



September/October 2009

# Volunteer Voice

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### *Imagination:*

*I saw the angel  
in the marble  
and carved  
until I set him  
free.*

*Michelangelo*

### Did You Know...

#### OCTOBER IS STRESS AWARENESS MONTH!

Have you ever been stressed all day because you can't stop thinking of something unfair that happened that morning? Or the previous week? This human tendency to obsess, trying to work things out in one's mind, is common. When these thoughts turn more negative and brooding, that's known as rumination.

#### A LITTLE ABOUT RUMINATION

Rumination is comprised of two separate variables -- reflection and brooding. The reflection part of rumination can actually be somewhat helpful -- reflecting on a problem can lead you to a solution. Also, reflecting on certain events can help you process strong emotions associated with the issue. However, rumination in general, and brooding in particular, are associated with less proactive behavior and more of a negative mood. Co-rumination, where you rehash a situation with friends until you've talked it to death, also brings more stress to both parties. In short, if you find yourself constantly replaying something in your mind and dwelling on the injustice of it all, thinking about what you should have said or done, without taking any corresponding action, you're likely making yourself feel more stressed. And you are also likely experiencing some of the negative effects of rumination.



### From Val...

We all deal with stress, and we all need some stress for best performance in sport, at work and in other areas of life. But is your stress too much? Use these on line tests to check:

[http://stress.about.com/library/symptoms/bl\\_stress\\_symptom\\_quiz.htm](http://stress.about.com/library/symptoms/bl_stress_symptom_quiz.htm)

[http://stress.about.com/library/health-test/bl\\_stress\\_and\\_health\\_test.htm](http://stress.about.com/library/health-test/bl_stress_and_health_test.htm)

[http://stress.about.com/library/resilience/bl\\_resilience\\_quiz.htm](http://stress.about.com/library/resilience/bl_resilience_quiz.htm)

#### THE TOLL OF RUMINATION

Rumination can be oddly irresistible, and can steal an hour of your attention before you even realize that you're obsessing again. In addition to dividing your attention, however, rumination has several negative effects:

- Stress
- Negative Frame of Mind
- Less proactive Behaviour
- Self Sabotage
- Hypertension

For proven strategies on reducing rumination and effectively dealing with emotional stress, see

[http://stress.about.com/od/psychologicalconditions/a/letting\\_go.htm](http://stress.about.com/od/psychologicalconditions/a/letting_go.htm)

Article from: <http://stress.about.com/>

[www.coastmentalhealth.com](http://www.coastmentalhealth.com)

## WHAT'S GOING ON AT COAST...



Celebration of  
**Hope**  
REALIZING POTENTIAL

**Free Fundraising Event**  
No Minimum or Maximum Gift

**Join Us**

Come for a free breakfast at the Hyatt Regency Vancouver, 655 Burrard Street, on Wednesday October 28<sup>th</sup> from 7:30 to 8:30 a.m. for Coast Mental Health's fifth Celebration of Hope fundraiser and educational event.

Celebrate with those with mental illness who have changed their lives through Coast's work. Learn of plans for the future and how together we can make a difference in solving homelessness, hunger, hospitalization and unemployment.

With your support we can work together in realizing our potential in making our society a better place for people living with mental illness.

Register online at [www.coastmentalhealth.com](http://www.coastmentalhealth.com) or call Ross Taylor at 604-675-2317 for more information.

*You are welcome to invite a friend or friends to register and attend.*

Generously Sponsored by



### JOIN US IN MAKING A DIFFERENCE

On Wednesday October 28<sup>th</sup>, 2009 from 7:30 am to 8:30 am for Coast Mental Health's Fifth Celebration of Hope Free Fundraising Breakfast at the Hyatt Regency Vancouver. Spend an hour with Coast Mental Health to learn about solutions for hunger, homelessness and unemployment. Meet people with mental illness who are living their dreams. Learn how you can act with Coast to make a difference.

#### How you can make the difference:

- Attend the free fundraising breakfast
- Bring a buddy
- Bring five people
- Bring nine others and host a table

#### **Register Online:**

<http://coastmentalhealth.com/hope.html>

### DUNBAR APARTMENTS

Coast Mental Health will provide a combination of housing and support services at 3595 West 17th Avenue. Tenants will be selected through a referral system set up by BC Housing, Vancouver Coastal Health Authority and Coast. Priority will be given to low-income people, people with disabilities and individuals with mental health issues, who currently reside in the Dunbar, West Point Grey and Kitsilano areas, or who origins were these communities.

Coast will manage the 51-unit apartment building in a manner that will exemplify our mission and values and enhance the neighbourhood. The building is designed as a "green building" to LEED Gold standards. There will be two operating partners on this project, St. Georges Place Society and Yaffa Housing Society. Features of this proposed development include:

- Approximate 4,000 sq. ft. of ground floor retail space owned by the City of Vancouver who in turn will lease the Commercial/Retail Units (CRU's) to retail business operators
- 47 small self-contained studio residential units of approximately 350 +/- SF in size
- 4 wheelchair accessible units of approximately 510 SF
- Various amenities including a kitchen, a small kosher kitchenette, a lounge, meeting rooms, offices and other spaces designed to serve the residents' program and leisure needs





**BEYOND THE BLUES:  
DEPRESSION AND ANXIETY SCREENING DAY - OCTOBER 8**

Beyond the Blues: Depression Anxiety Education and Screening Day is a high profile, one-day, annual awareness campaign to educate the public about the signs and symptoms of mood and anxiety disorders; the toll these conditions take on individuals, families and communities; the ability to be quickly and easily screened for the illnesses similar to other physical conditions like hypertension or diabetes; the impact of related issues like suicide and risky drinking; the importance of intervening early; and the reality of hope and recovery by highlighting effective treatments as well as community resources and supports.

Beyond the Blues events are free, anonymous and drop-in. At a site, people are invited to come and learn more about the symptoms, treatments and supports available for mood and anxiety disorders. At many sites, people are also welcome to take a screening and discuss their results with a clinician. Many sites also add trade booths, special presentations, educational videos and games to encourage attendance and interaction.

Sites are held all across BC, in both rural and urban locations. Some sites hold their events at a community venue like a mall, college, library, place of worship or community centre for anyone to attend; other sites target key population groups like youth, post-secondary students, multilingual groups, seniors or aboriginal people by bringing their sites directly to the group they want to reach.

Since its beginnings in 1995, Beyond the Blues has been attended by more than 40,699 people. Last year, more than 3600 people attended Beyond the Blues, of which 778 were screened for depression. Of the people screened, 69% were women and 31% were men. Forty-three percent of people screened for depression were likely or very likely to have symptoms consistent with major depression. Four hundred and ten people were screened for anxiety, of which 47% were likely to have symptoms consistent with one or more anxiety disorders. Risky drinking screenings were also offered, and were taken by 220 people, the highest in Beyond the Blues History. Of those, 16% showed increased drinking risks and 9% indicated signs of high-risk drinking behaviours. Both the rates of people screening likely for depression and anxiety have dropped from previous years.

This year, Beyond the Blues will be at 65 different sites across BC. Beyond the Blues is an initiative of the BC Partners for Mental Health and Addictions Information and is administered by CMHA BC.

**For more information visit [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca).**

**ANNOUNCEMENTS**

**RESOURCE CENTRE TOUR**

Tuesday, October 20, noon-1pm

**CLUBHOUSE TOUR**

Wednesday, October 14, noon-1pm

**For a Tour, e-mail:**

[Tours@coastmentalhealth.com](mailto: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:**

- Mandarin or Cantonese speaking 1-1 volunteers
- Adventure Group Volunteer
- Piano Playing volunteer

**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](mailto:valm@coastmentalhealth.com)

# WHAT'S ON AROUND TOWN



## CMHA NORTH AND WEST VANCOUVER BRANCH HEALTH LECTURE SERIES 2009

### **September 23: TRANSCENDANCE**

It is not necessary to dig out the root causes of our traumas that cause us grief. We sometimes want to blame things of the past for our demise and we carry these burdens with us for a lifetime. In this workshop we will focus on tools to increase your energy so you can transcend issues in your being. Croft Tracey is a Realtor by profession and his own inner journey has brought him to study yoga at an early age, disciplines of Jack Schwartz, and Tibetan texts such as Mantak Chia For Energy.

### **September 30: FREEING YOUR GREATNESS IN MIDLIFE AND BEYOND: REDEFINING YOUR DREAMS**

Midlife (from 40's to late 50's) is typically a time when we become aware of some degrees of un-lived life and/or untapped potential in ourselves. You will gain more clarity about your changing values and priorities at this juncture of your personal evolution, reawaken your desires and passions to pursue new dreams or retrieve those left behind, and learn how to better attract synchronicity.

Isabelle St. Jean: Building on a degree in social work and psychology, graduate studies in Authentic Leadership, certifications as a solution-focused coach and NLP practitioner, Isabelle had been devoted to helping others navigate major life transitions and to live passionate, purposeful lives. She has written and published *Living Forward, Giving Back: A Practical Guide to Fulfillment in Midlife and Beyond*.

**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



### **RECOVERY & SURVIVAL FOR FAMILIES AFFECTED BY MENTAL HEALTH & ADDICTIONS: "HARM REDUCTION FOR FAMILIES"**

- |         |                          |               |
|---------|--------------------------|---------------|
| Topics: | * Impact on Families     | * Resiliency  |
|         | * Coping & Communication | * Perspective |
|         | * Let's get Practical    | * Transitions |

**Wednesday Evenings Oct 7th to Nov 18th, 2009 7:30 – 9:30 pm**  
Limited space.

To register or get more info:  
Call Centre for Concurrent Disorders 604-255-9843



### **LET'S DIALOGUE. HOW DOES RECOVERY HIT THE GROUND?**

*"It's great to experience consumers, staff and family members talking and listening to each other. I think people learned a lot about many issues from each other. [The] format is exceptional."*  
Recovery Dialogues Participant

#### **First Session: Oct. 20**

**Session Topic: How do we incorporate recovery oriented values in our daily life?**

Ravensong – Basement Rooms  
2450 Ontario Street (between Broadway & 8th)  
Please RSVP by e-mailing: [kyle.welton@vch.ca](mailto:kyle.welton@vch.ca) or call 604-708-5224