

REASONS FOR HOPE



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MANITOBA SCHIZOPHRENIA SOCIETY NEWSLETTER

From Silence to Sensationalism an Interview with Beverley Grace

Executive Director Chris Summerville recently interviewed Beverley Grace for this edition of Reasons For Hope

Beverley how did you come to be involved with MSS? What are the strengths of MSS?

I came to MSS when my daughter moved to Winnipeg a few years ago. I was so glad to find a group with such deep faith in recovery because I really needed support and information, and most of all, hope. This is the greatest strength of MSS.



When I was halfway through the Strengthening Families Together 8-week workshop, my daughter went into hospital with an acute psychotic episode. The course was very helpful at that time in my life, but it ended four weeks later and I was alone again! That was when I started asking about an ongoing support group for family members; I started one in April 2009 because I really needed support myself and thought other families did too.

What is the purpose of the Family Support Meeting? When does it meet & where?

The purpose of the group is for families and friends of those experiencing schizophrenia, schizoaffective disorder or psychosis to provide continuous support for each other. The group meets at 4 Fort Street on the fourth Tuesday of every month. Most of us agree to share phone numbers and email addresses so that we can communicate with each other between meetings. We have been sharing new research reports we find online, questions about access to services, and (most of all) support when our family members are in crisis or in hospital again. It's such a relief to be able to call someone you already know at a time like that when you are tired of retelling your story to strangers. This continuity is really important to our wellbeing and recovery.

We are now experiencing a way of life that is new to us and known only by those who have been through similar experiences. It's sometimes a steep learning curve and there is so much other people cannot understand.

How has the group helped?

We asked the members this question and here are their replies.

First of all, from Stuart and Henny: "The support group has helped us by keeping us informed about what information sessions are available such as the 'Strengthening Families Together' and 'The 8 Stages of Healing'. We also benefit from hearing what the other caregivers are going through and how they are dealing with their situations. We get to hear if they are satisfied with their dealings with different hospitals and doctors. We also get feedback on various housing options that are available for consumers. We are all dealing with different situations with our loved ones and we may be at different stages, but we learn from each other and get support and understanding from the group."

Anna said, "The support group has helped me to see that others are going through the same range of emotions and thoughts that we are. It was comforting to realize that we were not alone. Also, it was an opportunity to learn from other families, plus we are able to get much information about resources available to help us."

Another member said, "The support group made me realize that I am not alone; I was quite amazed to see how many people were struggling with similar problems. This gave me strength to be more open about sharing my problems with others as well as more accepting of my situation."

And from Debbie: "It's being able to talk about schizophrenia, the horrors of the disease, being able to grieve the losses – and to normalize it by being in a safe environment. It is so important to let your voice be heard!"

What are some of the challenges you are faced with being a family member and facilitator?

One challenge is sometimes I need support just for myself as a family member. I feel like I need to attend a group where I am not a facilitator.

What can we do to enrich the lives of our loved ones who are living with schizophrenia?

We can provide social support for activities they enjoy. For example, my daughter used to play in a youth orchestra but now finds it difficult to play music alone. This year she has taken a new interest in singing and joined a choir that gives her support. The Coffee House evenings the CMHA has held recently are great – they provide a safe and joyful atmosphere for artists in recovery.

What concerns do you have as to how we respond as a society to people with mental illnesses like schizophrenia?

Outside of the safe space of the MSS, the response of friends, colleagues, clergy and congregations, media, police, medical and social services is sometimes helpful but may range anywhere from silence to sensationalism. These extremes, the lack of real understanding and the fear of openly discussing mental illness make our lives more difficult.

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The Many Myths of Mental Illness

Mental illness is common. How common? - Statistics show that one in every 5 Canadians will have a mental health problem at some point in their lives. Mental illnesses account for a large percentage of hospital stays every year. Yet, in spite of the fact that every Canadian knows someone who has been, or will be, affected by mental illness, few people know very much about it.

It is human nature to fear what we don't understand. As such, mental illness is feared by many people and, unfortunately, still carries a stigma (a stigma is defined as a mark or sign of disgrace). Because of this stigma, many people hesitate to get help for a mental health problem for fear of being looked down upon. It is unfortunate that this happens because effective treatment exists for almost all mental illnesses. Worse, the stigma experienced by people with a mental illness can be more destructive than the illness itself.

If you want to help remove the social stigma of mental illness, we hope this will give you some useful information and ideas.

The myths of mental illness

There are many myths about mental illness. Until people learn the truth, they will continue to deny that mental illness exists at all or they will simply avoid the topic entirely.

How much do you know about mental illness? Take a look below at some of the common myths and truths, and see how you score:

- **True or False?** People with mental illness are violent and dangerous.
False. The truth is that, as a group, mentally ill people are no more violent than any other group. In fact, they are far more likely to be the victims of violence than to be violent themselves.
- **True or False?** People with mental illness are poor and/or less intelligent.
False. Many studies show that most mentally ill people have average or above-average intelligence. Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level.
- **True or False?** Mental illness is caused by a personal weakness.
False. A mental illness is not a character flaw. It is an illness, and it has nothing to do with being weak or lacking will-power. Although people with mental illness can play a big part in their own recovery, they did not choose to become ill, and they are not lazy because they cannot just "snap out of it."
- **True or False?** Mental illness is a single, rare disorder.
False. Mental illness is not a single disease but a broad classification for many disorders. Anxiety, depression, schizophrenia, personality disorders, eating disorders and organic brain disorders can cause misery, tears and missed opportunities for thousands of Canadians.

Words can hurt

Words like "crazy," "cuckoo," "psycho," "wacko" and "nutso" are just a few examples of words that keep the stigma of mental illness alive. These words belittle and offend people with mental health problems. Many of us use them without intending any harm. Just as we wouldn't mock someone for having a physical illness like cancer or heart disease, it is cruel to make fun of someone with a mental illness.

Mental illness in the media

People with mental disorders are many times not described accurately or realistically in the media. Movies, television and books often present people with mental illnesses as dangerous or unstable. News stories sometimes highlight mental illness to create a sensation in a news report, even if the mental illness is not relevant to the story.

You can help change the way mental illness is talked about in the media by speaking up.

Recognizing the problem

Use the STOP criteria to recognize attitudes and actions that support the stigma of mental illness. It's easy. Just ask yourself if what you hear:

- Stereotypes people with mental illness (that is, assumes they are all alike rather than individuals)?
- Trivializes or belittles people with mental illness and / or the illness itself?
- Offends people with mental illness by insulting them?
- Patronizes people with mental illness by treating them as if they were not as good as other people?

If you see something in the media which does not pass the STOP criteria, speak up! Call or write to the writer or publisher of the newspaper, magazine or book, the radio, TV or movie producer, or the advertiser who used words which add to the misunderstanding of mental illness. Help them realize how their words affect people with mental illness.

Other things you can do

All of us can help the way people think about mental illness.

Start with yourself. Be careful about your own choice of words. Use accurate and sensitive words when talking about people with mental illness. Your positive attitude can affect everyone with whom you have contact.

Try to influence all the people in your life constructively. Whenever you hear people say things that show they do not really understand mental illness, use the opportunity to share with them some of the information that you have.

We have already changed the way we refer to women, people of colour and people with physical disabilities. Why stop there?



The Effects of Prejudice and Discrimination:

Prejudice and discrimination exclude people with mental health and substance use problems from activities that are open to other people.	<p>This limits people's ability to:</p> <ul style="list-style-type: none"> • get and keep a job • get and keep a safe place to live • get health care (including treatment for substance use and mental health problems) and other support • be accepted by their family, friends and community • find and make friends or have other long-term relationships • take part in social activities.
Prejudice and discrimination often become internalized by people with mental health and substance use problems.	<p>This leads them to:</p> <ul style="list-style-type: none"> • believe the negative things that other people and the media say about them (self stigma) • have lower self-esteem because they feel guilt and shame.
Prejudice and discrimination contribute to people with mental health and substance use problems keeping their problems a secret.	<p>As a result:</p> <ul style="list-style-type: none"> • they avoid getting the help they need • their mental health or substance use problems are less likely to decrease or go away.

Article originally appeared in "We All Belong Inc." a magazine, offered by The Centre for Addiction and Mental Health and the Canadian Mental Health Association, Filiale Cochrane Timiskaming Branch.

Beverly Grace Interview – continued from page 1

Attitudes are improving now, but we need to get out into the light of day to really see how these illnesses develop in so many people and how to nurture recovery.

How has mental illness affected your life?

Mental illness has always been part of my life. As an only child raised by a raging stepfather and a mother with undiagnosed paranoid delusions, I was always trying to figure out how "normal" people lived. My mother now has dementia and lives in a nursing home. My daughter was first diagnosed with schizoaffective disorder with "negative" symptoms, then hospitalized with schizophrenia. She now lives at Sara Riel, which operates a residential rehabilitation program.

Can you list a few things that have helped you and given you strength to carry on as a family member?

As the "sandwich generation", I've learned to live with my own recurring depression, and I know that it is essential to take care of myself first before I can help anyone else. This means lots of fresh air and exercise and music and laughter and friends. It means a continuing search for knowledge and new experiences about how health and happiness can keep on growing through sunshine and snowstorms alike. The most important thing to remember is that there is always hope of recovery – never lose sight of it, even in the darkest night.

It helps so much to have this group and know that I am not alone. We have been learning a lot about how to support each other as a small group and now we are ready to expand by welcoming more families. We hope that you will come and join us.

Beverly Grace has returned to Winnipeg after studies in England, teaching in East and West Africa and many years in Toronto. She is a storyteller and editor and the peer facilitator of the new Family and Friends Support Group at MSS.

MSS Receives \$4,200 for Services

The All Charities Campaign hosts a breakfast every year. In June last year they awarded charities funds which were received by the Campaign in 2009. On behalf of MSS our very own Special Events Coordinator, Loreen Hamilton, attended the breakfast to receive the \$4,200 cheque. Paul Holden, Chair of the Management Board for the 2009 Campaign, made the cheque presentation. MSS thanks all of those who donated generously last year! More information about the All Charities Campaign can be found on their website at: www.allcharitiescampaign.ca.



Some Thank-yous from Individuals...

"Its always profitable to read an article or a newsletter written by you – its honesty and passion (no "mush") touch the heart and encourage us to send a gift of money to MSS to continue the projects begun earlier and/or see to their completion." - **J.A.**

"Just a few lines to let you know that I received your letter several weeks ago regarding MSS's financial situation. I am glad to learn that MSS is still fighting for the rights and advocacy of people who still suffer from schizophrenia, through more promotion for recovery-based services. Please find a money order for \$500.00 enclosed." - **M.S.**

"Ms. Kathy Sing, Peer Support worker with the Manitoba Schizophrenia Society, has for some time been attending to the Victoria General Hospital Mental Health Program to participate as part of our Community Resource Education Program. She presents to our inpatients on our MH unit covering her lived experience with Schizophrenia and recovery. Her message is inspiring for our patients and staff. She gives voice to the process

of recovery and change. Ms. Sing is professional in her activities with our patients. She is an excellent communicator and she makes our patients feel very comfortable and supported as she deals with these challenging themes. Ms. Sing is friendly, has a good sense of humor, and is relaxed in her role as outreach worker. After our group experience she is available to meet individually with patients who show an interest.

Our patients' experience in hospital is enhanced by Ms. Sing's involvement with our program. I hope patients at other hospital MH sites are experiencing Ms. Sing's inspiring story and experience. We know that her outreach activities and involvement with our patients facilitates their connection with your Agency's services.

Thank you for making Ms. Sing available to participate in collaboration with our VGH Mental Health program. She is a real asset to the Manitoba Schizophrenia Society." - **B.B. and B.Q.**

MSS Celebrates 30 Years of Service

His Honour, the Honourable Philip S. Lee, C.M., O.N., Lieutenant Governor of Manitoba, and Her Honour, Anita K. Lee hosted a Reception on September 17, 2009 at Government House, in celebration of the 30th Anniversary of the Manitoba Schizophrenia Society.

Government House is the official residence of the Lieutenant Governor of Manitoba who is the personal representative of Her Majesty, Queen Elizabeth II, Queen of Canada. The House is a private residence, but is open to the public by invitation. The Lieutenant Governor and Chatelaine are hosts to Members of the Royal Family, visiting Heads of State, and other official visitors to Manitoba. These are only some of their official duties, which are extensive.

The MSS reception began with a few words by Chris Summerville, Executive Director of the Manitoba Schizophrenia Society and CEO of the Schizophrenia Society of Canada. Here is a summary of those remarks:

Chris opened with a reminder that schizophrenia occurs in about 1 in 100 people and that the disorder accounts for a disproportionate share of treatment costs which, according to the World Health Organization, is ranked as the second highest contributor to the overall burden of diseases, behind cardiovascular illnesses.

"Great strides have been made in the last 30 years in the treatment of schizophrenia," he said. "Within mental health circles across Canada the Manitoba Schizophrenia Society is known by many as the first provincial schizophrenia society to embrace the recovery model, to have a majority of its board members as people with lived experience of mental illness, and the first to have elected a person living with schizophrenia as its president.

"Most people who have been recipients of the support services of the MSS team use the word "hope" in describing their appreciation," he added. "MSS is indeed synonymous with hope! The hope of recovery. The hope of regaining a quality of life. The hope of living beyond the limitations of mental illness. The hope of being socially included. The hope of eradicating stigma and discrimination towards those living with schizophrenia and psychosis. The hope of a transformed mental health system."

Following Chris's opening remarks two members of the MSS Board of Directors, Tamara Lambert and Julia Hoepfner reiterated their messages of hope and recovery. Here are their comments:

Tammy Lambert:

"When I first walked into the Manitoba Schizophrenia Society I felt a little nervous and unsure of what to expect. But immediately those feelings lifted. I felt welcomed and accepted. All barriers of stigma and misunderstanding that I had often encountered elsewhere clearly did not exist at MSS.



Tammy Lambert

I am in my third year of studies at the University of Manitoba and I live with schizo-affective disorder. I have been involved with MSS for just over four years now. They have become a great support in my life. I have had numerous amazing support networks over the years but right now my support system is stronger than it has ever been. The staff at MSS plays a significant role in the support I receive. I know that I can call or stop by if I ever am in need of an ear to listen, a shoulder to lean on, or even a hug. From what I have experienced at MSS, the staff I have grown to know seem to possess special qualities which include the ability to provide unconditional support, compassion and understanding.



Verne McComas, Leona Green and Ken Delf (all family members with a loved one with mental illness) attended the celebration.

I am part of their public education program where I do presentations. I have been able to learn, grow as well as write and share my own recovery journey story, which has been a healing process in itself. I am also part of MSS's drama program which has taught me many life skills, some consisting of learning how to believe in myself, how to step out of my comfort zone and take healthy risks, and to just be able to forget about my problems and have fun with an awesome group of friends.

I was grateful and honored to join the MSS Board of Directors two years ago. This has given me the opportunity to advocate for friends and family who struggle with mental illness and be a voice for those who don't have the chance to express their concerns. By MSS asking me to be on this board it has even further aided me on my road to recovery. Knowing that people believe in me gives me the strength to continue moving forward. MSS clearly believes in and supports all of the people that are part of their program no matter how debilitating their illness is or where they are in their journey of recovery. We all have the potential to achieve our hopes and dreams. I have been able to get to a place in my life that I had thought I had forever lost. Possibly even a better place. Many others and I are living proof that with the right supports in place recovery is possible! MSS you rock!!!!

Julia Hoepfner:

"I sit on the Board of MSS as a family member. When at 20 years old I found out a close member of my family was ill with Schizo-Affective Disorder, I didn't know where to turn for the information that I craved. I stumbled upon MSS and immediately phoned to see if there was someone I could speak with and if there were resources out there to support me through this intense journey I suddenly found myself on. I remember one particular conversation I had with Chris while I was a summer student with MSS, where he challenged my own internal Stigma towards my loved one. This was a huge wake-up call for me. I have appreciated the strong stance that MSS has taken on hope, recovery and stigma reduction of Schizophrenia. Through MSS, my eyes were opened to the world of hope that is open to those diagnosed with Schizophrenia. This translated into my relationship towards my loved one and has enabled me to have a much richer relationship than I had ever imagined.



Julia Hoepfner

I also appreciated the amount I was able to learn about navigating the complicated "mental health maze". All too often family members and their loved ones get lost in this maze and lose hope that anyone will truly be able to help. MSS has renewed this hope for people over the last 30 years.

I am proud to have been associated with this organization first as a family member, then as a student, as an employee and now as a Board member. Thank you, Chris, for all of your hard work and dedication to keep the values of hope and recovery alive. It is our hope as the Board that your passion will influence the next 30 years and beyond of this organization."

Article originally published in "The Sensitive Scoop a Consumer Newsletter".

Manitoba's Lieutenant Governor Lauds Work Done by MSS

The Honourable Philip S. Lee, C.M., O.M., Lieutenant Governor of Manitoba addressed the gathering at the reception for the Manitoba Schizophrenia Society. Here are his comments:

"Friends, Manitobans, welcome to Government House and a celebration of 30 years of untiring labour and inspiring progress.

The story of our country – perhaps you could say the story of humanity – has been one of widening the circle of understanding and compassion. Over the centuries, we have come to understand that people who speak a different language from our own, or have a different appearance or different beliefs, possess the same rights as we do.

The great landmarks of the evolution of human rights – the abolition of slavery, the extension of voting rights to all citizens – occurred through a long and slow process of education and advocacy. That process continues to be advanced by organizations like the Manitoba Schizophrenia Society.

For 30 years you have given individuals and families affected by schizophrenia a voice. You have helped to bring mental illness of all kinds out of the darkness and onto the public agenda.

You have brought knowledge and understanding to combat centuries of fear and ignorance.

Obviously, people with mental illness still have many challenges, but in the past 30 years your work has helped to dispel prejudices and superstitions that made life even more difficult. And the services and peer support you have provided have helped many Manitobans to live full and rewarding lives.

Throughout history, during the long struggle to expand human rights, education has always been an essential ingredient in any kind of progress. The novelist Charlotte Bronte, writing at a time when women were unable to vote, many parts of the world still practiced slavery, and the handsome hero of a romantic novel like Jane Eyre might have a mad woman locked up in his attic, knew that only education can eradicate prejudice.

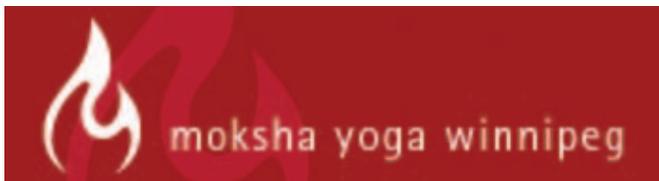
She wrote: "Prejudices are most difficult to eradicate from the heart whose soil has never been loosened or fertilized by education; they grow there, firm as weeds among rocks."

As Lieutenant Governor of Manitoba, I congratulate the Manitoba Schizophrenia Society on its 30 years of eradicating the weeds of fear and ignorance.

Thank you."



Karen Kaplen (MSS Staff Member), The Honourable Philip S. Lee, C.M., O.M. (Lieutenant Governor of Manitoba), Sheila Levine (MSS Volunteer) and The Honourable Anita Lee, wife of the Lieutenant Governor.



MSS would like to thank the staff at MokshaYoga Winnipeg for their commitment to assist non-profit charities in raising awareness and financial support. MSS received a gift of \$2000 this past year from MokshaYoga Winnipeg. In their first year of business they have raised over \$15,000 for local Winnipeg Charities.

Moksha Yoga Winnipeg is a member of a group of independent hot yoga studios committed to ethical, compassionate and environmentally conscious living. They strive to communicate that the benefits of yoga are limitless and accessible to all.

Moksha Yoga states it is more than a series of postures. It began with the vision of two individuals and has since grown into a worldwide community with classes in Hong Kong, Taipei, England, Trinidad, Singapore, Thailand, the United States, and across Canada.

Moksha Yoga Winnipeg is located at
2 Donald Street, Unit 7
(204.452.5535).

Family Support Groups

1) **Family Support Group** - for families and friends of those experiencing schizophrenia, schizoaffective disorder, and psychosis. Every fourth Tuesday of every month. From 7:00p.m. to 9:00p.m.

Next Date: February 23rd, 2010

2) **Eight Stages of Healing** - Workshops for families, friends and caregivers. **Meet weekly starting: Thursday, March 4th, 2010. From 7:00p.m. to 9:00p.m. Ending: Thursday, May 6th, 2010.**

Facilitated by Chris Summerville, Executive Director. Call 786-1616 for more information or to register.

Upcoming Events

14th Annual Iris Gala Evening

Saturday, May 8, 2010

The Gates on Roblin

Dance the Night Away to the Ron Paley Band



19th Annual Golf for Schizophrenia Tournament

Monday, June 21, 2010

Southwood Golf and Country Club



20th Annual Journey of Hope Walk

Saturday, September 11, 2010

Location to be announced



For information on any of the above events, contact the MSS office at 786-1616
or email: specialevents@mss.mb.ca

Some Late Thank Yous to Sponsors of the Annual Journey of Hope Walk held last September

Special Thanks to Bristol-Myers Squibb Canada for providing support of the Walk at the "Dorothy" Sponsorship Level



Thank you also, to Dave Chomiak's office for donating a door prize for the Walk

A Story, from Drug Addiction & Alcoholism to Recovery

My name is Rick Lemon. I am writing this article in the hope of attracting attention to an S.A. (Schizophrenia Anonymous) group I am a part of. We meet weekly downtown at the Manitoba Schizophrenia Society. I would like to share a bit about my life and experience in respects to dealing with a mental illness as well with the effects involving drug addiction/alcoholism.

I guess to start... for the most part I grew up in a stable, healthy, loving home. During my childhood my brother and I were involved in organized sports, school functions and community events; as well, I was surrounded by family, mostly gatherings for birthday parties and Christmas holidays. I am not sure what other people would define as "normal", however I believe as a kid I was brought up in a good environment and always looked forward with optimism.

Going into my teens however, I felt odd, out of place, not comfortable with adjusting (in general) to my adolescence or my peers for that matter. To this day I am not sure why... but at the age of 15 I started experimenting with street drugs. Marijuana to start, and I would later graduate to harder drugs through the next couple of years. Why? I suppose the best answer... would be to "fit in". I consumed a variety and large quantity of drugs, with little or no regard to short or long term effects on my health or wellbeing. After 3 years of this "life style" I could not function or cope with day to day living without being under the influence (of something).

When I was 17 years old I experienced my first major "mental episode" (I had a hard time recovering from it). Less than six months later I experienced a full blown psychological breakdown... due to drug abuse? Stress? A genetic predisposition to...? I am not sure. To this day I am still recovering.

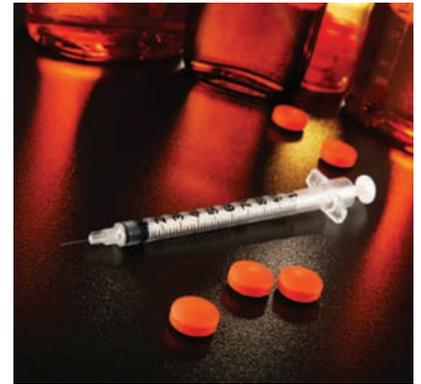
I am not sure if these "experiences" were the best or worst things that have ever happened to me. However as a result of my last "episode", I reached out for help! I found some. There was community intervention, as well as support from my family. My family has always been there for me. Shortly after my surrender (if you will) my doctor diagnosed me as having schizophrenia (I was 18 years old). She referred me to a psychiatrist that was known to her, and she recommended I attend a 12 step program. I did both in the 12 step program (a peer to peer self help program... for addiction/alcoholism...) I attended and I found sobriety. It did not happen overnight. I was not able to stay sober the first year and a half. I would often suffer effects of symptoms of schizophrenia, I was not well. I regularly attended meetings for this time period and when I was 19 I managed to "put a few days together". I am still sober 13 years later.

I had a sponsor take me through the steps; I attended treatment programs, schools, hospitals for speaking engagements or simply to hold a meeting. More importantly I have met life long friends with whom I enjoy life with without having an active addiction.

Through my recovery I have found that 12 step programs are a very useful and unique support group to address life issues that can provide years of support and follow-up.

To go back a bit to the time I was initially diagnosed with schizophrenia, I need to convey hurdles that could not be addressed in a non-medical setting. I was prescribed a different assortment of medication from the start of my recovery. I would regularly take antipsychotics and sedatives to relieve symptoms and have been taking them my whole adult life. I regularly attend

appointments with my psychiatrist and have been with the same doctor for 10 years now. My medication has changed over this period, however has remained the same since roughly my mid 20's. I am now 32. I believe medication has been essential to my recovery, but by medication alone, I do not believe my recovery would continue to happen.



In the community at large I have taken part in dozens of support groups addressing issues starting from basic hygiene to financial assistance for independent living. The Canadian Mental Health Association helped me find my first apartment. I received social assistance to help pay the rent.

Early on I cannot remember how many times my Mom would take me to the emergency room at our local hospital while experiencing active symptoms of schizophrenia. Many times a nurse would talk to me for half an hour, administer a sedative and send me home. It was not enough.

I know dozens of groups for or related to helping people suffering with a mental disorder. I know there are also a variety of medical treatments (including medications) to relieve symptoms, not to mention a host of community or even church outreach programs to help with living skills. I survived on social assistance for years while applying for money to attend school.

In sobriety I have graduated from high school, attended University, and finished a professional course that has a good future for employment. My vocational worker made sure of that... so it would be of use to me.

Early on in my recovery I refused to be segregated, sedated or labeled. I did not want to just survive. I wanted to live (some days I might not have expressed it... but it was there).

This is the main reason why I have started the Winnipeg Chapter of Schizophrenia Anonymous. [(S.A.) funded through the National Schizophrenia Foundation.] It is a step program that is peer based. We can answer questions for individuals affected with schizophrenia or related disorders. We fully encourage medical and community assistance. As well, I personally encourage spirituality (religion?). It plays a pivotal role in all areas of my life.

I currently live on my own (and have been for years). I work full time. I am a father of a young child. I am satisfied with my education and standard of living. I am currently diagnosed with undifferentiated schizophrenia. I am not schizophrenic. I am Rick Lemon. I look forward with optimism.

I encourage anyone dealing with schizophrenia or a related disorder; or anyone with a family member or friend with these related illnesses to contact the Manitoba Schizophrenia Society for more information or to attend an S.A. meeting. We meet weekly at MSS, 4 Fort Street. We welcome any newcomers to join us!

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
selfhelp@cmhathompson.ca

Central

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

Norman

Box #3372, The Pas, MB R9A 1R9
Phone: 1(204)623-7346
Fax: 1(204)623-5528
mssnor@mts.net

North & South Eastman

21 Loewen Blvd.
Steinbach, MB R5G 1X5
Phone: 1(204)371-0824
Fax: 1(204)346-0423
eastmanmss@mts.net

Interlake

Box #101
Selkirk, MB R1A 2B1
Phone: 1(204)485-1253
Fax: 1(204)334-7880
bevking@mts.net

Brandon & Assiniboine

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

Parkland

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

SMHC

825 Manitoba Ave., Box 9600,
Selkirk, MB R1A 2B5
Phone: 1(204)482-3810
ext. 416
Fax: 1(204)886-3821
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*

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