



# PATHWAYS

FAMILIES  
HELPING  
FAMILIES

## Serious Mental Illness Society

### THE NOTEPAD

Sept. 2018, Issue 155



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### In this September 2018 edition:

- Pathways Needs Your Help—A letter to the membership from the Executive Director pg. 2
- Circle of Strength—Thank you to the many donors, sponsors, table hosts, and the volunteers who helped make this years Circle of Strength such a wonderful success. pg. 3-4
- Join us September 26th. 7pm with guest lecturer Dr. Menon—From Biology to Belief pg. 5
- Estate Planning, RDSP workshop with Bill Murdock Saturday Sept. 29th. pg. 6
- Join us on Facebook and Twitter.



## **PATHWAYS NEEDS YOUR HELP**

### **Dear Members**

The Circle of Strength 2018 was a very successful fundraising event raising over \$50,000. Thank you to everyone who supported Pathways with a donation and their time. We hope you'll take a moment to enjoy the stories, and photos in the Notepad on pages x and 6.

Volunteer support for all of our programs from families like you, ensures Pathways is able to function with a very small staffing model and low operating costs, with an annual budget averaging \$230,000 per year.

Nancy Ford, Executive Director

When you consider the number of courses, school and community presentations, lectures, one-to-one support and group support Pathways delivers in one year, in four regions, along with the number of people served, Pathways is demonstrating an incredibly successful and sustainable model of family support, education and advocacy.

In 2017 our diverse sources of income included BC Gaming: \$46,000, donations and fundraising: \$70,000, grants: \$90,000, endowment income: \$16,000, with membership fees: \$4,600 totaling: \$230,000. Our diversity of income sources keeps us strong. The loss of a single source of income won't shut us down.

### **NOW WE NEED YOUR HELP.**

In April, Pathways was disappointed to learn that two project proposals, the Partnership Program (high school education) with Coast Capital and the Family-to-Family program with New Horizons were declined. Budgeted at \$25,000 each, this resulted in a \$50,000 loss to Pathways and its programs. While it didn't shut us down, this was a huge hit on a small budget.

The cost of delivering Family to Family alone - the manuals, staff time, printer costs, and operations is \$220 per participant. Multiplied by the number of participants in 2017, the cost is more than \$25,000 per year. Advertising, teacher training and site costs are over and above the \$25,000.

As members and supporters we are appealing to you to **DIG DEEP, GO ONLINE AND DONATE** and to invite your families, friends and communities to give too. This is to ensure that this vibrant organization will continue to deliver its excellent programs.

The first six months of this year we've raised \$56,000. We are asking friends and families to help us raise the additional \$44,000 to help reach our goal of \$100,000 by end of December. **DIG DEEP, GO ONLINE AND DONATE**

2019 will be a new year with new granting opportunities. We will be applying to New Horizon's and Coast Capital as their feedback says we should. Granting cycles are often a rollercoaster as the results are a function of so many factors. Meantime, we need and trust that you, our membership, will rise to the challenge and give back.

On behalf of the Membership, President and Board of Directors, thank you.

## **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—info@pathwayssmi.org—Facebook: Pathways—Twitter: @Pathways**

## Circle of Strength 2018—Thank you to our generous sponsors.

**"BY COMING TOGETHER AND HELPING EACH OTHER,  
WE CREATE A CIRCLE OF STRENGTH THAT CANNOT BE BROKEN."**



For the past three years Dignity Memorial and First Memorial have been generous sponsors of the 2016, 2017, and 2018 Circle of Strength luncheon. Each year they have sponsored the event helping to cover the cost of the luncheon. With their generosity every donation is fully receipted. We want to take to thank the team and let them know that we couldn't do what we do without you!

We also want to extend a special thanks to Vancity, Blue Shore Financial, and Save on Foods for their generous donations. The companies Lakes, Whyte, LLP, XYPEX Chemicals and Lohn Foundations were also very generous in their donations. On behalf of our families, thank you.



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.



## Circle of Strength 2018—Thank You!



It takes a team of caring individuals to launch Pathways Circle of Strength; with families, members and special presenters volunteering their time and talents. On behalf of the families we support we want to acknowledge and extend a special thank you to:

Ralf Sultan, MLA West Vancouver, Janice Lilley, President Pathways, Jane Thornthwaite, MLA North Vancouver, Curt Petrovich

**Margitta** for her yearly donation of the exquisite flower arrangements.

**Plutonic Productions** producing the exceptional video, Hope.

**Division 7 Studio** for the photos and personal story.

**Everything Wine** for the lovely basket.

**Curt Petrovich** as Master of Ceremonies.

**Pat Murray** for her courage in sharing Roan's story.



Patricia Murray, Family presenter, Roan Moore, Jan.31 1996-  
March 30 2017, Don Pavlovich, Vice President



Curt Petrovich, CBC Journalist, Master of Ceremonies



**Plutonic Productions**



**PUBLIC EDUCATION LECTURE SERIES—IN PARTNERSHIP**  
**BIOLOGY TO BELIEFS—PSYCHOLOGICAL TREATMENTS FOR PSYCHOSIS**



DR. MENON, PSYCHOLOGIST, BC PSYCHOSIS PROGRAM  
UBC AND ASSOCIATE PROFESSOR, DEPT. OF PSYCHIATRY

**From Biology to Beliefs-  
Psychological Treatments  
For Psychosis**

- **WEDNESDAY, SEPT. 26, 2018**
- **7:00PM—8:30PM**
- **HOPE CENTRE ATRIUM**
- **13TH AND ST. ANDREWS**
- **NO REGISTRATION REQUIRED.**

Psychosis is characterized by a number of different challenges- including the positive and negative symptoms, as well as the cognitive challenges.

In this talk, Dr. Menon looks at some of the biological factors (and particularly the role of dopamine). He also looks at some of the psychological treatments for psychosis (such as cognitive behaviour therapy CBT and metacognitive training).

Dr. Menon completed his Ph.D. in Psychology at the University of Cambridge, UK. He completed a postdoctoral fellowship at the University of Toronto/ Centre for Addiction & Mental Health and stayed on as a Clinician Scientist there prior to his move to UBC. He is currently a Psychologist with Vancouver Coastal Health, and based at the BC Psychosis Program and the Mood Disorders Program at UBC Hospital. Dr. Menon is Co-PI in the Cognitive Neuroscience of Schizophrenia (CNos) Lab, along with his long time collaborator, Prof. Todd Woodward.



**Canadian Mental  
Health Association**  
**North and West Vancouver**  
*Mental health for all*

With the goal of reaching as many families and community members as possible Pathways is partnering with CMHA North Shore. We hope you will join us.

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



indesign financial group Ltd.



Modern Planning Concepts  
Vintage Quality Advice

**BILL MURDOCK, FINANCIAL  
SECURITY ADVISOR**

**Saturday September 29, 2018**

**9:30a.m.—12:30 p.m.**

**Fir Room at Delbrook Rec Centre**

**851 West Queens Rd.**

**North Vancouver. BC**

**To register:**

**info@pathwayssmi.org or call**

**604-926-0856**

So it all started when one day when my mother asked me to look over her Last Will & Testament before she saw the lawyer. My very caring mom wanted to divide everything she owned equally between my 3 brothers, including Lee. *"Mom you cannot do that! "*

*"My brother's portion of the inheritance will prevent him from receiving 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, 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".*

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.

## FALL PROGRAMS—THERE'S STILL TIME TO REGISTER!

### Family-to-Family Education—An intensive 12-session course.

#### TOPICS COVERED INCLUDE:

- Symptoms of the illnesses - bipolar, schizophrenia, clinical depression, anxiety
- Medications and communication
- Problem solving
- Advice on working with the system
- Looking after yourself as a caregiver

#### OFFERED FREE OF CHARGE!

Register Early! Class size is limited.

BEGINNING THE WEEK OF SEPT. 18TH.

#### OFFERED IN THREE LOCATIONS:

- VANCOUVER—COAST MENTAL HEALTH
- PORT COQUITLAM—NEW VIEW SOCIETY
- NORTH VANCOUVER—NSDR



For information and to register call: 604-926-0856 Or Email: [info@pathwayssmi.org](mailto:info@pathwayssmi.org)

Course outline and details: [www.pathwayssmi.org/education/family-to-family-course/](http://www.pathwayssmi.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 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



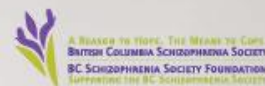
Lets end the stigma of mental illness.

# I TAKE ANTI-PSYCHOTIC MEDICATION EVERY DAY.

It's more common  
than you think.

Never be afraid  
to ask for help.

*Let's end the stigma  
of mental illness.*



## 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.

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