



PUBLIC EDUCATION LECTURE SERIES

POWER OF HOPE - A FIRST HAND, FRONT LINE STORY



Clive Derbyshire, Vancouver Paramedic

Photo courtesy of Vancouver Metro

FEATURING: CLIVE DERBYSHIRE,

Vancouver B.C. Paramedic

HOPE CENTRE ATRIUM

1337 St. Andrews Ave.
North Vancouver

WED., SEPT. 27, 2017

7:00 - 9:00 p.m.

NO REGISTRATION REQUIRED

780 Drug overdoses in BC

January 1 to June 30th 2017, on track for a 70 percent increase over last year.

It doesn't happen on most overdose emergency calls; there are too many. However, paramedic Clive Derbyshire responds to at least "*five or six*" overdose emergency ambulance dispatches every day in Vancouver's Downtown Eastside.

When Clive was 18, he became a volunteer firefighter, working in emergency services. Five years later, he became an emergency medical responder with the B.C. Ambulance Service. What was unknown at the time was Clive was wrestling with drug addiction, beginning with alcohol, and then onto harder drugs, eventually discovering that the roots of his addiction lay in mental illness and PTSD.

Working in the Downtown East Side, Clive reports that he is "*reminded that the power of hope is an incredible thing in the human psyche*" and the importance of "*recognizing the levels of compassion and empathy that the person needs*".

Please join us on Wednesday Sept. 27th. at the Hope Centre Atrium 7:00pm for a first hand story from the front lines about the power of hope.



PLEASE MARK YOUR CALENDAR
SPECIAL MEETING OF THE MEMBERSHIP
TUESDAY OCT. 17, 2017 - 7:00PM

The Board of Directors of the North Shore Schizophrenia Society will be calling a Special Meeting of the Membership for Tuesday October 17, 2017 at 7:00pm. Details of this special meeting will be mailed to the membership on Monday Sept. 25th. Please note the date in your calendar and we encourage all our membership to please attend.

Greetings, **Janice Lilley**, NSSF President

As we ramp up and roll out our education and support programs this fall we are energized by how many people's lives we will strive to make a difference for this year. We are educating more teens in our high schools; last year we quadrupled teaching classes in the lower mainland combined with the sea to sky corridor and we are training more and more volunteers and teachers. Our support for individuals and groups have expanded equally. For every person that is enlightened, empowered and supported we know that the positive effects continue to ripple through to their loved ones, their families and their communities.

However, while our values and beliefs are enduring, we are challenged by world events as they continue to evolve. Many people suffering from serious mental illnesses are dealing with the even greater complications of addictions. The ongoing fentanyl crisis and impending legalization of marijuana will continue to have wide spread effects on our vulnerable loved ones and their families. More and more people need to know they have a place to turn to get the kind of help that we offer.

We are resolved to be an open and welcoming experienced peer led society providing meaningful assistance to people dealing with the many issues pertaining to serious mental illness of their loved ones. To enhance these efforts and in response to ongoing feedback we will be introducing some changes to the society in the near future. And we offer you the opportunity to join us In making a difference.

Best Regards, Janice Lilley

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

PUBLIC EDUCATION LECTURE SERIES - MAY 2017

UNDERSTANDING ELECTROCONVULSIVE THERAPY - ECT

On May 31, 2017 Dr. Fidel Vila-Rodriguez, Asst. Professor, Department of Psychiatry, UBC, gave a passionate talk about a controversial subject, electroconvulsive therapy. Public and professional stigma still exists today, and as Vila-Rodriguez says “the only way to deal with stigma is to discuss it.”

Today electroconvulsive therapy (ECT) is an effective psychiatric treatment in which seizures are electrically induced in anaesthetized patients in order to achieve therapeutic benefits. It is one of the earliest therapies used to treat mental illness, dating back to 1794. ECT is most often recommended for treatment for patients who are severely depressed, those in catatonic states, suicidal or have bipolar disorder with depression or mania.

One of the main reasons the public and professional stigma still exists today is because of the historical methods used. In the past it was done without anesthetic, and was used in inappropriate situations and often without any benefit.

Today patient care includes measures to lessen side effects along with steps implemented in after-care. Patients are carefully monitored after electroconvulsive therapy is done, with heart rate, blood pressure, and oxygen level all routinely monitored.

Consent is of the upmost consideration with the procedure vigorously outlined. Patients often express concerns that the treatments will result in brain damage or reduced mental function; however fears and anxieties are decreased once they receive clear explanations from ECT team. Many patients were surprised to discover that ECT is done under full anesthetic and that it has few side effects.

Electroconvulsive therapy works by causing a seizure, and some of what happens in the brain is an increase in dopamine, and catecholamine, helping stimulate nerve growth in the brain. It should be noted that electroconvulsive therapy is not helpful in addressing the “positive symptoms” in schizophrenia such as a lack of motivation.

One of the most worrisome side effects of electroconvulsive therapy is loss of memory, but generally during electroconvulsive therapy, the kind of memory loss is of that day as opposed to erasing the patient’s past. However it can be hard to tell what memory loss is associated with the treatment and with the disease. Patients will also typically experience fifteen to twenty minutes of confusion following the treatment.

While electroconvulsive therapy is not effective in all cases, it is important to keep in mind when medicines alone fail to produce healing. In these situations, depending on the patient’s symptoms, electroconvulsive therapy may be an option to kick start recovery. It is not an option to be taken lightly, and requires much consideration; however it is another possible tool in the fight against mental illness, so it should not be completely counted out.

Joining Dr. Vila-Rodriguez was a special guest, Stephanie Drews, who shared her personal experience with ECT treatment and how important it was in the treatment of her severe depression and recovery. We extend a special thanks to Stephanie and others who share their first hand experiences.



Family-to-Family Education Fall Series Beginning September 2017



Family to Family Education Course

We are pleased to report that the 12-session education course will run in three locations this Fall:

September 19th:

New View Society, Port Coquitlam

September 20th:

North Shore Disability Resource Centre, North Vancouver

September 21st:

Coast Mental Health, Vancouver

These courses are offered free of charge, and we are very grateful to the support we received from the New View Society, The North Shore Disability Resource Centre, and Coast Mental Health, for allowing us to host the courses in their office space, and for providing much needed—and appreciated technical, outreach and volunteer support.

For information and to register for our upcoming spring sessions, beginning in January 2018, please contact Kathryn at 604-926-0856 or kathryn@northshoreschizophrenia.org.

The Family-to-Family education program is one of North Shore Schizophrenia Society's most sought-after programs, offered twice a year in three locations: West Vancouver, Vancouver, and Port Coquitlam, and once a year in Squamish. The Family-to-Family curriculum consists of 12 sessions covering most aspects of serious mental illness and its treatment, and also how best to deal with the challenges of having a loved one stricken by illness. Participants learn how to solve problems, communicate effectively, handle negative feelings, help their ill family member recover, and advocate for both families and their ill relatives. For the course outline please see: www.northshoreschizophrenia.org/education/family-to-family-course

مرکز حمایت از خانواده:

رسالت این مرکز، حمایت و آموزش درباره بیماریهای روانی از جمله اختلالات دو قطبی (بای پولار)، افسردگی، اضطراب و شیزوفرنی (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 ۶۰۴-۹۲۶-۰۸۵۶ تماس بگیرید و یا به آدرس زیر مراجعه فرمایید:

شماره ۲۰۵- ساختمان ۱۸۶۵ مارین دراو، وست ونکور

From the Family Support Centre

A salute to our volunteer team, our family members.

The Family Support Centre has been busy this summer, with support groups running on the North Shore, Tri Cities, Squamish and Whistler. We couldn't do this important work without our dedicated volunteer support team. These vital support groups provide the opportunity for family members to share their stories, support other families coming to grips with supporting their loved ones, and most important provide family members with hope. Stigma is finally addressed when families begin to share; when families step out of isolation into the community, they discover that they are not alone. In sending out the monthly reminders we wanted to share some of your responses, underscoring the benefits of family support.

- *"Thanks for the invitation. .. [we are] unable to attend the support group this month. We do very much appreciate the insight that the Family to Family course brought us. The understanding and forgiveness we are able to access has been invaluable to us both. Thank you for your contact and equanimity."*
- *"I just finished 'reading' an audiobook, Ben Behind His Voices. Wonderful book I recommend to all providers to people with mental illness. The author, Ben's mother, mentions NAMI and its programs including their Family-to-Family support program in every chapter as the most valuable resource. Glad to be a part of it and very thankful for all your support."*
- *"Hello, just wanted to let you know that I do really appreciate the e-mail reminders for this support group. I do hope to attend one day. These days my Thursday evenings all seem to be booked, but I will come one day! Thanks."*
- *"Thanks Kathryn. All is still well. I appreciate your contact nonetheless. I will not attend but it is comforting to know that there is support in the community. Regards".*

We deeply appreciate families taking the time to send us updates from family members about how their loved ones are doing. Drop by, send us an email or give us a call.

If you would like to join the support team, or become a co-facilitator of a support group, please let us know. We offer training with the next training session scheduled for Saturday October 21st, from 10:00 to 1:00 p.m. and finally thank you for keeping in touch.

MONTHLY SUPPORT GROUP MEETINGS

Learn strategies on how to access support and services for your loved one, effective communication and problem solving skills for you and your family. Share your questions, concerns, and experiences with others.

Support group meetings are held each month in:

WEST VANCOUVER: 3rd. Friday morning and 3rd. Wed. evening

SQUAMISH: 2nd. Thursday evening **WHISTLER :** 4th. Thursday evenings **TRI CITIES:** 2nd. Thursday eve.

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

Update on Sea to Sky



Dennis VanDongen, Kathryn, Leslie Scott, Kristi Wells, Brittany Beggs, Carolyn Hill

The North Shore Schizophrenia society was a recent recipient of a Real Estate Association of Whistler (REAW) Community Grant. This Community Grant will support us to meet regularly on Thursday nights in Whistler, to provide one to one outreach, support and education to families supporting a relative with mental illness. Carolyn Hill, a member of the REAW Board of Directors and REALTOR® of Macdonald Realty Whistler office, is shown here, presenting the donation cheque.

We could not deliver the outreach, education, and support services that we provide in the Sea to Sky Corridor without our community partners. We are very grateful to the REAW for all of their support in helping us run the monthly Whistler Support Group. We are also grateful to the Whistler Secondary School Administration and Parent Advisory Council for providing us with space at the school to run our meetings during the school year, and to the PAC for its support and participation. We would also like to thank the staff at Whistler Blackcomb housing, for helping us to facilitate the monthly support groups during the school year.

Things are also busy in Squamish, the south side of the Sea to Sky Corridor, with a special thanks to the Squamish Community Foundation and Squamish Rotarians for their support. We run a well-attended support group, on the second Thursday evening of every month, and are very thankful to our host venue, the Howe Sound Inn, as well as our co-facilitators, Jocelyn and Christine. In addition, in partnership with the Sea to Sky Community Services we will be hosting our 12 week education program Family to Family in January.

We are working with a growing group of community partners in Squamish, some of whom graciously provided an opportunity for one of our family members and staff to take a two-day suicide prevention course (ASIST training). Thank you to the CYMHSU Local Action Team for this opportunity, which we hope to give back to our membership through continuing education opportunities.

Upcoming Events

Rendezvous - Membership Meet Up

Please join us to mix and mingle in a casual, friendly setting to reconnect with Family-to-Family classmates, support group members, teachers and fellow members.

Two Dates and Locations to Choose From: **Saturday, September 23, 2017, 10:00 am to Noon**

West Vancouver Seniors Centre OR

Saturday, September 30, 2017, 10:00 am to Noon: **New View Society**

Coffee, tea will be served with a selection of baked goodies.

“Our Strength comes from our membership.”

Estate Planning and Trusts

With Bill Murdock, Financial Security Advisor

Tuesday September 19, 2017

9:30a.m.—12:30 p.m.

North Vancouver City Library

To register: for either of these events please contact Pouneh Julia at 604-926-0856 or email her at pouneh@northshoreschizophrenia.org

**Canada Day Parade - A most excellent day - Helping To Raise Awareness.
Sorry we missed you! Next year July 1st - Mark Your Calendars!**

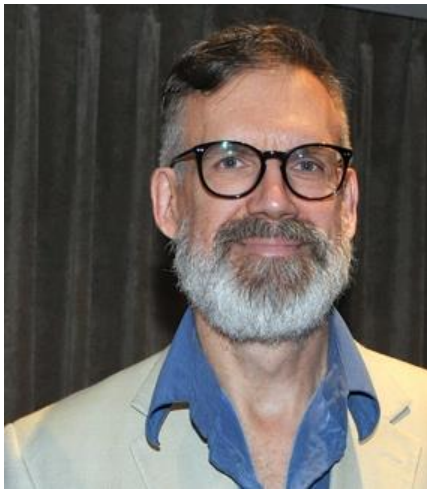


The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia; City of North Vancouver; District of North Vancouver; District of West Vancouver; Resort Municipality of Whistler; Seymour Golf and Country Club; Vancouver Foundation; West Vancouver Community Foundation, Squamish Community Foundations; 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; Real Estate Assoc. of Whistler. First Memorial and Dignity Memorial, Margitta's Flowers; and our many generous donors.



North Shore Schizophrenia Society president, Janice Lilley and First Memorial, Casey Leeson

North Shore Schizophrenia Society held its annual fundraising Circle of Strength luncheon at West Vancouver's Hollyburn Country Club on Saturday, June 3. with 200 guest in attendance. CBC journalist Curt Petrovich served as MC for the afternoon's program, while NSSS president Janice Lilley spoke on the past, present and the future of the society and the people in the community affected by serious mental illness. Guests viewed a video beautifully produced by Plutonic Productions, and then listened to a personal story told by a father and local author Alban Goulden. Photography is courtesy of Paul McGrath, North Shore News.



Curt Petrovich, CBC Journalist and MC



Carmon Leeson, First Memorial, NSSS ED, Nancy Ford, Charlene Louw, Hollyburn Memorial, NSSS VP, Don Pavolich



Susie Stevens, Glenys Els and Eleana Andrews



Donna Rice, Sandra Wood and Christine Kelly