



BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

A Reason to Hope. The Means to Cope.

**annual report**

2006-2007

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## PRESIDENTS MESSAGE

Dear Friends,

As we celebrate our 25th anniversary this year, I am struck by the bond we share with all the individuals who worked so hard to found our organization here in British Columbia, as well as with our colleagues in Schizophrenia Societies throughout Canada. This bond is a shared pride in our accomplishments, and the belief in the power of individuals to change lives and shape futures for people suffering from serious mental illness and their families.

Our upcoming 25th anniversary celebration, “Celebrating 25 Years of Helping Families”, will encompass several important milestones, events and initiatives. Our new mission statement, logo and visual identity has been accepted by BCSS and by our colleagues and friends across the country. We have also been successful with united efforts to promote our image nationally through the use of consistent branding, with our new stylized Iris logo and its tag line, “A Reason to Hope. The Means to Cope.”

Our **Strengthening Families Together** family education program is now being successfully taught by sixty-two facilitators throughout British Columbia. The value of this high-quality, standardized yet flexible Canadian program for families is inestimable. Helping people understand and cope with the nature of a loved one’s illness, plus how to navigate the local health system and advocate for the best possible medical care and other necessary resources, these are skills that significantly improve the lives of people with mental illness and the entire family, as well as substantially improving larger provincial and national health care outcomes.



Another prominent example of how successful we are when we're united was the federal budget's provision for a Canadian Mental Health Commission. Funding is for \$10 million over 2 years, followed by \$15 million per annum over the life of the Commission. Ex-senator Michael Kirby will be the first chair of the new Commission, which is charged with developing a national mental health strategy. I want to thank each and every one of you who worked so tirelessly to make this important national advocacy effort a success. Your combined effort and passion sustained over a period of several years proved once again that a lot can be done if you just don't give up!

Finally, a huge thank you to all branches who enthusiastically participated in BCSS's ongoing organizational review. Your input will be crucial in deciding possible changes to our organization that will help us serve more families more effectively, enhance the ability of volunteers to contribute, and present a more unified image.



A handwritten signature in blue ink, appearing to read 'Fred Dawe', with a small blue dot above the end of the signature.

Fred Dawe, President

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## **REGIONAL COORDINATORS**

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## PROGRAMS & SERVICES

- **Bridges** - Education and support led by, and for, people diagnosed with serious mental illness
- **Kids in Control** - Provides education, information and support for children 8 - 13 who have a parent suffering from a mental illness
- **Partnership Education** - Teaches community about the nature and prevalence of chronic and severe mental illness
- **Partnership Puppet Program** - Helps to dispel myths about mental illness for Grade 4/5 students
- **Reach Out** - Innovative, interactive high-school tour that harnesses the power of music and poetry to educate youth about mental illness.
- **Reaching Out** - Early Psychosis video/manual designed for highschools to increase awareness among students, teachers and counsellors
- **Respite Program** - Provides respite services for families coping with mental illness
- **Strengthening Families Together** - A course for those who have a relative with a severe mental illness

BC Schizophrenia Society programs are offered **free of charge**, bringing hope and creative solutions to the thousands of families coping with serious mental illness in British Columbia. Led by the belief that obstacles can be overcome and needless suffering can be alleviated, BCSS programs bring together citizens, corporations, government and community agencies to provide support and education to consumers and families province-wide. These powerful programs are the heart of our organization.



## NOTES FROM THE FIELD:

### ReachOut



Carola Tize

The **ReachOut** program aims to educate people about psychosis through the power of music and slam poetry. Band **Ten Ways From Sunday** and Slam Poet **Barbara Adler** have been on tour with program coordinator Carola Tize, visiting Vancouver Island, the Sunshine Coast, and Northern BC, as well as locations across the Lower Mainland.

The responses from teachers, students, and parents have been positive and inspirational. “After every show, Ten Ways and Barbara are signing autographs for students, as well as receiving thanks for raising such an important issue. Students regularly approach us with personal stories - asking where they should go for help for their friends, family members, or even themselves.”

“It’s incredibly empowering to see that we are making such a big difference amongst youth,” says Tize. “The Fraser South Early Psychosis Intervention team has also mentioned that some of their referrals are coming from ReachOut, which is very encouraging. It’s amazing to see the effects of the program on young people’s ability to recognize the signs of psychosis and seek help.”





Kashmir Besla

**Kashmir Besla** is a Coordinator for **Kids in Control**.

Having a family member with a serious mental illness can be very difficult, especially for children. To address the needs of this at-risk population, BCSS developed the **Kids in Control** program. Kids in Control is an education and support program designed to provide children whose parent or sibling have a mental illness with the tools and coping skills to promote resiliency.

*Kashmir Besla 's students from the Kids in Control program have said the following:*

*"At Kids in Control, you learn about schizophrenia and what it does to your parent's thoughts and feelings. You also learn how to deal with your feelings."*

*"What I learned most in the group is that depression is not my fault."*

**Leslie Johnson** is the Regional Coordinator for Queen Charlotte Islands Haida Gwaii.

Leslie Says:

"Ten years ago I knew nothing about Schizophrenia. But that changed when my husband and I got a letter notifying us that our nephew had been involuntarily committed. It would be ten years before he received a diagnosis of schizophrenia. We became his advocates. At 26, he was still longing for things he thought he would never have in his lifetime. He hoarded his pills and eventually overdosed. After a year of reflection and grieving, I took this job with the BC Schizophrenia Society. I am committed to shining the light on mental illness, helping to create an enriching place within our communities for all of us to live."



Leslie Johnson



## Speāal Events

**Wildplay Parks Ltd.** and BCSS hosted a very successful “Naked Bungy” event at the Bungy Zone in Nanaimo, BC on the weekend of February 24-25. The event raised \$4,000 for BCSS, and provided a great opportunity to educate many bungy enthusiasts about mental illness. “When someone close to me was diagnosed with schizophrenia, the Victoria branch of the BCSS was so helpful to me and my family,” says Tom Benson, General Manager of WildPlay. “With this event, we felt like we had the opportunity to support a charity that’s really making a difference.” WildPlay has already committed to hosting the Naked Bungy event again next year on February 23-24, 2008. We are looking forward to another successful event next year!



Representatives from the **Nanaimo branch** came down to check out the Naked Bungy event, and we had an opportunity to find out what they have been working on! The branch is currently running **Strengthening Families Together (SFT)** courses. SFT facilitators recently ran a breakout group at the Nanaimo Mental Health Forum about the value and potential of SFT to aid families coping with schizophrenia and other serious mental illness. They also run a monthly Share and Care group, where family members, consumers and interested members of the public can come to support and learn from each other. The branch continues to do **Partnership Education** presentations to raise awareness about mental illness in the community. A sub-committee of the BCSS Nanaimo branch runs the F.O.S. Non-Profit Housing Society.



## BCSS PROVINCIAL AWARDS 2006

**FOUNDERS AWARD** - Presented to Lin & David Wryghte - Campbell River

For ongoing commitment and involvement to improve services for people with schizophrenia or other serious mental illnesses and their families.

**Calder Cup** - Presented to Ron Plecas - Nanaimo

Awarded to a person with schizophrenia or other serious mental illness who has contributed to our mission with outstanding participation in education, boards, committees or councils.

**Lucy Waters Leadership Award** - Presented to Marsha Lloyd - Campbell River

For leadership abilities that have resulted in improved services for people with schizophrenia or other serious mental illnesses and their families.

**Media Award** - Presented to Douglas Todd - Vancouver Sun

Awarded to a member of the print or electronic media for effectively advancing the cause of schizophrenia by bringing awareness of the illness to the attention of the public.

**Gayle Tissington Award of Excellence** - Presented to Lin Johnson - BCSS Coordinator - Powell River

For outstanding contribution made by a staff member through their work towards our mission.

**Renate Varwig Award** - Presented to Mavis Richardson - Kelowna

Volunteer whose work has significantly contributed to alleviating the suffering caused by schizophrenia or other serious mental illness

**Elaine Preston Award** - Presented to Susan Inman - Vancouver

For significant contribution to our mission through education for family members and consumers.



## MIND FOUNDATION OF BC

### **MIND Foundation/CIHR Research Awards**

The following researchers have been awarded funds through a partnership of the MIND Foundation and the Canadian Institutes of Health Research for fiscal 2006/07. The MIND Foundation wishes to thank generous donors who are committed to finding a cure for schizophrenia.

Dr. Todd Woodward, recently appointed Assistant Professor of Psychiatry, University of British Columbia, was awarded a grant of \$20,000 towards the project “Construct Validity of the Cognitive Underpinnings of Schizophrenia”.

Vanessa Boudreau, doctoral student under Dr. A Thornton (Simon Fraser University) whose project is entitled “Memory Function in First Episode Schizophrenia” was awarded a stipend of \$11,000. This money was matched by CIHR under its “Small Health Organizations Partnership Program”.



# Generous Hearts **thankful mind**

Fiscal Year 2007 Donors (April 1, 2006 - March 31, 2007)

We do our best to list all donors accurately and apologize if we have not done so. Please contact the Provincial Office if there are revisions.

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Kurt Kinley  
Karry Kinnersley  
George & Shirley Kirby  
Holly Kirchttag  
Nancy Kirk  
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Patricia Kongshavn  
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Arthur Krane



Diana Kretz  
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May Kronert  
Brenda Krystan  
Ksan House Society  
Anna Kulhavy  
Kelly Kully  
Marilyn Lacoste  
Cindy LaCroix  
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Susanne Langley  
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Michelle Lawson  
Marilynne Lawton  
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Brenda S. Lee  
Jeannie Lee  
Mary Lee  
Min-Ya Lee  
Allan Lees

Karen Lees  
Rose Leeson  
Joseph Leins  
Shirley Leng  
Low Leong  
Vicki Lerch  
Barbara LeRoss  
Eileen Lesnik  
Frances Levine  
Frank & Barbara Levine  
Gwen L'Heureux  
Shelley Lightfoot  
Janice Lilley  
Otto Lim  
Christine Lindsay  
Steven Linfoot  
Kate Lister  
Gladys Littlechief  
Barbara Livingstone  
Manuel & Olga Llanos  
Garry & Wendy Lloyd  
Marsha Lloyd  
Vicki Lobdell  
Hank Locken  
Helen A. Lockhart  
Peter Lockhart Gordon  
Tammy Lohnes  
Elisabeth Lokhorst  
London Drugs - Scott Road  
Barbara Long  
N. David Long  
Eric Loo

M. Lorimer  
Doreen Loseth  
Patricia J. Loughran  
Stephanie Lovatt  
Amarah Lovejoy  
M.J. Lucas  
Gloria Lucy  
Lorraine Lyon  
Myrtle Macdonald  
Penny MacDonald  
MacDonald Dettwiler and  
Associates Ltd.  
Bernetta Macey &  
Machesney  
Rhona MacInnes  
Ann Mackay  
Mackenzie Counselling  
Service  
Loretta MacKlam  
Ruth MacLaurin  
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Tony Marchand  
Drew Mardiros  
Uma Markandan  
Patti Marko  
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Marion Marsel  
Barbara Marshall  
Jill Marston  
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Sally Mathiesen  
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Ruth Matthes  
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Agnes Matties  
Vic Maximick  
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James McAnulty  
F. Joy McBride  
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Sharon McDonald  
Valerie McDonald  
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Deanna McGregor  
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Flo McLean  
Geneva McLean  
Gordon Mclean  
Linda Mclean  
Stella McLean  
Marcia McLellan  
Frances McLeod  
Mary McNab  
Stephen McNamee  
Beverley McNeer  
Cheryl McNight  
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Olga McQueen  
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Evelyn McSween

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Joe Painter  
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Payne  
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Sheldon Payton  
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William & June Pearson  
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Dorothy Pederson  
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Moiria Perrins  
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Lois Rowe

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Shelley Rustin  
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Eesmyal Santos-Braut  
Gwyneth Sauer  
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Rozellen Saunders  
Sue-Ellen Saunders  
Carole Sauve  
Eleanor Savage  
Joanne Sawadsky  
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Terri Scallan  
Shelagh Scarth  
Helga Schaeer  
Elizabeth Schenck



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Joyce Schmidt  
Donna Schmirler  
Gillian Schoenefuhs  
Elaine Schon  
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Kris Sutton  
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Frank Switzer  
Gregory Switzer  
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Vanessa Tancock  
Jamie Tanis  
Chiyeoko Tatemichi  
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Dennis Tennant  
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Wayne & Betty Ushey  
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Goli Vanderbijl  
Renata Varwig  
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Margaret Verschuur  
Joy Vikstrom  
Kay Vinall  
Sam Vint  
Esther Vitalis  
Hanes & Heidi Von  
Stefenelli  
Agnes Voon  
Marie Vosyka  
Ewald J. Vrabel  
Margaret A. Vrabel  
Lorna Vulliamy  
Victor Waese  
Zoe Wakelin  
Blandine Walker  
Charles Walker  
John Walker  
Kerry Walker  
Mary Walker  
Karen Walker-Lavery  
Charles Wallace  
Heather Wallace  
Ernie Ward  
Betty Jane Warner  
Myla & Alf Waterman  
Douglas Waters  
Bonnie Waterstone  
Al & Pat Watson  
Arlene Watson  
Dwayne & Pat Watson  
Joe & Marge Watson



Karen Watson  
Laurie Watson  
Nancy Watson  
John & Deirdre Wear  
Linda Webster  
Richard P. Weeden  
Joanna Weeks  
William & Helen Weinhandl  
June Wells  
Alanna Wescott  
Joanne Wesley  
Beth Weston  
Tom Westra  
Eric & Myra White  
Rae & Sherone Whitehouse  
Peter Whitely  
Scott Whittmore  
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Ellen Wiebe  
Frank & Rose Wieler  
Roger & Gladys Wiens  
A. Wightman  
Ian & Thelma Wild  
Percy Wilde  
F.S. Williams  
Paula Williams  
Richard Williams  
Sharon Williams  
Tom Williams  
Elizabeth Williamson  
Leah Willott  
Colleen Wilson

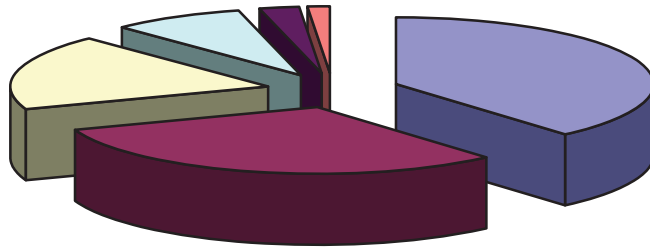
Gordon Wilson  
Gwendolyn Wilson  
Joan Wilson  
Johanne Wilson  
Mildred Wilson  
Silvia Wilson  
Stanley Wilson  
Sue Wilson  
Susanne Wilson  
Wilson Wilson  
Theresa Wilson-Ewing  
Lorna Wilson-Mayer  
Filomena Wiltse  
Werner & Lise Winsemann  
Madolyn Winters  
Stephen Winters  
Fred & Mary Wishlow  
Gurlie & Peter Wolfe  
Gerald Woloshyn  
Peter Wong  
Rosalie Wong  
Darlene Wood  
Muriel E. Wood  
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Mary-Jo Woodcox  
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David Wryghte  
Lin Wryghte  
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Grant & Linda Wyton  
John & Gerry York  
Bruce Young  
Jacqueline Young  
Judith Young  
Olive Young  
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William Young  
Ping Yu  
Marlene Zack  
David Zacks  
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Wandrea Zappitelli  
Alice Zdralek  
Agnes Zeer  
Irene Zibin  
Sandra Ziolkowski  
Thelma Zirnitis  
Dyanne Zitko



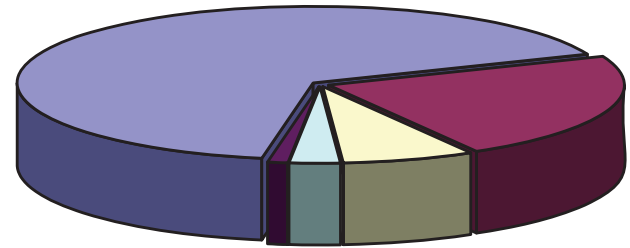
## FINANCIAL INFORMATION

PROVINCIAL PROGRAMS EXPENDITURES \$779,478



Family Support	39%
Program Support	31%
Fundraising	18%
Education	8%
Policy Development	2%
Other	2%

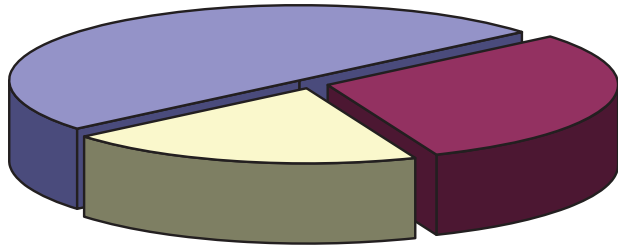
PROVINCIAL PROGRAMS REVENUES \$717,183



Contracts/Grants	66%
Fundraising	23%
Gaming	7%
Membership Fees	3%
Interest	1%

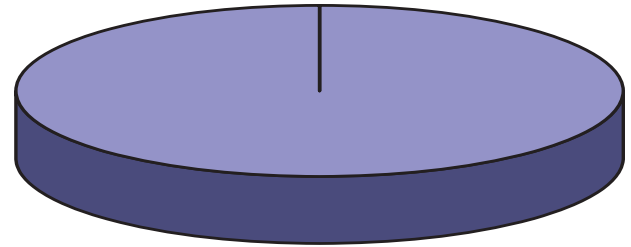


**REGIONAL PROGRAMS EXPENDITURES \$942,892**



- Family Support 50%
- Education 30%
- Branch Support 20%

**REGIONAL PROGRAMS REVENUES \$925,593**



- Regional Health Authority \$925,593



## MIND FOUNDATION OF BC

The MIND Foundation of BC was officially founded on November 17, 2004.

Since then, the Board of Directors of MIND have been working to establish new policies for fundraising initiatives, as well as working to identify men and women with various business skill-sets for the Board of Directors.

The competition for the donor dollar is a significant challenge in every organization within the charitable sector of British Columbia. Mental illness is still unfortunately not always “top of mind”, so it is imperative to continue building strong leadership for fundraising for the programs and services of the BC Schizophrenia Society.

The goals of the MIND Foundation of BC for 2006-2007 were to:

- Recruit an influential Board of Directors
- Create and implement a strong branding strategy for the MIND Foundation of BC so that it is a well recognized fundraising organization

- Create a culture that is entrepreneurial in spirit and well respected in the fund development community
- Maintain and expand current levels of funding for BC Schizophrenia Society
- Maintain and expand current levels of funding for research
- Maintain and expand current donor base
- Expand corporate employee fund contributions
- Create and execute an annual event that will bring in net profits
- Support BC Schizophrenia Society in their ongoing efforts to make schizophrenia and serious mental illness a higher priority in the public perception

The Board of Directors of MIND Foundation will continue to work toward these goals in the next fiscal year.



## MIND FOUNDATION OF BC - MONTHLY GIVING PROGRAM

The **Monthly Giving Program** raised \$15,072 in the 2006-2007 fiscal year.

This has been a significant move toward monthly giving from the previous year. In 2005, individual donors gave a total of \$6,475 in this way.

Monthly giving is the easiest and most effective way to help people with schizophrenia and their families.

It reduces administrative overhead and the cost of donation processing to the organization as a whole.

Your donation dollars work harder for you, and you will be consistently funding the vital education and awareness programs that BCSS has become known for. People living with schizophrenia and their families are assured of your gift of hope.

For more information on how to join our monthly giving initiative, please contact the provincial office at 604-270-7841, or toll free at 1-888-888-0029.



BC Schizophrenia Society  
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Tel: 604-270-7841 Fax: 604-270-9861 Toll Free: 1-888-888-0029  
Email: [bcss.prov@telus.net](mailto:bcss.prov@telus.net) Web: [www.bcss.org](http://www.bcss.org)