

# GROWTH

# SPURTS

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- BY GROW - FOR GROW - TO GROW -

<http://www.islandcommunitymentalhealth.ca/programs/grow/>

APR 2016



## ART FEATURE: *SPRING FORWARD*

Inspired by the changing of the seasons, this collage piece by Shauna K. celebrates the colour and beauty which bring her happiness and calm.

## GROUP SPOTLIGHT: YOGA

Interested in trying out the popular practice?

Why not come and see if it is what it can do for you, in a comfortable, encouraging group setting.

Yoga is a physical, mental, and spiritual practice or discipline which originated in India. Numerous health benefits have allowed the practice cross cultures and is now popular all over the world.

At GROW, the program is accessible to all skill levels. Each exercise or posture can be modified to suit your strength or flexibility. Gently stretch the boundaries of your muscle, but still honour your bodies current limitations.

Each session includes a variety of Hatha yoga asanas (postures), accompanied by a keen sense of yogic breathing, and a deepened body/mind awareness. We hope to obtain a heightened relaxation and a more profound understanding of our own physical reality.

Discover the benefits that have made yoga a hugely prevalent force.

*Yoga runs Monday 1-2:30pm, Wednesday 10:30-11:30pm,*

*Thursday 1-2pm*

## TRIVIA

by *PruAndMe*

1. Two famous authors were born in April. One wrote a fairytale about a mermaid and the other wrote about a lovelorn teenage girl on a balcony.
2. After a 1500 years, the modern version was held in Athens: April 6, 1896.
3. If you rub his tummy on April 8 he may give you extra birthday luck.
4. This Officer led a mutiny against Capt. Bligh on the Bounty: April 28, 1789.
5. The novel "A Night to Remember" was written about this vessel's fateful run in with an ice berg on April 15, 1912.

## WORD SEARCH

*Another handmade puzzle by PruAndMe! Unscramble remaining letters...*

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| R | C | H | E | R | R | Y | A | R | D |
| E | T | W | I | V | I | E | S | I | A |
| V | T | S | U | C | O | R | C | B | N |
| E | Y | G | R | E | L | L | A | L | D |
| F | P | C | R | I | T | M | Z | O | E |
| Y | I | A | E | R | B | E | A | S | L |
| A | L | L | W | I | R | P | L | S | I |
| H | U | I | O | S | U | N | E | O | O |
| A | T | L | L | T | E | D | A | M | N |
| D | A | F | F | O | D | I | L | S | S |

ALLERGY    AZALEA    BAMBI    BLOSSOMS    CHERRY    CROCUS  
DAFFODILS    DANDELIONS FLOWER    HAYFEVER    IRIS    IVIES  
LILAC    LILY    LOVE    SUN    TULIP    YARD

*Hint: Thumper tried to teach Bambi about this spring phenomenon.*

**ANSWER:**                         

## MENTAL HEALTH TIP

### **Accomplishment Book:**

Acknowledge the positives in an Accomplishment Book. Find a notepad or notebook that appeals to you and keep a nice pen with it. Each day record every accomplishment you make no matter how seemingly small or large. The first thing I wrote in mine was "bought an Accomplishment Book" which was followed by "got out of bed" and "fed the birds."

*-PruAndMe*

## THE CAC REPORT

By *PruAndMe*

Your Client Advisory Committee has undertaken a new project – we're writing a Wellness Survey for 2016. As you may be aware the 2015 Wellness Survey lead to the creation of the CAC and many other new initiatives at GROW. This survey will be your opportunity to influence how and what things are done within GROW. You'll have the freedom to give your opinion ANONYMOUSLY, be it good, bad or ugly. We want to know what's working and what could do with some improvement. Look for the surveyors to be out and about around Mid-April.

Also, we're hoping to get the *One Journey, Many Voices* canvas, located at the hallway beside the Art Room, finished for Mental Health Awareness Week. For MHA Week the ICMH is planning an Open House, May 6 in the Art Room from 2:15 – 5pm. Looking for display ideas and volunteers. If interested, please email the CAC at [growcac@gmail.com](mailto:growcac@gmail.com).

## CHEQUE DAY!



Income Assistance and Disability Assistance Cheque Issue Date

# MENTAL HEALTH IN THE MEDIA:

## SCHIZOPHRENIC DETECTIVE SEARCH'S FOR TRUTH IN BBC SERIES



By Nigel J.

John River's only warmth comes from ghosts.

In a bleak, isolated world he carries with him visions of his past relationships. Those who have passed on, stay with him, helping him deal with their loss and make reason of their deaths.

As a police detective, he is haunted by the victims of the crimes he investigates, primarily, his recently deceased partner "Stevie."

Stevie (beautifully portrayed by Nicola Walker), is a refuge of warmth and tenderness in River's mind. A place he often goes, amidst the cold, dark world of his real life. She's often there with a joke or guiding comment.

Deliberately compounding his isolation, he prides himself on his solitary nature, "If you are lonely when you are alone, you are in bad company." River is alone. Even in a group of people, he'll be battling a hallucination with such focus and intensity that it takes quite a bit to snap him out of it. He sees social interactions as being superfluous and silly. He even plays down how much Stevie meant to him, calling her "just a colleague." His focus is completely aimed solving the puzzles that come before him.

At times though, you can see River struggle. The pause it takes before entering a crowded pub. The bewilderment he feels as he gazes across the drunken merriment. And that's where Stevie comes in, always encouraging River to extend himself with pleasantries and engage in chit-chat. An angel in life and a hallucination in death, Stevie provides a little warmth to River against what, for him, is the cold city of London.

*Series 1 available on Netflix*

## GUEST PROFILE: BRENT SEAL

**Brent is a passionate youth mental health speaker and trainer who through lived experience has dedicated his life to supporting and inspiring young people to take control of their mental health.**

### 1. Who is your biggest inspiration in life and why?

Aside from my parents and sisters, I'd say Nelson Mandela. What that man endured in service of his mission helped shift my perspective to see my struggle as something I could overcome.

### 2. What has been the effect of being so public about your mental health?

Well, what I thought would serve to isolate me and stigmatize me has brought many amazing people into my life. People that have helped me, people I've been able to help and friends, mentors, colleagues that I admire and get inspired by.

### 3. What was your toughest challenge faced during your recovery?

It was the frustration that came from accepting the limitations I had immediately following my struggles – not being able to drive, attend school, hang out with my closest friends. That also served as a driving force to learn about the illness and fight it.

### 4. What is the most important thing you've learned from having schizophrenia?

That we all face challenges. People try to hide that fact, so we're not always aware of others' challenges, but whether you're freshly diagnosed with an illness or just made your first million dollars, we all face challenges. It's less about eliminating challenges from our lives and more about improving their quality. This was the focus of my TEDxSFU speech.

### 5. What do you think you'd be doing now if you did not have schizophrenia?

I think I'd be struggling to find my purpose and likely wouldn't have yet found it. Our struggles can be turned into strengths and pain into purpose and without acknowledging our struggles or pain, we lack true strength and purpose.

### 6. Where do you see yourself in 5 years? Do you have an extensive bucket list?

I'm not focused on much beyond Mt Everest at this point. It's all hands on deck to make that happen next year (2017). Beyond that I plan to do more of what I'm doing spreading awareness around mental health until it's firmly on the radar of our leaders and society in general.

### 7. With regards to mental health, what is your meaning of success?

Feeling good.

## FREE EVENTS:

**A few cash-conscious ideas from PruAndMe:**

**Spring Thaw Community Skate:** Last public skate of the season. Music, games, refreshments and lots of fun! FREE Admission to skating. Limited skate rentals available, \$3.25/pair. All are encouraged to bring their own helmets; limited helmets available. 250-412-8500 Archie Browning Sports Centre, 1151 Esquimalt Rd.

Saturday, April 2, 2:30 to 4:00pm

**Oak Bay Artists' Studio Tour:** Established and emerging artists will use their homes and studios as backdrops to display the products of their creativity in a variety of original art. 250-370-7129. Neighborhood Learning Centre, 2121 Cadboro Bay Road and various studios in Oak Bay.

Sat-Sun April 16 and 17, from Noon to 4:30pm.

**Creatively United for the Planet:** Come and see the Friends of Uplands Park Display with information and activities about Uplands Park, the endangered Garry Oak Ecosystems, the 22 rare plants, the Cattle Point rocky foreshore and the Friends of Uplands Park programs. Royal Bay Secondary School, Colwood.

Saturday, April 16, 10am-5pm

**Outerbridge Park Bird Walk:** By Rocky Point Bird Observatory on the 2nd Sunday of each month, every month!

Sunday, April 10, 9am

INSERT  
YOUR IDEAS  
HERE:

If you attend groups at GROW, this is YOUR space to share your thoughts, stories and other content. Send us an email and let us know what you've come up with!

SPURTSNEWS@GMAIL.COM

TWITTERPARTED

WORD SEARCH

TRIVIA

ANSWERZ

1. William Shakespeare: Romeo and Juliet  
2. The Olympics  
3. Buddha was born in April  
4. Fletcher Christian - He and his crew went back to Tahiti rather than return to England  
5. The Tritanic

*The GROW program is an activity-based day program offering a variety of activities to support individuals in moving forward in their recovery.*