



North
Shore
Schizophrenia
Society

The Notepad

The NSSS Newsletter

PUBLIC EDUCATION EVENING

Mental Health Renewal

Speaker:

Joanne Bezzubetz

Director, Mental Health and Addictions
North Shore - Sea To Sky

Date: Wednesday, February 25, 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
email: 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.*

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Co-teachers Rachel Speiran and Phillip Ditchburn get ready for the spring session of the Family-to-Family education course.

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.

Tips on Giving

In Honour and In Memory

A person we know does something really worthwhile, and we want somehow to tip our hat or just to thank them. The most meaningful way we can think of, because it carries an important meaning of its own, is to make a contribution “in honour of” that person to the North Shore Schizophrenia Society and its Family Support Centre.

Or the contribution can be in memory of someone we loved, or to mark an event like a birthday or a wedding anniversary. Nothing quite does justice to our feelings like helping out with the work that we also have feelings for.

Contributions to NSSS we know do good in the world and good to the many mentally ill who need our help.

**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: _____

In Memoriam

Helen Connolly

A tireless advocate for improvement in mental health services, Helen will be remembered by many of our long-time members who themselves were involved with the Riverview Family Group and its later manifestation, the Family Advocacy Group. She was also Chair of the Riverview Board of Directors for a time. Connolly Lodge on the Riverview grounds was named in her honour.

James McQuilkin

We extend our sincere condolences to former board member Ida McQuilkin and family on the unexpected loss of husband and father James in early December.

Documentary

This Dust of Words is the Frames of Mind feature film this month at the Pacific Cinematheque. The film tells the story of Elizabeth Wiltsee from her early years when she taught herself to read at age four and began translating classical Greek at ten, through a bright and promising education, then illness, homelessness and her untimely death at age 50. Elizabeth became ill with schizophrenia after completing her education at Stanford University, where she had been described as a “student of unlimited potential”.

This Dust of Words is showing at 7:30 p.m. on Wednesday, February 18. There will be a post-screening discussion with the film’s director, Bill Ross, and Judy Graves, coordinator for the City of Vancouver Tenant Assistance Program, moderated by Dr. Harry Karlinski, Clinical Professor of Psychiatry at UBC.

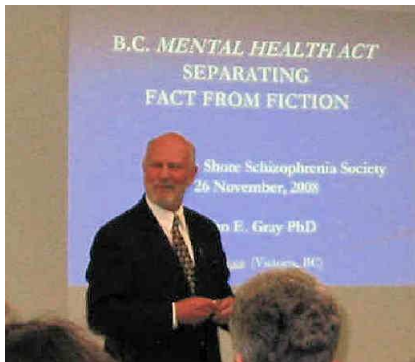
The Pacific Cinematheque is located at 1131 Howe St (at Helmcken). They are collecting clothing as part of their winter clothing drive at this screening. Bring a bag of clothes to donate and get a free bag of popcorn. Frames of Mind is a monthly film series on mental illness. For more information, see www.framesofmind.ca.

Separating Fact From Fiction: Understanding the Mental Health Act

“BC has some of the best mental health legislation in the country, but professionals often don’t know the law and don’t use it when they could to ensure that seriously ill people get treatment” according to the feature speaker at the NSSS’ November Public Education Evening, held at Lions Gate Hospital.

John E. Gray, PhD, delved into many of the common misconceptions about the Mental Health Act, including the widely held belief that patients must become “dangerous” before they can be treated if they do not seek treatment themselves. That may be the case in some jurisdictions, but in BC we are fortunate to have committal criteria more explicitly aimed at allowing treatment for those who are seriously mentally ill, but unable to seek or accept help that is offered, because the illness has robbed them of insight into their own condition.

Gray is a former clinician, administrator of community and hospital mental health services, and for twenty years was a policy advisor on mental health legislation in British Columbia. He is the lead author of *Canadian Mental Health Law and Policy*, now in its second edition (Butterworths 2008). All North Shore libraries have copies of the first edition, published in 2000, shortly after BC legislation was amended to clarify the deterioration criteria for involuntary committal. The new edition notes a number of changes introduced subsequently in other provinces.



The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia, Vancouver Coastal Health Authority, City of North Vancouver, District of North Vancouver, District of West Vancouver, Lynn Valley Lions, Soroptimist International of North and West Vancouver, Citizens Bank, Starbucks Coffee Co., and our many other generous donors.

Transition Planning Fair for Young Adults

Look for us Tuesday, April 7 at the Lucas Centre (2132 Hamilton Avenue, North Vancouver) from 7:00 to 8:30 p.m. at the 10th Annual Transition Planning Fair for Young Adults with Special Needs.

NSSS participates in the annual Transition Planning Fair for several good reasons: to raise awareness of serious mental illness, to connect with family members who may not know about our programs and services, and to get to know the organizations that provide services in housing, training and job placement on the North Shore and province-wide.

Detective Constable Receives Commendation

In January 2008, the Vancouver Police Department released a ground-breaking report on police encounters with the mentally ill titled *Lost in Transition*. Report author Fiona Wilson-Bates spoke at the NSSS Public Education Evening in April 2008.

Detective Constable Wilson-Bates was recently awarded the Chief Constable’s Commendation for going beyond the call of duty to expose the ongoing plight of those whose untreated mental illnesses put them on the street where their symptoms bring them to the attention of police.

In the January 29, 2009 edition of *Beyond the Call*, the Vancouver Police Department magazine recognizing outstanding achievement within the force, Wilson-Bates said, “I met countless service providers, family members, police officers and lawyers who have been working on this issue for years, often at times when the topic of mental illness was not a conversation that many people wanted to engage in. It was my privilege to shine a light on their efforts and to see that bringing attention to the issue has actually made a difference.”

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 or call the Family Support Centre at 604-926-0856.

A Truly Festive Night

Christmas wouldn't be Christmas if we didn't get together with the important people in our lives. The 2008 NSSS Christmas party was a great opportunity to gather family and friends, meet new people and join together to enjoy good music, good food and good company in the spirit of the holiday season.

There are so many people to thank for making the Christmas party an event to remember: the volunteers who shopped, wrapped, set up, cleaned up, set tables, decorated, served



and much more; the West Vancouver Adult

Pops Band who entertained us all with their usual flair; June and Janet Scott who led us in a terrific selection of carols and Santa Claus for dropping by in the middle of his busiest time of the year.

The new location is just perfect, except the room is so big! Next year, we will need even more guests to make it cosy again—the more, the merrier!



Wills and Estate Planning Workshop

Estate planning isn't the simplest of tasks. Rose-Marie Goodwin, an expert in the field, generously donated her time and know-how to sort it all out, at a Wills and Estate-Planning Workshop, November 29, at the West Vancouver Memorial Library. The workshop, sponsored by the North Shore Schizophrenia Society, was for both NSSS members and the public at large.



Beginning with some basics about planning, estates and wills, and then moving on to particulars – executors, probate, taxes, what's considered a fair will, the value of charitable gifts, and much more - Rose-Marie presented a great deal of information in manageable pieces that could be easily understood. Written materials included the presentation slides, a planning workbook and information on bequests.

The workshop was so successful, we are planning another one in the fall. Look for more information in the fall issues of The Notepad.

Family-to-Family Spring Session

The Family-to-Family education course is again underway at the Family Support Centre, with a full class on board. Both the spring and fall sessions in recent years have run at full capacity, often with a waiting list. Inquire now if you'd like to join the next session, which will start in September.

Many of our members, as graduates, know that this course is more than an education in serious mental illness. It has a tremendous, positive impact on everyone who takes it. Grandparents, siblings, parents, adult children, spouses, and other relatives have all found it improved their ability to help their ill relatives and eased their own burden of care.

The curriculum covers a lot of territory, including symptoms, medications, basics about the brain, problem solving, empathy, communication skills, self-care and more. All serious mental illnesses - schizophrenia, bipolar disorder, severe depression and anxiety disorders - are dealt with.

The spring and fall sessions of Family-to-Family run for twelve weeks on Tuesday evenings 7:00 to 9:30p.m. at the Family Support Centre.