



D E C E M B E R 2 0 1 4

Newsletter

BC Schizophrenia Society, Victoria Branch

“Caregiving”

For info or self referral: visit www.bcssvictoria.ca or call 250-384-4225 email: admin.bcss@shaw.ca

Executive Director's New Year's Message

On behalf of all of us at BCSS Victoria, I would like to wish you all the very best of the season and the happiest and healthiest of the New Year. This is going to be quite a year for BCSS Victoria. As you know, we completed our focus groups, board strategic planning retreat and will have a new strategic plan for 2015! **Coming Soon...** We are in fundraising mode to help us continue to deliver services and are gearing up for two at the present time. Our exciting **Naked Bungy for BCSS** event attracts 200+ people who register to jump and show support...that is a lot of awareness raising for our cause. This pledge driven event will be held February 21 and 22, 2015. If you have some great pledge ideas, we are interested to hear them! Did you know we have an anonymous matching donor for funds raised for this event? WOW! Secondly, we are gearing up for the National Schizophrenia Awareness Day and will be holding the **Annual Iris Luncheon Fundraiser** in partnership with Investors group! We will be seeking silent auction gifts for the 100+ people to view and bid on to raise money to keep our services accessible to all. We will take a wait list for tickets so that we can call you when they are available! We sell out our tickets every year! **And a Thank you...** *Tara Timmers will be leaving us after 8 years of dedicated service. On behalf of all of us at BCSS Victoria, I would like to wish you every success and joy as you enter into your next journey! You will be missed! More on Page 3.*

“BUYING INSURANCE AGAINST MENTAL ILLNESS”

The world is up to here in insurance policies - life; travel; auto; pet.....The pressure to buy is enormous. There is a need, we are prompted, and it happens. Sometimes before we get home with that new appliance the phone is ringing and someone is telling us that the mother board won't last a decade. So we buy a policy. But what do we do if our own personal 'mother board' goes awry, or that of one of our family members? And by this is meant the one that we carry around on our shoulders, and it being struck by mental illness. A major liability is presented, and although we learn how to handle it now, who will take care of the future when we are not be here? And what can we do to ensure that our Society will be providing the service that it now does, prodding government not to forget its responsibilities? Our concern for our family member may have drawn us away from thinking about these questions. But it would be timely to do so for our donations this year have fallen 4 ½ % over that of the previous one. Complacency seems to be setting in. This can be cured by giving just a little more.

Happily there is a solution to the longer range problem of obtaining insurance for that time when we will no longer be here: and that is through creation of a legacy. The remarkable thing in this is that one can be taken out to come into effect at that time of life when a person is in the best position to afford it and that is in the settlement of your estate. If I understand this correctly, tax benefits from this can be enjoyed in the present. ***Talk about taking it with you...this amounts to bringing it back from the beyond!!!*** But I'm no expert. Talk to a wills and estates person. And when that policy on the appliance comes due, reflect on the comfort that it will bring when compared to one that will bring comfort long after we are no longer here to provide this.

By - D. Murray Galbraith

A SISTERS CALL

“A Sisters Call” is a documentary 14 years in the making, which captures a sisters fight to find her brother who disappeared for over 20 years. Siblings Rebecca, Call and David Richmond had the picture perfect family, yet their seemingly storybook family was far from what it appeared to be. Their mother Mary, who was a popular socialite was diagnosed with paranoid schizophrenia and experienced shock treatments (ECT). Mary took her own life by self-medicating with alcohol and narcotics. Their father Call Sr. was a well-respected figure within their community. He could not bare the loss of his wife and the shameful opinion the public had on his so-called perfect family. Unfortunately, the children experienced the worst of the dad’s behavior before he too took his own life.

After years had gone by since the families devastating losses, Call could not bare the voices in his head and decided to walk away from all that he knew. Call, completely suffering alone, wandered the streets with only the direction of frightening voices leading his path. 20 years later, in 1977 Call returned to his family, after his long journey of living homeless with untreated paranoid schizophrenia. After Rebecca had spent the last two decades of her life searching for her brother, they were finally reunited.

Overwhelmed with relief and joy, Rebecca, began to build a trusting relationship with her brother all over again. However, she soon realized that Call was not the same person she once knew, but this did not stop her from fighting for his wellness. For the many years following, she dedicated her life to helping her brother reintegrate into society and encompass stability in his illness; however, this was easier said than done. While searching for answers about Call’s disappearance, Rebecca revealed many difficult circumstances she has had to overcome in her life.

This film explores the difficult realities that someone living with paranoid schizophrenia endures. It also illustrates the many heart wrenching struggles and challenges that families all over the world have to encounter. However, the film illuminates that love, courage and determination is what keeps us together.



Written by, Janelle Percy
University of Victoria
BSN Nursing Student
Practicum student at BCSS Victoria

**A big thanks to Janelle, Jenna and Amirah
For Participating in a student practicum at
BCSS Victoria! We wish you every success
in your chosen careers!**

Tara Timmers BCSS Victoria Administrator- Leaving on a new journey of life.

I want to give so much **GRATITUDE** to everyone that has been with me on my path as the Administrator for BCSS Victoria. I am moving forward in my life on a career building and educational adventure. I have truly been inspired by the “**RECOVERY**” philosophy and all the work being done to empower folks to build their quality of life. I have been given & applied myself to, so many opportunities to contribute, learn and support the process of discovery for my coworkers, peers, the organization, members, volunteers, and families. I have gained many skills, experiences and insights into health systems and the process of working through the challenges that are created due to the disempowerment of illness. I truly wish everyone continued growth and development in their lives. You are in my heart! May you all be healthy, and do the real work to inspire a community of connection that involves everyone- especially those in need of kindness, care and overall . . . **LOVE!**

Thank YOU!

Best wishes to Tara Timmers as she moves on to her next transition!

On behalf of us at BCSS Victoria, I would like to extend my warm thank you and appreciation for all you have done in your role as Administrative Coordinator. When I first started at BCSS Victoria, in June 2006, I had the pleasure to meet Tara and was pleased when she joined our team. Tara has gone above her role as Administrative Coordinator by embracing the challenge of Bungy Jumping (clothed!) for our Naked Bungy at BCSS event, not once, but THREE times! She inspired many people to jump on to the cause and raise awareness for our organization. When we signed up for the Good Life Marathon, guess who signed up to participate and raise funds once again for our cause? (both an 8k run and a Half Marathon walk). Yes, Tara has a spirited heart to make a difference! In her employment, she could be counted on to manage details for our many events over the years, such as the annual Christmas Dinner and Dance for over 300 attendees, Iris Luncheon for 100+ people, Jazz event for 200+, our Annual Picnic for 100 people, our annual conference, public forums and ensuring our programs moved forward. With over 3000+ calls and drop ins per year plus thousands of emails, Tara would reliably keep the volunteers apprised of any future developments, and coordinate training days on topics pertinent to the needs of the community. Through this time, Tara has been able to offer hope, help and support to many people over the 8 years of her dedicated service. Her knowledge of community resources has been a source of comfort to those who come to the organization in need. Finally, we congratulate you on the success of achieving your Masters of Arts in Health Leadership through Royal Roads University. Your thesis will live on as a testament to your passion to see people receive the benefit of Peer Counselling, which combines professional and peer work. This is an innovative approach to support for those with mental health challenges to many skills, abilities, strengths and to uncover/discover, gain empowerment and shine! Tara, thank you for all you have done for BCSS Victoria and our clientele. We wish you happiness and success in your next endeavors! You will be missed!

– Hazel Meredith, Executive Director



Caregivers: some self-care-wellness tools

1. Sleep: A good night's sleep is so vital to how we feel the next day. Being involved during the day in an active sport, biking, hiking, swimming, mountain climbing can help us get to sleep with greater ease at night and wake us up refreshed.
2. Meditation: A regular meditation practice at the same time each day will develop inner strength, greater clarity, reduce stress.
3. Reiki: Reiki is a supportive healing modality. Here is a definition taken from the 'On line Medical Dictionary' website. Reiki is a form of therapy that uses simple hands-on, no touch, and visualization techniques, with the goal of improving the flow of life energy in a person. One can learn Self-Reiki. Reiki (pronounced ray key) means "universal life energy" in Japanese, and Reiki practitioners are trained to detect and alleviate problems of energy flow on the physical, emotional, and spiritual level.
4. Daily exercise: Whatever one's preference might be (hike, bike, swim, ski); create a consistent routine of 'active living'; get into the outdoors, enjoy fresh air and sunshine; better sleep.
5. Text: Instead of phone calls can help with protecting boundaries and help with time management.
6. Partnership: Not parenting. Move out of the 'full on' caregiver role when the time is right. Begin to use greater detachment in shifting this role, which will lead to confidence and personal 'empowerment' especially for the person in 'recovery'.
7. Boundaries: If negative behaviors are directed at you, know that it is the symptoms of the illness acting themselves out, not the person. Use appropriate strategies for setting good boundaries.
8. Compassion: How do I actually take care of my own suffering? Practice self-compassion... see TED Talk / Kristin with this relatively new approach; take a course. On ... TED Talks <http://www.self-compassion.org> and here is a related website .. <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>
9. Hiking: Lots of trails in and around Victoria; join a hiking group on Meet Ups: <http://www.meetup.com/>
10. Yoga: Lots of great yoga teachers in town. Have you tried laughter yoga??!
12. Chocolate: Creates 'endorphins'. (dark chocolate is even healthier for you than light chocolate!)

- compiled by Susanne Dannenberg, Family Counsellor for BCSS Victoria and the Family Support Group (more tips available!)

BCSS Victoria's Annual Christmas Dinner: A Joyful Success

Thank You To Our Donors: Joan Bell, Darlene Graham, Sandy Tice, Peter & Eileen Schieldrop, Pat & Tom Gubbels, John Simpson, John Gray, Dr. Galanos, June Pryer, Tara Timmers, Janet Bording, Tom & Linda Westra, Murray & Andree Galbraith, Joan & Blane McIntosh, Joanne Hamilton, Joan Ormiston, Ruby Della-Siega, Diane Rankin, John Moore, Adapta Software Inc. (Peter & Gurli Wolfe), Joan Appleton, P. Lawson, John & Marion Gibson, Yvonne Pierce, Louise Sowerby, Janet Strickland, Paul DeGagne, Cherry Lynne Brown, Linda Taggart, Mona McGill, Arlene Murrell, Pamela McKay, John & Marilyn Beckett, Else & Michael Shoop, Norm & Sherrill Eyres, Mary Eady, Bonnie North, Val Gustafson, Hazel Meredith, Mount Doug Market

**Cobb's Bread, Level Ground Trading Company,
Thrifty Foods & Save On Foods**



Thank You to All Our Volunteers: Annuska van der Pol, Wes Stolth, Stephanie Nicholson, Louise MacLaren, David Johnston, Joan Appleton, Andree Galbraith, Murray Galbraith, Val Gustafson, Cherry Lynne Brown, Laurel Radcliffe, Jason Dunphy, Wayne Barnett, Marion Gibson, Albert VanCitters, John Gibson, Kent Laforme, Joan McIntosh, Rod Marsh, Ian Taggart, Chris Caleb, Charles Crossland, Kevin Fast, June Swadron, Cookie, Paula Roumeliotis, Anita Didrich, Laurel Gaudette, Robert Anderson, Erika Pryer, Lisa Pryer, Joanne Balchin, Jeff Dickey, Janelle, Jenna, Leah Davidson, Peter Schieldrop, Eileen Schieldrop, Sus Tabata, Barbara Tabata, David Axon, John Simpson, Mariko Zielinsky, Joan Ormiston, John Burke, Corinne Dunphy, Penny Van Citters, Barbara Reeve, Janet Bording, Patty Milne, Jordon Sandwich, Tina Zuke, Sarah Plata, Yana Vushka, Bill Bassal, John Pang, Karen Gillis, Sheryl Eyres, Amirah Foort, Don Palmer, Jamie Brace, Mary Quayle, Germaine Williamson, June Pryer, Linda Taggart, Trevor Pryer, Joe Fetterly, Desi Sloan

Schizophrenia Conference 2014 - 260 in Attendance: "Schizophrenia follows no rules but her own." Bleuler

The 17th Victoria Schizophrenia conference showed how much passion there was towards helping others. Peers, family members, doctors and psychiatrists gathered together to learn how to best help others with a diagnosis of serious mental illness. There were speeches from Dr. Rahul Manchanda, Dr. Richard Williams, Bonnie Kirsh, PhD. Dr. Rahul Manchanda mentioned that long term contact with ones psychiatrist is very helpful for individuals with schizophrenia. He showed graphs illustrating the statistics about the positive effects of remaining within the care of one's psychiatrist. The cornerstone of schizophrenia as mentioned by Dr. Rahul Manchanda and Dr. Richard Williams was medications. With that as the critical vein to lessening symptoms of schizophrenia - the relationship as the administrator of the medications is very important, be it the psychiatrist, family doctor or nurse. The individuals' direct family members, peer supporters or friends all can contribute to the well-being of the other by making sure they are okay. Three concrete ways of caring for an individual with newly diagnosed serious mental illness are [1] understand the individual is taking medications with the intention to improve him/herself [2] understand that the anti-psychotic medications may transform your loved one [3] understand that schizophrenia is unique to each person that has it and that it requires patience, compassion and respect from the loved ones.- **by Annuska van der Pol**



DEAR MEMBER AND/OR SUPPORTER

RE: ANNUAL APPEAL December 2014

More than ever before, BCSS Victoria needs you! We are experiencing more demand on our services for help and hope! I am wiring to ask you for your financial support! You can help online at www.bcssvictoria.ca on the Canada Helps button or send a cheque postmarked by December 31st, 2014, if you would like a charitable receipt.

We are on top on the latest developments in the field and welcome your support and engagement to help us assist those with serious mental illness. We believe no one should have to struggle alone; we believe people can gain strength and hope in the company of others who have been there! Our profile of people served whether family member or person with their own mental health issue are 66% schizophrenia/schizo-affective psychosis, 32% bipolar and 2% other.

HOPE FOR FAMILIES! This year we provided hope and help to families who needed information about mental illness, helpful programs and strategies to help their loved one explore recovery. Our Strengthening Families Together course, together with our Family Counselling and support group options fule hope, bring insight and a feeling of kinship with others. *Families shared “The Strengthening Families Together course is a life saver!” “I knew I wasn’t the only one but in my heart I believe I am not the only one now”*

HOPE FOR PEOPLE WITH MENTAL ILLNESSES! Did you know that BCSS Victoria has led the way to train peers in the Wellness Recovery Action Plan® (WRAP®)? We have delivered 11 workshops since its inception and piloted a day hospital group. We are currently piloting a WRAP Alumni Booster group, too. People can also explore recovery through 1:1 peer support and attend a weekly support group. WRAP provides people with a “living document” to help identify personal plans to maintain wellness, attend to personal crisis and be more aware of personal processes before and after crisis. *A WRAP participant shared “WRAP has been a game changer for me. It gave me the power to structure my own wellness and live my life with me in the driver seat. It gave me a way to organize my thoughts, worries and what I could do to overcome my fears. I am back at school and feeling stronger than ever!”*

Your charitable gift ensures we can continue high quality service and supports for those who need it. All the best of the holiday season to you and here’s to a happy and healthy 2015!

Yours truly,



Hazel Meredith
Executive Director



Naked Bungy 2015: "DON'T LEAVE ME DANGLING"

Book now for Feb. 21, or Feb. 22, 2015 Space is limited, and always sells-out, so don't wait to strip away the stigma of mental illness (and more). Call 1-855-595-2251 for details. Must be age 18 or older.

WHY BARE IT ALL? Your participation is...

- **Daily support and encouragement to people who need it most** through funding of award-winning and professional peer programs.
- **Proof** that facing fears and taking a leap into the unknown is life-changing.
- The **wackiest gift** on a naughty or nice list.
- Totally unique **bragging rights** - join 200 brave and bare guests to leap 150-feet from the famous Bungy Jump bridge over the rushing Nanaimo River.
- **Essential to help the BCSS** reach their event goal of \$20,000 (and any *pledges you collect will be matched* by our long-standing anonymous donor!).

BCSS Victoria on Facebook: <http://www.facebook.com/BCSchizophreniaSocietyVictoria>
BC Schizophrenia Society Victoria Branch on Twitter: [@BCSSVictoria](https://twitter.com/BCSSVictoria)

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 E-mail: 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
- ☐ 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!*

"We acknowledge the financial support of the Province of British Columbia."

