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# BRAIN WAVES

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*CIF Committee from left: Ron [REDACTED], Peter [REDACTED], Lucie [REDACTED], Lily [REDACTED], Judy [REDACTED], Clayton [REDACTED], John [REDACTED].*

**From The Desk of Judy [REDACTED], Chair,  
Consumer Initiative Fund Committee**

My position as the Consumer Support Worker for the Consumer Initiative Fund really started in September 1998 when Gerard [REDACTED] trained me to fill in for him for one month while he was away on holidays. Little did I know that I would be interviewed for the position in late January and be hired when Gerard left to work full time! The position has lived up to everything I expected and is really rewarding.

The part I love the most is visiting the individual projects and discussing with the liaison people the ramifications of those unique projects. There is nothing that I dislike about this position and I feel fortunate to have this opportunity.

**BIO – Ron [REDACTED]**

I have been a member of the CIF Committee since April of this year. I am active in many areas of the mental health community, sitting on organization boards, working in Peer Support, videotaping consumer coffee house poetry and music and interviewing activists in mental health for consumer newsletters.

Since my recovery in 1995 I have been employed in organizations both in and outside the mental health community, where I have utilized skills acquired in the excellent programs of the Arbutus Vocational Society.

At present I am pursuing studies at Langara College with a view to obtaining accreditation in Social Work. At home, I enjoy strumming on my guitar, reading and sometimes writing short stories and essays.

**BIO - Peter [REDACTED]**

Peter [REDACTED] is a 56-year-old former journalist, now working in the mental health field, who wants to do his part to help consumers regain a sense of dignity, usefulness and acceptance in society.

He currently works part time as a mental health worker at the CMHA's Pathways Clubhouse in Richmond. He is also a Board member of the Vancouver/Richmond Mental Health Network, the Vancouver area's only all consumer organization, and is editor of its newsletter, **The Bulletin**.

Peter has taken counsellor training at Vancouver Community College, completed a part-time course in Community Mental Health at Douglas College and a 9 month practicum as a support worker in the Community Resource (Drop-In) Centre and Housing Division of the MPA. He also has extensive experience participating in, and facilitating, various support and therapy groups.

**Art Studio Bursary Fund**

*By June [REDACTED]*

Earlier this year I was quite surprised to be chosen for the review committee working with Carma [REDACTED] and Deborah [REDACTED]. After our report to the CIF Committee, I was surprised once again and delighted to be asked to manage the Art Studio Bursary Fund with the assistance of Lily [REDACTED], Judy [REDACTED] and Art Studio staff. The CIF project is running smoothly with over 25 bursaries given out since June.

Seeing all the works of art being created in many media has certainly been a revelation!

**From the Desk of Caron [REDACTED]**

It was a special experience for me to be involved in the Acting Up classes. I developed a strong bond with my fellow classmates; we all get along very well.

The evening was divided into two parts: Self-esteem and acting up. As the classes continued, my self esteem, confidence and being my own best friend developed.

We were given excellent handouts. I kept mine in a folder and referred to them often. Both Penny and Jessica gave me good direction.

We were paired off and each team had a skit to work on. We performed our skit in front of 100 people for two nights.

My self-esteem soared, I felt "born again", confident, happy and content with myself. I say a huge thank you to my teachers and to me for taking it all in and not giving up.



*June [REDACTED] pictured right and Nigel [REDACTED] displaying some of their artwork at the Art Studio.*

**CMHA National Conference '99  
" Reaching for the Sun"*****A Consumer's Perspective***

**Clayton [REDACTED]**

The richly symbolic phrase, "Reaching for the Sun", set a warm tone to many exciting events of the Canadian Mental Health Association's 1999 National Conference held at UBC. The beautiful weather contributed as well.

My contributions were the following: Firstly, I was on a panel of speakers for the Strathcona Mental Health Outreach Team. I spoke about overcoming the obstacle of living with a mental illness. Secondly, I represented GVMHS sponsored Consumer Initiative Fund Committee (CIF).

This role allowed me the opportunity to hear and be impressed by keynote speaker Scott [REDACTED] Journalist. Scott's vivid recollection of his manic episode while abroad really hit home. It seems as though universally, mania and depression is a stigmatizing, punishing illness. Finally, as the sun set on the conference, I thought it was quite successful and a lot of fun being at my old Alma Mater, UBC.

**Ron [REDACTED]**

I attended the conference on Saturday, August 21, 1999. The day began with a lecture by Dr. Ralph Masi who spoke about the difference among various ethnic groups, the treatment they receive, the support networks they had in place and in the attitudes of workers in the mental health system.

After that I chose and attended Mental Health Integration – "The Challenge of the Future". The speaker was Bill Cline of

London, Ontario. His theme was the integration of agencies in London that had heretofore operated as discrete agencies providing services to mental health consumers that sometimes overlapped and frequently competed for funding.

Bill went on to discuss how a handful of seven or eight agencies, who had previously been quite competitive, came together to create a seamless web of services that eliminated service overlap. that may have saved the government funding agencies significant amounts of money, and that evolved into a collection of agencies finally ready to bring to birth a federation in London that would advocate for the improvement of mental health services in that region.

After the workshop, a luncheon was presented at which a few individuals significant in the delivery of mental health services spoke to those assembled in the Student Union Building. I felt that an opportunity to attend a few more workshops would have greatly enhanced the value of the conference.

At times I felt like a bit of an outsider, one who has not invested much time in mental health services, but everyone working at the conference was very hospitable, and in general I was able to enjoy the day.

**John [REDACTED]**

The Margot Kidder speech was informative and inspiring. Her criticism of the present system was well deserved. She talked about alternative methods that I wasn't totally familiar with. On the other hand, she strongly emphasized the necessity of staying on your present medication until suitable alternatives were available and gradually easing of the old "meds" and easing into the new ones.

The first workshop I went to was on CPP benefits and, although informative, I didn't learn that much new information. The second and final workshop I went to was about taking a new look at mental health. It was mainly presented by Riverview Hospital administrators and was biased toward their point of view.

John Fox presented the first half. It was delivered in his usual sugar coated way. Individuals representing Riverview Hospital and the Ministry of Health presented the second half. Although somewhat informative, the thing that struck me the most in the two presentations was the strong consultation with professionals and almost total lack of consultation with consumers, which the focus should have been on.

The highlight of the conference for me was when I found a booth that had a computer web site that linked up with various consumer web sites throughout North America. I later spent much time and enjoyment researching most of these web sites.

Lily [REDACTED]

I attended a workshop in which a training module was outlined by The Alberta Association Rehabilitation Centre for Mental Health Consumers so they may gain leadership skills in order to participate fully in the community. Based on Steven Covey's, **7 Habits of Highly Effective People**, training modules were developed including such components as: self advocacy and leadership; human rights and responsibility; problem solving and decision making; self confidence and assertiveness. Also by the same association, I attended another workshop "Creating Excellence Together" in which a client focus, client centered program discussed such pertinent issues as vocation, strategy for successful independent living and self care. The

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workshop facilitator encouraged those who are interested may purchase a manual by writing to them at The Alberta Association Rehabilitation Centre for Mental Health Consumers Box 105 – 2725 – 12 Street, N.E., Calgary, Alberta T2E 7J2

I attended a very illuminating, positive, "consciousness-raising" session called "The Next Mental Health Revolution" in which the presenter, Dr. Keith Blevens projected a time in which there will be equality and mutual respect between mental health staff and mental health consumers. Another interesting workshop was "Effective Consumer & Family Participation Training". CMHA in London, Ontario has developed a training manual for consumers to train their peers as well as other members on the committee in order to encourage more participation.

**The Night**  
by **Maureen** [REDACTED]

*The greenness of the trees  
Mask the ocean of darkness  
Of the still night*

*Silence descends into the quiet of the  
morning  
And the clear light becomes bright*

*The evening shadow returns  
Its blanket of darkness to  
Cover the earth.*



## 1999/2000 Consumer Initiative Fund Projects

1. **Art Studios Bursary Fund**- provides consumers with funds for personal art supplies and continuing education activities

2. **Art Studios Work Experience Project** provides honorariums for consumers to provide art or art-related sessions at the Art Studios .

3. **Downtown South Arts Project** - one consumer artist in residence and a consumer art assistant to provide art groups and materials at the Coast Drop-In Centre.

4. **Forensic Survivors Support Group** - self-help for people who have been involved with Forensic Psychiatric and Criminal Justice Systems.

5. **Mothers-In-Transition** - individual and group support to women who have lost custody of their children due to mental illness.

6. **Consumer Housing Council** - meets once a month to address issues that mental health consumers have around housing.

7. **Poetry Reading & Art Market** – targets consumer population who are interested or involved in the creative arts, crafts & specifically the world of poetry.

8. **ReVive Newsletter** - three issues annually produced by Vancouver Anti-Anorexia and Anti-Bulimia League.

9. **Gallery Gachet** – Series of workshops devoted to exploring alternate and traditional healing and coping techniques for consumers/survivors and the community.

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10. **Pool Club** - teaches pool to six socially isolated mental health consumers.

11. **Primal Coffee House** – provides monthly coffee houses and performances, which are open to consumers and non-consumers.

12. **Physical Fitness & Nature Walk** - A walking/exercise group for consumers.

13. **Leisure Exploration** - a social recreational group for consumers.

14. **Chinese Bursary Fund** - provides grants for Chinese clients to pursue educational opportunities.

15. **Trout Lake Toy Box** - provides recycled toys to families living in the East Vancouver area.

16. **Peer Networking Group** - provides support to consumers experiencing problems in housing, education and job search.

17. **Deaf/Blind workshops** - provides workshops on topics related to mental health/well-being for the deaf/blind consumer community.

18. **Highs and Lows Choir** - ensures the successful running of the Highs and Lows Choir.

19. **Acting Up** - acting/self-esteem classes for 12 consumers.

\*20. & 21. **Community Kitchen** – Goal of educating the participants in preparing healthy economical meals and helping people with social interaction and cooperation.

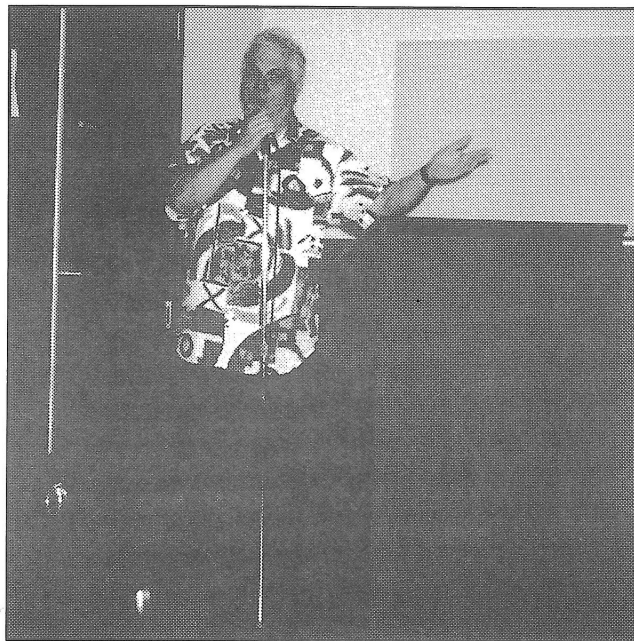
**\*22. Job Training at MPA** – Appropriate job training program at a recognized institute for 6 MPA members.

**\*23. Consumer Activities** – opportunity for consumers to access events and resources such as movie theatre, tennis, golf, games and fitness training.

**\*24. Crisis Fund** – A \$40 crisis grant to people who are in crisis. Referrals from a professional.

*\* Funded by Vancouver/Richmond Health Board  
Community Health Initiative Funds (CHIF)*

**Poetry Reading & Art Market**



*Jamie [redacted] a well known Vancouver poet and coordinator/MC for the event.*

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*Ken [redacted] on left, Verna [redacted] (middle) and Patricia [redacted]*

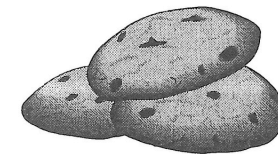


*Paintings by Denise [redacted]*

**Peanut Butter Squares**

½ package of butterscotch Chips  
 ½ cup Peanut Butter  
 Melt in top of double boiler  
 Add 1 ½ cup Corn Flakes  
 ½ cup coconut  
 Mix together and spread in 8" pan  
 (Put in fridge/freezer) while melting ½  
 package chocolate chips  
 1 tbsp. butter  
 Spread on top.

**Enjoy!**



**Freedom  
by Penny [redacted]**

*No longer bound and shackled  
 By the overwhelming darkness  
 I feel flutter from within  
 That fills me with excitement*

*I feel  
 I experience  
 Suddenly there's hope  
 And colour and light*

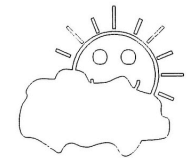
*There's brightness, a softness  
 An urge to twirl, to dance  
 To hop, skip, jump, run*

*and laugh and laugh and laugh  
 while tears of joy splash my face*



**BRAIN WAVES**

**Time  
by Maureen [redacted]**



*Raindrops are separated by  
 The spaces of time within  
 The elastic river*

*Leaf-like sponges whirl  
 And chant their song till  
 Spaces of light envelop them*

*They watch and listen  
 for the rustling silence of thunder  
 To turn a leaf and move a feather  
 Across the ponds of light*

*I'm moving through time  
 Though my body is still*

**Mothers in Transition Support  
Group**

**Coffee Meetings**

Mothers who have lost custody of their offspring due to mental illness meet other moms of like mind and situation.

We share experiences and interests. We hope in unison to lessen the burden of living without our offspring. We create friendship.

For more information please contact Dawn at [redacted].



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## QUIZ

## Ask yourself:

How many times you want to eat out  
next week?

X by 2  
+ 5  
X 50  
+ 1748

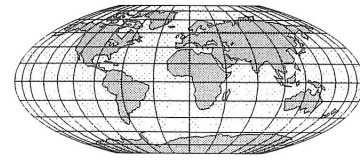
- last two digits from birth year

Read the answer – the last 2 digits  
should give you your current age!

**Consumer Initiative Fund  
Project Managers Meeting**

**October 18, 1999  
11:00 AM– 1:00 PM**

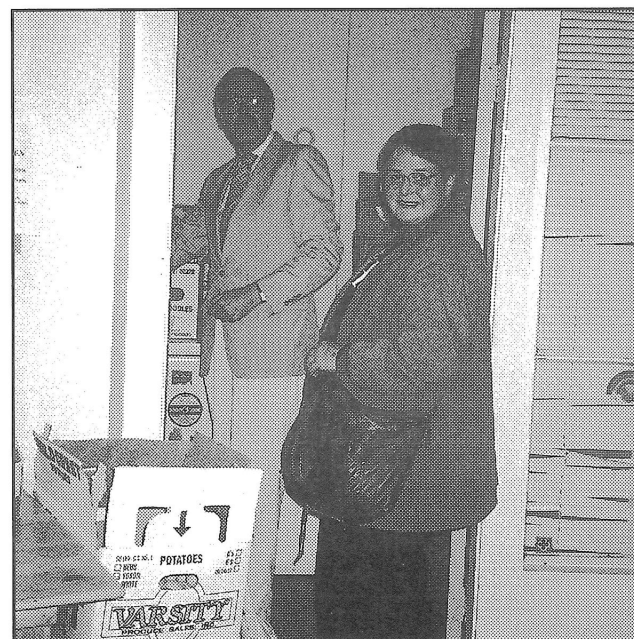
**Holiday Inn  
Oak Room  
711 West Broadway**



## The Whole World as 100 People

If we could shrink the earth's population to  
a village of 100 people with all existing  
human ratios remaining the same, there  
would be:

- ◆ 57 Asians; 21 Europeans; 14 from the  
Western Hemisphere; 8 Africans
- ◆ 52 would be female; 48 males
- ◆ 70 would be non-Christian; 30 would be  
Christian
- ◆ 59% of the entire world's health would  
be in the hands of 6 people and all 6  
would be residents of the U.S.
- ◆ Only 1 person would have a college  
education
- ◆ 70 people would be unable to read
- ◆ Only 1 person would own a computer



*Job Training at MPA - Nils helping Candy to get  
her Food Bank Bag.*