



North
Shore
Schizophrenia
Society

The Notepad

The NSSS Newsletter

PUBLIC EDUCATION EVENING

Meds and Weight Management

Speaker:

Tanya Leung

Registered Dietitian, St. Paul's Hospital

Date: Wednesday, September 29, 2010

Location: Lions Gate Hospital
Auditorium
13th Street entrance

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

Family Support Centre

Personal Support and Information on
Major Mental Illnesses—Schizophrenia,
Bipolar Disorder, Depression, and Anxiety Disorders

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; Sea to Sky 604-898-9372

www.northshoreschizophrenia.org
email: info@northshoreschizophrenia.org

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

Your generosity is appreciated.

Inside

- Volunteer Spotlight 2
- In the Corridor 2
- Circle of Strength 2
- Advocacy Work..... 3
- Awareness Events 4
- Annual General Meeting 4
- Community Foundation..... 4
- September Lecture..... 4



Susie Stevens takes care of the NSSS Mental Illness Awareness Week display. See Volunteer Spotlight, page 2.

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.

Volunteer Spotlight



Susie Stevens

Long-time member Susie Stevens pitches in wherever she can with NSSF. As a member of the fundraising team, she helps identify and make the most of funding opportunities as well as planning events like the annual Circle of Strength luncheon.

Susie is also the team's service club liaison, doing outreach

and presentations to clubs including the Lions Clubs on the North Shore and Sea to Sky.

Outside of her duties on the fundraising team, Susie delivers brochures to doctors' offices and community centres and distributes posters for NSSF events. She is always there for Walk the World for Schizophrenia and has participated in many public exhibits for events such as Mental Illness Awareness Week and the North Shore Festival of Volunteers.

Susie's sunny disposition and willingness to help are always welcome and highly contagious.

Thank you Susie, for everything you do.

**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 NSSF endowment fund, a gift that goes on forever
- by making a bequest to the North Shore Schizophrenia Society in my will; please contact me

Name: _____

Address: _____

Postal Code: _____ Tel: _____

Sea to Sky Awareness and Education

October 3-9 is Mental Illness Awareness Week and NSSF will be busy in the corridor. On Tuesday, October 5, we will have a free public talk on depression at the Squamish Public Library, followed by a talk on bipolar disorder at the Pemberton Public Library on Wednesday, October 6. Both events begin at 6:30 p.m.

NSSF is also presenting a free performance of the comedy group Stand Up for Mental Health as part of Whistler's Welcome Week in November. This event will help raise awareness about serious mental illness among the many people arriving in Whistler to work on the mountain for the winter.

Over the summer, NSSF was awarded grants from both the Community Foundation of Whistler and Squamish Community Foundation. The grants will cover a wide range of education and awareness activities in Whistler, Squamish and Pemberton as well as donations of books on serious mental illness to the three public libraries.

Circle of Strength Grows Stronger



The second annual Circle of Strength fundraiser on Saturday, May 15 raised over \$23,000 to support our programs and services. Combined with the 2009 continuing pledges, that

brings the total to \$42,000 over the next five years. The funds will help NSSF keep up with an increased demand for services.

Circle of Strength is an opportunity to raise both funds and awareness as many of the 145 guests were hearing about the Family Support Centre and our work for the first time.

This year, our Master of Ceremonies was Margaret Gallagher, host of Hot Air, B.C.'s longest-running jazz show on CBC Radio One, and a contributor to the Early Edition. Margaret is a dedicated supporter of community organizations.

Presenting sponsor North Shore Credit Union was represented by Parkgate Branch manager Andrea Conn, who opened the event.



Margaret Gallagher

A hectic summer for NSSS advocacy work

Summer 2010 will be remembered at the Family Support Centre as a busy time, with the tragic Marek Kwapiszewski case a particular preoccupation.

The issues arising in the case – Vancouver Coastal’s failure to use involuntary admission and not sharing information with the family – are too important not to be given priority attention. We want to ensure, in as much as we can, that what happened with Marek doesn’t repeat itself with others.

A full report of the latest developments in the case appears in the current issue of the *NSSS Advocacy Bulletin*. What the *Bulletin* doesn’t describe is the work behind the scenes by NSSS to bring the case forward.

The lead, front-page story on the case in the Vancouver Sun on August 26, the paper’s lead editorial a few days later, and radio interviews were just the latest instalments in a long and difficult process that began in early 2009 with a Board decision to take the case on.

The first step involved Marek’s sister, Halina Haboosheh, an NSSS member, who had been intimately involved in trying to help her brother and had kept a log of his symptomatic behaviour and her encounters with mental health services. Based on the log and her memory, she drew up a narrative of the case, which was our starting point.

With Marek’s medical records and police records available to Halina after his death, we also had extensive “third-party” documentation of events. Executive director Cheryl Olney was assigned to develop a chronological summary of the most relevant material and citations. We ended up with a working document that graphically captured the whole story.

Cheryl also drew up a chart of the times Halina had approached Vancouver Coastal to try to get help for Marek. There were 16 such attempts, a number that startled even us.

From there, we drafted a major submission to Vancouver Coastal CEO David Ostrow, issued a news release and held a news conference. This led to a commitment by Vancouver Coastal to review the case, many subsequent emails back and forth, meetings, and some additional background documents NSSS prepared along the way.

Finally, on July 26, 2010, more than a year after the review was promised, the review team reported.

What Vancouver Coastal came up with was so unsatisfactory, however, that NSSS went back to

work, with a long analysis of the situation for CEO Ostrow, another news release, and the media coverage that followed.

Another meeting with Vancouver Coastal is scheduled October 4.

How were we able to do all this? While much credit can go to NSSS president Herschel Hardin, a writer who also has considerable advocacy experience, our advocacy capacity rests with many others as well, and ultimately with everyone who has joined NSSS or made donations to keep the Family Centre going.

First to be noted is Halina, who had the courage, once she emerged from her grief, to both bring the case forward and to be public about it, name and all, not always the easiest thing to do. Speaking to reporters and appearing on a radio talk show, which she had never done before, didn’t faze her either, even if it was hard on her nerves.

Revising and vetting our submissions and news releases before they were sent out was a group effort of a few core people including Halina, and sometimes also involving the Board.

A key contributor was support coordinator Marguerite Hardin, most importantly all the case work she has done because it gives us insight into how “the system” works and doesn’t work, perhaps unique in B.C. We can speak with a certain authority because of all our front-line experience.

Our long history of grappling with the issues also informed our effort in this case.

And then there’s our membership and other supporters behind us, no mean factor for a relatively small non-profit organization. Not least of this support are the efforts of the Fundraising Team which helps generate the revenue that keeps the Centre operating and staffed.

All this sustains our advocacy capacity and this latest flurry of activity. Yes, it’s been a busy summer....and an interesting couple of months.

The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia; City of North Vancouver; District of North Vancouver; District of West Vancouver; Lynn Valley, Mt. Seymour, and Capilano Lions Clubs; Soroptimist International of North and West Vancouver; West Vancouver Community Foundation; Lynn Valley Legion; North Shore Credit Union, and our many other generous donors.

Summer Awareness Events

West Vancouver Community Day Parade



The West Vancouver Community Day parade kicked off our summer awareness events on a lovely June morning.

Thanks to all the volunteers who came out to march, proudly wearing NSSH t-shirts, and to North Shore Mitsubishi for loaning us a brand new Eclipse.

Walk the World for Schizophrenia

District of North Vancouver Mayor Richard Walton opened our annual Walk the World for Schizophrenia after the West Vancouver Adult Pops Band warmed up the crowd with a great selection of music. Thanks to everyone who braved the weather to help raise awareness.



North Shore Canada Day Parade



Thanks to all the volunteers who helped NSSH celebrate Canada's birthday with an entry in the annual North Shore Canada Day Parade. North Shore Mitsubishi provided an Outlander SUV for the parade, which we covered with streamers and balloons in NSSH blue and yellow.

Annual General Meeting

President Herschel Hardin updated members on an eventful year, at the NSSH Annual General Meeting on May 26. Treasurer Halina Haboosheh presented the financial statements and reviewed the society's financial position.

The Board welcomed a new member, Cheryl Zipper, who has been coordinating NSSH's Partnership Education Program. Vice president Janice Lilley was acclaimed for another two year term, joining secretary Janet Blue and Byron Giraud who are in the second year of their terms.

Retiring director Marti Sevier was warmly thanked for the six years she served on the Board and her many other contributions, including two stints as a Family-to-Family teacher. She continues to assist in facilitating the Support Group.

West Vancouver Community Foundation Supports Lecture Series

Thanks to the West Vancouver Community Foundation, who have awarded NSSH a grant to support our long-running lecture series on mental illness and related topics in their spring granting cycle. The NSSH Public Education Evening is the longest continuous lecture series on serious mental illness in Canada, dating back to the early 1980's.

A total of \$38,000 was awarded to 15 community organizations serving the people of West Vancouver.



Meds and Weight Management

The next NSSH Public Education Evening will be in the auditorium at Lions Gate Hospital on Wednesday, September 29 at 7:30 p.m.

Featured speaker Tanya Leung, a Registered Dietitian with Providence Healthcare, will discuss weight management strategies for those taking psychiatric medications.

Several effective medications, including olanzapine and clozapine, can contribute to a significant increase in body weight, so it is essential to address these side effects before they result in serious health problems or even premature death.

Weight gain dramatically increases the risk of developing diabetes and of having a heart attack or stroke.