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Life Beyond Illness- The Promise of Recovery June 12-14th, 2008

We are proud to announce **The Schizophrenia Society of Saskatchewan Inc.** are collaborating with the **Canadian Mental Health Association (Saskatchewan Division) Inc.** this year on the Annual Conference

This is a rare opportunity to hear and participate firsthand with some of the International leaders in our field of mental health. The Provincial Conference and Schizophrenia Society of Saskatchewan Inc. & Canadian Mental Health Association, Annual General Meetings will be held on **June 12-14, 2008 in Regina** at the Travelodge Hotel, South Albert Street.

Presenters will be:

Larry Davidson, PhD

Associate Professor and Director of the Program for **Recovery and Community Health** of the School of Medicine and Institution for Social and Policy Studies at **Yale University**.

Myra Piat, PhD

Researcher, **Douglas Institute Clinical activities**, member of Canadian Recovery Research Group, Assistant Professor, Departments of Psychiatry, **McGill University**.

Abraham Rudnick, MD, PhD

Associate Professor Departments of Psychiatry and Philosophy, University of Western Ontario. **Physician—Leader Schizophrenia Treatment and Research Program Regional Mental Health Care.**

Jason Newberry, PhD

Senior Researcher at Centre for Community Based Research (CCBR), Sessional Lecturer in Program Evaluation at the **University of Guelph**.

Allan Strong, Self-Help Alliance

Recovery Education Coordinator at the Self Help Alliance, **Kitchener, Ontario**.

Kathleen Thompson, BA (Hons), M.S.W., PhD Candidate

Senior Researcher of **Transitions Toward Recovery: Participatory Action Research With Adults Living With a Serious Mental Illness**.

Rob Stephenson, M.A Clinical Psych

Senior Psychologist at the **Early Intervention Program**, Child and Youth Services in Regina

Some of the topics we will be covering at the conference are:

- * How to Transform a System to Recovery without Really Trying (or at least without having to do all the hard work yourself)
- * Transformation of Mental Health Services to a Recovery-Oriented system of care: Where are things at in Canada?
- * Role of Medications in the Recovery Process
- * Diversity, Understanding Recovery
- * Poverty/ Isolation
- * Consumer Involvement in Recovery Transformation: Poverty/ Social Inclusion

**Brochures/registrations will be mailed out in the next week or two. They will also be available on a link from our website at www.schizophrenia.sk.ca*

Fish oil may delay, prevent schizophrenia: study

(MELBOURNE, Australia)

A daily dose of fish oil may stop young people who are vulnerable to schizophrenia from ever developing the illness, a landmark study has found.

At an international psychiatry conference in Melbourne, November 29, experts from the Orygen Research Centre said that omega-3 fatty acids, believed to be beneficial for conditions from heart disease to attention deficit hyperactivity disorder (ADHD), could also help delay or prevent the onset of severe mental illness.

The findings could offer a safe way to treat and potentially prevent schizophrenia without the side effects of antipsychotic medications, said lead researcher Paul Amminger, MD.

The researchers enlisted 81 "high risk" young people between the ages of 13 and 24 who had previously suffered brief hallucinations or delusions. Half were treated with capsules of fish oil, which is rich in omega-3 fats, for three months. The rest of the group took a fishy-tasting substitute.

One year later, three percent of those who had taken the fish oil supplements had developed schizophrenia, compared to 28 percent of those who had taken placebo. Researchers are now planning a larger, multi-center trial in an attempt to replicate the findings.



Remember 2008 memberships are due April 1st.

**The annual membership fee for the Schizophrenia Society of Saskatchewan is \$20.00
You can now renew your membership and make a donation over the phone using your
Visa or MasterCard.**

2008 Building Bridges to the Future Bursary Program

The Schizophrenia Society of Canada and Janssen-Ortho Inc. are pleased to partner again in offering the Building Bridges to the Future Bursary Program. Formerly known as the Risperdal Educational Bursary Program and administered by Janssen-Ortho Inc., the program is now coordinated through the Schizophrenia Society of Canada.

Purpose: The Building Bridges to the Future Bursary Program seeks to encourage and support individuals living with schizophrenia as they pursue educational opportunities. The money from the bursary program can be used for tuition/registration fees, books and other costs related to completing education and/or training program.

Value: The maximum amount awarded is \$800.

**For more information please contact SSC at 1-905-415-2007 or info@schizophrenia.ca
Application Forms available on line at www.schizophrenia.ca**

Geodon / Zeldox (New Medication) Available in Canada

Pfizer announced today (*February 8th, 2008*) that Canadians with schizophrenia now have a new treatment option. Health Canada has approved ZELDOX (ziprasidone hydrochloride), marketed under the brand name "Geodon" in the US for a number of years. The medication is now available in Canada for the treatment of schizophrenia and related psychotic disorders.

"ZELDOX is a welcome new treatment option because it controls the symptoms of schizophrenia and appears to cause less weight gain than other antipsychotic medications. Weight gain can increase the risk of developing diabetes and heart disease. These side effects are often distressing and stigmatizing and are a major reason that patients go off their medication," said Dr. Ashok Malla, Director of the Prevention and Early Intervention Program for Psychoses at the Douglas Mental Health University Institute in Montreal, Quebec. "ZELDOX has demonstrated an excellent safety and efficacy profile as demonstrated through over a decade of research and patient experience."

About ZELDOX™

Discovered and developed by Pfizer, ZELDOX(TM) is a serotonin and dopamine antagonist which treats the symptoms characterized as both positive (e.g. visual and auditory hallucinations) and negative (lack of motivation and social withdrawal) as well as the overall psychopathology of the disease.

The efficacy of ZELDOX(TM) in the treatment of schizophrenia was established in the largest ever clinical trials program conducted for a novel antipsychotic medication prior to launch. The program involved four short-term and one long-term placebo-controlled clinical trials of psychotic inpatients who met the DSM-III-R criteria for schizophrenia. As with many other atypical antipsychotics, the exact mechanism of action of ZELDOX is unknown. However, it has been proposed that the efficacy of this drug in schizophrenia is mediated through a combination of dopamine type 2 (D2) and serotonin type 2 (5HT2) antagonism. ZELDOX is the only atypical antipsychotic with data showing long-term improvement in metabolic parameters including weight, cholesterol and triglycerides. The most common side effects of ZELDOX include fatigue, nausea or upset stomach, constipation, dizziness, restlessness, abnormal movements, diarrhea, rash or increased cough/runny nose. One potential side effect of ZELDOX is that it may induce an abnormal heart rhythm, a risk that can be increased in patients who already have certain abnormal heart conditions or in those who are taking certain medications. ZELDOX is not recommended in patients who have Long QT Syndrome (LQTS), those who have had a recent heart attack, severe heart failure or certain irregularities of heart rhythm.

Partnership Program Update

Both the Regina and Saskatoon Partnership Program have had a great start to 2008. We have provided information to over 40,000 people about schizophrenia and mental illness. The presentations in January and February were well attended and they have many more lined up. Some of the places that the Partnership Program in Saskatchewan have visited so far this year are:

- * Royal University Hospital (Saskatoon) for the "Future In Mind Campaign" for RUH staff/general public in lieu of new psychiatric ward
- * The Bridge on 20th Street Fellowship Centre, Saskatoon

- * Saskatoon and Regina High Schools, Grades 11 and 12.
- * Aboriginal Family Services in Regina
- * University of Regina Police Recruits
- * RCMP Depot Division Recruits.

February Provincial Total- 14 presentations to 319 people
Grand Provincial Total- 1,497 presentations to 41,682 people

Congratulations to everyone who assists with this program!! Thank you to Jackie and Curtis who run the program from Regina and Saskatoon and to all the volunteers who give of their time. Keep up the good work!

Notice of the Schizophrenia Society of Saskatchewan Inc. Annual General Meetings

It's that time of year again when the SSS Provincial office and the Regina and Saskatoon Chapters hold their respective Annual General Meetings. Please find this as notification of these three events.

Schizophrenia Society of Saskatchewan Inc. Provincial Annual General Meeting

- * **Friday, June 13, 2008**

8:00 am Travelodge Hotel in Regina.

Breakfast will be served for those attending the meeting and the conference.

Saskatoon Chapter Annual General Meeting

- * **Wednesday, April 30, 2008**

7:30pm WA Edwards Family Centre: 333 4th Ave North, Saskatoon.

Regina Chapter Annual General Meeting

- * **Tuesday, May 13th, 2008**

7:30pm Senior Citizens Centre: 2134 Winnipeg Street, Regina

Mental Health Commission of Canada Promised \$110 Million For Research To Help The Homeless Living With Mental Illness

CALGARY, AB February 26, 2008 —

Michael Kirby, Chair of the Mental Health Commission of Canada (MHCC), expressed the Commission's appreciation to the Prime Minister, the Right Honourable Stephen Harper, the Finance Minister, the Honourable James Flaherty and the Honourable Tony Clement, the Minister of Health, for their leadership in promising \$110 million to the MHCC for research projects to help Canadians with mental illness who are homeless. A high percentage of homeless people in Canada have mental health problems.

"Very little is known about the most effective ways of providing services to people living with mental illness who are homeless," said Mr. Kirby. "What they require is a complex basket of services including supportive housing, access to primary health care and a wide range of other supports."

The Commission will set up five demonstration research projects across Canada. Vancouver, Winnipeg, Toronto, Montreal and Moncton have been selected as sites for the research programs. Each project will focus on a distinct group of homeless people living with mental illness such as those who also have a substance abuse problem, Aboriginal Canadians and non-English speaking new immigrants. The demonstration projects will run simultaneously over a four year period.

"Collectively, the projects will develop a body of evidence which will enable Canada to lead the world in providing services to people living with mental illness who are homeless," said Michael Kirby.

The research will also contribute to the Commission's development of a national mental health strategy as well as to its efforts to reduce the stigmatization of mental illness and eliminate the discrimination that many people living with mental health problems and illnesses face on a daily basis.

The Mental Health Commission also looks forward to collaborating on these projects with a variety of partners: provincial and municipal governments, regional health authorities, service providers and service users.

The MHCC is a non-profit organization created to focus national attention on mental health issues. It is funded by the federal government but operates at arm's length from all levels of government. The Commission's objective is to enhance the health and social outcomes for Canadians living with mental health problems and illnesses.

To achieve this goal the Commission is pursuing three key initiatives: leading the development of a national mental health strategy; creating a ten-year campaign to reduce the widespread stigma associated with mental health problems and illnesses and eliminate the discrimination many people living with mental health problems and illnesses confront daily; and establishing a Knowledge Exchange Centre to make information about mental health and mental illness available to all Canadians and improve communication and collaboration across the mental health sector.

"What they require is a complex basket of services including supportive housing, access to primary health care and a wide range of other supports."

The Registered Disability Savings Plan (RDSP)

Information taken from (www.plan.ca/social_policy_PolicyUpdates.php) and from www.disabilitytaxcredit.ca

The Registered Disability Savings Plan(RDSP) was enacted by Parliament in December of 2007. It is a valuable benefit to people with disabilities that will end up improving their quality of life by providing an income from contributions by families and friends for their future needs. These contributions will be supplemented by government grants.

Canada is the first nation to address families' concern for the future by implementing a registered disability Savings Plan. Families and politicians in other countries such as US, Australia and New Zealand have followed our countries' progress and our working on their own plans.

The RDSP will assist as many as 700,00 Canadians with disabilities and the Federal Government has budgeted \$115 million in matching Canadian Disability Savings Grants and Bonds for 2008-09.

The Federal Government has emphatically declared that they trust families and people with disabilities. There are no restrictions on what the RDSP can be spent on. While the Federal Government is sharing responsibility for planning for the future with the Grant and Bond, people with disabilities and their families will control use of the funds.

Like RRSP's, the RDSP will have a significant impact on the future financial security of people with disabilities. Even modest contributions when a child is young will result in significant income flow—as much as \$20,000 to \$25,000 per year—later in life. Financial security then provides greater opportunity for people to live “good lives”.

Highlights of the RDSP and the Disability Savings Grant and Bond

- * The beneficiary of a RDSP must be in possession of a valid **Disability Tax Credit**. The beneficiary can be a child.
- * Contributions permitted by the individual, any family members or friends.
- * Contributions grow tax free.
- * Income can accumulate tax free inside the RDSP.
- * No restrictions on when the funds can be used or for what purpose. (there may be a withdrawal fee and penalties for early withdrawal to be considered)
- * The lifetime contribution limit is \$200,000.00 with no annual limit. Contributions can be made until the end of the year that the beneficiary turns 59 and are non-refundable.
- * The beneficiary for whom the RDSP is created must begin withdrawing payments when they attain the age of 60.

The Disability Savings Grant will match contributions for 20 years as follows:

- * Annual family income is less than \$74,357 - three dollars for each dollar contributed on the first \$500 and two dollars for each dollar contributed on the next \$1,000. Therefore, a \$1500 contribution would mean a total of \$4500 being added to the Plan.
- * Annual family income is more than \$74,357 - one dollar for each dollar contributed on the first \$1,000.

The Disability Savings Bonds (CDSB) for Families with Low Incomes:

- * For Adults with disabilities or families with incomes of \$20,833 or less, the **Disability Savings Bond** will provide \$1,000 per year for 20 years to a RDSP without any contribution.
- * This is not dependant on any contributions to a RDSP.
- * The lifetime limit is \$20,000 and cut off age is 49.

For more information go to www.disabilitytaxcredit.ca

We would love to hear from you. If you have anything that you would like in the next issue of InFocus please feel free to send it to:

InFocus Newsletter
Box 305 Regina, SK-S4P 3A1

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Check us out
www.schizophrenia.sk.ca

NEW

Toll free number:

1-877-584-2620

You can now make donations and pay for memberships by phone:

VISA AND MASTERCARD ACCEPTED

REGINA

Informational & Caring and Sharing Meetings

Second Tuesday of every month.

Senior Citizens Centre

2134 Winnipeg Street, Regina (*in the ceramics craft room*)

7:30 pm

Phone: 584-2620

(No meetings for the months of Dec, June, July and August)

SASKATOON

Informational and Group Meetings

Third Monday of every month.

W.A. Edwards Centre

333—4th Ave. North

Saskatoon, SK

7:30 p.m.

Phone: 374-2224 (*no meeting in July and August*)

KINDERSLEY

Each month in Kindersley, SK or Eston, SK.

Eston Wellness Center—Carpooling available from Kindersley as needed.

7:30 p.m.

Ph. Verna 965-2606

(No meetings for the months of May—October)

Subscriptions to **Schizophrenia Digest**, purchased by a pharmaceutical company on behalf of Schizophrenia Society of Canada members, expired with the last edition delivered (Fall 2007). Unfortunately the Schizophrenia Society of Canada was unable to secure funding for this years subscription.

However Schizophrenia Digest is promoting an exclusive **half price** SSC subscription rate of **\$10 for a one-year and \$20 for a two-year subscription until April 18, 2008**. Anyone who takes advantage of this special offer will begin their subscription in time to receive the Spring edition -- published on April 28.

To contact Schizophrenia Digest regarding this special offer you can contact them at www.schizophreniadigest.ca and click on "contact us" and then "subscriptions".

Or call them at 1-866-672-3038 or 905-994-0302

Regina Schizophrenia Consumer Support Group

This group meets the 1st Wednesday of the month at 2123 Broad Street (Schizophrenia Society of Saskatchewan Provincial Office)
From 7:00—8:00pm

Call 306-584-2620 for more information.

Saskatoon Wellness Group (306)-374-2224

April events:

April 6th - Billiards at the Snooker Shack

April 11th - Wellness at the WA Edwards Family Centre

April 20th - Rec. TBA (call the office for more info)

April 25th - Wellness at the WA Edwards Family Centre

May events:

May 4th - Rec. TBA (call the office for more information)

May 9th - Wellness at the WA Edwards Family Centre

May 18th - Rec. TBA (call the office for more information)

May 23rd - Wellness at the WA Edwards Family Centre