



PATHWAYS FAMILIES
HELPING
FAMILIES
Serious Mental Illness Society

AT A GLANCE:
Annual Report 2019



**OUR FAMILIES.
OUR STORIES.
OUR PARTNERS.**

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A LETTER FROM THE PRESIDENT

It is with a sense of gratitude that I write this annual report sharing some of the activities and successes of Pathways' past season.

I should begin by offering a sincere thanks to our staff: Pouneh Jula, Valeska Gauthier, Francesca Brind-Boronkay & Jennifer Truong for their work in organizing and delivering Pathways' free programs. I would be remiss not to draw the memberships' attention to all Pathways' volunteers for their dedicated service, the promotion of and development and advocacy for Pathways Serious Mental Illness Society. We could not do the work we do without our volunteers. I also want to thank Feri Dehdar, Pathways former Executive Director, for the guidance she provided this past year. We wish Feri all the best in the future. In addition, I would like to thank Pathways' Board of Directors who have given their unlimited time and leadership in helping Pathways achieve its goals.

Twenty-nineteen saw the need for our programs to broaden, due to the unprecedented demand for our services. I cannot thank you, the membership, sponsors and individual donors enough for all your monetary support. It's this support that fuels Pathways and allows us to deliver all its programs to those who need them the most. Families helping Families!

Donations allow Pathways to provide the following services:

1. **Family Peer Support:** This gives one-on-one support of family members dealing with a mental illness, often in crisis situations with advice and

support in procuring one-on-one treatment for a family member who is ill.

2. **Family-to-Family:** This is a 12-week educational course going into all aspects of mental illness. It is taught by trained peer instructors in North & West Vancouver, Vancouver, Tri Cities, Squamish and Whistler.
3. **Advocacy:** We advocate on behalf of individuals with mental illness and their families: for care, compassion and respect for those suffering from mental illness. We advocate for families who have been lost in the system.
4. **Education:** We organize first person presentations by a person with an illness and a family member to schools, workplaces, police departments, professionals, service clubs and those who work with the public. We aim to break down barriers and fears, encouraging those who see someone showing symptoms to act quickly.

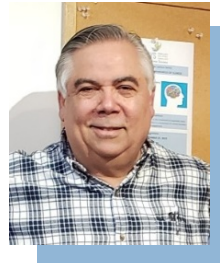
We are, and will remain, a volunteer-led society with a mission of families helping families - those who are dealing with ALL the serious mental illnesses suffered by loved ones.

Thank you for your support and generosity.

Sincerely,



Don Pavlovich | President





MEET OUR TEAM

BOARD OF DIRECTORS 2019

DON PAVLOVICH | [President](#)

SHIRLEY CHAN | [Vice President](#)

JANICE LILLEY | [Past President](#)

MARY-MARGARET GAYE | [Treasurer](#)

KIMBERLY THOMAS | [Support Chair](#)

JOE GORMLEY | [Membership & Events Chair](#)

ELÉNA ANDREWS | [Fundraising Co-Chair](#)

A warm thank you to our outgoing board members for their contributions to Pathways Serious Mental Illness Society in 2019.

GILLIAN SANTO | [Secretary and Events Chair](#)

PATRICIA MURRAY | [Advocacy Chair](#)

STAFF

Feri Dehdar | [Past Executive Director](#)

Pouneh Julia | [Office and Membership Manager](#)

Valeska Gauthier | [Program Coordinator](#)

Francesca Brind-Boronkay | [Marketing, Communication + Events Intern](#)

ABOUT US



Established in 1983 as a branch of the BC Schizophrenia Society, Pathways Serious Mental Illness Society (SMIS) provides programs and services to families with loved ones living with serious mental illnesses. Pathways serves all communities with a larger focus on the North Shore, Vancouver, the Tri-Cities and Sea-to-Sky area.

We are on a **mission** to alleviate the suffering caused by serious mental illnesses including anxiety disorders, bipolar disorder, borderline personality disorder, concurrent disorders, depression and schizophrenia.

Our **vision** is to be a vibrant, innovative centre of **support, education, awareness** and **advocacy** for families and others affected by serious mental illness.

PROGRAMS AND SERVICES

Education

Education, support and **advocacy** are the three important pillars at Pathways SMIS. The pillars work together to facilitate learning, understanding and empathy while addressing the important topics and discussions surrounding serious mental illness.

Family-to-Family

In 2019, **14 volunteer teachers** dedicated a cumulative total of **882 hours** teaching the Family-to-Family course in four areas: North Shore, Tri-Cities, Vancouver and Sea-to-Sky. A total number of **100 participants** graduated from the Family-to-Family education course.

32 graduates	 	252 hours	 	North Shore
32 graduates	 	252 hours	 	Tri-Cities
27 graduates	 	252 hours	 	Vancouver
9 graduates	 	126 hours	 	Sea-to-Sky

The Family-to-Family 12-week free education course is offered twice a year in three locations: West Vancouver, Vancouver and Port Coquitlam, and once a year in Squamish. In each class, two trained family-member volunteers, who are also graduates of the course, use a team approach to teach the program.

The free education course covers a range of topics including serious mental illness and its treatment, practical skills such as problem solving, effective

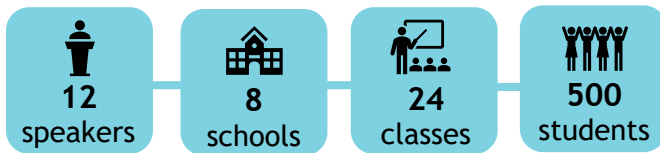
communication and guidance on supporting a loved one with mental illness.

The course was developed by the National Alliance on Mental Illness (NAMI) in the United States and is licensed and adapted for use in British Columbia.

School Presentations: First-Hand Stories

School presentations is one of the most important educational programs. It includes two guest speakers - a person with a diagnosis and a family member.

A combined total of **500 students** in **8 schools** in Sea-to-Sky, Vancouver, West Vancouver and North Vancouver heard first-hand stories from a panel of **12 speakers** in our community.



First-Hand Stories is a unique and powerful storytelling model which helps students and people in the community understand the nature and prevalence of serious mental illness.


Public Education Lecture Series

The Public Education Lecture Series gives family members, those living with the illness, professionals and the general public, an opportunity to ask questions and receive answers directly from experts and service providers.


In 2019, a total of **191 attendees** attended **four lectures** scheduled at the HOpe Centre in North Vancouver. In **February 2019**, Pathways began the year with a Personal Story lecture by Curt Petrovich, author and award-winning journalist, where he spoke about Post-Traumatic Stress Disorder.

May 2019 | THE FUTURE OF MENTAL HEALTH
94 attendees 

Dr. Allan Burgmann of HOpe Centre and Lions Gate & *Dr. Apu Chakraborty* of St. Paul's Hospital discussed the future of mental health.

September 2019 | ANOSOGNOSIA - IMPAIRED AWARENESS OF ILLNESS
50 attendees 

Dr. D. Fredrikson, a consultant psychiatrist, discussed and explored the concept and impact of anosognosia and possible paths of recovery.

November 2019 | HOW TO BEST SUPPORT A LOVED ONE WITH MENTAL ILLNESS
34 attendees 

Ryan Phillips, a former professional hockey player, shared his first-hand story of dealing with a serious mental illness. Alongside him, *Todd Ritchey* shared his expertise as an Addiction Specialist, Author and the founder of Trilluminate Inc.

SUPPORT

At Pathways, over **500 families** accessed the following programs: **monthly support group** and **one-on-one**. The programs offer our communities an opportunity to express and share their experiences in a confidential, secure and supportive space.

Monthly Support Group Program

In 2019, a cumulative total of **123 hours** was dedicated to running our monthly support group program.

Every month, family members gather in **4 locations** to provide support and share experiences with each other.

60 hours		131 attendees		North Shore
24 hours		123 attendees		Vancouver
21 hours		46 attendees		Tri-cities
18 hours		28 attendees		Sea-to-Sky



In total, **328 people** attended our monthly support groups.

One-on-One Support Program

Our One-on-One Support Program has provided members with information and support regarding serious mental illness through **drop-in**, **phone** and **email** services at Pathways SMIS. These calls came from North Shore, Vancouver, Tri-cities and Sea-to-Sky.

Annual Christmas Banquet

On December 7th, Pathways hosted the Annual Christmas Banquet dinner for **111 guests**. With the help of **34 volunteers**, members were able to enjoy a festive dinner surrounded by friends, Christmas presents and holiday music.



Parade for Canada Day

As an **advocacy** centre for communities affected by serious mental illness, Pathways SMIS marched in unity on Canada Day to raise awareness and continue the important work in destigmatizing serious mental illness.



ADVOCACY

Proactive Treatment

Pathways advocates for timely treatment of those with serious mental illness. We help families overcome obstacles that are thrown in their way. We particularly fight for involuntary committal where appropriate, so that a person suffering from psychosis, with no insight into his or her own condition and hence spurning treatment, will nevertheless get the help that they need and be freed from the grip of their illness.

Family Involvement

Families can play a crucial role in the treatment process and in helping their ill relatives get better and stay better, although this isn't always recognized by professionals. Pathways advocates for family involvement and explains to family members how to ensure that their participation will be accepted.

Information Sharing

Pathways encourages professionals to share information with family members and also instructs family members on what the law and "best practices" are on the matter. We explain to family members the importance of insisting they be kept fully in the picture by professionals and give them support to follow through when necessary.

COMMUNITY FUNDRAISING

Circle of Strength

On April 27th, Pathways hosted its annual Circle of Strength (COS) and welcomed over **200 guests** at the Hollyburn Country Club.

The Circle of Strength is Pathways' largest and most important annual fundraising event, featuring live music, a silent auction and a luncheon for all guests. Together, with the support of our community, we raised a grand total of **\$41,395** for Pathways SMIS's services and programs.

\$41,395
RAISED



gksphotos.weebly.co

Photo by Gail Stephan

Third-Party Fundraisers

Thank you to our Pathways SMIS community for their dedication and commitment to raise funds for our programs and services. In total, our third-party fundraisers raised **\$6,950!**

A Private Musical Concert

In late October, Stanis and Joanne Smith hosted a private evening of music for 45 guests. Collaborating with seven other musicians, Stanis performed Schubert's Octet in F-Major, raising **\$2,600** for Pathways SMIS.



In Memory of Jamie Wyse

Every year, the Wyse Guys host a bike ride to raise funds for mental awareness in memory of Jamie Wyse. This year they raised a total of **\$2,550** to donate to Pathways SMIS in Jamie's name.



Wedding

To raise awareness and funds, the newly weds and graduated members of our **Family-to-Family education course**, Kristin Fox and Bill Codville asked guests to donate in lieu of wedding gifts. In total, they raised **\$1,800** to give back to Pathways SMIS community.



FINANCIAL

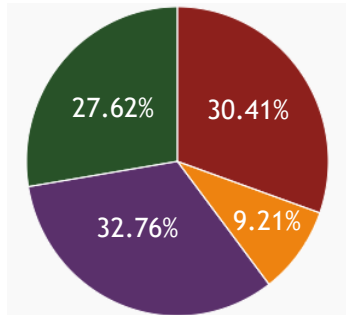
Year end December 31st

Revenue	2018	2019
Received donations	\$59,300	\$70,297
Non-receipted donations	\$17,970	\$30,358
Government funding	\$63,881	\$67,410
All other revenue	\$53,854	\$65,126
Total	\$195,005	\$233,191

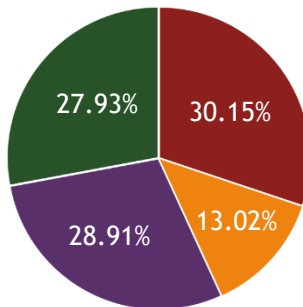
2018 Source: Canadian Revenue Agency (CRA), Charities and Giving, Pathways Serious Mental Illness Society (PSMIS)

2019 Source: Submission to the CRA by PSMIS/EPR North Vancouver

Revenue 2018



Revenue 2019

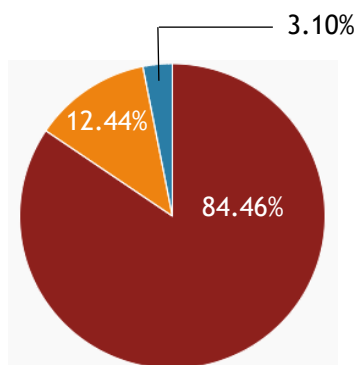


Expenses	2018	2019
Charitable programs	\$159,676	\$208,374
Management & Administration	\$23,522	\$16,409
Fundraising	\$5,863	\$13,501
Total	\$189,061	\$238,284

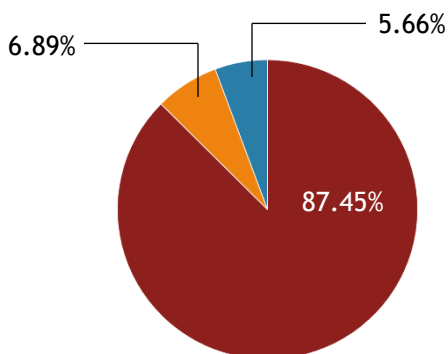
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2019 Source: Submission to the CRA by PSMIS/EPR North Vancouver

Expenses 2018



Expenses 2019



THANK YOU

A warm **thank you** to all the volunteers, donors and organizations who supported Pathways SMIS in 2019. With the generous support of our community, Pathways can grow and continue to provide the essential programs, services, education and advocacy to communities affected by serious mental illness.

Volunteers

Over **150 volunteers** dedicated **3500+ hours** to supporting Pathways SMIS in the following ways:

- Administration/Office Work
- Annual General Meeting (AGM)
- Canada Parade
- Christmas Party
- Circle of Strength (COS) Fundraiser
- Family-to-Family Education Course
- Halloween Volunteer Appreciation Party
- Marketing and Promotion
- Monthly Support Groups
- Public Education Lecture Series
- School Presentations: First-Hand
- Third Party Fundraisers
- Will and Estate Workshops



Donors

In 2019, a total of **445 donations and membership renewals/sign-ups** were made to Pathways SMIS.



Grants

Ambleside Tiddly Cove Lions Club
BC Gaming
City of North Vancouver
District of North Vancouver
District of West Vancouver
Kiwanis Club of West Vancouver
Lynn Valley Lions
New Horizons
Pacific Blue Cross
Soroptimist International
Vancouver Coastal Health
Vancouver Community Network
West Vancouver Community Foundation

Sponsors



7 ON IT PRODUCTIONS



