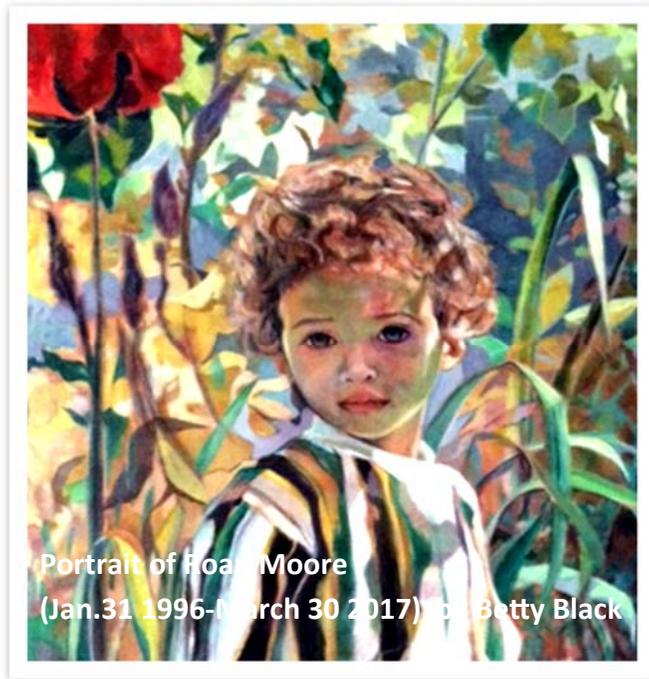




# PATHWAYS

FAMILIES  
HELPING  
FAMILIES

## Serious Mental Illness Society



Portrait of Roan Moore  
(Jan.31 1996-March 30 2017) by Betty Black

### *At a Glance 2018*

***OUR FAMILIES, OUR STORIES  
AND OUR PARTNERS***

1865 Marine Drive, Suite 205  
West Vancouver, BC V7V 1J7

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[www.pathwayssmi.org](http://www.pathwayssmi.org)  
604-926-0856

**MESSAGE FROM  
THE PRESIDENT  
& EXECUTIVE DIRECTOR**

Greetings,

It's been a busy start to the new year with Pathways SMIS regional Family-to-Family courses enrolled with more than 70 families in the Tricities, Vancouver, Squamish and North Shore regions. A very special thank you goes out to the eight volunteer teachers currently providing instruction and a special thank you to our education coordinators Cheryl Zipper and Lisa Stringle. We could not provide this extremely important education without these dedicated volunteers. This year we are also pleased to partner with BCSS Nanaimo in providing Family-to-Family.

Our volunteer fundraising committee members also have been working hard organizing Pathways SMIS annual Circle of Strength fundraising luncheon. Donations from this event generated over \$50,000.00 and reflects approximately one quarter of Pathways revenues. Again, we depend on our family volunteers to achieve this goal, requiring 20 volunteer Table Hosts, members such as yourself, to host a table by extending invitations to your friends, family and community. With the support from our amazing volunteer coordinator Elena Andrews, we will also help you fill your table, so don't hesitate in helping to get the word out about this inspiring luncheon. Hosted at Hollyburn Country Club the event serves both as inspiration and education with Keynote Natasha Tracy, an award winning writer, and speaker sharing her lived experience with bipolar disorder for 18 years. Either as a table host or on your own we hope you'll be able to join us for this important luncheon. More details can be found on page 4 of the Notepad.

As you can see we have returned to the original format for The Notepad. We also wish to take this time to apologize to any of our membership as some of you received empty envelopes which should have contained your newsletter! Oops. With changes in staff, Pathways SMIS has encountered some challenges. Also news, due to unforeseen circumstances Amanda Steele is no longer the Executive Director for Pathways SMIS. However, we are fortunate that Nancy Ford has agreed to step out of retirement, returning as Acting Executive Director, until we regroup and recruit a new ED.

From the 2018 Board of Directors: *Janice Lilley - President, Don Pavlovich - Vice President, Gerard Darnel – Treasurer (retired), Shirley Chan - Fundraising Chair, Gillian Santo - Events Chair, Patricia Murray - Advocacy Chair, Joe Gormley*



Janice Lilley,  
President

**Membership  
Over 240**  
Active Members in 2018

The Board and volunteer families have worked tirelessly this past year with great success on many fronts.

We shared some of the highlights of 2018 with our membership at the AGM. We thanked our amazing volunteers, members and acknowledged the work of the outgoing dedicated board members. Our president reported on education, support and financial activities of Pathways in 2018.



**Annual General Meeting held on Wednesday, March 28, 2018**



## SUPPORT — MEETING FAMILIES ONE-ON-ONE

### FAMILIES SUPPORTING FAMILIES

- In 2018 Pathways supported over: 300 unique families
- Direct contact with families: over 1,000 times
- Community Partners Include: HOpe Centre, RCMP, North Vancouver & West Vancouver Police, New View Society, Coast Mental Health, NS Disability Resource Centre, NS CMHA, Kelty Dennehy Resource Centre, WV Public Library
- Common challenge:
  - I. Accessing services for their loved ones continues to be the most common challenge
  - II. The barriers in being included and involved in the treatment plan for their ill relative. Health services still have a long way to go.

Providing support, especially one-on-one, takes on various forms as we attempt to adapt the help requested to each unique situation a family is dealing with. Meetings take place over the phone, over coffee, or while going for a walk. Sometimes the family member who is reaching out is too overwhelmed to meet in person or even to verbalize the crisis or trauma, so we exchange emails or texts. Other times two people with similar experience will meet with a support volunteer, i.e., parents with children of similar age and diagnosis. Peer support with similar lived experience is a powerful tool to provide empathy, relief, encouragement and hope. Support- whether in a group or individually, provides an opportunity to "let your hair down", so to speak, without having to carefully choose your words, defend or guard. It provides a desperately needed oasis, that refreshes, to be able to carry on in the battle for a loved one.

**Christine Kelly**

**Peer Volunteer Support Team**

**SUPPORT**—MONTHLY SUPPORT GROUPS  
THE POWER OF PEER SUPPORT GROUPS

**FAMILIES SUPPORTING FAMILIES**

**In 2018**

**Over  
270  
Participants**

**18  
Volunteer  
Facilitators**

**5  
Support  
Groups**

**20  
Training  
Participants**

Members of a support group usually share their personal experiences and offer one another emotional comfort, moral support and hope. They may also offer practical advice and tips to help deal with current situations. Benefits of participating in support groups may include: Feeling less lonely, isolated, understood and validated. By attending support groups regularly, friendships and supportive networks can be forged. Attending monthly support groups is highly recommended as a self-care practice. Support groups offer a safe space to vent, be heard and be helped.

Every month, family members meet in West Vancouver, Squamish, Vancouver, and Tri-Cities for regular sessions of the Family Support Groups. For information on any of the groups, or to register, please contact the Family Support Centre.

- 1. TRI-CITIES —2nd Thursday 7:30 pm**
- 2. SQUAMISH —2nd Thursday 7:00 pm**
- 3. NORTH SHORE —3rd Wednesday 7:00 pm**
- 4. NORTH SHORE — 3rd Friday 1:00 pm**
- 5. VANCOUVER —Last Saturday 10:00 am**

## EDUCATION—STEPS TOWARD CHANGE

### FAMILY-TO-FAMILY EDUCATION

In 2018

**100**  
Family  
Graduates

**14**  
Volunteer  
Teachers

**50**  
Trained  
Teachers  
since 2012

**2**  
Volunteer  
Facilitators

*“Family-to-Family is more than just an education course. It could be described as a course in empowerment. It changes the people who take it, giving them new strength and confidence. Through the course, family members gain the knowledge and skills to cope more effectively with their relatives with a mental illness.” - A Course Graduate. The volunteer teachers have been described as; **“Wonderful, compassionate, exceptional, knowledgeable teaching team! Having first hand experience really resonated”***



- 20 Graduates on the North Shore
- 31 Graduates in Vancouver
- 37 Graduates in Tri-Cities
- 12 Graduates in Sea to Sky

## EDUCATION—FIRST HAND STORIES

### SCHOOL PRESENTATIONS

**In 2018**

**1,028  
Students**

**Since 2012**

**6,761  
Students**

**10**

**North Shore and  
Sea to Sky  
Schools**

**44  
Classrooms**

*First Hand Stories* consists of a panel of two speakers – a person with lived experience, and a family member and is based on a personal storytelling model. It is a unique and powerful presentation that helps students and people in the community understand the nature and prevalence of chronic and severe mental illness. Being able to listen and talk to people with first-hand experience struggling with the illness gives the audience an even greater appreciation for how hard it can be. Questions are answered directly by the presentation team.

Many students have no awareness of mental illness whatsoever and by us presenting to them it begins to raise awareness and helps with reduction of stigma. Often we fear what we don't understand and by teaching the students about mental illness, they can be more compassionate towards their peers who may be struggling and hopefully prevent any undue suffering.

Cathy Burke  
Coordinator  
First Hand Stories

Heather Peacock  
Volunteer Coordinator  
First Hand Stories

These presentations are designed and coordinated by trained volunteers. In 2018 there were:

- **2 Coordinators**
- **7 Family Presenters**
- **8 with Lived Experience**

**In 2018**

**4**

Public  
LECTURE SERIES

**2**

Will & Estate  
workshops

Over

**240**

Attendees

Our long-running Public Education Lecture Series allows family members, those with mental illness, professionals, and the general public to ask questions and get answers directly from experts and service providers on a wide range of topics covering all serious mental illnesses. The question-and-answer interchange makes each session particularly valuable. Last year's diverse topics included:

- ***Let's talk about Patient Care in Mental Health and Addiction***  
A panel discussion with Jane Thornthwaite, MLA  
Dr. Dianne McIntosh, Psychiatrist and Clinical Assistant Professor UBC- Andrea Paquette, President, Stigma-Free Society and Bipolar Babe - Dale Handley, Head-Nurse, RPN, MBA, Carlile Youth Concurrent Disorders Centre
- ***Exercise as Medicine: The role of physical activity in treating depression*** - Dr. Ronald A. Remick, MD, FRCP(c)  
Medical Director Lookout Housing & Health Society
- ***From Biology to Beliefs: Psychological Treatments for Psychosis*** - Dr. Menon, Psychologist, BC Psychosis Program UBC and Associate Professor, Dept. of Psychiatry UBC
- ***Clozapine: Its unique effectiveness in refractory psychosis***  
Dr. Randall F. White, Medical Director, B.C. Psychosis Program & VCH Medical Director Vancouver Community Mental Health and Substance Use Services
- ***Estate Planning, Discretionary Trusts, Disability Tax Credit, and RDSP Workshop*** - Bill Murdock  
Financial Security Advisor

# CHRISTMAS PARTY

Santa arrived with gifts for over **125** guests and a delicious full course turkey dinner



Pathways sponsored its annual Christmas party for people dealing with mental illnesses and their families. Over 125 attendees were served up a Christmas dinner with all the trimmings before Santa Claus arrived to give out presents.

**Thank you** Chef Erik Smith, proprietor Blvd. Bistro for donating over 125 Christmas dinners and to our community.

**Thank you** to those who generously made donations. Our Christmas appeal raised over 2K.

**FUNDRAISING EVENTS**  
**ENSURING PATHWAYS' SUSTAINABILITY**



**“By coming together and helping each other, we create a Circle of Strength that cannot be broken”**

**Circle of Strength in 2018-  
Raised over \$50,000**



**Your donations provide programs and services free of charge, and are tax deductible.**

Our CRA registered charity number is 894226935 RR0001.

To make a donation online, please visit our website, [www.pathwayssmi.org](http://www.pathwayssmi.org) or:

Payment by Cash or Cheque:    Amount: \_\_\_\_\_

Credit Card No. \_\_\_\_\_ Type: \_\_\_\_\_ Expiry: \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_    Or Mail donations to:

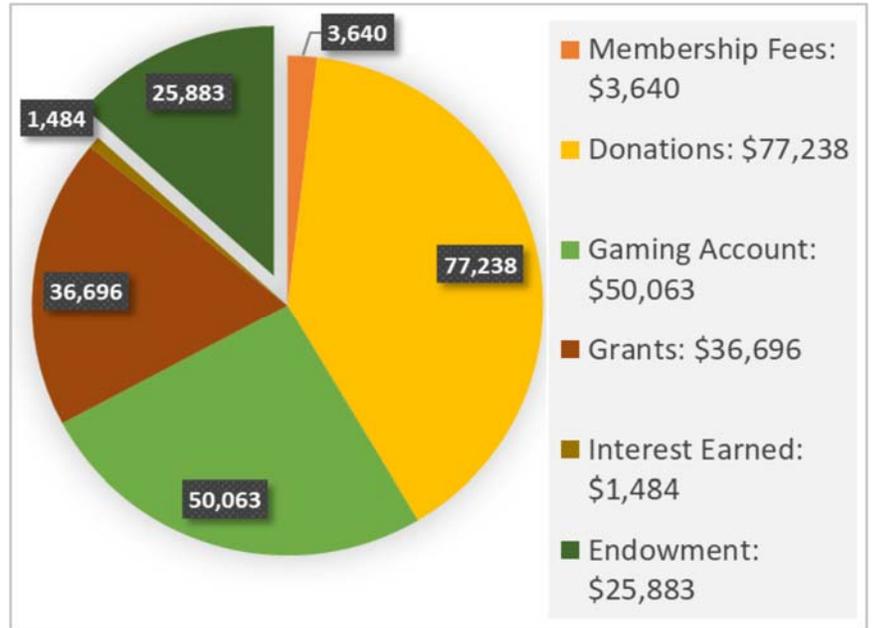
Pathways , 1865 Marine Drive, Suite 205, West Vancouver, BC V7V1J7    or call 604-926-0856 to donate.

## DONATIONS & SUPPORT

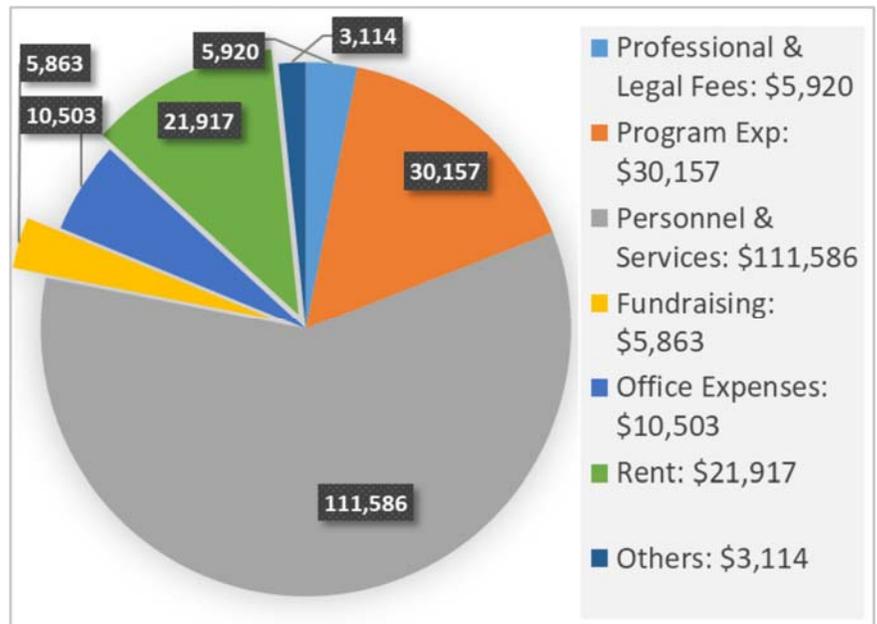
Pathways gratefully acknowledges the support of

- ◆ The Province of British Columbia
- ◆ City of North Vancouver
- ◆ District of North & West Vancouver
- ◆ Resort Municipality of Whistler
- ◆ Mayor's Golf Tournament
- ◆ Seymour Golf and Country Club
- ◆ Vancouver Foundation
- ◆ West Vancouver Community Foundation
- ◆ Squamish Community Foundation
- ◆ North Shore Rotary Club
- ◆ North Shore Legions
- ◆ North Shore Lions Clubs
- ◆ Soroptimists
- ◆ Kiwanis West Vancouver
- ◆ Vancity
- ◆ Blue Shore Financials
- ◆ Save on Foods
- ◆ First Memorial
- ◆ Bouygues Building Canada
- ◆ Fulmer Capital Partners
- ◆ XYPEX Chemicals
- ◆ Lohn Foundations
- ◆ Lakes Whyte LLP
- ◆ Everything Wine
- ◆ Margitta's Flowers
- ◆ Eyes Wide Media, Plutonic Production, Division 7 Studio
- ◆ Starbucks

### 2018 Sources of Income: \$195,000



### 2018 Expenses : \$189,000





BIPOLAR · DEPRESSION  
SCHIZOPHRENIA · ANXIETY · PTSD

**604.926.0856**  
**www.pathwayssmi.org**  
**info@pathwayssmi.org**

- 5000 plus people served by

- over 80 volunteers contributing to

- Over 4000 volunteer hours as

- ◇ Family to Family Teachers
- ◇ Support Group Facilitators
- ◇ Peer to Peer Supporters
- ◇ First Hand Story Tellers
- ◇ In support of
- ◇ Lectures
- ◇ Christmas Party
- ◇ Canada Parade
- ◇ Circle of Strength Fundraiser
- ◇ Will and Estate Workshops
- ◇ Family to Family Education
- ◇ Individual & Group Support



## BOARD OF DIRECTORS

**2018**  
**Board**  
**of**  
**Directors**

**10**  
**Meetings**

**2000**  
**Volunteer**  
**Hours**

### **Janice Lilley – President**

Janice was first introduced to our society eight years ago when looking for help for her ill sister. *“Through the Family to Family course I gained the knowledge, understanding, and strength to change the downward trajectory of events,”* Janice says. *“The darkest days are behind us now. Our lives have improved and my sister’s life was saved.”* An architect by profession, she enjoys the creativity, complexities, and teamwork.

### **Don Pavlovich – Vice President**

Don, now retired, has 28 years experience in securing capital for companies, specifically mining. He served as president & executive director on several junior mining companies. As a lover of art and culture, he’s currently ventured into the film industry (*A Last Train Picture Production*) and now as an Executive Producer. As a graduate of the Family to Family course *“I now understand how important it is that we reach other families in similar situations”*.

### **Gillian Santo – Events Committee Chair**

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, she became a member of our society’s Fundraising Committee and helped the Society launch its first Circle of Strength luncheon in North Vancouver.

### **Joe Gormley – Chair Membership Committee**

*“The Family to Family course provided me with the knowledge and tools to better understand and help my family members with this illness. The value of the program provided by the Pathways inspired me to contribute by offering to serve on the board.”* Joe has served on the board of directors of several other organizations. Professionally Joe has worked for Public Works and Government Services Canada in real estate specializing in Aboriginal consultation.

**2018**  
**Board**  
**of**  
**Directors**

**Patricia Murray – Chair Advocacy Committee**

Patricia first came in contact with our society when she noticed a brochure for the Family Support Centre while taking her son to an appointment at the Kitsilano Mental Health Team in late 2014. She had heard of the society but wrongly assumed she was not eligible for our services, as she did not live on the North Shore, and her son did not have schizophrenia. *“I telephoned and found out they were having Family to Family classes in Vancouver so I signed up for the January 2015 sessions that were expertly taught by members Janice Lilley and Arlene Kennedy. For the first time since my son’s original diagnosis in kindergarten I did not feel alone in my struggle to help him.*

**Shirley Chan, Chair Fundraising Committee**

As a girl, Shirley Chan campaigned with her parents going door-to-door to canvass opposition to the freeway plans and organized a network of block captains to keep residents informed. That community activism has remained with Chan in the years since. An established leader in the Chinese-Canadian community, the Vancouver native has held leadership roles in community-based advocacy, national housing, health and sustainability programs and inclusive social and economic development. Shirley has taught numerous Family to Family classes and worked as an advocate on behalf of her daughter.

**Kim Thomas – Chair Support Committee**

Kimberly, along with her husband, enrolled in the Family to Family course *in search of answers to better understand what their young son was dealing with and to learn ways to help the family deal with mental illness.”* Kimberly went on to teach the Family to Family course and continues to be a facilitator of the support group that was created from the fall class of 2014. She is an advocate for better support to both people dealing with mental illness and their families. She resides in Coquitlam with her husband and children.

**Gerard Darnel—Treasurer**

As a semi retired Chartered Professional Accountant (CPA, CGA) with over 25 years of progressive Accounting, Controller and Financial Management experience mostly in the residential and commercial real estate sectors, I am always looking for ways to give back to my community. I have recently stepped back after volunteering with the Easter Seals 24 Hour relay for over 20 years as a fundraiser and as a team captain and now look forward to contributing to Pathways as a board member and treasurer.



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FAMILIES  
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