



## PUBLIC EDUCATION LECTURE SERIES

### ***“NEW RESEARCH IN USING TRANSCRANIAL MAGNETIC STIMULATION (TMS )TO TREAT PSYCHOSIS”***



#### **Featuring:**

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

Assistant Professor , Department of Psychiatry,  
University of British Columbia, Director, Non-  
Invasive Neurostimulation Therapies  
Laboratory & Schizophrenia Program .  
NINET.CA Twitter: @NINETLAB

#### **HOpe Centre Atrium**

1337 St. Andrews Ave.  
North Vancouver

**Wed., Jan. 25, 2017**  
**7:00 p.m.**

The UBC Schizophrenia Program is a multi-site clinical and research program which strives to investigate the origins and clinical correlates of psychosis so that they can be translated into best clinical practices through education of clinicians.

As a Clinician-Scientist, Dr. Vila-Rodriguez has a strong interest in conducting translational research that bridges our understanding on the neurobiology of psychiatric disorders with the clinical applications of this knowledge. He is particularly interested in applying this strategy to severe mental disorders such as refractory schizophrenia and treatment refractory depression. His clinical practice is actively focused in those most severely afflicted by such conditions, and his research interests are directed at finding novel therapeutic interventions within Non-Invasive Neurostimulation Therapies (NINETs) that can help mitigate the suffering of those with severe and refractory forms of psychosis and depression.

He strongly believes that understanding at a mechanistic level how NINETs work is a critical step towards translating this knowledge to clinical practice. More important, translating that knowledge to clinical practice will have a direct, immediate, and positive impact for those who struggle and suffer the most devastating forms of mental disorders.

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



## **Welcome to the 2017.**

We were delighted to celebrate the closing of 2016 with a truly genuine and heart-warming Christmas party. It was a full house of families, loved ones and volunteers together sharing joy and song, talent and humour, great food and presents galore. It's one of my favourite events ever year and our sincere thanks to everyone that contributed in every way.

With the New Year we have already been sobered by the loss of loved ones and heart wrenching tragedy in our own back yards, in spite of best efforts. We have refocused and reenergized ourselves. Our determination to address the plights and systemic problems of so many struggling to overcome the ravages of psychosis and the desperation of families trying to cope with them has never been more important than now.

One of the biggest challenges and the best outcomes we can hope for is to help get people into the hospital for diagnosis and treatment when they are unwilling or unable to go themselves. For example, the majority of individuals with schizophrenia suffer from the lack of understanding (anosognosia) that they have a psychotic illness and this belief predisposes them to resist the very help that they need. Indeed, this lack of awareness is a direct symptom of the illness itself, rather than a coping strategy. The current BC Mental Health Act has been essential to admitting and mandating treatment for people involuntarily if they are seriously deteriorating or a danger to themselves or others. Unfortunately, the mental health act is now under challenge by other disability groups that promote removing these provisions in favour of supporting a person's freedom to choose to remain untreated if they wish. We see this as a crucial issue and a dangerous precedent which would remove from the act one of the few tools we have to get people treated and stabilized and on the road to recovery.

We must try harder and do more, not less. We need to remain that group of committed individuals in which our voices and concerns are clearly and equally heard by the legislators and the general public. I urge you to express your support for upholding the existing BC Mental Health Act, which will soon be decided by the BC Supreme Court. It is important to let people in positions of power understand your opinions. The dangerous changes that were made in Ontario, for instance, seem to have been influenced by a mistaken notion of what most of the public wants, because a smaller group was very active in expressing their opinion.

### **Here are some suggestions:**

1. Let your Member of the BC Legislative Assembly (MLA) know your opinion on this issue. The link to the govt. site where you can find e-mail addresses: <https://www.leg.bc.ca/learn-about-us/members>
2. You can read various articles to get a better understand of the issues and form your own opinions. I suggest you refer to Susan Inman's article at: [http://www.huffingtonpost.ca/susan-inman/bc-mental-health-act-autism\\_b\\_14137954.html](http://www.huffingtonpost.ca/susan-inman/bc-mental-health-act-autism_b_14137954.html) or to the article by Herschel Hardin: <http://www.northshoreschizophrenia.org/advocacy/nsss-advocacy-bulletin/> "B.C.'s sensible Mental Health Act not in need of any challenges."
3. RESPONSE TO CIVIL CLAIM Filed by: The Defendant, Attorney General of British Columbia <http://www.northshoreschizophrenia.org/advocacy/>
4. Post your comments on the Facebook pages of the political parties or of individual politicians.
5. Respond to the many articles being written on this issue.
6. Watch Dr. Xavier Amador's presentation on Utube: Dr. Amador Cambridge Talk on Helping People W/ Mental Illness, or read his book I Am Not Sick, I Don't Need Help.

We look forward to working hard this year to serve and support our families, members and communities by improving illness outcomes as we tackle the challenges ahead.

Best Regards

*Janice Lilley*, NSSS President

## Public Education Lecture Series

### *“Two Personal Stories of Success and Courage”*



On November 28, 2016 two women made their case at the Hope Centre.

The presentations made by both women make it clear that there was and is still clearly a stigma associated with mental illness. Both of

women have fought hard against their illness and continue to fight by raising public awareness and creating understanding. These women do not lack any sort of courage, as they bravely face people who could judge them every day.

**Erin Emiru Hawkes** was the first speaker of the night; she suffers from schizophrenia. Although she has the disease under control now, this was not always the case. In the early stages of her illness she was surrounded by a cacophony of horrid voices that urged her to kill herself. They would tell her that it was “the perfect time to die,” creating a scenario in which her death was the best thing for all. Luckily she managed to save herself from the voices and committed herself. At first she was incorrectly diagnosed with depression, but soon she found herself at Riverview, where they tried eight different types of medication with varying rates of success. By now she was committed under the *Mental Health Act*, and when she would not take her medication she was restrained. Unfortunately, because of her illness, Erin thought that the medication she was taking contained rats which would get inside her brain; rats that had to be purged.

All of her experiences at Riverview weren’t bad though, there was an orderly who provided Erin with her favorite bear when she was panicking and had to be restrained. Erin made it very clear that the most important thing about medication is this: Does the medication help me be myself? My real-self. Although the disease is part of her, Erin has used it constructively, she works as part of a peer support group now and has turned her experience into a book, “When Quietness Came”. In this way she hopes to promote understanding, empathy and hope.



**Savannah Beatch** was the second speaker; she has been diagnosed with bipolar disorder. During her teen years she struggled both with wanting to do everything all the time and wanting to shut everyone out. Savannah was

very social and had lots of friends and would often be bubbly and cheerful. Her depression was slow and induced a numbness into her. That is not to say that hyper-mania was a good thing, while it provided her with endless motivation, this motivation could also be channeled negatively. It would tease her to do negative things. For example she once tried to tell her family that she was going to take a bunch of pills, apparently all that came out was garbled language. Luckily her mother caught her in time, and she could not swallow the amount of pills she had decided to take. Being on medication made her realize that she “*didn’t have to live like that*,” knowing only major highs and major lows. With the help of medication and her family, her personality came back. Savannah often questioned how could people forgive her? How could they understand? However both her friends and family rallied around her and accepted her and this helped her to accept herself. She says one of the most important things to know is to know your limit and learning to stay within it.

Mental illness is a dangerous thing to ignore; however a lot of people choose to do so. It is important to remember what these girls went through as it demonstrates society’s lack of understanding of mental illness. The only way we can learn to control mental illness is through understanding, not avoidance.

Kathryn Breakell



## Hello, my name is Bill Murdock.

For those of you who don't know me or haven't seen me speak, I have been in the Financial Industry for 18 years now and I have definitely found my calling and purpose in life within it, helping people - every day.

My brother Lee was diagnosed with schizophrenia about 9 years ago which was very unexpected and exceptionally hard, especially for my mother who had to make a lot of changes and adjustments in her own life in order to accommodate my brother's needs. She was nearing retirement, or so she thought, at the time.

My mom found an incredible support within NSSS and this really helped her understand and deal with a "new" life and how to best care for my brother. On a personal note, the NSSS has been very helpful to my family in going through my brother Lee's diagnosis and illness. The NSSS has taught us how to be there for Lee, be more prepared, where to get help; even what to expect and how to deal with the adjustments.

So it all started when one day when my mother asked me to look over her Last Will & Testament before she saw the lawyer and signed off on it. What I discovered was that my very caring mom wanted to divide everything she owned equally between my 3 brothers, including Lee. I looked at her in terror and said : *"Mom you cannot do that!"*

*"Lee's portion of the inheritance will prevent him from receiving a lot of the government subsidies including a tax free benefit in his later years/retirement, it could actually jeopardize him more financially than what you have intended on leaving him...!"*

Of course this brought about a serious discussion afterwards, and once she had an understanding of the potential "damage" she could have created simply by caring, being generous and fair... she said to me: *"Bill ! I think that there are a lot of people who don't know this kind of stuff, **OR** have the ability to financially account for this properly ! ... I bet that, the NSSS would love you to share our families message, tips and pitfalls to avoid"*.

In celebrating our "5<sup>th</sup> anniversary presentation" in presenting this to the public, I have been asked by Nancy Ford, E.D. to hold an information session for all of you, to help you plan for your own brother, sister, son, daughter or any relative in an informed and educated way, based on my profession and my own family experience. I hope you can join us in February.

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## 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)**



## Estate Planning, Discretionary Trusts, Disability Tax Credit, and RDSP



With Bill Murdock,  
Financial Security Advisor

**Sat. Feb. 18, 2017**

**9:30a.m.—12:30 p.m.**

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.

Bill is a financial security advisor who also has a brother living with a mental illness.

### Topics covered include:

- Making a will
- Fund provision and management
- RDSPs
- Discretionary trusts
- Reducing tax burden

The workshop is offered **free of charge**.

**To register, please call the Family Support Centre at : 604-926-0856.**

## Membership: Have You Renewed?

### Mark Your Calendars

## North Shore Schizophrenia Society

### AGM

**March 29, 2017 - Hope Centre**

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 2017, please keep in mind that all dues must be paid in order to vote at the Annual General Meeting to be held this coming March 29, 2017. 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, a thank you to everyone for your support and for the difference you are helping to make in your community.

### 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 ارائه 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 دراو، وست ونکور

## Dedicated to a Family Member

I opened the North Shore News this week to learn that a family member's relative had passed away. This parent had accessed NSSS for one-to-one support, attended our Family-to-Family class and continued to be supported by the graduates of that class. As a parent would, they did everything they could to help their ill relative, who was held in the grips of a serious mental illness. Their loved one was homeless, couldn't find a place to rest, to stay, and really, couldn't land anywhere, due to their illness, other than a hospital. Found alone and deceased; a tragic ending.

Recently here at the Family Support Centre, a theme has emerged; one of battle fatigue. Families, armed with the Mental Health Act, state of the art education on mental illness, a Family Support Navigator, the RCMP, West Vancouver Police, VPD, VCH, Hope Centre, Community Psychiatric Services, can't get the help their ill relatives so desperately need.

There is no easy fix, no identified bad guys, no unjust laws, but what I do witness is a continued misunderstanding of mental illness, by families, our communities, service providers and medical staff. However, unless you've been through a personal experience of knowing someone with a mental illness; it's very difficult to have the understanding and empathy that is required. Someone with a mental illness cannot always "help themselves". With the complexity of mental illness, the only solution is to be working together, collaboratively, to find the mechanisms to ensure treatment. BC's Mental Health Act is an example of such a mechanism. Family educating the mental health system and community is another.

Two days ago a mother was told by her son's case worker that "*his file would be closed if he continues to miss appointments.*" The mother was calling because her son did not recognize her, his own mother; he thought he was being followed and suggested to his mom that maybe he needed to see someone. *But he better not miss that appointment!* We understand what the front line is up against, so again, no finger pointing, just a cry for help. How can the mental health system expect someone with mental illness, navigate a system with so many barriers, when the very nature of mental illness is a barrier.

Family fatigue; for those in their right mind, are worn down by the challenges encountered by the system. How can those, not in their right mind, find their way to appointments? Medical staff, police, front line workers, all experience this battle fatigue as they manage finally to get someone through the doors of Emergency.

In one tragic story, a man begged to be admitted to St. Paul's, due to suicide ideation. After four hours of observation, it was decided that he should be discharged. Why, we are not sure, limited beds, critical cases, he seemed stable? Frightened, that he would end his life, he refused to go home, in terror that this might be his last night, Security was called and he was physically escorted out of Emergency. This young man committed suicide within the following weeks.

We've been experiencing a lot of success getting loved ones into care, into their GP, establishing referrals, and help from the police when required. Families are feeling hopeful, with the Hope Centre, but the theme in these most recent weeks has been despair. With no insight, due to their illness, refusing treatment, loved ones continue to deteriorate, choose homelessness, addiction, sleeping in cars, are vulnerable to the darkest of our society, and are lost to families and loved ones.

The exhaustion families experience is beyond words. Can you imagine having to call the police to get your loved one into treatment for stage 4 cancer? Well that's what we do for our loved ones with mental illness.

This family had the Hope Centre on their team, was in touch with RCMP mental health team, CPS, family support, a class of Family to Family graduates and they still couldn't find the help they needed for their loved one. To this family member, on behalf of the families here at NSSS, our hearts go out to you in your loss.

As families we are committed to meeting, talking, and strategizing on ways to address the stigma and ignorance that continues to plague our loved ones and to work to find the solutions needed.

Clara Hughes talks about education as being critical on the **Bell Let's Talk** campaign: <http://letstalk.bell.ca/en/news/1058/clara-hughes-understanding-is-the-key>

Nancy Ford, Executive Director, NSSS

### 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.**

## **WHAT A WONDERFUL WAY TO END THE YEAR!**

### **ALL THE BEST FOR 2017.**

Thank you to our membership, our volunteers, donors and staff. .



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.



# THANK YOU



We had such a wonderful  
Christmas Party  
And there are so many of

## **YOU TO THANK!**

Our Members and Community Partners

Fresh Street Market

Delany's Edgemont Village

Starbucks Ambleside

Direct Liquidation

Margitta's Flowers

Soroptimists of the North Shore

Rotary Club of West Vancouver

North Lonsdale United Church

Plutonic Press

Stokholm Insurance Services Ltd

Halftime Holdings

Chefs Brett McDonald, Melissa Dabrowsk

John Clark, Brett McCann, Jason Mahon

Mimi (Manar) Vink - Violinists

Zouzou (Zohra) Vink - Violinists

Verity Carrie – Soloist

The NSSS Ad Hoc Choir

## **THE ELVES & SANTA!**

