



# PEOPLE IN PROGRESS

Vol.1, Issue 1

**Summer  
2003**

## INSIDE:

2. *Sharing discoveries*

3. *Questions to ask  
your psychiatrist*

4. *In good company*

**People in Progress** began as CSDP-hosted workshops were held in Hanover, Owen Sound and Walkerton, exploring newsletter ideas and writing exercises in collaboration with Cindy Davidson, Executive Director from the QUILL Learning Network. From there, submissions were made and additional information sought on how to further develop a Consumer/Survivor newsletter that could be circulated in Grey Bruce. The purpose of the newsletter is to provide an opportunity for information exchange, a venue for consumer creativity and to help identify resources available for those

living in Grey Bruce. This issue passed through many hands before reaching the final printing stages with several considerations made involving newsletter name, layout, design, content and distribution. The CSDP would like to thank everyone who participated in the workshops to help create *People in Progress* and for those submissions received. Although not all submissions could be included in this issue, a file has been retained for future consideration. Future publications may appear in a different format depending on reader participation contributions and available resources.

## A Consumer's perspective **Ian Chovil on recovery**

In March of this year, the Consumer/Survivor Development Project (CSDP) hosted two events with guest speaker Ian Chovil in Hanover and Owen Sound. Between the two presentations, Ian joined Jim Lonie from the Project to ask a few questions for the purpose of this newsletter article. Here is what Ian shared...

### **Question:**

Recovery is a concept that was introduced in the lay writings of consumers beginning in the 1980's. It was inspired by consumers who had themselves recovered to the extent that they were able to write and speak publicly about their experiences of coping with symptoms, getting better and gaining personal identity. What is your concept of recovery and how does it fit into the work you are presently doing?

**Ian:** *My awareness of recovery includes the ability to be an active and contributing member of my community. It is having your basic needs met. I have been homeless*

*and I know what that is like.*

**Question:** Has medication played a role in your recovery?

**Ian:** *Yes, very much so. Each year has been better than the next. Medication has been the foundation of my recovery.*

### **Question:**

There has been some suggestion that the entire mental health system is in its own process of recovery. If there were one area in mental health that you could influence at the systemic level what would it be?

**Ian:** *Opportunities for people to make more contributions to their communities, having more part-time jobs available to people as well as more First Episode Psychosis Programs.*

### **Question:**

Who have been your mentors or sources of inspiration in recovery?

**Ian:** *I have no mentors per se, but some people who have been helpful to me in my journey have been Mr. Bill McPhee, Dr. E. Fuller Torrey, Dr. Wienburger, Dr. Barry Jones and Dr. Alan Eppel.*



A CSDP Interview with Ian Chovil

**If you have schizophrenia and can enjoy life you deserve an award because you are a success and you can be proud of yourself!**

**Ian Chovil**

# Ian Chovil on recovery

*Cont'd from page 1*

**Question:**

How important is the role of peer relationships for those newly diagnosed with a mental illness?

**Ian:** Peer support groups can help in the reduction of isolation. People also have an opportunity to learn and share experiences with each other. It is a good place to find support and develop an awareness of where the other supports are. They can be very helpful.

**Question:** Do you have any closing thoughts or words of wisdom you might want to share?

**Ian:** If you have schizophrenia and can enjoy life you deserve an award because you are a success and you can be proud of yourself!

Visit: [www.chovil.com](http://www.chovil.com).

## RECOVERY word search

**Word search**

- STRATEGIES PRAYER
- NETWORK GOALS
- PROACTIVE STUDY
- CONNECTING HOPE
- ONGOING PEERS
- PROCESS EFFICACY
- GROWTH ESTEEM
- HEALING ~~COURAGE~~
- ADVOCACY PATIENCE
  
- EMPOWERMENT
- THERAPY

P R O A C T I V E M P O W E R M E N T A  
 A R R S E K L Y D V W C T U V W A W B C  
 T A O T F M N Z E X Y O X Y Z A B X D E  
 I B N C O N N E C T I N G O A L S Y F G  
 E C G V E O P A F Z A E B C D E C Z H I  
 N D O V G S Q B G B S F F G H E D E J K  
 C E I W H R S T R A T E G I E S F G C L  
 E F N X I N S H H I U C R I J T H I O M  
 F G G Y S E T E J K D H O K L E J K U N  
 F H I Z R T U R L M Y I W M N E L M R O  
 I J K A E W V A N O J K T O P M N O A P  
 C L M B E O W P P Q L M H E A L I N G Q  
 A N O C P R A Y E R N O O Q R S P Q E R  
 C P Q D J K X C R S P Q P T U V R S U S  
 Y C A C O V D A T U R S E W X Y T U V T

*submitted by Jean A.*

## Hello to you

Hello to you, my new old friend  
 Who did you say you were again?  
 Oh, sing to me of this week's name  
 A thousand verses, one refrain  
 Let's talk now dearest, mask to mask  
 I'll answer all your puppet asks  
 I've come to think these words we say

Are merely lines within a play  
 True to the script, if I recall  
 You cut the string, the puppet falls  
 I shed a tear, but never mind  
 You're leaving clues for me to find  
 And so the game begins again  
 Hello to you, my new old friend.

*Samantha F.*

## Preparing to meet with a psychiatrist

The following suggestions were compiled in an article written by Patricia Deegan, Ph.D. in an article entitled *Reclaiming Your Power During Medication Meetings With Your Psychiatrist*. This newsletter received direct permission from Dr. Deegan to reproduce the following five points. The article can be viewed in its entirety on the website for Intentional Care, [www.intentionalcare.org](http://www.intentionalcare.org).

In preparing for an appointment with your psychiatrist, individuals might want to make written notes on the following considerations: **1. Set your agenda for the meeting.** In order to set an agenda it is important to define your goals. For instance, a possible goal might include medication changes, planning for reduction or withdrawal, checking for tardive dyskinesia, finding a solution to unwanted drug effects, or reporting on a medication trial. **2. Organize your thoughts and concerns.** Prepare ahead of time for the meeting. Put things in writing that you can refer to during the meeting. **3. Talk about your life ...** Be sure to talk about what's important in your life right now and what your plans for the future are. **4. Be specific.** Learn how to record important information

concerning medication intake, such as number of days taken, changes in sleep patterns, weight gain, etc., on a daily basis and summarize the information for your psychiatrist.

### **5. Write your questions down.**

Write your questions down before seeing your psychiatrist. Bring the questions with you to the meeting. My experience is that these meetings can be stressful and that having my questions written down allows me to relax a bit. If you are considering trying a new medication, be sure to ask questions:

- Exactly how will I know if this medication is working for me?
- How long before I should start to notice an effect from this medication?
- What are the unwanted effects or side effects associated with this drug?
- If I should experience unwanted effects or side effects, what should I do about it?
- How can I contact you if I have questions or concerns I want to check out with you?

*Dr. Deegan sent CSDP her personal request for a copy of People in Progress.*

***If you are considering trying a new medication, be sure to ask questions.***

## Consumer/Survivor Groups are running

Mood Disorder Support and Information Meetings (MDSIM) and a new Discovery Group are running in Grey Bruce. These groups serve people in different ways.

MDSIM is an open group, running once a month offering members an opportunity to meet others dealing with mood disorders. Depression and bipolar disorder are discussed amongst adult consumer/survivors over 16 living with the illness.

The Discovery Group is designed to explore a range of topics linked to practical coping and empowerment strategies for people living with psychiatric challenges. It is a facilitated closed group that is limited to eight participants who agree to share in an interactive environment with other consumers focusing on recovery.

Registration and commitment to participate in all four sessions is required. Call the CSDP office, 371-4582, for more information about any of these groups.

## Consumer Survivor Development Project

1139 2nd Ave. E  
Owen Sound ON  
N4K 2J1  
PH: (519)371-4582  
Fax: (519)371-8631  
Email: csdp@gbhc.org

We're on the  
web  
[www.mhagb.ca](http://www.mhagb.ca)

## People in Progress

Consumer/Survivor  
Development Project

### Staff:

- Louise Chase,  
Project Assistant
- Jim Lonie,  
Project Coordinator

## A start: Wiping out the "stigma"

In a speech at the Canadian Mental Health Association 2002 National Conference, Lieutenant Governor James K. Bartleman made a pledge "to do all I can to advocate on behalf of those who suffer from mental illness and also for those who offer treatment." The Honorable James K. Bartleman has also written memoirs describing his own "descent into depression" in his book entitled,

Out of Muskoka. "People need to accept that mental illness is one of the most common ailments in our society today," Bartleman stated in his address at the conference last November in Ottawa, but "there is still a long way to go before we will see the stigma of mental illness wiped out." *To read more of the Lieutenant Governor's speeches and views visit [lt.gov.on.ca/sections\\_english/speeches](http://lt.gov.on.ca/sections_english/speeches)*

## Indeed, we are *in Good Company*

**Question:** What do Winston Churchill, Vincent van Gogh, and Robin Williams all have in common?

**Answer:** As was so aptly identified in a game of Jeopardy hosted by members of the CMHA Hanover Leisure Link Site "The Loft" at Grey Bruce's 4th Annual Consumer/Survivor Conference in May 2003—these are names of people who help make up a list of individuals who, either during or after their lifetimes, were assigned a psychiatric diagnosis. It is particularly noteworthy that the stigmatization or labeling does not diminish their accomplishments. We are indeed in good company.

**Artists:** Paul Gauguin, Edvard Munch, Raphaelle Peal, Michelangelo, Jackson Pollock, Dante Gabriel Rossetti, Jan Vermeer, Georgia O'Keeffe, Rembrandt van Rijn.

**Writers:** Hans Christian Andersen, Charlotte Bronte, Agatha Christie, Nathaniel Hawthorne, William James, Anne Sexton, Tennessee Williams, Mark Twain, Fyodor Dostoyevsky, Ernest Hemingway, Charles Lamb, Malcolm Lowry, Eugene O'Neill, Mary Shelley, Robert Louis Stevenson, Leo Tolstoy, Mary Wollstonecraft, James Barrie, Joseph Conrad, F. Scott Fitzgerald, Janet Frame, Graham Greene, Herman Hesse, Henry James,

Herman Melville, Francis Parkman, Virginia Woolf.

**Poets:** Edgar Allan Poe, Tennyson, Robert Burns, T.S. Eliot, Samuel Johnson, Ezra Pound, Dylan Thomas, Walt Whitman, William Blake, Emily Dickinson, John Keats, Sylvia Plath, Percy Bysshe Shelley.

**Composers/Musicians:** Franz Schubert, Peter Tchaikovsky, Ludwig von Beethoven, G.E. Handel, Robert Schumann, Wolfgang Amadeus Mozart, Gioacchino Rossini, Sergei Rachmaninoff, Irving Berlin, Ray Charles, Leonard Cohen, Noel Coward, Stephen Foster, Cole Porter, Charles Parker. **Political Figures:** Theodore Roosevelt, Napoleon Bonaparte, Mahatma Gandhi, Abraham Lincoln, Earl K. Long, Oliver Cromwell, James Farmer, George III, Yitzhak Rabin.

**Entertainers:** Tony Dow, Roseanne Barr, Dick Clark, Francis Ford Coppola, Connie Francis, Anthony Hopkins, Burgess Meredith, Joan Rivers, Jonathon Winters, Mike Wallace, Vivien Leigh, Marilyn Monroe, Charley Pride, James Taylor, Eric Clapton, Mike Douglas, Patty Duke, Cary Grant, Bonnie Raitt, Rod Steiger, Rona Barrett, Shecky Greene, Ted Turner.

*Taken from various sources such as "Touched by Fire"; Healing Normal" newsletter (editor Bill Davidson).*