



British Columbia  
Schizophrenia Society

# The Notepad

North Shore Branch Newsletter

**PUBLIC EDUCATION EVENING**

## Occupational Therapy for the Mentally Ill

**Speaker: Michael Lee**

U.B.C. School of Rehabilitation Sciences

**Date: Wednesday, November 23, 2005**

**Location: Lions Gate Hospital**  
Downstairs Auditorium

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

### Family Support Centre & BCSS, North Shore Branch

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

Tel/Fax (604) 926-0856

[www.bcssnorthshore.org](http://www.bcssnorthshore.org)

email: [bcssnsh@vcn.bc.ca](mailto:bcssnsh@vcn.bc.ca)

The B.C. Schizophrenia Society, North Shore Branch  
is an Incorporated Branch Society and Registered Charity,  
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*Your generosity is appreciated.  
Receipts will be issued for income tax purposes.*

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### Support Groups

Families and friends, come and share your concerns, questions, experiences and needs with other members of the North Shore BCSS.

We hold monthly meetings for family members and close friends of those afflicted. A special sibling support group is now being offered, and other special groups can be arranged as needed.

For more information on Support Groups please call (604) 926-0856.

## IN MEMORIAM

Two gracious ladies have left us recently, both long-time branch members who leave husbands, family and friends with many fond memories.

### MAY DAVIES

A member for many years, along with husband Dave. May was at one time Secretary of the North Shore Branch.

### OLIVE DITCHBURN

Olive passed away a few weeks before her 87<sup>th</sup> birthday. She was half of the Geo. and Ollie Sunshine Committee that inaugurated and organized the Restaurant Outings for patients for a number of years.

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

- with a donation to help keep the Family Support Centre open
- Cheque enclosed*
- Contact me re Direct Deposits*
- by making a contribution to help the Branch build its endowment -- a gift that goes on forever
- by making a bequest to the North Shore Branch in my will
- I would like some suggestions for appropriate wording*
- Please call me with information*

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

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

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

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

## MENTAL ILLNESS AWARENESS WEEK

During this year's Mental Illness Awareness Week, October 3-10, BCSS North Shore held several information sessions: October 5, from 1-8 p.m. at the West Van Memorial Library; October 7 at Park Royal Mall; and October 8 at Capilano Mall. We also have been distributing the campaign bookmarks and posters to schools, service clubs, and the general public. Thanks to all the volunteers who helped out at these events.



Rose Leeson & Susie Stevens at the MIAW display at West Vancouver Memorial Library.

## RESTAURANT OUTING

On September 8, 2005, Cheers Restaurant was the setting for a get-together featuring a delicious buffet dinner for 55 patients and some family members. Thanks to Jack Jung and his staff for a pleasant evening, and to Cliff and Louise Harris for "chaperoning" the event.

## VOLUNTEER FAIR

On November 5, BCSS, North Shore Branch joined several other organizations at the thirteenth annual Volunteer Fair, organized by North Shore Community Resources, in Park Royal North. It was a great opportunity to interact with prospective volunteers and to educate the public about serious mental illness at the same time. Thanks to all who helped out.

## COGNITIVE BEHAVIOURAL THERAPY FOR PSYCHOSIS



Dr. Tania Lecomte answers questions after her talk at Lions Gate Hospital.

Dr. Tania Lecomte, an Assistant Professor of Psychiatry at U.B.C., generated considerable interest and enthusiasm with her talk about the use of cognitive behavioural therapy (CBT) for psychosis on September 28, 2005. The philosophy behind CBT is to “help modify dysfunctional beliefs and thoughts by using specific cognitive and behavioral techniques, in the context of a working alliance. The idea behind it is that irrational thoughts or beliefs help maintain symptoms through specific assessment of situations as well as emotions and behaviors.”

The American Psychiatric Association now recommends CBT for persistent psychotic symptoms. Medication does not achieve optimal results for all patients; many continue to experience hallucinations and/or delusional thoughts in spite of a regular drug regime. Also medication alone does not prevent relapse or help with other difficulties the person may have in dealing with the vicissitudes of life. CBT offers the hope of some control over symptoms and the course of the illness.

For more information on CBT, Dr. Lecomte recommended *Cognitive Therapy of Schizophrenia*, by D. Kingdon and D. Turkington and *Best Care in Early Psychosis Intervention*, by Ehmann, MacEwan, & Honer.

## SIBLING GROUP

Severe mental illness is a family affair. Every member of the family is affected when someone falls ill, but the impact can be different, depending on the person’s position in the family. Siblings are in quite a different position than parents when they are young, but may find themselves having to assume more of a parental role as their own parents age.

The North Shore Branch is now offering a Sibling Support Group monthly, starting Nov. 7th at the Family Support Centre. Facilitators Janice Lilley and Jennifer Crook are themselves both siblings, and graduates of the Family to Family course (see below).

Please call the Family Support Centre at (604) 926-0856 to register for the Sibling Group.

## FAMILY TO FAMILY

Family to Family is an intensive 12-week educational course for family members, taught by experienced family members who are able to empathize and share insights from their own experience. Teachers Herschel Hardin and Marti Sevier, half-way through the fall session, are already looking forward to welcoming their next class, starting January 31, 2006. Spaces are limited, so please call (604) 926-0856 and sign up now to reserve your place.



Marti Sevier & Herschel Hardin

*BCSS North Shore Branch acknowledges the support of the Province of British Columbia and our many generous donors.*



## CHRISTMAS PARTY

The North Shore Branch Christmas party will be Saturday, December 3, 2005, at 6:00 p.m. St. Stephen's Anglican Church, 885 – 22nd Street, West Vancouver, is once again kindly lending us their large downstairs room. A good time was had by all who attended last year, and we are confident that will be the case again.

We cannot do it without you, however. Help will be needed to organize and see it through. We will need volunteers to shop for and wrap gifts, set up and decorate the hall, set tables, serve the meal, do general clean-up, wash and dry dishes, and drive. Please call us if you are able to help out with any of these tasks.

If you are planning to attend, please call the Family Support Centre at (604) 926-0856 to let us know. We are looking forward to seeing as many family members as possible.



## SPEAKERS BUREAU

Expanding our outreach and awareness activities has been a priority this year. Service clubs, churches, and employee groups are being approached. Many have already had presentations from a family member about serious mental illness, including some of their own story, and about programs and services available through BCSS, North Shore Branch.

Everyone has a story to tell, and knowledge that comes from dealing with varying life experiences. Would you consider sharing some of your story with others to help educate our community? We offer training to get you started. If you think you might be interested, please call us at (604) 926-0856.

## A NEW WAY TO DONATE

Many people like to make a donation to the North Shore Branch as part of their personal Christmas routine. These contributions are of course much appreciated and put to good use.

Some people say they find it easier, however, to give smaller amounts at intervals throughout the year. To make things easier for those who would like to do that, we have set up a Direct Deposit system where specified amounts can be transferred directly from the donor's account to the branch account at the desired interval.

One long-time member, who is very appreciative of the help she received from the branch in the early days when her son was not well, has already been in to sign the authorization form. It only took a few minutes.

"The people in the branch were so wonderful when I was in such distress," she said. "I didn't know anything, or how to help my son. They explained things and comforted me. I am able to help now in this way, so I would like to do that."

To sign up, you provide us with a voided cheque from your account, your account number and the location of your financial institution. You indicate how often you would like to make your donations and the amount to be transferred each time. Then you sign, we sign, and it's done.

Official receipts will be issued for income tax purposes, as with other donations. For anyone with severe mobility problems, we can arrange to have someone visit you at home to sign the authorization.

*The North Shore Branch is an Incorporated Branch Society, and financially independent of the provincial society. Please send contributions to help the Branch directly to 205 – 1865 Marine Drive, West Vancouver, V7V 1J7.*