



PATHWAYS

FAMILIES
HELPING
FAMILIES

Serious Mental Illness Society

THE NOTEPAD

November 2018, Issue 156

In this November 2018 edition:

- It's been an honour to serve. A farewell letter to the membership. pg. 2
- Join us November 28, 2018. 7pm with guest lecturer Dr. Randall F. White, Medical Director, BC Psychosis Program. *"Clozapine—It's unique effectiveness in refractory psychosis."* pg. 3
- In advocacy news the Charter challenge to the BC Mental Health Act ruling. pg. 4
- With Christmas around the corner we are inviting the membership to help sponsor a Christmas dinner for those living with a mental illness. Pg. 5
- It's time again to renew your membership—please support Pathways by renewing your membership and making a final donation for 2018. pg. 6



Pathways SMI families, Sally Brown-Koelzer and Joanne Leung, pictured here along with Don Pavlovich volunteered their Saturday, September 16th to attend the Southlands riding club event. Southlands sponsored booths for non profits to share information and resources. They're experience was very positive with many families stopping by to learn more about Pathways and mental illness. Pathways has many volunteer opportunity for families. If you are interested please contact the office at 604-926-0856.





Nancy Ford, ED

***Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."* - Margarete Mead**

Dear Members,

Psychosis is a severe disorder in which thought and emotions are so impaired that contact is lost with external reality. Loved ones no longer think clearly, they grow suspicious and paranoid, with an overall dis-ease with everything and everyone. Families watch their loved ones withdraw from friends and community, often ending in isolation, addiction and homelessness. The cost to community is huge.

Left untreated, as is so often the case, confused, and at wit's end, exhausted families trying to find treatment for their loved ones encounter one road block after another as they witness their loved one's health and wellbeing deteriorate into what has been described as a stage 4 cancer.

My son's journey with schizophrenia began in 2005. Exhausted and desperate I reached out to the North Shore Schizophrenia Society. With the help of Marguerite Hardin, one of a select handful of volunteer family members dedicated to helping others, I managed to get my son into the ER where he was committed to treatment under the Mental Health Act. It took five hospital stays over a course of four years, before he was stable. Finally he began to understand his illness, and slowly to understand that the diagnosis was schizo-affective disorder. *"No mom, not anxiety he said one day, schizophrenia."* Imagine hearing my son utter these words and celebrating this as a gift; only those who have journeyed will understand the relief.

Later in October of 2013, with twenty years' experience in the not for profit world, I noticed a small, compelling ad in the North Shore News. The society that had saved my son and our family was looking for an executive director. I applied and that November I accepted the position. Now five years later, as of Dec. 03, 2018 I will step down as executive director and hand the position over to Amanda Steele, Pathways new executive director. I trust you will welcome her as you did me.

It has been a privilege and an honour to serve with Pathways SMI committed citizens; truly dedicated volunteer families who provide not only support but education to so many.

Over the past five years the society has been through a major transition, it has expanded its education and support programs into new regions, reaching more families, and in Oct. 2017 the membership voted to rebrand the society, adopting the name Pathways Serious Mental Illness Society (SMI). I believe the society's most rewarding accomplishment has been the meaningful collaboration, not only on the North Shore but in four regions and across 2 health authorities, positioning Pathways SMI as a model of responsive, innovative, solution focused advocacy, and in its two key programs family support and education. I've had the privilege of being surrounded by an extraordinary group of dedicated, volunteer citizens.

So it is with sadness that I step down as executive director, however with the awareness that Pathways SMI is and always will be about its dedicated, fearless and caring volunteer families. It has been my greatest pleasure to serve.

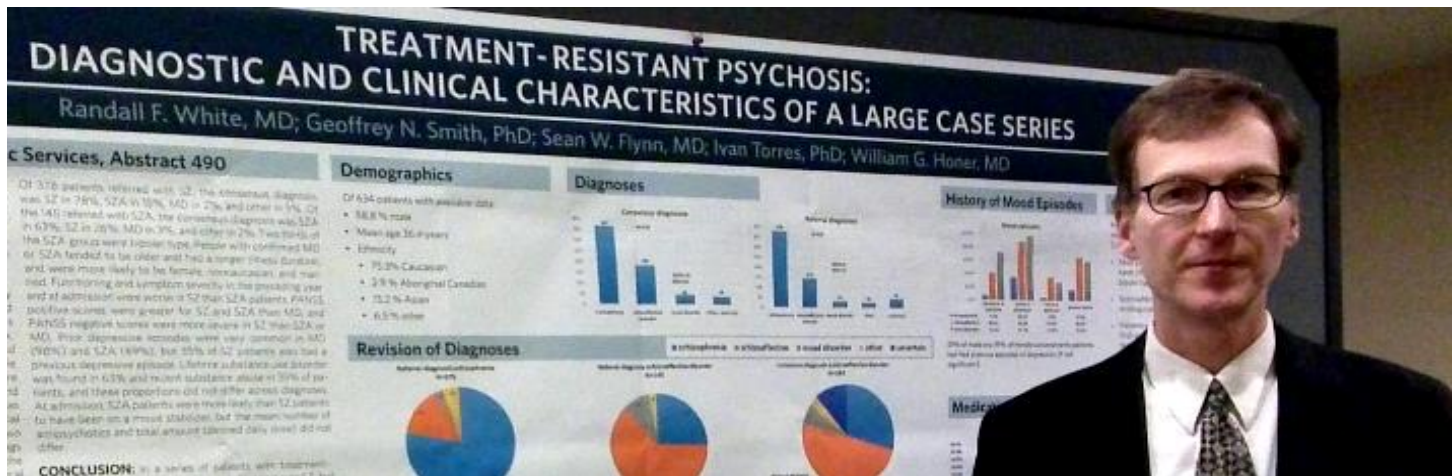
PATHWAYS Serious Mental Illness Society

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

www.pathwayssmi.org—info@pathwayssmi.org—Facebook: Pathways—Twitter: @Pathways

CLOZAPINE - ITS UNIQUE EFFECTIVENESS IN REFRACTORY PSYCHOSIS

PATHWAYS NOVEMBER LECTURE SERIES



A significant proportion of individuals with psychotic illness are either refractory to, or intolerant of, standard antipsychotic pharmacotherapy.

There is currently only one medication available with proven effectiveness in this population. Clozapine, while providing a superior response rate, requires significant physical health care monitoring both before and during treatment. In large part due to the complexity in coordination of physical health and mental health needs, Clozapine pharmacotherapy for treatment of refractory psychiatric illness is vastly underutilized. This underutilization leads to high levels of morbidity and mortality in the psychiatric population.

With its significant need for monitoring of physical health side effects, integrated care models of treatment provide the most cost effective, efficient and comprehensive model for addressing the whole person health care needs of this special population.

Please join Dr. White to learn more about clozapine and the effectiveness in the treatment of refractory psychosis.

Dr. Randall F. White , Medical Director, B.C. Psychosis Program & VCH Medical Director Vancouver Community Mental Health and Substance Use Services

CLOZAPINE - ITS UNIQUE EFFECTIVENESS IN REFRACTORY PSYCHOSIS

- **WEDNESDAY, NOV. 28, 2018**
- **7:00PM—8:30PM**
- **HOPE CENTRE ATRIUM**
- **13TH AND ST. ANDREWS**
- **NO REGISTRATION REQUIRED**



ADVOCACY NEWS

MacLaren v. British Columbia Charter Challenge

-involuntary patients the right to refuse the treatment required for their recovery and release -

As you may be aware, the deemed consent provisions of the British Columbia *Mental Health Act* were subject of a legal court challenge. In a reply to Pathways letter of concern dated , Dec. 4, 2017 we were assured by the honorable David Eby, *"that the government is fully committed to defending that challenge, and also to ensuring that the court which hears the challenge is made aware of the type of concerns you have articulated in such a compelling manner in your letter."*

We are pleased to inform you that the MacLaren v. British Columbia (Attorney General) *Charter* challenge will not be proceeding unless a successful appeal is made within 30 days, as of Oct. 12, 2018. To our knowledge the appeal has not been made. The Honourable Chief Justice Hinkson wrote *"I will therefore decline to exercise my discretion to afford the CCD [Canadian Council on Disabilities] public interest standing to bring this action, and dismiss its claim."*

The initial *Charter* challenge, supported by the Community Legal Assistance Society (CLAS), had as plaintiffs the CCD and two patients, who later dropped out. The Attorney General's lawyers argued to the court that without the individual patients, the CCD should not have standing to pursue the case. The judge agreed.

It is noteworthy, that the issues in this *Charter* challenge, including giving involuntary patients the right to refuse the treatment required, have not been addressed by the court. It is therefore possible that a similar case could be brought forward in the future.

Pathways SMI, is strongly opposed to the CLAS and CCD position and is heartened to know that the challenge is not going forward.

B.C. civil libertarian, Herschel Hardin, writing in the Vancouver Sun in 1993:

"The opposition to involuntary committal and treatment betrays a profound misunderstanding of the principle of civil liberties. Medication can free victims from their illness - free them from the Bastille of their psychoses - and restore their dignity, their free will and the meaningful exercise of their liberties."

(DTC) Disability Tax Credit and (RDSP) Registered Disability Savings Plan

Through Budget 2017, the Government of Canada has made a change to recognize nurse practitioners as one of the medical practitioners who can certify Form T2201. With over 4,500



nurse practitioners across Canada who can certify patients for the DTC, this change is going to have a positive impact for Canadians living with a disability.

Many of our families have faced barriers to accessing the

Disability Tax Credit, an important Federal tax credit for families which in turn facilitates the opening of a Registered Disability Savings Plan. The good news is Nurse practitioners can now fill out and sign Form T2201, Disability Tax Credit Certificate. This ensures more options for Canadians who want to apply for the [disability tax credit](#) (DTC), making the application process easier, more accessible while removing barriers to accessing the [Registered Disability Savings Plan \(RDSP\)](#).

The DTC is a non-refundable tax credit that helps persons with disabilities, or their supporting family members reduce the amount of income tax they may have to pay. Individuals who are eligible for the credit in 2017 may be able to claim up to \$8,001 on their tax return. Individuals under the age of 18 can claim a supplement to a maximum of \$4,667.

Individuals who want to apply for the DTC, but live in an area where nurse practitioners are the first point of contact, as for example, in Canada's North, will benefit from this change.

[Learn more about the disability tax credit and if you should apply.](#)

Additionally, being eligible for the DTC can open the door to other federal, provincial, or territorial programs such as the [registered disability savings plan](#), the [working income tax benefit](#), and the [child disability benefit](#).

YES! I would like to sponsor a Christmas dinner!



2018 Seasons Greetings!

Each Christmas, Pathways Serious Mental Illness Society makes a special effort to reach out to members of its community across the North Shore, Vancouver, Tri-cities and the Sea to Sky corridor. You are invited to join us again to spread a little cheer and share a little love.

People who otherwise may feel isolated and alone at Christmas are invited to attend a specially prepared Christmas Dinner at St. Martin's Church in North Vancouver on December 1st. Erik Smith and his team from BLVD Bistro and S'wich Catering will prepare a special turkey dinner and dessert. Santa and his elves finish off the event with a special gift for each guest.

This annual dinner is a highlight for everyone attending and provides a social setting for old friends to meet up again.

A simple \$20 donation will provide one guest with turkey dinner, beverage and a hand-picked Christmas gift.

YES! I'd like to support my neighbours this Christmas with a donation.

Your payment can be made on-line at www.pathwayssmi.org or by phone at 60-4926-0856
by cash or credit card

or

mail or drop off your cheque, payable to **Pathways SMI**, to:
#205 - 1865 Marine Drive, West Vancouver, BC V7C 1J7

Tax receipt will be provided.

***For additional information, please contact Gill Santo,
604 836 0208 or gillsanto1@gmail.com.***



FAMILY-TO-FAMILY

An intensive 12-weeks course for anyone supporting a loved one dealing with a mental illness.



BEGINNING FEB. 4 AND

OFFERED IN :

- **VANCOUVER**
- **PORT COQUITLAM**
- **NORTH VANCOUVER**
- **SQUAMISH**

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.

For information and to register call: 604-926-0856 Or
Email: info@pathwayssmi.org

Course outline and details: www.pathwayssmi.org/education/family-to-family-course/

PATHWAYS SMI MEMBERSHIP—IS YOURS DUE?

Greetings:

This is a friendly reminder that your **membership** with Pathways Serious Mental Illness Society maybe due.

Membership dues are only \$20 per year and any added support is greatly appreciated.

Virtually every family is touched in some way by mental illness – in fact one in five people have a diagnosable mental health condition. Often families do not know where to turn to get the help for their loved one. Pathways, through its Family Support Centre and its many volunteers, provide personal and ongoing support, education and advocacy for better family outcomes. We are families helping families through difficult times and together we work towards a brighter future for all those who are suffering from mental illness.

We are deeply grateful for whatever financial help people can manage and depend on your assistance to continue providing our many programs and services. Pathways is a registered charity (#89422 6935 RR0001) and will issue official receipts for income tax purposes.

You may renew online by going to:

<http://pathwayssmi.org/donate/> enter donation amount (the first \$20 will be applied to membership).

Alternatively, you may send a cheque to 205 – 1865 Marine Drive, West Vancouver, BC, V7V 1J7.

We want to thank you for your continued support.

Sincerely, Your Pathways SMI Board of Directors

Monthly Family Support Groups

- ♦ 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

ESTATE PLANNING—FEDERAL AND PROVINCIAL DISABILITY BENEFITS



Elder Planning Councillor—VP Wealth and Planning Strategies—Indesign Financial Group Ltd.

Bill Murdock, Financial Advisor, has been generously providing Pathways membership with information on estate planning over the past four years as it relates to the federal tax credits and provincial disability benefits for our family members. We've invited Bill to contribute to the newsletter on issues related to trusts, estate planning and disability benefits. Here is the first in a series.

Focus on the present, with an eye to the future – Trust Plans as a QDT

As mentioned in this issue of the Notepad recent changes in the Budget 2017 recognizes nurse practitioners as one of the medical practitioners who can now certify Form T2201, the Disability Tax Credit (DTC). The other good news is families are also able to take advantage of **Graduated low tax rates** for income generated in a **Qualified Disability Trust (QDT)** as opposed to the **highest tax rate of 49.8% in BC** for income generated in a non QDT's trusts.

All testamentary trusts before January 1st, 2016 were taxed at graduated rates (our traditional income stepped system).

After that date a new budget declared that they would now be subject to taxes at the highest marginal rate on any income generated in the trust with the exception of a QDT – which is great news for many Canadians families or individuals.

Let's explore some conditions, facts and guidelines for qualifying your Trust plans as a QDT.

In order for a trust to be considered a QDT, there must be:

- At least one beneficiary who is an electing beneficiary - a son who **receives Disability Tax Credit** (DTC) and elects to treat the trust as a QDT.
- You can only have **one** Trust established as a QDT
- It **must be** a testamentary trust that arose on or as a consequence of death (it cannot be created while someone is alive aka an Inter-Vivos trust).
- The person who passed away must be resident in Canada for the trust year.
- In its tax return, it must elect jointly with one or more beneficiaries to be a QDT for the year. That election must include the social insurance number of each beneficiary. At this time, there is no specific form for this election, but we understand that one is being developed.

NEXT ISSUE: PART 2

What makes QDT different? – January 2019 Issue.

Bill will also be presenting a mini workshop in **Port Coquitlam at the New View Society on Thursday Dec. 13th. 7:30pm – 9:15pm**. If you would like to attend, please **contact the office to register** 604-926-0856 or email info@pathwayssmi.org

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Modern Planning Concepts
Vintage Quality Advice

PATHWAYS SERIOUS MENTAL ILLNESS SOCIETY
CORDIALLY INVITES YOU AND YOUR FAMILY TO A

CHRISTMAS DINNER PARTY

SATURDAY, DECEMBER 1, 2018



*** NEW LOCATION ***

ST. MARTINS ANGLICAN CHURCH

195 EAST WINDSOR RD . NORTH VANCOUVER,

DOORS OPEN AT 5:00 P.M. DINNER WILL BE SERVED AT 5:30 P.M.

LIMITED SEATING

RSVP REQUIRED: 604-926-0856 **By** NOVEMBER 20TH

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 بعدازظهر آماده ارائه 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