



ISLAND COMMUNITY
MENTAL HEALTH

NEWSLETTER

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Happy New Year 2016!

McCauley Lodge Wins Two Commercial Building Awards

ICMH's McCauley Lodge won in two categories at the 2015 Victoria Real Estate Board's Annual Commercial Building Awards, The Douglas Magazine Community Award and the Community Institutional Excellence Award.

We would like to thank our architect, contractors, developer, and the many individuals and organizations that helped to fund this project.



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Orientation Info Session for WRAP (BCSS)

On October 30, GROW hosted an information session for staff and clients on WRAP (Wellness Recovery Action Plans). WRAP is a recognized best practice in PSR and could be a valuable part of each person's recovery. WRAP can help individuals feel better, decrease and prevent intrusive or troubling feelings and behaviors, and control your own life, ect. 'In developing your own WRAP, you'll identify the Wellness Tools that you already use that help you get well, stay well and improve the quality of your life' (taken from the WRAP brochure).

The info session covered what WRAP is about and the facilitators passed along a 'workbook' that participants will be using in the group sessions. Also they shared 'tools' that can be used for a person's own personal WRAP such as a box filled with personal items to help you with getting by each day. Another 'tool' passed along was a pocket sized fold out that a participant would fill out for their own personal WRAP to use when needed. Past participants have found these tools, along with the group useful and love to say "I have used my WRAP today!"

WRAP Into the New Year!

WRAP will be commencing again, starting January 15th for 8 sessions on Fridays from 2-4:30pm and is run by facilitators from BC Schizophrenia Society of Victoria. The evident based self-management and recovery workshop will be for young adults from the ages 19-30. To register or for more information, please contact Freddy at 250-389-1211 (ext. 126) or by email, fredinand.hehewerth@icmha.ca.

Tweet Chat

ICMH will be doing our first Tweet Chat on January 21 with Jasmine Rakhra, the KELTY Mental health youth ambassador.

The Tweet Chat will be focused on dealing with the January Blues. We will be discussing coping techniques, back to school stress, and relationships when you are feeling down or anxious.

This hour long online chat will be from 3-4 pm; feel free to join the discussion on Twitter during that time and bring your questions thoughts and suggestions.

Follow @icmha or hashtag #januarymentalhealth to join in on the chat!

ICMH Newsletter Contest!

All you need to do is find the answers to the following questions, submit them to Reception (upstairs) and if your answers are correct, you will be entered into a draw for a \$10 gift card to Tim Hortons or Starbucks (you can pick up your entry form from upstairs reception).

1. On what day did the BRIDGE Centre have their Christmas party?
2. What are the two categories that McCauley Lodge won the Commercial Building Awards in?
3. What does WRAP stand for?
4. Where does the dew fade from?
5. For the New Year, what do people from Denmark put in front of their door?

Poetry Corner

A Summer Daisy

Soft breezes blow as the dew
Fades from the meadow where
Daisies grow, gathers the
Sun light of a Summers day
While Larks are in flight

By Philip Arthur Burton, Advance Poetry



Basic Security Enhanced Training Program

ICMHA in partnership with Domcor Health Safety and Security Inc. proudly offers a Basic Security Enhanced Training Course to the public. With over 10 security companies within the greater Victoria area employment opportunities are unlimited for the highly trained and skilled individual. Domcor has been providing exceptional training throughout Canada from British Columbia to Newfoundland and Labrador. Together with Island Community Mental Health Association the joint goal to provide quality training in a field where employment is available will become a reality.

The upcoming Basic Security Enhanced Training Program starts January 25—February 4th 8:30-4:30 pm, covering the following modules:

- Basic security training (required for licensing as a security patrol employee in BC)
- Professional report writing
- Professional business work ethics
- Two Way Radio Procedure
- Occupational First Aid Level 1
- Transportation Endorsement

Cost is \$780.00 includes all training material and sponsorship may be available please speak to Dawn Twin.

Please contact Networks, Dawn at (250)-389-1211 or Domcor, Heather Noel at (250) 286-3163.

Register now for the upcoming Basic Security Training Course as space is limited.



Serving a Diverse
Customer Base
Across Canada

Communicating Through Conflict

ICMHA Continues to support the great contributions of Communica and the training they have provided for both staff and clients. We are proud to say all 12 participants graduated from the class with certificates. The program ran from November 26 to December 15. On the last day, everyone enjoyed treats and cake to celebrate their achievements! Congratulations!



With the wonderful interest and success rate of this personal growth program we are proud to offer a new course in the New Year ICMHA will **have 6 sponsorship seats** so register now for upcoming course. To inquire into sponsorship please contact Dawn Twin (250) 884-2451

Dates: Jan 21, 28 Feb 4,11,18,25 Mar 3, 10 from 1:00 – 4:00

Seniors Support Network Christmas Party

On December 16th, the Seniors Support Network (SSN) had a lovely Christmas Luncheon, followed by a Christmas Tea in the later afternoon for friends and family. Tea and coffee, alongside some delicious deserts were served. Also the Ariaso Trio volunteered their time and sang harmonious Christmas songs for all to enjoy.



BRIDGE Centre Christmas Party

On December 18th, the BRIDGE Centre had a delicious Christmas Luncheon, followed by a Christmas Tea in the afternoon for friends and family. Tea and coffee were served alongside treats and Shortbread cookies that the clients baked. Greg, our singing, guitar playing volunteer, kept everyone joyfully entertained. Everyone enjoyed the Christmas music and was in good spirits, singing along!



Meet Pam Virk

Pam Virk first moved to Canada in 1990 and became employed with Island Community Mental Health. She is the team leader for the Outreach Bridging Program through ICMH's services at McCauley Lodge. She has been enjoying her job and the experience has given her a wide variety of opportunities to learn more about her skills and interests in the field.

Pam has a Bachelor's Degree in Philosophy and Psychology, as well as a Masters' Degree in Theology and Philosophy. She has taken many courses related to her job in the past and is now working towards achieving credits from some post degree Psychosocial Rehabilitation (PSR) courses at Douglas College. Pam is taking this course because it will help her strive to be successful in her current position as well as improve the care we give our clients.

Pam has a loving husband and two beautiful children, in which she enjoys playing tennis with. Also she enjoys reading, running in marathons and cooking traditional Indian recipes. Pam has been teaching diversity at our local schools – teaching the children how to respect one another in their multicultural country. She teaches dancing as well as cooking and every year she organizes a Christmas Luncheon at Rainbow Kitchen with the help of her daughter - providing Indian cuisine made with love.

She is very grateful for the support and encouragement she has received from a variety of people, including Grant Enns, Sarah Crawley and especially Kim Duffus and Lori Mist; who have had faith in her abilities as a clinician with ICMHS.



Outreach Bridging Program in the Community

Pam Virk has taken some of her new PSR skills that she is currently learning through Douglas College and has started a Coffee Club for Outreach clients. They meet every Monday from 11-12pm at the McDonalds in Esquimalt. Also she has started a Book Club, where Outreach clients meet at 11am at the Esquimalt Library. Both clubs are doing well and there has been a good turnout and positive results.

New Year's Traditions Around the Globe

Denmark: In Denmark, residents keep a pile of dishes, all broken, in front of the door. For this they save old dishes and People usually throw these on the friends' doors during New Year. This symbolizes friendship and brotherhood and they believe the one with maximum dishes outside, has the most friends. Some Danish are found to leap some chairs during mid-night.

China: The Chinese have a unique way of celebrating New Year, where every front door of a house is painted in red which symbolizes happiness and good fortune. They hide all the knives for the day so that no one cuts oneself, because that may actually cut the entire family good luck for the coming year. However that doesn't make any difference to the feast they have during time.

Brazil: Brazilians believe that lentils signify wealth and prosperity. So they serve food items made up of the legume like soup or rice on the New Year. On New Year's Eve, the priestesses dress up in blue and white for an auspicious ceremony celebrated for the water goddess. Also a sacrificial boat filled with jewellery, candles and flowers from the beach of Rio de Janeiro is pushed to the ocean that brings health, wealth and happiness for them.

German: Lead is considered to be auspicious here. They pour molten lead into cold water and the shape that is taken after, predicts the future. Heart shapes symbolize marriage whereas round shapes denote good luck; anchor shapes tell that you need help however a cross signifies someone's sad demise.

Belgium: They call the New Year eve as Saint Sylvester Eve. They believe in throwing family parties, where everyone kisses, exchanges fortune greetings apart from raises toast to welcome the New Year in their own manner. Children usually save money to buy decorative so that they can write and gift New Year greetings to elders.

Japan: Japanese New Year or Oshogatsu is meant for celebrations with family and it begins with proper decoration of the home to welcome luck and fortune. They clean the entire house, get themselves off from every financial liability, and resolve all issues before the New Year hits. They follow traditions of three things: a pine branch, called kadomatsu, denotes longevity; a stalk of bamboo symbolizes prosperity, whereas a plum blossom shows nobility. Before the clock strikes 12, they ring 108 bells to show that the all 108 troubles have been eliminated.

Spain: The Spanish, eat 12 grapes at every toll of the clock during the New Year. This they believe will bring good luck and happiness for the coming 12 months.

Puerto Rico: People throw buckets of water out of their window and also clean their homes properly. This they believe will clean the odds of the last year as well as get the spirits out of the home.

The Netherlands: Bonfires are burnt of the Christmas trees on the New Year eve, on streets, by the Dutch. This purges out the old and greets the new.