



Public Education Lecture Series

"What Family Caregivers Need from the Mental Health System"



Featuring:

Susan Inman, Author, Parent and Family Advocate.

Wednesday, May 25, 2016

7:30 p.m.

HOpe Centre atrium - 13th. and St. Andrews

Free to attend.

No registration required.

Susan Inman's presentation will discuss the kind of needs that families coping with psychotic illnesses have, why we don't have what is needed, and how we can work to improve mental health services.

Susan's memoir, *After Her Brain Broke, Helping My Daughter Recover Her Sanity* (Bridgeross, 2010), has been recommended both by NAMI and by EUFAMI, which are the world's largest organizations advocating for families coping with mental illnesses.

In Canada, it has also been recommended by the Mental Health Commission of Canada, the Mood Disorders Society of Canada, and the BC Schizophrenia Society. As well, it has received very positive reviews in numerous professional journals, including the *Canadian Medical Association Journal*.

Susan's articles about mental illness have appeared in a variety of publications including the *National Post*, the *Globe and Mail*, the *Province*, *The Tyee*, the *BC Teacher Newsmagazine*, and *CMHA - BC's Visions* magazine. Susan is a past president of the British Columbia Schizophrenia Society's Vancouver/Richmond branch and a past vice-chair of Vancouver Coastal Health's Family Advisory Committee (FAC).

An archive of her many articles for *Huffington Post Canada* can be found at:

www.huffingtonpost.ca/susan-inman/

As past president of the BC Schizophrenia Society's Vancouver/Richmond branch, and past vice-chair of Vancouver Coastal Health's FAC, Susan has worked tirelessly to ensure family engagement is regarded as a critical element in the care and treatment of people dealing with serious mental illness.

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Greetings

Welcome to a new year! I am honoured to step into the role as president and I am humbled by the enormous contributions of our past presidents, board members, amazing staff and volunteers in establishing this very important society that does so much to help families and our communities to deal with the daunting issues of mental illness.

Over the past 11 years, I have been a society member, a F2F teacher many times, and a board member from 2006 until 2011, returning in 2015. I am grateful to the NSSS for receiving so much life changing help for my family and I welcome the opportunity to contribute in a meaningful way.

The NSSS has continued to meet the challenges of transition throughout the past year as Herschel and Marguerite have stepped away. We honour their enormous contributions in creating the unique society we have today and their tireless efforts in helping so many over the past 21 years. We realize that we will not be able to fill their shoes in a day and we are in the process of building now.

Stephen Watt is our new past president and we are grateful for the important work he has done in developing the new board governance model, as well as becoming involved in many outreach activities, including working with the RCMP. Cheryl Zipper, our previous past president, also graciously served as president when needed in the final months of transition. Her sound leadership ensured that many voices were heard at our AGM on March 30 and thank you to all those who attended, participated, and welcomed the new board members.

We have 4 new board members this year, Patricia Murray, Inta Sloman, Kim Thomas and Don Pavlovich. Each new member brings a host of talents, knowledge, family experience, and heart to the board and I am looking forward to working with both the new and seasoned board members to form a strong integrated leadership team. In addition, Lisa Stringle, vice president, and I will be working closely together. Our first major task will be a two day planning session with the board and staff in late June, which will give us the opportunity to consider and build upon our goals, our strengths and future directions. Maintaining and strengthening our services

and programs is uppermost to all considerations going forward.

The staff are the backbone of our organization and our executive director, Nancy Ford and her staff have done an incredible job, often going above and beyond in delivering the administrative and support services and whatever else was needed this year. Sadly, two of our staff, Melanie Scott and Susanna Junnikkala, have moved on to new adventures, however we've welcomed Pouneh Jula to help us look after our membership and administrative functions.

We have established a new full time Family Navigator position and are excited to welcome Kathryn Seely. She will be putting her legal and nursing background to good use, starting as the coordinator of support activities and first point of contact for families calling into the Family Support Centre. Kathryn is also part on our new support steering committee which is made up of our other most valuable asset - our volunteers!

Without our volunteers we simply would not be able to deliver our programs and services. I would like to express our deep appreciation for every one of our volunteers and to the hours you have dedicated to help. It is not always easy to find the time in our busy lives and it is important to recognize that every one of your contributions makes a difference. We always welcome anyone that would like to volunteer in any capacity and encourage you to join in one of our parades in the next few months.

We had another financially successful and sold out Circle of Strength fundraiser this year thanks to all the efforts of the fundraising committee, our 20 Table Hosts, volunteers and to our excellent master of ceremonies Jon McComb, and family presenter Tricia Millman. If you missed the luncheon, donations are still being accepted. Approximately 50% of our yearly budget is raised through your donations and every dollar is allocated to programs and services.

I look forward to the year ahead and particularly to enhancing our core services and programs, developing a vision for the future, strengthening ties within our communities and to raising our profile to reaching out to and to serving all those that seek our help.

Janice Lilley

NSSS President

Welcome the 2016/2017 Board of Directors

Janice Lilley, President



Janice was first introduced to the NSSS eight years ago when looking for help for her ill sister. *"Through the Family to Family course I gained the knowledge, understanding, and strength to change the downward trajectory of events,"* Janice says. *"The darkest days are behind us now. Our lives have improved and my sister's life was*

saved." An architect by profession, she enjoys the creativity, complexities, and teamwork, and delivering successful results.

Gillian Santo, Board Secretary Events Committee Chair



In the fall of 2008, following her daughter's quite lengthy depression, Gillian enrolled in the Family to Family course. *"I was so grateful for the comfort which came from becoming educated in some of the mysteries of mental illness that when the course ended, I felt a great desire to give something back."* In the spring of 2009, she became a member of

the NSSS Fundraising Committee and helped the Society launch its first Circle of Strength luncheon in North Vancouver. In 2011, she was elected to the Board and is currently in her third and last term in that role.

Adel Bellemlih, Board Treasurer Fundraising Co-Chair



Adel is a professional with 18 years of successful experience, most recently in the executive management of commercial, financial, legal and technical aspects of a wide range of projects with a particular focus on P3 and real estate. He played an active role in the Canadian PPP Market from 2007 to 2015 and, over the course of his career, developed an extensive business network in

Canada, the US, Europe and Latin America. Adel has a Masters in Civil engineering as well as a business degree. Adel also has greatly benefited from the Society's Family to Family 12 week course on mental illness.

Lisa Stringle, Vice President Education Committee Co-Chair



The Family to Family course provided Lisa and her family with critical information and support when her brother

went through a relapse. Going into her 4th year on the Board, Lisa started volunteering with NSSS as a Family to Family teacher right after taking the course. Last year,

Lisa represented NSSS at the National Alliance on Mental Illness (NAMI) training program in Washington DC and is now certified to train the teachers for our signature course. *"Every time I teach the course I learn something new that has helped our family. My brother is currently doing extremely well, living on his own in Ontario."*

Steve Watt, Past President



Steve has an extensive background in police work and a personal understanding of how mental illness can impact families.

Steve has 35 years of experience in policing, 25 of which have been dedicated to the training, development, and education of police officers. As a 2014 graduate of the Family-to-Family education course, Steve be-

lieves it changed the way he communicates with his adult son with bipolar disorder. *"I believe the unique education we receive from the Family-to-Family course helps us understand the past, deal with the present, and prepare for the future."*

Joanna Watt, Board Member



Joanna first learned of NSSS after her brother-in-law was diagnosed with bipolar disorder in 2011. She has seen first-hand how NSSS supports families confronting serious mental illness. Joanna is a Chartered Accountant with lululemon athletica inc. Previously, she held a volunteer position on the Board of the organizing committee for the 2014 Special Olympics Canada Summer Games, held in Vancouver. She

lives in North Vancouver with her husband, Morgan, and baby son, Logan, and is looking forward to supporting the Society.

Welcome the 2016/2017 Board of Directors

Kim Thomas, Board Member Support Committee Co-Chair



Kimberly, along with her husband, enrolled in the Family to Family course in the fall of 2014 *"in search of answers to better understand what their young son was dealing with and to learn ways to help the family deal with mental illness."* Kimberly went on to teach the Family to Family course in Port Coquitlam, in the spring and fall of 2015 and continues to be a facilitator of the support group that was created from the fall class of 2014. She is an advocate for better support to both people dealing with mental illness and their families. She joined the NSSS board in 2016 *"as a way of giving back and helping others that are facing the challenges of mental illness within a family."* She resides in Coquitlam with her husband and children and is looking forward to helping change society's perception of mental illness.

Inta Sloman, Board Member Advocacy Committee Chair



"We have a mental health care crisis and it is like cancer. But we refuse to treat it seriously. It isn't limited to the poor, sick, homeless, whom we seem to stigmatize and ignore." You can find Inta's letter in response to the article on "Riverview, mental health hospital" in the Vancouver Sun, Monday Oct. 18, 2013. She's away right now traveling the Adriatic Sea and we look forward to sharing a little more about Inta when she returns.

Patricia Murray, Board Member Support Committee Co-Chair



Patricia first came in contact with the NSSS when she noticed a brochure for the Family Support Centre while taking her son to an appointment at the Kitsilano Mental Health Team in late 2014. She had heard of the society but wrongly assumed she was not eligible for our services, as she did not live on the North Shore, and her son did not have schizophrenia.

"I telephoned and found out they were having Family to Family classes in Vancouver so I signed up for the January 2015 sessions that were expertly taught by members Janice Lilley and Arlene Kennedy. I learned so much and felt such comfort being in a room full of people who were going through similar experiences and sharing them. For the first time since my son's original diagnosis in Kindergarten I did not feel alone in my struggle to help him. He is 20 now and I know that there will be more struggles but it will be eased knowing the NSSS is there to support us. Janice asked if I wanted to help and so, of course, I said yes."

Don Pavlovich, Board Member Marketing and Outreach Chair



Don, now retired, has 28 years experience in securing capital for companies, specifically mining. He served as president & executive director on several junior mining companies. As a lover of arts and culture, he's ventured into the film industry (*A Last Train Picture Production*) and now as an Executive Producer,

co-produces projects he believes in. As a graduate of the family to family education course, Don firmly believes in what this society represents. *"I now understand how important it is that we reach other families in similar situations"*

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

News from the Family Support Centre



Kathryn Seely is a former oncology nurse and lawyer who has spent the previous decade at the Canadian Cancer Society, B.C. & Yukon, helping to advance their community engagement, public policy and advocacy strategy. Kathryn can now be found in the Family Support Centre working alongside Nancy and Pouneh, in the newly created role of family navigator.

Kathryn will be the first point of contact for families, and looks forward to providing support, advice and direction to families living with mental illness. She also has a family member living with mental illness. Kathryn is passionate about improving the health outcomes of British Columbians by effecting change. When not at work, Kathryn enjoys spending time with her husband and children and their various arts and sports activities.

Moments from our 8th annual Circle of Strength

A special thank you to our co-sponsors Carmon Leeson, First Memorial Boal Chapel, and Charlene Louw, Hollyburn Funeral Home.

To Jon McComb as our MC, breaking the silence to speak about his personal experience with depression.

To Tricia and Sarah Millman for sharing their story, and to Elton Hubner, an award winning videographer and producer of the 2015 video "Mothers and Daughters", featuring the stories of Janet and June Scott and Crystal Collison and Milena Nordwall.

To Margitta Schultz who annually provides us with our beautiful centrepieces. To the 20 wonderful Table Hosts who help fill the tables every year and to our fundraising team. Many, many thanks!



January 27, 2016 Lecture – Carol Hobson, A Forensic Psychiatric Nurse’s Perspective

Carol Hobson, a forensic psychiatric nurse, gave her perspective on her profession as guest speaker at the NSSS Public Education Lecture Series, Wednesday, January 27, in the HOpe Centre atrium.

Carol works at Colony Farm, in the Acute Rehab Ward where she teaches Non-violent Crisis Intervention. Carol says that the “key” to dealing with all patients is to always work to “maintain their dignity.” No matter what condition they’re in or what they’ve done, her “job as nurse, is to help move patients to the next level,” whatever that may be for that person. This was Carol Hobson’s first presentation in the HOpe Centre, with 60 people in attendance, where Carol clearly demonstrated her passion for her work.

While there are 190 people at Colony Farm, they also manage hundreds of conditional discharged people living in the community, who are working towards maintaining an active lifestyle.

Despite that vast difference, each day in a forensic hospital brings with it similar challenges, all on a case-by-case basis. Some new patients are already known within the mental health system, but some are not. Some may have been hiding their mental illness, or illnesses, for years, are marginalized from society and isolated from their families. Some have psychotic illnesses such as schizophrenia, some have severe personality disorders, some have multiple diagnoses – one patient had six. Others are undiagnosed. Many are admitted in a state of withdrawal from drugs or alcohol.

As the patients move through the system, they pass through treatment teams such as psychiatrists, and social

workers. They are transported back and forth between hospitals and judges and courts. As in similar settings, people get to know each other, a culture develops and a *pecking order* is created. Any Escapees are usually returned back to Colony Farm within 24 hrs.

Many patients may have been hiding their illness for years. Marginalized for years, isolated from their families, they often arrive at Colony Farm in withdrawal and with physical and mental problems. They are often combative and can be difficult to handle and assess.

Patients sometimes take out their frustrations and anger on nurses. From Carol’s perspective these are the “we want to leave, and you can’t stop us” type. She believes that there is a *need to be cruel to be kind* and will remind the patient of what it is that they have done and how they have to work on those issues to get back out again.

Carol’s success story is Brian, who was *inside* for murder, and had been abused since he was a baby. He had attempted suicide multiple times and he self-harmed. He wouldn’t look anyone in the eye. Brian was worried constantly about what people thought of him; over a period of years he went from not being able to make eye contact to being able to stand in front of a crowd and talk about mental health. Carol commented that she learned more about forensic history from Brian’s experiences than she did in school. For three years, Brian lived in a halfway house, had a girlfriend, and would lead nursing students on tours of the building. Unfortunately he later died of a heart attack, but Carol still takes a little bit of Brian to work with her every day and says that, “you have to kind, and be nice.”



Carol Hobson, January 2016 Lecture, HOpe Center, Atrium

Notes from Sea to Sky—Mental Health Week—May 2-8, 2016



It has been an exciting past few months here in the Sea to Sky Corridor. As the Squamish Family-to-Family has wrapped up we quickly launched into Canadian Mental Health Association's Mental Health Week. It has been good timing, as the course has brought together family members ready to actively advocate here in Squamish.

With the help of NSSS family members and mental health stakeholder partners, we held a mental illness awareness event outside of the local grocery store. Through offering free flowers and hot dogs, we created dialogue with 150 people – reducing stigma, educating about signs and symptoms of mental illness, and informing the public on how to access services. A big thanks to Vancouver Coastal Health's Mental Health & Addictions team, the Ministry of Child and Family Development's Child and Youth Mental Health team, and the dedicated family members Jocelyn, Carolyn, Marcie, and Christine.

Mental Health Week also brought opportunities for education in the high schools. This includes 2 partnership presentations and a school wide education event at Whistler Secondary School. Cheryl Zipper travelled up the corridor to deliver, yet again, a wonderful presentation to a Psychology 12 class on May 5th. She has also planned another presentation in Whistler for the end of May.

The school-wide event, taking place at Whistler Secondary School, is an annual event planned through the Mental Health Partnership Table in Squamish. The table has allowed multiple service providers to come together to develop a 90 minute long event where students are able to rotate to different stations learning about various topics related to mental illness. This dialogue created will help these adolescents decrease stigma, identify signs

and symptoms of mental illness, and ultimately improve earlier access to care. Again, thanks to NSSS family member, Christine Kelly as she used her advocacy skills and shared her personal experience with the grade 9/10 students at Whistler Secondary School.

Update on peer support groups

Squamish – 2nd Tuesday of the month at 7pm. We are piloting a new location as it may foster a welcoming, relaxed atmosphere. The group will be held in a private room (Map Room) at the Howe Sound Inn and Brewing Company, and will be facilitated by Family-to-Family graduates.

Whistler – 4th Thursday of every month at 7:30. We continue to be grateful for the donation of space allowing us to host at the Whistler Library.



A special thank you to Brittany, Jocelyn, and Carolyn, Family to Family Graduates, for helping with the Squamish Mental Health Awareness Event on May 7th.

Mark Your Calendars! Two Walks, Two Ways to Help Raise Awareness of Serious Mental Illness

West Vancouver Community Day Parade

Saturday, June 4

Start time: 10 a.m.

Assembly time: 9:30 a.m. at starting line, the foot of 13th St., Ambleside

Parade route: 13th St., along Marine Dr. to 17th St.,

To register for these fun summer awareness events please contact the Family Support Centre at 604-926-0856, or email info@northshoreschizophrenia.org.

We look forward to seeing you!



North Vancouver Canada Day Parade

Friday, July 1

Start time: 10 a.m.

Assembly time: 9:30 a.m. at the starting line, Grand Blvd. and 13th St.

Parade route: Grand Blvd. and 13th St. to Lonsdale, then north and down 17th St. to Mahon Park



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: [@NSSoc](https://twitter.com/NSSoc)

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