



North  
Shore  
Schizophrenia  
Society

# The Notepad

The NSSS Newsletter

**PUBLIC EDUCATION EVENING**

## Anxiety Disorders and Panic Attacks

*Speaker:*

**Dr. Andrew Miki**

**Therapist**

**North Shore Stress & Anxiety Clinic**

**Date: Wednesday, April 29, 2009**

**Location: Lions Gate Hospital  
Auditorium**

13th Street entrance

**Time: 7:30 p.m. . . . sharp**

### Family Support Centre North Shore Schizophrenia Society

205 - 1865 Marine Drive, West Vancouver, BC, V7V 1J7  
Open 9 a.m. to 5 p.m. Monday to Friday, or by appointment.

Tel/Fax 604-926-0856

[www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org)  
email: [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org)

The North Shore Schizophrenia Society is a  
CRA Registered Charity: BN 89422 6935 RR0001

*Your generosity is appreciated.  
Receipts will be issued for income tax purposes.*

### Inside

- Tackling Anxiety..... 2
- Circle of Strength ..... 2
- North Shore Mental Health ..... 3
- Family Conference ..... 3
- Annual General Meeting ..... 3
- Thanks Soroptimist International!... 3
- Summer Awareness Events ..... 4
- Transition Planning Fair ..... 4
- 10 years of Family-to-Family ..... 4



We're gearing up for another summer parade season. See page 4 for all the upcoming events.

### Support Groups

Come share your questions, concerns, and experiences with members of the North Shore Schizophrenia Society. Support Group meetings are held each month at the Family Support Centre and in Squamish, for family members and close friends of those afflicted with any serious mental illness.

Please call 604-926-0856 for more information, upcoming dates, or to register.

## Tackling Anxiety and Panic Attacks

Our next Public Education Evening, on Wednesday, April 29, will feature therapist Dr. Andrew Miki from the North Shore Stress & Anxiety Clinic.

Dr. Miki will discuss anxiety disorders, panic attacks and the range of available treatment options. Dr. Miki studied and worked in Toronto before coming to the West Coast.

Panic and anxiety can affect people who are already struggling with serious mental illnesses as well as members of the general public.

Anxiety disorders are more common than most people think. One-year prevalence is estimated at 11% and lifetime prevalence at 17%, according to an article in the *Canadian Journal of Psychiatry*.

**I would like to help the  
NORTH SHORE  
SCHIZOPHRENIA SOCIETY  
205 - 1865 Marine Drive  
West Vancouver, BC V7V 1J7**

- with a donation to help keep the Family Support Centre operating  
 *Cheque enclosed*
- I prefer to donate by monthly direct deposit  
\$20\_\_ \$30\_\_ \$50\_\_ Other \_\_
- by making a contribution to the NSSS endowment fund, a gift that goes on forever
- by making a bequest to the North Shore Schizophrenia Society in my will;  
 *I would like some suggestions for appropriate wording*

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

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

Postal Code: \_\_\_\_\_ Tel: \_\_\_\_\_

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

## First NSSS Circle of Strength

The news continues to flow in about North Shore Schizophrenia Society's first fundraiser luncheon, the 2009 Circle of Strength, May 2 at the Holiday Inn in North Vancouver, and excitement is building.

Presenting sponsor North Shore Credit Union will be represented by Andrea Conn, NSCU Parkgate branch manager.

Actor Christopher Heyerdahl will be the Master of Ceremonies. His credits include recurring roles on several television series, including *Stargate: Atlantis*, *Smallville*, *Supernatural*, and *Sanctuary*, as well as roles in films such as *Blade: Trinity* and *The Chronicles of Riddick*. Christopher is also an accomplished stage actor, and works in French as well as in English..



Meanwhile, the video to be shown at the event is nearing completion. R.J. Sauer, of film and production company Brüdder, and his partner, Sarah Dickinson, have generously donated their time and expertise to make the video. They helped design it, interviewed the participants in a two-day shoot, and are now in the process of doing the editing.

Ten family members were interviewed for the video.

One of the purposes of the event is to raise awareness of serious mental illness, reaching people who are not already familiar with the work of the Family Support Centre.

For more information on Circle of Strength, contact Cheryl at the Family Support Centre either by phone at 604-926-0856 or by email to [cheryl@northshoreschizophrenia.org](mailto:cheryl@northshoreschizophrenia.org).

## North Shore Mental Health and Addiction Leaders Describe Programs and Improvements

Director of Mental Health and Addictions North Shore Sea to Sky, Joanne Bezzubetz, was joined by



program managers Pat Townsley and Monica McAlduff to discuss improvements in the mental health care system on the North Shore.

When Joanne became director in September 2007, she was part of a leadership team undertaking the daunting task of identifying problems in the system and finding innovative solutions - all without any increase in the existing budget. Some of those solutions are already



underway and others are to be introduced in the coming months. New committees, some of which will include family members and community organizations,

will help steer future changes.

## Family Conference

The 4th Annual Conference on Family Involvement in the Mental Health System will be on Saturday, May 2 at the Paetzold Theatre at Vancouver General Hospital from 8:30 a.m. to 4:30 p.m. There are workshops on the needs of child and youth, multicultural issues and advocacy as well as speakers on the future of mental health and psychiatry.

Tickets are \$25 for individuals, \$30 for families and \$10 for those with low income. To register, email [familyconference4@gmail.com](mailto:familyconference4@gmail.com).

*The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia, Vancouver Coastal Health, City of North Vancouver, District of North Vancouver, District of West Vancouver, Lynn Valley Lions Club, Soroptimist International of North and West Vancouver, Royal Canadian Legion, North Shore Credit Union, Habañero Consulting Group, Citizens Bank, Starbucks Make Your Mark Volunteer Program, and our many other generous donors.*

## NSSS AGM

The North Shore Schizophrenia Society Annual General Meeting will be held Wednesday, June 10, at 7:30 p.m. in the Lion's Gate Hospital Auditorium. A report on the year's activities will be followed by an important election and social. Please note: only members in good standing (dues paid by the 3rd of June) will be able to vote.

Dedicated board members have given direction to our society over the years and helped to build the vigorous organization we have today. Several directors' positions will be open this year. If you would consider standing for a two-year term, please contact M. Hardin at the Family Support Centre to discuss what is involved. Call 604 926-0856

## Making a Difference for Women

North Shore Schizophrenia Society president Marguerite Hardin was presented with the 2009 *Making a Difference for Women Award* on March 5 at the Awards Dinner of Soroptimist International North and West Vancouver. Marguerite was one of several women honoured during the evening. Soroptimist International's mission is to improve the lives of women and girls at the local and international level.

Although many men participate in our programs, the majority of those who come to us for help at the Family Support Centre are, in fact, women. And a fair number of those are single parents, facing a double burden when mental illness strikes.

We were pleased to learn that the award comes with a prize of a \$1,000 donation to the North Shore Schizophrenia Society (in addition to an earlier donation we received from the group). Congratulations, Marguerite and many thanks to Soroptimist International North and West Vancouver for supporting our work.

The North Shore Schizophrenia Society is an incorporated society and registered charity, BN 89422 6935 RR0001.

Tax receipts will be issued for all donations.

To help the NSSS, send contributions to:

205-1865 Marine Dr., West Vancouver B.C. V7V 1J7

For more information on programs and services, see our website: [www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org) or call the Family Support Centre at 604-926-0856.

## Help us raise awareness of serious mental illness

Spring weather has taken its time getting here, but hopefully the sun will be shining by the time we are marching in parades and walking along the West Vancouver waterfront. It's never too early to volunteer for these summer events. Call us at 604-926-0856 and don't forget to give us your t-shirt size!

This year, the **West Vancouver Community Day Parade** is going backwards! To celebrate the opening of the new Community Centre at 22nd Street and Marine Drive, the parade route will run from Ambleside Park to the Community Centre, with Community Day activities at the end of the route. The West Vancouver Community Day Parade is on Saturday, June 6, starting at 10:00 a.m.

North Shore Mitsubishi is lending us one of their most eye-catching convertibles - an Eclipse Spyder - for the parade.

Our 18th annual **Walk the World for Schizophrenia** will be Sunday, June 28, starting at 10:00 a.m. After opening ceremonies at John Lawson Park, with the West Vancouver Adult Pops Band enhancing the festive atmosphere, participants walk to Dundarave Pier and back on the West Vancouver Memorial Sea Walk, wearing NSSS t-shirts, carrying signs and giving out information as they go. Don't miss NSSS's very own awareness event!

And, of course, we can't forget about the country's birthday. As always, the **North Shore Canada Day Parade** is on July 1, which falls on a Wednesday this year. We hope you can join us there!



### Transition Planning Fair

2009 marks the 10th year of the Transition Planning Fair for Young Adults with Special Needs. The Fair gives families an opportunity to explore programs and services to help them and their loved ones with disabilities.

Byron - one of our loyal members and volunteers - was on hand to answer questions and give information to members of the public, including our Family Support Centre, Family-to-Family and Marijuana and Psychosis brochures.

Exhibits like this one are important for the North Shore Schizophrenia Society for two reasons: to raise awareness of serious mental illness generally and to help us connect with families we can help. One of our Family-to-Family co-teachers, for example, originally learned about us through our Transition Planning Fair exhibit in 2007.

Thanks to the North Shore Community Council for Transitional Planning for organizing the event, and special thanks to our volunteers.

There are many ways to help out around the Family Support Centre. If you are interested in volunteering, please call us at 604-926-0865.

### Family-to-Family

Another group of family members has just completed the Family-to-Family education course, bringing the number of our program graduates to well over 200. Over 115,000 family members have completed the program in North America.

This year marks the tenth anniversary of our first Family-to-Family class. Up until a few years ago, the class was taught once a year. Demand became so high for the course that we needed to have two sessions per year. Demand continues to grow and we are considering adding a third session to the schedule to accommodate more family members and reduce the waiting time.

Family members and close friends of people with serious mental illnesses should contact the Centre as soon as possible if they are interested in taking Family-to-Family. The 12-session course covers a wide range of topics, including symptoms, medications, and self-care for the caregiver. Teachers are trained family-member volunteers.

The next session is scheduled to begin in September.