



## Happy Holiday Season



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## Pathways is Making a Difference



**Feri Dehdar,  
Executive Director**

Pathways Serious Mental Illness Society is looking forward to our 24<sup>th</sup> year working with “families helping families”, helping those who have relatives with mental illness. We have enjoyed a bright year of great growth, providing personal support, education, awareness and advocacy.

Firstly, Pathways has made an impact by supporting over 550 families, through one on one support sessions and support groups, to help people feel understood, validated, less lonely and less isolated. Our support groups help forge regular friendships and supportive networks. More than 100 people have graduated from our *Family to Family* education series. One parent told us, *“Our daughter is slowly getting her life back. We could never have got to this stage without the help of your Society and the Pathways course I took. It saved our lives by guiding me on how to get help”*.

Secondly, we continue to promote awareness through our unique and powerful Youth program where volunteers give presentations to schools among the lower mainland. The presenters are made up of one person whom has lived experience with a mental illness along with a family member. The presenters use a story-telling model to share information with students. Awareness, recognizing early signs, removing stigma, and being compassionate are the main focus of this program. Pathways presented in 44 high school classes, reaching 1028 students .



**Don Pavlovich,  
President**

Thirdly, we continue to run our Public Education Lecture Series which allow family members, those with mental illness, professionals, and the general public to ask questions directly to experts on a wide range of topics, covering all serious mental illness. Pathways held 4 public lecture series with over 240 attendees. Our next lecture is on November 27, see our Facebook event for more details!

Lastly, our Christmas Banquet. Last year we had 125 group home residents attend. We hope to serve even more residents this year! Of course, we could do none of this without our invaluable volunteers: 80 people volunteered for a total of four thousand hours! See page 6 for Christmas Banquet volunteer opportunities!

Help us spread our message of awareness, inclusion and hope by assisting us to fund our support and education programs, training teachers, and supporting families in distress. Your donation today provides a brighter tomorrow for families those who have relatives with serious mental illness. We wish all the best to you and yours, this holiday season and look forward to joining you for another.

Sincerely,

Feri Dehdar, Executive Director and Don Pavlovich, President

**P.S. Every donation received by December 31, 2019 is eligible for a 2019 tax receipt. Donations help bring our programs and services for families all across Lower Mainland.**

## Meet our Interns



### Message from Nils—Our Summer Intern

As I entered the office for the first time, I thought: “Ok, I am welcome here and everybody is polite. Lucky me.” I got an overview of the organization and was given my tasks for the next 4 weeks. I thought this isn’t that much work but after I started to copy all the binders for the members of the Family-to-Family course, I knew that it is a bit more than expected. But I liked the work, and in the meantime, I could continue the digitalization of the Pathways library. For me it was a good task to improve my writing skills and get a better overview of all the different kinds of mental illnesses. The 4 weeks in your organization were a great time for me, I could improve my language skills and get a new work experience. I could also learn more about how important, and the critical theme, mental illness holds in society. Thanks for that.

### A Message from Francesca—Our Current Intern

Hello! I am the current Marketing, Communications and Events Intern at Pathways. I am a current university student and working towards my degree in Marketing and Entrepreneurship. I feel blessed to have found such a wonderful society to work with! I get to come into work everyday and I am surrounded by such inspiring and passionate people who encourage me, day after day, to put forth my best work. I am so impressed with all of the services Pathways has to offer and seeing how the society has made such a positive impact in so many people’s lives. Looking forward to meeting more of you over the next few months!

**Have 5 Minutes?**

**Take Our Survey!**

[www.surveymonkey.com/r/TVHXQGV](http://www.surveymonkey.com/r/TVHXQGV)

## Pathways is Going Green



The Notepad goes Digital! Pathways Serious Mental Illness Society is going greener: Starting in January 2020, *NOTEPAD* (this newsletter) is changing formats from print to electronic. Boosting our environmental credentials will be convenient and cost effective while saving trees, using fewer chemicals and lowering CO<sub>2</sub> emissions. Every little bit counts. Thank you for taking part in this initiative and showing your love for the planet! Please contact us if you are not on our current Notepad e-mail list and wish to be added.



## How to Best Support a Loved One with Mental Illness

Free Admission

Ryan Phillips and Todd Ritchey



Ryan Phillips, a former professional hockey player, lives with bipolar disorder and PTSD and has a daughter that has mental illness. When he was first diagnosed, Ryan ignored it. He has since made a change to seek professional help and these changes have had a very positive impact in his life. He recently embarked on an bicycle ride throughout Canada and Asia, advocating mental health awareness. The objective is to encourage others struggling with mental health to reach out for help and fight back. Phillips has created a movement that is empowering millions, with the power of positivity and focused thought. He will inspire you to rise above adversity and discover your maximum potential. Ryan's presentation will leave the audience with hope, tools and inspiration. Come listen to Ryan tell us his story, first hand!

Todd is a celebrated Addiction Specialist and Passionate International Speaker, Author, and the founder of Trilluminate Inc., a multi-dimensional company making profound and innovative contributions in mental, emotional and physical health while motivating personal growth. Todd has co-authored two books which have been the foundation in the development of the Neuro Alignment Model (NAM) and therapies. These therapies have been profoundly affected in addressing a wide range of dysfunction and disorders, including all forms of addiction, chronic pain, auto-immune disorders, mental illness and neurosis. Todd opened his first healing retreat in Mazatlan, Mexico, where people can experience the re-balancing and healing benefits of his therapeutic model. We are looking forward to learning more from Todd!

**November 27, 2019**

**7-8:30pm**

**HOpE Centre—1337 St Andrews Ave**

**North Vancouver**

**No Registration Required**



## A Special Wedding: Congratulations to Kristin Fox and Bill Codville



*From Left to Right:* James (Bill's Son and Best Man), Bill, Kristin, Gillian (Kristin's daughter and Maid of Honour), Quinn (Kristin's Son and Best Man).

Congratulations to Kristin Fox and Bill Codville who got married in the Summer of 2019. They are members at Pathways and have taken our Family to Family course which assisted their family in navigating the current medical health systems and empowered Kristin into a position to really help her daughter, who is diagnosed with bipolar with psychosis. To show their appreciation for Pathways, their family decided to give back and asked their guests to donate to Pathways, in their wedding honour. The family decided not to keep their journey a secret—hoping to encourage other families, who are suffering in silence, to do the same. They raised \$1800 for Pathways. Thank you to this beautiful family for their generosity.

## A Private Musical Concert

In late October Stanis and Joanne Smith hosted a delightful evening of music for a group of about 45 guests. Stanis, along with seven other very accomplished musicians performed Schubert's Octet in F Major. As part of the evening's performance, the guests were invited to donate to two selected charities, one of which was Pathways SMI. Past president, Janice Lilley, described the important work that Pathways does for families. The guests were very generous and donated approximately \$2,600. We are very grateful to the Smith's for



selecting Pathways as one of the invited charities and are appreciative of the financial support and recognition received. We look forward to using every dollar wisely in support of families in need of our services.

### Want to give back too? Here is how:

- Did you know you can host your own fundraiser for Pathways? There are many different types of third party fundraisers including, but not limited to, weddings, bike rides, walks, baked goods sale, running groups, musical nights and more! This is a chance to get creative.
- Be an office volunteer: we always could use extra hands with our office administration tasks.
- Our Christmas Banquet (see page 6)

Contact our office to ask how you can assist us.

### Follow us on social media:



@Pathwayssmi



@Pathwayssmi



@Pathwayssmi



[www.pathwayssmi.org](http://www.pathwayssmi.org)

## Events: Past, Present and Future



### PAST: VOLUNTEER APPRECIATION PARTY

Thank you to all of our amazing members and volunteers that made it out to our volunteer appreciation party. A special shout-out to Jeanne who went above and beyond to help organize this event. All of our attendees enjoyed hot coffee and sandwiches that were generously donated by Starbucks and Fresh St. Market in West Vancouver.

### PRESENT: VOLUNTEER THIS CHRISTMAS SEASON AT OUR ANNUAL CHRISTMAS BANQUET

This year on December 7th, we will be hosting our annual Christmas Banquet. Group home residents, and people who have a mental illness (and their families) are invited to attend. The attendees will get to enjoy a turkey dinner, trimmings and a beverage. If you would like to attend this year's banquet please make sure your membership is updated for the upcoming year. See page 8 for the 2020 membership form. This annual dinner is a highlight for everyone attending and provides a social setting for old friends to meet up again. Pathways is excited for this event!



**VOLUNTEER OPPORTUNITY:** If you are interested in volunteering for our Christmas Banquet this year, please get in touch with the Pathways office: [info@pathwayssmi.org](mailto:info@pathwayssmi.org) or 604-926-0856



### FUTURE: FUNDRAISING EVENT

Our annual Circle of Strength Luncheon, and biggest Fundraiser of the year, is just around the corner. The luncheon is being held at a **NEW LOCATION** this year at THE VIEW on Lonsdale Avenue on April 18, 2020! We have big plans for this event, stay tuned to learn more!

### 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 درایو، وست ونکور

## Public Education Lecture Recap: Anosognosia by Dr. Diane Fredrikson

Firstly, Anosognosia is the lack of awareness of having a mental illness. It's not denial; the brain literally does not know there is anything wrong with it. How does that show up in your interactions with your loved ones with mental illness? Well for one, they will refuse medication since they lack the self awareness to acknowledge that they are struggling with a mental illness. This often leads to multiple relapses, since medication is needed, first to stabilize the subject, and then to maintain an improvement in their symptoms.

Secondly, the executive function is affected by Anosognosia. Examples include working memory, planning, problem-solving, multi-tasking, and sequencing – these functions are executed at a lower level such as a person of a much younger age than the subject themselves. With mental illness, there could be regression to a much younger developmental stage.

Thirdly, Dr. Fredrikson talked about psychological “mind traps” – common communication pitfalls. She listed assuming, rationalizing, normalizing, externalizing and “an all or nothing” type of thinking. These mind traps are also known as distortive thinking. Medical detective work is required to distinguish between what parts are caused by the biological illness. They must also determine other factors including personality, family and core-relationship influences, substance use, and other health issues need to be taken into consideration.

Next, Dr. Fredrikson spoke on family engagement and what that looks like - Passive vs active, chronological age versus emotional/cognitive/functional developmental stage, role and influence of family culture, pre-existing beliefs regarding illness, treatment, undeclared judgments/assumptions, identified patient, and openness to family work.



Dr. Fredrikson also covered topics including recovery, complexities around concurrent substance use, mindful life choices, and co-existing psychiatric conditions. She raised the question “Which comes first, the chicken or the egg?” – Cognition and psychosocial issues matter when determining therapeutic and engagement health care approaches. To close the presentation Dr. Diane Fredrikson left us with two website addresses [www.Epicanada.org](http://www.Epicanada.org) and [www.Earlypsychosis.ca](http://www.Earlypsychosis.ca) It's important to get help and start treatment as soon as possible as early detection can minimize the damage that is happening to the brain.

If you are interested in learning more about Anosognosia, please follow this link: <https://www.youtube.com/watch?v=vJwbmXPOoD4> – It's an excerpt from the Discovery Channel documentary: “Beautiful Minds: An Interview with John Nash and Son.”

★ If you missed this lecture, not to worry our next lecture is on November 27<sup>th</sup> at 7:00pm at the HOpe Centre in North Vancouver. Mark your calendars! Ryan Phillips is going to share his experience with mental illness and focus on how to best support your loved ones with a mental illness. Todd Ritchey will be accompanying him to explain the “why” and help us gain perspective into the minds of the person with mental illness. ★

## Have You Renewed Your Membership?

**Now is the time to renew your Membership for the upcoming year!**

A Pathways 2020 membership is **\$25** and runs for the entire year, from January 1 to December 31, 2020. We highly value our members and hope you'll join us this year.

### Member Benefits:

- Join our safe and supportive community
- Be entitled to vote at our Annual General Meeting and other General Meetings
- Strengthen Pathways by being a collective voice for families and caregivers who have a relative with mental illness
- Continue to attend our programs and services for free; for list of programs and services please visit our website at [pathwayssmi.org](http://pathwayssmi.org)
- Receive our Notepad Newsletter, Advocacy Bulletin, and event notices!

**Fill out the Membership Form below and send it in to the Pathways Office!**

**Address:** 205-1865 Marine Drive, West Vancouver, B.C. V7V 1J7

You can also make your membership payment online through Canada Helps:

<https://www.canadahelps.org/en/charities/pathways-serious-mental-illness-society/>

## 2020 Membership and Donation Form

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

Date: \_\_\_\_\_

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

Tel: \_\_\_\_\_

\_\_\_\_\_  
City Prov. Postal Code

Email: \_\_\_\_\_

**Payment:**    **Cash**    **Cheque**    **Visa**    **Mastercard**

Annual dues:                      \$25.00      Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

+ (optional) donation:                      \_\_\_\_\_      Cardholder Name: \_\_\_\_\_ CVV: \_\_\_\_\_

= Total:    \_\_\_\_\_      My Signature: \_\_\_\_\_

We appreciate your support—a tax receipt will be issued for total amount. Make cheque payable to Pathways Serious Mental Illness Society. Please mail completed form to: Pathways Serious Mental Illness Society, 205-1865 Marine Dr, West Vancouver, BC, V7V 1J7.

I would like more information on leaving a gift in my will

I would like to opt-out of receiving the Pathways newsletter, *The Notepad*.

Pathways protects your vital information, we do not sell or share our donor lists. To donate by phone or make changes to your personal details, please call 604.926.0856. Your gift is tax deductible. Charitable Registration No. 89422 6935 RR0001

Contact: 604-926-0856 or [info@pathwayssmi.org](mailto:info@pathwayssmi.org)



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