



British Columbia  
Schizophrenia Society

# The Notepad

North Shore Branch Newsletter

**PUBLIC EDUCATION EVENING**

## North Shore & Sea to Sky Peer Support Program

**Gillian Walker, O.T., Co-ordinator**  
**Amanda Schell, Support Worker**

Date: Wednesday, September 27, 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.

## PEER SUPPORT IN MENTAL HEALTH CARE

Gillian Walker, Occupational Therapist with Community Psychiatric Services, will be the featured speaker September 27 at our first Public Education Evening this fall. Along with Squamish Peer Support Worker Amanda Schell, she will discuss the Peer Support program starting up on the North Shore. Gill has headed the committee that designed the new program. Some of our friends and relatives were involved in the committee, and several will be taking the training to become Peer Support Workers.

The philosophy behind Peer Support programs is that people who have reached a good level of recovery from their mental illness can lend valuable and empathetic support to their peers (others suffering a serious mental illness.) They are paid for their work as PSWs and become part of our community mental health services.

**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: \_\_\_\_\_

## Executive Director Welcomed

The North Shore Branch is pleased to announce that Tom Anthony has joined our staff as Executive Director, joining Shelley Pelech, Administrative Assistant. Tom has long experience as an Anglican priest in local, national and international situations. He has encountered mental illness and addiction problems both in pastoral work and in personal situations.

Tom is looking forward to meeting branch members and our contacts in the North Shore community. He sees maintaining and expanding the work of the branch as a challenge he is pleased to undertake.

A Vancouver native and UBC grad, Tom plays rugby with the over-40 *Legends*. We are happy to have him on our side, now, and expect him to score many points as he carries the ball for the North Shore Branch.

## Mental Illness Awareness Week: October 1 - 7, 2006

MIAW this year continues the *Face Mental Illness* feature that made such an impact last year. Posters and bookmarks will feature photographs of people who have suffered a mental illness. This year four individuals will tell their stories and encourage Canadians to face the reality of mental illness by learning more about it. The MIAW website will also feature them along with a wealth of information on mental illness and its impact on individuals, families and communities.

BCSS North Shore will be contacting schools, churches libraries, service clubs and political representatives requesting they note MIAW and offering them MIAW posters and bookmarks, along with information on our Family Support Centre. Volunteers are needed to staff public displays, distribute the MIAW materials and phone contacts. Can you help raise community awareness of Mental Illness? Please call the office to volunteer for this important effort. (604) 926-0856.

## NO GO LOGO?

Last year at the local tennis club party, a gentleman noticed the “shining S” pin on my lapel and asked what it signified. I explained that it stood for the Schizophrenia Society and told him something about who we were. He nodded appreciatively and remarked: “I can’t say that I’ve heard much about your organization or seen that symbol before, but now that I’ve seen it, I will never forget it – *it’s a brilliant logo!*”

That was a spontaneous comment from a stranger who, when asked, identified himself as a business consultant.

Many of us at the North Shore Branch who have worked long and hard to establish a certain presence in our community concur with that gentleman’s assessment. We are mightily fond of our “shining S” logo, and have a considerable investment in things like letterhead, T-shirts, a sidewalk sign and of course the branch banner.

We are therefore not a little perturbed at some of the by-law changes being presented for approval at the provincial AGM next Friday – see sections 3.05, re **branding** and 6.15(vi), re **abolishing**, in particular. As one of the original three branches that joined together to create the provincial society, North Shore is now one of the largest and most active branches in the province. Should the provincial board have the right to abolish us if, for example, we don’t want to abandon the logo that has real meaning for many members, rather than jump to adopt the one they have endorsed without consulting us? An unlikely scenario, perhaps, but the sections noted, and others, need further consideration. Please join us at the AGM or call the office to hear our concerns. You can sign a proxy if your membership is paid up.

Marguerite Hardin

*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 and many other generous donors.*

## FAMILY TO FAMILY

Family to Family, an intensive education course for family members dealing with serious mental illness, is being offered again at the Family Support Centre, starting Tuesday September 12.

There are 12 sessions, peer-taught by family members who have personal experience of dealing with an ill relative and of negotiating the maze of mental health services. The course covers the range of serious mental illness (bipolar and severe depression as well as schizophrenia).

Graduates have been overwhelmingly positive about the value of this course, saying it helps them better understand their relative’s illness, gives them tools and resources to help them through the rough patches, and introduces them to an ongoing system of personal support.

There may be one or two places left when you receive this. Call (604) 926-0856 to reserve one.

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## Does Cannabis Cause Psychosis?

More and more studies are appearing these days affirming what families had concluded long ago from their own and others’ experience: there is indeed a causal effect between cannabis use and the development of schizophrenia or other psychotic illness. The Canadian Journal of Psychiatry reported in August 2006 that “Evidence from 6 longitudinal studies in 5 countries shows that regular cannabis use predicts an increased risk of a schizophrenia diagnosis or of reporting symptoms of psychosis. These relations persisted after controlling for confounding variables, such as personal characteristics and other drug use.” Interestingly, “The relation did not seem to be a result of cannabis use to self-medicate symptoms of psychosis”- i.e., the cannabis use came first.

The **Sibling Support Group** will meet Monday September 11 at the Family Support Centre starting 7:30 p.m. For info call (604) 926-0856.



June 3: West Vancouver Community Day Paraders Tim Holmes, Marti Sevier and son Alex, Marguerite Hardin, Kay Vinall, Bob Perehinski, Louise Harris, Susie Stevens, Paula Williams, Shelley Pelech and others show their colours.



June 25: Dr. Tom Calder, BCSS North Shore's very own Music Man, along with the West Van Adult Pops Band, sent the Walk off with their signal tunes.



July 1: Michael Maki and Bob Perehinski hold the banner while North Vancouver Canada Day Parade marchers Louise Harris, Janet Scott, Herschel Hardin and Janice Lilley wait for the signal to march.

## Making the World Aware

The **West Vancouver Community Day Parade** on Saturday, June 3<sup>rd</sup> launched our annual triad of awareness-building walks. A faithful contingent of members and friends enjoyed the opportunity to march down Marine Drive from the Community Centre to the Ambleside Park Community Fair with our BCSS North Shore banner held on high for all to see. We thank the 16 volunteers who participated, especially driver Mike Kelly, for making us visible to the crowds who lined the route.

Our own 15<sup>th</sup> Annual **Walk the World for Schizophrenia** on Sunday, June 25<sup>th</sup> began at John Lawson Park with the presentation of a “giant cheque.” Carol Ludvigsen, Grants Committee Chair of the West Vancouver Community Foundation, presented the cheque to branch president Marguerite Hardin, who then declared the Walk open. The boisterous music of the West Van Adult Pops Band accompanied 52 enthusiastic supporters wearing their S-emblazoned North Shore Branch T-shirts to Dundarave Pier and back. Our walkers and banner were seen by hundreds of passers-by, many of whom received information brochures. A hearty thanks to all who participated.

On Canada Day, July 1, the North Shore Branch joined in the **North Van Canada Day Parade**, marching from Grand Boulevard to Mahon Park, this year with the attention-getting help of driver Denny Bromley's bright yellow two-seater. The branch banner was seen by many thousands of spectators at this popular event, and more than 600 accepted information leaflets from our enthusiastic crew. Thanks to the 19 members and friends who turned out for this final summer awareness-building event, especially the “tiny dancers” who caught everyone's eye.

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