



# PATHWAYS

FAMILIES  
HELPING  
FAMILIES

## Serious Mental Illness Society

THE NOTEPAD

May 2019, Issue 159

## HAPPY MOTHERS' DAY!

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Circle of Strength Photography by Gail Stephan <https://gksphotos.weebly.com/>

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and share with your families & friends.



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## Message from President



**Don Pavlovich, President**

Greetings,

First I want to thank Pathways and its membership for allowing me to serve as President and be a part of this non profit organization that not only gives knowledge & free services back to issues surrounding serious mental illness but allows friendships to be created within our motto of *"Families Helping Families"*. I became involved with Pathways through its free Family-To-Family course which changed my whole outlook in helping my family dealing with mental illness. I'm eternally grateful to Pathways SMIS and its volunteer Family-To-Family instructors.

I'm following the footsteps of a truly dedicated past President, Janice Lilly. Janice's steadfast leadership has been successful in forging a path which will allow our society, to follow into the future. Janice has become a true faithful ambassador for Pathways and we all wish her well. Thank you!

Pathways was formed back in the 1990's and the individuals who formed Pathways were motivated and persistent in pursuing a goal of success for family's dealing with all issues surrounding serious mental illness. Pathways' board is committed to develop programs & services that reflects "Pathways Mission" and continue to benefit our members and those in need. Our board is excited about the opportunity to give back to our membership & communities at large.

I would like to thank you all on behalf of Pathways Serious Mental Illness Society and express our gratitude for the remarkable donations to our annual Circle of Strength free luncheon. Donations will go directly to helping families who are dealing through their most challenging of times with issues surrounding mental illness.

In 2018 alone, Pathways helped more than 800 families dealing with all serious mental illnesses and our figures have shown that 2019 will exceed 2018 numbers. Pathways' Mission: We are, and will remain, a volunteer-led society of "Families Helping Families" dealing with ALL the serious mental illnesses our loved ones suffer from. Your kindness in donating to Pathways will help us fulfill our mission.

I would like to thank our outgoing Executive Director, Nancy Ford. Nancy's passion for helping the society achieve its goals throughout the years of her service will never be forgotten. The families which she helped over the years will always be grateful. Nancy, Pathways and its families will always have the door of gratitude open for you.

I'm very excited to introduce Feri Dehdar as Pathways new Executive Director. Feri's vast experience and commitment will be very important in guiding Pathways in the years to come. Pathways is very fortunate having such a person as Feri, who is a staunch supporter of our non profit society. Welcome!

I would be amiss if I didn't mention the engine which keeps Pathways moving in the right direction, the office staff! Pouneh, Valeska & Katie, thank you for being a part of our "Family".

For our current members and perspective members I want to assure you that the intention of this board is to grow and expand our free services. We will stay focused on remaining as a benefit to our members and also stay focused on "Pathways Mission". I look forward to a productive, successful year and invite each of you to participate, and most important become involved.

Sincerely, Don Pavlovich, President

### 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, anxiety disorders. [www.pathwayssmi.org](http://www.pathwayssmi.org)—[info@pathwayssmi.org](mailto:info@pathwayssmi.org)—Facebook: **Pathways**—Twitter: **@Pathways**

## Message from Executive Director



**Feri Dehdar, Executive Director**

Hello,

My name is Feri Dehdar, and it is an honor to introduce myself to you as the new Executive Director of Pathways Serious Mental Illness Society (PSMIS). As successor to the work of former Executive Director, Nancy Ford, I am both humbled and excited to lead this important organization into its next chapter.

My involvement with Pathways started through my personal experience. Three years ago, my dear brother ended his battle with Bipolar disorder and took his own life. My feelings of devastation, lack of focus, shame, blame, urge to find an answer and fight stigma led me to reach out to Pathways for help. I am grateful to Cindy Beatch taking my phone call, and, with her encouragement, I took the Family to Family course. Ever since then, I have been an ardent supporter of the organization! It is my good fortune to be able to apply my professional experience with a community that shares my personal background.

Alongside our Board members, dedicated staff, community partners and YOU we will continue to build upon our legacy of Families Helping Families and pursuing our major goals. With the uncertainty of the funding, I am dedicated to ensuring that families we serve to continue get the services and support they deserve. We will aim to build our capacity and work with our partners to meet the need for affordable housing for our loved ones living with mental illness, advocacy and support.

It is mental health week. This year's core message is "Get Loud about what Mental Health Really is". Joining our voices, we can increase understanding that Mental Health is everyone's issue and combat the stigma that too often stands in the way of people reaching out for help.

Please stop by our office and say hello, our office is located at 1865 Marine Drive, Suite 205, West Vancouver. Feel free to send me an email message to [feri@pathwayssmi.org](mailto:feri@pathwayssmi.org)

I look forward with great anticipation to the year ahead, meeting and working with friends and clients old and new!

*Feri Dehdar, Executive Director*

### ***Talents Needed!***

Pathways counts on the help of volunteers to deliver our many programs. We currently need volunteers in below categories:

- Communication & Social Media
- Design
- Office Administration

Contact our office to ask how you can assist us.





## “THE FUTURE OF MENTAL HEALTH “

**Dr. Allan Burgmann**—*“The acute symptoms of a mental illness can effectively hijack a person’s interaction with the world around them. Knowing their history, their personality, and coping style helps untangle the symptoms and allows them to regain their life.”* Dr. Allan Burgmann, is the Medical Manager of Acute Psychiatry at the HOpe Centre.

*“Several years ago, issues related to mental health used to be frowned upon. These days, however, a lot of people are more understanding regarding the nature of these disorders, even seeking the assistance of medical professionals who can guide them through the process. A psychiatrist is someone who can diagnose a mental disorder, and design an individual care plan using a wide variety of medical treatments available.”*

**Dr. Apu Chakraborty**—Beyond fundamental clinical care, Dr. Chakraborty has been an innovator, participating in the development of integrated mental health care both in the community and its institutions; he established national medical student and resident electives and initiated research for clinical growth. As past Site Director, Lions Gate Hospital and Postgraduate Education Programme, Dept. of Psychiatry and currently working at St. Pauls, Apu graduated in Medicine from Cambridge University, University College London, studied at Harvard University and The Institute of Psycho-Analysis, London winning a UK Medical Research Council Fellowship for a PhD in Health Services Research. Clinically, he ran a Psychiatric Intensive Care Unit, an Inpatient Assessment Unit, Early Intervention teams, and Community Mental Health Teams, leading to Clinical Excellence Awards.



Please join:

Dr. Allan Burgmann - HOpe Centre,  
and

Dr. Apu Chakraborty - St. Paul's Hospital

In a discussion on

THE FUTURE OF MENTAL HEALTH

- 
- Wednesday, May 29, 2019
  - 7:00pm—8:30pm
  - HOpe Centre Atrium
  - 13th and St. Andrews
  - No registration required



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



## FALL FAMILY-TO-FAMILY

### An intensive education course.

#### TOPICS COVERED INCLUDE:

- Symptoms of the illnesses - bipolar, schizophrenia, clinical depression and 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. 16TH.

- VANCOUVER
- PORT COQUITLAM
- NORTH VANCOUVER

#### FOR INFORMATION AND TO REGISTER - CALL:

604-926-0856 Or Email:  
[info@pathwayssmi.org](mailto:info@pathwayssmi.org)

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



## SUPPORT

Hello, my name is Valeska Gauthier and I started working with Pathways SMIS as the new Program Coordinator at the end of January 2019. It has been a very touching experience so far. I recently graduated from Pathways 12 week Family-to-Family course and learnt so much.



What resonated for me was the stigma experienced by so many families and the lack of understanding. I related, and my classmates' pain and struggle with their family members helped to deepen my understanding of mental illness and its impact.

It is such an honour for me to be able to assist anyone reaching out for support and to coordinate further support. In case you didn't know, I also co-facilitate the monthly support groups held at our office.

One message you will always hear from me is to take good care of yourself. Self-care is of upmost importance when you are going through a difficult time. All your feelings are valid and totally normal to experience.

It was wonderful to see so many people at the Circle of Strength to show their solidarity and support. It is very humbling for me to see how Pathways is mostly volunteer run and how families take the task of coordinating the programs very seriously.

*"Pathways support team has passed on their practical knowledge and true life experience in living with mental illness with a family member and their thoughtful and lovely compassionate character shone through. I have learned more from Pathways in our conversations and they have been more helpful than all the professional doctors, psychiatrists, counsellors, clinicians in the last 6 years of my son's journey."* -A family member!

### 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 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

## JOIN FAMILIES JULY 1ST. FOR THE CANADA DAY PARADE AND HELP RAISE AWARENESS



Help Pathways raise awareness while celebrating **Canada's Birthday.**

It's always a fun affair and we couldn't do it without you, our membership. Please call to RSVP: 604-926-0856, or email us at [valeska@pathwayssmi.org](mailto:valeska@pathwayssmi.org). Meet at 9:45 a.m. at Grand Blvd.

Look for our banner. Plan on 2 hours. The parade begins at Grand Boulevard Park and leads to Mahon Park.

**WE LOOK FORWARD TO SEEING YOU THERE!**



## THANK YOU TO OUR COMMUNITY FOR THEIR ONGOING SUPPORT.



Thank you Chef Erik Smith, proprietor Blvd. Bistro for donating over 120 Christmas dinners and to our community.



Thank you to our local service clubs for your ongoing support. We wouldn't be able to support families without your generous support.

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

- ♦ WEST VANCOUVER: 3rd. Friday afternoon and 3rd. Wednesday evening
- ♦ SQUAMISH: 2nd. Thursday evening
- ♦ TRI CITIES: 2nd. Thursday evening
- ♦ VANCOUVER: last Saturday morning 10:00 am—Noon.

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

## Circle of Strength 2019—Thank you to our generous sponsors

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

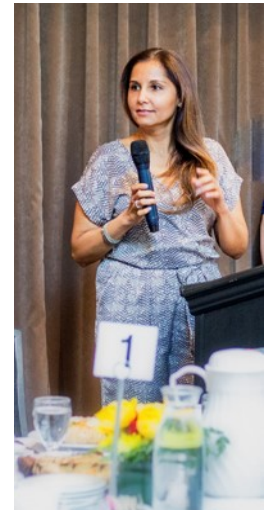
**HONEY DOUGHNUTS AND GOODIES** were the proud sponsors of the 2019 annual Circle of Strength Fundraiser, helping to support the important work of Pathways Serious Mental Illness Society. Accompanied by her husband Ashak, Ashifa Saferali began with her opening remarks; *“We take special care to support the communities where we do business and we are honoured to be part of this year’s event.”* Furthermore the delightful jazz combo enjoyed by guests, the talented son of Ashak and Ashifa, and band members, **ILHAN SAFERALI TRIO.**

A special thank you goes out as well to **VANCITY, BLUE SHORE FINANCIAL,** and **SAVE ON FOODS** for their generous table sponsorship. Flower arrangements were once again generously donated by **MARGITTA’S FLOWERS, LONSDALE QUAY.** Congratulations goes out to the lucky guests who won their table centre pieces.

Guests also viewed a short video **“FROM DESPAIR TO HOPE”** produced by **DALE VILLAJUAN -7 ON IT PRODUCTIONS.** Dale donated his time and talent to produce this powerful portrait of the families Pathways SMIS supports.

A heartfelt thank you goes out to the many **WONDERFUL SILENT AUCTION CONTRIBUTORS** and volunteers who helped organize this new addition to the event. Congratulations to the winners.

Finally a special thank you to **Natasha Tracy** for sharing her powerful story with us. Her experience, unfortunately is not unique and emphasizes the need for Pathways dedication and vision.



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, the Ambleside Tiddlycove, Lynn Valley 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, Blue Shore Financial, Vancity, Everything Wine., Meinhardt, Honey Doughnuts and Goodies.



## THANK YOU!

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

