



# PATHWAYS

FAMILIES  
HELPING  
FAMILIES

## Serious Mental Illness Society

THE NOTEPAD

May 2018, Issue 154

**PLEASE JOIN US FOR OUR ANNUAL CIRCLE OF STRENGTH FUNDRAISING LUNCHEON**



**SATURDAY, MAY 26, 2018, 12-1 P.M Hollyburn Country Club, West Vancouver**

**To RSVP or for information on Hosting a Table please contact:**

**Pouneh@pathwayssmi.org or call 604-926-0856**

To attend this fundraising luncheon, or by hosting a table, you will not only be helping to raise awareness, you will be helping to reach Pathways fundraising goals, ensuring the sustainability of the Society.

In this May 2018 edition:

- Welcome your 2018-2019 Board of Directors, details on pg. 4 and 5
- Please join Dr. Ron Remick for our May 30, 2018 Public Lecture, details on pg. 3
- Join us for the Canada Day Parade, help raise awareness and have fun, details on pg. 7
- Teacher Training—Become a Family-to-Family teacher, details on pg. 7
- Pathways is delivering community education, details on pg. 7

## Welcome to Pathways



**Janice Lilley, President**

*“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it’s the only thing that ever has.”*

Margaret Mead,  
Anthropologist

People around the world engage in volunteering for a variety of reasons. More than a billion people volunteer globally improving the well-being of their communities. In contrast to mainstream economics which fosters values of self-interest, volunteerism values compassion and co-operation with others. There is something remarkable about working together with a shared purpose that garners strength, courage and optimism for the future. Volunteerism brings out the best in each of us as we engage with our communities.

Pathways Serious Mental Illness Society has a growing group of committed volunteers and an equally dedicated small staff who are truly on a mission to make a much needed difference. Every year a number of our students have volunteered to take the teacher training and have become excellent Family to Family teachers. I, like so many others, after benefitting from taking the Family to Family course, went on to teach and then volunteer as a Director of the Society. By helping others to learn, we continue to learn ourselves. Some of our volunteers provide support to families searching for answers and understanding, while others engage in discussions with hundreds of the high schools students each year about mental illness. We are rewarded with the satisfaction of being told how we are making a significant difference. Our volunteers are the voices of experience and the “boots on the ground” working directly with people. Program funding is raised by volunteers to ensure we can continue to provide these much needed services freely. This is a community of inspiring and empathetic individuals from many walks of life sharing their varied experiences.

Pathways volunteers understand the importance of sharing knowledge, meeting challenges and voicing expectations to mitigate the damages that ripple through our families. This is especially true, as many of our loves ones cannot or will not speak for themselves.

As volunteerism brings out the best in each of us, we have found our best working hard to improve family outcomes and the well-being of our communities. I urge you to find your best by contacting the office and joining us in whatever capacity you can.

*With gratitude.*

### **PATHWAYS Serious Mental Illness Society**

205 - 1865 Marine Drive, West Vancouver BC V7V 1J7—Open 9:30 a.m. to 4:30 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.pathwayssmi.org](http://www.pathwayssmi.org)**

**[info@pathwayssmi.org](mailto:info@pathwayssmi.org)—Facebook: Pathways—Twitter: @Pathways**

## PUBLIC EDUCATION LECTURE SERIES

### EXERCISE AS MEDICINE: THE ROLE OF PHYSICAL ACTIVITY IN TREATING DEPRESSION



**RONALD A. REMICK, MD, FRCP(C)**

#### **MEDICAL DIRECTOR LOOKOUT HOUSING & HEALTH SOCIETY**

**D**r. Remick is the former Medical Director of The Psychiatric Clinics of the Mood , Disorders Association of British Columbia (MDA) offering accessible patient centric novel and innovative methods of treatment for mood and anxiety disorders. Lookout Society is among the largest not for profit social housing organizations in British Columbia – serving our most vulnerable citizens and currently offers over 45 shelter facilities from the North Shore to Abbotsford. Dr. Remick is now the Medical Director of these two recently merged organizations – the Lookout Housing and Health Society

Prior to his work at St. Paul’s, from 1992 – 2018, he was the Assistant Head, Department of Psychiatry, University of British Columbia, and the Founder and the First Head, Mood Disorders Service, UBC. Dr. Remick has published over 200 scientific articles, abstracts, and book chapters predominate in the area of mood disorders. However, his passion has always been clinical work - assessing, treating, and assisting patients with mental health concerns.

Dr. Remick was honored in 2013 by the Canadian Psychiatric Association with the CA Roberts Award for clinical leadership and innovation in care in psychiatry. In 2014 he received recognition in Canadian medicine with the award of Honorary Membership from the Canadian Medical Association, and in 2015 received the Dr. Nancy Hall Award for Leadership in Public Policy by CMHA.

While medication and proper diagnosis are important ingredients in treating severe depression we all know that exercise is ‘good for you’ yet 80% of Canadians do not meet physical activity levels as suggested in Canadian guidelines.

In this presentation Dr. Remick will outline how much exercise we do need (spoiler alert – it is not that much!), and what will be the specific psychological and medical benefits of meeting those physical activity goals.

We will also review exercise as a specific treatment for depression, and some specific tricks and techniques to help you ‘get off the couch’ even when you are feeling ‘too tired’, ‘too depressed’ or the weather is ‘too cold, too rainy’, etc..

#### **EXERCISE AS MEDICINE: THE ROLE OF PHYSICAL ACTIVITY IN TREATING DEPRESSION**

##### **PLEASE JOIN DR. R.A. REMICK**

- **WEDNESDAY, MAY 30, 2018 7:00PM**
- **HOPE CENTRE ATRIUM**
- **13TH AND ST. ANDREWS**
- **NO REGISTRATION REQUIRED.**

## 2018-2019 PATHWAYS SERIOUS MENTAL ILLNESS BOARD MEMBERS

It is with a deep appreciation and admiration that we thank retiring board members, Cheryl Zipper, Past President, and Co-Chair of Education along with Lisa Stringle, past Director and Adel Bellemlih, past Director and Chair Fundraising. Their dedication, vision and leadership has been a true inspiration to the Society, touching many families and the community.

While Cheryl, and Lisa have stepped down from the Board, they continue to share their expertise as the leadership team for two core programs, Education, and First Hand Stories. Together they coordinate the Family-to-Family courses and deliver the teacher training. Adel continues to share his experience with his plan to teach Family-to-Family in the fall.

Cheryl, with a team of volunteers develops, and delivers education to grade 10 classes, 'First Hand Stories' program and to the community at large.



**Cheryl Zipper, Past President and Co-Chair Education Committee**

“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 First Hand Stories 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 Pathways has been both a very rewarding and humbling experience.”



**Lisa Stringle – Retired Vice President and 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. Going into her 4th year on the Board, Lisa started volunteering with Pathways as a Family to Family teacher right after taking the course. Last year, Lisa represented Pathways 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.

**Adel Bellemlih – Fundraising Committee Chair**



Adel is a professional with 18 years of successful experience, most recently in the executive management of commercial, financial, legal and technical aspects with a particular focus on P3 and real estate. He played an active role in the Canadian PPP Market from 2007 to 2015 and, over the course of his career, developed an extensive business network in Canada, the US, Europe and Latin America. Adel has a Masters in Civil engineering and a business degree. Adel greatly benefited from the Society's Family to Family 12 week course on mental illness and has since retired to focus on his family with plans to teach Family-to-Family in the fall.

**O**n behalf of the staff, Board and families we serve, many, many thanks.

Pathways Serious Mental Illness 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; Save on Foods, BlueShore Financial, Vancity and Everything Wine.



## 2018-2019 PATHWAYS BOARD MEMBERS

**W**elcoming Shirley Chan as a new Director and Gillian Santa as returning Director.

### Shirley Chan, Chair Fundraising



As a YWCA Woman of Distinction, Shirley Chan has an impressive work history in public and not-for-profit management, community engagement, strategic planning and economic development. With her vast experience and a wonderful network of people and resources, Shirley is a fierce advocate for her daughter and a welcome asset to Pathways as Chair of the Fundraising Committee.

### Gillian Santo, Chair Events



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, Gillian became a member of the Pathways Fundraising Committee and helped the Society launch its first Circle of Strength luncheon in North Vancouver. Gillian is the energy behind so many of Pathways successful events, with the Christmas party being one of her signature events. The Board welcomes Gillian as the Events Chair.

**P**LEASE WELCOME THE 2018 BOARD OF DIRECTORS

- Janice Lilley, President
- Don Pavlovich, Vice President
- Gerard Darnel, Treasurer
- Joe Gormley, Director, Chair Membership
- Pat Murray, Director, Chair Advocacy
- Kim Thomas, Director, Co-Chair Support
- Christine Kelly, Director, Co-Chair Support
- Shirley Chang Director, Chair Fundraising
- Gillian Santo, Director, Chair Events

To view their biographies please visit:

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

**CALL FOR CANDIDATES** - Dear Pathways Members and Partners. Have you ever thought that you – or someone you know – would be a great addition to the Board of a non-profit organization? We are accepting expressions of interest to join the Pathways Board of Directors. The Board has ten positions in total and we are looking for qualified individuals. In particular, we are looking for individuals who have experience with support, legal issues or advocacy. Please contact Nancy Ford: [nancy@pathwayssmi.org](mailto:nancy@pathwayssmi.org) for more information. Sincerely, *Nominating Committee Pathways*

## MONTHLY SUPPORT GROUP MEETINGS: Held each month in:

- ◆ **WEST VANCOUVER:** 3rd. Friday afternoon and 3rd. Wed. evening
- ◆ **SQUAMISH:** 2nd. Thursday evening
- ◆ **WHISTLER :** 4th. Thursday evenings
- ◆ **TRI CITIES:** 2nd. Thursday eve.
- ◆ **VANCOUVER:** last Sat. morning 10:30-noon. Café Artigiano, Main & 24<sup>th</sup>

For more information, please call 604-926-0856 or go to [www.pathwayssmi.org](http://www.pathwayssmi.org)

## EDUCATION—FAMILY-TO-FAMILY TEACHER TRAINING

**A**s a family member of someone with a mental illness, your experiences, understanding, and insights already makes you an ideal teacher for other families going through similar situations. *If you're ever intimidated by the thought of teaching,"* says a new Family-to-Family teacher in Virginia, *"Remember, 4,000 other teachers felt the same way too."*

Family-to-Family Education Coordinators, Cheryl Zipper and Lisa Stringle have set a date for the next Family-to-Family weekend teacher training: **Friday November 16, through to Sunday Nov. 18th.**



### FAMILY-TO-FAMILY EDUCATION PROGRAM

TEACHER-TRAINING - NOVEMBER 16-18, 2016

FRIDAY 6:00PM—8:30PM

SATURDAY 8:00AM - 7:00PM LUNCH AND DINNER PROVIDED

SUNDAY 8:30AM - 4:00PM LUNCH PROVIDED

LOCATION 1865 MARINE DRIVE, SUITE 205, WEST VANCOUVER, BC 604-926-0856

TO REGISTER OR FOR FURTHER INFORMATION PLEASE CONTACT THE OFFICE:

604-926-0856 OR EMAIL US AT: [INFO@PATHWAYSSMI.ORG](mailto:INFO@PATHWAYSSMI.ORG).

## EDUCATION IN COMMUNITY

### UBC—PATIENT & COMMUNITY VOICES WORKSHOP SERIES MENTAL HEALTH: EMPATHY & COMPASSION

This new interprofessional workshop was presented by [Pathways: Serious Mental Illness Society](#) on March 1st at VGH. Workshop facilitators were clients and family members of people living with mental health conditions who understand the challenges and stigma of mental illness.

15 students attended from 6 healthcare disciplines including Audiology, Dentistry, Dietetics, Occupational Therapy, Speech Language Pathology, and Social Work. Students learned about the effects of mental illness on self-esteem, practiced empathic guidelines for communicating with the mentally ill, and explored the role that supportive family plays in recovery.

*"Thanks for an insightful workshop that made me think and provided strategies and a perspective on empathy that bridges to patient care for all patients, not just those with a mental illness."* Speech Language Pathology student. A special thank you to Chery Zipper: Education Coordinator, Connie Chung, Cindy Beatch, Adel Bellemlih, Erin Hawkes family and self advocate presenters.



### Pease join us for this year's North Shore Canada Day parade—Sunday July 1st.

Every year families and friends join us for the annual Canada Day Parade.

**Sunday, July 1**—Start time: 10 a.m.

**Assembly time:** 9:30 a.m. at the starting line, Grand Blvd. and 13th St.

**Parade route:** Grand Blvd. and 13th St. to Lonsdale, then north and left on 17th St. to Mahon Park

**To register:** for these fun summer awareness events please contact Pathways at:

604-926-0856, or email

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

**We look forward to seeing you there!**

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 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 درایو، وست ونکور





**PATHWAYS** FAMILIES HELPING FAMILIES  
 Serious Mental Illness Society

# 2018 Circle of Strength Luncheon



**11th Annual Circle of Strength Fundraiser Luncheon**

**SATURDAY, MAY 26, 2018, 12:00PM-1:00PM**

**HOLLYBURN COUNTRY CLUB, WEST VANCOUVER**

Master of Ceremonies Curt Petrovich, Canadian Journalist. As a CBC journalist who often covers tragedies abroad, Curt shares something in common with many; diagnosed with post-traumatic stress disorder (PTSD).

<http://www.cbc.ca/firsthand/episodes/lost-on-arrival-me-the-mounties-ptsd>.

Please contact the office: 604-926-0856 or email [Pouneh@pathwayssmi.org](mailto:Pouneh@pathwayssmi.org)

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