



June 2009

Volunteer Voice

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"Life, like a mirror, never gives back more than we put into it."

Anonymous

Coast is going **GREEN!** We've changed our bulbs; we're moving away from paper cups; we've installed reminders to shut down and turn off; some sites are already or considering composting! If you are volunteering at one of our sites and you have an idea on how we can continue our **GREEN** trend, please send it to...

GoGreen@CoastMentalHealth.com

CANADIAN ENVIRONMENT WEEK May 31 - June 6, 2009

Protecting Canada's natural environment reaps a world of benefits for Canadians, from strengthening the economy to enhancing health and quality of life. Canadian Environment Week is the perfect time to celebrate our achievements and initiatives in tackling climate change and reducing air pollution.

Five Easy Ways to Celebrate Environment Week

You don't have to look far to find easy ways to green your lifestyle or appreciate the beauty of nature. Here are a few suggestions:

- Buy locally grown food. Take some time to visit local Farmers Markets and learn more about the benefits of choosing locally grown foods!
- Change at least one light bulb to a compact fluorescent. Those qualified to ENERGY STAR® use about a quarter as much electricity as a conventional light bulb to produce the same amount of light. Compact fluorescents cost a bit

more than incandescents, but they last up to ten times longer.

- Take a walk on the wild side. Go for a day hike on a local nature trail and revel in the beauty and serenity you're trying to preserve for future generations.



- Turn off your computer when you're not using it. A home computer, monitor, and printer can use up to 200 watts of electricity. At both work and home, set your monitor to go into "sleep" mode if it is idle for more than 5 minutes, and your computer to do the same after 15.
- Carry a cloth bag or keep one in your car. Avoid traditional plastic bags in favour of reusable totes.

World Environment Day (June 5)
Canadian Environment Week is held during the first week of June to coincide with World

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www.coastmentalhealth.com

SYMPTOMS OF PSYCHOSIS & WHAT TO DO ABOUT THEM... **A GUIDE FOR FAMILY AND FRIENDS**

Delusions & Hallucinations

How a person might act:

Note: Unusual beliefs and behaviour may be part of a person's normal belief system or culture. If they are, they may have nothing to do with their mental illness.

- ⇒ Talking to voices that are not there
- ⇒ Talking about a strongly held false belief (delusion) or something they hear, see or feel that is not there (hallucination).
- ⇒ Behaving oddly because they have a false belief or are hearing, seeing or feeling something that is not really there. e.g.: avoiding water because the person thinks it is poisoned
- ⇒ Preaching because they believe they are Jesus Christ
- ⇒ Being distracted and unable to concentrate (see below as well).

Helpful things to do:

- ♥ Avoid arguing with the person about their delusions. Delusions are extremely fixed and difficult to change
- ♥ Connect with the emotion of the delusion or hallucination e.g. 'It must be frightening to believe that you are Jesus Christ'
- ♥ Calm things down - reduce the number of people and noise around the person
- ♥ Show compassion for the how the person feels about their false belief and do what you can to help where possible when the person is acutely unwell e.g.: turn off the TV if they think it is talking to them. "Who knew I'd have to learn to cope with living with someone with psychotic symptoms? I sure didn't. Gradually I've learned how to help my brother live with his symptoms, and to adjust to being around him successfully in the good times and the difficult ones."

Being Paranoid (a delusion)

How the person might act:

- ⇒ Behaving as though they are being followed, tricked or spied on
- ⇒ Being overly sensitive and suspicious
- ⇒ Behaving in a way that is goes along with what their paranoid belief
- ⇒ Being irritable
- ⇒ Being aggressive – the person could be afraid because of the delusion and may act out of that fear.

Helpful things to do:

- ♥ Avoid arguing with the person about their delusions
- ♥ Let them know you can understand why they would feel afraid, given the things they are thinking.
- ♥ Show them with your body language that you are on the same side. Sit beside rather than in front of the person
- ♥ Stay calm
- ♥ Consider the safety of you and the person.

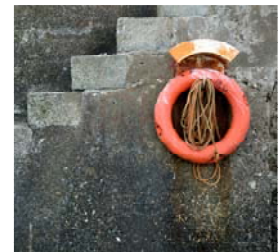
Disordered thinking and behaviour

How the person might act:

- ⇒ They may talk in a disorganized way, and not make much sense.
- ⇒ They might not seem to cooperate or seem 'spacey' and 'not there'
- ⇒ Have a hard time doing regular things like as making meals and keeping themselves clean
- ⇒ Dressing inappropriately or strangely e.g. lots of clothes on a hot day.

Helpful things to do

- ♥ Speak to the person in a clear and simple way
- ♥ If necessary, repeat things talking slowly and allowing plenty of time for the person to answer.
- ♥ Give step-by-step instructions.



Not showing a wide range of feelings (Affective flattening)

How the person might act

- ⇒ The person's face may seem not to move or respond, or have no expression
- ⇒ The person may not meet your eye or look away
- ⇒ The person may not express much using their body.

Helpful things to do

- ♥ Be aware that this is a symptom of the illness; don't take it personally.
- ♥ Try not to get frustrated or hurt that the person isn't showing their feelings much.
- ♥ Be aware that just because the person is not showing their feelings very much, it does not mean that they are not feeling anything.

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From Page One...Environment Week

Environment Day (June 5). This special day was designated by the United Nations in 1972 to stimulate political action on the environment and empower people from every corner of the globe to become active agents of sustainable and equitable development.

Oceans Day (June 8)

Oceans Day (June 8) is a time to remember the critical role of oceans worldwide. This international celebration has grown from a ripple into a tidal wave of awareness about the importance of our oceans.

For more information on Government of Canada environmental initiatives, visit www.ecoaction.gc.ca

From Page Two...Symptoms of Psychosis

Being silent or not talking much

What the person might do

- ⇒ Speak or communicate less
- ⇒ Give short and empty replies
- ⇒ Seem to have difficulty putting words together
- ⇒ The person appears to be thinking less.

Helpful things to do

- ♥ Speak simply and clearly to them and accept it when they speak simply in return
- ♥ Keep talking to them no matter how they respond – don't assume the person cannot understand you, even if they don't respond much.

Having trouble starting and keeping going with activities or getting things done

What the person may do

- ⇒ Sitting for a long time doing nothing
- ⇒ Not showing much interest in participating in any sort of activity
- ⇒ Not have much motivation.

Helpful Things to do

- ♥ Understand and acknowledge that these are again symptoms of the illness. The person is not behaving this way on purpose.
- ♥ Try not to become frustrated with how they are acting
- ♥ Encourage them gently to participate in activities.

www.heretohelp.bc.ca

ANNOUNCEMENTS

RESOURCE CENTRE TOURS

June 16, noon-1pm
July 21, noon-1pm

CLUBHOUSE TOURS

June 10, noon-1pm
July 8, noon-1pm

For a Tour, e-mail: Tours@coastmentalhealth.com
They will give you more information or reserve your spot

OPEN VOLUNTEER POSITIONS

Coast is currently recruiting volunteers for the following positions:

- Ukranian Speaking 1-1 Companion
- Games Night Leaders
- Life-skills 1-1
- Mandarin Speaking Companion
- 1-1 for Tennis Player

SHARE YOUR STORIES

You are invited to share your stories of volunteer experiences at Coast—to be shared in future issues of the Volunteer Voice. We'd love to hear what others are doing!

INTERESTED? WANT MORE INFO?

CONTACT VAL MAYNE
VOLUNTEER/HR COORDINATOR

604-675-2313
valm@coastmentalhealth.com

WHAT'S ON AROUND TOWN



CMHA NORTH AND WEST VANCOUVER BRANCH HEALTH LECTURE SERIES 2009

JUNE 10...CULTIVATING INTUITION

Intuition is your greatest ally because it is the only resource that is unlimited, always accessible and never wrong. It is with you at all times, always providing you with important information. The question is how often do you listen to it? The path of intuitive living begins when we own our intuitive capacity and act on it in practical ways. We soon find ourselves making decisions with more trust and efficacy and with our intuitive and logical minds in greater balance. Using fun and interactive activities, this workshop supports you to deepen your connection with your intuition and find practical ways to express it more fully into your life.

JUNE 17...CLEAR YOUR EMOTIONAL CLUTTER

Emotional Freedom Techniques (EFT) is one of the fastest growing energy/meridian therapies. The process is easy to memorize and is portable so you can do it anywhere...often working when nothing else will!

Professional EFT Advanced practitioner/Spiritual Director, Sara Baker will show you how to spring-clean and de-clutter your mental, physical and emotional debris with EFT! Visit www.clearpath-eft.com for more info.

JUNE 24...CMHA'S A.G.M. BEGINS AT 6PM...AD/HD IN ADULTS

Attention-deficit/hyperactivity disorder (AD/HD) is a neurobiological disorder characterized by impulsivity, inattention, and in some cases, hyperactivity. Until recently it was believed that children outgrew AD/HD in adolescence, however, it is now known that many symptoms continue into adulthood. If the disorder goes undiagnosed or untreated during adulthood, individuals may have trouble at work and in relationships, as well as emotional difficulties such as anxiety and depression. Learn more about this illness and available treatments during this informative lecture.

EVERYONE WELCOME! EVERY WEDNESDAY AT 7:00pm - ADMISSION BY DONATION

LOCATION: 2nd Floor of John Braithwaite Community Centre, 145 West 1st Street, North Vancouver
For information, call 604-987-6959

June 4, 5, 6... TIC TALK AT VANCOUVER'S ROUNDHOUSE

Inspired by life experience, Tic Talk explores different forms of anxiety relating to issues of insecurity, bullying, gang involvement, computer game addiction and substance abuse. In this production by the Youth Theatre Action Group (YTAG), compelling imagery is rhythmically intertwined with the compassionate telling of stories that reflect the experiences of the young cast members and their communities. Each performance is followed by a talkback session.

Says YTAG actor Emma Good, "I play a girl named Anna who is being bullied. Dealing with fear every day makes her anxious. All the characters in the play deal with different levels of anxiety for different reasons. I hope our audience can relate in some way to the characters and their situations, and recognize that they are not alone."

Tickets by donation. Reservations: Call Heather, 604-714-3484. Press 1, then 2267.