

**AT A GLANCE:
ANNUAL
REPORT
2022**



PATHWAYS FAMILIES
HELPING
FAMILIES
Serious Mental Illness Society

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WHO WE ARE



We are a volunteer-driven family support organization that provides education, support and advocacy to families and anyone who cares for a loved one with a serious mental illness (SMI) in British Columbia.

BOARD OF DIRECTORS 2022

Joe Gormley | [President](#)
Don Pavlovich | [Past President - Honourary Board Member](#)
Sandra Wood | [Vice President](#)
Jennifer Bednard | [Vice President](#)
Nancy Ford | [Secretary](#)
Alix Flynn | [Treasurer](#)
Shirley Chan | [Advocacy Committee Chair](#)
Bob Sung | [Fundraising Committee Chair](#)
Dennis Whitehead | [Member at Large](#)
Kim Thomas | [Honourary Board Member](#)
Richard Stewart | [Member at Large](#)

STAFF

Gabi Guerrero | [Executive Director](#)
Pouneh Jula | [Office and Membership Manager](#)
Bonita Sauder | [Program Coordinator](#)
Valeska Gauthier | [Support Coordinator](#)

Our Vision

is to be a vibrant, innovative center of support, education, awareness, and advocacy for families and others affected by Serious Mental Illnesses.

We have been working on the front lines for over four decades.

Our core programs and services are based on a peer support model. As such, all the programs and services we offer are delivered by trained Family Peer Support Volunteers with lived experience of caring for a family member, partner, friend, or relative with a Serious Mental Illness.

When I first discovered pathways I didn't know that it was going to be the starting point of my long journey to recovery. A journey from the darkness, hopelessness and guilt to that of light, hope, compassion and acceptance. Pathways helped me to change my mindset from self pity, judgment, blame and guilt to that of hope, uncondition love and trust. I am grateful I discovered Pathways early in the process as it served as a lifejacket that kept me afloat on those early days of despair.

N.B.

A LETTER FROM THE PRESIDENT



Pathways Serious Mental Illness Society is a grass roots non-profit organization of families helping families supporting loved-ones with a serious mental illness for over 30 years. **Our mission is to alleviate the suffering caused by serious mental illness through support, education and advocacy.**

Pathways is building on its success of the on-line delivery of the Family-to-Family education program, individual and group support, lectures and workshops. This has extended our reach to other areas of the province. With the global pandemic receding, we will also return to the delivery of some in-person programs. We have also been active in developing new contacts and relationships to support new provincial priorities regarding mental illness and addiction.

During 2022 Pathways faced a challenge of finding a new executive director. We were fortunate to have Vivian Smith, a consultant with many years experience, to act as an interim executive director while the board embarked on a campaign to fill the position with a permanent candidate. While assisting in this role, Ms. Smith shared her expertise in helping our organization structure a governance model. This will be beneficial as Pathways moves into the future.

Gabi Guerrero, who has faced the challenge of mental illness in her family, started her role as our new permanent executive director October 1, 2022. In the short time she has been with Pathways, she has gained a comprehensive understanding of Pathways programs and operations, built an enthusiastic team to compliment our dedicated volunteers and initiated, with board support, our move from West Vancouver to larger premises in North Vancouver.

Thanks to your generous support as donors, volunteers, and staff, you provide the strength necessary for Pathways to deliver these important programs to the many families in our communities throughout the province. With your support we are able to help these families navigate through difficult times.

With a goal of expanding our reach to help more families throughout British Columbia, the board and executive director are working hard to make this happen. We are grateful for supporters like you to help us achieve these goals.

Joe Gormley

PRESIDENT, PATHWAYS SMIS

EXECUTIVE DIRECTOR'S REPORT



Undoubtedly, 2022 has been a challenging year for Pathways Serious Mental Illness Society. Throughout the year the organization had changes in staff including a new Executive Director and in the location of our office.

Despite the obstacles, Pathways remained steadfast in its commitment to help as many British Columbian families as possible, by helping to alleviate the suffering caused by their loved one's serious mental illness. We continue to offer our well-known services and had 78 families graduate from our most popular educational program, the NAMI Family to Family 8-week course, provided support to 409 families across BC, held a number of public lectures, with the participation of 359 individuals across the province and through our Early Awareness Program, have provided 3 in person school presentations, reaching over 75 students.

There have been challenges with fewer donations and an end to government assistance but are pleased to announce that our fundraising luncheon, Circle of Strength, will be returning this year, and are expecting an attendance of 150 guests.

Pathways is now focused on developing and growing in 2023. At the beginning of the year Pathways has been consolidated with the hiring of 3 new staff members who are dedicating their time to develop a plan to continue growing and helping families in BC. We are adapting our programs, presentations, support, and public lectures to be facilitated in person and virtually and thus, have a greater reach to families, who due to distance, would not be able to attend in-person sessions.

We have moved to a new office in Lower Lonsdale, North Vancouver that provides more space and private offices to serve our clients while respecting and protecting their privacy and confidentiality. This new office is strategically located within walking distance of the sea bus station and numerous bus stops, to facilitate the access of our visitors who do not drive.

As you can see, we are welcoming 2023 with optimism and are maintaining our commitment to reach and help more families across BC.

Gabi Guerrero

EXECUTIVE DIRECTOR, PATHWAYS SMIS

ACHIEVING OUR MISSION

Our Mission

is to alleviate the suffering caused by Serious Mental Illnesses, including anxiety disorders, bipolar disorder, borderline personality disorder, concurrent disorders, post-traumatic stress disorder, depression, and schizophrenia.

We achieve this mission and help hundreds of families a year through the following peer-led programming:

Family-to-Family Course



One-on-One Peer Support



Workshops



Weekly Support Groups



Public Lectures and School Presentations



Advocacy



OUR IMPACT IN 2022

Making a real impact

It is known and regrettable that people who live or have a loved one suffering from a mental illness feel isolated and afraid to seek help because of the stigma that exists.

At Pathways Serious Mental Illness Society we work hard to reach out to the community undergoing this serious challenge and let them know that they are not alone, we are here to help.

Pathways Serious Mental Illness Society, brings families from a place of denial and fear of stigma to understanding, compassion, empathy, and acceptance. Through advocacy, we want the health care system/professionals to treat persons with mental illness with respect and their families to be engaged in their treatment, support, and recovery.

We have no restrictions and are inclusive. We welcome all ethnicities, cultures, beliefs and preferences in life without judging and by protecting our participants' confidentiality and provide support, education and advocacy, and share information and resources related to serious mental illness.

Learning about the causes, symptoms, prognosis, and treatments of different kinds of serious mental illnesses including anxiety disorders, bipolar disorder, borderline personality disorder, concurrent disorders, post-traumatic stress disorder, depression, schizo affective disorder and schizophrenia, as well as building skills around communication, boundary setting and problem solving are critical to helping families better care for their ill loved ones and themselves.

Higher levels of mental illness literacy in the wider community can help prevent the escalation of mental health problems.

Pathways Serious Mental Illnesses Society strives to achieve this purpose by holding various educational programs, providing support and advocacy, hosting informative public lectures, and developing new skills-building workshops. This constant dedication of our volunteers, staff, and board has substantially impacted the lives of families affected by Serious Mental Illnesses.

EDUCATIONAL PROGRAMS

Learning about the causes, symptoms, prognosis and treatments of different kinds of Serious Mental Illnesses, and building skills around communication, boundary setting and problem-solving are critical to helping families better care for their ill loved ones and themselves. Higher levels of mental illness literacy in the wider community can help prevent the escalation of mental health problems. It can also ensure the safety of an ill loved one when unexpected crisis happens.

Family-to-Family education course

In 2022, 78 families registered their interest in our most popular educational program, the Family-to-Family course. This eight-week course is led by **trained volunteers** who have lived experience caring for a loved one with a Serious Mental Illness.

It covers topics including:

- Up-to-date information on mental illnesses and how they affect the brain
- Current treatments and therapies
- How to navigate the mental health system in B.C.
- Communication and problem-solving skills
- Compassion-centered approaches for supporting a loved one with a mental health condition
- Ways to handle a crisis
- Advocating for care for your ill loved one
- Managing the emotions and self-care



78

Families graduated from the Pathways Family-to-Family courses in 2022.

“

Joining the Family to Family course and support group has made a night and day difference in how I show up for my sibling and prioritize self-care as well!

Family-to-Family Course Attendee

”

Public lecture series

Our long-running Public Lecture Series are a space for the general public to learn more about specific aspects of mental illness and treatments available as well as issues that concern those with mental illness. They are typically delivered by experts in the field and service providers. Each lecture is followed by a question and answer session that is open to the audience.

This year, we held a number of public lectures to help families care for their ill loved ones. We invited speakers who have **lived experiences** of Serious Mental Illness, people who work in the BC mental health system, and academics researching Serious Mental Illnesses. Anyone who is interested in Serious Mental Illnesses is invited to attend our public lectures.

“

Pathways is there to help you through difficult times. It gives you the opportunity to benefit from the knowledge and experience of others and to get a clearer understanding of what you're going through. They give you tips and help you sur'thrive'. Together, we can help one another through our challenges. Thank you, Pathways family!

Weekly support group attendee

”

359

Participants registered in Pathways informative interactive public lectures in 2022.

School presentations: **first hand stories**



Due to COVID-19 and out of concern for the safety of our volunteers and attendees, School Presentations were postponed for most of 2022.

However, even through school district COVID-19 restrictions, Pathways was able to provide 3 in-person presentations and reach over 75 students.



PEER SUPPORT SERVICES

Speaking to others who have a shared experience can be the gateway for families to get the support their family needs. Our peer support is non-judgemental and deeply caring. It is also a highly valuable source of unique expertise. Our trauma-informed, trained Family Peer Support Volunteers support families on a one-on-one basis and in our weekly support groups. The demand for our support services continues to grow across BC and Pathways is striving to accomodate this need.

Weekly support groups



The Pathways Serious Mental Illness Society support groups have been a very valuable source of comfort, validation, information, inspiration and community. I am glad there are several at various times on various days each month.

Weekly support group attendee



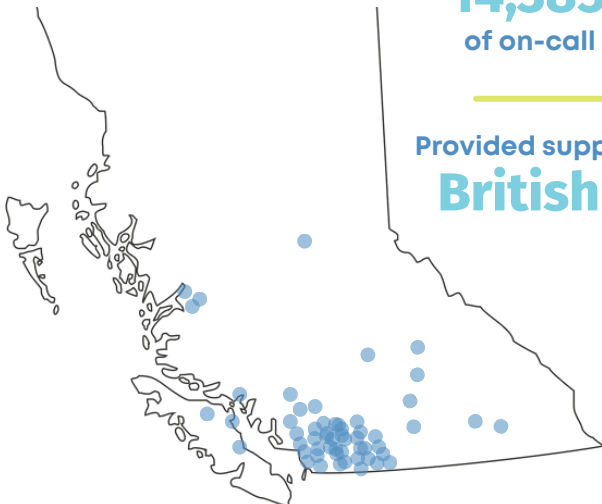
409

Families across BC attended in our weekly support groups in 2022.

One-on-one support

14,385 minutes
of on-call support in 2022.

Provided support to individuals in
British Columbia.



I am so grateful for receiving the knowledge, the ear-listening to me and the support it has been life saver for me.

Recipient of one-on-one support





This is such a strong place, a place to go to unload what it is really like parenting a child with mental illness and/or addiction.

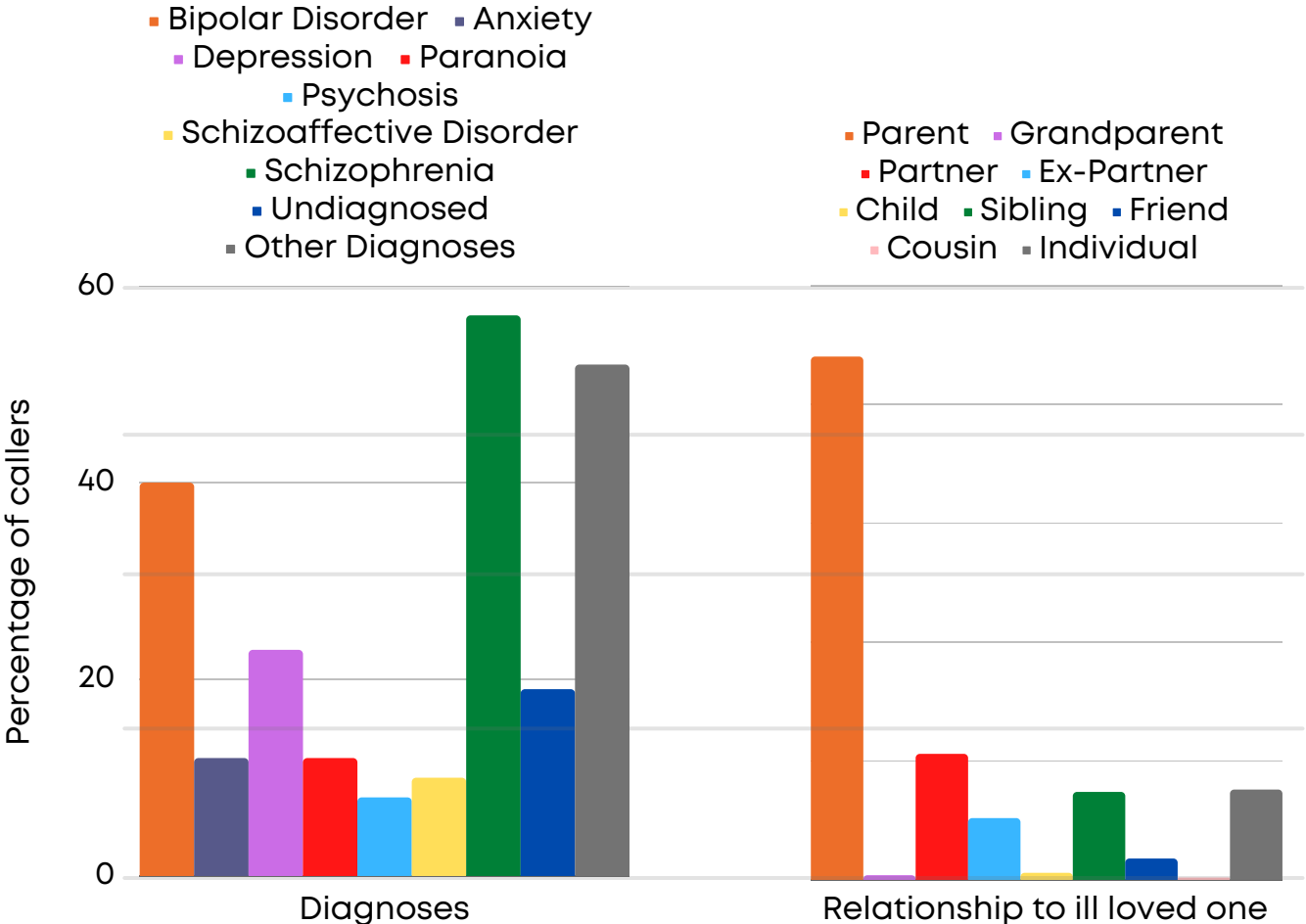
Recipient of one-on-one support



Who are we supporting on a one-on-one basis?

Looking at the data of our one-on-one support calls, we found out that the largest number of our callers are supporting a loved one who has **Schizophrenia**. We also discovered that over half of all our support calls are from **parents** of a loved one with a Serious Mental Illness.

Serious Mental Illness: Diagnoses and Symptoms as Reported by Callers



ADVOCACY



In 2022 - 23, the Advocacy Committee, in keeping with the changes to our staff team and our provincial government leadership, has been busy assessing our role within Pathways Serious Mental Illnesses and reviewing and intervening on important changes in the province.

On policy issues, the Advocacy Committee is monitoring and commenting on:

- BC's new Independent Rights Advice Service which we support providing it does not negatively impact access to treatment in a mental health crisis.
- Medically Assistance in Death "MAID" as applied to persons with only mental illness and no foreseeable or imminent death. We are monitoring developments and want to ensure proper safeguards and access to other services that will alleviate issues associated with mental illness
- Challenge to the BC Mental Health Act: we support involuntary hospitalization and treatment for loved ones in crisis. We have written to the Premier, Attorney General, Minister of Health and Minister of Mental Health and Addiction on this issue. We also partner with BC Schizophrenia Society
- Outreach and introduction of Pathways to the new provincial cabinet under new Premier Eby. In addition to writing to the Premier, two Health Ministers and AG, we have also reached out to the Minister of Housing about the importance of seamless transition from treatment to supported housing.
- On Oct. 20, we hosted a webinar by the Ministry of Mental Health and Addiction Director of Children and Youth on their new expanded programs and services to youth.
- In March, we met with representatives of the Ministry of Mental Health and Addictions to discuss the Ministry's new approach to youth substance use emergencies and the Ministry's new youth mental health programs. The Ministry expressed its interest in presenting information about these programs to our members and receiving their feedback, and on Oct. 20, we hosted a webinar by the Ministry of Mental Health and Addiction Director of Children and Youth on their new expanded programs and services to youth.

On Public Lectures and Advocacy Bulletin:

The committee continues to reach out to experts in support of Pathways identified policy issues, education on serious mental illness and relevant topics/current media conversation. Current invitation has been extended to Diane Macintosh on the subject of MAID.

The Advocacy Committee anticipates a busy 2023-24. We welcome any input or ideas from our members on issues they would like our committee to research and act upon. We would also welcome any members who would like to join the committee.

“

Pathways provides an excellent opportunity for education and support for anyone dealing with a person suffering from mental illness. Pathways provides you the opportunity to join a group where you feel part of a community. The help and support I have received, through Pathways, have been instrumental to my growth and advancement through the challenges in my life journey. I am so thankful for my friend who introduced me to Pathways.

Weekly support group attendee

”



THANK YOU

We are grateful to our incredible volunteers, donors, and organizations for the outpouring of support we have received from them during another challenging year.

We could not do what we do without you. 

Volunteers

All of our programming happens thanks to our incredible families who dedicate their time and energy to giving back to other families who care for a loved one with a Serious Mental Illness.

We'd like to say a huge thank you to all of you who have given the gifts of empathy, compassion and hope this year through your hard work and dedication to alleviating the suffering that Serious Mental Illnesses can bring to families.

Volunteer Hours

Programs	Hours
Family-to-Family	480
Lectures and School Presentations	53
Support Groups	601
Committee and Oversight	506

Donors

As we continue to navigate funding challenges that have been compounded by COVID-19, we rely on the generosity of the community in order to provide services free of charge to families in need. We greatly appreciate all donations, no matter the size, and value the difference your support makes to our community.

\$59,650
 was generously donated by individual donors to Pathways Serious Mental Illness Society in 2022.

Grants

We are very grateful for the generous grants that we received in 2022 from the following organizations:

Government grants

District West Vancouver Municipal Grant
Community Foundation of Whistler Grant
New Horizons (Federal Grant)
Sunshine Coast Community Foundation Grant
Vancouver Community Network Grant (Government of Canada)
North Vancouver Community Foundation Grant
Youth Who Care Grant
Canadian Emergency Wage Subsidy
Covid-19 New Horizon Grant
Covid-19 Community Foundation of Canada Grant
Canadian Emergency Rent Subsidy (Government Grant)

Community grants

West Vancouver Community Foundation
North Vancouver Community Foundation
Community Foundation of Whistler
Soroptimist International of North & West Vancouver
Sunshine Coast Community Foundation
Kiwans Club of West Vancouver
Lynn Valley Lions
BC Gaming Grant
Telus Friendly Future Foundation
Rina M. Bidin Foundation



Vancouver Irish Golf Society generously donating \$4,000 to Pathways SMIS.

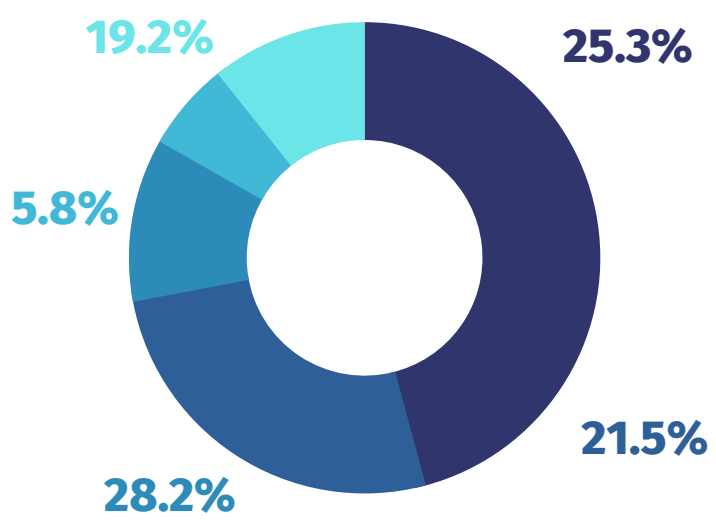


FINANCIALS

Year end: December 31, 2022

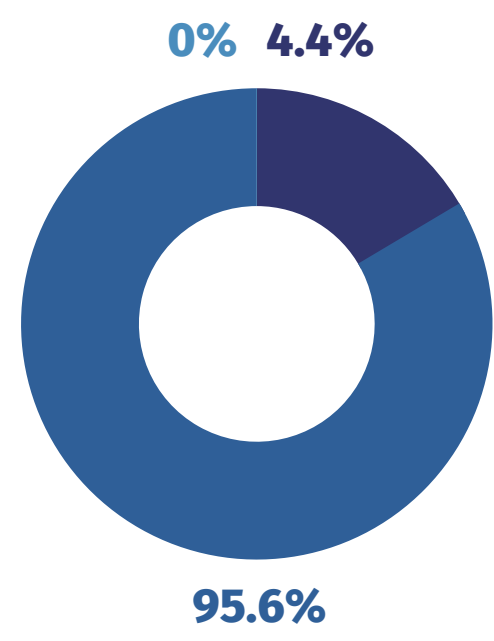
Revenue 2022

- Non-receipted donations
- Receipted donations
- Government funding
- BC Gaming & municipal grants
- All other revenue



Expenses 2022

- Fundraising
- Charitable programs
- Management & administration



Revenue	2022
Non-receipted donations	\$38,086
Receipted donations	\$21,565
Government funding	\$39,817
BC Gaming & municipal grants	\$93,040
All other revenue	\$162,786
Total (\$)	\$355,294

Expenses	2022
Fundraising	\$102
Management & admin	\$64,269
Charitable programs	\$326,177
Total (\$)	\$390,548

HOW TO GET INVOLVED

Would you like to use your knowledge and experience of caring for a loved one with a serious mental illness to help others who are going through something similar?

Do you want to give your gifts of hope and compassion to others in a similar position to you?

Are you passionate about using your power to effect systems change?

Volunteering with Pathways is a way to put your skills, knowledge and passion into action and become a part of our community of care.

Join us on the front lines with parents, siblings, partners, adult children, friends and grandparents who care for a loved one with a Serious Mental Illness as we build the Pathways Serious Mental Illness community!



@PathwaysSMIS

Volunteer with us

Visit our website to learn about current volunteer opportunities and sign up:

<https://pathwayssmi.org/volunteer-with-us/>

Stay connected



Membership

For a small annual fee, you will be provided with a complimentary membership and a tax receipt. Visit our website to learn more:

pathwayssmi.org/membership



Be informed

Subscribe to our newsletter to hear about events, opportunities, and our families' work all in one place:

pathwayssmi.org/subscribe



Donate

Help us alleviate the suffering caused by Serious Mental Illnesses:

pathwayssmi.org/donate



Fundraising Ideas

Send us your ideas for third-party fundraising:

pathwayssmi.org/third-party-fundraising/



Have any questions?

Email us at info@pathwayssmi.org or Call us at **604-926-0856**.

