



North
Shore
Schizophrenia
Society

The Notepad

The NSSS Newsletter

PUBLIC EDUCATION EVENING

Recovery: A True Story

Speaker:

Tina Tomashiro

2009 Courage to Come Back Award
Recipient, Mental Health Category

Date: Wednesday, September 30, 2009

Location: Lions Gate Hospital
Auditorium
13th Street entrance

Time: 7:30 p.m. . . . *sharp*

Family Support Centre North Shore Schizophrenia Society

205 - 1865 Marine Drive, West Vancouver, BC, V7V 1J7
Open 9 a.m. to 5 p.m. Monday to Friday, or by appointment.

Tel/Fax 604-926-0856

www.northshoreschizophrenia.org
email: info@northshoreschizophrenia.org

The North Shore Schizophrenia Society is a
CRA Registered Charity: BN 89422 6935 RR0001

*Your generosity is appreciated.
Receipts will be issued for income tax purposes.*

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City of North Vancouver Mayor Darrell Mussatto and NSSS president Herschel Hardin take the lead at Walk the World for Schizophrenia.

Support Groups

Come share your questions, concerns, and experiences with members of the North Shore Schizophrenia Society. Support Group meetings are held each month at the Family Support Centre and in Squamish, for family members and close friends of those afflicted with any serious mental illness.

Please call 604-926-0856 for more information, upcoming dates, or to register.

Circle of Strength 2009 Video Now on YouTube

For those who weren't able to make it to our first gala fundraiser in May, the video shown at the event is now available on YouTube. Ten NSSS members share their stories about their loved ones falling ill and how they were helped by the Family Support Centre. You can find the video at www.youtube.com by entering "Circle of Strength" in the search field at the top of the screen. Let us know what you think about it and please also share the video with people you know who might be interested in serious mental illness or our work at the Centre.

You will also find Stephen Fry's documentary, *The Secret Life of the Manic Depressive*, available on YouTube in 12 parts. BBC has no plans to release the documentary on DVD, so this is one of the very few places you'll find it. Stephen Fry talks about his own experiences with "bipolarism" as he calls it, and interviews fellow celebrities with the same diagnosis, including Carrie Fisher and Robbie Williams.

I would like to help the NORTH SHORE SCHIZOPHRENIA SOCIETY 205 - 1865 Marine Drive West Vancouver, BC V7V 1J7

- with a donation to help keep the Family Support Centre operating
 Cheque enclosed
- I prefer to donate by monthly direct deposit
 \$20 __ \$30 __ \$50 __ Other __
- by making a contribution to the NSSS endowment fund, a gift that goes on forever
- by making a bequest to the North Shore Schizophrenia Society in my will;
 I would like some suggestions for appropriate wording

Name: _____

Address: _____

Postal Code: _____ Tel: _____

Email: _____

IN MEMORIAM

Helen Jenkins

1926 -2009

Helen was a dear friend and mentor whose great enthusiasm and encouragement of several less experienced, younger members inspired the establishment of the Family Support Centre.

As program chair she set a high standard for the content and relevance of our ongoing Public Education lecture series, and demonstrated to those who were new at the job how to make contact and build relationships with important players in the community and health services. On a personal level she was an enduring source of comfort and strength to those who knew her well.

Do svidanya, darling.

New Board Members Elected

We have both new and familiar faces on the NSSS board of directors following the Annual General Meeting on June 10.

Joining Herschel on the NSSS board are vice-president Janice Lilley, treasurer Halina Haboosheh, secretary Ida McQuilkin and members at large Marti Sevier, Janet Blue and Byron Giraud.

"We'll sorely miss the outgoing directors," said newly elected president Herschel Hardin, "but at the same time we have some great new people."

Outgoing president Marguerite Hardin was honoured at the AGM for her many years of service, both as president of the society and as primary peer support worker. Marguerite will continue to help families by offering family peer support, crisis counselling, and the coordination of all our support programs.

Other retiring directors are vice-president Judy Towill and members-at-large Mason Harris and Rachel Speiran.

NSSS Has Had a Busy Summer

Summer for most people may be an off-season, but for NSSS the summer of 2009 was particularly hectic.

At the end of June we filed a lengthy and detailed submission to the CEO of Vancouver Coastal Health on the Marek Kwapiszewski case. Marek committed suicide in Vancouver in 2008 after his sister, Halina Haboosheh, had tried in vain to get help for him. The submission called for an inquiry into the management of Vancouver community mental health services and for major changes in their approach. For details, see the *NSSS Advocacy Bulletin* in this issue.

Following the submission, features on the story appeared in the Vancouver Sun, the North Shore News and the North Shore Outlook. Halina and NSSS president Herschel Hardin also appeared on the Christy Clark Show on CKNW.

A review of the case, by an independent psychiatrist, is now in the offing.

In early July, Herschel and his wife Marguerite, NSSS Support Coordinator, travelled to San Francisco for the annual convention of the National Alliance on Mental Illness (NAMI), attended by 2,000 people at the San Francisco Hilton.

The convention, stretching over four days, had an intensive schedule of plenary sessions, special panels, symposia, meetings, and, on the last afternoon, the unique "Ask-the-Doctor Sessions," a feature of these gatherings every year.

NSSS has a particularly important connection to NAMI. One of our key programs, our Family-to-Family education course, originates there. The convention was an opportunity to say hello to the course's author, Joyce Burland, with whom we have been in touch over the years.

At the convention Herschel spoke to a workshop presented by the Treatment Advocacy Centre (TAC), an American organization headed by renowned psychiatrist and author E. Fuller Torrey. TAC advocates for more pro-active committal legislation in the U.S., where overly

restrictive committal provisions have left so many of the mentally ill victims of their illness and resulted in great tragedy. Herschel's 1993 article on the rationale for committal where appropriate, "Uncivil Liberties," first published in the Vancouver Sun, has iconic value at TAC, where it has often been cited and is still on their website. His participation with the TAC people at San Francisco had great personal meaning for both parties.

Meanwhile, at home, NSSS was caught up in a whole series of support cases, three of them, just as it happened, involving immigration matters.

Such cases are quite complex and time-consuming.

The one that, as of press time, has been resolved involved a young man from the U.K. who had ended up in Vancouver, after fleeing an uncomfortable situation in the United States, and who was quite ill. He had previously been hospitalized and diagnosed in London. His parents, in England, were at their wits' end. Mental Health Emergency Services (Car 87) had visited the young man twice, but hadn't followed through with committal. His parents learned of us through friends who spend half the year on the North Shore, and we took on the case.

We were instrumental in finally getting him into hospital, monitored arrangements to have him returned to the U.K. – where he would be in his home country and near his parents and brother – and looked after practical matters on this side, like packing up his belongings. He is now safe in England, in hospital there, hopefully receiving the care and treatment he needs to get well.

The other cases are in progress.

Yes, it's been quite a summer.

The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia, City of North Vancouver, District of North Vancouver, District of West Vancouver, Lynn Valley Lions Club, Soroptimist International of North and West Vancouver, West Vancouver Community Foundation, Royal Canadian Legion, North Shore Credit Union, Habanero Consulting Group, Citizens Bank, Starbucks Make Your Mark Volunteer Program, and our many other generous donors.

Raising Awareness in the Sunshine

West Vancouver Community Day Parade



Everyone loves a parade and we are no exception. The West Vancouver Community Day Parade showcases local community organizations and schools.

In keeping with this year's theme "Everything Old is New Again," we recycled blue and yellow tablecloths to make our decorations and pom-poms.

Many thanks to all the wonderful volunteers, and to North Shore Mitsubishi for lending us the best-looking car in the parade!

Walk the World for Schizophrenia

City of North Vancouver Mayor Darrell Mussatto was our special guest at the 18th annual Walk the World for Schizophrenia. Mayor Mussatto greeted participants and officially launched the Walk, with the West Vancouver Adult Pops Band sending us on our way with a selection of boisterous tunes. Thanks to all the volunteers who helped organize and participated in the Walk, as well as to Marketplace IGA in Dundarave, who donated bottled water.



North Shore Canada Day Parade



Another beautiful Canada Day found us marching along the streets of North Vancouver under our banner, proudly wearing our NSSS t-shirts and waving to the thousands lining the sidewalks. Thanks to all the volunteers who came out to march and distribute information on schizophrenia and the Family Support Centre along the 2km parade route. And thanks to North Shore Mitsubishi for lending us another beautiful Eclipse Spyder!

Partnership Program Success

The Partnership Program has been an important part of our awareness and early intervention initiative since 1995. A person with a serious mental illness and a family member tell their stories from their different perspectives. Most of the presentations are to high school and Capilano University students, as well as emergency responders. We set a new record this last school year, reaching over 700 young people with accurate information on serious mental illness.

Thanks to Cheryl Zipper, Marguerite Hardin, Sarah Fox and Shaun Stewart for sharing their time and their personal stories to help raise awareness, defeat stereotypes, and increase the chances that someone will intervene if they see symptoms developing. The earlier treatment begins for someone with a mental illness, the better their chances for recovery.

Family-to-Family Fall Session

It has been ten years since we started teaching the Family-to-Family education course at NSSS and demand continues to rise. Registration is open for the next session, which starts on September 22 and runs on consecutive Tuesday evenings from 7:00 to 9:30 until December 8.

Family-to-Family is open to anyone with a family member or close friend with a serious mental illness. The course covers everything from symptoms and medications to self-care and problem-solving. The full course curriculum is available at www.northshoreschizophrenia.org/education.htm and at the Family Support Centre.

Please call Marguerite at 604-926-0856 promptly if you are interested in taking the course. Space is limited and Family-to-Family classes fill quickly once the dates are announced.