



British Columbia
Schizophrenia Society

The Notepad

North Shore Branch Newsletter

PUBLIC EDUCATION EVENING

Cognitive Behavioural Therapy for Psychosis

Speaker: Dr. Tania Lecomte

U.B.C. Department of Psychiatry

Date: Wednesday, September 28, 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
email: bcssnsh@vcn.bc.ca

The B.C. Schizophrenia Society, North Shore Branch
is an Incorporated Branch Society and Registered Charity,
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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 **Sibling Group** will be starting soon. Please call to register if you are interested.

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

FAMILY TO FAMILY

The fall session of Family to Family was scheduled to start on September 13, but is being postponed for a week or two due to unforeseen circumstances. Class size is limited, but there are still a few places available. **Please call us ASAP if you would like to sign up** or if you know any family members who might benefit from this very informative course.

Topics covered include:

- symptoms of all serious mental illnesses and their biological origins
- medications used to treat these brain disorders
- problem solving and how to cope
- advice on dealing with the system
- looking after yourself as a caregiver.

Classes run consecutive Tuesdays for twelve weeks and are taught by experienced family members.

**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
- 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: _____

❁ IN MEMORIAM ❁

Maria Simpson Maria was a branch member for a number of years. Her contributions as a support group facilitator were appreciated. She leaves two sons, Brett and Stephen Sammet.

Aart de Jong Aart was a longtime supporter of the North Shore Branch, and a neighbour of the Family Support Centre in recent years. Our thoughts go out to his family: Marja, Tony, Alexandra, Elizabeth, Scott, and Doug.

Gloria Kelsey Those who were involved in the early days of the North Shore Branch and the fledgling provincial society will remember Gloria's work as a volunteer and feisty advocate. Our condolences to her children, Lee, Judy and Neil.

Stephen Wood Our sympathy to member Virginia and the rest of the Wood family on the loss of Stephen.

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PEER SUPPORT PROGRAM IN THE WORKS

Peer Support Workers will explain their role at a workshop Wed., Sept. 28, 2 – 4:30 p.m. in Seminar Room A at LGH. Family members are invited, as well as mental health professionals and patients, including those who may be prospective peer support workers themselves. RSVP to Gill Walker, (604) 983-6020.

Please call the office, 926-0856, if this is a topic of interest to you. We would like to have a representative on the Steering Advisory Committee that will be working towards establishing a peer support program on the North Shore.

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

GREY MATTER SAVED

According to research recently reported in the *Archives of General Psychiatry*, olanzapine prevents the loss of grey matter in the brains of schizophrenic patients, but haloperidol does not offer the same protection.

263 recently diagnosed schizophrenia patients and 58 non-schizophrenic volunteers took part in the two-year study. Half of the schizophrenic patients took haloperidol and half took olanzapine. Those taking haloperidol lost 2% of their grey matter, on average, but no grey matter loss was detected in those who took olanzapine or in the healthy volunteers.

Since losing grey matter, particularly in the brain's frontal lobe, generally results in some cognitive problems and has been linked to social withdrawal, this is an exciting finding. Study author Dr. Jeffrey Lieberman, director of the New York State Psychiatric Institute and chairman of Psychiatry at Columbia University Medical Center, notes that "People used to think that the deterioration (associated with schizophrenia) was inevitable, but now we're thinking that if you prevent the acute episodes of psychosis in schizophrenia, you can actually stop the loss of grey matter."

ACTIVE VOLUNTEERS NEEDED NOW

All BCSS North Shore members received a volunteer registration form with their May issue of *The Notepad*. Many of you have responded, and sent us a list of activities you would be willing to help with. If you are one of those who intended to send in the form, but forgot, it is never too late.

As we head into the fall we are hoping to schedule many Partnership Presentations at the local schools, as well as talks to service clubs, churches, and employee groups. Training for prospective speakers will be provided. This is an excellent opportunity to help us educate young people and the larger community about schizophrenia and other serious mental illness.

Our fall Restaurant Outing for patients and a number of family members who accompanied their relatives was a considerable success.

Christmas is now approaching very quickly, so we will need help with a variety of tasks to get the Christmas party on the road. We hope you will join in the fun. Call us soon: 926-0856.

AGM 2005

The Annual General Meeting of the North Shore Branch was held at Lions Gate Hospital on June 1, 2005. The activities of the past year were reviewed, and it was gratifying that so much has been accomplished. Election of directors and affirmation of officers by the new board gave us Marguerite Hardin, president, Judy Towill, vice-president, Shari Laszlo, treasurer, and Marti Sevier as secretary. Sylvia Shaw and Mason Harris (newly elected) will serve as members at large.

Karen Lees, who did not stand again, was thanked for her many contributions to the branch, originally as a Family to Family teacher and more recently as a board member.

The new board and several volunteers were presented with roses from Marguerite Hardin's garden – a wonderfully aromatic way of saying "Thank you!"



Sylvia, Mason, Shari, Marti, Marguerite, and Judy

Thanks to the new board for their willingness to give their time and effort to the North Shore Branch.

MENTAL ILLNESS AWARENESS WEEK

Once again the Canadian Alliance on Mental Illness and Mental Health is launching Mental Illness Awareness Week (MIAW), October 3-10, 2005. Building on last year's successful theme, the "Face Mental Illness" materials will feature four more individuals who have a serious mental illness and are now doing well.

BCSS North Shore will be holding an information day, with videos, on October 5, from 1-8 pm at the West Vancouver Memorial Library. We will also have information tables at Park Royal Mall on October 7 and at Capilano Mall on October 8. Bookmarks and posters will be distributed to schools, service clubs, and the public at large.

If you can help with any of these public education/awareness activities, please call the Family Support Centre. You also might want to check out MIAW's website: www.miaaw.ca.

B.C. DAY at WATERFRONT PARK



Katie, Jeanette, and Louise at the North Shore Branch display.

HAVE TROWEL WILL TRAVEL

Is your garden begging for some attention? Janet Scott is available for light gardening at the great rate of \$10/hour. Just call the office and leave a message for her.

WALK THE WORLD 2005

On Sunday, June 26, about 40 folks gathered at John Lawson Park for a collegial walk along the seawall to Dundarave Pier. The walk was officially launched by Ralph Sultan, MLA for West Vancouver - Capilano. The West Vancouver Adult Pops Band provided their trademark rousing music, and balloons, as usual, were handed out to children on the route.



The Adult Pops Band performs for Walk the World.

NORTH SHORE CANADA DAY PARADE



Hardy marchers muster at Janet's before parading forth.

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.