

# REASONS FOR HOPE



VOLUME 19, NUMBER 4, Winter 2007

MANITOBA SCHIZOPHRENIA SOCIETY NEWSLETTER

## Four New Members Appointed to MSS Board of Directors

The Manitoba Schizophrenia Society welcomes four new members to its Board of Directors:

### TAMARA LAMBERT

WHEN WERE YOU APPOINTED TO THE MSS BOARD?

I was appointed to the board just this past summer.

WHY DID YOU AGREE TO JOIN THE MSS BOARD?

I agreed to join the Board because I want to help make a difference. As a society, in general, we have come a long way with regard to understanding schizophrenia, but we still have a long way to go.

WHAT DO YOU HOPE TO "BRING TO THE TABLE"? WHAT CONTRIBUTIONS DO YOU HOPE TO MAKE AT THE BOARD LEVEL?

Through my own personal experiences and my experience of loved ones suffering with mental illness, I hope to shine light on the painful "darkness" people endure. I know first hand what it is like to live with an intense mental illness, and as well how to be there for friends and family who also suffer with mental illness. I hope to advocate on behalf of everyone I know who lives with a mental illness. We are all worthy of better quality of life.

WHAT DO YOU FEEL IS THE MOST IMPORTANT THING PEOPLE NEED TO KNOW ABOUT SCHIZOPHRENIA?

People need to know that those living with schizophrenia (or any mental illness for that matter) are really no different than anyone else. We all have feelings and at one point have had hopes and dreams. The only difference is that those of us who struggle with schizophrenia often lose sight of our hopes and dreams along the way. Schizophrenia is a life long journey. For this journey we require compassion and understanding. We want not to be belittled, but treated with dignity and respect. We would like it not if society discriminated against us, but rather valued us and reinforced that yes, indeed we are all capable of living happy, healthy, and productive lives.

WHY DO YOU THINK SCHIZOPHRENIA IS SO "MISUNDERSTOOD" IN THE MARKETPLACE? WHAT NEEDS TO BE DONE TO CHANGE THAT?



It doesn't matter where you go, schizophrenia is almost always misunderstood. For one, the media distorts it and sensationalizes it. The media does not accurately portray it. How is society supposed to become more understanding of mental illness when its main source of knowledge is clearly not accurate?

### BRANDI RANDELL

WHEN WERE YOU APPOINTED TO THE MSS BOARD?

I was appointed to the Board at the last Annual Meeting.

WHY DID YOU AGREE TO JOIN THE MSS BOARD?

Chris held his hook over my head (just kidding!)... being a member of the Board fits in with my overall goal of becoming a doctor and making a difference in how services are delivered and how people are seen and assisted.

WHAT DO YOU HOPE TO "BRING TO THE TABLE"? WHAT CONTRIBUTIONS DO YOU HOPE TO MAKE AT THE BOARD LEVEL?

Other than my naturally twisted sense of humour...a strong belief in the principles of empowerment and recovery.

WHAT DO YOU FEEL IS THE MOST IMPORTANT THING PEOPLE NEED TO KNOW ABOUT SCHIZOPHRENIA?

I want people to know that just because a person might carry a diagnosis of schizophrenia doesn't mean that they don't have feelings, hopes and dreams like every other person. More importantly, they deserve the option to make them come true.



## In This Issue

Four New Board Members.....	1
SSC Moving Forward .....	3
MSS Exec Director Named to New Commission .	4
Around the Province.....	5
Upcoming Events.....	6
What You Should Know - Disability Savings Plan...	6
Journey of Hope Walk raises over \$22,000 .....	7
Locations/Board .....	Back Cover

## *New Board Members...* continued from front page

WHY DO YOU THINK SCHIZOPHRENIA IS SO "MISUNDERSTOOD" IN THE MARKETPLACE? WHAT NEEDS TO BE DONE TO CHANGE THAT?

Decades of misrepresentation and sensationalization of inaccurate and incorrect information through various sources. This can only change through global education, including younger years education.

### • **MATRINE MCLELLAN**

WHEN WERE YOU APPOINTED TO THE MSS BOARD?

I was appointed to the MSS Board of Directors on June 14, 2007.

WHY DID YOU AGREE TO JOIN THE MSS BOARD?

I volunteered.

WHAT DO YOU HOPE TO "BRING TO THE TABLE"? WHAT CONTRIBUTIONS DO YOU HOPE TO MAKE AT THE BOARD LEVEL?

The Aboriginal perspective as a mom. Hopefully, my knowledge and past employment experiences in community development, social work, working with the Aboriginal political organizations, sitting on various boards and committees, will be helpful to current and future consumers. In my view, more advocacy is needed for consumers and families to navigate the confusing systemic bureaucracies.

WHAT DO YOU FEEL IS THE MOST IMPORTANT THING PEOPLE NEED TO KNOW ABOUT SCHIZOPHRENIA?

There needs to be more media/public awareness of current facts and success stories on schizophrenia. More positive stories need to be shared.

WHY DO YOU THINK SCHIZOPHRENIA IS SO "MISUNDERSTOOD" IN THE MARKETPLACE? WHAT NEEDS TO BE DONE TO CHANGE THAT?

People fear the unknown therefore, schizophrenia is misunderstood because of lack of information and awareness. More support and encouragement is needed to the consumer so that she/he is integrated and contributing back to the community.

### • **AMY BUTCHER**

WHEN WERE YOU APPOINTED TO THE MSS BOARD?

I was appointed to the board this past summer at the annual meeting on July 26, 2007 at the York Hotel. Chris had just asked me about a week to a few days before this meeting.



WHY DID YOU AGREE TO JOIN THE MSS BOARD?

I have a son with this illness and have seen him recover and work for MSS as a peer support worker. I have seen him suffer through his first psychotic episode and recover to become a compassionate worker for those with the same type of illness.

WHAT DO YOU HOPE TO "BRING TO THE TABLE"? WHAT CONTRIBUTIONS DO YOU HOPE TO MAKE AT THE BOARD LEVEL?

I hope to bring to the table the need to reduce the stigma by educating others about this illness and the ability to recover from it. I hope that by telling my story I can possibly help reduce the pain for other family members that may have a similar experience. I believe in a recovery model of care for those suffering from this illness.

WHAT DO YOU FEEL IS THE MOST IMPORTANT THING PEOPLE NEED TO KNOW ABOUT SCHIZOPHRENIA?

I feel that the most important thing that people need to know is, not only can it happen anytime to anyone, but that there is also help out there. There are resources and people that know about this illness and how to recover. There is light at the end of the tunnel. There is help on the road to recovery with healing for all those involved in this painful and devastating illness. We need to reach out and tell our stories. The stories about the positive outcomes and recovery treatments for those with schizophrenia need to be told to all those willing to listen and help.

WHY DO YOU THINK SCHIZOPHRENIA IS SO "MISUNDERSTOOD" IN THE MARKETPLACE? WHAT NEEDS TO BE DONE TO CHANGE THAT?

Schizophrenia is so misunderstood because it is a frightening and painful experience for the individual and those close to this person. We (the general public) do not know enough about it. It is like a 'double edged sword.' Schizophrenia is known as a serious mental illness and rather than find out more about it most people hide behind the little that is known or just fear (hear) the worst about it. The media portray the bad things that happen to those with it. They need to know the good things that can happen, how these people can and do recover and become fully functional people. I have seen my son recover and want others to know about his road to recovery. I want to add my voice to the voices of resiliency. I believe in advocating for recovery-oriented mental health services and will continue to support the systems that encourage and enhance others on their journey towards better mental health care.

# *Schizophrenia Society of Canada Moving Forward Appoints New Organizational Development Consultant*

Don Bain, MSS Board Member, recently had a conversation with Executive Director Chris Summerville who has been the Interim CEO of the Schizophrenia Society of Canada since last February. Numerous questions have arisen concerning the leadership changes and the relocation of the national office of SSC. Chris and Dr. Pam Forsythe, President of the SSC formulated the following series of questions and answers to share with SSC stakeholders:

## **When will the SSC be hiring a permanent CEO?**

The Schizophrenia Society of Canada has been actively involved in recruiting a Chief Executive Officer for the past several months. This process provided the national Board of Directors with an extraordinary opportunity to think strategically about the future role and direction of our collective work across Canada. The Board feels it is a crucial time to bring the entire organization together, to consult, and plan together for business solutions for our organization, and strategic solutions for the many challenges we face as the voice for schizophrenia in Canada.

While we have found a candidate who could help us to plan our future, we also came to the conclusion that we needed some breathing room as an organization to approach planning in a meaningful way to produce dynamic, long term, sustainable results. Toward this end, we have come to an agreement with our final candidate, Tim Feher, who is being hired as an Organizational Development Consultant to lead, design, facilitate and support an organizational development and strategic business planning process for the Society. Tim has served as CEO for a number of national organizations and has helped them build significant growth. Tim will help us over the next year with a strategic business planning process which will produce tangible outcomes to take the Society to its next level of growth.

## **Where and when will the SSC open a new office?**

The lease on our existing office expired at the end of November and the office in Markham was closed as of November 30, 2007.

All operations are now being conducted through the “virtual site” located at the Manitoba Schizophrenia Society in Winnipeg as led by Interim CEO Chris Summerville. [www.schizophrenia.ca](http://www.schizophrenia.ca)

Though we had deliberated about relocating the national office to Ottawa, we believe that we should not open a new office until after a national strategic vision and plan have been developed and a permanent CEO is hired. The relocation of the SSC to Ottawa has been discussed for several years now. As a national organization, one of our primary purposes is to advocate for improved legislation, treatments and supports for individuals and families affected by schizophrenia and psychosis. Ottawa seems to be the ideal location for these efforts because it improves our opportunity to network with and build relationships with key decision makers. It is expected that the SSC will have an office up and running by this time next year.

During the next year, SSC will operate as a “virtual organization,” much like Mood Disorders Society of Canada. The “virtual office” will operate from Winnipeg at the Manitoba Schizophrenia Society. Chris will engage in advocacy, fulfill media requests and work with SSC Special Projects Coordinator Catherine Willinsky, who works with SSC on a contract basis from a home office.

## **How can we reach the SSC?**

We can always be reached at our email address: [info@schizophrenia.ca](mailto:info@schizophrenia.ca). These contact points will remain the same, even though the office is closed in Markham. The mailing address will remain the same but forwarded to us in Winnipeg. As well, phone calls to our current existing phone number will be automatically forwarded to Winnipeg.

## **What have been your primary goals and objectives during your tenure as Interim CEO?**

One of my key priorities was to identify ways to relieve the financial pressures the organization has been experiencing over the past several years. After a thorough budget and administrative analysis, the Board of Directors and I concurred that downsizing the staff as well as the office space, was the most viable way to avoid a deficit budget and secure cash flow. Our primary goal is to operate in the most viable and cost effective manner possible while assessing and maintaining our program priorities and focusing efforts on systemic advocacy.

*continued on page 7*

## *MSS Executive Director Chris Summerville Named to New Mental Health Commission*

On August 31, 2007, Prime Minister Stephen Harper announced the final selection of the Board of Directors to oversee the newly created Mental Health Commission of Canada (MHCC). Among the 11 non-government appointees to the Board was Manitoba's own Chris Summerville.



MSS Executive Director,  
Chris Summerville

"This is truly a humbling honour," said Chris. "The new Mental Health Commission is something that many of us have lobbied for over the past several years, given that Canada was the only G-8 country that did not have a national mental health strategy."

The MHCC's mandate is the creation of a 10-year anti-stigma campaign to address the social prejudice and discrimination associated with mental illness. As well, a Knowledge Exchange Centre which will be web based will be developed to assist in disseminating the best information on what helps people with mental illness recover and enjoy a better quality of life.

Finally, working with the provinces, the Commission will seek to develop a National Mental Health Strategy that will address disparities from one province or territory to the next.

"No matter where they live in Canada, people with mental illness should be able to access the same quality of care and service," says Chris, a passionate advocate of a recovery-oriented mental health system.

Senator Michael Kirby, Chair of the MHCC, held a consultation meeting in Winnipeg on October 17, with over 50 people representing various mental health organizations, RHAs, Manitoba Health, service providers and professional organizations in attendance.

"It was one of our best consultation meetings across Canada," stated Senator Kirby who also met with Manitoba's Minister of Health and Minister of Healthy Living and Chris Summerville. "We want to make sure we get it right, so we are traveling across Canada getting responses to the Commission's threefold mandate."

Given that MHCC's primary mandate is to develop an extensive anti-stigma campaign, two Manitobans actively involved in the movement, offered these comments on the proposed campaign:

**Horst Peters**, Program Coordinator for Partnership for Consumer Empowerment, a program of the Canadian Mental Health Association, Manitoba Division: "Implementing a campaign grounded solidly on the fact that people can recover from mental illness is the key. For too many years we have tried to reduce stigma by trying to sell the idea that "mental illness is an illness just like other illnesses". This hasn't worked! People are frustrated, angry, feel abandoned, disillusioned and far too many are still trapped in the grasp of mental illness and second class citizenship.

The idea that "mental illness is like any other illness" suggests that if

people get the right medication / medical treatment they'll be okay. We know that's not true! Instead of people being okay, we have many people feeling over medicated; media and the mislead public clamor for tougher measures for involuntary treatment (i.e. medication) every time there's an incident involving someone with a mental illness; and the pharmaceutical industry keeps growing. That doesn't reduce stigma – instead it perpetuates fear, hopelessness, and social ostracism.

If we want to reduce stigma - eliminate discrimination - we need to promote the reality that people do recover and live meaningful, contributing lives. We need to flood the country with images and stories of people who have recovered from mental illnesses such as schizophrenia, bipolar disorder, major depression, etc; - people who have careers, families, their own home, friends, and are contributing to their communities."

**Marion Cooper**, Co-chair of the Mental Health Literacy Network: "A high level of misunderstanding about mental health problems and mental disorders contributes to the stigma and discrimination experienced by people with mental health issues. It also discourages people from seeking early and appropriate help. The Anti-Stigma Campaign needs to be comprehensive to address a number of key messages including those related to mental health promotion with a focus on decreasing risks and increasing protective factors. The Campaign needs to be grounded in an evidenced based social marketing strategy that is sustained and multi-pronged in its approach. In addition to a national campaign there needs to be provincial and regional actions that amplify the national message. We recommend the following objectives:

- Gather and summarize evidence based information on anti-discrimination strategies to act as a resource to local communities
- Develop a listing of promising practices occurring throughout Canada
- Create opportunities to build capacity in the area of social marketing and how to design and deliver effective public education
- Influence school curriculum to ensure issues are dealt with, related to decreasing social isolation and exclusion
- Develop policies that make mental health education mandatory in certain settings - e.g. One teacher in every school or one employee in every workplace needs to be trained in Mental Health First Aid
- Ensure consumer stories are a key component of an Anti-Stigma Campaign
- Include the experience of those bereaved by suicide and address the stigma and shame associated with suicide as part of the strategy
- Develop policies for the media on the reporting of suicide and stories related to mental health and mental illness to combat the stereotyping and sensationalizing of these stories
- Create funding opportunities to support direct interactions between consumers of mental health services and the public." ■

## *Around the Province...News and Notes from Regional MSS Offices*

*A new feature in the newsletter, "Around the Province" brings you news and notes from the various regional offices throughout the province:*

### **BRANDON REGION**

An MSS Fashion Show will be held in Souris on December 10 at the Legion at 7:00 p.m. Jane Burpee will provide special entertainment. Along with door prizes, tickets are \$10. For tickets call Deanna Kowalchuk at 483-4054.

Peer Support group, for those with schizophrenia or psychosis, is held every first Thursday of the month at 12:30pm in Brandon. The Family Group in Brandon is every third Tuesday of the month at 7:00 p.m. in Brandon. For information call Deanna at 483-4054.

### **BURNTWOOD REGION**

Mental Health First Aid Training for the Burntwood Region will be held December 4th & 5th, February 5 and 6 as well as on April 1 and 2. Contact Sherri Squires at 677-6056.

MSS open house is held every Wednesday from 1:00 p.m. to 4:00 p.m. at the Connections Clubhouse located at 43 Fox Bay. The MSS Open House is an opportunity to come to our office, meet with the MSS Outreach Worker and get information about Schizophrenia. Consumers, family or natural supports, social service providers and the general public are encouraged to attend.

For requesting a "Hearing Voices That are Distressing" Workshop Contact Sherri Squires at 677-6056. This 2 1/2 hour workshop is suggested for caregivers, family members and professionals who work or live with people who hear distressing voices. It is an opportunity to gain further understanding and awareness of this experience. Pre-registration in groups of 12-20 participants, or individual requests can be accommodated.

### **CENTRAL REGION**

1st & 3rd Wednesdays  
Peer Support Group held at CMHA in Portage La Prairie from 10:00a.m. to 12:00p.m.

Peer Support Group held at The Portage District General Hospital in Portage La Prairie from 1:00p.m. to 3:00p.m.

2nd Wednesday

Peer Support Group held at the Carman Mennonite Church in Carman from 10:00a.m. to 12:00p.m.

Peer Support held at Eden East in Winkler from 1:00p.m. to 3:00p.m.

4th Wednesday

Family Support Group held at the Carman Mennonite Church from 10:00 to 12:00p.m.

Peer Support held at Eden East in Winkler from 1:00p.m. to 3:00p.m.

For information about these and other groups and MSS services in the Central region, contact Diane Findlay at 362-3027.

### **INTERLAKE REGION**

Two peer support group meetings run as follows: Selkirk - biweekly Wednesdays, Selkirk Support Centre, 4:00 p.m. Gimli - biweekly Thursdays, New Horizons Centre, 2:00 p.m.

Currently running is a Strengthening Families Together program at SMHC on Thursday evenings at 7:00 p.m. For information contact Bev King at 485-1253.

### **NORMAN REGION**

A Peer Support Group meets in The Pas each Wednesday for three hours beginning at 5:00 p.m. A supper meal is included in the first hour. Currently running is the "Smoke Buster" program from 6:00 p.m. to 7:00 p.m. followed by a fun social activity. Contact Nancy Shewchuk at 623-7346 for further information on location as this is subject to change depending on activity.

In Flin Flon consumers are invited to attend Free To Be Me held at the Anglican Church (74 Church Street) each Tuesday and Thursday afternoon at 1:30 p.m.

A women's monthly support group will be commencing in November. Contact Nancy at 623-7346 for details.

Several family members in The Pas and Flin Flon have indicated an interest in attending the "Hidden Victim/Hidden Healer" program and this will begin once a few more registrants are secured. Call 623-7346 to register.

### **PARKLAND REGION**

Parkland offers a peer support group called the Jeshua Group at the ECHO Apartment Building (Board Room) located at 123 1st Ave SW, Dauphin. Held on Monday evenings at 7:00 p.m., this group is geared for peers in their twenties.

There is a family group offered for family members affected by mental illness at 112 6th Ave NE, Dauphin on Tuesday evenings at 7:00 p.m.

There is also a peer group that meets at the Dauphin Hospital, on the 4th floor. This group takes place on Tuesdays at 1:30p.m.

Please call Tim Shewchuk at 204-638-0433 for further information on these groups or for individual meetings.

### **NORTH AND SOUTH EASTMAN REGION**

The 4th Annual Expressions: Exploring Recovery Through Art, was held on October 12, 2007 in recognition of Mental Illness Awareness Week. The event was a big success with approximately 190 people attending to view a spectacular display of art, listen to a program of poetry and music performances and enjoy a piece of decadent cheesecake. Chris Summerville emceed the event along with MSS Eastman Outreach Worker, Kim Heidinger, Chairperson of the Expressions planning committee.

For information about the Drop-in Centres in Steinbach and Beausejour, contact Kim Heidinger at 371-0824.

### **WINNIPEG REGION**

Contact Viola MacKay concerning information on, and registration for any of the following held in Winnipeg at 4 Fort Street: Women's Program, Peer Support Group; Family Education Meetings; Strengthening Families Together; Name That Feeling; and, Hearing Voices That Are Distressing. Workshops, public presentations and one-on-one consultations are available by request. ■



## UPCOMING EVENTS – MARK YOUR CALENDARS

### 12<sup>th</sup> Annual Iris Gala Evening

Saturday, April 12, 2008  
At the Fairmont Winnipeg Hotel

Tickets: \$140.00 each  
\$1,020.00 for a table of 8



### 17<sup>th</sup> Annual Golf for Schizophrenia Tournament



Monday, June 16, 2008  
Southwood Golf and Country Club

### 18<sup>th</sup> Annual Journey of Hope Walk

Saturday,  
September 13, 2008

Assiniboine Park  
Duck Pond



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

## What you should know about the new Disability Savings Plan

**W**ith Parliamentary approval of the March 19 federal budget, the Registered Disability Savings Plan (DSP) became a fait accompli.

Similar in concept to the popular RSP and RESP ideas, the DSP is designed to help bolster financial security for the more than 700,000 Canadians living with severe disabilities. Those qualifying for the disability tax credit (or their parent or legal representative) will be eligible to open a DSP.

### What the DSP offers

1. A lifetime contribution limit of \$200,000.
2. No annual limit on contributions. These can be made until the end of the year in which the beneficiary turns 59.
3. Contributions are not tax-deductible, but interest earned inside the plan will grow tax-deferred.
4. No restrictions on when or how the funds can be used.
5. Contributions permitted by the individual, family members or friends.

### The DSP Grant

Contributions will be matched for 20 years in either of these ways:

1. If the annual family income is less than \$74,357, the grant

will be \$1,500 for the first \$500 contributed and \$2,000 on the next \$1,000.

2. For an income of over \$74,357, the grant will be \$1,000 for the first \$1,000 contributed.

### The DSP Bond

For adults with disabilities or families with incomes of \$20,833 or less, the bond will provide a DSP with \$1,000 yearly for 20 years without any contribution.

### What happens now?

The two big questions are: when will the DSP actually take effect? (Possibly 2008.) And will the DSP and its income be exempted provincially so that disability benefits are not clawed back and people are not penalized? (Affirmation expected.) Further details of the plan should be released next year. As soon as we hear, you'll hear.

In the meantime, you can access the Planned Lifetime Advocacy Network website for information: [www.plan.ca](http://www.plan.ca). PLAN is the organization that developed the DSP idea and dedicated years of concerted action to convincing the government that the idea was important and feasible. ☐

Information in this article edited from PLANfacts, spring 2007.

Taken from AMI-Quebec Share & Care "The Recovery of Hope ~ The Hope of Recovery" Fall 2007 Volume 30 No. 4

## **Will you continue to fund and offer the same materials, programs and events?**

Based upon our meeting with the Federation of Schizophrenia Societies in May 2007, the SSC will assess and choose its programs and projects based on how they help us live our mission and our already established advocacy objectives. The existing programs are being maintained right now, but we will be undertaking assessments on all of our work to establish priorities and to determine whether certain programs and areas might be more cost effectively and more efficiently handled by other parties.

## **With the virtual office in Winnipeg and the eventual move to Ottawa to focus on advocacy, does that mean you won't be doing work in the areas of research and education?**

SSC will continue its research and education activities. As such, we will continue to work with the Schizophrenia Society of Canada Foundation in promoting and funding research. The SSC has a Research Committee that is continuing to look at ways of promoting research into a cure for schizophrenia by working in collaboration with several scientific research organizations.

## **The SSC seems to be focusing on individuals and not families. Why?**

The SSC is not shifting its emphasis or its work away from families in any way. We have always been, and continue to be, fully committed to families who have loved ones with schizophrenia and psychosis and to helping them get the support and services they need to deal with the devastation that this illness can cause. The SSC strives to serve all of these individuals, and we want to ensure that our terminology, language and resources reflect all stakeholder groups, rather than focusing primarily on one or another. ■

# ***JOURNEY OF HOPE WALK RAISES IN EXCESS OF \$22,000***

## ***TOP CANVASSER MARION MURPHY, RAISES OVER \$1,800***

The 2007 Journey of Hope Walk was another rousing success thanks in no small part to all our sponsors: Eli Lilly, Janssen-Ortho Inc., EJLB Foundation, The Lloyd Carr-Harris Foundation, Manitoba Health, Central Food Product, Dutch Meat Market, Future Shop-Garden City, Gunn's Homemade Cakes & Pastry Ltd., Kub Bread, Leon's Furniture, Manitoba Hydro, Maple Leaf Meats, McDonald's Restaurants, PACTwise Data Base Solutions Inc., Sara Riel, St. John's Ambulance, Steinbach Credit Union, Tapper Cuddy and Winnipeg Harvest.

A big thanks also goes out to all our prize donors for their generous contributions. We also must thank ACE Burpee and Chrissy Troy from HOT 103 FM who were our Emcees for the day, along with all the entertainers who generously donated their time, including, The Bart Family, Eddie on the Accordion, Prancing Pony Portable Petting Zoo, Mr. Biggles, Dan the Magic Man, Global TV, Cuffs, Blue Box, Free Press Scoop, Goldie, A&W Root Bear, Trusty, Ronald McDonald, Lion, Scarecrow, Tin Man, Dorothy and Glinda.

Also, many Thanks to ALL the MSS Volunteers for their endless hours of work to help make this a successful event. Your time and effort are GREATLY APPRECIATED! ■

MSS Executive Director, Chris Summerville presenting Marion Murphy with Top Canvasser Award



A delicious barbeque was enjoyed by all



MSS President, Peter Ostryzniuk with Goldie, Winnipeg Goldeyes mascot



Lions, tigers and bears, Oh My!

## 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 1E9  
Phone: 1(204)677-6056  
Fax: 1(204)677-5534  
Email:  
selfhelp@cmhathompson.ca

### Central

309 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 #101  
Selkirk, MB R1A 2B1  
Phone: 1(204)485-1253  
Fax: 1(204)334-7880  
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/Fax: 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  
selfhelp\_smhc@mts.net

**Manitoba Schizophrenia Society, Inc.** is a consumer focused, family sensitive mental health self help organization whose mission is to improve the quality of life for those affected by schizophrenia/psychosis and co-occurring disorders, through education, peer support and advocacy.

**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

### Board of Directors

Peter Ostryzniuk	<i>President</i>
Dave Kennedy	<i>Vice President</i>
Robert Tisdale	<i>Past President</i>
Katherine Davis	<i>Director</i>
Bill Ashdown	<i>Director</i>
Michael Davis	<i>Director</i>
Jo-Ann Paley	<i>Director</i>
Don Bain	<i>Director</i>
Annette Osted	<i>Director</i>
Julia Hoepfner	<i>Director</i>
Wilma Schroeder	<i>Director</i>
Tammy Lambert	<i>Director</i>
Brandi Randell	<i>Director</i>
Amy Butcher	<i>Director</i>
Matrine McLellan	<i>Director</i>

### Winnipeg Office Staff

Chris Summerville	<i>Executive Director</i>
Rey Schellenberg	<i>Accountant</i>
Pat Kosheluk	<i>Special Events Coordinator</i>
Viola MacKay	<i>Administrative Assistant</i>
Jane Burpee	<i>Public Education Coordinator</i>
Karen Kaplen	<i>Peer Program Support Worker</i>
Kathy Sing	<i>Peer Support Worker</i>
Verne McComas	<i>Lifelinks Program</i>

### Outreach Workers

Deanna Kowalchuk	<i>Brandon &amp; Assiniboine Regions</i>
Kim Heidinger	<i>North &amp; South Eastman Regions</i>
Nancy Shewchuk	<i>Norman Region</i>
Diane Findlay	<i>Central Region</i>
Tim Shewchuk	<i>Parklands Region</i>
Donna Hradowy	<i>SMHC &amp; Stony Mt.</i>
Bev King	<i>Interlake Region</i>
Sherri Squires	<i>Burntwood Region</i>



## 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/MC # : \_\_\_\_\_ 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**