



British Columbia  
Schizophrenia Society

# The Notepad

North Shore Branch Newsletter

**PUBLIC EDUCATION EVENING**

## Family Involvement: *It's About Time!*

**Steve Bornemann, MSW, MPA**

**Date: Wednesday, April 26, 2006**

**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,  
BN 89422 6935 RR0001

***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 BCSS North Shore.

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

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

## FAMILY INVOLVEMENT IN MENTAL HEALTH CARE

The BC Schizophrenia Society has long held the view that family involvement in the care of the seriously mentally ill is not only desirable, but is necessary to the achievement of optimum outcomes for the patient.

There is now a substantial body of clinical literature upholding the validity of this view. Steve Bornemann is a professional, now retired, with lengthy experience in the mental health field. His approach has been to offer families with an ill relative information and compassionate support. He sat on the family and staff committee in Vancouver that produced the position paper titled "Putting the Family into the Picture."

Steve will speak to this important issue April 26 at LGH, 7:30 p.m., in the old auditorium.

**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*
- I prefer to donate by monthly direct deposit \$20\_\_ \$30\_\_ \$50\_\_ Other \_\_
- 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*

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

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

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

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

## IN MEMORIAM RENEE MAKI

The North Shore Branch has lost another old friend and formerly active volunteer. In her youth, Renee was an intrepid aviatrix whose exploits were featured in the Edmonton papers. Her adventurous spirit was also in evidence when she later departed for Central and South America to teach.

Renee was Membership Chair of the branch in the early nineties, and faithfully attended meetings and Xmas parties, in later years escorted by her attentive son Michael. They came together to the 2004 banquet, Renee in her wheelchair still bright-eyed, alert and appreciative of the good friends, lively music and fellowship surrounding her.

We offer our condolences to Michael and his younger brother Chris and family.

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## FAIR WEATHER HERALDS RETURN of FRIDAY FRIENDS

Friday Friends, a low-key social group for people recovering from a severe mental illness, will be meeting again Fridays from 2 - 4 p.m. at the BCSS Family Support Centre, #205 - 1865 Marine Drive in West Vancouver.

We do need a group to go ahead, however, so please let us know if you would like to attend. Tea will be served, and friendly conversation is always on the menu. Ask your friends if they would like to come and ask them to please call us too, at (604) 926-0856.

*BCSS, North Shore Branch acknowledges the support of the Province of British Columbia, West Vancouver Community Foundation, Lynn Valley Lions Club, District of North Vancouver, City of North Vancouver, District of West Vancouver and many other generous donors.*

## PARTNERSHIP PROGRAM SEEKS NEW PRESENTERS

The North Shore Branch has had one of the busiest sessions of the last few years delivering first-hand accounts to high school and college students of what it is like to suffer a severe mental illness oneself, or to deal with a close family member who is afflicted.

We have visited most North Shore high schools this year, but would like to be able to cover all of them. In case of illness or other commitments on the part of the presenters it would be very useful to have more “crew” members in reserve, so requested dates could always be accommodated.

This is a very rewarding program to be involved in. You will be telling your own story, so you have the “facts” down pat. We will help you shape what you plan to present, and provide adjunctive information that can be worked into your own narrative, or drawn on when you answer students’ questions.

One of the students who filled out the “What did you learn?” section of our evaluation form recently said, “I learned that real people can hear things and see things that aren’t there – I used to think that was only in fiction!”

Because more solid evidence is now available regarding the real harm that can result from marijuana use, particularly at a young age when the brain is still developing, we’re planning to make this an item of particular focus in future presentations, and will be preparing special handouts on the topic. Those who have witnessed the effects of pot use can influence young people and help prevent future harm.

If you’d like to hear more, or think you might help us out, please call (604) 926-0856.

**Sibling Support Group** meets the first Monday of the month at the Family Support Centre at 7.30 p.m. For information, call (604) 926-0856.

## Building a Future for BCSS North Shore Branch

Many dedicated members and other volunteers have offered their help to our society over the years, making the North Shore Branch a vibrant and purposeful organization. New members continue to join, bringing passion and energy to the task of “alleviating the suffering caused by schizophrenia and other serious mental illness.”

Looking ahead, the board is always considering ways to ensure that the Branch will be able to maintain and expand the level of service we have provided since the establishment of the Family Support Centre. For this we need a mechanism that would provide an adequate level of assured income each year, in the event that other funding sources are no longer available.

We are therefore (once again!) encouraging members and supporters to keep in mind the idea of contributing to the North Shore Branch Endowment Fund. A bequest in your will is one way of doing this, but better still, would be a special gift while you are still around. We will then have the pleasure of thanking you personally, and you will have the immediate satisfaction of knowing you have helped build a stronger future for the North Shore Branch.

A bequest from our initial benefactor, Janet Morgan, was instrumental in allowing us to keep the Family Support Centre open a few years ago when our major funding source stopped providing grants to any community agencies. As our still modest endowment base grows, we are more confident about not being caught in such a tight squeeze again, and are able to start making plans for more pro-active family support and much needed advocacy efforts on behalf of families and their ill relatives.

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, BC V7V 1J7

## Stand Up for Mental Health Comedy Troupe Delivers

"I almost had a psychic girlfriend but she left me before we met."

The Lions Gate Hospital auditorium became a virtual Vegas showroom February 22 as nine comics plus the man himself – David Granirer – held their solid and enthusiastic audience captive, throwing around four-letter words like ward, meds, docs ... with gleeful abandon.

"Ever stop to think, and forget to start again?"

Imran Ali, Carmen Gaylard, Phyllis Parsons, Joan Stone, Jennifer Steel and Roxanne Teale were curtained by the droll Robbie Englequist at the start and Paul Decarie at the finale. Schizophrenia, depression, mania, medicine and mental health all came within their sights, and insights. All the scene lacked was the fountains, the ersatz Eiffel and the high (U.S.\$) pricetag.

Information on the troupe can be found at [www.standupformentalhealth.com](http://www.standupformentalhealth.com), or by phoning teacher David Granirer at 604-205-9242.



### Annual General Meeting May 31

Mark your calendar now to get in on the fun. This year marks the tenth anniversary of the incorporation of the North Shore Branch – something to celebrate! We will have food as well as flowers this year, and hope to see you there. If you have an interest in serving on the board or would like to nominate someone, please call the office.

## Please join us for Summer Awareness Events

**June 3** – Annual West Vancouver Community Day Parade. Our marchers, wearing their spiffy new “North Shore Branch” T-shirts, interact with up to 10,000 spectators. Mike Kelly joins us again in his classic green Austin, which draws many gazes our way.

**June 25** – For the fifteenth consecutive year, our very own “Walk the World for Schizophrenia” event will kick off at 10 a.m., near the shelter at John Lawson Park. Walkers then proceed along the scenic West Van Seawall to Dundarave and back, with balloons and brochures to hand out.



**July 1** – Our second appearance in the North Vancouver Canada Day Parade. We still need an interesting vehicle to help us on this one, and a good clutch of marchers (first-timers get one of those T-shirts with our lovely “S” logo!). You can show it off to 20,000 spectators – an important contribution to schizophrenia awareness!

