



North  
Shore  
Schizophrenia  
Society

# The Notepad

The NSSS Newsletter

**ATTENTION MEMBERS: THIS IS YOUR OFFICIAL  
NOTICE OF THE ANNUAL GENERAL MEETING OF  
THE NORTH SHORE SCHIZOPHRENIA SOCIETY**

## NSSS Annual General Meeting

**Date: Wednesday, May 26, 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](http://www.northshoreschizophrenia.org)

email: [info@northshoreschizophrenia.org](mailto: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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Janice Lilley speaks candidly in the NSSS Circle of Strength video. See Volunteer Spotlight, page 2.

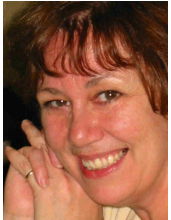
### Support Groups

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

Janice Lilley is one of North Shore Schizophrenia Society's key volunteers, serving her second term on the board, where she is currently vice president, and in other roles. As an architect and design manager, she brings a valuable set of organizational skills to board governance and decision-making.



Janice is also one of our Family-to-Family teachers. She has just completed her third round of teaching this spring. She's known by her classes for her extraordinary empathy.

She's helped out at special events like the Christmas Banquet, and was a table captain and part of the special team that worked on our first Circle of Strength gala fundraiser in 2009. She was also one of ten family members who spoke openly and honestly about their experiences in interviews for the video shown at the event.

When she has time in a busy schedule, she has also done some public speaking for NSSS, and can often be spotted in community parades and Walk the World for Schizophrenia, proudly wearing the NSSS T-shirt.

**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; please contact me

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postal Code: \_\_\_\_\_ Tel: \_\_\_\_\_

## Sea to Sky Programs Gathering Momentum

Less than a year after hiring a coordinator for the Sea to Sky (Squamish, Whistler, Pemberton and other locations), NSSS is seeing its program initiative in the corridor suddenly gaining momentum.

Family-to-Family, being taught in Squamish for the first time, is just two weeks away from graduating its first class, which includes participants from both Squamish and Whistler. The co-teachers this time around are Sue Puchmayr of Squamish who, with her husband, a few years ago had to drive to West Vancouver to take the course, and NSSS president and long-time Family-to-Family teacher, Herschel Hardin.

Partnership Presentations, our school program where a family member and someone with an illness tell their stories, is also finishing its first year in the corridor, with presentations to high schools in Whistler and Squamish already completed and a further session in Pemberton coming up. The presentations are being done by Partnership Coordinator Cheryl Zipper from the North Shore and Amanda Schell, peer-support program leader in Squamish.

A fledgling lecture series is also now underway, with a talk on depression by Dr. Andrew Miki of the North Shore Stress & Anxiety Clinic on May 10, co-sponsored by NSSS and Mental Health Services in Squamish. NSSS also co-sponsored a film presentation in Whistler earlier this month.

At the same time, president Herschel Hardin has been doing a series of two different workshops in the corridor – one for the RCMP and one for Mental Health Services, community services and other social agencies. The workshop for the RCMP covers police intervention in helping the mentally ill (using Section 28 of the Mental Health Act) and related issues of importance to families. The sessions for mental health services and social agencies deal with early intervention, the use of the committal provision to help the seriously ill, proactive outreach, family involvement, and information sharing.

The workshops also provide NSSS with useful feedback on problems facing the police and service providers in the corridor and how we, representing family members, might help.

Lively and informative sessions have been held in Pemberton and Whistler, with Squamish yet to come.

Coordinator Christine Buttkus has played an instrumental role in making all of these things happen.

## Author Susan Inman discusses issues and reads from her book

The “right to treatment” is the top issue for family members, according to Susan Inman, author of *After Her Brain Broke*, the story of her daughter’s battle with schizoaffective disorder, which has just recently been published.

Inman spoke to a packed house at a NSSS public education evening at Lions Gate Hospital April 28, at which she outlined her major concerns and also read a long excerpt from her book.

So many people showed up that extra chairs had to be brought in. NSSS also had copies of the book for sale, to be autographed by the author. The complete stock sold out before the night was over.

Inman outlined how important it is that people with serious mental illness get the treatment they need, starting with acute care, with involuntary admission if necessary, and going on from there.

Next on her list of priorities for advocacy was better training of mental health professionals. Many psychologists and social workers don’t have even basic training in severe mental illness, she had discovered. Piecemeal attempts at reform, she said, might not be too effective. Professional degree programs, however, are accredited. The organizations that have the mandate to accredit training programs of mental health professionals and other mental health workers need to insist that the curriculum include comprehensive training in serious mental illness. This is where advocacy might be most useful, she thought.

She had a good word to say for the psychiatric residents program at UBC, where the director has consulted with the Family Advisory Committee at Vancouver Community Mental Health and is buying copies of *After Her Brain Broke* for residents in training.

The third priority in Inman’s advocacy list is better collaboration with families.

The family-blaming theories of the past, and the damage they did, need to be publicly acknowledged. Families need to be alerted to the dangerous legacy operating in the wake of these non-research based, fanciful theories.

In response to a query by Inman, most parents in the audience indicated they had been blamed for their ill relatives’ difficulties in some way or another in their interactions with mental health professionals.

She told the story, recounted in her book, of a psychologist she and her husband had sought out to help her daughter. The psychologist decided, without any

grounds at all, that Inman had a “strange relationship” with her daughter, the family was dysfunctional and the parents shouldn’t be around the daughter too much.

Inman’s other advocacy objective is to speak out about the anti-science conferences on mental illness being underwritten by public funds at universities. She mentioned the PSYCHout conference put on by the Ontario Institute for Studies in Education (OISE), held earlier this month in Toronto, and a previous conference at SFU. These conferences ignore the neurobiological nature of these disorders, Inman pointed out, and the fact that most people get better through the use of medications. They promote dangerous misunderstanding in graduate students who go on to teach and create public policy.

For the last third of her talk, and the highlight of the evening, Inman read an excerpt from her book covering just how ill her daughter had become and the quiet, but dramatic turning point, when she began to get better as an anti-psychotic medication took hold after several years of turmoil. She was sitting in a chair where she had spent vast amounts of time in an almost catatonic state, rarely moving or speaking. “My head feels so much clearer,” she suddenly said, in a steady voice. “My head is clearer.” So many words and they hadn’t been coaxed out of her, Inman remembers thinking.

It was the beginning of the long road back, through many twists and turns to where she was able to enroll as a student at Langara College, have a boyfriend, and enjoy sports and travel, while at the same time accepting her illness and the challenge of managing it.

“A powerful reading, she’s a powerful speaker,” an audience member remarked after the lecture had ended. And, indeed, it was a very compelling NSSS public education evening. The NSSS lecture series goes back to the 1980s.

For your own copy of *After Her Brain Broke*, visit your local bookstore or place an order at the Family Support Centre by phone at 604-926-0856 or email [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org).

*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, Mt. Seymour, and Capilano Lions Clubs; Soroptimist International of North and West Vancouver; West Vancouver Community Foundation; Lynn Valley Legion; North Shore Credit Union, and our many other generous donors.*

## Help us raise awareness of serious mental illness

Every time we raise our NSSS banner and wear our T-shirts out in public, we help raise awareness and confront people's fears about serious mental illness. You can help this important activity by joining us at one or more of our summer Awareness events. RSVP by calling 604-926-0856 or email us at [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org), and don't forget to give us your T-shirt size (S, M, L or XL).

North Shore Mitsubishi is providing us with a parade vehicle again this year for both the West Vancouver Community Day parade and North Shore Canada Day parade.

### Saturday, June 5, 10 a.m. West Vancouver Community Day Parade



The parade begins in Ambleside Park, travels right past the Family Support Centre and ends at the Community Centre at 22nd St. Join us for a celebration of community spirit and volunteer involvement.

### Sunday, June 27, 10 a.m. Walk the World for Schizophrenia



Don't miss our very own awareness event, now in its 19th year! Meet at John Lawson Park, then walk to Dunderave Pier and back along the West Vancouver Memorial Seawalk. District of North Vancouver Mayor Richard Walton will open the Walk.

### Thursday, July 1, 10 a.m. North Shore Canada Day Parade



It may be Canada's birthday, but this party is all about the North Shore. The parade starts on Grand Blvd (after the usual pancake breakfast) and ends at Mahon park, a few blocks west of Lonsdale.

### NSSS Annual General Meeting

The 2010 Annual General Meeting will be held Wednesday, May 26 at 7:30 p.m. in the auditorium at Lions Gate Hospital. Note: In order to vote at the AGM, membership dues must be paid by May 19.

The president will report on the Society's activities during the busy past year, the audited financial statements will be presented for approval by the membership, and there will be an election of new directors to the board. Board member Marti Sevier will be stepping down at the end of her third two-year term—the longest a board member can serve under NSSS by-laws.

Please make every effort to attend. The AGM is a vital component in the organization of the Society, and is a necessary part of our efforts to help families of the seriously mentally ill, educate the public about mental illness, and work for improvements in the system of care.

### The Family Support Centre Here to Help All Summer

The next Notepad newsletter will be published in September, but that doesn't mean we won't be around in the summer months.

The Family Support Centre will be closed on Canada Day, July 1 (look for our entry in the North Shore Canada Day parade); B.C. Day, Monday August 2, and Labour Day, Monday, September 6. Aside from those holidays, the Centre will be open Monday to Friday, 9 a.m. to 5 p.m. as usual.

We occasionally get called away from the office in an emergency, so it is always a good idea to call the Centre at 604-926-0856 before dropping by. You can also email us with any questions you have at [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org).