



## PUBLIC EDUCATION LECTURE SERIES

### UNDERSTANDING ELECTROCONVULSIVE THERAPY—ECT



TV and film portrayals of ECT as a method of torture and coercion, most notably in the movie *One Flew Over the Cuckoo's Nest*, has had a negative influence on our understanding of the value and importance of ECT procedures in the treatment of mental illness.

Electroconvulsive therapy (ECT) is an effective psychiatric treatment in which seizures are electrically induced in anaesthetized patients in order to achieve therapeutic benefits. ECT is most often recommended for use as a treatment for patients who are severely depressed, suicidal or have bipolar disorder with depression or mania.

Patients expressed concerns that the treatments will result in brain damage or reduced mental function. However fears and anxieties decreased once they received clear explanations from the ECT team. Many patients were surprised to discover that ECT is done under full anaesthesia and that it has few side effects.

Joining Dr. Vila-Rodriguez are two special guests who will share their personal experience with ECT treatments and how it changed both their and their families' lives.

Please join Dr. Fidel Vila-Rodriguez, Assistant Professor, Department of Psychiatry, UBC to gain a better understanding of ECT, how it works and its benefits.

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

#### Featuring:

#### **Dr. Fidel Vila-Rodriguez**

Assistant Professor, Dept. of Psychiatry, UBC  
Director, Non-Invasive Neurostimulation  
Therapies Lab. & Schizophrenia Program .

#### **HOpe Centre Atrium**

1337 St. Andrews Ave.  
North Vancouver

**Wed., May 31st. 2017**

**7:00-9:00 p.m.**



Greetings

A few days ago Barack Obama was awarded the American Profile in Courage award. His message - "It does require courage to champion the vulnerable and the sick".

We couldn't agree with him more as we experience families every day displaying incredible courage as they prevail through confusion, grief, denial, guilt, hope, despair, understanding, anger, loneliness, love, fortitude, compassion and immense generosity of spirit. While we recognize and depend on our health care professionals, we must also recognize that much of the time the unsung heroes are the families contending with the ongoing issues of mental illness. The ones that recognize the vulnerabilities, the

ones that provide the resources, the ones that are there day in and day out. The ones that recognize when things are about to derail and the ones that are there when all else fails.

The continuity, support and care that families provide cannot be replaced by our medical or social systems that are focussed on short term and intermittent solutions. Indeed we need both - and more. When families are not or cannot be available for their ill loved ones, the consequences are often very serious. When families provide sustainable support the ripple effect for themselves, their ill loved ones, and even their communities is much more often experienced through significant improvements in stability, health and well being.

But it is a heavy burden for which we, the families, are ill equipped at the outset. Not only do we need to inform ourselves, we also need recognition and inclusion as part of the health care solution, and finally we need to sustain our courage. If there is one lesson that has stood out this year, it is that we are far better off together - sharing knowledge, providing strength, and navigating the difficult course. Our society is here to help families help themselves. Our doors are open. We understand and we can help.

*Janice Lilley*, NSSS President

## 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](http://www.northshoreschizophrenia.org)

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

**It's time to congratulate our Family-to-Family Graduates and to thank our Teachers:**

Kim and Mark Thomas, Connie Chung and Jeanne Cady-Brown, Dennis Whitehead and Lorena Spencer , Susan LeBlanc and Christine Kelly—we couldn't support families without your help.



Courtesy of a Squamish Family-to-Family Graduate

**W**e also thought our readers would enjoy the following email. I expect many families will relate. So with Riun and Jeanete's permission.....

*"Dear Kathryn*

*Thank you so very much for your personal assistance during our son's crisis stage. Your calm suggestions and advice grounded us last year, as our son's behaviour became increasingly distressing. When he found a residential situation in a group home you assured us it was very appropriate to his situation which allowed us to reason with him that it was the best possible alternative available.*

*During the Family to Family course we became increasingly aware of his precarious situation in the city. We were able to understand his transit to a more stable situation in small town Vancouver Island. We were also able to understand his wanting to isolate and separate from his family.*

*During this time he took aggressive legal action which, though very distressing, became comprehensible with the guidance we received from the Family to Family Program. We were able to begin to understand that though we were very distressed our son was slowly healing himself; for*

*this space, in withholding judgment, we credit the program. We are aware that we are dealing with his life and mental stability.*

*The course has given us the opportunity to view him in a new light relatively free of past expectations and an appreciation of his heroic struggle to regain his personal stability on his own terms.*

*We are very happy to report that our son has dropped legal proceedings. And after some very uncomfortable months has found stable accommodation. He has established full time employment with "good pay" in his new location. He has also reconnected with his mother and we are hopeful for his eventual full recovery.*

*We are able to appreciate that he has to a great extent engaged in his own recovery and trust that he will find a path to stability on his own terms. We are very grateful for the Family to Family program and the avenue it provided us to transit this very difficult time in our family life. "*

Riun and Jeanete Blackwell

**Christine Kelly and Susan LeBlanc**

**Squamish Family-to-Family Teachers.**



**North Shore Schizophrenia Society  
Annual General Meeting  
Wed. March 29, 2017**

**W**ith approximately 40 people in attendance, we welcomed the new board members and said goodbye to a retiring board member.

Gillian Santo was presented with a lovely bouquet of flowers, thanking her for her six years of service. Gillian has been the heart of our annual Christmas party and the Public Lecture Series.

If you are interested in serving on the board, or on a committee, please contact either Nancy Ford, E.D. or Janice Lilley, President.



**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:

شماره ۲۰۵- ساختمان ۱۸۶۵ مارین درایو، وست ونکور

**Please welcome three new board members to the Society.**

To learn more about the returning dedicated board members please visit our website:  
[www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org)



**Cheryl Zipper, Board Member, Past President and Co-Chair Education**

“Cheryl will always be grateful for the Family-to-Family course she attended in 2008, which empowered her to move forward with her son on the journey of mental illness. Since then she has been involved in teaching and coordinating both the Partnership program and the Family-to-Family course, trained by NAMI as a Family-to Family teacher trainer, and a member of the board as President, Chair of the Nominating Committee, and co-chair of the Education Committee. Being involved in NSSS has been both a very rewarding and humbling experience.”



**Gerard Darnel, Board Member, Treasurer**

As a semi retired Chartered Professional Accountant (CPA, CGA) with over 25 years of progressive Accounting, Controller and Financial Management experience mostly in the residential and commercial real estate sectors, I am always looking for ways to give back to my community. I have recently stepped back after volunteering with the Easter Seals 24 Hour relay for over 20 years as a fundraiser and as a team captain and now look forward to contributing to the NSSS as a board member and treasurer.



**Christine Kelly, Board Member, Co-Chair Support**

As a graduate of the Family-to-Family program, I was looking for a way to give back to the society and trained to be a Family-Family co-facilitator, teacher. I now enjoy facilitating the course and find it rewarding as I see people find hope. Another privilege has been to participate in Partnership Presentations in the Sea to Sky Corridor. Currently I am finding myself in a support role, co-hosting the local monthly Support Group and advocating for others as I join them on their journeys.

Who knew that initially taking the course to be a supportive aunt would result not only in being able to navigate the system for my daughter, but also to help others?

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; Vancouver Foundation; West Vancouver Community Foundation, Community Foundation of Whistler; North Shore Community Foundations, North Shore Mayors Golf Tournament, Lynn Valley, Ambleside Tiddlycove, Mt. Seymour, and Capilano Lions Clubs; North Shore, West Vancouver and Squamish Rotary Clubs; Lonsdale Legion; Bouygues Building Canada; Hollyburn, First Memorial and Dignity Memorial, Margitta's Flowers; and our many other generous donors.

## To: Terry Lake, Minister of Health, B.C.

*“Create change in our mental health system so no other family suffers a loss like ours.”*

This is a plea we hear often at NSSS. This letter goes on to say, *“On May 4, 2016, Eddie Young was discharged from Burnaby General Hospital, given a bus pass, and within an hour took his own life.”* The letter, written by Eddie Young's family, is accompanied by signatures and testimonials, from across the province, of the challenges families have experienced with our mental health system. The following is one of those letters written by a daughter living in Australia.

*“I’m signing this today because my family and I have been seriously impacted by a broken mental health system in BC. There seems to be literally no accountability on the part of the health system because the wishes of someone who is experiencing psychosis override their need for well-rounded care that involved those who love them the most and are the most experienced in identifying the nuances of their state at any given time. This intimate knowledge of an individual is what the professionals need to demonstrate is valued. This is definitely not happening within the current framework. Our family has been completely shut out of any access to information or consulting regarding my mother’s care or well-being even though she has a 30+ year documented history of severe mental illness. Over the last 15 years I have seen a marked decrease in quality of care and I believe over-use/and inappropriate use of day passes, early discharge, and most alarmingly, the cutting off of family from the care process is directly related to unsatisfactory outcomes.*

*The so-called “privacy rights” of the mentally ill are actually now harming them and devastating families. This issue is affecting the mentally ill and their families all over Canada and we need to see the law and or/misapplication of laws overhauled so that we can prevent needless death and suffering.*

*This serious problem affects all Canadians in one way or another, even if they don’t have an immediate link to someone with severe mental health issues. Our tax dollars are funding a system that is currently costing huge money but because of cutting families out of the equation the money is wasted in many instances. Families can be a key component in rehabilitation.*

*My question is: do the care providers of Alzheimer’s or dementia patience cut families out in the same way they do severe bi-polar/schizophrenia patients? What difference is there actually? In the case of an Alzheimer patient who literally can forget who their loved ones are and potentially say to a nurse: “I don’t want that person to come near me, do the care staff cut the family off simply because the mentally impaired person has said to do so? What difference is there, then, in the case of a severely mentally ill person who does this – especially when there is a long documented history? I simply cannot adequately express my deep sadness at the way the current system has harmed my mother and her family. No words can describe the pain it has caused.”*

*Abby Rieger, Australia*

## Announcements



Carlile Centre grand opening – pictured here are (l-r): MLA Ralph Sultan, parent Deborah Maguire Tucker, Coastal COO Karin Olson, Anne Carlile, MLA Jane Thornthwaite, Leone Carlile, MLA Naomi Yamamoto, Dr. Jordan Cohen, LGH Foundation's Pierre Label, Interim Ops Director Tanis Evans and Clinical Planner Dale Handley.

The Carlile Centre was developed thanks in part to noted West Vancouver philanthropists and donors Jack and Leone Carlile. Jack Carlile passed away in September 2016. The 10-bed unit for youth aged 13 to 18 years will focus on assessment and stabilization of patients with short stays of 14 to 21 days. With a higher ratio of staff than an adult unit, it is designed to be a welcoming, safe and youth-friendly space, rather than a traditional adult-oriented hospital setting. Located on the third floor of the HOpe Centre on the Lions Gate Hospital campus, the new youth unit is separate from the adult mental health and addiction unit on the fourth floor.

## Upcoming Events—Mark Your Calendars



**Please join us for the North Shore**

**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

**To register:** for these fun summer awareness events please contact the Family Support Centre at 604-926-0856, or email [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org).

**We look forward to seeing you there!**

### 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, Tri Cities

For family members and close friends of people who have serious mental illnesses.

**For information, please call 604-926-0856.**



**PLEASE JOIN US FOR THE 9TH ANNUAL  
CIRCLE OF STRENGTH FUNDRAISER LUNCHEON**

Saturday, June 3, 2017, 12-1 p.m.  
Hollyburn Country Club, West Vancouver

If you have not already registered it's not too late.  
Please contact the office 604-926-0856 to RSVP.

**Curt Petrovich, CBC Journalist - Master of Ceremony—Circle of Strength 2017**

*“As a CBC journalist who often covers tragedies abroad, **Curt** goes through Vancouver International Airport on a routine basis. Each time he does, he passes through the area where Robert Dziekański died after being tasered by RCMP officers in October 2007. Later, Petrovich—who was one of the only journalists to attend every day of the officers’ trial—learned he shared something in common with those men: his own diagnosis of post-traumatic stress disorder (PTSD), which is the subject of a new CBC documentary called **“Lost on Arrival: Me, the Mounties & PTSD”** <http://www.cbc.ca/firsthand/episodes/lost-on-arrival-me-the-mounties-ptsd>”.*

*by Travis Lupick on February 6th, 2017 at 10:36 AM Georgia Straight*

