



British Columbia  
Schizophrenia Society

# The Notepad

North Shore Branch Newsletter

**PUBLIC EDUCATION EVENING**

## Police Helping the Mentally Ill

Const. Jeff Palmer, West Vancouver Police  
Const. Jessica Plaus, North Vancouver RCMP

Date: Wednesday, February 28, 2007

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: [info@bcssnorthshore.org](mailto:info@bcssnorthshore.org)

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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Rose Leeson and BJ Warner man our display at the North Shore Volunteer Fair last September. The fair has been renamed Festival of Volunteers and takes place again on February 24. See page 4.

### 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 with any serious mental illness. Please call (604) 926-0856 to sign up.

## WHEN POLICE RESPOND TO MENTAL ILLNESS CALLS

The North Shore Branch has invited two constables from our local police departments to speak at our upcoming lecture on February 28.

West Vancouver police Const. Jeff Palmer is experienced in responding to emergency calls to help mentally ill patients. He has been a member of the municipal force for several years and worked as a police service dog handler for several years before moving to Community Policing.

North Vancouver RCMP Const. Jessica Plaus has worked in the traffic section and now does regular patrols as a member of D watch. Plaus has a psychology degree and her father is a psychologist so she is familiar with people with serious mental illnesses from a policing perspective as well as through her education and father's line of work.

Our branch members know about the vital role police officers play in helping our ill loved ones get to hospital in a crisis. Don't forget to have questions ready to ask the constables when you attend the talk.

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

## In Memoriam

David G. Malchow

1937 – 2006

Long-time members whose relatives were treated at LGH during the eighties remember psychiatric Social Worker David Malchow as a kind and helpful professional whose dedication to his work carried over into his life outside the hospital. His concern for the patients he worked with, given the paucity of supports available in the community, led to years of volunteer work with Marineview Housing Society, which had pioneered the development of psychiatric housing on the North Shore. Bob Wallace, whom he recruited to the board, remembers asking him how much time such a commitment would take: "All the time you've got!" was David's reply.

When the original pink stucco "Marineview" residence in West Vancouver was rebuilt, Bob prompted the board and the society's flagship residence was renamed "Malchow House" in David's honour. David passed away last November in India, where he had resided since his retirement in 1992.

## Partnership Presentations

New participants are urgently needed to help us expand this vital, ongoing program. For years, family members and patients who have suffered a serious mental illness have been speaking as a team to classes of high school and college students across the North Shore. These first person accounts from people who have experienced mental illness or gone through the agony of having a relative fall ill make a deep impression on students and teachers alike. Factual information about the early signs and symptoms, the importance of seeking help promptly, and the serious risk to vulnerable young people of precipitating schizophrenia through marijuana use is always included. Please contact us soon if you would consider joining our team. Coaching will be provided to help you get started. 604-926-0856.

## Victim Services seek answers from BCSS North Shore

- What causes schizophrenia?
- How should someone in a psychotic state be approached?
- How can we help families who are reluctant to consider the possibility that their family members' problems may be due to mental illness?

Those were just a few of the questions Marguerite Hardin answered recently when she and the North Shore Branch's new Executive Director, Anna Marie D'Angelo, spoke to 11 members of the Victim Services Team at the West Vancouver Police Department.

What was scheduled as 15-minute talk on January 31 approached an hour as victim services staff asked questions and spoke about encounters they had had with the mentally ill.

These sometimes front-line workers with people in mental illness crisis expressed the same frustrations that many of our members have experienced in being unable to get immediate medical treatment for someone who should be in hospital.

The session reinforced the need for the services, programs and advocacy measures the Branch provides here on the North Shore.

In the fall of 2005, Herschel Hardin presented to platoon officers at the West Vancouver Police Department an outline of the programs and services offered by the Family Support Centre. He also went into the police's role in helping people in psychotic crisis get to hospital where they can be assessed and treated. Police are vital partners in helping those suffering from psychosis - if they are acting in a manner *likely to endanger* themselves or others - receive the treatment they need.

Herschel has also made presentations to all four watch patrols of the North Vancouver RCMP. The last presentation was on January 7 at the detachment for D watch officers.



Marguerite Hardin speaks to the WVPD Victim Services Team at the police station on January 31. To Marguerite's left is Carol (Bunny) Brown, manager of the Victim Services Program.

## Please donate a little time

In our efforts to spread the word about the Family Support Centre and all the services we offer, we rely on the help of volunteers who distribute posters, usually close to home, in public places. The posters promote our lecture series and other events such as Walk the World.

Distribution for each route should not take more than a couple of hours, five or six times a year. Right now, we are also taking steps to increase the availability of our Family Support Centre brochure. To ensure that we reach as many people as possible who need our services, we would like to have volunteers stock and periodically check on our brochures at various public spots on the North Shore. Again this task should not take more than two hours a month.

Please call the office or email, if you are able to help us. We'll be glad to hear from you!

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

## Restaurant outing planned for March

The North Shore Branch is busy with plans to hold our next restaurant outing on Wednesday, March 28 at 5 p.m.

For many years, the branch has been hosting this popular event. The aim is to have your family member spend time with good company and enjoy delicious food as our guest in a congenial social setting.

Patients from psychiatric housing across the North Shore will also be invited. Cheers is already booked, so please let us know soon if your family member will be joining us.

## Looking ahead . . .

■ The North Shore Branch is pleased to report that the **Family to Family** education course that started on January 30 was fully booked with participants coming in from as far away as Squamish. It is not too early to register for the next 12-week session, which is tentatively booked to start on Tuesday, September 18.

■ It is never too early to mark your calendar and block off a little time to take part in our public awareness events in June. Besides getting good exercise, you will help us in our ongoing efforts to raise public awareness about serious mental illness. First up is the West Vancouver **Community Day Parade** on Saturday, June 2. Next is our very own **Walk the World**, which takes place on Sunday, June 24; then the **Canada Day Parade** the following Sunday in North Vancouver. The more walkers, the merrier. Do come. Bring your friends and extended family too!

■ The North Shore Branch will have a table at the **Festival of Volunteers**, Saturday, February 24 at Park Royal North. Drop by and say hello.

*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 Spencer Foundation and other generous donors.*

## New Members Welcome

BCSS North Shore is always pleased to accept new members. If you know of anyone interested in being part of our efforts in helping the mentally ill and their families, please ask them to call our office at 604-926-0856 or send an email to: [info@bcssnorthshore](mailto:info@bcssnorthshore). Anyone interested in our programs can also check out our website. It is a great source of information about the work BCSS North Shore does, as well as being an excellent resource and educational tool for anyone wanting to learn more about serious mental illnesses. Our website address is: [www.bcssnorthshore.org](http://www.bcssnorthshore.org).

## Positive Headlines

■ Did everyone see the great article in the *North Shore Outlook* featuring our own Janet Scott? "Treatment Options", published Thursday, January 25, 2007, also includes comments from Dr. Joan Bishop, staff psychiatrist at Riverview Hospital and feature speaker at a BCSS North Shore lecture last fall. The article is posted at the Family Support Center, if you can't locate a copy

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## The Joys of Not Smoking

We were heartened to receive a notice recently advising that the Ministry of Employment and Income Assistance is offering to cover the cost of Nicotine Replacement therapy (NRT) for those currently receiving income assistance, which of course includes the disability pension that many of our relatives receive. The program, titled "QuitNow", includes telephone consultation with a counsellor (call 1-877 455-2233) who will advise the individual which type of nicotine replacement product to record on the form that they received in the mail. They then need to go to their local Employment and Assistance office to sign up to have the product supplied. Response to this offer has been much greater than anticipated. We recommend that anyone who is interested sign up as soon as possible. We can supply the form if it has been misplaced.