

# THE SENSITIVE SCOOP

## Consumer Newsletter

For *any* Woman living with Mental Illness

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*The Sensitive Scoop* is now available on the MSS website at [www.mss.mb.ca](http://www.mss.mb.ca)

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### Introducing Sherri Matsumoto



Sherri Matsumoto is a 46 year old Japanese Canadian diagnosed with the mental illness, schizophrenia. She has been chosen to be one of the faces for the Annual National Campaign for Mental Illness Awareness Week (MIAW) for 2008. Mental Illness Awareness Week was started in 1992 by the Canadian Psychiatric Association and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health. The week was designed for the public to become more aware of mental illness, to be educated about mental illness and to alleviate the stigma associated with mental illness. Sherri was diagnosed with a mental illness at the age of 14 and it was later identified as schizophrenia. She was in denial for many years; then came to realize

that while in institutional care she was clearly there for a reason, the reason being she was mentally ill. Realizing this she began her road to recovery. She tried different jobs finally deciding that she would like to work in mental health. In 1994 Sherri applied and got accepted to be in New Careers, a program designed for people who have a mental illness diagnosis to become mental health workers. In 1995 Sherri graduated and was hired by the Manitoba Schizophrenia Society to be their outreach worker. She did that for 9 years. Now Sherri currently volunteers for MSS by doing presentations, helping with Voice Hearers workshops and co-facilitates a children's' group called "Name That Feeling", a group for children who have family members diagnosed with a mental illness. Sherri still continues her road to recovery. She hopes to achieve the best quality of life possible. Sherri wants to be seen as Sherri and not her illness. "Respect never goes out of style so don't stop using it," says Sherri.



## Hope

Without hope there is no life, the desire for achievement is gone.

Find one spark of hope in what exists, and you'll be surprised at what can be done.

Hope gives motivation to this world.  
It can give purpose to being alive.  
Hope is a trust in the future of life, a trust that you will survive.

Hope is a lifeline of this life that provides strength when you feel alone.  
Just one ray of hope when the outlook is dark, can carry you through the unknown.

Hope is one of the treasures of life.  
Take hope into all that you do.  
Give hope to others when you can.  
Have hope, it will see you through.

By Alan Booth, © 1997

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# Breaking Through The Barriers To Recovery



PSR-RPS 2008 National Conference

**September 17-19, 2008  
Winnipeg, MB**



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For Further Details on Registering for this Event- Visit: [www.psrrpscanada.ca](http://www.psrrpscanada.ca)

## **MHERC UPDATE Summer 2008**

Cheryl McClure, Resource Coordinator

Well, it's the middle of summer and the library may appear to be quiet, but there are some exciting things going on 'behind-the-scenes'!!! My staff of dedicated volunteers (Jen, Lucie and Cindy) and I are thrilled that the latest order of new books, videos and CDs has FINALLY arrived!!! We are currently busy working out the kinks in the new automated library system and cataloging all of our more than 250 new items. Some of these items will begin appearing on the shelves by mid-August, so please come by and take a look.

In addition to this, the MHERC online catalogue is up and running once more. This would not have been possible without the hard work, expertise and boundless energy of Melissa Paley of CMHA Manitoba Division. A big THANK YOU goes out to Melissa from the staff at MHERC—her assistance is invaluable!!!

As well, the MHERC website is currently being redesigned and updated. Look for changes at [www.mherc.mb.ca](http://www.mherc.mb.ca) in the autumn of 2008.

I currently sit on two committees as a representative of MHERC and CMHA Manitoba Division. As part of the Mental Health Literacy Network, I partner with various mental health and addiction organizations, working together to improve mental health literacy in Manitoba. Mental health literacy refers to the skills that enable people to access, understand and use information to improve and maintain their mental health.

For the second year, I am a member of the Society for Manitobans with Disabilities (SMD) Conference Planning Committee. Following the success of last year's Disabilities, Health and Wellness conference (September, 2007) we are in the planning stage of a second conference, with the goal of providing education and empowerment options for those with a physical and/or mental disability.

The promotion of MHERC includes information displays at health fairs and conferences. In the autumn, I will be taking the MHERC display to the Psychosocial Rehabilitation Canada National Conference, and, the Canadian Alliance of Community Health Centre Associations National Conference, both being held here in Winnipeg.

Ideas for the coming year for MHERC include the start-up of a book club, and, the monthly screening of new MHERC movies. As well, MHERC will be asking patrons to submit reviews of books, movies and CDs, to be posted on our new and improved website and accessible to the public.

If anyone is interested in these ideas or would like to suggest one of their own, please come and visit me at the library, or contact me at 953-2355 or [info@mherc.mb.ca](mailto:info@mherc.mb.ca).



## Women's Program Schedule

September October 2008

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on an outing. Any women living with a mental illness are welcome to attend. Occasionally we are out of the office for an activity so please call to confirm your attendance at 786-1616.

### September

- Sept. 4<sup>th</sup>**      **Writer's Group** – This gives you a chance to share your poetry or stories with other group members and get positive feedback. We do some short writing exercises to get your creativity flowing.
- Sept. 11<sup>th</sup>**      **Arts and Crafts** – Have fun making a collage to take home. Please bring pictures of yourself or something important to you to include in your project.
- Sept. 18<sup>th</sup>**      **Movie Day** – Enjoy a movie at FACES with popcorn and drinks.
- Sept 25<sup>th</sup>**      **Nature walk in Bonny Castle Park - Alternate Rainy Day plan – Games Day**

### October

- Oct. 2<sup>nd</sup>**      **Writer's Group**
- Oct. 6<sup>th</sup>**      **Monday, October 6<sup>th</sup>, 3:00 pm to 5:00 pm. Footsteps III - Book Release**  
*Enjoy a reception honoring participants of the book. Refreshments to follow.*  
**RSVP to 786-1616 by Thursday, October 2<sup>nd</sup>, 2008.**
- Oct. 9<sup>th</sup>**      **Sharing and Planning** – This is your opportunity to offer suggestions for future programming.
- Oct. 16<sup>th</sup>**      **Visit The Forks** - For those people not up to walking we will meet at the Plaza Canopy at The Forks at approximately 1:45 PM. **Rain Plan – Regular meeting at MSS.**
- Oct. 23<sup>rd</sup>**      **Tai Chi**
- Oct. 30<sup>th</sup>**      **Halloween and Birthday Celebration**



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