



PATHWAYS

FAMILIES
HELPING
FAMILIES

Serious Mental Illness Society

THE NOTEPAD
September 2019, Issue 160



Jeremy Sundahl

I hear voices, but I am learning to ignore them! Check out the [Advocacy Bulletin](#) for the full story.



**HAPPY
Fall!**

Like us on [Facebook](#) and follow us on
[Twitter](#).

*Leave your comments, keep in touch and
share with your families & friends.*



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Message from President & Executive Director



Don Pavlovich, President

What Pathways has given to me!

Without Pathways Serious Mental Illness Non-Profit Society in my life, I would never have gained a fuller understanding of how important “Pathways” has become for **Families helping Families with loved ones dealing with a serious mental illness**. This acknowledgment is spread amongst all our supporters: our corporate sponsors, individual donors, program volunteers, staff, board members, and Pathways membership. I would’ve missed out on one of the most humbling experiences of my life: being a Pathways Volunteer, Board Member & current President.

I can fully understand the emotional hardships of families and friends trying to cope with loved ones afflicted with a serious mental illness. Mental illness has so much stigma attached to it, so let’s not push aside the things that need to be talked about. Let’s bring [mental illness](#) to the light. The worst thing we can do is ignore it. Mental illness exists and it easily consumes. So, if you know of someone struggling right now, let Pathways help. Let someone in. Set up a counseling appointment. Asking for help does not show weakness. When saying yes to counseling feels like a failure, please remember that **you are more**. You are more than the pain you feel. Recognize that your feelings are valid but know that they do not have to control you. Getting help is the first step in the right direction for better mental health.

Remember that Pathways is here to help with our free services and is only a telephone call away. Please do not be afraid to call, we’re all in this fight together. Families helping Families!

Sincerely,
Don Pavlovich, President



Feri Dehdar, Executive Director

Dear Members and Supporters,

At Pathways the most rewarding part of my job is being around families, hear their stories and create connections. I know I am not alone in my journey to cope with the pain of losing family members to serious mental illness and drug overdose, but I am certain nothing holds me back to talk about it as well as stigma and mental health crisis in BC. “whether they stem from business or personal situations, our relationships are what support us, connect us, and allow us to progress in all aspects of our lives.” What is one way you are prioritizing them? Send me an email to feri@pathwayssmi.org to let me know.

Pathways has been serving families since 1996, in order to tailor our programs and services to meet the needs of our community, we will be conducting a series of 4 focus groups (one per month) this fall looking at accessibility of physical activity in North Shore. Please note that while the health benefits of physical activities are profound, Pathways doesn’t endorse that as a replacement of prescribed medications. Please call the office to register for a session. A questionnaire will be posted on our website in October. Please help us serve you better by providing your feedback.

Regards,
Feri Dehdar, Executive Director

Farewell Gill & Pathways Public Lecture Series



Gill Santo

Good Luck and Farewell Gill!

With great reluctance, we are calling a fond farewell to Board Secretary and Events Committee chair Gillian (Gill) Santo. For more than a decade, Gill's invaluable contributions have served Pathways and the North Shore Community. In 2008, Gill first came to Pathways to find support when dealing with her daughter's serious depression. After taking the Family to Family course Gill says, "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." The following year, she joined the Pathways fundraising committee and helped to launch the very first Circle of Strength Luncheon in North Shore.

All of us at Pathways join our President Don Pavlovich in wishing Gill our best wishes on her move to Edmonton: Our hearts are filled with thanks when thinking back on the years of charitable volunteer work you've put in with Pathways. The kindness you've shown to families in need, and your hard work has been an inspiration and something which everyone involved with Pathways will not forget.

PATHWAYS PUBLIC LECTURE SERIES

ANOSOGNOSIA — IMPAIRED AWARENESS OF ILLNESS



Finding Clarity in Chaos:

Anosognosia & Finding Paths of Recovery

- Explore the concept of Anosognosia and how it relates to Schizophrenia
- Discuss impacts of Anosognosia on individuals and their supports
- Explore possibilities for paths of recovery

Guest Speaker: Dr. Fredrikson

A consultant psychiatrist whose main focus is in the treatment of psychotic disorders, including early psychosis intervention. She is a proponent of rehab/recovery models of treatment, resiliency, and family engagement.

*****FREE*****

Wednesday, September 25, 2019

7:00 — 8:30 pm

HOpE Centre Atrium — North Vancouver

"No registration required"

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 آرایه خدمات به فارسی زبانان محترم می باشد.

جهت دریافت کمکهای مشاوره ای با شماره ۰۸۵۶-۹۲۶-۶۰۴ تماس بگیرید و یا به آدرس زیر مراجعه فرمایید:

شماره ۲۰۵- ساختمان ۱۸۶۵ مارین درایو، وست ونکور

A big Thank you to the “Wyse Guys”!



The “Wyse Guys” have been raising funds for mental awareness in memory of our son, Jamie, for the last 10 years. We lost Jamie when he was only 19.

When Jamie first showed signs of his illness at 18, we thought we were one of a handful of families affected – we felt totally at sea and alone. Trying to get help was a minefield in itself. It seemed that the only way to be taken seriously was for Jamie to be deemed harmful to himself, or to others. It was a very reactive response to a crisis, rather than a proactive desire to help. Eventually we managed to find our way into the system but there was little or no communication between the agencies and we had to repeat our story many times over. The whole process felt exhausting and unhelpful.

Our anger, frustration and confusion was further compounded by the fact that Jamie took his life in the hospital where we thought he was getting the best treatment and would be safe.

In our grief we looked for ways to deal with our huge sense of loss and we started a team called the ‘Wyse Guys’, cycling for mental health. It started out with five people and has grown over the years. We have heard many other people’s personal stories and realize how much it helps to share our stories and experiences. To feel we are not alone.

We celebrate Jamie’s life each year with a bike ride and this year we wanted to support Pathways. I have been involved with Pathways on the periphery for many years and have seen first hand the tremendous commitment from staff and volunteers. For us it’s community based and has the whole family involved in the recovery process which is essential for a positive outcome

On Sunday, June 23rd, 24 of the ‘Wyse Guys’ biked the Seymour Demonstration Forest, through tall, old growth trees of Hemlock, Douglas Fir and Cedar, past beautiful, purple foxgloves to the Seymour Dam. Our goal, as always, is not only to raise funds and raise awareness about mental health but also to build a sense of community and caring. Together we raised \$2550! Shine on Jamie!

Catherine and Stuart Wyse

Pathways SMIS is very grateful to receive this donation from the “Wyse Guys” in honor of their son Jamie and admire the commitment of his family and friends promoting mental health. Unfortunately, Jamie’s situation is too familiar here at Pathways.

Stigma and misconception too often isolate people with mental illness and their families. We at Pathways aim to alleviate this suffering through peer support, advocacy and education. Families are critical intervenors in the treatment of people with mental illness. The generosity of the “Wyse Guys” will help us to continue our work to increase awareness and supports for families and their loved ones.

FALL FAMILY-TO-FAMILY EDUCATION

TOPICS COVERED INCLUDE:

- Bipolar, schizophrenia, depression, anxiety, concurrent disorders, Borderline personality disorder
- Medications and communication
- Problem solving and Self –care for caregivers
- Tips on working within the system

OFFERED FREE OF CHARGE!

Offered in JANUARY and SEPTEMBER

4 LOCATIONS (7:00 PM TO 9:30 PM):

- VANCOUVER— SEPTEMBER 26, 2019
- PORT COQUITLAM—SEPTEMBER 17, 2019
- NORTH VANCOUVER—SEPTEMBER 18, 2019
- SQUAMISH— WINTER AND FALL 2020



For information and to register:

Call: [604-926-0856](tel:604-926-0856)

Email: Valeska@pathwayssmi.org

The course is taught by trained family members, who have a relative struggling with a serious mental illness, and extensive experience navigating the mental health system.

Hosted in partnership with New View Society, NSDRC & KW Realty



kw REALTY
VANCENTRAL
KELLERWILLIAMS.

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](tel:604-926-0856) or call Sea to Sky: [604-390-0100](tel:604-390-0100)

Personal support and information on major mental illnesses – schizophrenia, bipolar disorder, depression, anxiety disorders. www.pathwayssmi.org—info@pathwayssmi.org—Facebook: Pathways—Twitter: @Pathways

FROM THE SUPPORT CORNER



Greetings,

I have the honour to facilitate the support groups at the office twice a month. One thing I have noticed is that the family members' mental health is starting to be affected by their loved ones. There seems to be a common experience of noticing increased anxiety, irritability and reflecting if maybe they are the ones with the problem as so often they are being told that.

It is of utmost importance to place the oxygen mask on yourself first before you can look after your loved ones, as you have been told so many times if you have taken a plane in the past. How does that look like on the ground? It means you cannot support from an empty vessel. It is so easy to put all your focus on your loved ones, as they are the ones who require the help and draw your attention away from yourself, but you truly need to support yourself first so that you can be a stronger support person for your loved ones. Do you have any self-care practices in place? Do you know what self-care means?

It can be a practice as simple as taking five minutes to just be by yourself and take 6 deep breaths. As a matter of fact the NAVY SEALS are being taught and use this particular breathing style called the box breath. It helps them to endure very stressful situations and calms their nervous system. Breath seems to be such a simple practice and yet it is one of the most powerful easy self-care tool to implement into your life daily. The box breath goes as follows, you take equal amounts of breath in as out and hold it out and in after every breath. – To begin expel all of the air from your chest. Keep your lungs empty for a four-count hold, then breathe in through your nose for 4 seconds, hold for 4 seconds, breathe out through your mouth for 4 seconds, hold out for 4 seconds, breathe in for 4 seconds and hold and so on.

Another self-care practice I recommend is to journal. Write all your thoughts down. It's so easy to feel overwhelmed by all the emotions and thoughts that are inside of you. Externalize them by writing them down. Again, it seems such a simple thing to do, but it's very effective to sort your thoughts and emotions.

Some other ideas: Go for a walk along the water or in nature, listen to your favourite music, read an uplifting book, go for a massage, join an exercise class.

Whatever you choose as your self-care practice, make it a priority and schedule it in.

Valeska Gauthier, Pathways Program Coordinator

MONTHLY SUPPORT GROUP MEETINGS: Held each month in:

- ◆ WEST VANCOUVER: 3rd Wednesday evening and 3rd Friday afternoon 7 - 8:30 PM and 1-2:30 PM
- ◆ SQUAMISH: 2nd Thursday evening - 7:00 PM - 8:30 PM
- ◆ TRI CITIES: 2nd Thursday evening - 7:30 PM - 9:15 PM
- ◆ VANCOUVER: last Saturday morning - 10:00 AM - Noon

For more information, please call 604-926-0856 or go to www.pathwayssmi.org

Volunteer Appreciation Party

PATHWAYS SERIOUS MENTAL ILLNESS SOCIETY PRESENTS

VOLUNTEER APPRECIATION PARTY



*Join us on Thursday October 24th for a spook-tacular
Halloween event to show our volunteers appreciation!*

Dress up in your Halloween costume if you choose
Treats, refreshments, and many more...

When?

Thursday, October 24th 2019 6:00pm-8:00pm

Where?

West Vancouver Seniors Activity Centre
695 21st street, West Vancouver, V7V 4A4



**A BIG thank you to those of you who joined Pathways raise awareness while
celebrating **Canada's Birthday****



FALL RENDEZVOUS & PANEL PRESENTATION



PATHWAYS INVITES
F2 FCLASSMATES, SUPPORT GROUP MEMBERS, TEACHERS,
MEMBERS AND VOLUNTEERS!

Fall Rendezvous

Join us for a glorious autumn day filled with connection,
exciting silent auction, refreshments and many more!

SATURDAY, NOVEMBER 9, 2019
11 AM TO 2 PM
NEWVIEW SOCIETY, PORT COQUITLAM

Space is very limited! Please RSVP to Kim at mrskat@telus.net

Inpatient Care for People with Serious Mental Illnesses: Current Issues **Educational Panel presented by BCSS**

Is there a Shortage of Psychiatric Beds? Alan Bates, MD, PhD, Provincial Practice Leader for Psychiatry at BC Cancer and President, BC Psychiatric Association

Potential Legal Barriers to Treatment: Dr. John E. Gray, PhD, Co-Chair, BCSS Public Policy Committee and Lead Author of Canadian Mental Health Law and Policy

The Inpatient Experience: A Parent's Perspective: Nancy Ford, Retired Executive Director of Pathways Serious Mental Illness Society

How to Reduce the Need for Inpatient Care: Susan Inman, BCSS Board Director and author of After Her Brain Broke: Helping My Daughter Recover Her Sanity

A Map of the Tertiary Mental Health System in B.C.: Dr. Randall White, BCSS Medical Advisory Committee

Sunday, October 6, 2019 | 1:30 P.M. – 3:00 P.M.

SFU Harbour Centre (Fletcher Challenge Theatre, Rm 1900) 515 West Hastings Street, Vancouver, B.C.

Please R.S.V.P.: events@bcss.org or 604-270-7841 www.bcss.org/2019BCSSAGM