



North
Shore
Schizophrenia
Society

The Notepad

The NSSS Newsletter

ATTENTION MEMBERS: THIS IS YOUR OFFICIAL NOTICE OF THE ANNUAL GENERAL MEETING OF THE NORTH SHORE SCHIZOPHRENIA SOCIETY

North Shore Schizophrenia Society A G M Annual General Meeting

Date: Thursday, June 5, 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.*

Inside

- Tips on Giving..... 2
- Lost in Transition 2
- New Instructors 3
- Annual General Meeting 3
- Time to Shine! 4
- Open All Summer..... 4



Has it already been a year?
All members are invited to the Annual
General Meeting June 5. See page 3

Support Group

Come share your questions, concerns, and experiences with members of the North Shore Schizophrenia Society. Support Group meetings for family members and close friends of those afflicted with any serious mental illness are held each month at the Family Support Centre, and in Squamish for those in the Sea to Sky Corridor.

For information, upcoming dates, or to register, please call 604-926-0856 for the North Shore, or Sue at 604-898-9372 for Squamish.

Tips on Giving Others Can Help, Too

You may not be alone in your circle in wanting to help the North Shore Schizophrenia Society financially. Others who know your story - extended family, friends, neighbours, colleagues - may also want to help.

So the next time you're about to make a donation, think of those around you who might also want to chip in, and see if they're interested. Then if you're really feeling ambitious, consider organizing a fundraising event – a dinner, workplace gathering or something entirely different – we'd be delighted to hear your ideas.

Giving is for everyone.

**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 North Shore Schizophrenia Society endowment fund, a gift that goes on forever
 - Cheque enclosed
- 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: _____

Email: _____

Lost in Transition Public Education Evening

Detective Fiona Wilson-Bates, author of the groundbreaking Vancouver Police Department report *Lost in Transition: How the Mental Health System is Failing the Mentally Ill and Draining Police Resources*, spoke to a sizeable crowd at our last Public Education Evening., held April 30 at Lions Gate Hospital.



Detective Wilson-Bates' report and presentation were refreshingly candid. She spoke honestly about the problems in the system and where there is resistance to change. The police are stakeholders in the mental health care system now because of those problems, and Detective Wilson-Bates made it clear the VPD is not going to take the report and just go away. Chief Constable Chu and the VPD executive have put their full support behind this project, which will continue under Inspector Scott Thompson.

The VPD is concerned with more than the impact on their budget. The primary focus of the report, and perhaps even more of Detective Wilson-Bates' presentation, is the people whose mental illnesses are not being properly treated. The way these human beings are being treated by our society – or not treated, as the case may be – is, as she said in her presentation, “just not right.”

The report identifies a lack of realistic programs for concurrent disorders as a huge problem, along with the reluctance of many professionals to make use of provisions in the Mental Health Act. With many in need of treatment for both serious mental illness and substance abuse, almost all addiction programs require that people be “clean and sober” before they can begin, which just means those in desperate need of help are turned away.

The Vancouver Police Department's recommendations include adequate programs for concurrent disorders, a facility for longer stays, more supportive housing for the mentally ill and a system for sharing relevant information between various health service providers.

Family to Family Teacher Training

Family-to-Family, NSSS's flagship education program, has a new group of teachers available. The new teaching cadres assure continuity of the program into the indefinite future, while at the same time allowing long-time teacher Herschel Hardin and recent co-teacher Janice Lilley a chance to move on to other things.

The three-day intensive training program was done by teacher-trainer Eileen Callanan, who came down from Terrace for the session. Eileen, a major Family-to-Family figure, has taught the course herself more than 10 times and done six teacher-training workshops as well.

She is also the Family-to-Family representative in British Columbia, managing the program in the province and distributing updates.

NSSS, working with Eileen – and with the permission of Family-to-Family creator, Joyce Burland – has also made some key adaptations to fit BC circumstances, making the already empowering course even more relevant.

Most significantly, Class 11 on advocacy has been rewritten, to focus on crucial issues here – access to care, the need for a pro-active approach to treatment, family involvement, and so on – and to engage course participants in the grassroots work of their local organization.

New material having to do with committal provisions, police intervention and information-sharing, in the context of BC legislation, has also been added, most particularly in the Crisis File.

North Shore Schizophrenia Society members Phillip, Ceridwyn, Rachel, Goli, and Rosemary completed the teacher training session. All of them, as it happens, are Family-to-Family graduates, having previously taken the course. Herschel Hardin and Janice Lilley also participated in the training session.

The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia, Vancouver Coastal Health, City and District of North Vancouver, District of West Vancouver, West Vancouver Community Foundation, Lynn Valley Lions, Fraternal Order of Eagles Aerie 2638, and our many other generous donors.

"I can use the break," commented Herschel, on the availability of the new teachers, whose training he helped to arrange. "But I'll also miss teaching the course. It's very rewarding. It helps people so much."

"And one acquires a new 'family' every six months [the course is taught twice a year]. I'm going to miss that most of all."

Annual General Meeting

The North Shore Schizophrenia Society will be holding its Annual General Meeting, the first under its new name, on Thursday, June 5, in the auditorium at Lions Gate Hospital (downstairs from the 13th St. entrance.) The meeting will start at 7:30 p.m.

Please make every effort to attend. The AGM is a vital component in the organization of the Society, a necessary part of our efforts to help families of the seriously mentally ill, educate the public about mental illness, and work for improvements in the system of care. A recap of the Society's activities during the busy past year will be one of the items on the agenda, and the evening will finish with a video of historical interest.

We know that most members are passionate about the work our society does, and the large turnout for the Special Meeting in January was gratifying to the Board, which has worked hard over the years to ensure that it continues. We hope those who attended, plus those who had hoped to come, will be there for the AGM, too.

Directors are elected for two-year terms. If you are interested in serving the NSSS in this way, please call the office for more information.

We have more members paid up to date than we had at this time last year, but we do like to see those memberships keep rolling in. Sending your renewal in promptly saves us valuable time. Please remember, that **to vote at the AGM, your dues must be paid no later than May 29.**

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

Come One, Come All! It's time to shine!



June and July are very important months for the Family Support Centre...

Three events provide some of our best opportunities to reach the public with our message of empathy, acceptance and compassion for the mentally ill:



Saturday, June 7
10:00 a.m.
WV Community Centre to Ambleside Park



Sunday, June 22
10:00 a.m.
John Lawson Park and West Vancouver Seawalk



**North Shore
Canada Day Parade**

Tuesday, July 1
10:00 a.m.
North Vancouver Grand Boulevard to Mahon Park

Join us for one, two or all three and walk with pride under our new banner, wearing our new t-shirts.



*Call 604-926-0856 or email
info@northshoreschizophrenia.org
to sign up.*

Need help over the summer? We're not going anywhere!

The Family Support Centre will be open Monday to Friday, 9 a.m. to 5 p.m. throughout the summer, except statutory holidays.

Contact the Centre by phone at 604-926-0856, by email to info@northshoreschizophrenia.org, or drop in to the Centre at #205 - 1865 Marine Drive in West Vancouver.

The Family Support Group will continue to meet monthly at the Family Support Centre in West Vancouver, and on the third Tuesday of the month in Squamish. For information and registration, please call **604-926-0856 for West Vancouver** and call Sue at **604-898-9372 for Squamish**.

Look for your next issue of *The Notepad* in September – full of news, pictures and some interesting articles. Our next Public Education Evening will be Wednesday, September 24 and the next session of the Family to Family education program will begin mid-September.

Have a wonderful summer, from everyone at the Family Support Centre!