



Phoenix Voices and Vision

In The Spotlight

Daniel Chouinard

Daniel Chouinard has been a resident of Phoenix Residential Society's ABI program since April 2007. Daniel was born in Montreal and grew up in Trois Rivières. He moved to Swift Current when he was 21 years old. He attended high school there and then attended Christian College, eventually moving to Estevan.



Daniel has made great progress since joining Phoenix and will be successfully graduating from the ABI program at the end of July.

Phoenix would like to congratulate Daniel on his accomplishments and wish him lots of success in the future.

hobbies include involvement with friends through his church, movies, music, computers and other community events.

Daniel is AAA certified in computer repair and his

Something To Ponder

Long ago in a small, far away village, there was place known as the House of 1000 Mirrors. A small, happy little dog learned of this place and decided to visit. When he arrived, he bounced happily up the stairs to the doorway of the house. He looked through the doorway with his ears lifted high and his tail wagging as fast as it could. To his great surprise, he found himself staring at 1000 other happy little dogs with their tails wagging just as fast as his. He smiled a great smile, and was answered with 1000 great smiles just as warm and friendly. As he left the House, he thought to himself, "This is a wonderful place. I will come back and visit it often."

In this same village, another little dog, who was not quite as happy as the first one, decided to visit the house. He slowly climbed the stairs and hung his head low as he looked into the door. When he saw the 1000 unfriendly looking dogs staring back at him, he growled at them and was horrified to see 1000 little dogs growling back at him. As he left, he thought to himself, "That is a horrible place, and I will never go back there again."

All the faces in the world are mirrors. What kind of reflections do you see in the faces of the people you meet?

— Japanese folktale

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Things to Do

- ◆ Movies in the Park! Wascana Park will be showing movies outdoors at dusk (about 9:45pm) on the north shore meadow east, southeast of Wascana Pool. July 25– *Home Alone*, July 26– *Ghost*, August 8– *6th Sense*, August 9– *Back to the Future*. Admission is free!
- ◆ July 30– August 3 Buffalo Days
- ◆ August 8, 9 & 10–Folk Festival in Victoria Park.
- ◆ Every Sunday, all summer long, there is a free music concert at the bandstand in Wascana Park from 2:00 -4:00pm.
- ◆ Regina Public Library Theater at the Central Library located at 3211 12th Ave. will be showing *The Devil Wears Prada*-July 30 from 7-9pm, *Shawshank Redemption*-August 13 from 6:30-9pm. Admission to all shows is free. Call 777-6104 for more details and a listing of lots more movies.

The Phoenix Story

In ancient Egypt there lived a bird called the Phoenix. It was a large bird, purple-red and gold in colour and it was associated with the rising sun. There was only one Phoenix in existence at any time and it lived to 500 years or more.

At the end of its time, it built a nest of twigs from spice trees. It then sat on the nest and set it afire. Both the nest and the bird would burn to ashes and then, miraculously, a new Phoenix would be born, rising from the ashes more beautiful than ever, to begin life anew.

It is for this reason that Phoenix Residential Society uses the Phoenix bird as its symbol. It represents the choices we make and the strength we need to stand behind them. It also represents life lived in the face of all adversity and the beauty and power of that triumph.

What Is Recovery?

Recovery from psychosis involves more than a reduction in symptoms but includes many aspects of the self and day-to-day life. Recovery is the product of dynamic interactions among characteristics of the individual, characteristics of the environment and characteristics of the exchange between them. Treatment that encompasses a person-centered approach rather than an illness-based model of treatment empowers the individual in his/her own recovery.

Personal Recovery

- ◆ An understanding of the illness
- ◆ Acceptance and integration of the illness into your life
- ◆ Attainment and enactment of individual strategies for managing and coping
- ◆ Restoration of self-worth and self-confidence. Love yourself!

Social Recovery

- ◆ Restoration of your sense of social worth and competency
- ◆ Establishing your role in the community— meaningful engagement in work or school
- ◆ Obtaining and maintaining healthy, meaningful and fulfilling relationships

Illness Recovery

- ◆ Control versus elimination of your illness and knowing the difference
- ◆ Recognizing triggers and symptoms
- ◆ Taking control and becoming the expert in your own prevention of relapse plan

* Taken from *The personal experiences of treatment and recovery in first-episode psychosis: Insight and advice from the "real" experts.* By Deborah L. Windell, Ashok K. Malla and Ross M.G. Norman. Ontario Working Group on Early Intervention Conference, February 2008.

Resident Submissions

Aim High

By: Rosa Vaquerano

Aim high.
So your dreams
Can take flight
All the way to the sky.
Reach your goal
To enroll
In a midnight
Adventure soul.
Read all
You can. Enjoy.
There is not much
To stop the lure
Of the teachers joy.

Walk With Me

By: Rosa Vaquerano

Walk with me
Talk with me
Eat with me.
Follow me
On bended knee
I'll set you free.
Keep on praying
For God is saying
And Jesus is saving
A place for you in heaven.

Doctor Glasser Says

We may be up against a stone wall but we don't have to bloody our heads against it unless we choose to.



Dr. William Glasser is an internationally recognized psychiatrist who is best known as the author of Reality Therapy, a method of psychotherapy he created in 1965 and that is now taught all over the world. His ideas focus on personal choice, personal responsibility and personal transformation.



Famous People with Mental Illnesses — Sir Isaac Newton

Sir Isaac Newton, the most famous mathematician of the 17th Century, was responsible for many scientific discoveries we take for granted today such as the reflective telescope, the three laws of motion and the "corrected" Gregorian calendar date. Newton's greatest mathematical discovery was the gravitational relationship between the earth and the moon, and of centrifugal force. Newton was well educated, had access to the best knowledge of his day and was wealthy in later life. He suffered from several "nervous breakdowns" in his life, went through periods of being severely withdrawn and was known for great fits of rage towards anyone who disagreed with him. Some people today have labeled him as a person with Bipolar Disorder which of course was unknown at the time. In 1705 Newton was the first Scientist to be knighted by Queen Anne for his great scientific contributions.

Congratulations and Good Luck to Daniel Chouinard who will be moving on from Pearl Manor July 1st.

Mental Health Awareness Week is October 6-10. There is a conference in Regina and the keynote speaker will be Patricia Deegan.

Phoenix was fortunate to be able to make a presentation to the Sask Party caucus regarding affordable housing, program expansion and staff wages. Presenters included the Board of Directors president, Phoenix executive director, one staff person and one resident.

July 4-6th is Pearl Manor's Buffalo Pound camping trip. Have Fun!

The Notice Board

What's Going on at Phoenix

Reader's Recipes: Easy to prepare, cheap and good

Easy Ice Cream Sandwich



Ingredients:

- 1 cup vanilla ice cream, slightly softened
- 1/2 cup of chopped peanuts
- About 14 chocolate chip cookies

1. Mix ice cream and half of the chopped peanuts. Freeze 20 to 30

minutes, or until firm enough to hold its shape.

2. Spoon about 2 Tbsp. of ice cream mixture onto the bottom side of half of the cookies; cover each one with the rest of the cookies, top side up, to make 7 sandwiches.

3. Roll edges in remaining peanuts. Freeze 1 to 2 hours or until firm.

Meet the Staff: Phoenix is Proud to Present... Tyler Herman

Tyler Herman has been a valued member of the Phoenix Staff for about a year and a half. He is currently a casual psychosocial rehabilitation worker for the Westview Program and he also works with the PHASS program from time to time.

Tyler's credentials include a certificate in non-violent crisis intervention, CPR and he



will receive his BA in psychology in the fall.

Tyler's hobbies include playing guitar, watching movies, hanging out with friends and spending time at his parents farm.

Phoenix would like to thank Tyler for his dedication and great work ethic and look forward to working with him in the future.

Correction from last issue: It was accidentally omitted from the last issue that Mia Hill's credentials also include a Bachelor's Degree in Social Work (2002) and a BA in English (1997).



PHOENIX RESIDENTIAL SOCIETY

1770 Halifax Street
Regina SK
S4P 1T1

Phone: 306-569-1977
Fax: 306-569-1986
E-mail: phoenixsociety@accesscomm.ca
www.phoenixsocietyofregina.com

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To contact us regarding something in our newsletter or to offer suggestions for future issues:

Phone Susan Warren at 306-569-1977

or

Email: Susan.Warren@accesscomm.ca



There shall be eternal summer in the grateful heart.

— Celia Thaxter

EXERCISE YOUR Brain

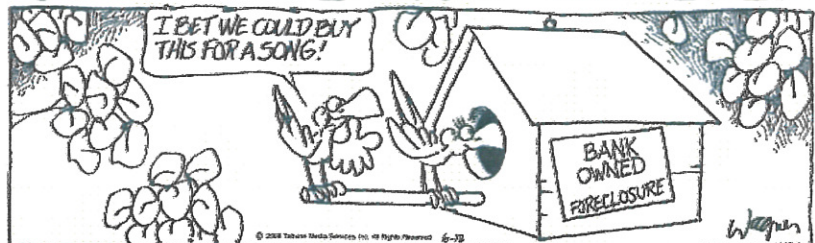


A man lives on the tenth floor of an apartment building. Every morning he takes the elevator down to the lobby and leaves the building. In the evening, he gets into the elevator and if there is someone else in the elevator, he goes directly to his floor. Otherwise, he goes to the seventh floor and walks up three flights of stairs to his apartment. Can you explain why? The answer will be published in our next issue.

*Answer to "Fishing" riddle from last issue:
There was a grandfather, a father and a son.*



ANIMAL CRACKERS



Who we are & What we believe and provide:

Phoenix Residential Society was founded in 1977 and is a community based health care organization that provides services to persons with psychiatric disabilities and also those with acquired brain injuries. Our mission is to assist these people to live as independently as possible in our community with an enhanced quality of life and greater self reliance.

What is our Philosophy?

- All services provided are based on the principles and practice of Psychosocial Rehabilitation.
- We are committed to a pro-active approach on behalf of persons in our programs based on the principle of empowerment of the individual.
- A major goal is to build on the existing strengths of the person, to improve skills and increase supports.

What are our goals?

- **Individual Program Services**
to provide residents with appropriate supervision, skill development, training and counseling.
- **Housing Services**
to provide housing for residents in a home of their choice with supports based on their needs and wants.
- **Advocacy**
to improve services for the mental health community through increased funding and changes in legislation and policy.
- **Public Education**
to educate the wider community about the needs and potential of our residents and members of the mental health community in general.

What are our Programs?

- **Phoenix Oak Program (P.O.P)**
- **Phoenix Apartment Living Services (P.A.L.S.)**
- **Phoenix Housing and Support Services Program (P.H.A.S.S.)**
- **Westview (Dual diagnosis) Program**
- **Pearl Manor (Acquired Brain Injury) Program**



For more information about Phoenix programs please visit our website at www.phoenixsocietyofregina.com