



British Columbia  
Schizophrenia Society

# The Notepad

North Shore Branch Newsletter

**PUBLIC EDUCATION EVENING**

## The Evolution of Mental Health Services

### Rennie Hoffman

Executive Director,  
Mood Disorders Association of BC

Date: Wednesday, September 26, 2007

Location: Lions Gate Hospital  
Downstairs Auditorium

Time: 7:30 pm . . . sharp

### Family Support Centre BCSS, North Shore Branch

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

Tel/Fax (604) 926-0856  
[www.bcssnorthshore.org](http://www.bcssnorthshore.org)  
email: [info@bcssnorthshore.org](mailto:info@bcssnorthshore.org)

The B.C. Schizophrenia Society, North Shore Branch  
is an Incorporated Branch Society and Registered Charity,  
BN 89422 6935 RR0001

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

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BCSS North Shore's Family to Family education program returns for the Fall Session, page 4.

### Support Group

Come share your questions, concerns, and experiences with members of BCSS North Shore. Support Group meetings are held monthly 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.

BCSS: 25 years  
North Shore Branch Notepad:  
100 issues

### Tips on Giving *Shares in Companies*

An increasingly popular way of donating to registered charities like BCSS North Shore is with company shares. Shares donated in this way are now exempt from capital gains tax.... while at the same time you get a tax receipt for the full market value and the tax credit that goes with it!

To handle such donations, BCSS North Shore has established a brokerage account. Note that shares need to be in publicly listed companies.

For transaction details, just give us a call at 604-926-0856.

Of course, all our other donation options remain, as indicated in the coupon below.

**I would like to help the  
BCSS, NORTH SHORE BRANCH  
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 Branch endowment fund, a gift that goes on forever
- by making a bequest to the North Shore Branch in my will;  
 *I would like some suggestions for appropriate wording*

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

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

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

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

### The bell tolled thrice

In recent months, three families connected to the North Shore Branch have lost beloved sons and brothers. Three men still in their forties, still young, who deserved a better chance than mental illness and associated difficulties allowed them.

We send our heartfelt condolences to all their family members and friends, and most of all to their mothers, Clara, Eileen and Joanne, who worked so valiantly on their behalf.

### More Kudos for Janet

Congratulations to long-time North Shore Branch volunteer Janet Scott. On August 8<sup>th</sup>, Janet was presented with the Journey of Courage award, Mental Illness category, given by CPS in recognition of exceptional achievements by individuals diagnosed with serious mental illness. Janet has schizo affective disorder.

Janet is dedicated to educating the public about mental illness and has shared her story with hundreds of young people as a co-presenter in the Branch's high school Partnership Program. In the Spring, Janet completed training to become a peer support worker, which will allow her to share the benefit of her experience with others recovering from mental illness. We wish her every success.

### Investigational Drug in Trials

Preliminary clinical trials on a new drug to treat schizophrenia show promising results. It is too early to tell if this will result in a new medication; several years of testing must be conducted and show positive results before an application for regulatory approval can be made. Unlike current medications, which act on dopamine receptors in the brain, the as yet unnamed drug affects glutamate receptors. Because of this, the side effects associated with schizophrenia medications have not appeared among those who participated in the four-week Phase II study. Longer-term side effects have yet to be determined.

## A Dear Friend Lost

Just as we were going to press, we learned that Norah Hutchinson, a long-time devoted member of the North Shore Branch, has died. A service will be held 2 pm Wednesday, September 19 at St. Stephen's Anglican Church, where Norah served for many years as a member of the Altar Guild. It was through Norah's connection that our branch Christmas party came to be held at St. Stephen's, a tradition that the church has kindly allowed us to maintain.

Norah contributed to the Branch in many ways: helping with the Support Group, Notepad, Xmas party, and refreshments at LGH meetings. She was Vice-President when the Family Support Centre was opened and a no nonsense advocate when the need arose. We will miss her, and send our very best wishes to her children, Maureen Beatty and Frederick Hutchinson.

## North Shore Branch Revisited: "The Inside Story"

Our series of Member Updates with the tantalizing title got off to a successful start with presentations in July and August. Those in attendance were warmly enthusiastic about the new initiatives described, which have been undertaken to improve our ability to help families now and to strengthen the branch itself so that we will be able to continue our activities well into the future.

The next "Inside Story" will be unfolding at the Family Support Centre, 10 am September 24. If you haven't yet signed up for a session, check your calendar. Further dates available are October 24 at 7 pm and November 9 at 10 am. We are sure you will find it "worth the journey."

*BCSS, North Shore Branch acknowledges the support of the Province of British Columbia, West Vancouver Community Foundation, Lynn Valley Lions Club, the Washington Marine Group of Companies, District of North Vancouver, City of North Vancouver, District of West Vancouver, the North Shore Community Foundation, the Chris Spencer Foundation and other generous donors.*

## Information Sharing Needed

The recent report of the Review Panel looking at the Virginia Tech tragedy cited the lack of information sharing regarding the mental illness of the young man responsible for the shootings as an important contributing factor to the event.

We will explore the critical importance of relevant information sharing between the care system and the families who care about (and for) their ill relatives in the November *Notepad*.

## Mental Illness Awareness Week

September 30 to October 6 is Mental Illness Awareness Week. You can help us build a greater understanding of serious mental illness that week or anytime during the year simply by bringing it up in conversation. Bring it up as a general topic when you're chatting – over coffee, at the office or anywhere there are people who could learn more. Give it a try and let us know how it goes – you might be surprised at how warmly most people respond, particularly if you feel comfortable mentioning that someone close to you has an illness. Almost everyone knows someone who has been touched, either directly or indirectly, and only by talking about it without undue fear can we eliminate discrimination.

## MANY THANKS TO OUR MANY SUPPORTERS

Our sincere thanks go out to the three North Shore municipalities, the North Shore Community Foundation and Washington Marine Group for recent grants and donations to help support our ongoing programs. We would also like to acknowledge the valuable assistance we receive from many individuals each year, which sustains the operation of the Family Support Centre and helps us build a more secure future for the North Shore Branch.

The North Shore Branch is an Incorporated Branch Society, and financially independent of the provincial society. To help the Branch, send contributions to: 205 – 1865 Marine Drive, West Vancouver, BC V7V 1J7

## North Shore Branch Creates a Presence in the Community



### West Van Parade

Bob Perehinski and Karena Tchakedjian support the BCSS North Shore banner over young West Van parade enthusiasts Fraser and Gabby Page-Cowan. Karena's grandmother Risette Tchakedjian looks on.



### BCSS Walk the World

BCSS members and friends were out in force at North Shore's 16<sup>th</sup> annual Walk the World for Schizophrenia. West Van Mayor Pam Goldsmith-Jones opened the event, and the West Van Adult Pops band played on, through showers to clear blue skies.



### North Van Parade

Small but Smart was how BCSS North Shore presented itself in the July 1<sup>st</sup> Canada Day Parade. Long time member Vickie Perehinski, seated beside driver Herschel Hardin, waves to the crowd.

## CHRISTMAS IS COMING

In the midst of a balmy September, we have to start making plans for our annual North Shore Branch Christmas Dinner! Please mark your calendars for Saturday, December 1. As for many years past, the event will be held at St. Stephen's Anglican Church, 885 22<sup>nd</sup> Street in West Vancouver.

We hope you can join us for roast beef, Santa Claus and festive music at this annual celebration which is much appreciated by the many patients and family members who attend. Remember to call the Family Support Centre at 604 926-0856 to let us know if you and your family will be able to come.

At this point, we particularly need to know which of you can help out in a practical way – set-up, serving, shopping for gifts, decorating, dishwashing or clean-up. Please call the office or email us at [info@bcssnorthshore.org](mailto:info@bcssnorthshore.org) as soon as you can. Our great crews always make these occasions the greatest of parties!

## Family to Family Education Program Demand Keeps Growing!

The Fall session of BCSS North Shore's popular Family to Family education program is underway and registration is open for the next session, scheduled to begin January 2008.

Family to Family is a 12-week program for family members to learn more about serious mental illness and gain important skills to cope with the challenges.

The course is offered without charge to family members of those suffering depression, schizophrenia, bipolar disorder and other serious mental illnesses. Topics include diagnosis, treatment, advocacy, and taking care of the caregiver.

Please call the Family Support Centre at 604-926-0856 if you or someone you know could benefit from this comprehensive, hands-on program. Space is limited, so please register early to join the next session.