



D E C E M B E R 2 0 1 6

# Newsletter

BC Schizophrenia Society, Victoria Branch

## "Taking Care of Business"

For info or self referral: visit [www.bcssvictoria.ca](http://www.bcssvictoria.ca) or call 250-384-4225 email: [admin.bcss@shaw.ca](mailto:admin.bcss@shaw.ca)

### Fundraising Events for BCSS Victoria

*by Kate Mansell, Board Member*

At BCSS Victoria we depend upon a broad spectrum of supporters - governments, foundations, businesses and individuals - to help us realize our mission by providing individual and family counselling, peer led programs, and education to the estimated one in 100 individuals and their families on Southern Vancouver Island affected by schizophrenia and psychosis. While contracts and grants are a very important component of our revenue mix, it is often the donations and pledges we receive from individuals that really bring our organization alive.

In our last fiscal year the Board decided to ensure that our efforts are well placed and provide not only a return on our investment of both human capital and scarce financial resources, but that have the best outcome overall for our clients. And in that respect we chose to focus our event fundraising efforts on the Naked Bungy Jump and the Iris Lunch (which will be renamed the Iris Reception in 2017). The 2016 Bungy Jump netted almost \$42,000 to support our programs. While the Iris event this year netted a significantly less amount (just shy of \$12,000) we are revamping this event for 2017 and our goal is to increase that to at least \$20,000.

You will hear more about the Iris event in the coming months but it is to the 2017 Bungy Jump event that we wish to draw your attention and encourage you to get involved! For only two days every year, WildPlay Nanaimo hosts the eye-popping fundraiser at which guests strip themselves of everything but their courage and take the life-changing 150' leap. This exciting event attracts 250 people from far and wide who register to jump and raise money by securing pledges. This pledge driven event will be held on two consecutive days the 18<sup>th</sup> and 19<sup>th</sup> of February 2017. And what makes it even more exciting is that we have an anonymous donor who matches funds raised for this event up to \$25,000!

So join us at the only place in Canada where guests adorned in nothing more than a smile can conquer the challenge of being SUPER brave, and jumping SUPER bare. Of course if you can't bring yourself to bare all you can still support it by attending for a donation of \$ 15 (must be 18 years or older). Please contact us to reserve your spot!

*See page 2 for more information and the different ways you can contribute!*



## 11<sup>th</sup> Annual Naked Bungy Jump for BCSS 2016

**February 18<sup>th</sup> & 19<sup>th</sup>, 2017**

We are already well into the planning of the Naked Bungy Jump for BCSS 2017 and we are grateful to already have a number of sponsors supporting us again this year including *Wilson's Transport*, the *Coast Bastion Hotel* in Nanaimo, *Thrifty Foods*, *Serious Coffee* and of course *WildPlay Element Parks*.

Now in its eleventh year, the weekend continues to be a leading contribution of funds for BCSS Victoria that supports individuals living with schizophrenia and psychosis as well as other serious mental illnesses. Net proceeds from the event are given to BCSS Victoria as well as 100% of all donations. This year BCSS Nanaimo will also benefit from partial proceeds.

There are 160 bungy jump spots, which means that every dollar donated makes a meaningful difference. There are lots different ways to contribute: If you want to make a donation:

- Visit our campaign page at <https://www.canadahelps.org/en/charities/bc-schizophrenia-society-victoria-branch/bungy/bungyjumpforbcss/> or
- Go to <https://www.canadahelps.org/en/charities/bc-schizophrenia-society-victoria-branch/> and click on the link to 2017 Naked Bungy Jump for BCSS. You can create your personal fundraising page, mention why you are jumping and you can share it on social media. You can keep it simple or get creative.
- You can share the links above with others.

***Be part of the movement to end mental health stigma!***



## ***Dear Members and Supporters,***

*Board member Kate Mansell spoke about the importance of our events in supporting our work. Our Annual Appeal is also a source of funds that allows us to help people like Cam in the following letter. Please consider how important it is to provide counselling and resources to people with lived experience of schizophrenia, psychoses and related mental illnesses. Your donation can make such a difference and indeed can save lives!*

## **Annual Appeal**

I would like to tell you about a young man in his twenties who sought our services at BCSS Victoria. Cam was first diagnosed during a hospitalization at the age of 19 with psychosis not otherwise specified and was later diagnosed with schizophrenia. At first, due to fear of stigma, he kept his illness a secret, only telling close friends and family. He shared that his thinking was so encumbered by his illness and had so many difficulties with life even though he was off work at the time. He shared “I could hardly hold a conversation with anyone and I was extremely anxious in groups of people due to paranoid delusions and hallucinations.”

After he was released from the hospital he went through the BCSS Victoria peer support program where he met with a peer supporter who had “been there” in his own recovery. Cam was introduced to our weekly support group “Hope and Recovery Group” and then completed his own Wellness Recovery Action Plan (WRAP) course to further enhance his hope, wellness and develop a relapse prevention plan. Overall, Cam shared that “It was very comforting to converse with people of all different age groups about mental health and how they were recovering from their own battles with it.” Cam now provides community presentations for our partnership program while working part time going to school. We couldn’t be more proud of his hard work and willingness to give back and inspire others. We are especially thrilled that he will be developing skills in the New Year to provide WRAP workshops to others!

BCSS Victoria provides help to thousands of people each year through its dedicated staff and volunteers. When life gets tough due to a mental illness we can help – in our 32 years of serving Greater Victoria, we gained so much expertise that makes a real difference to people like Cam. Although mental illness and getting on the road to recovery can be complex, we are here to help family members, youth and adults living with psychosis and other mental illnesses.



Will you be here for us? In order to help people like Cam, we need your help to do so! We invite you give your support to people like this inspiring young man. You can donate securely online at [www.bcssvictoria.ca](http://www.bcssvictoria.ca) on the Canada Helps “donate” button or you can send a cheque postmarked by December 31st, 2016 if you would like a charitable receipt for 2016.

We are leaders in our field and welcome your support and encouragement! We believe no one should have to struggle alone. Last year we served over 4,100 people including over 3700 phone calls and drop ins.

Your charitable gift ensures we can continue to provide high quality service and supports for those who need it. Thank you for considering our request and in the meantime, on behalf of the Board, staff, volunteers and the people we serve, we wish you all the best of the holiday season and of course, a very happy and healthy 2017!

Yours truly,

Don Monsour  
Board President

Hazel Meredith  
Executive Director

A poem by Ian Phipps



*Even though this is the Schizophrenic Society  
I now see after attending meetings for a time  
my mind is changing like all minds change.  
I don't have to believe what I am told.  
God only knows if we are in tune with him or her  
we can do uplifting things  
like the spirit of giving  
and leading others and myself*



[BCSS Victoria holds 16<sup>th</sup> WRAP Workshop!!](#)

December 3<sup>rd</sup> and 4<sup>th</sup> an enthusiastic and diligent group of six completed a Wellness Recovery Action Plan (WRAP) workshop in 13 hours. Two of our very capable WRAP facilitators – Fabian and Junie – took on the daunting task of delivering material that they had in the past presented in eight sessions of two and a half hour weekly sessions. Until then this was the format of all of the WRAP workshops done at BCSS Victoria. Participants felt generously supported by each other. They spoke of how their learning of WRAP was enriched by their fellow group members sharing their stories of recovery and the wellness strategies they developed along the way.



## Report on BCSS Victoria Public Forum on the Disability Tax Credit & RDSP's



On November 22, 2016 BCSS Victoria held a public forum titled "How to Access the Disability Tax Credit & Registered Disability Savings Plan (RDSP) at the Comfort Inn & Suites. Award winning Disability Tax Credit advocate Lembi Buchanan MSM and Barb Sutherland, a dynamic expert on RDLP's from Investestors Group Downton provided valuable information and insight. The forum was well attended there were lots of questions in the excellent Q and A period which followed after the presentation. We've received great feedback about the evening.

### *Self Care Tips for the Holidays*



It's amazing that Christmas has always been described as one of the most beautiful, magical, and divine holidays of the year. This time of the year often opens the heart of many strangers to the needs of others. Homelessness, world hunger, giving and sharing, love, and joy are just a few words that are frequently used during this time of the year. People are so much more conscious of the needs of others and are more willing to spread love and warmth. But sadly, Christmas time can also bring a great deal of stress, primarily for individuals who have struggled with income, family relationships, a marriage or parent-child relationship, hunger, homelessness, medical conditions, and mental illness among many other things. For the stressed and the oppressed, Christmas only reminds them of the daily pressures they have to cope with. This article will explore some of the common issues that occur around this time of year and offer ways to cope.

- Take time out for yourself and do something that makes you feel good. Be gentle with yourself!
- Don't be afraid to ask for or accept help
- Keep active. Exercise is great for your wellbeing
- Make sure you get plenty of sleep
- Eat a healthy diet that includes plenty of vegetables, fruits, wholegrains and cereals
- When drinking alcohol, do so in moderation
- Decrease your caffeine intake by drinking more water or herbal tea
- Have realistic expectations of the Christmas season
- Be realistic about what you can and can't do
- Spend time with supportive and caring people



#### *In Memoriam*

#### **Barbara Edith Reeve 1949 - 2016**

We are sorry to hear of the passing of Barbara Reeve. Barbara was active in the BCSS Victoria community both as a board member and as a Memorial Fund Committee member. She was passionate about seeing people with mental illness and their families receive support.



## BCSS Victoria at Project Connect

(Project Connect photo: From right to left BCSS Victoria volunteer Patty Milne, UVIC BSN student Jessica Van'thaaf, Executive Director of Dandelion Society Rev. Al Tysick, and UVIC BSN student Lisa Ellis.)

4<sup>th</sup> Year UVIC BSN Students Jessica Van't-Haaff and Lisa Ellis who are currently in practicum at BCSS until December and Patty Milne, long time BCSS volunteer, had the opportunity to attend Project Connect, a one day service and information forum hosted by the Greater Victoria Coalition to End Homelessness. The event, which was held at the Rock Bay Landing Shelter, provided a forum to network with community agencies and provide resources for clients and families with issues such as mental health, addictions, and homelessness. The event allowed us to connect and share information about BCSS Victoria's programs and services with the community and also provided great opportunities for us to find out about local organizations and resources. The event, now in its 8<sup>th</sup> year, was reportedly well attended and provided a free BBQ lunch and a variety of services including ID replacement, vet care, and foot care.

### **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

Easy Giving on our website through Canada Helps Button: [www.bcssvictoria.ca](http://www.bcssvictoria.ca) E-mail: [admin.bcscs@shaw.ca](mailto:admin.bcscs@shaw.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 want BCSS Victoria online newsletter (be informed, save a tree, help us save \$! Share with you network!), you can unsubscribe anytime by sending us an email to [admin.bcscs@shaw.ca](mailto:admin.bcscs@shaw.ca)
- ☐ 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 and WRAP 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!***

**“We acknowledge the financial support of the Province of British Columbia.”**

## Schizophrenia Conference Report

This Island Schizophrenia conference provides the latest information, and an opportunity to network, for clinicians, psychiatrists, general practitioners, service providers, family members and people with lived experience of mental illness. The conference was well attended this year and we received rave reviews about the speakers. Every year we feature three plenary speakers and host 8 afternoon concurrent workshops. The theme for this year, "Sex, Drugs and Designer Genes" encompassed a wide range of topics from sex differences in schizophrenia, to psychiatric genetics, meaningful measurement of mental health interventions and the timely topic of marijuana and mental health.

Our Plenary speakers: We welcomed Emily Morris who shared updates on psychiatric genetic counselling and current research projects in BC, including Victoria. Dr Marie-Josée Poulin presented on gender differences in schizophrenia and life-course trajectories including treatment implications. Dr Skye Barbic spoke about the Personal Recovery Outcomes Measure (PROM) and the importance of measuring what you seek to change, specifically to enhance recovery outcomes.

Thank you to all the afternoon concurrent presenters who provided stimulating, hopeful and enriching workshops. We have tabulated the evaluations so that we can ensure to include requested content for next year's conference. There are presentations from the speakers who are open to having their PowerPoint presentations handouts on the registration website. Feel free to check in the link. <http://islandschizophreniaconference.webs.com/> Thanks to all who worked together to make this conference such a huge success and, in particular, thank you to our sponsors: Lundbeck, Mylan Otsuka Pharmaceutical Co. Ltd. and Janssen Inc. -Hazel Meredith



Emily Morris presents to a packed room.



Great Venue!



Dr. Bardell

*Wishing you the best of the season: joy, peace, rest and love!  
Happy New year! See you in 2017.*

(BCSS Victoria will be closing on December 23<sup>rd</sup> at 12pm and re-open January, 3<sup>rd</sup> at 9am)