

GROWTH SPURTS

SPURTSNEWS@GMAIL.COM

- BY GROW - FOR GROW - TO GROW -
<http://www.islandcommunitymentalhealth.ca/programs/grow/>

NOV 2015

ART FEATURE:

FUDDSICLE



Rick Pilotte is a long-time participant and one of the most prolific artists of the program. He employs a myriad of mediums and tackles a multitude of subjects. Rick sells prints and originals. Please enquire with staff!

"Fuddsicle" is just one of a series of 31 "Wackies."

TRIVIA

by PruAndMe

1. Why do we celebrate Remembrance Day at 11:00am on Nov. 11?
2. Canadian physician Major John McCrae is best known for penning this well known Remembrance Day poem.
3. What is the goal of Movember?
4. On Nov. 20 1982, at the tender age of 7, this actress hosted Saturday Night Live for the first time.

SCRAMBLE

Another handmade puzzle by GROW's PruAndMe! Unscramble the mixed up words, then use the boxed letters to solve the puzzle picture.

A B D N

□ _ _ □

E L G A R

□ _ _ □ _

L E W O T

□ □ □ _ _

N O I L E O

_ □ □ _ _ _

T H E S P A G I T

_ □ _ □ □ □ _ _ □

NORMAL IS IN
THE EYE OF THE
BEHOLDER.

She said it:



GROUP SPOTLIGHT:

FLOOR HOCKEY

By Nigel J.

We've rented the gym at Burnside Elementary School for a weekly game of ball hockey!

Participants of all skill-levels gather for a 1 hour game with plenty of breaks if needed. The gym is perfectly sized for 3 on 3 action with 2 goalies and subs. The more players we have, the more fun it tends to be.

We always use a whiffle ball and don't allow slap-shots, so it is more fun less stingers!

Hope to see you there!

Here is one member's experience:

"After playing ball hockey on Thursdays, is probably the time where I feel the healthiest and most content. I'm always glad to have participated!"

Floor Hockey runs 2-3pm every Thursday at Burnside Elementary

3130 Jutland Rd, Victoria, BC V8T

MENTAL HEALTH TIP

"Collect" positive emotional moments:

Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.

-CMHA .ca

THE CAC REPORT

By PruAndMe

Do you have something to sell? Wouldn't it be nice to have someone to play cards with or maybe to hike around Swan Lake with? Perhaps you need help with gardening or finding a blankety-blank? Now you can connect with fellow GROW clients who are looking for the same thing or know how to _____. All you have to do is head into the lunchroom and put a sticky up on the brand new CONNECTIONS Bulletin Board! Yes, it really is that simple. Your name and what it is you're seeking are all you need to post. You can also post your contact information or leave it with a staff member.

What do you think of this new initiative? Do you have a suggestion for the Client Advisory Committee? We'd love to hear from you at:

growcac@gmail.com

CHEQUE DAY!



Income Assistance and Disability
Assistance Cheque Issue Date

MENTAL HEALTH IN THE MEDIA:

SHERLOCK RECEIVES DIAGNOSIS

By Nigel J.



"I'm not a psychopath, Anderson. I'm a high-functioning sociopath. Do your research."

The latest incarnation of Sherlock Holmes is portrayed by Benedict Cumberbatch. A modern Sherlock that has ditched the silly cap and pipe in exchange for a black trench coat and cigarette. It seems this new slick Holmes has picked up another chic accessory: a mental health diagnosis. Throughout the series Sherlock is occasionally accused of being a psychopath. To this he responds by distinguishing himself as a high-functioning sociopath. This has led to conflict amongst viewers for two reasons.

In psychiatry, the terms are often used interchangeably. Some contend that the root cause of anti-social behaviour is what distinguishes them from each other. Psychopathy originating from a genetic predisposition, while sociopaths are created by experience, upbringing or brain trauma.

The other problem is that neither label truly suits the character we see on screen. Whilst the casual viewer might see certain parallels between Sherlock's character and psychopathy, there are many key instances where the diagnosis must be rejected. Sherlock's method for solving crimes could be seen as callous and uncaring, but the underlying motivation is essentially altruistic. Sherlock, also has deep friendships with both Dr. Watson and Mrs. Hudson. A psychopath would not engage in these types of relationships.

In the end, Sherlock's self-diagnosis could be nothing more than a slightly humorous semi-self-deprecating quip. When someone tries to take him down with an inappropriate label he retorts by throwing one back. Perhaps to point out this person's own ignorance and retain a bit of the fear and danger that either label might project, leaving himself a bit of a mystery.

Find the first 3 seasons of Sherlock on Netflix with future seasons yet to come!

RECOVERY PROFILE: BETTER ME

An inspiring journey of a GROW participant from uncertainty and despair to hope and fulfilment.

First, I had to break and only then could I put myself together again. The result: a more complete 'me', armed with tools, coping mechanisms and a better sense of identity. A better 'me' than I started out to be at the outset. I mean that I have become happy with who I am and my self-esteem is growing.

It was in my final year of school that I sought out help and I was only partially aware that I was on the downward spiral. At that time, I didn't have the coping skills or tools to alter this downward trajectory.

I became quite disconnected from who I knew I was. In retrospect, there was a 'me' that I didn't acknowledge. I was searching outside myself for truth instead of inside. What followed, was a downward spiral. I was isolated to the extreme, and what began as many years of debilitating anxiety, turned into paranoia and psychosis. The result of stress, genes and ignoring my true identity was illness - which was exacerbated by expectations that were too high or unrealistic for that time in my life. I didn't like who I was and didn't feel accepted as who I wanted to be.

During my recovery I have realized that there are many good things about me. And if I look hard there is that candle of hope always burning- maybe even just a flicker. But I am now aware that it is always there. The real 'me' was there all along!

I approach adversity as an opportunity for personal growth - and to challenge myself. I am learning to be accountable to myself both inside and out. I still struggle with illness, but I use CBT on a daily basis, as well as check in with a psychiatrist, case management, GROW staff, GROW participants and an education coach. Also I have had great help from the Day Hospital in the past. These people have and continue to be a huge source of support to me in my recovery. Most importantly, I have reconnected with my family in a way that I have never had before. To feel love and be loved by family is the ultimate reward. Also, to come to the point where I feel safe and supported by friends, has changed my life. Recovery takes time and effort but the result is well worth it - there is light at the end of the tunnel.

Lastly, one of the biggest and most important gifts of recovery is connection. I am connecting with others more than I ever did before. This is extremely satisfying and nourishing to the soul. I am grateful for the friendships I have made and will continue to make in the future. I have learned that lofty goals aren't nearly as precious as good health and connecting with another human being. Recovery means having hope, connecting, laughing, having self-awareness, tools, friendship and love. -Anon.

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

FREE EVENTS:

Nothing to do? No money to do it with? Growth Spurts staffer PruAndMe has you covered! Check out this list of free things to do in the area:

Oak Bay Artists' Studio Tour: This juried tour is free to the public. Download the map and brochure from the website oakbay.ca for more info call 250-370-7129

Nov. 14-15, Noon - 4:30

Artisan Show and Sale: Monterey Rec Ctr. Enjoy and support the work of local artisans. Free admission

Nov. 21, 10-2:00

National Children's Day: Esquimalt Rec Ctr. 527 Fraser St. Family friendly activities and light snack. Free admission. For more info contact Esquimalt Recreation at 250-412-8500

Nov. 21, 10-2:30

Christmas Drive-In Movie: Archie Browning Ctr. Rear parking lot, 1151 Esquimalt Rd. Weather permitting, admission is a donation of a non-perishable food item for the Rainbow Kitchen. Drive in or sit in the outdoor seating area. Movie titles to be released later. Check Esquimalt.ca for updates.

Nov. 27, 6:30 pm

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!

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1. WW1 hostilities formally ended "at the 11th hour of the 11th day of the 11th month" according to the armistice signed by reps. of Germany and the Entente.
2. In Flanders Fields
3. To change the face of men's health issues
4. Drew Barrymore

JUMBLE
BAND
GLARE
OWLET
LOONIE
SPAGHETTI
TRIVIA
NEWS