

# REASONS FOR HOPE



VOLUME 18, NUMBER 3, Summer 2006

MANITOBA SCHIZOPHRENIA SOCIETY NEWSLETTER

## *“Voices of Resiliency” National Conference a Historic One!*

“When I was diagnosed with schizophrenia as a teenager, I was told I would have this disease all my life. I was also told that I would need to take medication all the time and I might just be able to cope. Recovery has been about reclaiming my future and asserting that I am a person, not an illness.” These were the stirring words from Patricia Deegan, one of the keynote speakers at the recent “Voices of Resiliency Conference” hosted by the Manitoba Schizophrenia Society.



Patricia's poignant address was one of many Conference highlights as history was made last month in Winnipeg as the national Conference of the Schizophrenia Society of Canada looked at the recovery model for the first time.

Pat Deegan, who is a psychologist recovering from schizophrenia told the gathering: “The goal of the mental health system is not hospitalization, containment or mere symptom abatement, but life in the community for the person living with mental illness. Mental health agencies must operationalize the principles of recovery and empowerment through system's transformation,” she stated to the 394 registrants.

“We live in an age where there is incredible emphasis on pharmaceutical methods of affecting brain biochemistry,” she said. But instead of seeing ‘compliance with medication’ as the goal, Deegan added that “clinicians need to listen to consumers’ concerns about side-effects and ensure that psychiatric medications complement, not impede, these activities.”

She also criticized what she called “medical paternalism,” and made a convincing argument for a more collaborative approach between clinicians, psychiatrists and consumers by giving examples of how school, work, exercise, and peer support helped recovery.

With regard to supporting the consumer's use of medication in the recovery process, Deegan articulated several principles:

1. A recovery-based approach using psychiatric medications is grounded in an understanding that people can and do recover. “It's my recovery. A medication can open a door but it takes a strong and courageous person to step over the threshold into recovery. That person is me. Recovery means changing our lives, not our biochemistry.”
2. In a recovery-approach, psychiatric medicine must complement and support the “personal medicine” plan of the consumer. Personal medicine is one's own plan of self-care. It involves self-initiated, non-pharmaceutical activities that serve to decrease symptoms, avoid undesirable outcomes such as hospitalization and improve mood, thoughts, behavior and overall sense of wellbeing. The two categories of personal medicine are activities that give meaning and purpose to life and specific self-care strategies. Deegan stated it was unacceptable for pill medication to rob an individual of his or her personal medicine or the things that give one's life purpose and meaning.
3. The role of the mental health team is to support the client's decisional conflict in the journey to achieve optimal use of personal medicine and psychiatric medicine in the recovery process. Rather than “compliance,” the emphasis should be on “alliance.” Learning to use psychiatric medication in the recovery process is a journey that involves learning, asking questions, discovering answers, taking risks, assessing, experimenting, weighing benefits, and making trade-offs. Consequently, it is a dynamic process involving decisional conflict. The role of the team is to support the client in navigating decisional conflict and activating clients for involvement in shared-decision making.

Deegan's message to service providers concerning a recovery-oriented approach to supporting the use of medication in the recovery process could be summed up in six easy words: LISTEN TO ME. DON'T RULE ME.

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## Conference Highlights

Many affirmations and accolades have been received by the Manitoba Schizophrenia Society following the outstanding success of the Voices of Resiliency National Conference held from July 13- 15. Approximately 455 people participated in one or more of the following: the Day Institute, Celebration Recovery and the Conference itself.



One of the best attended SSC Conferences in recent years, the Conference drew 394 registrants from around the country. Plenary and workshop sessions focused on a wide range of topics related to the overall Conference themes of recovery and resiliency. From its opening reception, which showcased the work of artists who are recovering from mental illness (including several personal stories of recovery), to the closing panel, which featured perspectives from various participants on the preceding two days, the Conference was an uplifting, inspiring and motivational event.

The Conference evaluations overwhelmingly confirmed that Pat Deegan, Victoria Maxwell and Dr. Richard Williams "hit homeruns" as plenary speakers. Registrants also affirmed the organization and administration, topic and theme, workshops, and the atmosphere and spirit of the Conference. Many appreciated the high presence of so many consumers.

Celebration Recovery was seen as a very positive way to begin the Conference and that the *recovery stories* shared were powerfully inspirational. There was consensus that more time was needed for networking and that the room temperatures were often too cold in hot Winnipeg!!

Here's a sampling of a couple of comments from two registrants.

*"The love, respect, and kindness that all shared with one another; the presentations, workshops were all wonderful! Consumers, professionals, family members, doctors, service providers all gathered together for the same reason: RECOVERY AND RESILIENCY!"*

and

*"This Conference has a tremendous vision to share with us. What Tommy Douglas and Stanley Knowles have done to foster and facilitate the vision of health care in Canada, the vision of the Manitoba Schizophrenia Society holds a vision for the entire community in Canada. Offering hope and community for all consumers, families and professional alike. Thank you." - Jane Hamilton, Psychiatric Nurse from Ontario.*



Dr. Richard Williams speaks on "Dealing with agitated person with mental illness"



Greetings from Steven Fletcher Parliamentary Secretary to the Minister of Health of Canada

## Educational Video to be Released

Chris Summerville, Executive Director of MSS and Chair of the Conference Program Committee closed the Conference with a seven-minute preview of the 35-minute educational video entitled "Voices of Resiliency." This video will be ready for purchase by September from MSS.

An educational tool, "Voices of Resiliency" is a first-person portrayal of several people and their families who talk about their real-life experiences of recovery from mental illness. Developed as part of the Schizophrenia Society of Canada 2006 National Conference in Winnipeg, "Voices of Resiliency" attempts to answer the following questions: What is recovery? What helps or hinders recovery? In spite of mental health challenges, how does one develop resiliency? This tool can be used in various settings to stimulate a hopeful discussion about the journey of recovery.

After the showing of the video, Chris ended the Conference with these words:

"When we began planning this Conference a year ago, we wanted to introduce and promote the ideas of recovery and resiliency. We believe that the schizophrenia movement must fully embrace recovery in philosophy and practice. We can only do that if we listen to the voices: the voices of consumers and families. The voices of resiliency and hope. The voice of alliance. The voices of the Pat Deegans, Victoria Maxwells and the Dr. Richard Williams of this world. So, we have heard those voices at this Conference. What do we do with them? Please don't sedate or medicate these voices. Please don't silence them. We must go forth as voice hearers to share and tell our stories of hope and recovery. We will best serve those living with schizophrenia by making our voices heard and then theirs known.

As we leave this Conference, as we say goodbye I want to send you forth with this prayer: 'As you go to make your voice heard: Go in peace. Go with resiliency. Go with confidence. Go promoting a future with hope. Go because recovery is possible.' God bless you."

## More Feedback...

"I wanted to thank you for a Conference that was an absolutely well-planned and executed. Great mix of events, presentations and workshops." –Yvonne Block, Executive Director, Mental Health and Addictions and Agency Relations, Manitoba Health.

"The Conference was not only informative and enlightening, but it made me more accepting of my own circumstances and gave me the opportunity to meet so many wonderful, inspirational people. I believe it has had the most positive impact on my new career thus far, and my development into the kind of nurse I want to be." –Service Provider.

"What can I say about a Conference that was so professional, motivational and inspirational!!! The hospitality was awesome. I have returned to Newfoundland and Labrador with energy and even more passion for our mission." - Florence Budden

"The keynote speakers were sensitive and grounded in the recovery model and actually provided skill building information. Pat Deegan and Dr. Williams must be considered for repeat appearances!" – Anonymous

"It is wonderful that so many people with schizophrenia attended. They made the Conference, as well as their family members! The Conference did not get caught up in pharmaceuticals and research. You maintained the focus of the original schizophrenia society." – Family Member with SSC

## Crazy for Life

Victoria Maxwell is one of North America's most sought-after educators and consultants on the "lived" experience of mental illness and recovery, early detection of depression, reducing stigma and creating corporate mental health strategies. She presented her one woman show, "Crazy for Life", at the recent Voices of Resiliency Conference hosted by MSS in Winnipeg.



Dr. Victoria Maxwell performing her "Crazy for Life" one person show

Creative Director of Crazy for Life Co.™, and an award-winning actress and playwright with over 15 years experience, Victoria has worked alongside the likes of Hollywood giants John Travolta, Johnny Depp and David Duchovny, among others

After her diagnosis of bipolar disorder (manic depression) and psychosis, she became extremely proactive in her recovery process. She combines her theatre background,

personal experience of psychiatric illness and professional knowledge as a group facilitator and mental health worker, to give a unique and powerful 'insider's' perspective on dealing with depression and other mental illnesses.

Her critically acclaimed one-woman show Crazy For Life, her true-life story about accepting and living with a psychiatric disorder, draws on her seven years of experience as a mental health worker, 15 years as an entertainer and individual who has lived with both bipolar disorder and anxiety for more than 20 years. Her web site is <http://www.victoriamaxwell.com/>

## Handling Agitation

It is not uncommon for persons living with severe mental illness to experience agitation. For family members and service providers this can be challenging. Psychiatrist, Dr. Richard Williams, spoke at the Voices of Resiliency Conference on handling agitation in a person with mental illness from a non-pharmaceutical approach.

Williams defined agitation as excessive motor or verbal activity, usually with personal distress. Common examples of agitation include: hyperactivity, assaultiveness, verbal abuse, threatening gestures and language, physical destructiveness and excessive verbalization of distress. He suggested the common causes of agitation in people with mental illness are: hallucinations and paranoia, street drug use, alcohol, behaviour associated with personality disorder and reaction to persons around them.

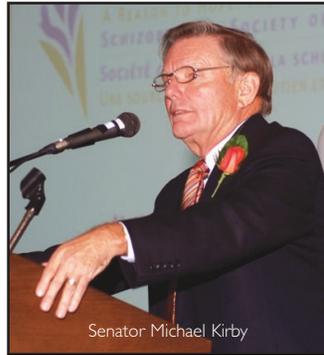
The key to dealing with an agitated person is to create a therapeutic alliance of trust and safety with the person. This involves describing what is happening and the consequences that may ensue. Non-pharmaceutical interventions basically involve creating a safe environment of non-threatening demeanor. Specifics include maintaining distance/space between you and the client; move slowly; explain what you are doing; use limited eye contact; use non-threatening posture.

Ask the person about the cause of his or her distress. Reflect to them what you observe and may have been told. Do not touch the person unless you have received permission. Focus on issues specific to the person's anger. Anticipate shame, vulnerability and loss of self-esteem. Acknowledge the person's power to make decisions.

For further information you can contact Dr. Williams at the Vancouver Island Health Authority at [Richard.Williams@viha.ca](mailto:Richard.Williams@viha.ca)

## Senator Kirby Speaks with Passion at Conference

Senator Michael Kirby was the keynote speaker at the Schizophrenia Society of Canada's Awards Banquet at the 2006 Conference. With great passion and articulation, Sen. Kirby spoke on the recommendations of the "Out of the Shadows at Last" report released by his Senate Committee. The Committee started the first-ever national mental health study in February 2003. In November 2004, the Committee tabled three interim, fact-finding reports in the Senate and on May 9, 2006, the Committee released its final report on mental health, mental illness and addictions. With 118 recommendations, it is the most comprehensive study on mental health ever completed. The report calls for an integrated, coordinated and recovery-oriented mental health system



Sen. Kirby, along with Manitoba MLA Dave Chomiak, addressed the need for all consumers, family members and service providers to lobby and advocate for the establishment of the Canadian Mental Health Commission which will provide the leadership in the development of a national mental health strategy.

### **NOW IS THE TIME TO TAKE ACTION ON THE KIRBY REPORT!!!**

MSS is asking you to contact your local MP and MLA urging them to support the implementation of Senator Kirby's recommendation to establish a Canadian Mental Health Commission and a Mental Health Transition fund. You can read the first two chapters of "Out of the Shadows at Last" by clicking on this link <http://www.parl.gc.ca/38/1/parlbus/commbus/senate/com-e/soci-e/rep-e/report3/repintnov04vol3-e.pdf>. The report recommends that Canada adopt a national mental health strategy to improve the lives of people living with mental illness. **Write your MLA and MP today.**

## A Thank-You From the Conference Committee

We are humbly grateful for the planning teams, SSC staff's servant-hood spirit and the diligent of our MSS Team in helping make the 2006 National Conference, "Voices of Resiliency", a resounding success in all aspects. Conference Coordinator Denise Osted and her enthusiasm kept us moving forward. All the goals we had for this Conference were achieved!!! Words cannot express the phenomenal influence this Conference will have upon us in the schizophrenia movement for years to come. The evaluations reveal that this Conference was a highlight for many in their understanding of recovery and the need for it to be the guiding vision for our movement. Many stated they hope that future SSC Conferences will maintain this balance with an emphasis on recovery and the presence of so many consumers.

Thank you for helping us touch so many with the message and hope of recovery!!

*Annette Osted and Rob Tisdale, Co-Chairs, National Conference Steering Committee*

*Michael Thomson, President, SSC*

*Mary Jardin, CEO, SSC*

*Peter Ostryzniuk, President, MSS*

We invite you to enjoy the memorable photo gallery from the exciting Voices of Resiliency 2006 Conference of the Schizophrenia Society of Canada on the Manitoba Schizophrenia website, [www.mss.mb.ca](http://www.mss.mb.ca).

### **SAMPLE LETTER**

(Your MP or MLA's name)

(Your electoral district)

Dear \_\_\_\_\_

One of the key recommendations of the Senate Standing Committee on Social Affairs, Science and Technology, chaired by Senator Michael Kirby, is to establish a Canadian Mental Health Commission to provide a national mental health action plan. I strongly urge you, as my (Member of Parliament or Member of Legislative Assembly), to actively promote and support the immediate implementation of a Canadian Mental Health Commission and a Mental Health Transition Fund as recommended in Chapter 16 of the 2006 Senate Report, Out of the Shadows at Last.

Thank you.

(Your name)

(Your home address)

## The Meaning of Recovery

I'm Ruth McLean from the Manitoba Schizophrenia Society's Women's Group. I'd like to talk about recovery. To me, recovery means overcoming our illness and progressing in our own individual ways toward becoming better people. It means getting up when we fall down and working harder. It means overcoming our faults. It means having goals to work on to be better. In some ways, recovery could mean getting out of the hospital or group home to find a place of our own. To others it could mean getting married and having children. It could mean going to school or finding work. Recovery could mean going outside and walking, instead of staying inside and being gloomy. It could be trying something new or trying to find new friends. Recovery can mean feeling good about ourselves no matter where we are right now, but still trying to be better. It can mean being kinder to important people in our lives, especially ourselves. Recovery is an individual as we are, but ultimately it can mean doing the best we can with our lives. - Ruth McLean. Winnipeg, Manitoba. July 6, 2006

This poem, written by Ruth Mclean, was given to Mary Jardin, CEO of the Schizophrenia Society of Canada, just before the closing program of the National Conference.

### **Thank You!**

*Here's a special thank you  
For a Conference bright,  
For the ideas of recovery,  
Giving everyone light;  
Just to help us through.*

*Here's a special rhyme  
Coming from me to tell you all;  
For these fantastic two days  
That we may stand tall,  
And for this special time.*

*May we remember these days,  
And be better people too;  
Remember the cause you work for,  
And strive to follow through  
In our own special ways.*

## Benefiting From Our Newsletter

*I have just read my copy of your newsletter and must say that as an entry-level practitioner, I really appreciate the quality of information provided. It is helping me to gain a greater understanding of what my clients may be experiencing and thus, I'm a better therapist for it (I hope!). - Jocelyn Dowden, Occupational Therapy Centre for Adult Psychiatry*

## Our Latest Media Star has Got "Charisma"

Thirteen-year old Kharisma Gislason has an infectious personality, and the strength and motivation to learn about coping with an environment that includes mental illness.



Kharisma Gislason

Two members of her family have schizophrenia, anxiety and panic disorder:

Kharisma recently attended the National Schizophrenia Conference "Voices of Resiliency" in Winnipeg. She spoke of her experiences to an audience of 200 at the Celebration Recovery evening, and was interviewed by CBC Radio and CKY-TV (CTV). She is able to articulate her feelings and knowledge of mental illness with clarity, and is a role model for both young and old.

She participated three times in the seven-week program, "Name That Feeling" offered by MSS. This program, for children who have a family member with a mental illness, offers young people the opportunity to identify and communicate feelings, understand about mental illness and to learn ways of coping for self-care and self-esteem. Kharisma has taken her knowledge to her class at Stanley Knowles School, by giving a presentation on how to cope, living with a family member with mental illness.

Kharisma is a great daughter, a great dancer and a great leader!

## \$10,000 Assists With Consumer Scholarships

Thanks to the kindness and generosity from a foundation (which has chosen to remain anonymous) of a \$10,000 grant, nearly 100 consumers were able to attend the 2006 SSC National Conference here in Winnipeg. Each applicant had to give his or her reasons for wanting to attend the Voices of Resiliency Conference. Of the reasons given, the top five categories were as follows.

- 1) To learn more about the effective management of my illness in educating myself.
- 2) To help my family in their understanding and coping.
- 3) To engage more in my personal recovery and empowerment.
- 4) To connect with professionals and service providers.
- 5) To assist in public education and the reduction of stigma.

## Manitoba's Michael Thompson Elected President of SSC

For the first time in its history, the Schizophrenia Society of Canada has a President from Manitoba.

Our own Michael Thomson, a lawyer with the Winnipeg firm Tapper Cuddy LLP, was elected President of the SSC Board of Directors at the Society's Annual General Meeting, held July 15, 2006 in Winnipeg, in conjunction with the Voices of Resiliency National Conference.

Michael, who has been on the Board of the Manitoba Schizophrenia Society for the past four years, acts as general counsel for various Child Protection Agencies, self-regulated professional bodies and associations, and First Nations Tribal Councils and organizations. He has provided pro bono legal services for mental health organizations, including MSS.

He is a member of the Manitoba and Canadian Bar Associations and was admitted to Partnership at Tapper Cuddy in 1994.



The Manitoba Schizophrenia Society salutes and congratulates Michael on this outstanding achievement.

### High Cost of Mental Illness

The toll that stress, depression and other mental illnesses take in Canada is staggering. Whether it's lost workdays, insurance claims or productivity downturns, the fact remains that their most definitely is a very high cost to mental illness.

- **35 million** – the number of workdays lost each year due to mental health conditions
- **30% - 40%** - percentage of disability insurance claims attributable to mental health issues
- **20% - 25%** - percentage of Canadian employees who suffer from some form of mental condition in any given year
- **\$35 billion** – estimated value of annual productivity loss resulting from mental health problems
- **85%** - percentage of new jobs that require mental, rather than manual skills

SOURCE: GLOBAL BUSINESS AND ECONOMIC ROUNDTABLE ON MENTAL HEALTH

### Eight Stages of Healing to be offered in Winnipeg

The Eight Stages of Healing is an eight-week course designed for families who are recovering from the trauma of mental illness in their family. There are reasons for hope that family members can learn how to journey with effective coping skills, which will enable them to better respond to their loved-one with mental illness.

The Eight Stages of Healing will be offered by MSS on Wednesday nights at 7:00 p.m. beginning on September 13 at 4 Fort Street.  
For information call Viola at 786-1616.

### Strengthening Families Program Returning in September

Strengthening Families Together is much more than education – it's also 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, with an eye toward diminishing the stigma attached to the diagnosis
- **Tools** – Equipping family members with problem solving, coping and overall communication skills

Some of the topics to be covered in this program will include:

- What is mental illness?
- The brain and causes of mental illness
- Schizophrenia
- Mood and anxiety disorders
- Mental illness, alcohol and/or drug abuse, and criminal behaviour
- Treating and living with mental illness
- Coping as a family

Strengthening Families together will be offered by MSS in Winnipeg on Tuesday nights at 7:00 p.m. beginning on September 12 at 4 Fort Street. For information call Viola at 786-1616.

## *Eli Lilly Scholarship Applications Now Available*

Eli Lilly Canada offers a scholarship to people diagnosed with a mental illness to help them acquire the educational and vocational skills necessary to reintegrate into society, secure jobs and regain their lives.

### ***ELIGIBILITY REQUIREMENTS***

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

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

### ***ELIGIBLE PROGRAMS***

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***

An application will be judged based on the following criteria:

- Completion of all application requirements
- Be a resident of Manitoba
- Quality of letter – Describe your career and study goals. Experience and learning in coping with a mental illness may also be included. References and interviews may be requested.

### ***THE AWARD PROCEDURE***

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

Application deadline is SEPTEMBER 15, 2006.

All applications and inquiries should be forwarded to:

Manitoba Schizophrenia Society

4 Fort Street

Winnipeg, MB R3C 1C4

Tel. 204-786-1616

THE MANITOBA SCHIZOPHRENIA SOCIETY PRESENTS

## ***THE JOURNEY OF HOPE WALK***

*Travel together with us on our road to recovery*

**SATURDAY SEPTEMBER 16, 2006**  
**ASSINIBOINE PARK DUCK POND**

Registration at 12 noon  
Walk Begins at 1pm

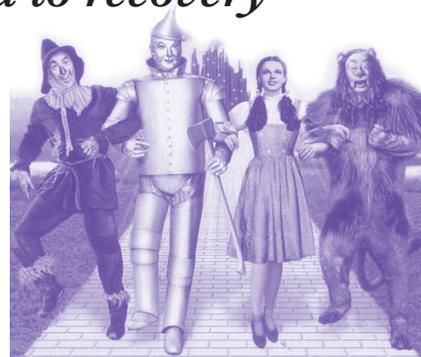
Families \$10, Individuals \$5  
Children under 12 Free

**Grand Prize**

**\$1,000 Shopping Spree**

**Petting Zoo for Children!!**

Emcee - **ACE Burpee**  
**HOT103 - FM**



**For more information call The Manitoba Schizophrenia Society at 786-1616.**

## 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](http://www.mss.mb.ca)  
Email: [info@mss.mb.ca](mailto: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](mailto: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](mailto: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](mailto:eastmanmss@mts.net)

### Interlake

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

### Norman

49 Main St., Flin Flon, MB R8A 1J7  
Phone: 1(204)687-6006  
or  
Box #3372, The Pas, MB R9A 1R9  
Phone: 1(204)623-7346  
Fax: 1(204)623-5528  
Email: [mssnor@mts.net](mailto: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](mailto:da_beetle@hotmail.com)

### Parkland

112 6th Ave. NE  
Dauphin, MB R7N 0W6  
Phone: 1(204)638-0433  
Email: [+jshew@mts.net](mailto:+jshew@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](mailto:mssinterlake@mts.net)  
or  
[selfhelp\\_smhc@mts.net](mailto:selfhelp_smhc@mts.net)

**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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Warren Butcher	<i>Peer Support Worker</i>
Verne McComas	<i>Lifelinks Program</i>

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Stephanie Loewen	<i>North &amp; South Eastman Regions</i>
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A REASON TO HOPE. THE MEANS TO COPE.  
MANITOBA SCHIZOPHRENIA SOCIETY  
SOCIÉTÉ MANITOBAINE DE LA SCHIZOPHRÉNIE  
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAÏDE.

## Manitoba Schizophrenia Society Membership & Donation Form

MSS is a registered non-profit organization. Charitable donation #88938 3998 RR0001

Single, \$15     Family, \$25     Corporate, \$50

Donation: \$ \_\_\_\_\_

Visa # : \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I am: Mother  Father  Sibling   
Consumer  Service Provider  Other   
I am renewing my membership

Members receive the MSS newsletter, Reasons for Hope and the Schizophrenia Society of Canada (SSC) Bulletin.

Please make cheques payable to:

**MSS**  
**100 - 4 Fort Street**  
**Winnipeg, Manitoba R3C 1C4**