

North Shore Schizophrenia Society

At A Glance March 2017

OUR FAMILIES OUR STORIES OUR PARTNERS



**Roan Moore, son of Patricia Murray,
Family Member, Board Member and
Support Committee Chair**



Supporting families dealing
with serious mental illness

NORTH SHORE SCHIZOPHRENIA SOCIETY

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MESSAGE FROM THE PRESIDENT AND ED

What would you want as a final wish for your child? Hopefully you will never have to be in a position to ask that heart wrenching question. Sadly, our fellow director, Pat is not only bravely trying to deal with this question but she has been able to ask for something from us, which is deeply meaningful to her. It's pretty simple. She would like us to visit her son in the hospital before he passes away.

She wants him acknowledged, valued and to be seen as a human being and as her precious son that was here for 21 years. Not remembered as a faceless statistic easily forgotten. It is important for her, for him, the hospital staff, for us and our Society.

We've had some wonderful successes and stories from families and volunteers alike, you'll find them here in this first edition, and we know we are moving in the right direction. However sadly there have been some tragic losses; two young people, both 21 years of age, and a young mother, all in their prime. These three individuals were dealing with a life threatening illness, yet, even with the advances in mental health and the help of our society, they could not get the treatment they so desperately needed.

If we keep on track I know we'll reach a stage where, like cancer, mental illness will not carry with it the bone chilling diagnosis it once was. Tremendous strides have taken place with cancer, diabetes, heart disease, and there is no reason why it can't happen with mental illness. Our hearts go out to these families. We too have suffered and are all too familiar with the journey, yet we are here working together, sharing the stories, learning, supporting and advocating for our loved ones.

Despite our tragedies we are stronger together. Pat, a loving mother, Graeme, a loving father, Marilyn, a loving mother, are all graduates of the Family-to-Family course and believe in us more than ever. We've worked hard this year and delivered eight courses over the past year, covering 4 regions, educating 96 graduates. We now have 31 trained teachers and 24 volunteer trained facilitators. Over 900 students heard our presentations on mental illness delivered by 10 volunteers to over 42 classrooms. Finally, we couldn't deliver any services or programs without the support of our membership, our dedicated volunteers and our generous donors. We honour and thank you for the opportunity to be of service and look forward to making even greater strides in the coming year. The work continues, and we trust you will continue with us on this journey of hope.



A blue ink signature of Janice Lilley.

Janice Lilley, President



A blue ink signature of Nancy Ford.

Nancy Ford, Executive Director

FAMILIES SUPPORTING FAMILIES

MEETING FAMILIES ONE-ON-ONE

A View from the Family Support Centre

While the one to one support numbers are impressive, they don't tell the whole story. They don't reveal the length of the journey that families embark upon when their loved one becomes ill, nor do they tell about the tenacity and perseverance that it takes to get their loved one into treatment or care, and stay in treatment until a proper discharge plan is put into place.

These families are our heroes.

When we first meet a family member, they are often in distress, if not shock. It can be an earth-shaking experience for a family member to realize how ill their loved one is, and, often with little prior knowledge, decide upon a course of action to take.

We listen to families, we support them and help guide them to take the next steps. We often tell them to keep a record, or a log, of what they are seeing and experiencing, and to take that to their family member's family physician and the local police station. This lets the family physician know what is happening, and can help the family physician to sign a first certificate. Continued pg. 5.

In 2016 we've supported over: **200 unique families**

Reached out to families over: **1,000 times**

Worked with our community partnership with over: **240 contacts** including the RCMP, Vancouver and West Vancouver Police, the Hope Centre staff, Social Workers, and Youth Workers.

Diagnosis included:

24% with Schizophrenia
15% with Bi polar
16% with Anxiety/Depression
5% with Concurrent
28% Undiagnosed
12% Other

Relatives included:

Parent	71%
Sibling	16%
Spouse	10%
Grandparent	1%
Other	12%

Percentage of male and female contacts (some families ≥ 1 contact):

Male: 22% Female 91%

We have been told that it is the whole picture, sometimes looked at over a period of weeks to months, that enable the police officer to apprehend and take someone into hospital under section 28 of the *Mental Health Act*.

Once admitted, our work and the work of our families does not end. We provide the family member's history to members of the hospital staff in order to discourage early discharge. The family members also advocate for their loved one to stay in care.

We've supported family members that have tried numerous times to get their loved one into care, only to be discharged, or told that the person has to become 'sober' before they can be treated for their mental illness.

We've supported family members whose loved one was admitted into the hospital numerous times before finally being discharged on the condition that they return weekly, or monthly, for their medication. Family members aren't often aware that they can ask for a conditional discharge, contingent upon their loved one regularly taking their medication. At times, family members discover how difficult navigating the mental health system can be. We try to help them navigate both the system, as well as the language of the *Mental Health Act* and privacy legislation. Family members can – and should – be involved in the treatment and care of their loved one; it helps improve health outcomes.

While one in five suffer from mental illness, at some time in their lives very few are educated about mental illness, and how to treat someone with mental illness.

We hope that our families learn about other resources through the Family Support Centre. We provide education on resources available to those with mental illness, such as support groups and programs. We provide information on review panel hearings, housing, and disability benefits to families. We offer much needed one to one, crisis or group support. We don't punch a clock and we will continue to follow up until the family needs our help no longer – for now.



Today, after one year in this role, I am pleased to report that many of our family member's relatives are doing much better. Many have been discharged from hospital, are taking their medications regularly, and are managing their activities of daily living.

We wouldn't have these victories without the support of our volunteers and members. Together, we will continue to support families. Together, we will continue to educate, support and advocate, in an effort to treat mental illness and reduce stigma.

Together, we will never give up hope. **Kathryn Seely**

FAMILIES SUPPORTING FAMILIES

THE POWER OF PEER GROUP SUPPORT

In 2016:

202

Participants

24

**Volunteer
Facilitators**

12

**Training
Participants**

4 (5)

**Support
Groups**

In two years time we've grown from one support group to four groups providing support to families in four regions; Port Coquitlam, serving the Tri-cities, North Vancouver, supporting the North Shore, and the Sea-to-Sky in both Whistler and Squamish.

There's a coffee group meeting once a month on Saturday mornings in Vancouver so that suggests actually five peer support groups, where families are coming together to share, mentor, validate and support each other as they navigate the systems finding support for their loved ones.

Finally, we couldn't respond to the need for these groups without the support of our 24 family volunteers.

- **TRI CITIES—2nd Thursday**
- **WHISTLER—4th Thursday**
- **SQUAMISH—2nd Thursday**
- **NORTH SHORE—3rd Wednesday**
- **NORTH SHORE— 2nd Friday afternoon**
- **VANCOUVER—Once a month— Sat. morning**

STORIES FROM THE FRONT - FAMILY SUPPORT GROUPS

Christine Holmquist emailed us the follow update from the support group she co-facilitates in the Tri Cities, held at New View Society, in Port Coquitlam. Here is what she wrote...

"Elena and I co-facilitated the New View support session last Thursday.

With Elena and I that made 10 attendees. Four were first timers to the gathering so we spent a bit more time going over the 3 sheets of guidelines, etc. and establishing the "pass" option. Three of the attendees each have 2 children with mental illness.

After the introduction sharing, it was clear that one family was "in crisis" due to the weekend attempted overdose of their daughter. Group sharing and support revolved around others sharing their similar experiences (4 experiences shared). Discussion focussed on what worked/was helpful during those situations. The humour was provided by one mother sharing of how mad and angry she was about this "force" that had talked her daughter into overdosing. Rushing home from work after receiving her daughter's phone call, and with the ambulance and firetrucks sirens in the distance, she pulled her daughter out of the upstairs bedroom and her only way to get her down the stairs (as it was impossible for her to lift her) was to hold her in a seating position and "bump" her down each stair. With each bump, she was expressing her anger and frustration over the voices that told her daughter to overdose. Returning home from her hospitalization, her daughter complained about her sore butt.

Counselling is being planned for the family in crisis - and several affirmed the quality of the alternative schooling, and counselling support options presented to them.

There was also a shared experience about food - and how eliminating gluten from their diet resulted in improved quality of life for all.



We concluded by sharing an experience of "joy" - and many shared of successful and surprisingly "good" holiday times.

The final word was "safe haven" provided by an attendee who received a phone call during our last five minutes from her daughter to say she was bringing 2 people home because they were in need and their home was "a safe place".

All engaged in participation, with more sharing as the evening went on."

Christine Holmquist, Volunteer, Tri-Cities support group facilitator

EDUCATION -STEPS TOWARD CHANGE

FAMILY-TO-FAMILY EDUCATION

96 Graduates in 2016

11 Teachers for 2016

35 Graduates in North Shore

14 Graduates in Sea to Sky

22 Graduates in Vancouver

25 Graduates in Tri-Cities

32 Teacher trained since 2012

Family-to-Family is more than just an education course. It could be described as a course in empowerment. It changes the people who take it, giving them new strength and confidence. Through the course, family members gain the knowledge and skills to cope more effectively with their relatives with a mental illness.



Lisa Stringle and Cheryl Zipper—Co-Chairs

Education Committee Members —Connie Chung, Cindy Beatch, Joanna Ashworth, Cathy Burke

A FAMILY-TO-FAMILY GRADUATE'S REVIEW

I write these words as we near the end of the current, 12 week, Family-to-Family Education Course. We have all come a long way since we first met in January in the cramped office space of the North Shore Schizophrenia Society, located in West Vancouver.

Some 20 plus persons sat awkwardly together, shoulder to shoulder, in a circle of strangers while politely greeting each other and most likely wondering what they had gotten themselves in to. Over time they became a circle of supportive family members who openly shared their fears and concerns about their loved one's suffering from mental illness – it was a transition from strangers to friendly faces.

The Family-to-Family Education Course is as much about understanding your loved one's illness, to understanding your own need for wellness, and how important that is as you continue to provide care and support for your loved one on a daily basis.

It also let's you know that you are not alone on this journey into the unknown.

The course provides family members with an understanding and insight into mental illness, in general, and to better comprehend the emotional response to mental illness in terms of:

- ◆ Dealing with the crisis
- ◆ Learning to cope
- ◆ Understanding what is happening and accepting it
- ◆ Becoming an advocate for your loved one and importantly
- ◆ Where you are in the cycle

Regardless of what we have all previously experienced, chances are, there will be another crisis. The course better prepares us to respond to that next event, and with the potential to avert or minimize the crisis by recognizing the signs, symptoms and triggers that often precede it.

Family members develop a better understanding and knowledge of how to communicate more positively and effectively with their loved one; patience and understanding replaces frustration and anger.

Although our specific situations are vastly different with a variety of mental illnesses and an age span from 13 to almost 60, the common element of a loved one struggling with mental illness, bonds us together.

The course has had a positive impact on how I communicate with my adult son who is Bipolar and lives at home. There is less stress - for the whole family - there is a focus on the future, in healing, and finding solutions.

We are always hopeful, but as we all understand, we never know what tomorrow will bring.



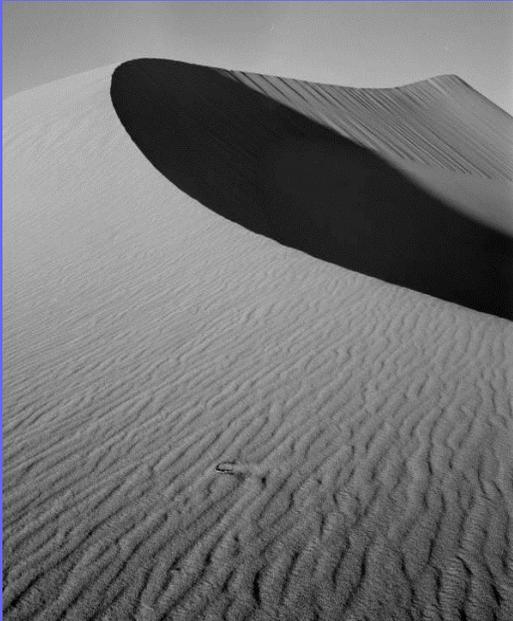
The Family-to Family Education Course helps us understand the past, deal with the present, and prepare for the future!

In closing, I would like to thank Lisa and Janice, our course instructors, for their guidance, leadership, patience and facilitation over these past weeks. They speak from experience, each having a loved one struggling with mental illness. Thank you.

Steve Watt, F2F graduate, Member, Volunteer, Past President

HIGH SCHOOL PRESENTATIONS

PARTNERSHIP



YOUTH

HIGH SCHOOL PRESENTATIONS

Number of Students	934
Number of classrooms	42
No. of Schools	12
Number of Volunteers	10

A special thank you goes out to our guest presenters:

- ◇ **Robert Lockhart**
- ◇ **Cindy Beatch**
- ◇ **Milena Norwell**
- ◇ **Leannah Kelly**
- ◇ **Savanna Beatch**
- ◇ **Mackenzie Brown**
- ◇ **Cheryl Zipper**
- ◇ **Janet Scott**
- ◇ **Cathy Burke**
- ◇ **Christine Kelly**

CINDY AND SAVANNA'S STORY



My name is Savanna, I am 22 and was diagnosed with Bipolar I at 19. I felt confident and loved seeing people in total listening mode, excited on the edge of their seat. I loved doing the talks and I am in full support of education early on in order to demolish stigma. Stigma towards mental illness is so prevalent that it affects everyone. So when you develop a mental illness you hold onto those stigmas and you believe them and it stops your growth. This is self-stigma. Sharing openly about my Bipolar is a great way to get people to change their ideas about mental illness. I really want to do more talks.

My name is Cindy and I have a daughter, Savanna, who was diagnosed with Bipolar I three years ago. I started doing the Partnership Presentations last fall. I find that after having done the presentations numerous times. I am still occasionally, a little apprehensive. The unease comes from sharing publicly some of the worst experiences of my life and wondering how that information will be received.

The high school power point presentations are uniquely designed to pair a person with lived experience of mental illness along with a family member of a person with a mental disorder. We start with empathy, a cute but poignant animated video that describes empathy beautifully. And then we proceed with true and false questions and impart a lot of information about the major mental illnesses.

The highlight of the presentation is the moment when the partner with a mental illness shares. The partners are generally very detailed and graphic about their experiences of living with psychosis, depression and mania. They share open heartedly and are willing to answer very personal questions about their struggles. I remember a student asking one of our presenters if "his hallucinations were like dreams" or if he could "control his paranoid thoughts on his own." I could see the student was really trying to understand what was going on inside Rob's mind. His answer was that he never dreamed so he couldn't compare and that he could control the thoughts for a while in the beginning but eventually they just took over. It is this open dialogue that is the most valuable when educating about mental illness. Most people do not have the opportunity to speak openly about it or ask questions that might be considered inappropriate in another setting.

Cindy and Savanna Beach, Volunteers

HIGH SCHOOL — THANK YOU

Whistler Secondary

A Community School

8000 Alpine Way

Whistler, B.C. V0N 1B8

July 14, 2016

To Whom It May Concern,

I would like to take this opportunity to express the important role the North Shore Schizophrenia Society played in bringing awareness to important issues concerning Mental Health and our youth.

The NSSS, in partnership with Whistler Secondary School, organized a session for our grade 10 students in May. The event allowed for leadership involvement from our grade 12 students as well. One of our own grade 12 students shared her experiences alongside another young woman from Squamish, the impact of these personal stories was felt throughout our school community allowing for open conversations in many classes.

The involvement of the NSSS allowed for the participation of many organizations from the Sea to Sky corridor, putting our students in direct contact with the critical resources that are available to them. With the help of the NSSS, we will continue to bring resources and awareness to our school community as we collaborate to de-stigmatize Mental Health and support those in need.

Sincerely,

Erin Boisvert

Vice Principal

Whistler Secondary School



RAISING AWARENESS

PUBLIC EDUCATION LECTURES

January 27, 2016

"A Forensics Nurse's Perspective"—Carol Hobson, Forensic Psychiatric Nurse

May 25, 2016

"What Family Members Need From the Mental Health System"—Susan Inman, Author, Mother

September 28, 2016

"High Potency Pot Poses Risks to the Developing Brain"—Dr. Dianne Mackintosh

January 27, 2016

"Stories of Courage and Success"—Savanna Beatch and Erin Hawkes

Over **200** Lecture Participants

Since its inception in 1989, our lectures have been held four times a year in the auditorium at Lions Gate Hospital. In 2016, Vancouver Coastal Health invited us to present at the Hope Centre, in North Vancouver.

This Public Education Lecture Series allows family members, those with the illness, professionals, and the general public to ask questions and get answers directly from the experts and service providers on a wide range of topics covering all serious mental illness. This question-and-answer interchange makes each session particularly valuable.

In general, we average 50- 60 community members attending, however for some of the hot topics we've spilled out into the hall with over 100 in attendance. This year our lecture topics ranged from High Potency Pot, to What Family Members Need From the Mental Health System.

If you have ideas for speakers, please let us know.

EVENTS—COMING TOGETHER



CANADA DAY PARADE—July 1, 2016



WILLS AND ESTATE PLANNING WORKSHOP—February 18, 2017



RENDEZVOUS - MARCH 18, 2017

COMING TOGETHER

IT TAKES A TEAM OF VOLUNTEERS

◆ GENERAL VOLUNTEERS

Eileen Willis, Elena Andrews, Taryn Jean
Steve and Liz Watt, Mark Thomas, Don Pavlovich

◆ SET UP CREW 2016

Mandy O'Brien, Philip Wright, Daniel Ward
Stirling Angus, Pouneh Jula, Kathryn Seely
Dilshad Deboo

◆ GIFT SHOPPING CREW 2016

Elena Andrews, Cindy Beatch

◆ KITCHEN CREW / SERVER 2016

Lisa Stringle, Kim Thomas, Gillian Santo
Adel Bellemlih + Maya
Patricia Murray, Joe Gormmley

◆ CLEANING CREW – 2016

Cindy Beatch, Cheryl Zipper, Peter Zipper

◆ GREETING / SIGN IN TABLE -2016

Kathryn Seely, Mandy O'Brian, Gladys Bashi
Dilshad Deboo

◆ GIFT WRAPPING CREW

Jeanne Cady Brown, Irene Leschert, Liz Watt,
Phillip Wright, Cindy Beatch

◆ PERFORMERS

Zahra and Manar Vink, Verity Carrie

◆ CHEFS

Brett McDonald, Brett McCann, John Clark, Jason
McMahon

◆ PHOTOGRAPHER

Plutonic Press, Luke Krienke



ADVOCACY

A VOICE FOR FAMILIE, SYSTEM AND POLICY CHANGE

Advocacy is one of the key pillars of our Society with three key areas.

PERSONAL ADVOCACY – advocating on the part of an individual/family to ensure they get the best treatment and care.

- We've had some real success working with the RCMP Mental Health Team, West Vancouver and Vancouver police, the HOpe Centre, Community Psychiatric Services, families and even a landlord in one particular case.
- We both educate through Family-to-Family and provide the support needed through our family support team, to encourage families to document, and to keep records.
- We walk families through the unfamiliar territory of working with the local police in order to access medical treatment, as an advocacy team.

We have encountered some losses. System gaps, especially where there is a dual diagnosis or both mental illness and addiction. This is a particular area where gaps need to be closed and understanding that substance abuse most often is a symptom of a mental illness.

SYSTEM CHANGE – Mental illness is a complex issue requiring complex solutions. There are no easy answers and we need everyone at the table. NSSS has been working with agencies and the health authorities, in partnership, to identify where change is needed and how that change can be accomplished. Advocacy for systems change with solutions in mind.

- We are delighted to announce that in 2016 NSSS convened a working collaborative of mental health care providers on the North Shore. HOpe Centre, CPS, RCMP, West Vancouver Police, CMHA, Peer Support and the Family Advisory Committee are meeting every two months to identify the challenges, explore solutions and identify areas where we can work together.
- The NSSS board wrote to VCH identifying the need for a dedicated mental health nurse to work with the RCMP Mental Health team as one such collaborative effort.

POLICY CHANGE – big picture policy considerations and legislative change.

Janice Lilley, NSSS President wrote in the January issue of the Notepad: *"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."*

1. Let your Member of the BC Legislative Assembly (MLA) know your opinion on this issue.
2. You can read various articles to get a better understand of the issues and form your own opinions. Susan Inman's article at: www.huffingtonpost.ca/susan-inman/bc-mental-health-act-autism_b_14137954.html or the article by Herschel Hardin: www.northshoreschizophrenia.org/

PARTNERSHIPS AND COLLABORATION

Thank you to our many partners, we couldn't do what we do without you!

- ◇ North Shore Disability Resource Centre
- ◇ New View Society
- ◇ RainCity Housing
- ◇ Coast Mental Health
- ◇ West Vancouver, Lynn Valley and Whistler Library
- ◇ Sea to Sky Community Services
- ◇ Vancouver Coastal Health North Shore, Whistler
- ◇ Sea to Sky – Partners in Care
- ◇ The Hope Centre, Community Psychiatric Services
- ◇ Vancouver Coastal Health
- ◇ Pemberton, NV RCMP, West Vancouver and Vancouver Police
- ◇ North Lonsdale United Church
- ◇ North Vancouver Recreation and Culture Commission
- ◇ North Shore Volunteers for Seniors
- ◇ Multicultural Society
- ◇ The Kelty Dennehy Mental Health Resource Centre—CMHA
- ◇ Bill Murdock, Financial Planner, in design financial group ltd.
- ◇ Ralph Sultan – MLA West Vancouver,
- ◇ Jane Thornthwaite - MLA North Vancouver
- ◇ District of West Vancouver Youth Outreach Team
- ◇ Whistler PAC and Secondary School
- ◇ North Shore Secondary Schools
- ◇ Richard Walton, Mayor, District of North Vancouver
- ◇ Michael Smith, Mayor, District of West Vancouver
- ◇ Darrell Mussatto, Mayor, City of North Vancouver
- ◇ Brett McDonald, Brett McCann, John Clark, Jason McMahon

A letter from Mental Health & Substance Use (MH&SU) Family Advisory Committee

"We wanted to thank you for taking the time from your busy schedules (which we have a true understanding of after hearing about all the ways you are helping families) to present to our committee on Thursday. It was great to start off with Nancy sharing the background of the NSSS and current structure of the organization. We were so impressed hearing of the broad range of services that you provide and it is evident that these are delivered in a truly compassionate, caring and comprehensive way. Also we appreciate you sharing your resources and bringing copies for everyone to take with them. "Navigation" may be the way Kathryn's role is described, but we see "support" as being a large and important component as well. "

Warm regards, Frances Kenny, Chair, MH&SU Family Advisory Committee (FAC)

FUNDRAISING

CIRCLE OF STRENGTH

Our signature fundraiser, Circle of Strength luncheon, provides a forum to raise awareness about serious mental illness, and the importance of getting those who need help into treatment as soon as possible. Importantly, it allows people who attend to hear directly from family members, and from those with an illness and how they have been helped.



Curt Petrovich, CBC Journalist

Circle of Strength 2017, Master of Ceremony

"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

PLEASE JOIN US FOR THIS

9TH ANNUAL CIRCLE OF STRENGTH FUNDRAISER LUNCHEON

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



Staff and Volunteers



Presidents, Past and Present



Our sponsors and guests



MC , Jon McComb and Members



One of the 20 table guests



Members and guest speakers

Your donations provide funding free of charge, and are tax deductible.

Our CRA registered charity number is 894226935 RR0001.

To make a donation online, please visit our website, www.northshoreschizophrenia.org.

Name: _____ Address: _____

Tel: _____ Cell: _____ Email: _____

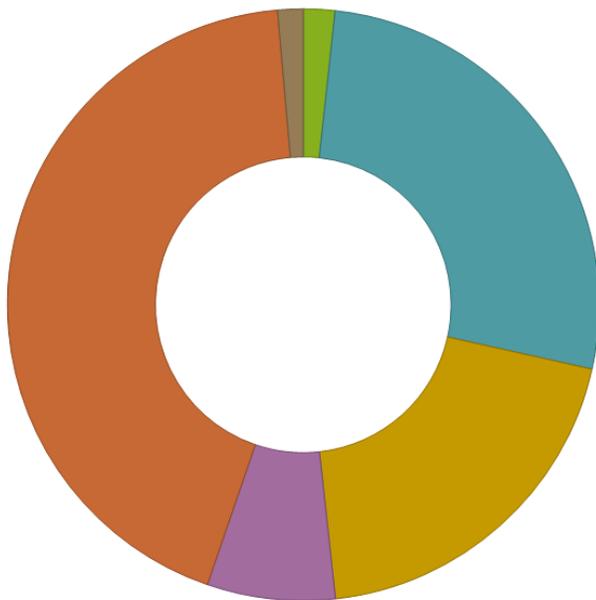
Payment by Cash Amount: _____

Cheque

Credit Card No. _____ Type: _____ Expiry: _____

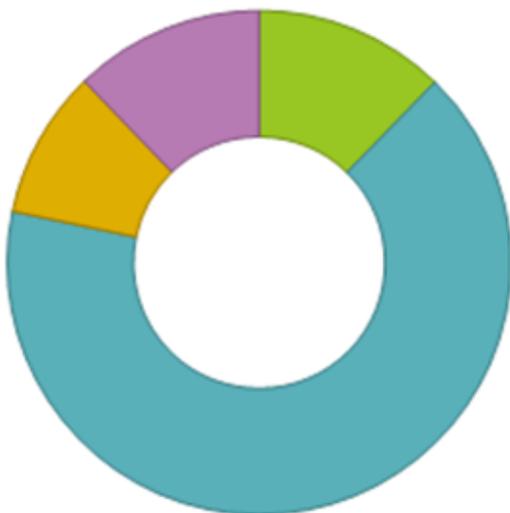
WHERE OUR FUNDING COMES FROM

Audited Statement 2016



Member Fees	\$4020	2%
Donations	\$62,515	27%
Direct Access	\$46,159	20%
Endowment	\$16,336	7%
Other Grants	\$101,250	43%
Interest and GST	\$3,238	1%

Total **\$ 233,518**



General Fund	\$ 32,263
Janet Morgan	\$173,084
Family Navigator Fund	\$ 25,000
Mayor Golf Tournament Fund	\$ 32,000

Total **\$ 257,347**

THANK YOU TO OUR FUNDERS

DONORS AND SPONSORS

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, Mayor's Golf Tournament,
- ◇ Seymour Golf and Country Club, Vancouver Foundation,
- ◇ West Vancouver, Squamish and Whistler Community Foundation,
- ◇ North Rotary Club, North Shore Legions, North Shore Lions Clubs, Soroptimists International.
- ◇ Bouygues Building Canada, Fulmer Capital Partners, First Memorial Funeral Services,
- ◇ Margitta's Flowers, Eyes Wide Media, Plutonic Press, Starbuck, and our many other generous donors.

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 بعدظهر 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

LEADERSHIP



Janice Lilley – President

Janice was first introduced to the NSSS ten 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 collaborative process of working together to achieve lasting value and meaning change.



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. Lisa started volunteering with NSSS as a Family to Family teacher right after taking the course. 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.



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 launch its first Circle of Strength luncheon in North Vancouver.



Adel Bellemlih – Board Treasurer, Fundraising Committee Co-Chair

Adel is a professional with nearly two decades of experience in the executive management of commercial, financial, legal and technical aspects of a wide range of projects with a particular focus on the construction and real estate industry. He played an active role in the Canadian market since 2007 and, over the course of his career, worked on several continents, including North and South America, Europe, and North Africa. His educational background is in both business and construction engineering.



Don Pavlovich – Board Member, Outreach Committee 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 art and culture, he’s currently 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, *“I now understand how important it is that we reach other families in similar situations”*



Kim Thomas – Board Member, Support Committee Co-Chair

Kimberly, along with her husband, enrolled in the Family to Family course *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 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 resides in Coquitlam with her husband and children.



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. For the first time since my son’s original diagnosis in Kindergarten I did not feel alone in my struggle to help him.*



Joe Gormley – Board Member, Membership Committee Chair

“The Family to Family course provided me with the knowledge and tools to better understand and help my family members with this illness. The value of the program provided by the NSSS inspired me to contribute by offering to serve on the board.” Joe has served on the board of directors of several other organizations, including Nelson and District Credit Union, Northern BC Crisis Centre, Point Roberts Yacht Club, and Surrey Trekkers Volkssport Club. Professionally Joe has worked for Public Works and Government Services Canada in real estate specializing in Aboriginal consultation.



Shirley Chan, Co-Chair Fundraising

As a girl, Shirley Chan campaigned with her parents going door-to-door to canvass opposition to the freeway plans and organized a network of block captains to keep residents informed. That community activism has remained with Chan in the years since. An established leader in the Chinese-Canadian community, the Vancouver native has held leadership roles in community-based advocacy, national housing, health and sustainability programs and inclusive social and economic development. Shirley has taught numerous Family to Family classes and worked as an advocate on behalf of her daughter.



Cheryl Zipper, 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.”

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