



## COGNITIVE REMEDIATION (CR) IN PSYCHOTIC DISORDERS THE IMPLICATIONS AND OPPORTUNITIES



*"The truth is, I don't really mind the voices—I've learned to deal with them. Now if I could get my head straight and concentrate, I might be able to actually get what I want out of life—a job, a girl, a house. (I think that's the right order)".* **Patient**

CR is a program designed to address the cognitive losses associated with mental illness, such as processing speed, memory, executive functioning, and motivation.

As director of the Cognitive Neuroscience of Schizophrenia (CNoS) Laboratory, Todd Woodward and his team are committed to developing a cognitive and biological understanding of the symptoms of schizophrenia, and translating this information back to people with schizophrenia so that they will better understand their illness, and be better able to cope with their symptoms.

With the current treatment focus on symptoms such as auditory and visual hallucinations, paranoia, and delusions, Todd will discuss the well researched cognitive losses associated with schizophrenia and other mental illness. The US National Institute of Mental Health says these losses are a major factor in the ongoing disability of many people living with schizophrenia.

Todd will describe evidence-based cognitive remediation programs that could be available here on the North Shore. Please join us.

### FEATURING:

**Dr. Todd S. Woodward, PHD**  
**Department of Psychiatry, UBC**

### LOCATION:

**HOPE CENTRE ATRIUM**  
**1337 St. Andrews Ave.**  
**North Vancouver**

**WED., NOV. 29, 2017**  
**7:00 - 9:00 p.m.**

**NO REGISTRATION REQUIRED**



Oct., 23, 2017

Dear Members,

On October 17, 2017 the North Shore Schizophrenia Society held a special general meeting to vote on a motion to change the name of the society to Pathways Serious Mental Illness Society.

We are pleased to announce that the membership in attendance overwhelmingly supported the motion.

We thank the many members who rose to passionately express their views about this, contributing to an extensive and exemplary democratic exchange of opinions ahead of the vote.

As described in the letter we sent to you in advance of the meeting, there were many good reasons the board considered a name change. One of the main reasons was that our name confused and excluded many who assumed that we only dealt with Schizophrenia rather than all serious mental illnesses. Additionally, over the past years we have successfully expanded our program delivery beyond the North Shore to include Vancouver, the Tri-Cities, Squamish and Whistler. We are an experienced volunteer-led society helping families with a loved-one suffering from a serious mental illness and it is important for people to understand that we are open, welcoming, and here to help people that need it. Hence the tag line of "Families Helping Families". While we are changing the name, we are not changing the values nor the mission that make our society unique and special.

The North Shore Schizophrenia Society was shepherded by two very dedicated and tireless individuals for over 20 years: Herschel and Marguerite Hardin. They did an incredible job and thanks to them and all the volunteers who worked with them, the society is now highly respected on the North Shore. Like a young bird, the society must now leave the nest and to survive and grow it must be sustainable. The board is committed to creating a sustainable organization recognizing the realities of a volunteer organization and remains committed to supporting individuals and families in finding their own pathways to help, stabilization and recovery.

Over the next few months the board will be making preparations for the launch of the new name. We will keep you informed of these next steps. We would like to thank you for your continued support in providing help to the many families that are in need.

Yours Sincerely, Your Board of Directors

### **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) email: [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org)**

**Facebook: [northshore.schizophrenia](https://www.facebook.com/northshore.schizophrenia)—Twitter: [@NSSSoc](https://twitter.com/NSSSoc)**

On Oct. 17, 2017, over 70 members attended a Special General Meeting to vote on a new name for the society, resulting in “*Pathways Serious Mental Illness Society; Families Helping Families.*” A special thank you to the membership for your support and dedication.





## PUBLIC EDUCATION LECTURE SERIES - SEPTEMBER 2017

### POWER OF HOPE - A FIRST HAND, FRONT LINE STORY

On Sept. 27, 2017, Clive Derbyshire, a front-line emergency responder in Vancouver's Downtown Eastside (DTES), openly shared his personal experiences with substance use and mental illness.

Clive grew up in a small community of approximately 300 people near the town of Nelson in BC's rural interior. Despite having a 'normal' childhood, from a young age, Clive secretly struggled with anxiety and panic attacks. The close-knit small-town environment made it difficult for him to feel accepted or comfortable confiding in anyone. As a result, Clive began drinking to excess as a method of coping with his anxiety. Throughout high school, despite developing a strong social network, becoming involved in athletics, holding the title of student council president, and obtaining a high GPA, Clive began to question his sexuality and continued to struggle with his anxiety and self-esteem. By the age of 18, his drinking had become significantly problematic.

During the transition to university, Clive became depressed - his grades began to suffer and he started taking caffeine pills to keep him awake at night. His substance use quickly escalated to cocaine, and soon after he dropped out of school.

In 2003 Clive's mother was diagnosed with lung cancer and passed away a short 6 months later. Following her death, and in fear of further damaging their already fragile relationship, Clive refrained from 'coming out' to his father and, despite numerous attempts to get clean, continued to use substances as a method of coping.

In the years that followed - from the outside - Clive appeared to have pulled his life together. He married, had a daughter, and was working as a Chief Officer paramedic at a small station. In reality, Clive was still struggling, but shared that the "easiest person to lie to was himself." When his daughter was 2 years old, Clive's wife discovered that he had been cheating on her with another man. The fallout unfortunately led Clive to relapse and return to using cocaine and

In July of 2009, Clive was involved in motor vehicle accident. While Clive himself was fortunate enough to survive, the crash took the life of his close friend. Although continuing to work as a paramedic, following the accident, he began to withdraw from family and friends, became suicidal, and starting using Crystal Meth.

Clive's work as a paramedic in the DTES became quickly intertwined with his own personal drug use. Through his job, Clive often would come into contact with people he had bought drugs from or used drugs with.

On September 30th 2015, Clive attempted suicide by jumping off the Lions Gate Bridge. Fortunately, his partner from work intervened and arranged to have him attend a treatment centre in Ontario, where Clive proceeded to stay for two months. He returned to BC in January 2016 and remained clean for four months before relapsing. Soon after, with support from his colleagues, Clive returned to treatment – this time at the HOpe Centre at the North Shore's Lions Gate Hospital.

During his stay at the HOpe Centre, Clive met many supportive people and developed lasting friendships. He came to accept his addiction and learn healthy strategies for staying clean.

Today, Clive still works in the DTES and feels that his personal experiences allow him to relate to the population he serves. Compassion, empathy, and hope are incredibly powerful things, and as Clive puts it: "no one gave up on me, and I would never give up hope on anybody."



## TEACHER TRAINING FOR FAMILY-TO-FAMILY EDUCATION

**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. The 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.

**YOU CAN HELP-Teacher Training:** Have you thought about teaching the course? Six to eight trained volunteer teachers instruct families through the 12 weeks of training, twice a year. This means we need 12-14 trained teachers every year. And we need your help. To sign up for 2018 teacher training or for more information contact Kathryn at [kathryn@northshoreschizophrenia.org](mailto:kathryn@northshoreschizophrenia.org)

### **YOU CAN HELP - Getting the word out:**

Reaching families is always a challenge. We advertise and post; however, sharing your experience with families, friends, and your community is the best way to spread the word.

Please take some time and share this valuable information with your community, neighbours, and friends. We are indeed **families helping families**.



### **Family to Family Education Start Dates:**

#### **February 6:**

New View Society, Port Coquitlam  
Squamish Community Services Society

#### **February 7:**

NS Disability Resource Centre, North  
Vancouver

#### **February 8:**

Coast Mental Health, Vancouver

*For information on how to get the word out  
and to register for the teacher training or  
the course please contact Kathryn at:*

**604-926-0856 or**

**[kathryn@northshoreschizophrenia.org](mailto:kathryn@northshoreschizophrenia.org)**

### **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 ارایه 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

If you have attended the Family-to-Family program, the term “problem pileup” won’t be new to you. As families supporting a loved one living with a mental illness, we are all too familiar with problems literally piling up until we become so overwhelmed that we find ourselves immobilized not knowing where to begin.

On Saturday, Oct. 21, thirteen volunteer Family-to-Family teachers, graduates, and support team members attended a problem solving and communications skills workshop, with volunteer education coordinators and teacher trainers, Cheryl Zipper and Lisa Stringle, leading the group. Participants travelled from Squamish, the North Shore, Vancouver, and the Tri Cities area to attend the half-day training on communication and problem solving at the Burnaby Seniors Centre.

Based on the F2F course material, Cheryl lead the class through a problem solving exercise where participants, in supporting their loved one, learned how to chose the single most pressing problem, to define the problem specifically, and to determine next steps. The F2F problem solving class is very popular, as this topic often comes up for the support group facilitators and volunteer teachers. Participants of the class conveyed that the information provided is “invaluable”.

Participants also viewed a beautifully animated video produced by Brené Brown on empathy and human connection. Check out the two minute video at the following link: <https://www.youtube.com/watch?v=1Evwgu369Jw>

Lisa lead the class through a number of exercises, using empathy and communication principles, in order to help families communicate more effectively with loved ones, and to help ease the struggle. These exercises helped workshop participants to fully understand the lived experience of those living with a mental illness and the communication challenges the illness presents.

Participants left feeling hopeful and supported; with many connections made and stories shared. With the success of this workshop we plan to run these types of training a few times a year and we hope you'll join us for the next one. Please enjoy the following quotes from the workshop:

*“Thank you very much for organizing the refresher course! It helped me greatly in understanding the POW concept which was rather challenging when I was taking the course. Lisa's little video succinctly clarifies the difference between empathy and sympathy for me. I love the reminder on the use of I statements for communication!”*

*“I think the Family to Family workshop was a life saver for me since it gave me a clearer picture of the ‘Pathway’ to take in order to be able to solve the challenges at hand.”*

*“The input of the class was great! Brainstorming for possible solutions to the problems I am facing at the moment.”*

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.

# PEER FAMILY SUPPORT GROUPS

## Families Dealing with Mental Illness



Monthly evening and daytime support groups are held for family and friends of those with serious mental illnesses, including depression, bipolar disorder, schizophrenia, anxiety disorders and others.

Facilitated by trained family members who personally have an ill relative and the experience of working with the system. Learn strategies 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.

### MONTHLY SUPPORT GROUP MEETINGS

#### **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

**VANCOUVER :** LAST SATURDAY OF EACH MONTH

**TRI CITIES:** 2ND. THURSDAY EVE.

FOR MORE INFORMATION, PLEASE CALL KATHRYN OR THE OFFICE AT 604-926-0856.



A Will and Estate Planning workshop was held in Sept. with Bill Murdock, a financial security advisor presenting. We will be hosting another workshop early in the new year. Please contact the office for further information and to register. 604-926-0856 or [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org).



THE NORTH SHORE SCHIZOPHRENIA SOCIETY

CHRISTMAS DINNER PARTY

SATURDAY, DECEMBER 9, 2017



By HikingArtist

NORTH LONSDALE UNITED CHURCH

3380 LONSDALE AVE, CORNER OF OSBORNE AND LONSDALE. NORTH VANCOUVER

DOORS OPEN AT 5:30 P.M. DINNER WILL BE SERVED AT 6 P.M.

PLEASE R.S.V.P. TO 604-926-0856 BY **NOVEMBER 30TH**. FREE ADMISSION

