



New Spring activities for the Schizophrenia Society of Saskatchewan Inc.

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This past spring has been challenging, and rewarding. There have been three major events that focused on education, awareness and fundraising.

The Provincial Annual Conference was held May 19, 2006 at the Ramada Hotel in Regina. The theme was Strengthening Families Together which featured parts of the 10 week program that has been presented in Regina and Swift Current. The speakers included Mary Jardine, CEO from the Schizophrenia Society of Canada; Anne-Marie Piniach, RPN, Supervisor of the Westview Program; Anita Hopfauf, Provincial Program Coordinator with the SSS; Jan Stirr, Case Manager in the Rehab Services Unit at RMHC; John Williams, Income Security Program Supervisor at the RMHC and Hirsh Greenberg, a Practicum Coordinator and Lecturer in the Justice Department at the University of Regina. While attendance was low the evaluation from the conference indicated that those who attended found the presentations informative and valuable.

Thank you to all the sponsors, Novartis, Eli Lilly, Astra Zeneca, Janssen Ortho and the Saskatchewan Psychiatric Association for making this event possible. Thank you to the presenters for the practical and beneficial information. The humor in the last presentation by Hirsh Greenberg was very welcome after sitting in such a hot environment. Our apologies for the uncomfortable conditions (over which we had no control) that made it necessary for some to leave early. Thank you to Will Daechert for exhibiting his art, and to Chad Arie for the video, these displays enhanced the information at the entrance. Thank you to the staff and volunteers who gave that extra effort to make the conference a success.

We would like to take this opportunity to welcome the Board of Directors for 2006-2007. These people were voted on to our Board by the membership at the Annual General Meeting held the same day as the conference.

-Aurelia Beach from Regina; -Marie Knutson from Eston; -Moira Gautron from Battleford Sask; -Fran Walmsley-Kambeitz from Weyburn; -Anne-Marie Ursan from Moose Jaw; -Joan Baylis from White City; -John Mitchell from Regina; -Sharon Staseson from Regina; -Doreen Krienke from Regina; -Chad Arie from Regina; -Norma Johnson from Elbow

A fundraiser/awareness marathon "Big Sur International Marathon in California" was completed by Bernadette Sokalski early in the 2006 year. This marathon allows the participants to raise money for the charity of their choice while enjoying the amazing experience of completing this visually breathtaking course. The full marathon is 26.2 miles. There was media coverage in Regina and she made contacts with many people as she raised funds. Bernie was one of the top fundraisers at the Marathon, raising over \$4,000 for the Schizophrenia Society of Saskatchewan Inc. It was a privilege to get to know and work with Bernie.

June 3rd was "Steps and Strides for Schizophrenia". This was a walk to "raise awareness about Schizophrenia, raise funds and have fun!" to quote Oshoowa Doorn. Oshoowa approached our organization a year ago wanting to do something in memory of his Oma. The walk was well received by the community and was a great success. Great job Osh! and thank you to all the sponsors, staff and volunteers who made this event successful and fun.

Thank you again to all who participated in all three events and we look forward to continuing with this momentum through the rest of 2006 into our 25th year in 2007.

Chapters

Saskatoon Chapter
304-506-25th Street East
Saskatoon, SK
S7K 4A7
(306)374-2224

Regina Chapter
Box 305 Station Main
Regina, SK
S4P 3A1
(306)584-2620

1st annual "Steps and Strides for Schizophrenia" A great success!!

Steps and Strides for Schizophrenia took place on the afternoon of June 3rd and was a great success. The perfect weather and fantastic turnout of people proved to make for a fun and memorable event. There was excellent newspaper, TV and radio coverage both before the event and after, which also contributed to our success greatly and the positive awareness that it provided is "priceless".



We had approx 100 people turn out to participate in the walk and lots of great prizes for those who raised funds.

The walk raised a total of \$8,000 that will go to Provincial Programming and Awareness.

Thank you to all that helped to achieve this fantastic amount!

Top fundraisers for this walk were:

Youth winners: Oshoowa Doorn
John Lasby

Adult Winners: Maritza Tello and
Sandy Devine, who collected pledges
on behalf of her dog, Buster.

We would like to thank all of our sponsors for this event and we look forward to working with you at future events and walks.

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- Ruckers
- Service Canada
- Carol Solberg
- Nimbus

Enhanced Support for Childrens Mental Health

News release April 26, 2006: Saskatchewan Government

Details about increased resources for mental health services for Saskatchewan's children and youth were announced by Health Living Minister Graham Addley.

On Budget Day, the Government of Saskatchewan announced an additional \$1 million for this year and \$2 million each future year for children and youth mental health services. In a Regina news conference Minister Addley detailed how these investments will enhance access to quality mental health services for the province's young people.

"Every child in our province deserves the opportunity to develop to his or her fullest potential," Addley said. "The initiatives I am announcing are further

steps as we continue to address the needs, gaps and barriers in mental health services for children and youth. Taken with other initiatives such as the children's hospital within a hospital and the youth focus of the Premier's Project Hope, they reflect the government's commitment to our young people."

Early identification, along with early intervention, and treatment, supported by outreach, residential and respite services will all be enhanced this year. These enhancements will include:

- Hiring of five mental health specialists in Saskatoon, Regina and Prince Albert;
- Creating 11 new parent-therapist residential spaces for children and youth with primary mental disorders who cannot live at home;
- Adding three mental health professionals to the new Early Psychosis

Intervention Program in Regina to serve youth at the first onset of psychosis;

- Adding resources to reduce the number of clients waiting for intervention services at the Autism Resource Centre in Regina;
- Providing mental health outreach and respite services to an additional 440 children and youth across the province ; and
- Distributing a new booklet for youth that addresses depression and suicide. This booklet will be distributed to schools, doctors' offices, tribal councils and other organizations.— "Depression & Suicide, What you need to know."

Strengthening Families Together to start again in October

Strengthening Families Together is about more than education; it is about **Strengthening** family members and friends of individuals with a serious mental illness by providing support, awareness and tools.

Support — Families have an opportunity to discuss the daily challenges they face and learn how to connect with others.

Awareness — Giving families the real scoop about mental illness, treatment options, causes, research and mental health services available in the hopes of diminishing the stigma attached to diagnosis.

Tools — Equipping family members with problem solving, coping and communication skills.

Some of the topics we will cover in this program are:

- What is mental illness?
- The brain & causes of mental illness
- Schizophrenia
- Mood & anxiety disorder
- Mental illness, Alcohol & Drug use, & Criminal Behavior
- Treating and living with Mental

Illness

- Coping as a family

Strengthening Families Together was delivered in *Regina* and *Swift Current* over the past year and we have received great feedback. The participants completed evaluation forms and here are a few of their comments about the program:

- The whole program was very educational. The examples of patient or family experiences helped me to relate. A wonderful program. If only the general public would show interest in such topics. It might reduce the stigma attached to mental illness.
- It was great to see and meet other people in similar circumstances with their affected loved ones.
- The binder is exceptional! The coordinators are very knowledgeable and helpful.
- The whole session was a learning experience and enhanced on a lot of what I had heard already. I got new ideas, met people and shared ideas and stories. I got over a lot of my fears of talking about my daughter with others.
- This is a good thing-we need to keep it going. It is so important for

the caregiver to have their health as good as possible. You can't be any good to anyone else if you aren't well yourself.

Regina and *Swift Current* plan to deliver the program again this fall. We also have people who are interested in facilitating this program in *Weyburn* and *Moose Jaw* as well.

Check upcoming newsletters or call the office for locations, dates and times.

If you are (or know of anyone who might be) interested in helping to facilitate this program in an area not listed please contact Anita at: (306) 584-0755.

If you are interested in taking this **FREE** 10-session course please contact Anita at 584-0755 for more information.

You can join this course at any time and are not required to participate in all sessions.

We hope to see you there and Have a Great Summer!

Partnership Program update

As June comes to a close and the schools take a break for the summer, the Partnership Program also takes a summer hiatus. However, we will continue to do a few sessions with the RCMP Recruits over July and August.

Both the Regina and Saskatoon team members have worked very hard over the past year and have done numerous presentations not only in their respective cities but also throughout the province.

To date our Provincial grand total is 1,144 presentations to 32,432 people. This is incredible!

Who would have thought when we began this program back in 1998 that we would still be going strong. To say thank-you to all of our team members there was a summer wind-up luncheon in both Regina and Saskatoon.

We will be in full swing again come September and we would like to extend a welcome to people who may be interested in coming out to make presentations with us. We are looking for people who have Schizophrenia, family members and Mental Health Professionals to come and join us. People with the illness receive a \$30 honorarium for each presentation they do.

If you are interested in becoming a presenter or having us to come out and do a presentation please call Curtis Harman in Saskatoon at 374-2224 or Anita Hopfauf in Regina at 584-2368.

Have a Sensational Summer,

Anita Hopfauf
Provincial Program Coordinator

2006 Psycho-Social Rehabilitation Conference

This year's theme for the Psycho-Social Rehabilitation Conference (formerly known as the *Western Rehab Conference*) is:

“Recovery: Opportunities for Growth”

It will be held **September 26 & 27** at the **Delta Regina Hotel at 1919 Saskatchewan Drive.**

This year's speakers are **Amy Long** from Massachusetts and **Christine Glyler** from Boston.

Amy Long,

Although Amy received several different diagnoses while in the mental health system years ago, she has refused to be seen through those labels and has fought to regain her voice and take charge of her healing journey. As Amy has navigated her journey, her belief that the “healer lies within” each of us has helped her to hold on to and not lose her spirit!

Amy has worked as a Psychiatric Nurse for the past 17 years, in both community mental health settings and on inpatient units. Today she is an Educator/Trainer with the National Empowerment Center, and she works part time for a supported network for Consumers working as Providers.

More recently, Amy has been trained by Pat Deegan to conduct workshops in *Common Ground: Recovery Oriented Practice.*

Amy is a sought after speaker at conferences, both nationally and internationally. She has touched the lives of many, both survivors/consumers and professionals, as she speaks with passion and humor and challenges us to provide environments where healing can and will happen.

Amy will be speaking the morning of September 26th on the topic of :

Recovery: From Patienthood to Personhood.

Christine Gayler,

From Boston University, is a consultant, trainer and coach with twenty years of experience in the field of recovery and psychiatric rehabilitation. Christine will be challenging service providers to integrate a recovery-focused approach to their programs and services in order to become recovery focused practitioners. She will be presenting a practical framework for examining our programs and services.

Christine will be speaking the afternoon of the 26th and continuing on to the day of the 27th.

Her topic will be :

Developing Recovery-Focused Programs and Services.

We are pleased to announce that Amy Long will also be presenting a second time on the evening of the 26th.

This is a separate presentation brought to you by the **Schizophrenia Society of Saskatchewan.**

It will be an informal engaging discussion of recovery at 7:00pm in the Umbria/Lombardy Room of the Delta Regina Hotel.

If you have any questions regarding this conference, would like a brochure or would like to register, please contact :

Carla Bolen at
(306)766-7842
carla.bolen@rqhealth.ca

4th floor, 2110 Hamilton Street
Regina, SK—S4P 2E3

Stress busters—Things to keep in mind

- Stress may increase depression and make everything seem worse. Learning to handle stress will help with recovery
- Learn effective coping skills. Develop a self-care plan, including activities you enjoy doing. Refer to the plan whenever you are stressed
- Do not blame yourself for the illness.
- Separate the illness from the individual.
- Do not take the illness personally. Most people who don't take it personally find it easier to cope.
- Forgive yourself for any mistakes you feel you might have made. Be kind to yourself.
- Don't dwell on what might have been. Many people live in the nostalgia of the past or in fear of the future. By focusing on the past and the future you will never be able to handle the present.
- Set boundaries and clear limits for what you feel you are capable of, and stick to them.
- Getting the right amount of sleep is very important. When you are tired from lack of sleep or groggy from oversleeping, things can seem worse
- Develop better eating habits. Good food can give you more energy to face the day.
- Learn to take some time to relax. It will help you relieve unwanted stress. Set aside some personal time for yourself. Treat yourself well—you're worth it!

Eli Lilly “Moving Lives Forward” Scholarship applications available for the 2006 year

The Goal of the Scholarship offered by Eli Lilly Canada, is to help persons acquire the educational and vocational skills necessary to reintegrate into society, secure jobs and regain their lives.

Eligibility:

To be eligible for consideration for the scholarship, applicants must:

- * Be diagnosed with a mental illness (e.g. schizophrenia, schizoaffective disorder, bipolar disorder)
- * Be receiving medical treatment for the disease, including medication and psychiatric care
- * An eligible person may apply every year for this scholarship but applications from new persons will be given higher priority.
- * Complete an application package that includes:
 1. A completed application form
 2. A letter (no more than 3 double-spaced typed pages)
 3. Recommendation forms from 2 references

Eligible programs include:

The scholarship is designed to offer financial assistance for a wide range of educational opportunities in which students work to attain a certificate or degree from an accredited institution.

- High School equivalency programs
- Community College, Trade or Vocational School programs
- Bachelor or Graduate degrees

Non-credit, online or home study courses are not covered under the scholarship.

Criteria:

The application will be judged by the following criteria:

- * Completion of applicant requirements
- * Be a Saskatchewan Resident
- * Quality of letter – Describe your career and study goals. Experience and learning in coping with a mental illness may also be included. The letter should be no more than three, double-spaced, typed pages. References and interviews may be requested.

The Award Procedure:

The selection committee retains the right to make the award prior to the commencement of studies, during the study period or upon successful completion of the course/degree.

Application Deadline –August 15, 2006

All applications and inquiries should be forwarded to:

Schizophrenia Research Foundation
Saskatchewan Inc.
Box 305 Regina, SK - S4P 3A1
Telephone: (306) 584-2620

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*

REGINA

Informational & Caring and Sharing Meetings

Second Tuesday of every month.
Cathedral Neighborhood Centre
2900—13th Ave, Regina.
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

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)

Upcoming Events

CONSUMER SUPPORT GROUP

The consumer support group will be commencing Wednesday July 5th, 2006 @ 7:00 pm. Meeting place is the Cathedral Neighborhood Center 2900 - 13th Avenue in Regina.

This group will continue to meet the *first Wednesday of every month* at the Cathedral Neighborhood Center.

For more information or to register please call the Provincial office at 306-584-2620.

WALK FOR SCHIZOPHRENIA

Sunday, September 24, 2006

Diefenbaker Canada Centre
U of S Campus

Registration & Entertainment 1:00 pm

Walk begins 2:00 pm

A beautiful half-hour walk along the riverbank led by lively music.

FUNDRAISING INCENTIVES

<u>Raise</u>	<u>Receive one of</u>
\$50-199	Jewelry box; mug; frame; bear; cake server; cheese slicer
\$200-349	Jewelry box; video; lockplier set; Wiltshire set
\$350-599	Tool set; slow cooker; BBQ set; sweatshirt
\$600 & up	Promobox/tools; screwdriver set; "mink" blanket; hoody

Draws; Silent Auction; and many other Door Prizes

Pledge forms of \$350 or more will be entered in a draw. (to be announced later)

Pledge forms available at the Saskatoon office. Phone 306-374-2224

2006 SASK CONFERENCE ON PSYCHO-SOCIAL REHABILITATION

RECOVERY: OPPORTUNITIES FOR GROWTH

Where: Delta Regina Hotel, 1919 Saskatchewan Drive

When: September 26 & 27, 2006

Registration starts at 7:30 am and the conference is set to begin at 8:30 am Tuesday the 26th.

This year's speakers include:
Amy Long - Recovery: From Patienthood to Personhood

Christine Gayler—Developing Recovery-Focused Programs and Services.