



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

# Newsletter

BC Schizophrenia Society, Victoria Branch

## "Advocacy"

Gaining self knowledge and creating a plan...

### **NEW! BCSS VICTORIA- PEER SUPPORTERS NOW TRAINED: WELLNESS RECOVERY ACTION PLAN® (WRAP®)**

**Peer Led Group or Peer 1:1 (Certified by Copeland Centre)**

**~An evidenced based** self-management and recovery system, developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives. WRAP is used internationally and is licensed by the Copeland Centre. It can help people gain greater sense of self-awareness and empowerment in personal, living, social, work and education settings and more.

- Decrease and prevent intrusive or troubling feelings and behaviors
- Increase personal empowerment
- Improve quality of life
- Assist people in achieving their own life goals and dreams
- Share with a support network!
- Having a plan actually decreases overall stress...doesn't it for everybody?

WRAP is a structured system to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, to reducing, modifying, or eliminating them. It also accommodates plans for responses from others when you cannot make decisions, take care of yourself, or keep yourself safe. The person who experiences symptoms is the one who develops their personal WRAP and may choose to have supporters and health care professionals help them create their WRAP.

WRAP is for: Anyone who wants to create positive change in the way they feel, or increase their enjoyment in life. It can be used to enhance planning and performance in work, volunteering, school settings and general well being!

**People who are using WRAP say: "It helps me feel prepared."**

***"I feel better more often and I'm able to improve the overall quality of my life."***



BCSS Victoria Peer Supporters and VIHA representative trained in WRAP®



Friendly faces at our picnic!

# BCSS Victoria Speakers Bureau Receives Accolades!

## Victoria Police Department Commendation Saanich Police Department Certificate of Appreciation

On September 11th, BCSS Victoria Partnership Presentations (Speakers Bureau) were recognized by the **Victoria Police Board** for the efforts made by those with lived experience of mental illness, family members and professional representatives. We were so honoured to receive a Commendation and a financial contribution by Chief Constable Jamie Graham and Victoria Mayor, His Worship Dean Fortin, for our role in the training of police members in Crisis De-Escalation training with the VIHA mobile crisis team (IMCRT). In April 2012, we were thrilled to receive a Certificate of Appreciation and financial gift from the **Saanich Police Department**. *Especially powerful for our presenters was that the recognition added an extra layer of meaning, honouring their past struggles, perseverance and overall recovery journey, and those of friends and family in the wider community.*

The organizers stated that the panel presentations were "the highlight of the training, and broadened the perspectives of officers" who are most often involved at the most difficult times. The presentations, Q and As, and one on one discussions held with presenters were enlightening and demonstrated the real commitment of officers to seeing people with mental illness receive the intervention and support required. The initiative was brought out at the **Braidwood Enquiry**. We provided 10 presentations for the Saanich Police Department, 16 for the Victoria Police Department and 2 for the RCMP. The Oak Bay Police Department and another RCMP training session is slated for the new year. *I was impressed with the serious attention afforded to our speakers, the questions and discussion that ensued, and the genuine appreciation shown for each presentation. As I speak with family members and people with mental health concerns and their friends, a new hope is found, as they feel more confident in being able to contact the police when needed.*

If you are interested in being a public speaker or wish to book a presentation, please contact us. We provide targeted presentations if you require a specific focus. We provide presentations to high school, university, college, business, service agencies, and government. We thank our private contributors and VIHA our major funder of our speakers bureau. - Hazel

### AUTUMN RN PRACTICUM STUDENT

"Hi my name is Laura and I was one of the 4th year nursing students placed at BCSS for fall. I worked with Jessie with the Free to Be Me program, along with getting a taste with everything else BCSS does.. This is my first mental health placement and I am really excited to learn as much as I can! I grew up in Duncan on a small farm and love animals. I have a quiet personality but really enjoy hearing other's personal experiences. I hope I can work with everyone at BCSS and help break the stigma of mental health with you all."

*Thanks for being part of the team, Laura! Good luck with your studies!*

**BCSS Victoria is proud to host student practicums...keeps us energized, shares knowledge and stimulates awareness!**

"BLUEWAVE Light for SAD" for sale by  
Susanne on Craigslist: (\$100/new condition!)  
<http://victoria.en.craigslist.ca/had/3386118639.html>

## NEED A GP?

### New Family Practice and Walk-in Clinic!!!!

Adjacent to Peoples Drug Mart, Quadra  
Village 2642 Quadra Street

A new clinic facility has been built adjacent to Quadra Village Peoples Drug Mart at 2642 Quadra Street, with the aim of opening in the winter this year. If you support the clinic and would like to be informed when it opens, please advise them and provide your contact e-mail or telephone number. They are seeking interest and feedback from the local catchment area.

## Random Acts of Yoga!

Random acts of yoga host yoga throughout Victoria and the Greater Victoria Area. In the summer months sessions will be held outdoors. In the darker and wetter months we will practice in various locations around town, including our Winter Studios at #116, 733 Johnson Street in downtown Victoria, BC. Most classes are by donation except where drop-in fees or special pricing is noted - recommended donation is between \$5-\$15.

Our full calendar can be found on our Meetup Group page. You can also find us on Facebook and follow us on Twitter!



*Thank you Suze for hosting a yoga class for our  
United Way Campaign-We raised over \$30.*

## **PUBLIC INFO SESSION:**

### **Psycho-Social Rehabilitation Options:**

*Do you know what to ask for when seeking rehabilitative care for yourself or a loved one?*

**Have you heard the term “Psycho Social Rehabilitation” or “PSR”? How about Supported Employment or Supported Education? Recovery?**

**Please mark your calendars for January 28<sup>th</sup> 7-9pm location TBA**

**Dr. Abraham Rudnick**

**on Psycho-Social-Rehabilitation and Recovery Steps.**

**Information will also be updated on our website: [www.bcssvictoria.ca](http://www.bcssvictoria.ca)**

In recent past, (2010), we organized a conference with a local collective of agencies known as the Progressive Recovery Group who champion service options for people with mental health and or substance use issues and their families. We held a Supported Education and Supported Employment Conference (first of its kind on Vancouver Island). Service agencies, people seeking steps toward school and work and their supporters attended to find out what could be helpful. It was a great venue to find hope and explore new paths forward.

Since the end of March 2012, there has been a revamp of the employment services for those with mental health issues. As well, changes to income benefits through social assistance. Whether newly diagnosed or later in your recovery journey, or a family member/friend of someone who needs support to move forward on these goals...whether 14, 20, 30 or 50+ years old! Come and hear about it....We hear much about the Bio based options...lets explore other supportive aspects as well. *At BCSS Victoria we embrace a person centred model that is recovery oriented from a bio-psycho-social perspective. Bio (medical, diet, medication, genetics), psychological (ie how people think) and sociological (impacts of the society we live in...housing issues, finances etc) -- Hazel*

## *On Self Advocacy*

On any path we choose to walk we will be confronted by the need for self-advocacy. I have a number of mental health challenges and also a handful of physical limitations. In my life I have doubted myself and wondered if I would ever have a successful, happy, or fulfilling life. I feel that doubt is a natural reaction to adversity. But if adversity (or negativity, or disability or bad days) continues to stack up, my perceptions change, and over time my confidence transforms into some weeping, fetal ball. Though this is part of a good, healthy process (emotional surrender) it doesn't make for the fulfilling life I wish to live. In the height of my mania I see bad odds, brick walls, and people, events or ideas that want to prevent me from reaching my potential. To a large extent I still see those barriers daily. However my old-self reacted with anger to these challenges, and nowadays I react with strategy and planning.

What do I need to get what I want? Seeking answers to that question is self-advocacy.

I went into counselling with the encouragement of my closest friend. At that time I was not yet my own best friend. Now I see that self-kindness is the root of good self-advocacy. I am lucky to have explored my psychology and because of it I am well equipped to recognize my needs. Before counselling I felt that I was 'just fine' even though I was losing friends, missing deadlines, scrambling to save face and using denial regularly. When I allowed myself a big time-out, I sat down with my undistracted, honest self and learnt what cannot be taught—who I am and what I want. That sense of self determination fuelled my sense of self-worth and I became fascinated by my own interests and less occupied with the approval of others. With that came my new self-esteem. Today I pursue my interests at a pace that I can manage; this gives me a sense of success. I have a healthy and encouraging support network which gives me a fulfilling life. And what makes me happy now is an ever growing list of people, events and ideas that help me bulldoze those brick walls.

Life within limitations is life itself. Anger will not help your long-term advocacy though at times it will motivate you. Calm and consistent confidence is my path for self-advocacy and how I seek a brighter, healthier future. Seek and you will find: food fortune, good support, good goals, good times.

*By Ryan Levis, Impact Apprentice*



*Many thanks to all Volunteers and Donors that made of Christmas Dinner a Success!*

Darlene Graham, Sandy Tice, Peter & Eileen Schieldrop, Hazel Meredith, Josie Jones, Cam Millar, Tom & Linda Westra, Joan Bell, Bruce Saunders, June Pryer, Joan & Blane McIntosh, Mary Eady, Louise Sowerby, Jean Forrest, Essy Korkoras, Eva & John Simpson, Joan Appleton, Barbara & Sus Tabata, Andre & Murray Galbraith, Mona McGill, Linda Ritchie, Barbara Rumson, Lornna Vulliamy, Luke Vulliamy, Corey Smith, June Pryer, Kevin Pryer, Judy Bogod, Emma Richardson, Hellen Hitchen, Mark Robertson, Alison Osler, Joanne Hamilton, Tara Timmers  
Joan Bell, Kevin Fast, Corey Maruca, Fabian Rousseau, Charles Crossland, Bill Buckle, Dana & Eric Lewis, Friends of Music, Eclectics, Minds at Work, Clint Dalsin, Laura Dalsin, Robert Anderson, Louise McLaren, David Johnson Christy Gain, Val Gustafson, John McInerney, Gurli & Peter Wolfe, John Gray, Hazel Tufford, Sherrill Eyres Marilyn Beckett, 1st Metropolitan United Church, Joe Power, John Boyer, Wanda Rumson, Cathy Wilkinson Molly Wilkinson, Anthony Wilkinson, Bill Bassil, Lisa Jakowsky, Christina Bates, Junie Swadron, Jason Dunphy, Erica Pryer, Trevor Pryer, Heather Pryer, Len Duval, Phyllis Manchester Duval, Anthony Moric, Bernetta Macey, Diane Texeira, Barbara Reeve, Mihaela Iacob, Cherry Lynn Brown, Rowland & Mikiko Monaghan. Linda and Ian Taggart

*& the many others who helped make this year's party such a success!*

A special thank you to Tim and Tom and the team from the Department of National Defence for making the food and serving our volunteers!

Your amazing efforts supported over 289 attendees and were well appreciated.

## **UPCOMING EVENTS!**

**New Orleans Mardi Gras Masquerade Ball**

**Jazz Fundraiser (13<sup>th</sup> annual jazz event!)**

**February 16 2013**

**Louise Rose, Maureen Washington, Cold Cut Combo,**

**Naked Bungee Nanaimo (clothing optional! 19+)**

**February 23, 24<sup>th</sup> with WildPlay Elements Parks**

**An Edgy mental health event! In our community, we are no stranger to courage! Register on Nanaimo Wildplay site now! Pledge drive welcome!**

**May 2013 Iris Luncheon at the Union Club for Schizophrenia and Psychosis Awareness Day! WEAR PURPLE! Thank you to sponsors Investors Group! If you are interested in sponsoring this or any of our events, please contact Hazel Meredith Executive Director.**

### ***IRIS Luncheon Briefing:***

The First Annual Iris Luncheon held on National Schizophrenia Awareness Day, Thursday, May 24th was a huge success. Over \$10,000.00 was raised to support BCSS Victoria. Guests were treated to a delicious meal in a well appointed room at the historic Union Club. Make sure to get your tickets for 2013 and enjoy the silent auction and amazing brunch! Thanks to Investor's Group for supporting our work in the community. There is always hope!

## Our Annual Island Wide Schizophrenia Conference was "awesome" according to feedback!

Thanks to the 208 people who attended! This was the largest ever attendance at the Victoria Conference Centre, Victoria BC. The speakers represented a wide range of interest to psychiatrists, clinicians, support workers, service providers, students and people with lived experience of their own mental illness and family members. All documents are available on the conference website. The evidence based study on WRAP® is part of the Dr Judith Cook materials. We look forward to championing WRAP® in our community for people with mental illnesses who are seeking greater self knowledge and planning for healthier living, relapse prevention and proactive planning.

BCSS Victoria expects to be ready to train in WRAP® this spring.

Centralized Intake for WRAP through BCSS Victoria [admin.bcscs@shaw.ca](mailto:admin.bcscs@shaw.ca) or call 250-384-4225

Please note we will be closed to rejuvenate Dec 24<sup>th</sup> and scheduled to reopen Jan 2<sup>nd</sup>

BCSS Victoria on Facebook: <http://www.facebook.com/BCSchizophreniaSocietyVictoria>

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

BC Schizophrenia Society on Twitter: [@BCSSVictoria](https://twitter.com/BCSSVictoria)

## A successful Campaign! Thanks to Shawna Gottschalk for Co-Leading the BS Campaign: @ CALLBS.CA

### 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.bcscs@shaw.ca](mailto:admin.bcscs@shaw.ca)

Easy Giving on our website through Canada Helps Button: [www.bcscsvictoria.ca](http://www.bcscsvictoria.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!)
- ☐ E-mail me information about local events and news pertinent to our community! (unsubscribe anytime)

As a local regional branch we provide up to date local info and newsworthy items of provincial, national and international scope.

subscribe to provincial info: <http://www.bcscs.org/2007/05/aboutbcscs/e-newsletters/>

subscribe to national information: <http://www.schizophrenia.ca/newsletters.php>

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!*

