



North
Shore
Schizophrenia
Society

The Notepad

The NSSS Newsletter

PUBLIC EDUCATION EVENING

Youth Concurrent Disorders

Getting help for mentally ill youth with addictions

Speakers:

**Carrie Lusztig and
Ryan Santin**

*Vancouver Coastal Health Child and Youth
Concurrent Disorders Program*

Date: Wednesday, February 27, 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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NSSS member and volunteer Herschel Hardin is interviewed about Riverview Hospital by CBC Television News reporter Eric Rankin. See page 4

Support Group

Come share your questions, concerns, and experiences with members of the North Shore Schizophrenia Society. 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

Updating Your Will

If you have specified a bequest in your will to help ensure the work of our North Shore Schizophrenia Society continues, it would be a good idea to update the relevant wording to reflect our recent name change. This can be done with a simple codicil, without recourse to a lawyer. It's always useful, indeed important, to make sure the name of the intended recipient is exactly stated.

We are still the same organization that started out as the North Shore Friends of Schizophrenics and then became BCSS, North Shore Branch, but our new legal name, duly registered, is the "North Shore Schizophrenia Society." We can provide you with the appropriate wording and instructions for filing the codicil. Please get in touch with us if you'd like help with this or have any questions.

**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 NSSF 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: _____

In Memoriam

Tom Scott

The NSSF lost another old friend recently when Tom Scott lost his fight with cancer. Tom was President in the late 1980s, when we were North Shore Friends of Schizophrenics. In addition to our organization, Tom volunteered for several years with Marineview Housing Society, and worked diligently to improve the psychiatric housing stock on the North Shore.

One of our members recalls a magical half hour she spent one misty morning at the Scott home in Deep Cove, as Tom played a selection of old and hauntingly beautiful Scottish fiddle tunes from the highlands where her family originated. Warm condolences to Margaret and family.

Lost In Transition: the VPD Report

By now, most people will have heard about the Vancouver Police Department's recent report detailing the overwhelming percentage of police calls responding to the mentally ill in the city. In the notorious downtown eastside, it's almost 50%. Police officers are becoming front-line psychiatric workers because healthcare services for the mentally ill have been steadily chipped away over the past two decades. The planned closure of Riverview Hospital without adequate replacement facilities is of particular concern.

This report has raised awareness among the general public and encouraged many to voice their concerns to the provincial government.

You can send your comments to:

George Abbott
Minister of Health
Room 337
Parliament Buildings
Victoria, BC
V8V 1X4 or by email to
george.abbott.mla@leg.bc.ca

The full report is available in PDF format on the Vancouver Police Department website:
www.city.vancouver.bc.ca/police/Whatsnew/lost_in_transition.pdf.



North Shore Schizophrenia Society

Our North Shore Society was one of the pioneer groups in the Lower Mainland that got together to found the B.C. Friends of Schizophrenics in 1983. When the name was changed to British Columbia Schizophrenia Society in 1992, we became BCSS, North Shore Branch, and were incorporated under that name in 1996.

Now we have another change to share with you: as of January 25, 2008, we have become independent of the provincial society, and are an ordinary Society (no longer a branch), duly registered with the B.C. Registrar of Companies.

In the everyday sense, not too much will change in the near future. The Centre will remain open in its present location and we will continue to offer the same personal support to families dealing with serious mental illness as we have done for many years now. Our purpose remains the same, our board, staff and active members will continue to deliver our considerable range of programs, including public awareness, advocacy, and social events for patients and families.

At the same time, we are busy with plans aimed at ensuring our continuing ability to deliver our family support following the peer support model that our members and contacts find so valuable and reassuring. The warmth and very personal approach we have maintained at the Centre has meant a lot to members over the years.

We had opened our Family Support Centre in 1995 because we needed a publicly accessible location to accommodate growing numbers of families who were coming to us for information and support. We also wanted a welcoming place where families could come if they were feeling overwhelmed, and where they could call without feeling that they were "bothering" someone by calling them at home.

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, and our many other generous donors.

Our range of activities has expanded over the years, and our membership base has continued to grow, in contrast to sharply declining numbers in some other organizations around the province. Our membership has also remained remarkably loyal and attached to the group that supported them when they and their family were in very great need of help and understanding.

Some of our older members have been around from the very early days, when families first started getting together to support each other, share information, and learn to better help their schizophrenic relatives. They remember the hope and excitement of helping to build a supportive, family-based organization which helped them through their immediate problems and carried on with advocacy to help improve many aspects of the care system for the seriously mentally ill.

Many new members, some dealing with other disorders, such as bipolar or severe depression, have come to us through the excellent *Family to Family* education course, which we will continue to teach, or have learned of our Centre via posters and brochures that we regularly distribute in the community. Our website, at www.northshoreschizophrenia.org has also increased awareness of our services and helped increase membership. Our Society is strong and determined to carry on, holding our banner high.

Youth Concurrent Disorders

Join us in the Lions Gate Hospital auditorium at 7:30 p.m., Wednesday, February 27 for a talk about treatment for young people struggling with both substance abuse and mental illness.

Carrie Lusztig and Ryan Santin from the Vancouver Coastal Health Authority's *Child and Youth Concurrent Disorders* program will discuss different treatment options and how to help youth get into treatment programs.

The evening is part of our ongoing series of public education talks, held four times a year.

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 NSSF, send contributions to:
205 - 1865 Marine Drive, West Vancouver, BC V7V 1J7

HELP WANTED

Volunteer Opportunities

Contact us at 604-926-0856 or
email: info@northshoreschizophrenia.org

FESTIVAL OF VOLUNTEERS

The second annual Festival of Volunteers will be on Saturday, March 1 at Park Royal Shopping Centre in West Vancouver from 9:30 a.m. to 6:00 p.m. Volunteers are needed for one and two hour shifts at our display table. This is a significant public awareness event for our society – can you help?

SIGN REPAIR

Do you have experience working with wood? Our sidewalk sign has some bumps and bruises requiring your expertise (and a little bit of paint). Give us a call if you can help.

EVENT AND PROGRAM POSTER/BROCHURE DISTRIBUTION

Posters for our programs such as Family to Family and events like Walk the World are distributed to nearly 100 locations on the North Shore. We need a few more volunteers to cover 10 sites each about seven times per year. We also make every effort to place our brochures in as many doctors' offices as possible on the North Shore. If you have time to distribute the Family Support Centre brochure to offices in your area, we would be very grateful.

TELEPHONE TREE

The NSSS Telephone Tree calls members without email with reminders and alerts about upcoming events, meetings and other news. Each caller has a list of no more than 10 members.

Riverview Meeting Draws a Crowd

We had a nearly full house for our latest Public Education Evening at Lions Gate Hospital, a meeting with Diane Thorne, Opposition Critic for Housing and Maxine Wilson, the Mayor of Coquitlam.



The audience was invited to participate in the discussion about what the future may hold for Riverview

Hospital and the surrounding lands, a topic very close to the hearts of many of our members.

The event received television news coverage, with friend of the Family Support Centre and former Riverview patient Jim Whitehead, long-time member Herschel Hardin and City of Coquitlam Mayor Maxine Wilson appearing on CBC News.

Winter Weather can't stop Santa!

Over 80 guests attended the 2007 Christmas Banquet at St. Stephen's Anglican Church in West Vancouver. Even a generous helping of snowfall couldn't dampen the spirit of the season and although the weather outside was frightful, the company inside was delightful.

Thank you to the many volunteers who decorated, prepared gifts, set up tables, served dinner, cleaned up and washed all those dishes!

Special thanks to our old friends the West Vancouver Adult Pops Band and to featured singer/guitarist Karin Roberts, and Santa.

Thanks also to the Safeway in Ambleside Village for their generous donation.

If it's March, it must be time for the Restaurant Outing

If you haven't received your invitation for the spring restaurant outing by the second week of March, phone us to get on the guest list!

The restaurant outing is an opportunity for patients to get together for fun and food at one of our favourite eateries on the North Shore.

Our thanks again to the volunteers who help make this occasion special for everyone and to the many generous donors who make it possible for us to have events like the Restaurant Outing, Christmas Banquet and Walk the World.