



North
Shore
Schizophrenia
Society

The Notepad

The NSSS Newsletter

PUBLIC EDUCATION EVENING

Lost in Transition:

How a Lack of Capacity in the Mental Health System is Failing Vancouver's Mentally Ill and Draining Police Resources

speaker:

Detective

Fiona Wilson-Bates

*Vancouver Police Department
Author: Lost in Transition*

Date: Wednesday, April 30, 2008

**Location: Lions Gate Hospital
Auditorium
13th Street entrance**

Time: 7:30 p.m. . . . sharp

Family Support Centre North Shore Schizophrenia Society

#205 - 1865 Marine Drive, West Vancouver, BC, V7V 1J7
Open 9 a.m. to 5 p.m. Monday to Friday, or by appointment.

Tel/Fax 604-926-0856

www.northshoreschizophrenia.org
email: info@northshoreschizophrenia.org

The North Shore Schizophrenia Society is a
Registered Charity: BN 89422 6935 RR0001

*Your generosity is appreciated.
Receipts will be issued for income tax purposes.*

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Support Group

Come share your questions, concerns, and experiences with members of the NSSS. Support Group meetings are held each month at the Family Support Centre, for family members and close friends of those afflicted with any serious mental illness.

Please call 604-926-0856 for more information, upcoming dates, or to register.

Tips on Giving Joy or Sorrow

A stranger walked into the Family Support Centre last week and donated \$500 in cash. No suit and tie, no pretensions; just an ordinary guy walking in off the street. We were overwhelmed by the gesture. He explained that being on the North Shore, we were part of his community, and that someone he knew well was mentally ill.

It's not every day we get that kind of help. He got us thinking.

It reminded us of all the reasons we have for giving: joy, sorrow, empathy, concern, gratitude for help received, or a desire to help others facing difficulties that we have faced. If we are able to help, contributing to the work of a family support centre is an excellent way to go about it.

**I would like to help the
NORTH SHORE
SCHIZOPHRENIA SOCIETY
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 the NSSS endowment fund, a gift that goes on forever
- by making a bequest to the North Shore Schizophrenia Society in my will;
 I would like some suggestions for appropriate wording

Name: _____

Address: _____

Postal Code: _____ Tel: _____

Email: _____

VPD Report author to speak at April public education evening

Deinstitutionalization of the mentally ill has turned police into front-line mental health workers, with many people who should be in care living in the streets. This report, released at the end of January, caused quite a stir in the local and national media. Now we need action as well from various levels of government.

Youth Concurrent Disorders

Carrie Lusztig and Ryan Santin from the North Shore Youth Concurrent Disorders program spoke at our last lecture at Lions Gate Hospital on February 27. Their presentation included a



lot of information on the connection between marijuana use and psychosis – something we are keeping a very close eye on. More and more studies

confirm the link, although the drug has been touted as a “harmless, natural herb” and its use is already widespread. Getting this information out to young people is vital, because at the point when many begin using, their brains are still developing and are therefore more susceptible to the harmful effects that occur.

REACHOUT Support Group for Teens with Mentally Ill Parents

There is a new support group on the North Shore for teens with mentally ill parents. REACHOUT is open to teens age 13 to 18, and meets every Tuesday from 4:30 to 6:30 p.m. on the second floor at 152 East 15th Street in North Vancouver. To register, or for more information, please contact Carrie or Ryan at 604-984-3795.

Peer Support Training

Coastal Mental Health is recruiting for the fall session of its Peer Support Worker training program. If you have a diagnosed mental illness and would like to be able to give support to others, check their website for complete application details. The closing date is April 30. www.vch.ca/mental/peersupport.htm.

NSSS AGM

The Annual General Meeting of our recently re-named North Shore Schizophrenia Society will be held Thursday, June 5 in the auditorium at Lions Gate Hospital, starting at 7:30 p.m. Your membership must be paid by May 29 if you wish to vote. We hope you will plan to attend.

The past year was a time of significant change and growth for our society. Committed members to serve on the board or various committees are always needed to sustain this momentum. Please contact the office to explore the possibilities of helping us build an even stronger and more vigorous organization.

Establishing the Family Support Centre thirteen years ago was the beginning of making a dream reality. Finding a way (and considerable means) to establish a home of our own is a long-term goal that now needs to be explored and planned for. Would you like to help? We'd like to talk.

Extending the Network of Support

NSSS has inaugurated a new support group for families in Squamish, Britannia Beach, and elsewhere in the Corridor. Our **Sea to Sky Family Support Group** will meet in Squamish on the third Tuesday of the month at 7:30 p.m. For more info, please call Sue at 604-898-9372.

Restaurant Outing

This year's **Restaurant Outing** for patients on the North Shore was on a day of very odd weather, but that didn't stop us from having a great time! Despite the hail and lightning, 45 guests enjoyed a lovely buffet and good company during dinner at Cheers in North Vancouver. A special thank you to volunteer Virginia. If you didn't receive your invitation this year, please call the office at 604-926-0856 to update your contact information and make sure we have you on our list.

The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia, District of North Vancouver, City of North Vancouver, District of West Vancouver, the North Shore Community Foundation, West Van Community Foundation, Lynn Valley Lions Club, F.O.E. #2638 and our many other generous donors.



The results are now official – our thanks to each and every one of you who voted for us! We did very well, especially considering that we are a small, local group up against very well-known organizations like Amnesty International and Doctors Without Borders. We were surprised and deeply honoured to be nominated for this national award last fall and have just received \$7,840 to help continue our programs and services.

Lynn Valley Lions Support the Family Support Centre

Our warmest thanks to the Lynn Valley Lions Club, who recently presented a cheque for \$2,100 to help us continue to provide programs and services through the Family Support Centre. The Lynn Valley Lions Club has supported our work for many years, giving us the opportunity to expand programs to meet increasing demand, such as the Family to Family education course, now offered twice a year.



NSSS in the Community



Information tables at local events are a great way to spread the word about who we are and what we do. Our crews were on the job recently at the **North Shore Festival of Volunteers** at Park Royal, and at the **Transition Planning Fair for Young Adults with Disabilities**, held at the Lucas Centre. Thanks to all the volunteers who teamed up to provide information to the public about our programs and services!

The North Shore Schizophrenia Society is an incorporated society and registered charity, BN 89422 6935 RR 0001
Tax receipts will be issued for all donations.
To help the NSSS, send contributions to:
205 – 1865 Marine Drive, West Vancouver, BC V7V 1J7



Summer Awareness Events Calendar

Are you ready for the sunshine... or the rain?



Our troops carry on regardless of the weather, taking our message of empathy, acceptance and compassion for the mentally ill to the greater community.

Call 604-926-0856 or email info@northshoreschizophrenia.org to sign up for any of these events ! Don't forget to tell us your t-shirt size - we have new t-shirts with our new name. All events start at 10:00 a.m. assembly will be earlier

west VANCOUVER
THE WATERFRONT COMMUNITY

community day parade

Saturday, JUNE 7
10:00 a.m.

**WV Community Centre
to Ambleside Park**

This will be the first public event where we march under our new name with a new banner and new t-shirts.

The West Van parade was a big venture for us when we started marching with our banner twelve years ago. We hope you will be able to join us this year under the shining 'S' as we wave to the crowds and generate warm applause.

The parade proceeds along Marine Drive from 22nd to 13th St. Participants can then join in the Community Day festivities at Ambleside Park if they wish.



SUNDAY, JUNE 22

10:00 a.m.

**John Lawson Park and
West Vancouver Seawalk**

The North Shore Schizophrenia Society's own annual walk to raise awareness about serious mental illness will celebrate its 17th anniversary this summer!

Join us at John Lawson Park, then walk to Dundarave Pier and back on the beautiful West Vancouver Centennial Seawalk.

Can't get around on foot? We will have an information table set up at John Lawson Park during the Walk and will need a few volunteers there as well.



**North Shore
Canada Day Parade**



TUESDAY, JULY 1

10:00 a.m.

**North Vancouver
Grand Boulevard to
Mahon Park**

More than twenty thousand people watch this popular community display each year. You can come early for a pancake breakfast at Grand Boulevard Park, then join us to march in the parade, where we hand out hundreds of leaflets. Call us if you have a suitable vehicle to accompany our enthusiastic marchers of all ages (see below).

