



British Columbia
Schizophrenia Society

The Notepad

North Shore Branch Newsletter

PUBLIC EDUCATION EVENING

ACT: Assertive Community Treatment – a proven alternative to institutional care

Dr. Joan Bishop

Clinical Associate Professor of Psychiatry, UBC
Staff Psychiatrist, Riverview Hospital

Date: Wednesday, November 22, 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
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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*Your generosity is appreciated.
Receipts will be issued for income tax purposes.*

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Rose Leeson and BJ Warner at this year's North Shore Volunteer Fair September 30

Support Groups

Families and friends, come and share your questions, concerns, and experiences with 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. For more information on Support Groups please call (604) 926-0856.

14th VOLUNTEER FAIR

Park Royal Mall North was the venue for the 14th Annual North Shore Volunteer Fair held September 30th. Roslyn Jackson, Barbel Ismen, Paula Williams, Goli Vanderbijl, Mona Farrell, Rose Leeson and BJ Warner staffed the information display table and distributed brochures to interested passersby. Rose and BJ are featured below. Thanks to all of the above for this public awareness and education effort!



**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 operating
 - 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: _____

Mental Illness Awareness Week, October 1 - 7, 2006

BCSS North Shore volunteers staffed displays at West Vancouver Library, Park Royal South and Capilano Malls, interacting with more than 400 individuals, some of whom stopped to discuss their experience with mental illness. Many thanks to Rosemary Bonner, June Scott, Dianne Creaney, Goli Vanderbijl, Joan Barry, Peter Sandall, Viki Macmillan, Charles Botham, Marti Sevier, Risetete Tchakedjian, May Kronert, Elizabeth Blakely, Sylvia Shaw, Wilson Dillon, Tim Holmes, Trish Marten, Eileen Reilly, Louise Harris, Roslyn Jackson, Margaret Dean, Dagmara Broeker and Marge Millar for their participation in this community awareness event.

FAMILY TO FAMILY

Our popular 12 session course for family members dealing with serious mental illness will be offered again, starting January 30. Please call soon to register if you or someone you know would like to attend. A father currently attending the course remarked, "There is a revelation in every class – I always learn something!"

BLAIR WILSON MEETING

Mr. Wilson, M.P. for West Vancouver-Sunshine Coast-Sea to Sky Country responded to our MIAW-related invitation, and met for more than an hour with several board members at the Family Support Centre to discuss the work of the Branch and Centre. In a thank you letter he wrote: *"My heart goes out to the people and families affected by schizophrenia and I truly appreciated the time we shared together."*

Mr. Wilson chairs the 8 member BC Liberal caucus. His office will monitor developments in parliament pertaining to the Kirby Report on Mental Illness.

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, the North Shore Community Foundation, the Chris Spenser Foundation and other generous donors.

Patient Peer Support Program

Gillian Walker, OT, Amanda Schell and Parveen Somji, Peer Support Workers, presented information about the patient to patient Peer Support Program that will soon be operating on the North Shore. Patients who have made a good recovery from severe mental illness are being trained to provide support to those in the early stages of that process. The program has proved very successful in Squamish and Vancouver.



Santa and Mrs Claus greatly enjoyed last year's Christmas Party with the North Shore Branch.

PROVINCIAL AGM POSTPONED

The provincial BCSS Annual General Meeting was to have taken place September 15th at the Delta Airport Hotel, but following award presentations was cancelled – an unprecedented occurrence – due to a lack of the required quorum of 31 members in good standing. The AGM has been re-scheduled for 5 p.m. Friday, November 17, in Victoria, at the Hotel Grand Pacific, 463 Belleville Street.

The same important concerns which were noted in the NO GO LOGO article in the September *Notepad* remain. Your proxy vote or, better still, your physical presence, could help the North Shore Branch make some important points. Please call the office if you want more information. Your support is deeply appreciated.

Dr. Joan Bishop to speak on ACT Teams Nov. 22

Dr. Bishop worked for many years in Ontario with patients suffering serious and persistent mental illness, most often in the community. Starting in 1996, she helped London Psychiatric Hospital start the first Assertive Community Treatment (ACT) team in Southwestern Ontario.

ACT teams provide specialized comprehensive treatment and rehabilitation services to patients in the community who have been deinstitutionalized, but who still require a high level of care because of the ongoing severity of their illness.

Dr. Bishop participated in an Ontario MOH Advisory Committee to disseminate ACT across the province, and provided guidance on proper methods for routine outcome monitoring to track the success of the teams. The data collected was used by the Ontario MOH to justify their policy of continued support and expansion of ACT as an effective, evidence-based practice in the continuum of required Community Mental Health Services. There are currently more than 60 ACT teams across the province.

Dr. Bishop moved to BC in 2002. She is now the medical manager and one of the psychiatrists for Hillside, a long term rehabilitation unit for adults with treatment-refractory psychotic disorders, at Riverview. She also teaches at UBC in the Faculty of Medicine, Dept. of Psychiatry and continues to participate in research. She has been invited to provide input into mental health planning for Vancouver Coastal and Fraser Health Authorities as they work on implementing 'Riverview Redevelopment beds'.

With Premier Campbell's "Deinstitutionalization was a failure" speech ringing in our ears, and the media carrying discussions about the appalling situation of the mentally ill on our streets into a second week, Dr. Bishop will offer some proven, practical solutions to a long-standing problem.

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

Sustaining the North Shore Branch

The Family Support Centre will soon be 12 years old! The realization of this innovative project stands out as a highlight in the history of the North Shore Branch.

The Centre has provided a locus for the many and varied activities of the Branch, and established a physical presence in the community. It has been open five days a week from the beginning, with telephone help available to families in crisis outside of-office hours.

Our wonderful volunteers do an enormous amount of work for the Branch, but most are family members and cannot always be available to provide the necessary coordination and administration that keeps the branch organization running. The board is keen to build our staff component as we look to the future of the branch, and that means building our dependable financial resources.

We explained in the April *Notepad* that we are encouraging people to contribute to our endowment fund, and are gratified that some of you have responded. To do this, simply send a note (or the form on page 2) with your contribution, whenever you choose to make it, stating that it is to be used "for endowment". You will receive the same official receipt for income tax purposes that we issue for all donations, and will have the satisfaction of knowing that your gift to the North Shore Branch will continue helping families dealing with serious mental illness as long as that help is needed.

Some of you may associate "endowments" with very large amounts, but any amount so designated can be allocated to our fund. If you would like to make a larger contribution, but cannot do so in your lifetime, please consider leaving a bequest to the North Shore Branch in your will. If you would rather give smaller amounts on a regular basis, call us about setting up a regular direct donation arrangement. These amounts could also be designated for endowment if you wish. They are receipted twice a year – at our fiscal year end, and at the end of December.

BCSS, North Shore Branch has been helping families deal with serious mental illness for nearly a quarter century. With your help we will continue to provide needed support, education, and advocacy far into the future.

Another Wonderful Christmas Party

We hope you'll join us this year on December 2 for an evening of good food, good fellowship, and musical entertainment at our annual Christmas Banquet. Once again, St. Stephen's Anglican, 885-22 nd Street in West Van is kindly lending us their large room for the occasion.



Please let us know - as soon as you can - if you would like to come for dinner. Call 604 926-0856

If you are also able to help us prepare for and cleanup after the festivities, please let us know right away. Many volunteers are needed to make these memorable evenings a success. Let us know if you will be available for set up, decorating, serving, table clearing, dishwashing, table stacking, sweeping, driving, or Santa duty. We may also need some help with shopping (to fill Santa's sack.) Call 926-0856 to sign on!

Volunteers Celebrated

Merry voices were heard at the Family Support Centre the evening of October 27, when forty of our active volunteers gathered to meet and enjoy each others' company. Staff and board members expressed appreciation for the work they do, and all present enjoyed the splendid buffet assembled by Shelley.

We are grateful to the following North Shore stores for donating food and beverages for the Volunteer Party: Westview Safeway, Esplanade IGA, Lynn Valley and Marine Drive Save On Foods, and in particular Capers in Dundarave for their very generous contribution.