



REACHING OUT

Canadian Mental Health Association Shuswap/Revelstoke Branch

A Community Newsletter on Mental Health and Wellness

Fall 2009

► New Newsletter New Name

We are excited to launch our new newsletter, "Reaching Out". We will be sending our newsletter out 3 times per year (fall, winter, and spring), along with our Annual Report in June. We wanted to keep our members and the community updated on the services and programs that CMHA – Shuswap/Revelstoke deliver.

You will also note our new name; Shuswap / Revelstoke Branch. In order to better portray our service area, which includes Revelstoke we changed our name. We serve the Shuswap area including Salmon Arm, Sorrento, North Shore, Sicamous, Enderby, Malakawa, and Revelstoke.

► Bounce Back

Bounce Back, reclaim your health is a new program designed to help people experiencing symptoms of depression and anxiety that may arise from stress or other life circumstances. Bounce Back offers two forms of help. The first, a DVD entitled "Living Life to the Full" which provides practical tips on managing mood, healthy living, building confidence and activities and problem solving. The second, a guided self-help program in which a community coach provides telephone support with a structured program to improve your emotional well being. Our local Community Coach is June Meroniuk. If you require further information, please contact her at 832-2606 or go to the Bounce Back website www.bouncebackbc.com.



► Foxcroft Launch



On June 26, 2009 George Abbott, Shuswap MLA and Minister of Aboriginal Relations and Affairs announced that the Province will sell 11 two bedroom strata apartments to qualified buyers as a part of unique affordable home ownership program in Salmon Arm.

The Province purchased the property at 761 2nd Street S.E. in Salmon Arm which contains two newly constructed buildings: Foxcroft (affordable home ownership program) and Foxridge, which currently provides 28 units of subsidized housing for adults with mental health issues and at risk of homelessness.

CMHA Shuswap / Revelstoke Branch will administer the home ownership program and waiting list for Foxcroft and operate the subsidized rental housing and support services at Foxridge.

"We are proud to play a role in creating this new affordable housing opportunity for Salmon Arm," said Dawn Dunlop Pugh, Executive Director of CHMA Shuswap / Revelstoke Branch.

For information on legibility requirements, sale process and photographs of Foxcroft please visit the website at www.foxcrofthousing.ca

Back to School: Tips for Parents, Kids, and Families

Back to school can be tough. Here are some tips to help manage the stress.

Going to school means getting into new routines with no more late nights or late mornings.

- Find a set bed-time that lets your kids feel well-rested in the morning.
- Practice the back to school routine a few times before the first day.
- Have your child help prepare what you can the night before.
- Talk to your child's school and find out what the routines are. Help your child to understand what is expected—practice new or difficult skills at home before school starts.

For more information visit: www.heretohelp.bc.ca/publications/factsheets/back-to-school



Canadian Mental Health Association Shuswap/Revelstoke Branch

"Mentally healthy people, in a healthy society"

The Canadian Mental Health Association, a nation wide, volunteer organization, promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, research and service.

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CMHA Shuswap/Revelstoke Branch

Board of Directors

CMHA Shuswap/Revelstoke branch is governed by a local Board of Directors. We are always interested in talking to potential new Board Members. This may be a leadership opportunity for you. Do you have the:

- Ability /eagerness to deal with values + vision
- Facility with big picture, future orientated thinking
- Passion about ensuring "mentally healthy people in a healthy society"

The Board of Directors for 2009/2010 are:

- ⇒ Ann Skelhorne
- ⇒ Capreece Bowers
- ⇒ David Magnien
- ⇒ Debbie Braby
- ⇒ Janice Arcand
- ⇒ Pat Archibald
- ⇒ Wendy Braby

If you are interested in joining the CMHA Board of Directors, please contact Dawn at 832-8477.

Maples Renovation

CMHA received a Residential Rehabilitation Assistance Program (RRAP) grant from The Canadian Mortgage and Housing Corporation (CMHC), to renovate the Maples Apartments in October 2008, the work was completed as of March 31, 2009.

Every unit was renovated, including but not limited to :

- New balcony railings
- Windows
- New Bathrooms
- Flooring
- Painting
- New roof

Thank you to the tenants, who were very cooperative during the renovations.

Thank you to CMHC, Brooke Jackson Downs, and Doug Yeoman for assisting us with this project.

Mental Illness Awareness Week

October 4- 10 is Mental Illness Awareness Week. We will be having several events that week. Once again, we will be hosting National Depression and Anxiety Education Screening Day. This is an event that allows the community to come access information and services about mental health, complete screening tools, and see an on site counselor. We will be hosting several sites this year:

- Enderby— Mon.Oct 5, 10-1 , Enderby Resource Ctr.
- Sicamous— Tues. Oct 6, 1:30-3:30, Health Unit
- Salmon Arm—Thurs. Oct 8, 10-4, Okanagan College
- Revelstoke—Fri Oct 9, 10 am—2pm
Revelstoke Community Centre

Upcoming Dates

- **October 4-10:**
Mental Illness Awareness Week
Beyond the Blues-
Depression and Anxiety Screening Day
- **October 10:**
World Mental Health Day
- **November 16-20:**
National Addictions Awareness Week

Mind Matters

Want to stay current on what is happening Provincially, Nationally, and Internationally - go to www.cmha.bc.ca and click on the mind matters button. Mind Matters is CMHA - BC Divisions monthly newsletter, delivered straight to your email inbox.

Hudson Thrift Shoppe

Hours: 9:00 am to 4:30 pm - Monday to Saturday

The Hudson Thrift Shoppe is a retail training program for people who live with mental illness. The store relies on the generous donations from the community. We accept gently used clothing for the entire family, house wares, collectables, jewelry, books, and movies and toys. We are unable to accept large items like furniture because of space limitations.

If you have items to donate, you can drop them off in our donation bin located in the main lobby of our building during store hours. If you have a large donation, please ask in the store for assistance and someone will be happy to assist you to bring it into the store.

We are always looking for community volunteers to work in the store. If you are interested in volunteering a couple of times a month or everyday, we will do our best to make your contribution to our organization an enjoyable one.

All Volunteers welcome and appreciated!

Membership

How can you help CMHA Shuswap/Revelstoke and make a difference to those with mental health issues? Become a member!

An annual membership is \$5 limited income; or \$20 standard. Membership privileges include voting rights, specialized opportunities to volunteer in branch initiatives, receipt of our newsletter, 'Reaching Out', and receipt of 'Visions', a quarterly mental health journal published by CMHA BC Division.