endowment Fund

*Thank you for your contribution!!*

**Please consider giving throughout the year with payroll deductions programs (i.e. BC government employee payroll deduction program), charitable Christmas or gift giving in another's name or consider a legacy gift to help others who need us. *Thank you!***



**United Way of Greater  
Victoria**  
Thank you everyone for  
supporting  
United Way agencies



A REASON TO HOPE. THE MEANS TO COPE.  
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY  
- Victoria Branch -