

REASONS FOR HOPE



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MANITOBA SCHIZOPHRENIA SOCIETY NEWSLETTER

Recovery: a journey and not just a destination



Tammy Lambert

Tammy Lambert is an amazing and resilient person who is recovering from her experience with schizo-affective disorder. She was recently interviewed by Chris Summerville, Executive Director of MSS. Here is her story:

1. Tell us a little about yourself and your family?

I have lived in Winnipeg, Manitoba for all of my life and I have an awesome, supportive family who means the world to me. They have been my supports throughout my painful experiences. I would not be at this point

in my recovery without

them. I feel very blessed. I have also been blessed with true and genuine friends. Through our struggles we understand and are there for one another. We know what it is like to suffer in life and therefore can relate to each other. I am 24 years old and already I feel I have learned numerous life lessons. Due to my experience with mental illness I feel I now have a good grasp of what is important in life and I feel I have turned my negative experiences around to help others who suffer like I have.

2. What has been your experience with mental illness?

That is quite the question. I have been living with a mental illness for about 10 years now. My current diagnosis is schizo-affective. I cope with both bipolar and schizophrenia symptoms. The bipolar symptoms refer to major fluctuations in mood (highs and lows). In my case I am a rapid cyler. My moods are for the most part under control now but when my symptoms were more intense, I experienced both extreme highs and lows changing within hours. I'd feel extremely high and elated and then shortly after I'd feel low and would often cope by resorting to negative behaviors such as overdosing or scratching (behaviors I have not engaged in for over 4 years now).

I also experience schizophrenia symptoms such as paranoia and other delusions. To this day I cope with these symptoms, ranging in a spectrum of intensity. Some days my symptoms are more intense than others, often depending on the amount of stress I am experiencing. Stress seems to be a

major factor in determining how intense my symptoms are. Therefore I work hard at trying to live a balanced life. I believe that although I still experience symptoms I am still on the road to recovery and in the stage of empowerment. I am living my life the best I can with what I have been given (it is the journey and not the destination).

3. What was it like to be hospitalized?

Hospitalizations were very bitter/sweet experiences for me. I experienced a lot of pain during hospitalizations. I was struggling to understand what was happening to my mind. The illness at times was extremely out of control. Yet hospitals kept me safe and sheltered during the intense turmoil and chaos I was experiencing. I have been hospitalized many, many times over the past 10 years. In the beginning I lost my friends because of my illness, for the most part because they didn't understand as there was little awareness at that time. Also, I was making poor choices in how I reacted to the illness and for a while shut my own family out of my life in that regard. I felt that I could just be myself in the hospital and be accepted for who I was. I could relate to other people there who were going through the same thing I was.

One of the definite positive things about the hospital was that it provided necessary tools to focus on coping with a mental illness. I learned numerous skills through the hospital (and Manitoba Adolescent Treatment Center as well where I lived off and on through the ages 15-18). Now I resort more to outside resources that provide help such as the Manitoba Schizophrenia Society. I feel that they

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IRIS GALA EVENING AWARDS 2007

Each year, at the Annual Iris Gala evening, the Manitoba Schizophrenia Society honours the efforts and dedication of outstanding individuals that have enhanced the opportunities for people living with mental illness, specifically schizophrenia or psychosis. Awards are handed out in four categories:

- The Iris Award
- The Journey of Hope Award
- The MSS Volunteer Award
- The Corporate Business Award

THE IRIS AWARD

The iris is the symbol of the schizophrenia movement around the world. This award is presented to an individual who has made an outstanding contribution in the field of mental health from a recovery-oriented perspective. The recipient's contribution must have been influential in the lives of family members and/or consumers who have been affected by mental illness.

This year's winner of the Iris Award is Detective/Patrol Sergeant Bob Melnyk.

The Vulnerable Persons Coordinator with the Winnipeg Police Service, Sergeant Melnyk has passionately taken up the task of improving police responses and relationships to persons with mental illness. He has made a point of educating himself and his fellow officers about the unique needs and vulnerabilities of individuals with a mental illness.

"Sergeant Melnyk's passionate advocacy and efforts to reduce the stigmatization of persons with mental disorders are making a difference in our community," says MSS Executive Director, Chris Summerville.

His efforts to improve the opportunities for people with mental disorders have included his involvement as a board member of the Canadian Mental Health Association, Winnipeg Region.

His tireless efforts to promote the voice of mental health consumers were seen in his early approach to participants at the Manitoba Schizophrenia Society's Women's Program, where he asked the simple question, "What do you want me to know?" This approach culminated in the use of a panel of consumers telling their stories as part of the mental health training of the Winnipeg Police Recruits in November of 2006.

Bob is a supporter and advocate for the creation of a Mental Health Court in Winnipeg.



Award winners Christine Lafond, Detective/Patrol Sergeant Bob Melnyk, & Colette Keefe

THE JOURNEY OF HOPE AWARD

This award recognizes a consumer or family member for their outstanding leadership and advocacy in promoting mental health recovery. The selection is determined by contributions that have been recognized at a local or provincial level and is based on significant contribution(s) to consumers and families in regards to promoting recovery and empowerment and partnerships.

This year's winner of the Journey of Hope award is Christine Lafond

The coordinator of the Mental Health Education Resource Centre, Christine is a family member of a father with schizophrenia. She has been instrumental in promoting hope through education with other family members, and has embraced and promotes a bio-psycho-social-spiritual-recovery-empowerment model.

"Christine has been a support to so many people by way of education and through her servant leadership, and has influenced thousands of Manitobans through her work", says Chris Summerville.

She is a strong advocate for those who may be in need of support. She has helped with many of the MSS events in sharing ideas and giving of her time by volunteering for the last seven years.

Christine now hopes to enter the Winnipeg police force in order to be a stronger advocate on mental illness within the community.

IRIS GALA EVENING AWARDS 2007

THE MSS VOLUNTEER AWARD

This award is presented to the person who has demonstrated unusual commitment as a volunteer for the Manitoba Schizophrenia Society. The selection is based upon the recipient's level of involvement with the Society's programs and the recipient must have demonstrated a passionate commitment to the vision, mission and goals of MSS.

This year's winner of the MSS Volunteer Award is Colette Keefe

Colette joined the Manitoba Schizophrenia Society three years ago as a very supportive volunteer and continues to do so. She has devoted more than 1,000 hours of her time as a volunteer at various MSS events, including The Journey of Hope Walk, The Iris Gala Evening and The Golf for Schizophrenia Tournament.

"Though Colette is a busy as a grandmother, she responds at a moment's notice to help out in the office and in fund development," says Chris Summerville. "Colette shows sincere commitment to her volunteer work as part of her empowerment process."

Colette has also shared her personal story in order to help educate those attending MSS workshops.

THE CORPORATE/BUSINESS AWARD

This award is given to the corporate business or organization that has been an active and consistent supporter of the Manitoba Schizophrenia Society and its programs and the general self-help movement in mental health.

This year's winner of the Corporate/Business Award is **The College of Registered Psychiatric Nurses of Manitoba.**



The College has worked with MSS in a number of key areas, including:

- promoting the recovery model;
- providing financial support in various areas of work undertaken by MSS;
- providing assistance in the organizing of the SSC/MSS National Conference in 2006.

"The College has demonstrated a commitment to the employment and meaningful participation of consumers in its affairs," says Chris Summerville, "and it has been a strong advocate for the creation of a national mental health strategy."

In addition, the College has allowed its Executive Director, Annette Osted to give untold volunteer hours to MSS events, including her tenure chair of the Iris Gala Evening for the last 10 years.

As a mental health organization, the College is a role model for similar mental health businesses.

The Manitoba Schizophrenia Society will hold its annual Iris Gala on March 10, 2007 at the Fairmont Hotel in Winnipeg. Tickets are available by calling 786-1616. ■



MSS is located at Fort Garry Place in Winnipeg

2007 CALENDAR OF EVENTS

Iris Gala EVENING



11th Annual Iris Gala Evening

Saturday, March 10, 2007

At the Fairmont Winnipeg Hotel

Tickets: \$135.00 each ~ \$975.00 for a table of 8

VEGAS ON THE RED

Enjoy an evening of adventure with...
CAPTAIN HOOK AND HIS CREW OF PIRATES
3 Hour Cruise aboard the River Rouge
Great Music, Great Food and a chance to win Great Prizes



Saturday, May 26, 2007

Aboard the River Rouge

Tickets: \$50.00 each



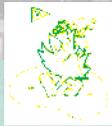
For more information on any of the events or
if you are interested in volunteering please call the office at 786-1616.

2007 CALENDAR OF EVENTS

16th Annual Golf for Schizophrenia Tournament

Monday, June 18, 2007

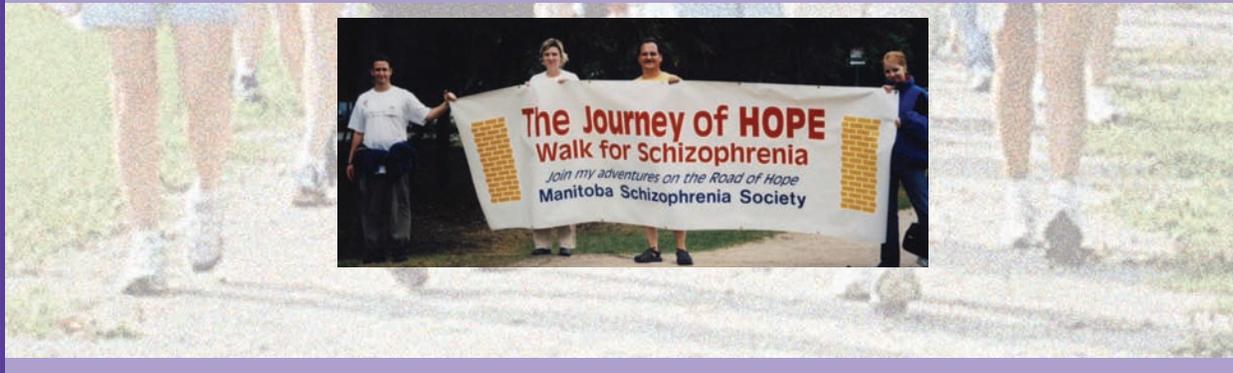
Southwood Golf and Country Club



17th Annual Journey of Hope Walk

Saturday, September 15, 2007

Assiniboine Park ~ Duck Pond



VOLUNTEERS NEEDED!!!

If you are interested in becoming a volunteer for any event please contact Pat at 786-1616

Choose a job you are interested in:

- picking up prize donations
- calling for prizes or sponsorships
- becoming a committee member

Recovery: a journey and not just a destination

continued from front cover

provide necessary resources that help people cope without resorting to hospitalization. They are more recovery oriented. I also am involved with Sara Riel. They have been a major support and influence in my recovery journey, and I have met true friends through Sara Riel. I found that you don't need to be in the hospital to find people that understand. As well there are necessary outlets in the community to receive recovery and other coping information and skills.

4. What do you think about the concept of "recovery" and what does it mean to you personally.

Recovery to me means that you are living the best life possible with meaning and purpose no matter whatever obstacle you have been given. In my case, I feel I am on the "road to recovery" despite the fact that I still experience symptoms (even sometimes on a daily basis). I have learned to respond to symptoms of my illness rather than react to them. It's important to be recovery-oriented and not focus so much on the symptoms of the illness. Medication is only a very small part of recovery. In order for recovery to take place the mind, body and soul must be addressed.

5. What has helped you in your recovery journey?

Many, many things have helped me on my recovery journey. As I mentioned, a holistic approach (taking care of mind, body, and soul) is necessary. I do my best to be as healthy as possible in all of these areas. I keep my mind active with stimulation from university courses and I do take some form of meditation throughout the day. I also find journaling very therapeutic. For my body I exercise on a regular basis; I try to eat as healthy as possible; I see a chiropractor regularly; I take my medication consistently and I am also on numerous herbs, vitamins, and minerals. In regards to my soul, I pray. I don't believe that church is necessary to experience God, although I attend church when I can. Church helps me put the Bible into context and perspective (I can't read the bible by myself because of some of the delusions I experience). Supports, including family, friends, and others have also been extremely important to me on my recovery journey. I would not be where I am today without them.

6. What has hindered your recovery process?

I believe that the major factor that hindered my recovery process was my negative attitude. After I developed a more positive perspective my whole life changed. Another thing that was an obstacle to my recovery was my focus. I used to focus primarily on the symptoms and illness, but now I try to be more pro-active (more recovery-oriented). It's amazing what a positive attitude and recovery focus can do.

7. I've seen the amazing recovery material and workbook you have written for yourself. Can you share with our readers what that is all about?

Sure. My book is based on my experiences with mental illness. It includes five parts, of which three are complete. There is autobiography part, a journal entry part, a poetry part, a coping mind, body, and soul part and lastly, an inspirational part. I basically compiled 10 years worth of journal entries, poems, etc. to put the book together. I hope through relating to other people's experiences with mental illness that my book will one day have an impact on and touch people's lives. Writing this book has been a major catalyst in my own recovery journey.

8. If you were speaking to someone who was just told that he or she has schizophrenia, what words of encouragement would you give him or her?

I would tell them not to give up hope and that it is still possible to attain all the goals and dreams they had prior to becoming ill. I would tell them about all the supports that are available to them. I would share with them some of my experiences and how I felt when I first got sick and what has helped me in my own recovery journey.

9. What role do you see family members playing in the recovery process?

I see the family as playing a crucial role in the recovery process. First of all in order for the family to play a role in their family member's recovery journey they must be educated themselves. Lack of understanding about the illness and the recovery process is a great barrier. With the family being more knowledgeable they can provide more love and support for the struggling individual. This love and support will therefore have a positive affect on the individual and their recovery. We have to keep in mind though that families cannot be the only available support. This will cause burnout and this is not fair to either the individual or the family. I believe that both family and outside supports are necessary.



University of Alberta Project "Hidden Costs of Disability"

Dr. Alison Yacyshyn from the University of Alberta has requested the support from any and all in recruiting respondents for a research project described below:

Assistance is required in the recruitment of respondents for the national research project entitled "Hidden Costs of Disability", lead by faculty in the Department of Human Ecology, at the University of Alberta.

In this research project, the University of Alberta is focusing on costs experienced by family members, friends, and neighbours, who provide assistance to people between the ages of 19 and 65 years of age who have a disability. Both care receivers and their main supporter will be surveyed in this research project, with one-time telephone interviews (15 minutes for a care receiver and 35 minutes for their main care supporter). The telephone interviews will be conducted through the University of Alberta's Population Research Laboratory between January and April 2007.

Those interested in participating in this survey, should contact the MSS office at **786-1616** for more information. ■

"What emerges from the creative minds of 9 individuals who have experienced the depths of depression, the heights of mania, the frightening world of psychosis, and the alienation associated with living with a Mental Illness? What would you expect? You will be surprised..."

Nigel Bart BFA
Curator



**artbeat studio
presents**



what box?
4th biannual exhibition
friday.january 19th@7pm

**show runs till
january 27th, 2007**

**gallery hours: tuesday to friday
11am to 7pm, saturday 11am to 3pm**

**artbeat studio
floor 4-62 albert st., Winnipeg
(204) 943-5194**

Hidden Victim/Hidden Healer The Eight Stages of Healing

A Healing Process for Families and Friends of someone with mental illness and/or co-occurring disorder. The workshop is being offered by the Manitoba Schizophrenia Society in Winnipeg at 4 Fort Street.

**This 10 week workshop will run
each Wednesday evening
7:00 pm to 9:00 pm
Starting March 14, 2007
Facilitated by Chris Summerville**

For further information and registration please call: Viola at **786-1616**

Some Everyday Tips for Living with Schizophrenia and Psychosis

Schizophrenia and Medications

Taking medication every day can be tough to remember, hard to manage, and cause side effects, but it helps in avoiding psychotic episodes.

Like diabetes or high blood pressure, schizophrenia is a chronic disorder that needs constant management. The rate of recurrence of psychotic episodes can be decreased significantly by staying on medication. Although responses vary from person to person, most people with schizophrenia need to take some type of medication, plus use other approaches, such as supportive therapy or rehabilitation.

The side effects can be troublesome, and it's "tempting" to stop when the condition is under control because the person may think he/she doesn't need the prescription meds anymore. Sometimes, an alcohol or drug problem makes it hard to stay on schedule.

Unfortunately, the person generally needs to take the medication on schedule for as long as the doctor recommends to help keep psychotic symptoms to a minimum. No antipsychotic medication should be discontinued without talking to the doctor who prescribed it. And when the doctor does agree that you don't need a medication, you'll need to taper off it slowly under your physician's supervision, not stop it all at once.

There are many strategies that can help a person stay on their medication schedule. Talk to the doctor about these options:

- Long-acting, injectable forms of medications, which eliminate the need to take a pill every day.
- Medication calendars or pillboxes labeled with the days of the week to help you remember.
- Electronic timers on clocks or watches can be programmed to beep when you need to take your pills.
- Pairing medication with routine daily events, like meals, can help you stay on schedule.
- When side effects are a problem, ask your doctor to help you find a medication or dosage that helps minimize unpleasant reactions.

Getting Help for a Loved One with Schizophrenia in a Crisis

People with schizophrenia often resist treatment for a variety of reasons. They may believe their delusions or hallucinations are real and psychiatric help is not required. If a crisis occurs, family and friends may need to take action to keep their loved one safe.

The issue of civil liberties enters into any attempt to provide treatment. Laws (Mental Health Acts) concerning involuntary commitment have been revised in the last decade. Trying to get help for someone who is mentally ill can be frustrating. These laws vary from province to province, but generally speaking, when people are a danger to themselves or others because of mental illness and refuse to seek treatment, family members or friends can go to a magistrate for an order. Taken by the police to the emergency room, a mental health professional will assess the patient and determine whether a voluntary or involuntary admission is needed.

A person with mental illness who lacks insight may hide strange behavior or ideas from a professional; therefore, family members and friends should ask to speak privately with the person conducting the patient's examination and explain what has been happening at home. The professional will then be able to question the patient and listen for distorted thinking for himself. Professionals must personally witness bizarre behavior and hear delusional thoughts before they can legally recommend involuntary treatment.

Caring for Someone with Schizophrenia

Family and friends play an important role in a person's recovery:

Help the person write a list of attainable goals, including the steps for reaching them. For example, what activity would help to move him or her toward independence? And what steps would need to be accomplished to fulfill that goal.

Review the list on a weekly basis, or whatever feels comfortable, to mark off progress or identify areas that need more work.

Encourage your loved one to maintain a regular daily schedule and get enough sleep each night.

Provide support and encouragement, but do not take over any of the tasks on the list, such as household chores.

Do not criticize or pressure — it will only lead to regression and a worsening of symptoms. Concentrate on what the person is doing right.

Caring for Yourself While You Care for Others

It can sometimes feel draining to be a caregiver, so it's important to also maintain your own vitality rather than sinking into depression. Boredom can sap your intellect and spirit, leaving you depressed and less able to manage your duties as a caregiver. To maintain your vitality, look for activities that you can share with others.

- Check the TV listings and choose your favorite programs to watch each day.
- Get talking books from the library.
- Look for special events that are low-cost or free. Invite a friend or family member to join you.
- Go out to lunch. Try the early-bird specials at restaurants.
- Visit an art-hobby store for a craft project that you enjoy.
- Invite family or friends over for dinner or lunch. If you have limited funds to entertain or do not have time to prepare food, have them over for dessert or snacks, host a potluck, or ask them to chip in on a carryout meal.
- Plan day trips to local places of interest. Again invite a friend or family member to join you.
- If you can afford it, go on a mini vacation. You can share the adventure and expense with other family members or friends. Many places offer senior discounts. Make sure that they can accommodate your needs. Large hotel and motel chains will generally go out of their way to help if you make your needs known to them. In addition, there are companies and organizations that plan trips for people with mobility limitations. Many travel books have special sections on accommodations, travel, and activities for those with limited mobility.
- If you have the room, invite friends or family members to come and stay with you for awhile in your home.
- Check colleges, faith organizations, and community centers for free courses and other activities. These groups can be a great way to extend your circle of friends and supportive network.
- Visit museums, galleries, botanical and zoological parks or a petting zoo.
- If possible, get a pet. Your local shelter or humane society has many appropriate pets available for adoption.
- Get a computer with Internet access so that you can e-mail friends, join in chat rooms, learn about things that are of interest to you, and enjoy computer games.
- Ask your local area agency on aging about friendly visitor, volunteer, and telephone reassurance programs.

5 Steps for Handling Schizophrenia Paranoia

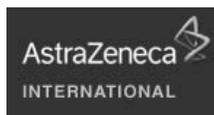
Your friend or relative with schizophrenia may exhibit episodes of paranoia. Try these tips to cope with his or her paranoia.

1. Sit or stand next to the person, rather than face-to-face to deflect the paranoid fears away from you. Side-by-side, you and the person are facing the (hostile) world together. Standing directly in front of the person may be perceived as confrontational.

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Thank You To Our Many Sponsors

We are honoured that numerous corporations, foundations and individuals have chosen to support our fundraising events. Events of this magnitude are simply not possible without the support of sponsors. We look forward to the community's continued support in our fundraising events, which enable us to serve the people who suffer from the devastating impact of schizophrenia and psychosis.



Some Everyday Tips for Living with Schizophrenia and Psychosis continued from page 9

2. Avoid direct contact with your loved one when he or she is exhibiting signs of paranoia. Direct eye contact can make the paranoid person feel more so.
3. Speak indirectly to the person by using pronouns such as "it, he, she, and they" instead of the words "you and I." Like the body positioning, the purpose is to deflect your loved one's paranoid projections away from you and toward general "real world" issues.
4. Identify with your friend or relative. Whenever possible, your attitudes and emotional expressions should parallel his or her attitudes and expressions. The goal is to make your loved one feel understood.
5. Don't try to rationalize beliefs that cannot be true, and don't try to correct or contradict your loved one. You can identify with the emotions the person is feeling: anger, sadness, fear, anxiety, etc. But don't encourage the delusions. Instead, if there is anything credible or believable you can agree on, focus on that. For example, if your loved one believes that he or she is the target of a police conspiracy, your response could be, "I sometimes don't trust the police." You haven't given credence to the conspiracy theory, but you haven't contradicted it either.

Schizophrenia: How to Establish a Crisis Plan

It is important to confront the possibility of a crisis, because despite good planning and assertive action on your own behalf, you could find yourself in a situation where others will need to take responsibility for your health care. Write a clear crisis plan that will instruct others how to care for you when you are not well. Doing so helps you maintain responsibility for your own care, it assures your family and friends that they are doing what you'd want.

It's best not to rush when developing your crisis plan. Decisions like these take time, thought, and often collaboration with health care providers, family members and other supporters. Once you have completed the document, give copies to the people who will act as your support team.

Your plan should include the following:

Symptoms

Describe the symptoms that should set the plan in motion. What will happen to indicate to others that they need to take over responsibility for your care and make decisions on your behalf? Ask your friends, family members, and other supporters for input, but always remember that the final determination is up to you. Be very clear and specific in describing each symptom. Don't just summarize — use as many words as it takes. Your list of symptoms might include:

- Being unable to recognize or correctly identify family members and friends.

- Uncontrollable pacing; inability to stay still.
- Neglecting personal hygiene (how many days should signal concern?).
- Not cooking or doing any housework (how many days should signal concern?).
- Not understanding what people are saying.
- Thinking you are someone you are not.
- Thinking you have the ability to do something you don't.
- Displaying abusive, destructive, or violent behavior, toward self, others, or property.
- Abusing alcohol and/or drugs.
- Not getting out of bed (how many days should signal concern?).
- Refusing to eat or drink

Supporters

In this next section of the crisis plan, list the people who should act on your behalf during a crisis. Before listing people, let them know what you'd like from them and make sure they agree and understand the plan.

If you have had past experiences in which health care providers or family members have made decisions that were not according to your wishes, you may want to specify that they be excluded from helping to care for you. If so, write on your plan, "I do not want the following people involved in any way in my care or treatment."

Health care providers and medications

Provide a list of the following:

- Names of your physician, pharmacist, and other health care providers, along with their phone numbers.
- Medications you are currently using, dosage, and why you are using them.
- Medications you would prefer to take if additional medications became necessary — like those that have worked well for you in the past.
- Medications that must be avoided — like those you are allergic to; those that conflict with another medication you're taking or cause undesirable side effects — give the reasons these drugs should be avoided.
- Any vitamins, herbs, alternative medications (such as homeopathic remedies), and supplements you are taking.

Treatments

You may know about particular treatments that you prefer to use during a crisis and others that you would want to avoid. The reason may be as simple as "this treatment has or has not worked in the past," or you may have some safety concerns. In this part of your crisis plan, list the following:

- Treatments you are currently undergoing and why.
- Treatments you would prefer if they became necessary.
- Treatments that would be acceptable to you if they were deemed necessary by your support team.
- Treatments that must be avoided and why.

Treatment facilities

Describe the treatment facilities you would like to use if family members and friends cannot provide your care or if your condition requires hospitalization. Check whether or not your options are limited by your insurance coverage. If you are not sure which facilities you would like to use, write down a description of the characteristics of the ideal facility.

What you need from others

Describe steps your supporters can take that will help you feel better. These might include listening to you without judgment; making sure you take your vitamins and medications; playing soothing music; or providing you with drawing or writing materials. List specific day-to-day tasks you would like others to do for you, who should perform which task, and specific instructions they might need. These tasks might include buying groceries, paying bills, feeding pets or taking care of children.

Update your crisis plan as often as you need to as based on new treatments, living situations, new caregivers, and other changes. Date your crisis plan each time you change it and give revised copies to your supporters.

(Adapted from "EverydayHealth.") ■

First Episode Families Support Group

We are families of young people who have experienced first-episode psychosis. We meet monthly in Winnipeg to share, to support each other, to learn, to lobby and to celebrate together.

We are part of a growing network of first-episode psychosis families across Canada.

We help produce and distribute 'Family to Family', a national newsletter for first-episode families.

**We meet Monday evenings, 7:00pm – 9:00pm
and you are invited to join us.**

January 29, 2007

February 26, 2007

March 26, 2007

April 30, 2007

May 28, 2007

June 25, 2007

Location:

Early Psychosis Prevention and Intervention Service
Manitoba Adolescent Treatment Centre
228 Maryland Street
(corner of Maryland and Broadway) Winnipeg

If you live in rural Manitoba we would be pleased to offer support via telephone or email.

**For more information call: Christine 797-4310
 Sharon (204) 642-4440**



MSS Recieves Kudos from New Zealand

Dear Friends,
Whilst looking for some more information on schizophrenia I came across your web site. May I congratulate you on your achievement. it contains all the relevant information and much more.



You have a full website and I hope it is one that you are proud of. Again my congratulations.

Jim Crowe

Chairman Asian Secretariat World Fellowship for Schizophrenia and Allied Disorders Dunedin, Otago, New Zealand

Schizophrenia Services Around the Province

Manitoba Schizophrenia Society Inc.

100 - 4 Fort Street
Winnipeg, MB R3C 1C4
Phone: 1(204)786-1616
Fax: 1(204)783-4898
Website: www.mss.mb.ca
Email: info@mss.mb.ca
Toll Free: 1-800-263-5545

Regional Services

Burntwood

43 Fox Bay
Thompson, MB R8N 1N2
Phone: 1(204)677-6056
Fax: 1(204)677-5534
Email:
selfhelp@cmhathompson.ca

Central

306 Main St. Box #129,
Winkler, MB R6W 4A4
Phone: 1(204)362-3027
Fax: 1(204)325-8742
Email: msscentral@mts.net

South & North Eastman

3-227 Main St.,
Steinbach, MB R5G 1Y7
Phone: 1(204)371-0824
Fax: 1(204)346-0423
Email: eastmanmss@mts.net

Interlake

Box #522 RR#1, Petersfield,
MB R0C 2L0
Phone/Fax: 1(204)738-4969
Email: bevking@mts.net

Norman

49 Main St., Flin Flon, MB R8A 1J7
Phone: 1(204)623-7346
or
Box #3372, The Pas, MB R9A 1R9
Phone: 1(204)623-7346
Fax: 1(204)623-5528
Email: mssnor@mts.net

Brandon & Assiniboine

Box #817 Souris, MB R0K 2C0
Phone: 1(204)483-4054
Fax: 1(204)483-5065
Email: da_beetle@hotmail.com

Parkland

112 6th Ave. NE
Dauphin, MB R7N 0W6
Phone: 1(204)638-0433
Email: tjshew@mts.net

SMHC

Box #850, Teulon, MB
R0C 3B0
Phone: 1(204)482-3810
ext. 416
Fax: 1(204)785-9901
Email: mssinterlake@mts.net
or
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Manitoba Schizophrenia Society, Inc. is a self-help organization providing mutual supports and services, public education, research and advocacy for people living with schizophrenia.

Reasons for Hope is the official newsletter of the Society. It is published quarterly. Submissions are invited. **Opinions set forth in this newsletter are not necessarily those of the Society or its members.** Reprinting of articles is permitted with the proviso the Society is given appropriate credit.

Editor: Chris Summerville, *Executive Director*

MANITOBA SCHIZOPHRENIA SOCIETY

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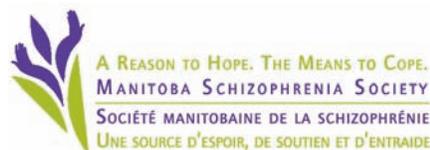
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