

# The Notepad



Supporting families dealing with serious mental illness

March 2016, No. 143



## Looking Forward to the Year Ahead

This is your official notice of the  
**Annual General Meeting**  
for the  
**North Shore Schizophrenia Society**  
Wed., March 30, 2016 7-9 p.m.  
**HOpe Centre Atrium**

In order to vote your membership  
must be up to date.

**Please RSVP**

For the first time the Society will be holding its AGM in the public atrium of the HOpe Centre. Please welcome the incoming, and acknowledge the work of the outgoing, board members.

Join us to hear one of our Family-to-Family teachers share their experience in teaching this signature course. You'll also hear from one of the *five* dedicated volunteers who co-facilitates the Tri-Cities monthly support group.

The Board has worked tirelessly this past year with some great achievements. Looking forward to the year ahead there are openings for volunteer opportunities in Advocacy, Education, Support and general events.

We look forward to seeing you.

**7-8 p.m. Annual General Meeting**

**8-9 p.m. Meet and Greet**



## Greetings

In a time of transition there is a lot of work to be done - looking at old and trusted ways of doing things, and investigating new ones; responding and adapting to changes in the external environment; reaching out to volunteers to fill much-needed positions; and always looking after the financial health of the Society.

This work may be a lot, especially for volunteers who have busy work and home lives. It may, at times, be difficult and stressful.

Above all, though, it is rewarding work that contributes to a better society for all of us.

The goal that has guided the Board through this work in the last few years is to be more collaborative in dealing with other agencies in the mental health field, and to promote a positive influence and image for the Society. The way we do this is to forge relationships. This is now reaping benefits, and on behalf of our board, our staff and our volunteers, I would like to share some examples of this with you.

A couple of weeks ago I was in the office when an older woman and her son came in seeking support concerning their daughter/sister. They were referred to us by the HOpe Centre, as a resource for families. We have initiated and been invited into discussions with Vancouver Coastal Health with regard to the Community Resource Centre, to explore ways to reach the larger community and help bring awareness to issues of mental illness. In the last year, Steve Watt, past president, and Nancy Ford, our executive director, were invited to sit at the table with managers of the various HOpe Centre programs to explore ways to best support families. Steve and Nancy have been meeting with AJ Johnk (Cpl.), North Vancouver Detachment, RCMP, exploring opportunities for continued collaboration. In the last couple of years we have been invited

to present lectures to Vancouver Coastal Health staff and the public at the Breakfast Meetings, hosted by Dr. Chakraborty, and to the Lions Gate Social Workers on the topic of the VCH Family Engagement policy.

We have, for several years now, been forging closer relationships with police forces. We are currently working more closely with the RCMP North Vancouver detachment, and have presented workshops to the RCMP in Squamish and Whistler. In the past year, we were awarded a \$50,000 grant from the Mayors Golf Tournament (North Shore); part of the scope of this grant includes education materials for front-line business and community workers in dealing with the mentally ill.

As you know, we have expanded our Family-to-Family course to Vancouver and Tri-Cities in the last three years; in that time, we have forged a strong relationship with the New View Society in Port Coquitlam, that will help to ensure that this course continues to be offered in that community in the years to come.

Our strength is helping families of the mentally ill. The results show that we are being recognized for this valuable contribution. We are being included in more far-reaching discussions and activities where family engagement is recognized as a valued ingredient, ensuring the health and well-being of the community and most importantly, our loved ones.

We want to take time to thank our partners in this work. The HOpe Centre as it provides the medical care for those dealing with the most serious of mental illnesses, CMHA as it responds to the greater community health needs, and those on the front line including West Vancouver, Sea-to-Sky police, the RCMP, and the Family Advisory Committee. There are others and we thank them too. When it comes to mental illness we need everyone at the table. It's gratifying for us to be a valued part of this collaborative response to mental illness.

**Cheryl Zipper, Interim President**

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.



## In Memoriam, Hedy Theed

The NSSS fondly remembers Hedy Theed, a passionate volunteer and advocate who passed away on January 20, 2016, of cancer.

Hedy first connected with the NSSS in 2004 when she took the Family-to-Family course. Educating herself was key to caring for her son, initially diagnosed with schizophrenia and a concurrent disorder, and later schizoaffective disorder.

Hedy appeared in two NSSS videos produced for the Circle of Strength fundraiser and shared her story in person at the 2010 event. She also gave talks to psychiatric staff at St. Paul's Hospital in 2006 and 2013. For almost a decade, Hedy advocated for stable, permanent housing for her son, which he finally obtained. In March 2015, Hedy joined the board of the NSSS, but was soon forced to step down due to her illness.

Among her many achievements, she will be remembered for her dedication and commitment to helping others understand the impact mental illness has on families.

The NSSS extends its condolences to Hedy's family and friends.

## News from Sea-to-Sky

Thank you to everyone who took the time to respond to our Sea-to-Sky survey. This collaborative effort drawing from your survey results, the feedback from our family volunteers, teachers, support group facilitators, and our one-on-one support coordinator helped to produce a report designed to guide the provision of services in the Sea-to-Sky. This report will be reviewed by the incoming board and will make its recommendation.

In the meantime, we are delighted to continue to work with Brittany Beggs. She will provide outreach services in the Sea-to-Sky corridor for the next three months.

This spring, fourteen families began the Squamish Family-to-Family course which is the largest group of families to date. Brittany arranged for interviews on the radio, newspapers and regularly scheduled radio broadcasts. We are delighted she will continue to provide the outreach needed in the Corridor.



**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?

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 draw for one of 10 \$50.00 VISA Gift Cards.

### Who can participate?

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

### For more information or to participate:

**link:** <https://rc.cfri.ca/redcap/surveys/?=RWXL83AA9F>

Submitted by Natasha Lemiski, MSc Candidate, Genetic Counselling



## Best of Luck: Melanie Scott NSSS will miss you!

It's hard to imagine the Society without Melanie. She brought so much to the organization. With her welcoming voice greeting families on the phone, to the tremendous care and attention so many of our volunteer families received. Melanie worked tirelessly with the Hardins, producing a support manual, and stepped in to look after the Notepad when Cheryl Archer left. From photo copy repair woman to writer, editor extraordinaire, it seemed there really wasn't anything Melanie wouldn't or couldn't do. We will miss her! Wishing her all the very best in her new position at the Rick Hansen Foundation. She tells me she's already met the "Man in Motion".

All the very best Melanie.



## 8TH ANNUAL CIRCLE OF STRENGTH FUNDRAISER LUNCHEON

Saturday, April 30, 2016, 12-1 p.m.  
Hollyburn Country Club, West Vancouver

REGISTRATION IS REQUIRED. Please call: 604-926-0856.

### Our Master of Ceremonies



530AM - 10AM  
**JON  
MCCOMB**  
@JONMCCOMB980

We are honored to have Jon McComb as our Master of Ceremonies for this year's Circle of Strength. Jon is a radio personality who's chosen to break the silence and speak publicly about his personal experience with depression.

Veteran Broadcaster Jon McComb has been a part of Vancouver's CKNW Radio for 30+ years. Jon's penetrating interview skills and *to the point* editorial style have garnered him several major broadcasting awards including the prestigious *Edward R. Murrow Award* from the Radio, Television and Digital News Association.

In 2011 Jon's commentary, which revealed his personal trials with depression and anxiety, was judged the best broadcast editorial in Canada. More recently he was additionally honoured with the *RTDNA Lifetime Achievement Award*.

### Our Short Film

#### *Mothers and Daughters*

Elton Hubner, an award-winning videographer and founder of Eyes Multimedia, worked with NSSS volunteers to



create an exclusive video for the fundraiser, entitled *Mothers and Daughters*. The short film features the perspective of two mothers

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### 2016 Responsiveness to Families Award: Nominate an Exceptional Healthcare Provider

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. Cindy Holdsworth and Dr. Steve Mathius, psychiatrists based in North Vancouver and Vancouver, respectively.

### 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

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

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

Twitter: @NSSSoc

### 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.