

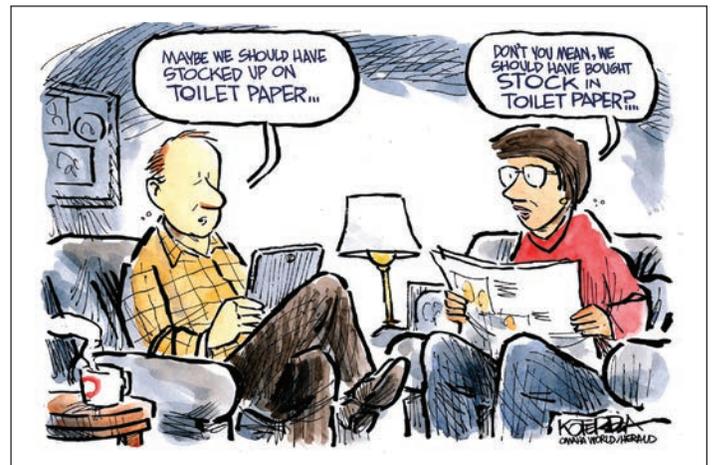


Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all



IMAGINE!

ECHO PROGRAM NEWSLETTER SOCIAL DISTANCING (CONNECT)ING EDITION



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Dear ECHO members, partners, & communities,

As we move forward through the days in our new reality, we hope that our ongoing newsletter provides a space for connection and hope amongst our members, partners and communities.

Our intention as we move forward in this new paradigm is that this newsletter will be a space where all our voices can be shared and heard by all – as we all need one another to get through this as the strong, vibrant community that is the ECHO clubhouse. We deeply miss every, single one of you and your voices and hope to be able to provide a space where you can still be heard during this time of social distancing.

That being said, please feel free to call/email/text or mail staff with any contributions that you would like to see in future editions.

Stay healthy, and we will get through this together!

Sincerely,
ECHO Staff Team



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IMAGINE wants and needs your input, direction, contributions, and participation! Our ongoing goal is to have this newsletter become 100% member created! In order to propel this mission forward we strongly encourage all our members to connect with us via email, telephone, video chat (TBA), mail, carrier pigeon, smoke signals, morse code...by any means necessary!

ECHO (Education, Community, Housing, Options) Program
Canadian Mental Health Association - Vancouver Fraser Branch
IMAGINE - Official ECHO Clubhouse Newsletter
Spring 2020 - CV19-2 Edition
FREE

Last week, the province announced it would be investing almost \$5 million to expand existing mental health programs and services and to launch a few new supports for British Columbians.

A significant portion of this funding will be directed to CMHA organizations in BC towards the programs and services outlined below;

1. BOUNCE BACK - Expanding access to free online, video and phone-based coaching and skills-building program so that more seniors, adults and youth who are experiencing low mood, mild to moderate depression, anxiety, stress or worry, can receive care. Available directly, without a doctor's referral, and now available in English, French, Mandarin, Cantonese and Punjabi.

More information available: (phone) 1-866-639-0522, (email) bounceback@cmha.bc.ca, or online at <https://bouncebackbc.ca/>

2. LIVING LIFE TO THE FULL COURSE - Launching access to free online Living Life to the Full peer support and practical skills courses for coping with stress, problem solving and boosting mood. The eight-week, 90-minute group session is based on Cognitive Behavioral Therapy is led by a trained facilitator. Registration available now for people of all ages – from youth to seniors –and is facilitated in English and French (with course materials in English, French, Chinese and Punjabi)

More information available: (phone) 604-688-3234, (email) living.life@cmha.bc.ca, or online at <https://livinglifetothefull.ca/>

3. VIRTUAL COUNSELLING SERVICES - Expanding access to virtual community counselling for individuals or groups at low or no cost, led by the Community Action Initiative. Available now in multiple languages.

More information available: (phone) 604-638-1172 or (toll-free) 1-877-456-9085, (email) info@communityactioninitiative.ca, or online at <https://caibc.ca/grants-training/community-counselling-fund-grants/>

4. PEER SUPPORT AND SYSTEM NAVIGATION - This initiative will add trained peer support and system navigation workers at local CMHA branches to provide virtual access for seniors, adults, and youth from across British Columbia living with mental health and/or substance use problems and will support ongoing recovery and wellness while living with mental illness. Virtual peer support is already available at select CMHA branches and is available in English. The expansion will start over the coming weeks.

5. B.C. COVID-19 MENTAL HEALTH CHECK-IN - A new mental health check-in is under development to help you take a look at your mental health and wellness in light of COVID-19. This will provide a snapshot and recommended resources to better assist seniors, adults and youth (13 – 18) information on taking care of one's mental health while staying at home, managing anxiety and accessing help if required. The new mental health check-in will be in place by April 20, 2020, and be available in English, French and Traditional Chinese.

6. ONLINE RESOURCE HUB - Expanded online training and education resources to improve psychological health and wellbeing for front-line workers responding to COVID-19. A partnership between SafeCare BC and CMHA this new resource will be available on April 20, 2020.

7. VIRTUAL PEER SUPPORT SERVICE - Launching a phone and text-based peer support service to provide confidential emotional support to current workers, and referrals to other services and supports. Available May 2020, through a collaboration between CMHA and Safe Care BC that will be staffed by former workers.

For more information on this important investment in the mental health of all British Columbians, please visit: <https://cmha.bc.ca/covid-19/>

SELF-CARE + FUNNIES!



YOU DEFINE
WHAT SELF CARE
MEANS TO YOU.



2010616
IG:FRIZZKIDART

- Take a break
 - Write or journal
 - Drink your water
 - Move your body
 - Go easy on yourself
 - Get creative
 - Rest and relax
 - Forgive yourself
 - Let yourself cry
 - Focus on your needs
 - Contact a friend
 - Breathe
 - Get cozy
 - Let it go
- What's your Self-Care today?**
- BlessingManifesting*

Health tip:

Spread chili pepper on your hands

It does nothing against viruses, but you learn really fast not to touch your face

RESOURCES

BC CRISIS CENTRE - non-profit volunteer organization committed to helping people help themselves and deal with crisis. 24 hours a day, 7 days a week the Crisis Centre provides emotional support to youth, adults and seniors in distress.

Call: 604-872-3311 (Greater Vancouver)

Call: 604-872-1234 (Seniors Distress)

Call: 310-6789 (Mental Health Support B.C.) *no area code

HEALTH LINK BC - includes up-to-date announcements from the public health authorities as well as other pertinent information

www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19

Call: 8-1-1

BC211- is Vancouver-based non-profit organization that specializes in providing information and referral regarding community, government and social services in BC.

*Includes newly announced additional support services for elders

www.bc211.ca/

Call: 2-1-1

FOOD BANK - expanded and Related Support Services

foodbank.bc.ca/find-food/

Call: 604-876-7323

GOVERNMENT FINANCIAL AID - programs in response to Covid-19 (e.g. income, rent, family care)

www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports

Call: 604-660-2421

Text: 604-660-2421

HERE TO HELP - information and resources from a group of seven leading mental health and substance use non-profit agencies

www.heretohelp.bc.ca

ANXIETY CANADA - for information and self-management strategies for anxiety

www.anxietycanada.com

BOUNCEBACK® - skill building program (Online Version) for managing mood, and stress

bouncebackbc.ca/register/

Call: 1-866-639-0522

MINDSHIFT™ CBT - employs scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.

MEMBER ART, WRITING & PHOTOGRAPHY!



SELF-CARE SUGGESTION - DO A CORONAVIRUS WRAP!

Clara I. is inviting fellow members: *"...to do self-care by doing/writing a Coronavirus WRAP – make a list of all the things they could be doing while self-isolating! And do them! Review it each day to keep well."*

This is a great suggestion for navigating this uncharted territory of the COVID-19 pandemic. However you're feeling right now, it is entirely okay. Fear, worry, loneliness, exhaustion, anxiety, panic, frustration – they are all normal responses to this abnormal situation. We don't know how long this period of uncertainty will last, but we do know that we can take responsibility for our own wellness even during a global health crisis.

There's a lot we can't control right now, but we can take ownership of the things we can control. If you don't yet have a WRAP, we invite you to create one now. If you do have a WRAP, we encourage you to update it support yourself during this time, when routines have changed and priorities may have shifted.

DIFFERENT OPTIONS FOR CREATING/UPDATING YOUR WRAP:

You can get the free WRAP app for iOS or Android and make your own WRAP on your smartphone or tablet. For more information you can visit:

mentalhealthrecovery.com/wrap-is

Another great option at this time is two phone-in and online groups; 1) Introduction to WRAP and 2) WRAP Follow-Up.

If you wish to attend one of these sessions, please call or email us and leave your name and phone number. Note to participate in the phone-in and online groups, you will need to provide either an email or mailing address so that you can be mailed material. You will be contacted with seven days to confirm your information and send you session dates.

To register for virtual workshops please contact the following:

CALL: 1-800-211-0585

EMAIL: Wrapinfo@communitascare.com

PLANT POWER!

5 mood boosting houseplants



Lavender



Basil



Aloe



Peace Lily



English Ivy

PEACE LILY: With its striking, sculptural white blooms, this plant is equal parts beauty and function. Peace lilies are known for effectively removing mold spores in the air and also neutralizing toxic gases like carbon monoxide and formaldehyde making them a wonderful organic air purifier.

ENGLISH IVY: This romantic, creeping vine was dubbed by NASA scientists as the number one best air-filtering houseplant. Additionally, they're super easy to care for and don't require much water or light to thrive.

- Sylvia K.



ECHO member **Doug T.** is gardening at Millers Way-trying to keep busy during this time of uncertainty. We've planted Beets, Lettuce, Sunflowers, Onions, Parsley, Tomatoes, Zucchini and Swiss Chard.

"I had a lot of fun. I enjoyed myself. It was therapeutic and it in the name of the lord."

The Wellness Power of Houseplants

As we spend more time inside, it is time to bring nature indoors and acknowledge the importance of plants of people's wellbeing. Plants not only beautify the space they occupy, they clean the air that we breathe and, in doing so, help clean our thoughts and hearts of bad energies and invigorate us with positive energy.

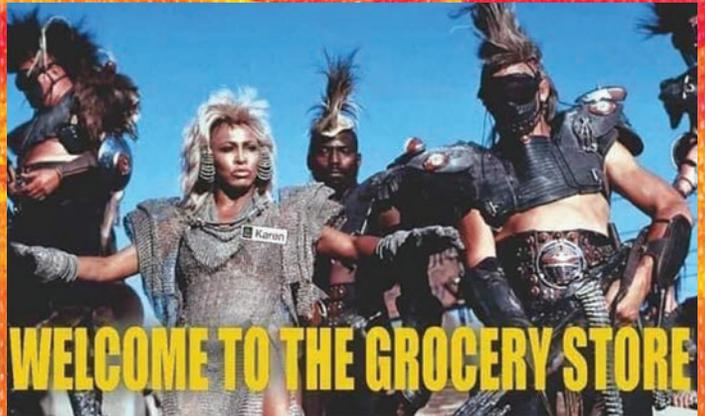
Here are the top 5 mood-boosting plants to consider bringing into your living space:

LAVENDER: For thousands of years, this pretty, flowering herb has been used medicinally to calm nerves, relieve headaches, prevent insomnia and aid in depression.

BASIL: Everybody's favorite fresh herb also contains high amounts of an organic compound called linalool (which is commonly used in aromatherapy), which studies have found reduces the activity of hundreds of genes that typically go into overdrive during stressful situations. So stop and smell the basil, y'all.

ALOE VERA: Referred to as "the plant of immortality" by the Egyptians, this beloved green is holistically viewed to ward off evil spirits and bring positive energy to the home. From a scientific level, it both purifies the air of common carcinogens and emits oxygen at nighttime, and helping us to sleep better.

MORE SELF-CARE + FUNNIES!



Jonathan Ladd
@jonmladd

My son: "You know, t-rexes would never get the caronavirus, because they can't touch their face with their hands."

Experts recommend keeping your daily rituals even while working from home



ISOLATION WELLBEING DAILY TO-DO LIST:

ESSENTIAL TASKS: SHOWER MEDICATION _____

CLEAN ONE THING/SPACE:

TEND SOMETHING GROWING: PLANT CHILD _____

BE MINDFULLY PRESENT TO...

A SOUND OR SONG:

A SENSORY FEELING:

SOMETHING YOU SEE:

A SPIRITUAL PRACTICE:

REACH OUT TO A HUMAN BEYOND YOUR HOME

DO ONE THING TO GET YOUR HEART RATE UP

& DO ONE THING YOU'LL BE GLAD YOU DID LATER

@LINDSAYBRAMAN

FOOD TIPS & RECIPES!

Suggested Foods for Your Pantry

Stocking your pantry ahead of time can make it easier to plan, keep food costs down, and can ensure that you have a couple meal options if you are not up to grocery shopping.

• **Lentils and black beans:** Beans are a great source of protein (leaves you feeling full), fiber (good for digestion), and iron (important for blood health). Lentils are great for adding to a soup, stew, or salad for added protein. Black beans can be added to burritos, chili, stews, bean, rice & veggie bowls, and adding to salads. If you buy dried beans (in a bag), they are much cheaper and lighter to carry than when canned. You can also cook a bunch of beans at one time and freeze them in small portions to be added to foods later.

To hydrate beans: place dried beans in a bowl and cover them with 2 inches of water the night before you will cook with them. Keep the bowl in the fridge overnight. When you are ready to cook with them, discard the water that they soaked in and cover them with fresh water. Bring to a boil and cook until they are soft enough to eat.

*** Using hydrated beans also helps to alleviate the stomach upset that occurs when we eat beans from a can (if from a can – rinse well)*

• **Oats:** Oats are one of the cheapest and healthiest foods for breakfast and can be added to baking. Try soaking uncooked oats in milk in the fridge overnight and adding a bit of cinnamon and apple. They will soften up and taste very different from traditional oatmeal!

• **Brown Rice:** Although brown rice takes longer to cook, it has much more vitamins and fibre than white rice. To reduce cooking time, you can place rice in water in the fridge overnight. It's also wonderful for lunch with leftover vegetables and makes a great base for evening stir-fries.

• **Fresh Eggs:** Eggs are a relatively low-cost, vegetarian source of protein. You can make everything from Cobb Salads to Hearty Scrambles with eggs around.

• **Bananas:** They are a great addition to breakfast, quick snacks, oatmeal mix-ins, smoothies, or to add to yogurt. If bananas are on sale, you can peel them and keep them in the freezer to add to smoothies, baking, or oatmeal.

• **Spices:** Keep your eyes peeled for spices when they are on sale – they can make any simple food taste great.

• **Onions:** Onions add flavor to everything. Use them to flavor stocks for soup, add them to eggs or frittatas, or mix them into a big pan of roasted vegetables. Onions keep for a very long time even outside of the fridge if stored in a dry, cool spot.

• **Cans of Tomatoes:** Diced tomatoes can serve as a base for pasta sauces, chili, soups, and much more. Add an onion and a couple spices and voila! You have a pasta sauce.

• **Cans of Tuna:** Try to find tuna when it is on sale and stock up. Tuna is a great source of protein and can be fried with eggs, added to tacos and salads, or in sandwiches.

- **Sylvia K.**

Cooking with ECHO presents: Home Cooking During Coronavirus!

Stuck at home and missing our cooking programs? We hear you and we miss you too. That said, now is the perfect time to practice some of our "classic" recipes in the comfort of your own space. First up, we present...

TUNA CASSEROLE

- 500 kg of wide egg noodles (or any other pasta)
- 1 - 12 oz can of tuna drained
- 2 stalks of celery
- ½ cup of frozen or fresh peas
- 1 red bell pepper
- 1 cup of shredded cheese
- 1 medium onion
- ¼ cup flour
- ½ tsp salt & pepper
- 2 ¼ cup milk
- 2 tbsp Dijon mustard
- 1 tsp butter or cooking oil

Topping

- ½ cup panko bread crumbs or corn flakes
- ¼ cup grated parmesan cheese
- 1 tsp smoked paprika
- 1 tbsp fresh or dried parsley
- 1 tbsp melted butter

Cook pasta in boiling water until just cooked (al dente). Finely chop vegetables and add to a frying pan with oil or butter – cook until soft. Mix flour, salt, mustard and pepper into a pot on stove on medium heat, gradually add milk, stirring constantly until sauce is thick. Mix sauce, pasta and vegetables, peas and cheese (if adding) in a casserole dish. Preheat oven to 350. Mix topping ingredients and pour over top of filling. Spread it out evenly over the top and put in the oven to bake for 25 to 30 minutes until top is crispy. Let stand for a few minutes before serving.

Can add a salad to make a complete meal. Serves 6.

ECHO STAFF TEAM ANNOUNCEMENTS



Christine Edgecombe (Team Leader at ECHO Clubhouse)

This is Patch, my other cat in my back yard which he enjoys. He meows daily to go out. I recently went for a walk and during my walk I created a scavenger hunt of things to find while I was out. It was things like a cloud, a bird, a yellow flower, a purple flower, a bridge, and a duck. I think you understand the game. This was a fun! I thought you could make up a scavenger hunt of your own walk and each time you go out see what you notice in nature and if there is more of the same the next time e.g. more purple flowers or birds. This helped me be more mindful and in the moment; maybe it can help you too.

I have made the decision to move into the temporary Clubhouse Coordinator role. I hope to explore with members how ECHO can provide programming to support the diversity within our clubhouse population. With my transition this opens up the fulltime permanent ECHO Clubhouse Team Leader position. See the link below and if you know people who fulfill the requirements please encourage them to apply:

charityvillage.com/jobs/team-leadersupervisor-clubhouse-in-burnaby-british-columbia-ca/



Courtney K.

Hi ECHO Family!

Well, this is certainly not the way that I wanted to let people know this news, but given the current circumstance it will have to do...

As many of you know I am from the East Coast and have only lived in the Vancouver area for the past two years. Earlier this year I learned that I had been accepted to an online graduate program and decided that I would be more successful in my studies if I was around people who could support me through it, so I will be moving to Fredericton, NB at the end of the month. I think now more than ever, we are all aware of how important connection to others is – whether it be with family, friends, co- clubhouse members, and sometimes even strangers in our day to day lives.

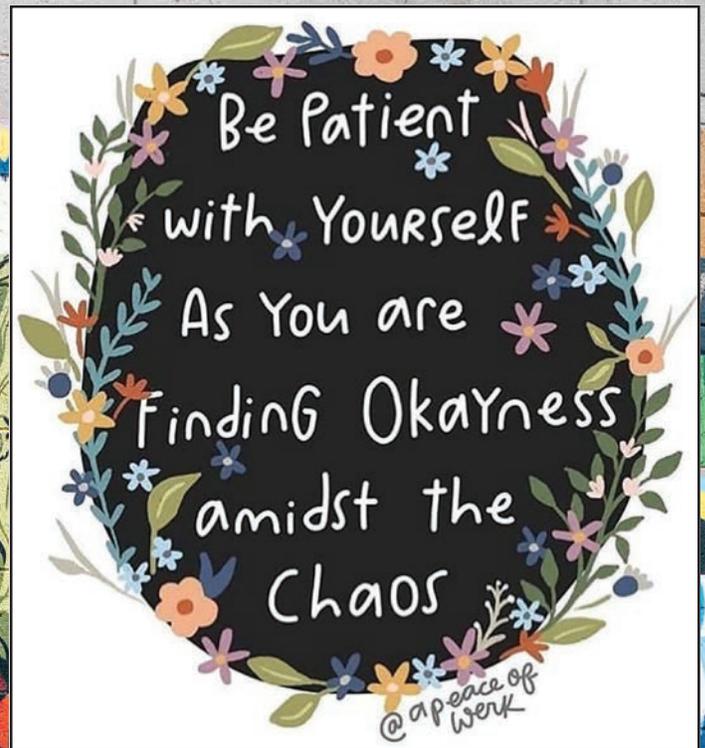
I have seen a few members out in public since my last ECHO shift so that has been nice. I wish I could say goodbye to you all in person! But I'm sure that some of us may cross paths again – the world is smaller than it seems. If all goes as planned, I will be in Vancouver for grad school orientation in September and a visit to ECHO will be in order.

I can assure you that it will be very bittersweet for me to leave. I am excited to be around family again, but I was so fortunate to have the opportunity to live in Vancouver. When I think back to the good experiences that I've had over the past two years, working at ECHO is at the top of the list!

Wish me luck as I drive across the country during a pandemic! Fear not, I am ready to go with masks and hand sanitizer at my disposal! I hope you are all staying safe and healthy in this uncertain time. I am hopeful that this pandemic will change the way that people view community – we need one another and it is okay to ask for help when you need it. Be kind to yourselves as you navigate this odd season.

Keep smiling!

ECHO STAFF TEAM ANNOUNCEMENTS



In the end,
it's the love you
give each other on
the bad days that
matters the most.
- faraway

Shakeel Lochan

Dear ECHO members, partners, and communities,

I'm finally getting down to write this message within the shadow of the impending deadline for this newsletter, and hence, I am not able to encompass all the emotions, thoughts and physical sensations (currently racing within me) related to my experiences with ECHO into something relatively cohesive or succinct. Instead, I hope that our paths cross again soon so we may speak in earnest; reflecting back, dreaming forward, and sharing all laughs, tears, and comfortable silences that we can handle in-between! In the meantime, I doubly hope that these following fragments can even tentatively convey how much you, and this program have impacted me.

From student, to casual, to Young Adult and Multicultural Program Coordinator roles, and now back to casual – my time within this program has culminated in so many moments of joy, pain, frustration, pride, sadness, fear, inspiration, and so much more! I have been humbled, motivated, and ultimately, I have been gifted to be witness to individual and collective struggles and aspirations for something better, something real, something meaningful, and all-together human. As an individual with my own significant stories of significant and ongoing mental health challenges, as a student-researcher, social-justice organizer, and community-level worker, I have been gifted (and sometimes haunted), by a wealth of human stories (beautiful and the savage alike), and I will never be the same. I have a tendency to burn bridges, but I also work to build them, thus, I will continue to endeavour to stay connected to members, communities and this program that has effected me in profound ways that I have yet to fully understand.

I will not romanticize the struggles that are so often entrenched in journeys towards health, dignity, and self-worth, BUT nor will I ignore the gains that I have witness so many make, even if they are not yet ready to see them. It is these hard-fought gains that still give me my own reasons to persist even on the days when I want to give up (yes, these days still can exist).

Ill health is all too real. Stigma is all too real. Systemic oppression is all too real...but so is hope, so is potential!

Thank-you ECHO! Catch ya later!.

Much love, stay up/

shakeel.lochan@cmha.bc.ca



COPIING CALENDAR: KEEP CALM. STAY WISE. BE KIND.



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact

8 Take five minutes to sit still and breathe. Repeat regularly

15 Make some progress on a project that matters to you

22 Find positive stories in the news and share these with others

29 Connect with nature. Breathe and notice life continuing

2 Enjoy washing your hands. Remember all they do for you!

9 Call a loved one to catch up and really listen to them

16 Rediscover your favourite music that really lifts your spirits

23 Have a tech-free day. Stop scrolling and turn off the news

30 Remember that all feelings and situations pass in time

3 Write down ten things you feel grateful for in life and why

10 Get good sleep. No screens before bed or when waking up

17 Learn something new or do something creative

24 Put your worries into perspective and try to let them go

4 Stay hydrated, eat healthy food and boost your immune system

11 Notice five things that are beautiful in the world around you

18 Find a fun way to do an extra 15 minutes of physical activity

25 Look for the good in others and notice their strengths

5 Get active. Even if you're stuck indoors, move & stretch

12 Immerse yourself in a new book, TV show or podcast

19 Do three acts of kindness to help others, however small

26 Take a small step towards an important goal

6 Contact a neighbour or friend and offer to help them

13 Respond positively to everyone you interact with

20 Make time for self-care. Do something kind for yourself

27 Thank three people you're grateful to and tell them why

7 Share what you are feeling and be willing to ask for help

14 Play a game that you enjoyed when you were younger

21 Send a letter or message to someone you can't be with

28 Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

A wooden geometric shelf with a white card inside. The shelf is made of light-colored wood and has a complex, interlocking geometric design. The card is white and features the text "Punch YOUR FEARS IN THE Face" in a mix of bold, handwritten-style fonts. The word "Punch" is in a large, cursive font, "YOUR FEARS" is in a smaller, bold, sans-serif font, "IN THE" is in a very small, bold, sans-serif font, and "Face" is in a large, cursive font. Below the main text, there is a small line of text: "IT'LL BE OKAY, AND YOU WILL BE TOO." and "DR. JEREMY GOLDBERG".

Punch
YOUR FEARS
IN THE
Face

IT'LL BE OKAY, AND YOU WILL BE TOO.
DR. JEREMY GOLDBERG