



Public Education Lecture Series

"High Potency Pot Poses Risks to The Developing Brain"



Dr. McIntosh writes in the Huffington Post:

"I have many patients with psychotic illnesses, including bipolar disorder and schizophrenia. Many were vulnerable because of their family history, but some share another important life experience: they smoked pot from an early age.

Physicians have not effectively confronted pot-related myths, nor have we adequately educated our patients. "

<http://www.huffingtonpost.ca/diane-mcintosh/>

Dr. McIntosh graduated from Dalhousie University, where she completed an undergraduate degree in pharmacy before completing medical school and a psychiatry residency. She is a clinical assistant professor at the University of British Columbia, has a busy private practice and presents continuing medical education programs to colleagues nationally and internationally, with a focus on rational pharmacology.

Dr. McIntosh has a particular interest in the neurobiology of mood and anxiety disorders. She sits on the Board of Directors of CANMAT, the Canadian Network for Mood and Anxiety Treatments and the Advisory Board for CADDRA, the Canadian ADHD Research Alliance.

"A [2016 study](#) reviewed 31 scientific papers and reported compelling evidence that high THC levels found in street pot alters brain structure, size and function, especially for frequent, heavy users. Neurons in brain areas that are rich in cannabinoid 1 (THC) receptors are damaged or destroyed by THC. This includes neurons in the prefrontal cortex (PFC), hippocampus and amygdala." Dr. MacIntosh

Featuring: Dr. Diane MacIntosh
Psychiatrist and
Clinical Assistant Professor,
University of British Columbia.

Wednesday, Sept. 28, 2016
7:30 p.m.

HOpe Centre Atrium
13th. and St. Andrews
No registration required

Supported by





Welcome to Fall 2016. I hope that everyone was able to enjoy some beautiful sunny summer moments and take some time for relaxation and renewal.

This fall we are quickly ramping up to launch our fall season of programs, projects and services. Some fall highlights include a new location for the Family to Family education

Greetings

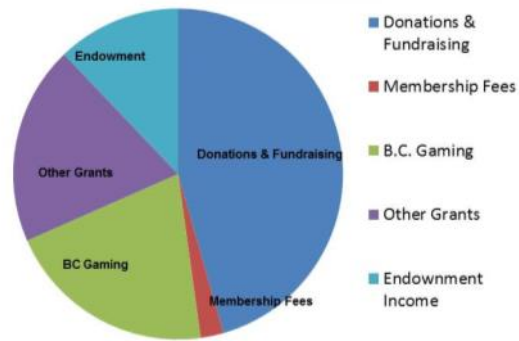
course, thanks to our new partner Coastal Mental Health, at a new location in Dunbar Vancouver. Our lecture series promises to be very interesting starting off with a timely presentation by Dr. Diane MacIntosh on the topic of “*high potency marijuana*”. Our 2 day planning board retreat brought together the directors, working hard to generate our future goals and priorities. Every day we see the results of improved lives and higher hopes and more optimism for the future.

As you may know, one of our society’s unique strengths is our ability to support, educate and advocate for families interests without being tied to government funded programs. This gives us freedom and a compelling voice in the communities we work and collaborate within to make a difference. Another is that we strongly believe in providing our courses and services to any and all free of charge while maintaining our own staff and volunteers who are continually striving for excellence through their own learning, training and sharing of their wide range of lived experiences.

Providing these services and a family support centre does require ongoing funding. We are a small organization with a total budget of approx. \$195,000 which we have maintained annually for several years. Approximately 50% of our revenue is dependent on members and friends donations. To maintain and enhance our services, this year we are expecting some increases to our budget and are reaching out to you for your consideration. Of course our budget would be considerably higher if all the volunteer hours were included. This is truly the saving grace of a volunteer led society.

I believe that it’s important that you understand where and how your hard earned money is going towards supporting the Society. Our society relies on the generous support of individuals, members, and grants and we want to thank of you for your donations - we are deeply appreciative. The funds received through our major fundraising event, Circle of Strength, are essential to our survival and we have succeeded in diversifying our revenue base based on these important donations.

North Shore Schizophrenia Society
Revenue Streams for 2015



Our three main funding sources include: BC gaming funds and other municipal and community grants, membership fees and donations, and project funding and fundraising. In the recent past we have benefitted enormously from some larger donations from the Seymour Golf and Country Club Charity Invitational Tournament. This year we were the grateful recipients of the North Shore Mayor’s Golf Tournament.

We also have a modest bequest fund which provides a legacy income funding on an annual basis. We encourage our membership to consider the NSSS in their estate planning, which helps to secure long term financial stability. Please refer to the chart above which illustrates the funding streams.

The importance of securing a long term source of revenue and improving our financial stability is key to our future goals. Through the collaborative efforts of the board of directors, the Executive Director and our fund raising team, significant efforts are being planned for future fund development as well as securing a major donor to increase our endowment capital.

Over the past twenty five years the NSSS has earned an excellent reputation serving families directly through their most challenging of times in dealing with issues surrounding mental illness. We are passionate in our mission to empower and support our families. Recently we have seen the rippling benefits of all our collaborative efforts and donations which has contributed to a communal groundswell addressing the stigma of mental illness and the imperative for including families in the medical treatment plans of their loved ones.

On behalf of our board of directors, members and families, thank you for your ongoing support.

Janice Lilley, NSSS President

“What Family Caregivers Need from the Mental Health System”

Susan Inman—May 25, 2016 Lecture



Susan Inman, author, parent and family advocate, delivered a presentation shedding some light on the state of mental health care in British Columbia. She began by outlining the three different areas that she would be covering in her talk; *what we need*, *what we have*, and *what we can do to achieve what is needed*. In particular, Susan stressed the importance of good quality family education on mental illness; she emphasized the negative impact of anti-psychiatry beliefs on people with psychotic disorders and on their families.

Susan Inman wants to help create a system in which people with psychotic disorders and their families receive science and evidence-based information on the illnesses, so that they are more likely to continue with medically based treatment. There are organizations in Canada which promote alternative theories which deny the existence of mental illnesses; and they believe medications are unnecessary and that only social and behavioural treatments are needed. Susan explained that these proponents of alternative theories tend to blame parents for causing the illnesses. As well, proponents of alternative beliefs argue that people must always choose their treatments and that no-one should receive involuntary treatment. However, people who are psychotic will often resist medication, since they have trouble determining that there is anything wrong with them. Anosognosia is the medical term for this lack of insight.

Susan stressed the need for more rehabilitative psychiatric services that include collaborative relationships between families and clinicians. Instead, we have a system that frequently has a difficult time cooperating with families; families often have crucial information that could help clinicians make the best medical and psychosocial rehabilitation choices.

Susan pointed out that severe mental illnesses are downplayed in public education. This limits people's abilities to make good decisions. Also, there are a lot of mental health professionals who didn't receive any science based information about psychotic disorders in the programs that trained them. They focus on patient history and believe this history can explain the current problems; these beliefs can further damage relationships within families that have already been negatively impacted by the illnesses themselves.

Susan believes that we should put more focus on methods of dealing with emergency situations. We are also in need of more acute and long term psychiatric beds. Places like the BC Psychosis unit at UBC can only provide twenty-five beds to treat people with refractory psychosis. Currently, there are an estimated 8000 people in BC whose psychotic disorders aren't responding to the treatment they are receiving.

Susan then urged us to do what we can to improve the state of mental health care in British Columbia. As an example, we are in great need of programs that promote cognitive remediation. She explained that researchers have found that cognitive losses that often accompany schizophrenia are the biggest factor in the ongoing disability of this population. These well-researched losses include difficulty with concentration, short term and working memory, judgment, problem solving and social skills. There are now a variety of evidence based cognitive remediation programs being used in other countries. People can learn more about cognitive remediation programs through freely available videos created by Columbia University: www.teachrecovery. The widespread implementation of these programs in France was achieved by the vigorous advocacy efforts of families.

In order to work towards a better future, Susan believes that families need to actively advocate for the evidence-based services they want their family members to receive. This is the way that individuals with psychotic illnesses can have the best possible outcomes. On behalf of families, thank you Susan.

Become a Family Education Teacher

As a family member of someone with a mental illness, your experiences, understanding, and insights already makes you an ideal teacher for other families going through similar situations.

By becoming a Family-to-Family teacher, you are helping to empower families to provide the best care for their ill relatives and themselves.

"If you're ever intimidated by the thought of teaching," says a new Family-to-Family teacher in Virginia, "Remember, 4,000 other teachers felt the same way too."

Prerequisite: You must be a graduate of the Family-to-Family education course to become a teacher.

We would love to have you join us for the upcoming teacher-training session.

**Family-to-Family
Education Program
Teacher-Training
November 4, 5, and 6, 2016
West Vancouver**

**For more information and
to register, please contact
us at: 604-926-0856
or by email at:**

kathryn@northshoreschizophrenia.org



To Donate: We can't do the work without your help. The North Shore Schizophrenia Society and its Family Support Centre are deeply grateful for whatever financial help people can manage. We depend on your assistance to continue providing our many programs and services, and most importantly the operation of the Centre.

We are a registered charity and issue official receipts for income tax purposes. Every penny of your donation goes directly to the Society with a special thanks to our volunteer fundraising team who help keep our fundraising costs to a minimum.

Ways to Donate: www.northshoreschizophrenia.org Online through our website at CanadaHelps. Simply click the link and follow the instructions.

Monthly through CanadaHelps on your credit card or by direct deposit arranged through our office. Monthly donations are an assured way of providing your continuing support and also help even out our revenue flow.

Regular annual giving by cheque made out to "The North Shore Schizophrenia Society".

Securities by donating company stock or shares to NSSF, a registered charity. You don't pay any capital gains tax, which you would otherwise be charged. It's a good way of optimizing your financial contribution to the Society and our many programs, with less cost to you.

United Way by citing our charitable registration number, 89422 6935 RR0001.

Endowment contributions whose investment revenue provides us with a basic sustaining income and helps assure our future.

Planned giving through a bequest in your will. Bequest giving is especially meaningful for those who have a family member or close friend who has suffered .

Please don't hesitate to contact us for more details.
604-926-0856 or nancy@northshoreschizophrenia.org.

مرکز حمایت از خانواده:

رسالت این مرکز، حمایت و آموزش درباره بیماریهای روانی از جمله اختلالات دو قطبی(بای پولار)، افسردگی، اضطراب و شیذوفرنی (اسکیزوفرنی) می باشد.

مرکز حمایت از خانواده، روزهای دوشنبه تا جمعه از ساعت ۹ صبح تا ۵ بعدازظهر آماده آرایه خدمات به فارسی زبانان محترم می باشد.

جهت دریافت کمکهای مشاوره ای با شماره ۰۸۵۶-۹۲۶-۶۰۴ تماس بگیرید و یا به آدرس زیر مراجعه فرمایید:

NSSS 2016 Responsiveness to Families Award

Our Congratulations goes to

Dr. Philip Severy.

This award is given to a psychiatrist, psychiatric nurse, case worker, social worker or other service provider, involved in the treatment and rehabilitation of people with a mental illness, for outstanding responsiveness to family members.

Dr. Philip Severy is a psychiatrist at the Community Adult Mental Health Services Centre in North Vancouver. His office used to be located on the top floor of the Shakespeare House; which he called his "rookery". Now from the beautiful new Hope Centre, he helps so many people, and so many families attached to those people.

One family member wrote: *"Since our son became ill at a young age, he has experienced the horrors associated with his schizophrenia. Dr. Severy was, and continues to be, a lifeline for him. Dr. Severy is also the best thing that happened to us, his family. In spite of massive demands on his time, Dr. Severy has always been available to talk to us. Never once in six years has he not made time for us. On some occasions, he has given us an inordinate amount of time that was not scheduled into his day. On our first meeting, he gave me his telephone extension and told me that he arrives to work early, which would be the best time to reach him."*

We also heard from people like Rob, who receive support directly from Dr. Severy: *"He is not heavy handed with the medication. He also calls me if I miss an appointment."*

"He calls my (daughter) if she misses an appointment. He calls to check in if he knows she is going through a rough time. If we call, he gets back to us within 24 hours but usually within a few hours. He lets (my husband and I) sit in on appointments. He discusses pros and cons of different medications with us. He asks for our input. We have a consent signed by (our daughter) but I believe he would have communicated with us in the early stages without it."

Another family wrote: *"In our case, I know that (our son) would readily agree to allow the doctor to share information with us. However, I also understand from friends that in difficult circumstances, Dr. Severy has been willing to rely on the information provided by family members to support a recommendation to involuntarily commit an ill person to hospital, when this was desperately required."*

"I have no doubt that the input we have given Dr. Severy has helped in (my son's) treatment and recovery. The information he has given us has helped us understand and cope. We feel that we are a valued part of the treatment team – as it should be, and as the North Shore Schizophrenia Society strives to make it so for all families. "

Stay tuned to learn when we'll be presenting this Award to Dr. Severy.



Family Support Centre

205 - 1865 Marine Drive, West Vancouver BC V7V 1J7

Open 9 a.m. to 5 p.m. or by appointment

North Shore/Lower Mainland: 604-926-0856 or call Sea to Sky: 604-390-0100

Personal support and information on major mental illnesses – schizophrenia, bipolar disorder, depression, and anxiety disorders.

www.northshoreschizophrenia.org

info@northshoreschizophrenia.org—Facebook: [northshore.schizophrenia](https://www.facebook.com/northshore.schizophrenia)—Twitter: [@NSSSoc](https://twitter.com/NSSSoc)

News from Brittany Beggs, Sea-to-Sky Corridor



After a quiet summer up here in the corridor, our society is getting ready for a busy fall. There are some excellent opportunities coming up, to be involved with the community, through advocacy and support. Please look over the following, and contact the office if you are available to help.

VCH Mental Health Family Advisory Committee October 6th - 6:30-8:00

Sea to Sky Mental Health and Substance Use Services is establishing an advisory committee, intended to represent the interests and needs of families and clients, dealing with significant mental illness, and substance use problems. They are asking people from Pemberton, Whistler, and Squamish, who have experience with their services, their family members, as well as community partners, to consider being part of an ongoing advisory committee.

Evening Community Forum -Squamish: Sept 22nd, 6:00-7:30 Whistler: Sept 19th, 6:00-7:30

The Division of Family Practice will be bringing community resource providers together with local physicians to better understand the available local services and discuss how they can aspire to best support our family members.

Ride Away Stigma - September 18th

This is a community event to raise awareness around mental illness and stigma. **NSSS is looking for a volunteer to represent our services at the event.**

Visit: <http://www.rideawaystigmas2s.com/>

NSSS has also been involved in outreach projects, including the development of a **Youth Resource Guide**, to support those looking for mental health supports, for age 16-24. Additionally, NSSS has been working with **Work BC**, in Squamish to provide a training session, for staff on working with those with mental illness.

The **Fall Family-to-Family** course in Squamish, is scheduled for January 2017, and our monthly peer support group, continues to be active. Tracy Jackson and Carolyn Hill are leading the Whistler group, while Christine Kelly and Jocelyn Duplisses are running the Squamish group:

(Squamish - 2nd Tuesday Whistler - 4th Thursday).

As the 2016 year comes to an end, we are looking forward to these events. Hope to see you out there!

News from the Family Support Centre

Kathryn Seely, NSSS Family Navigator



As Summer winds its way into Fall, I am delighted to take this opportunity to tell you about the work we are doing, supporting families that have a loved one living with mental illness. The past quarter has been busy, and rewarding. We have a Support team in place, and have developed systems for how we will provide support to families that either call, email or drop in to the Family Support Centre. We have helped many families access treatment and care, and helped families to stabilize their loved ones, once back at home. We have worked with the HOpe Centre, the West Vancouver Police Department, the RCMP, the Canadian Mental Health Association, the Sea to Sky community and the Family Advisory Committee. We plan to continue to strengthen these community partnerships.

Over the course of the last four months, we have hosted monthly support group meetings in Whistler, Squamish, the North Shore and the Tri-Cities, and provided one on one support to over 55 individual families. As Family Navigator, the biggest thing that has struck me is that mental illness knows no boundaries – age, sex, race, socioeconomic status, etc.—we all seem to know someone who is living with mental illness.

The biggest issues that we have noticed that families face are accessing treatment, maintaining the treatment regimen. and assisting family members with Review Panel Hearings. Our work as family advocates must include working together to find the solutions to the challenges families and the system face.

Other exciting news, we are planning a Peer Group Facilitation training session on October 1st to teach families, group facilitation skills, as well as some of the situations families face and how to manage them.

In November we will host a teacher training for our Family-to- Family course. If you are interested in becoming part of our support team or in working as a group facilitator, please get in touch.

If you know anyone who might require assistance with support, information, advocacy or resources for a loved one with mental illness, please don't hesitate to give us a call, or pop-in for a cup of tea.

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.

For Sea to Sky please contact 1-604-390-0110. www.northshoreschizophrenia.org

Spring and Summer 2016 Events Recap



The North Shore Schizophrenia Society is honoured to have been the designated recipient of the first \$50,000 raised at the May 27, 2016 Mayors' Golf Tournament. This contribution will assist us in addressing community issues through mental health education.

2016 marks a very special year for the Mayor's Golf Tournament. In just 9 years the golf tournament has raised over \$1million dollars for North Shore foundations and charities. Our thanks goes out to the organizing committee, sponsors, golfers and volunteers.

West Vancouver Mayor, Bill Smith, NSSF President ,Janice Lilley, NSSF ED, Nancy Ford, City of North Vancouver Mayor, Darrell Mussatto, District of North Vancouver Mayor, Richard Walton.

July 1st—Canada Parade

Thank you to everyone who came out July 1st. for the Canada Day Parade and helped to raise awareness.

What began as a drizzling day turned into a perfect day for a parade. A special thank you to Michael and Daniel for carrying the banner, to the Bellemlih family, we loved having the children with us , and to our president Janice Lilley, Joe Gormley, director, and Laura Lopez and Graeme Dearnley, recent Family-to-Family graduates. We hope to see you there in 2017!



Christmas is coming early this year!

Mark your calendars for Sat. November 26.

It's going to be at a new location as well:

North Lonsdale United Church

3380 Lonsdale Ave, North Vancouver, BC - Stay tuned for more details.



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; Mayor's Golf Tournament, 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; First Memorial Boal Chapel, Hollyburn Funeral Home., Margitta's Flowers; and our many other generous donors.