

# Steps and Strides for Schizophrenia

Sunday, August 30, 2009  
 Wascana Park Band Stand  
 Regina  
 Time: 1:00 pm - 3:00 pm  
 Join us for a great afternoon  
 walk around Wascana Lake

Raise \$200.00 or more and be entered in a draw for "The Gift of Flight: From West Jet" (Prize value over \$4000.00)

Schizophrenia Society of Saskatchewan



Schizophrenia Society of Saskatchewan  
 Box 305 Station Main  
 Regina, SK  
 S4P 3A1

Phone: 306-584-2620  
 Fax: 306-584-0525  
 Email: sssprov@sasktel.net

## SCHIZOPHRENIA

Schizophrenia strikes one in every 100 persons world wide, regardless of age, sex, race or social background. That represents over 10,000 people in Saskatchewan alone, with impacts on at least an additional 30,000.

Young persons in the 16-30 year age group are particularly vulnerable, making Schizophrenia the Great Disabler of Youth. Schizophrenia accounts for 70% of all diagnosis of psychosis. Over 55% will experience significant problems with alcohol and substance use/abuse.

### Schizophrenia is treatable

Early intervention has shown great promise for an improved quality of life for people with Schizophrenia. With the development of newer neuroleptic drugs, Schizophrenia has become significantly more treatable.

In the early stages, people may be unable to relax, concentrate or sleep. They may become reclusive. Their performance at school or work may deteriorate along with their personal appearance. Treated with medication, people with Schizophrenia may seem relatively unaffected and can continue to function normally. However, in relapse they may experience several of the following symptoms:

Hallucinations—hearing, seeing, smelling, feeling or tasting things that are not there.

Delusions—clinging to steadfast, bizarre beliefs that have no basis in reality.

Thought disorder—disorganized and fragmented thinking leading to incoherent and illogical thinking and speech.

Flatness of affect—inability to express appropriate emotions.

### What Can A Family Support Group Do For You?

- Talking and sharing with other family members can decrease the feelings of isolation and helplessness.
- Obtaining current information on Schizophrenia including printed and audio-visual resources will help the family to better understand the illness.
- Getting informed on the available treatment and support services in your community will better support the family member who is ill.

### Goals of the Schizophrenia Society of Saskatchewan Inc.

- Provide easily understood information on Schizophrenia and psychosis in an accepting and understanding atmosphere that equips the concerned family with workable options to address the presenting crisis in a more informed, timely and effective manner;
- Stress early intervention with the most effective medications and treatments available;
- Speak on behalf of families when they are unable to do so for themselves;
- Support research to identify the precise causes and find a cure for Schizophrenia;
- Raise funds to finance these activities; and,
- Work in partnership with other agencies, groups, and departments of government to achieve these goals.

The myths and stigma surrounding Schizophrenia stand like a wall between those suffering the illness and the rest of the world. The person with the illness often hesitates to discuss the frightening symptoms he or she is experiencing when confronted by a society that perceives the symptomatic behaviour as something to ridicule, fear or hold in contempt.

### Education is vital to dispelling these harmful myths.

#### Schizophrenia...

- is **NOT** - a split or multiple personality
- is **NOT** - caused by poor parenting
- is **NOT** - caused by any guilt, acts or failures of the person
- is **NOT** - the person's fault
- is **NOT** - a mental deficiency
- is **NOT** - the family's fault
- is **NOT** - a rare disease
- is **NOT** - a hopeless disease

