



## Public Education Lecture Series

### *A Forensic Psychiatric Nurse's Perspective*



**Guest speaker:  
Carol Hobson,  
Forensic Psychiatric Nurse**

**New Location!**

**HOpe Centre Atrium  
1337 St. Andrews Ave.  
North Vancouver**

**Wednesday, January 27, 2016  
7:30 p.m.**

**Free to attend; no registration required.**

Supported by



### **Insights into Forensic Psychiatric Nursing, in a New Location at the HOpe Centre**

We are pleased to announce our Public Education Lecture Series is moving to a new location — the HOpe Centre Atrium, 1337 St. Andrews Ave., North Vancouver. Our public presentations on issues facing those with serious mental illness and their families is a key part of the Society's work, and we appreciate the opportunity to feature our speakers in the Centre's beautiful open space.

Our first presenter at the HOpe Centre is Carol Hobson, a forensic psychiatric nurse at Colony Farm, Port Coquitlam. Carol will share *A Forensic Psychiatric Nurse's Perspective*, on Wednesday, January 27, at 7:30 p.m. She is not speaking on behalf of Colony Farm, but rather from her own experiences as a psychiatric nurse.

Carol came to Canada nine years ago from the U.K., where she also worked as a psychiatric nurse. She will describe the complexities of her work and offer some insight into what B.C. provides for those patients with a mental illness. She will also explore the challenges with public perception of the people held in the forensic system, and with family members who continue to support their ill relative.

The Forensic Psychiatric Hospital at Colony Farm is a secure, 190-bed facility that treats and rehabilitates individuals who have come in conflict with the law and are deemed unfit to stand trial or not criminally responsible due to mental illness (NCRMD). The goal is to restore fitness to attend court proceedings and/or reintegrate patients gradually and safely into the community.

It also serves individuals transferred temporarily from correctional facilities to be assessed or receive treatment for a mental illness under the Mental Health Act. □



I am writing this letter to you as Interim President because Steve Watt has unfortunately had to resign as president. Our heartfelt thanks go out to Steve, who has contributed so much to the strength of the board and the organization. We are delighted that he will be staying on as a board member.

## Greetings

My main message to you at this time is that we are in a good place: We have a very good board, dedicated and talented staff, a wonderful core of volunteers who are passionate about what we do, and an engaged and generous membership. Others are placing their trust in us - for example, the committee of the 9th Annual North Shore Mayor's Golf Tournament has awarded us \$50,000 to promote mental health education. Other agencies and organizations are engaging with us to work collaboratively together. This all bodes well for the future.

### **A look back now at what we have all accomplished together over the last year:**

- Six Family-to-Family classes are reaching over 120 families, with 10 new volunteers trained as teachers;
- Over 150 support calls have been logged in the office since August (25 calls per month). NSSS has also helped to establish a local support group in Port Coquitlam;
- Our bi-monthly lecture attendance has been way up, with over 100 people attending one lecture. Our first lecture of 2016 will be hosted in the HOpe Centre;
- A very successful Circle of Strength luncheon was held, so critical to our fundraising efforts;
- The launch of our new website;
- Meetings, lead by Steve Watt, with the RCMP, to plan for presentations to local officers and other forms of collaboration;
- Increased membership in the Society, with new memberships arriving every day;
- A greatly successful Christmas party, with dinner served to over 100 people. A special thank you to the chefs, the choir, and the many volunteers who made it all possible.

We are also seeing other healthy signs all around us of greater family involvement and a higher profile for the needs of those with mental illness:

- We are hearing more and more hopeful stories as psychiatrists and mental health workers are recognizing the benefits of family engagement, as a result of the VCH Family Engagement Policy. Family members are reporting feeling listened to, included, and supported. Support groups at the hospital are offered twice a month to family members whose relative are, or have been, on HOpe 4.
- The RCMP has designated a Hospital and Mental Health Liaison Corporal, A.J. Johnk.
- Intensive Youth Outreach Services (IYOS) launched in May and provide urgent outreach (within 72 hours) and short-term mental health services to youth ages 13 - 19.
- At the Ministry level, financial gifts from family and friends will not be clawed back from disability allowances and assets can be held up to \$100,000.

### **And, of course, there's a lot more to do:**

- Herschel Hardin will be hosting an advocacy workshop on January 18.
- Another Family-to-Family teacher-training workshop will take place on the weekend of January 15 – 17.
- On March 5, security advisor Bill Murdoch will once again walk us through the details of setting up a will.
- We are undertaking a survey to determine how to better serve families in the Sea to Sky.
- We will be conducting a community education session in partnership with the West Vancouver Library on January 19. Families will be sharing their stories of support, experiences in Family-to-Family, and giving back.

Before I sign off, a reminder that we have a call out for new board membership; and finally, thank you all for your interest and support throughout the year.

Warmest regards,

**Cheryl Zipper**  
**Interim President**



**NSSS Family Support Centre**  
205-1865 Marine Drive  
West Vancouver, BC V7V 1J7

**604-926-0856 (phone/fax)**  
info@northshoreschizophrenia.org

**Office Hours**  
Monday—Friday  
9:00 am to 5:00 pm  
or after hours by appointment

### Basic facts

- [Schizophrenia](#)
- [Bipolar disorder](#)
- [Depression](#)
- [Anxiety disorders](#)
- [Borderline personality disorder](#)
- [Concurrent disorders](#)

### Families helping families

You are not alone. The North Shore Schizophrenia Society (NSSS) is here to help you cope — with support, information, education, and advocacy.

NSSS consists of family members and friends of those with mental illness who understand what you are going through, and can help by sharing their experience.

### Upcoming events

**Monthly**  
Family Support Groups in West Vancouver, Sea to Sky, and Tri-Cities

**Ongoing**  
Family-to-Family education courses

## Introducing the New NSSS Website

If you've visited us online recently, at [www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org), you may have noticed we have an exciting new look. We're starting off 2016 with the launch of redesigned and updated website.

The new website offers the same wealth of information and resources as the old one, with sections on family involvement, information sharing, and proactive treatment, as well as basic facts about all serious mental illness. Information on our support, education, and advocacy programs are included, as well as upcoming events, our newsletter, and details on how to become a member, donor, or volunteer.

We have some of our families to thank for the look of the homepage. The main image and most of the smaller photos were the product of a photo shoot held at the Family Support Centre in August 2015. Family members were photographed participating in activities that highlight the core work of the Society, including the family support group, which is the main image on the homepage.

Some areas of the website are still under construction, with new information to be added in the coming months. Please visit our new site, and if you have any comments or suggestions, contact us 604-926-0856 or [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org) □

### Family Support Centre

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

**604-926-0856**

**[info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org)**

### Monthly Support Meetings

Come share your questions, concerns, and experiences with family members. Support group meetings are held each month in West Vancouver, Squamish, Whistler, and Tri-Cities for family members and close friends of people who have serious mental illnesses. For information, please call 604-926-0856.



## Information-sharing a Complex Issue for Families, Healthcare, and Police



*Kyle Friesen discusses information-sharing, November 25.*

One of the challenges facing families of someone with a mental illness is obtaining information from healthcare providers that will help ensure the ill person's continuity of care. Families may know from reading our

website or taking the Family-to-Family course, that certain personal information can be disclosed in emergencies and other urgent situations under the Freedom of Information and Protection of Privacy Act (FIPPA) or the Personal Health Information Protection Act (PIPA).

Vancouver Coastal Health, in 2014, launched a Family Involvement Policy as their means of working through the complexities of information sharing, disclosure, and protection of privacy among family members, their ill relative, and healthcare workers.

These complexities are not specific to just families and the healthcare system, but are also an issue for the RCMP. Kyle Friesen, our speaker at the last Public Educa-

tion Lecture Series, on Wednesday, November 25, in the Lions Gate Hospital auditorium, serves as Counsel, RCMP Legal Advisory Section, of the Department of Justice Canada. Kyle outlined the RCMP's interests and values, including timely, legal access to a patient's information; admissible evidence; protection of public and officer safety; preservation of patients' privacy and dignity; and no safe havens from police investigation. A patient's interests and values reside in confidentiality of medical information, privacy of care and treatment, uninterrupted medical care, and self-determining who sees your medical information. When mental illness is involved and a patient is not able or capable of making sound medical decisions, a family can turn to FIPPA; PIPA; the Child, Family, and Community Service Act; and health authority policies for help.

Ultimately, the decisions to disclose or share information are made case-by-case, with each unique case demonstrating its own complexities. Building a relationship with psychiatrists, doctors, nurses, social workers, and other providers is a strong way for families to receive the information needed to help their ill relative. □

## The NSSS Sea to Sky Survey: How Can We Best Serve Your Needs?

**By Nancy Ford, NSSS Executive Director**

If you live in the Sea to Sky corridor and are a member or volunteer with the NSSS, you may have already received a short survey asking for feedback on our education and support services, the community services in your area, and any barriers to support you have or may be facing.

The survey also serves as a way to reach out to families and as a way to check in. As a relative of someone who has experienced a loved one dealing with a mental illness, I know too well that as families we are often isolated and quietly carry on without the supports, tools, and education needed. If this is you, please get in touch, we are here to help.

Our goal is to develop a report to guide the provision of services in the Sea to Sky Corridor. It is a collaborative effort drawing from your survey results, the feedback from our family volunteers, teachers, support group facilitators, and our one-on-one support coordinator.

We also have the pleasure of introducing you to Brittany Beggs. Brittany is a registered nurse living in Squamish and has agreed to help us conduct this survey. She is here to follow up directly with you should you wish to respond by telephone instead of using the attached form. I encourage you to contact Brittany for any comments or help to complete the survey. She can be reached at 604-390-0110 or [seatosky@northshoreschizophrenia.org](mailto:seatosky@northshoreschizophrenia.org).

The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia; City of North Vancouver; District of North Vancouver; District of West Vancouver; Resort Municipality of Whistler; Seymour Golf and Country Club; Lynn Valley, Ambleside Tiddlycove, Mt. Seymour, and Capilano Lions Clubs; Vancouver Foundation; West Vancouver Community Foundation, Community Foundation of Whistler; North Shore Rotary Clubs; Lynn Valley Legion; Bouygues Building Canada; Margitta's Flowers; and our many other generous donors.

## Applications Open for 2016 NSSS Responsiveness to Families Award

Have you had an exceptional experience dealing with a psychiatrist, psychiatric nurse, case worker, social worker, or other service provider—someone who listened to you and your family's concerns about your ill relative and included you in treatment and rehabilitation plans?

If so, you might consider nominating this person for the third NSSS Responsiveness to Families Award. This award is presented to a healthcare or service provider who has demonstrated outstanding responsiveness to families.

**Nominations close Thursday, March 31, 2016.**

Past winners are Dr. Steve Mathias, a Vancouver-based psychiatrist, at St. Paul's Hospital and Inner City Youth Mental Health Team; and Dr. Rosalynd (Cindy) Holdsworth, a North Shore-based psychiatrist, now part of the Intensive Youth Outreach Service.

Both doctors were nominated by several families. About Dr. Holdsworth, one family member wrote, "If not for her diagnoses, treatment, care and caring, our family would have completely fallen apart."

Dr. Mathias received similar praise, with a family member writing, "He has been a tremendous support, a teacher,

and an encourager to our entire family. I don't know what we would have done without his devoted caring and support."

NSSS advocates for the inclusion of families as an integral part of the treatment team and for responsiveness to families, to help change the culture of mental health services where the key role of families have not always been recognized.



*NSSS Interim President Cheryl Zipper presents the second NSSS Responsiveness to Families Award to Dr. Steve Mathias.*

**For nomination criteria and rules, please visit our website, [www.northshoreschizophrenia.org/information/news](http://www.northshoreschizophrenia.org/information/news), or contact the Family Support Centre at 604-926-0856 to have a copy mailed to you.**

## Thank You, Fall 2015 Family-to-Family Classes

Congratulations to everyone who completed the Family-to-Family education course in December. Over 50 people participated in the course in three areas—the North Shore, Vancouver, and Tri-Cities.

Many thanks to our volunteer teachers, those who spoke on recovery and advocacy in Classes 10 and 11, and the NSSS education program coordinators for their hard work.

We would like to extend a special thank-you to one of our long-time North Shore teachers, Rosemary Wagner, pictured above. Rosemary has taught the course eight times over the years and is now retiring as a teacher. Her dedication, compassion, and enthusiasm are appreciated by all of us at NSSS and by the families she has worked with.



*Rosemary Wagner,  
NSSS volunteer*

## Spring 2016 Family-to-Family Course Dates

Taught by trained family members, Family-to-Family is a comprehensive course covering all aspects of serious mental illness. The course is offered in four locations:

### North Shore

January 26 - April 12  
Tuesday evenings, 7 - 9:30 p.m.

### Squamish

February 4 - April 22  
Thursday evenings, 7 - 9:30 p.m.

### Vancouver

February 2—April 19  
Tuesday evenings, 7 - 9:30 p.m.

### Tri-Cities

February 2 - April 19  
Tuesday evenings, 7 - 9:30 p.m.

**Registration is required, and space is limited.** For more information, contact Melanie at 604-926-0856 or [melanie@northshoreschizophrenia.org](mailto:melanie@northshoreschizophrenia.org)

## Estate Planning and Discretionary Trusts with Bill Murdock, Financial Security Advisor



For families and individuals living with an illness, when it comes to wills, trusts, and estate planning, it's important to understand and make the most of your options to help secure the financial future of your loved one, and also ensure future caregivers have the support they need.

Please join us for this special workshop designed for families, caregivers and individuals.

### Topics covered will include:

- RDSPs / Disability Tax Credit
- Making a will
- Fund provision and management
- Discretionary trusts
- Reducing tax burden

### Offered free of charge

**Saturday, March 5, 2016**

**10:00 a.m. – 12:30 p.m.**

**West Vancouver Library**

To register, call 604-926-0856 or email [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org)

## Province of British Columbia Removes Barriers for Persons with Disabilities on Financial Assistance

Beginning on December 1, 2015, for the first time in British Columbia:

The amount of assets that people receiving disability assistance may hold without losing eligibility for assistance rose to \$100,000 for an individual with PWD designation. Limits prior to December 1 were \$5,000.

Persons with disabilities are now able to receive cash gifts from families and friends with no effect on their eligibility for assistance.

The \$8,000 annual cap on trust payments for persons with disabilities has been eliminated.

British Columbians receiving disability assistance will be able to hold significantly more assets and receive financial gifts and inheritances with no impact on their monthly assistance, because of these changes made by the B.C. government.

This marks an enormous step forward and gives those on disability assistance more financial independence.

**For more information, please visit Services for People with Disabilities: [www.gov.bc.ca/disabilityservices](http://www.gov.bc.ca/disabilityservices)**

## Introduction-to-Advocacy Workshop

Herschel Hardin, NSSS advocacy coordinator, will be conducting a two-hour Introductory Advocacy Workshop:

**Monday, January 18, 2016**

**7 - 9 p.m., Family Support Centre**

**(205 – 1865 Marine Dr., West Vancouver)**

The workshop will cover, among other things:

- How to do advocacy
- Different kinds of advocacy
- Range of issues covered by the Society
- Advocacy modes
- Key readings and research sources
- Analysis of a recent advocacy case

**If this notice reaches you too late to attend and you have an interest in advocacy, please contact us at 604-926-0856 or [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org).**

## Let's Talk About Mental Health Issues, Resources, and Supports

The NSSS, in partnership with the West Vancouver Library, will be hosting a conversation on mental illness and its impact on families.:

**Tuesday, January 19, 2016**

**7 - 8:30 p.m., West Vancouver Library, Welsh Hall**

Join us and learn more about the resources and support available. The session will include:

- Personal stories from families
- Signs and symptoms of the major mental illnesses
- Education in the schools
- Family resources
- Interactive discussions

We hope you will join us for this informative event.

## Membership—Have You Renewed?

We would like to thank everyone who has renewed with the NSSS, and also to our new members. If you haven't yet renewed for 2016, please keep in mind that all dues must be paid in order to vote at the Annual General Meeting, to be held in March 2016.

Your membership will help us continue our important work with families coping with serious mental illness, providing the immediate support they need to ensure their ill loved ones have the best chance of recovery. Your membership in the society is a crucial part of our financial stability, helping ensure our survival and continued success.

With your support we offer all our programs and services free of charge, providing one-on-one support to families, offering the comprehensive Family-to-Family education course and delivering Partnership presentations throughout the high schools.

Once again, thank you to everyone for your support and for the difference you are helping to make in your community.



**Have you or your relatives experienced mental illness? We'd like to learn more about your experiences with health care services.**

### What is the purpose of this study?

We would like to explore your opinions and experiences with mental health services. Our aim in this study is to learn more about your thoughts on a specific new service, and whether it would be of interest to you and/or your family.

### What does the study involve?

Participating in this study involves an anonymous online survey, which takes about 15-30 minutes to complete. At the end of the survey, you will have the option to enter a random draw for one of ten \$50.00 VISA Gift Cards.

### Who can participate?

We are looking for British Columbia residents over the age of 19 who have either personally experienced mental illness, and/or have one or more family members who have experienced mental illness.

**For more information or to participate, please use this link:**  
<https://rc.cfri.ca/redcap/surveys/?s=RWXL83AA9F>

Submitted by Natasha Lemiski  
MSc Candidate, Genetic Counselling  
UBC Department of Medical Genetics

## New Resources and Information

• **North Shore Youth Outreach (iYOS):** A team of specialized healthcare workers provides urgent response, within 72 hours, and short-term mental health services to North Shore youths ages 13–19 experiencing acute emotional crises in addition to moderate to severe substance use concerns. **To learn about referrals, visit:** [nsyouth.ca/services/iyos-north-shore-intensive-youth-outreach/](http://nsyouth.ca/services/iyos-north-shore-intensive-youth-outreach/)

• **Daily Home Delivery of Medication and Help with Intake in Vancouver:** VCH-Vancouver's Medication Support Program launched on January 4, with six partner pharmacies offering daily home visits to provide eligible mental health and substance use (MHSU) clients with their daily medication and help with intake. **For more information, please see:** [vchnews.news/2016/01/07/daily-home-delivery-of-mhsu-medication-begins/](http://vchnews.news/2016/01/07/daily-home-delivery-of-mhsu-medication-begins/)

• **Treatment Advocacy Center's Research Weekly Newsletter:** Publishing most Tuesdays, *Research Weekly* will provide regular, reader-friendly reports on scientific or scholarly studies of brain, behavior, and public policy involving severe mental illness. **To receive this newsletter, visit:** [www.treatmentadvocacycenter.org/about-us/our-blog](http://www.treatmentadvocacycenter.org/about-us/our-blog).

• **Hold Your Fire Documentary:** Scheduled for broadcast on CBC TV's *Firsthand* (date to be announced), this doc by Bountiful Films explores why people experiencing a mental crisis account for so many of those killed by police, who some of these people were, and what can and is being done to change these tragic outcomes.

Originally meant to air in October 2015, it was rescheduled for early January 2016, but was pulled again by the CBC out of concern it is too powerful to show during the ongoing trial in Toronto of the officer charged in the shooting death of Sammy Yatim. **For more, visit:** [www.cbc.ca/firsthand/episodes/hold-your-fire](http://www.cbc.ca/firsthand/episodes/hold-your-fire).





# Thank You!

**We couldn't do it without you. Our dedicated volunteers are the reason why the Society and its Family Support Centre continue to deliver much-needed programs and services to families of those with serious mental illness.**



*Jules McLean entertains guests with Christmas carols.*

Many volunteers helped make our annual Christmas party a success. Over 100 people attended this year's event, held Saturday, November 28, at St. David's Church, in West Vancouver.

Joining us this year were musical guests Marcus Mosely and Dominique Hogan leading the *Burstin' with Broadway* choir. Talented local chefs prepared and served a roast turkey meal, with full coffee service donated by Delaney's, Park Royal. And of course, Santa and his Elf decked the halls and delivered a bundle of gifts.

We appreciate those who donated their time and talent, and also to all who volunteer throughout the year. The NSSS wishes our volunteers, members, and friends the best in 2016. □



*Chef Brett McDonald and his crew pose with Santa's Elf, Crystal Collison.*



*Members of the *Burstin' with Broadway* Choir, featuring Marcus Mosely, with Dominique Hogan on piano, lead guests in a singalong of seasonal songs and carols.*