



North
Shore
Schizophrenia
Society

The Notepad

The NSSS Newsletter

PUBLIC EDUCATION EVENING

The Ross Allan Story

Speakers:

**Kim and Lynn
Allan**

Ross's Parents

Date: Wednesday, March 10, 2010

**Location: Lions Gate Hospital
Auditorium
13th Street entrance**

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

Family Support Centre

**Personal Support and Information on
Major Mental Illnesses—Schizophrenia,
Bipolar Disorder, Depression, and Anxiety Disorders**

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; Sea to Sky 604-898-9372
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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Cheryl Zipper helps educate students about serious mental illness. See Volunteer Spotlight, page 2.

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.

Volunteer Spotlight



Cheryl Zipper has been coordinating NSSS's Partnership Education program since the beginning of the 2008-09 school year. Cheryl schedules presentations throughout the school

year at high schools across the North Shore and at Capilano University.

In her first year as Partnership Coordinator, Cheryl helped break the NSSS record for students reached in a single school year—over 700. She does many of the presentations herself, along with a young adult who has personally experienced schizophrenia and is making a good recovery. Together they give students a greater understanding of serious mental illness, and prepare them to recognize the symptoms should they see them in a fellow student.

Cheryl is also, this spring, teaching the Family-to-Family education course with co-teacher Janice Lilley. Cheryl's dedication, hard work, and many hours of volunteer time help us deliver two of our most important programs.

**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;

Name: _____

Address: _____

Postal Code: _____ Tel: _____

Email: _____

IN MEMORIAM

Ben Williams and Michael Wild

The winter holiday season this year was marked by tragic loss for two long-time NSSS families.

Our hearts go out to Paula Williams and family, Carol Mathieson (Ben's girlfriend of many years), and to Ian and Thelma Wild and family.

All of us who knew Ben and Michael will miss them.

NSSS meeting challenges with website and publishing innovations

While our core support and education programs continue and expand, with the training of new Family-to-Family teachers and the hiring of a part-time coordinator for the Sea to Sky, we haven't lost sight of the need to communicate in this electronic age.

Perhaps the most important innovation has been the *NSSS Advocacy Bulletin*, now in its second year. While most members receive the *Bulletin* as an insert in the printed version of *The Notepad*, it is now going to a wide range of people in B.C. and across the country electronically via email. We even have a few recipients in the U.S. and the U.K.

Meanwhile the NSSS website, northshoreschizophrenia.org, has added a Media Centre page, with news releases, links to media coverage, and current NSSS documents. This allows our members and others to keep abreast of our advocacy work and have the issues and background at their fingertips.

Look for new advocacy pages and other changes to our website as the year progresses.

And you can now follow us on Twitter, at "NSSSoc" or via the Twitter icon on our website's Home page. Twitter is new and strange for most people, but then, we remind ourselves, so was email not that long ago.

Please stay tuned.

Addressing Metabolic Syndrome - Looking After Physical Health

The mentally ill have higher rates of physical illness, are more likely to die from these conditions, and are less likely to be diagnosed or receive



Dr. Jane Dumontet at NSSS
Public Education Evening

appropriate treatment, according to Dr. Jane Dumontet, Clinical Pharmacy Specialist from Fraser Health, who gave a talk on metabolic syndrome at our public education evening on November 25.

Metabolic syndrome refers to a cluster of risk factors for developing serious physical illnesses including Type II diabetes, stroke, and heart disease.

One of the most common risk factors is obesity. Waist circumference, Dr. Dumontet pointed out, is a good indicator of the likelihood of developing diabetes, for example. Many mentally ill must contend with the side effects of certain medications that increase appetite and decrease motivation to be physically active.

Doctors and caregivers may be able to help patients make better dietary choices, become physically active, and quit smoking, all of which will greatly reduce their risk of early death from heart disease, stroke, or diabetes. Families may also be able to take a role in advocating for adequate care and diagnosis for their ill relatives when they are seeking help for physical complaints, so that serious physical illnesses do not go untreated because of a preoccupation with the mental illness.

People with schizophrenia have a two-fold increase in obesity rates over the general population, and more than double the incidence of diabetes. The incidence of metabolic syndrome rises with age, and is more prevalent in men than in women.

Family members interested in learning more about prevention and treatment can visit us at the Family Support Centre or download a copy of Dr. Dumontet's slide presentation from our website, www.northshoreschizophrenia.org/lecture.htm.

Tragedy and Hope: The Ross Allan Story

Kim and Lynn Allan knew their son was very ill, so when Ross was housed in the emergency room for several days because there was no bed for him in the acute psychiatric department, they made sure every shift was aware of his illness and his very serious suicide threats.

A series of errors was made by hospital staff, police and others, that ended in the worst possible outcome: Ross committed suicide in a staff washroom at the hospital.

The Allans will talk about their son's five-year struggle with schizophrenia, his preventable death, and the coroner's inquest, at our next public education evening on Wednesday, March 10 at 7:30 p.m. in the auditorium at Lions Gate Hospital. The inquest produced a record 43 recommendations.



Ross Allan

Their story is tragic, but also one of hope and the promise of positive change. The Allans are working with the Fraser Health Authority as they plan and implement many of the recommendations made in the coroner's inquest report. Their tireless work, including active participation in the inquest itself, will help prevent the same mistakes from being made again and will help save lives in the future.

As Lynn Allan said recently, "It is too late for Ross, but there are so many others out there."

For more information on the NSSS public education evening lecture series, see www.northshoreschizophrenia.org/lecture.htm.

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, and our many other generous donors.

NSSS Christmas Banquet

Christmas is a special time of year, and we are always pleased to welcome family and friends to our annual celebration. This year, a record 125 people joined in on the festivities, including a group of new friends who came all the way down the Sea to Sky highway from Squamish.



Dave Myles and Daryle Sherman

Musical entertainment was provided by two outstanding groups: the West Vancouver Adult Pops Band, without whom the evening would not be complete, and the duo of Dave Myles and Daryle Sherman who delighted us all with a selection of holiday classics.

Special thanks to a wonderful group of volunteers whose efforts before, during, and after the banquet make it all possible. And we can't forget to thank Santa Claus and one of his hard-working elves, who made time in their exceptionally busy Christmas schedules to deliver gifts and a hearty Ho Ho Ho.

Planning for next year's banquet is already underway, and we hope to break our new attendance record. Mark Saturday, December 4 on your calendar, and we will see you there!



Our largest attendance to date



Santa Claus and one of his elves

Family-to-Family in the Sea to Sky Corridor

For the first time, NSSS's flagship education course, Family-to-Family, is being offered in Squamish, for residents of the Sea to Sky corridor. Classes run on Tuesday evenings from March 2 to May 18. Family-to-Family has been taught at the Family Support Centre in West Vancouver since 1999.

Until now, a few people from Whistler and Squamish have made the journey to West Vancouver for the course, but the distance and travel time have almost certainly discouraged many others. Providing the course in Squamish brings the program closer to home.

NSSS has been active in the corridor since 2008, with a monthly support group in Squamish. Family-to-Family is the next step in making all NSSS programs and services available in the Sea to Sky. We will also be doing our first public education evening in Squamish later this spring. The lecture will be on depression.

North Shore future events

Much will be happening on the North Shore this spring as well, over and above our monthly support group and the work of our other core programs.

March 19 will see the launch of the Family-to-Family Club, a social connection for Family-to-Family grads and other family members. The current FtoF class graduates April 13!

The fourth public lecture of the season, at Lions Gate Hospital, comes at the end of April.

Circle of Strength, our major fundraiser at the Holiday Inn in North Vancouver, follows May 15, with the Fundraising Team already hard at work organizing the event.

In late May or early June, members will gather together for the Annual General Meeting. Also, in June through to Canada Day, it's "Walk the World for Schizophrenia," our flagship awareness event, and the West Vancouver and North Vancouver parades.

Lots happening and lots to look forward to.