



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

BC SCHIZOPHRENIA SOCIETY FOUNDATION
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY

a reason to hope the means to cope

ANNUAL REPORT 2017–2018

A Message from the BCSS Board President, the BCSS Foundation Chair and the Executive Director

As we reflect on this past year, 2017–18 presented several challenges for the British Columbia Schizophrenia Society and its Foundation. It is through the gracious support of our donors, corporate sponsors, government contractors and volunteers that these challenges were turned into opportunities to help us live our mission, *“to improve the quality of life for those affected by schizophrenia and psychosis through education, support, public policy and research.”*

Together, we will continue to work on each of our four pillars:

Education: We are the premier organization in B.C. delivering information and guidance to families, ministry officials, media, schools, caregivers and many others regarding schizophrenia, psychosis and severe mental illness.

Support: We provide caring support for individuals and families affected by serious mental illness to meet their diverse needs. Our programming continues to be a warm and welcome “port-in-the-storm” as we celebrate another year of growth and demand for us to continue to offer *Strengthening Families Together*, *Strengthening Families Together-First Nations*, *Kids and Teens in Control*, *ReachOut Psychosis Tour*, family support groups, plus other programs and services.

Advocacy: We continue to build on a broad range of dynamic partnerships with other non-profit organizations; educational institutions; health authorities; ministry staff; elected officials and others to expand our mission.

Research: By funding research, we champion long-term solutions for those who have been diagnosed with schizophrenia, psychosis and severe mental illness. Our Foundation establishes research endowments and channels donor funds that contribute to understanding the biology of these illness as well as developing new and better medications, treatments and therapies.

We excitedly look forward to a new year with our new Executive Director, Tom Conway. Tom has a wide range of experience that will take BCSS and its Foundation to the next level in its ability to provide services, collaboration and respect; organizational and program improvements as well as transparent accountability and inclusiveness.

A heartfelt thank you to all of you for your continued support of BCSS, the BCSS Foundation and all the work we do. We are entrusted stewards of government contracts, donations and bequests. Together, we are all making a positive impact on the lives of those affected by schizophrenia, psychosis and other serious mental illness.



A handwritten signature in black ink, appearing to read "D. Halikowski".

DAVID HALIKOWSKI
PRESIDENT, BCSS



A handwritten signature in black ink, appearing to read "Gerhart Pahl".

GERHART PAHL
CHAIR, BCSS FOUNDATION



A handwritten signature in black ink, appearing to read "Th. E. Conway".

THOMAS E. CONWAY
EXECUTIVE DIRECTOR, BCSS



Vision

A province where those affected by schizophrenia and psychosis receive excellent treatment and services and are accepted and included in their communities.



Values

FAMILY CENTERED: We provide education and caring support for families affected by serious mental illness. The family unit is our first responsibility and primary focus; the person with the illness is always included in the definition of family.

PARTNERSHIP AND RESPECT: We seek to build a broad range of dynamic partnerships through open and timely communications based on respect and appreciation for all those we serve and work with.

INNOVATION AND IMPROVEMENT: We are committed to innovation through ongoing learning and improvement to meet the changing and diversified needs of families with mental illness in today's society.

ACCOUNTABILITY AND TRANSPARENCY: We measure our performance and follow a process of continuous improvement. We are wholly accountable for our actions to our supporters for our use of financial and human resources available to us.



Mission

To improve the quality of life for those affected by schizophrenia and psychosis through education, support, advocacy and research.

“Excellent treatment and services for people affected by schizophrenia and psychosis.”

BCSS Programs & Services

Programs and services developed to support families affected by schizophrenia and other serious mental illnesses are the cornerstone of BCSS.

Our Regional Educators work with dozens of local community organizations, family members, people with lived experience and other volunteers to bring life-saving support to communities across B.C. Programs like *Strengthening Families Together*, *Strengthening Families Together-First Nations*, *Partnership Education Presentations*, general presentations and family support groups are some of the basic education and support services available to families and communities. They work to increase awareness of serious mental illness and what resources are available, while providing families with the support they need.

“Meeting with our local BCSS educator and other families who have a love one afflicted with schizophrenia, as our son is, has helped us learn how to advocate and care for him. Previous to attending the monthly meetings, we felt overwhelmed and isolated. Tapping into the resources available through BCSS, and most importantly learning communication strategies from our educator, has helped us immensely!”

BRUCE AND RHEA, FAMILY MEMBERS



64,000

Through phone calls, emails and family meetings, B.C. Schizophrenia Society Regional Educators **connected nearly 64,000 times with families and individuals looking for help and assistance** as they navigated the mental health system.



651

In 2017/18, B.C. Schizophrenia Society Regional Educators hosted **651 family support groups**, connecting individuals and making it possible for people to provide each other with emotional support.



400

B.C. Schizophrenia Staff made nearly **400 presentations** through the Partnership Education Program, Puppets Education Program and others to more than **6,500 people across the province**.

Strengthening Families Together & Strengthening Families Together-First Nations

Strengthening Families Together is a course that helps family members and friends build the skills to cope and support a loved one with mental illness. Sessions cover communication tactics, stress management tools, self-care planning, crisis planning and advocacy.

Based on the core *Strengthening Families Together* program, *Strengthening Families Together-First Nations* was created to honour and include First Nations culture and traditions. It was developed by BCSS in partnership with leaders from the Stó:lō Nation.

Participating families support each other by sharing their experiences and learning skills to be effective personal advocates for their loved ones.

“Walking the SFT-FN journey with facilitators, family members and BCSS educators has given me a better understanding of the depth of relationships that we all have in common. As a family member, this experience has provided me additional skills and problem solving ideas, along with deeper connections to my family and community. The SFT-FN journey has provided BCSS and families an open door for future education and support. Sechanalyagh (thank you) to everyone for sharing and helping BCSS build a deeper and more meaningful relationship for the families we serve.”

CINDY CHARLEYBOY, BCSS PROGRAMS
& SERVICES MANAGER



Approximately 500 people attended *Strengthening Families Together Program* Sessions across B.C. helping them better understand serious mental health illness and gain information, as they continue along their journey of supporting their loved ones.

“I was hoping to learn about mental illness and understand it. It was very helpful to learn from others experiences. This is an illness, and there is Help available.”

TSILHQOT'IN FAMILY MEMBER

“I learned how to manage what I am experiencing with my loved one. Experiencing mental illness is one of the hardest things, its painful, and I don't want to give up. It's important to have acceptance and validation and we need each other to get through this.”

COWICHAN FAMILY MEMBER

BCSS Regions

• Interior Region

Interior Regional Manager: Robert Brooks
Kootenay Boundary Regional Educator: Melissa Michaud
East Kootenay Regional Educator: Bonnie Spence-Vinge
Okanagan Regional Educator: April Butler
Cariboo Regional Educator: Janet Rollins
Thompson Regional Educator: Lisa Daily
SFT-FN Interior Coordinator: Monique Goward

• Vancouver Island Region

Vancouver Island Regional Manager: Danita Senf
Cowichan Regional Educator: Tara McCaffery
Alberni-Clayoquot Regional Educator: Melissa Trowbridge
Alberni Valley Regional Educator: Rhonda Kuncio

• Vancouver Coastal Region

Vancouver Regional Manager: Ki Speer
Vancouver Regional Educator: Andrew Kellett
Vancouver & Sunshine Coast Regional Educator: Shelley Jensen

• Northwest Region

Northwest Regional Manager: Dolly Hall
Bulkley Valley Regional Educator: Clara Donnelly
Terrace Regional Educator: Noreen Spence
Haida Gwaii Regional Educator: Chloe Clarkson



• Northeast Region

Northeast Regional Manager: Julie Kornelsen
Dawson Creek Regional Educator: Steffi Thomas

• Northern Interior Region

Northern Interior Regional Manager: Kim Dixon
Omineca Lakes Regional Educator: Heather Megchelsen
Quesnel Regional Educator: Gail Rutledge

• Fraser Region

Fraser Regional Manager: Andrew Kellett
Fraser Regional Educator: Nancy Friesen
Fraser Regional Educator: Hardeep Thind



72% of family caregivers felt that there was no other option but to provide care.

Family caregivers for people with any type of illness were found to feel a sense of responsibility. Half felt that there was a lack of home care or mental health services; and most expected to be providing care for many years to come.

Mental Health Commission of Canada, "National Guidelines for a Comprehensive Service System to Support Family Caregivers of Adults with Mental Health Problems and Illnesses," 2013, p. 17.

ReachOut Psychosis Tour

“Since the 2012/13 school year, when they first performed at Clearwater Secondary, we’ve seen a change in our students awareness and understanding of mental illness,” Darren Coates, Principal of Clearwater Secondary School, says.

“The ReachOut Psychosis Tour makes a difference every time they come to our school. That’s why we keep bringing them back!

Marie, our guidance teacher and counselor, tells me that the ReachOut Psychosis Tour presentations positively influence all our staff, helping them better and more quickly recognize a student in need of medical or mental health services.

More students than previously have also come forward seeking help for psychosis or psychotic symptoms. Two years ago, after the ReachOut Psychosis Team came to perform for their third time, one of our students was identified as dealing with psychosis. The student now lives with schizophrenia, but because of the show, the student was able to get life-changing and extremely positive early intervention.

We’ve now had the ReachOut Psychosis Team come four different times and we look forward to having them return regularly.”

in partnership with



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Mental health and substance use
information you can trust

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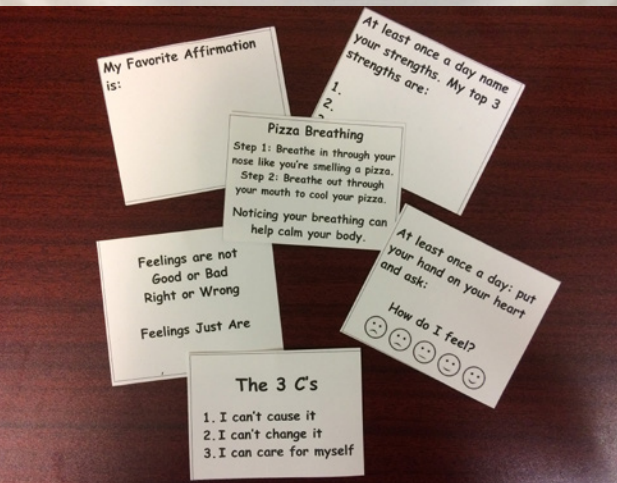
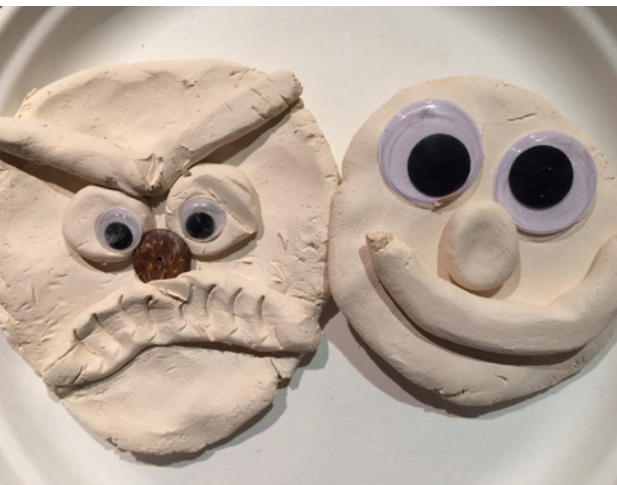


**Provincial Health
Services Authority**
Province-wide solutions.
Better health.



 **86 Shows**
22,194 Attendees

Approximately 2% of students who attend a show were connected to agencies, programs and services in their communities to provide them support and help in dealing with mental illness.



Kids in Control

Kids and Teens in Control are support and education programs for children and youth ages 8–18 who have a family member with mental illness.

Through these valuable programs, children and youth develop resilience, learn healthy ways to cope, and gain accurate information about mental illness to help them understand their family member's illness. They also learn they are not alone by connecting with peers who share similar experiences. Programs have been offered in Delta and the Tri Cities, and BCSS is currently working on expanding these programs to other communities.

When children and youth participate in these programs, the entire family benefits:

"The girls came out of their shell more. I think they understand more about what is going on with their Dad and they are more open to talking about it at home as well. They really enjoyed the program and looked forward to going. Thank you."

MOTHER OF TWO KIDS IN CONTROL PARTICIPANTS

Teens in Control

BCSS has also developed a new Teens in Control workshop to bring mental health education and support to more youth.

Through partnering with organizations that serve youth, BCSS is able to make these programs more accessible by bringing these workshops to spaces where youth already gather. Organizations like youth hubs, youth groups and community centres have hosted BCSS in organizing workshops in Langley, Chilliwack, Mission, Abbotsford and Vancouver.

Learn more at www.bcsc.org/kidsincontrol

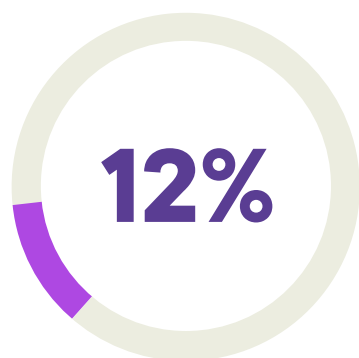
“The positive impact of the Teens in Control workshops provided at the Langley Youth Hub have allowed our youth to build resiliency, develop a broad understanding of mental health issues and also build strategies for coping and self care. Youth who attended the workshops have reported that it has helped them understand not only the mental health issues that they themselves face on a day-to-day basis, but also what their friends and family members may be struggling with as well.”

PHOENIX KHATTAB, PROGRAM COORDINATOR AT LANGLEY YOUTH HUB

A huge thank you to the funders who make these programs possible.



We also acknowledge the financial support of the Province of British Columbia.



12% of students age 12–17 surveyed are in a caregiving role.

Young carers may experience feelings of stigmatization and social isolation. Those caring for a parent living with a mental illness may experience high levels of anxiety due to the unpredictability of their lives and the potentially unstable nature of the parent's illness.

Mental Health Commission of Canada, “National Guidelines for a Comprehensive Service System to Support Family Caregivers of Adults with Mental Health Problems and Illnesses,” 2013, p. 17.

Bringing Cognitive Remediation to B.C.

Last fall, BCSS hosted the first ever conference on cognitive remediation showcasing Dr. Chris Bowie, Professor of Psychology at Queen's University, and Dr. Alice Medalia, Director of Columbia University's Lieber Recovery Center.

Cognitive losses in schizophrenia and bipolar disorder are present from the first episode. These losses lead to poor performance at school or work, and challenges with everyday life skills and social interactions.

Cognitive remediation is an evidence-based treatment that helps people become more functional. Cognitive remediation is not a replacement for medication. Medications impact psychotic symptoms while cognitive remediation focuses on the cognitive losses that are frequently a part of these illnesses.

To learn more, visit www.bcscs.org/cognitiveremediation



Yes2Me Scholarships

Since 2015, the Otsuka-Lundbeck Alliance has partnered with BCSS and other Schizophrenia Societies across Canada to provide scholarships for people living with schizophrenia.

These scholarships have helped people living with schizophrenia rebuild their lives and achieve their educational and long-term goals—whether it is to become an accountant or graphic novelist or teaching assistant.

Last year alone, nine people in B.C. received scholarships as a part of this initiative. One scholarship recipient was inspired to take Fashion Marketing because her grandmother taught her how to sew. One scholarship recipient hopes to become a therapist to help people find *a reason to hope and the means to cope*.

BCSSF's New Research Endowment Fund

What is schizophrenia exactly? What causes it? Is it preventable and is there a treatment or even a cure?

Researchers have confronted these questions and more for decades, and as they continue to delve into the fascinating areas of molecular genetics, neurophysiology and the brain, we find ourselves on the cusp of new insights into understanding and treating schizophrenia and related disorders. Just imagine a day when there would be a "cure" for these illnesses! Meanwhile, researchers are also looking at the effects of psychosocial interventions and complementary treatments—like exercise, music therapy, cognitive behavioural therapy and cognitive remediation—to be used along with medication.

Funding for leading-edge research is crucial to eventually eradicating these illnesses and improving the quality of life for those affected by schizophrenia and psychosis. However, when you compare the amount of support and funding allocated towards schizophrenia research to that of cancer or heart disease, it is clear that the resources required to realize this goal are severely limited.

Since 1993, the generous donors of BCSS Foundation have not only provided vital funding for BCSS programs, but also for research on schizophrenia—helping fund more than 80 research projects and contributing more than \$2 million towards schizophrenia research. Now more than 25 years later, donors continue to provide reasons to hope.

The BCSS Foundation is committed to ensuring that research in schizophrenia and related disorders continues in British Columbia. Last fall, BCSS Foundation established an endowment fund* to support schizophrenia research projects and equipment purchases.

This new endowment fund was started with the many gifts made in memory of Penny Pahl, wife of Gerhart Pahl, a long-standing member of BCSS and the current Board Chair of BCSS Foundation. Penny leaves behind her husband of 42 years, Gerhart, and their four sons, three of whom live with schizophrenia.

In lieu of flowers, Gerhart asked family and friends to make gifts in memory of Penny to help establish this new endowment. Penny's warmth, compassion and generosity will live on through this fund, which will help provide *reasons for hope* to families affected by schizophrenia.



Gerhart Pahl, BCSS Foundation Chair, looks on as Dr. Christine Tipper, Assistant Professor of Psychiatry, fits the EEG onto a psychiatry student for a demonstration.

In 2016, BCSS Foundation donated \$75,000 to the UBC Faculty of Medicine to enable the Institute of Mental Health and the Department of Psychiatry to purchase a modern electroencephalograph (EEG) to advance schizophrenia research. The EEG is a cutting-edge piece of equipment resembling a netted swim cap peppered with 256 electrodes—almost 200 more than traditional versions of the technology. Although these electrodes are small, they have the powerful ability to directly measure neurons firing across the brain.

** A contribution to an endowment fund is a gift that keeps on giving, year after year in perpetuity. Donations to an endowment fund remain forever within the fund and are not used directly; a portion of the annual interest from the fund is used to support research projects and related equipment purchases.*

BCSS in the Community & Beyond

Building Partnerships Across B.C.

It is important for BCSS to build partnerships and work with other mental health organizations and BCSS Branches to provide resources and services to families across the province.

In addition to working with local health authorities, BCSS is proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information, a group of non-profit agencies providing good-quality information to help individuals and families maintain or improve their mental well-being. The BC Partners members are AnxietyBC, BC Schizophrenia Society, Canadian Institute for Substance Use Research, Canadian Mental Health Association's BC Division, Institute of Families for Child and Youth Mental Health, Jessie's Legacy eating disorders prevention and awareness (a Family Services of the North Shore program) and Mood Disorders Association of BC (a branch of Lookout Housing and Health Society). The BC Partners are funded by BC Mental Health and Substance Use Services, an agency of the Provincial Health Services Authority.

Through the support of HeretoHelp, BCSS has been able to update resources, contribute to *Visions: BC's Mental Health and Addictions Journal*, develop informational pieces and showcase its ReachOut Psychosis Tour in communities across the province.

For more information about HeretoHelp and to see what resources are available, visit www.heretohelp.bc.ca

B.C. Schizophrenia Society Visits Victoria

With the new government coming into office last year, BCSS took the opportunity to visit and let them know more about who we are our membership and what services and programs we offer across the province.

With stories from family members and people with lived experience, a team of staff and volunteers met with the Ministry of Health, the Ministry of Mental Health and Addictions, and MLAs from all parties in office.

Meanwhile, David Halikowski (BCSS Board Chair), Kim Dixon (BCSS Northern Interior Regional Manager) and Bonnie Spence-Vinge (BCSS East Kootenay Regional Educator) also spoke at community hearings that were being held across the province to share the stories of our families.

BCSS also joined the Better Pharmacare Coalition to convey the importance of continued access to a variety of medications. In particular, it has changed the lives of people with schizophrenia and helped them find a reason to hope.

Throughout the year, we've continued to strengthen our relationships with government representatives and develop our proposal on how BCSS can help the B.C. government meet their objectives to deliver reliable services for people across the province.





Celebrating National Schizophrenia & Psychosis Awareness Day

On May 24, organizations across British Columbia, like Science World, B.C. Place Stadium, Harbour Centre and Vancouver's City Hall lit up in purple to celebrate National Schizophrenia and Psychosis Awareness Day.

At the same time, BCSS hosted the first *"Re-Mind: A day of art, music and readings,"* an event that brought together more than 100 people to celebrate the artistic accomplishments of those living with mental illness. Highlights of day included book readings by Bryn Ditmars and Erin Hawkes, a live musical performance by Oliver O'Dea, a musician living with mental illness, and Trevor Mills, a hip-hop artist and advocate for schizophrenia awareness.

One artist told us that through this event, she was able to start rebuilding her relationship with her parents, and they were better able to understand that there is no shame in living with severe mental illness.

Long Acting Injectables

The Better Pharmacare Coalition (BPC) exists to provide a united voice for patients groups to speak on issues related to B.C.'s Pharmacare programs. Last October, BCSS and other groups representing patients across B.C. met with government officials to begin discussions about the BC Pharmacare Formulary and biosimilar medications.

Through our membership, we know that individuals respond differently to different medications. Efficacy of medications also vary within the same individual and it is crucial for people living with schizophrenia and serious mental illnesses to be able to access the medication that works best for them. Ensuring that many different types of anti-psychotic medications, including long acting injectables, remain on the BC Pharmacare Formulary makes it possible for people to work with medical professionals to develop and adjust long term disease management strategies when it is needed.

Any potential changes that threaten to limit people's pharmaceutical options pose a threat to the ability of our families to find solutions that work best for them. To learn more about our work with the Better Pharmacare Coalition, visit www.bcss.org/bpc

B.C. Mental Health Act

The current B.C. Mental Health Act helps those with schizophrenia and other serious and persistent mental illness receive the treatment they require in a timely manner.

When people with severe mental illness are involuntarily committed, it is because they are unable to make rational decisions on their own behalf.

As the Charter Challenge to the B.C. Mental Health Act continues, BCSS is continuing to monitor and ensure that the public understands the important role it plays for our family members.

To learn more about what BCSS is doing, visit www.bcss.org/BCMHAcharterchallenge

BCSS & Cannabis

Over the past year, BCSS has been learning more and more about the relationship between cannabis and schizophrenia. Due to the link between cannabis and the potential development of psychosis for individuals with an existing susceptibility to schizophrenia, BCSS recommends that people under the age of 25 abstain from using cannabis.

BCSS is finalizing its position on legalization, visit www.bcss.org/cannabis to learn more.

Our Volunteers

BCSS is extremely grateful to the more than 900 outstanding volunteers who have supported our mission through donating their time.

Our volunteers are key to running effective programs—they support *Strengthening Families Together*, *Partnership Education Program*, *Family Support Groups*, events and various outreach initiatives. Volunteers have also been key in supporting the BCSS Provincial staff. BCSS Board Members and BCSS Foundation Board Members volunteer their time in helping map out the course for BCSS.

Our volunteers are family members, people with lived experience, clinicians and people wanting to break the stigma that surrounds schizophrenia. Without them and their dedication, BCSS would not be where it is today.



More than 900 volunteers from across B.C. supported B.C. Schizophrenia Society in the delivery of programs and services, hosting events and providing educational presentations and information.

Society Board

David Halikowski
 Jamie Graham
 Colleen Crossley
 Matthew Langlois
 Fred Dawe
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 Paul Bhushan
 Donna Motzer
 Don Monsour
 Lena Bortnick

Foundation Board

Gerhart Pahl
 Jeff Bagshaw
 Graham Jones
 Stuart McIntosh
 Chris Sandy
 Renato Zane
 Mark Churchland



Music For The Hearts

Music For The Hearts is an annual concert of classical and traditional music that fundraises for better healthcare in the Lower Mainland.

Established by a group of university students in 2014 as a way to use their passion for music to help improve healthcare, they chose BCSS as their benefactor in 2017.

“The decision was unanimous amongst the committee,” says Pedram Laghaei, founder of *Music For The Hearts*, as he explains why they chose to support BCSS in 2017. “B.C. Schizophrenia Society is the only organization that is on the frontlines, directly supporting families, while also funding research.”

Year after year, they involve the community to raise awareness and funds, making a difference in the lives of those affected by mental illness.

This fundraising concert is made possible by volunteers and their generous sponsors. Last year, Music For The Hearts raised \$4,000 for BCSS and will be supporting BCSS again in 2018.

“It is more rewarding to watch money change the world than to watch it accumulate.”

GLORIA STEINEM

Donors

The generosity of the following donors has made it possible for BCSS to provide thousands of families across the province with "a reason to hope and the means to cope." Together, we are successfully supporting some of the most vulnerable people in British Columbia, advocating for better services, researching improved treatments and educating the public about this devastating illness. For this we applaud, admire and appreciate all our donors!

Our many thanks to all donors who have requested anonymity. Every effort has been made to ensure that each donor is properly recognized for donations in the fiscal year April 1, 2017 to March 31, 2018. We sincerely apologize and regret any errors or oversights. We welcome your comments and suggestions at any time. Please notify us if your information is incorrect. We would love to make any corrections immediately.

CHAMPION (\$50,000+)

Otsuka-Lundbeck Alliance

PRESIDENT'S CIRCLE (\$10,000 - \$49,999)

Estate of Audrey Baillie
Community Action Initiative
Estate of Ellen Jessie Fraser
Diana Hsu Memorial Endowment Fund
Janssen Canada
Melanie Klapstock
Chris Sandy

PATRONS (\$5,000 - \$9,999)

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Community Legal Assistance
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Annie Falconer	Celia Housden	Low Why Leong	Ludy Moysiuk
Cameron Falconer	Sally Hull	David LePage	Clayton Mullen
Philip Falls	Patricia Humm	Cornelius Lettinga	Margaret Mullin
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Monthly donors

Monthly donors share a deep commitment in giving families “a reason to hope... the means to cope.”

By giving a convenient, affordable and ongoing contribution, their donations ensure that consistent resources are available to support programs, services and research that transform and save lives. Consider becoming a monthly donor today! Sometimes the difference you make is life itself.

To become a monthly donor, please phone Donor Services at 604-270-7841 or email donorservices@bcss.org.

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 Elizabeth Williamson
 Stanley & Gwendolyn Wilson
 Paul & Filomena Wiltse
 David & Lin Wryghte
 Liam B. Young

In loving memory

Friends and families honoured the lives of the following people with gifts.

Joyce Acheson
 Ross Allan
 Brisbin Edward James Baker
 Gurmit Buttar
 Dr. Thomas Calder
 Cathy's Mom
 Barnaby Dolman
 Michael Dolman
 Gerald (Gerry) Doney
 Graeme Erdman
 Bud Eyers
 Ray Findley
 Nicholas Grundy
 Erin Harnett
 Larry Harty and Ryan Fraser
 Christopher Heinz
 Yuri Helmer
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 Christena Grace (Tena) Van't-Haaff
 Daniel Webber
 Craig Williamson
 Raymund Wright
 Mary Frances Elizabeth Wyllie

In honour

Donations may be made to congratulate friends and loved ones on special occasions or to thank them by making a gift in their honour. The people listed below have been honoured by gifts made in their name.

Marcus Aubin
 Larisa Blanchette
 Victor Bolecz
 Jamie Cornish
 Dustin
 Jeffrey Erdman
 Lynn Forrest
 Francisca Ling
 Dr. Bill MacEwan
 R.G. and Susan Matson
 Colin Mitchell
 Thomas Morison
 Son of Christine Piercy
 Carol Ann Prytula

In-kind

We graciously acknowledge our partners and supporters who have assisted us with the delivery of our programs by providing in-kind resources and services.

APL – Conviction Wines
 Estate of Audrey Baillie
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We also acknowledge the financial support of the Province of British Columbia.

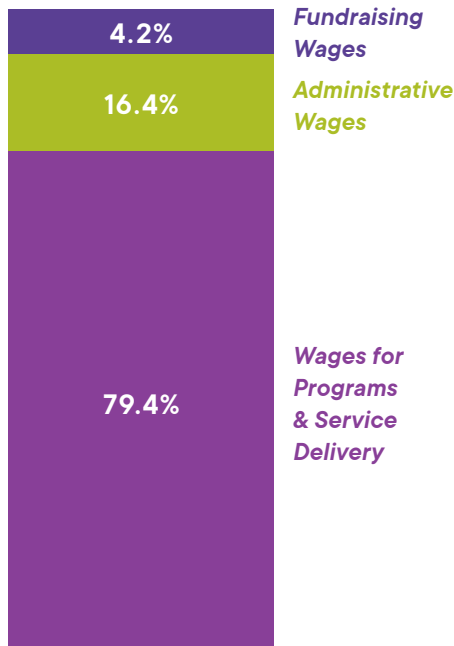
BCSS

Financial Snapshot

Statement of Operations for the year ending March 31, 2018.

Approximately 83% of all 2017/2018 expenditures (\$2,058,473) went towards direct program and services.

**Nearly 80% of this expense went towards delivering much needed and lifesaving BCSS programs and services to families across B.C. affected by schizophrenia and serious mental illness.*



REVENUE	2018	2017
Program funding	\$1,955,458	\$1,799,837
Donations	\$139,773	\$151,056
Sponsorships	\$71,869	\$82,000
Investment income	\$30,273	\$73,679
BCSS Foundation	\$20,004	\$20,000
Other	\$9,543	\$22,606
Total	\$2,226,920	\$2,149,178

EXPENSES	2018	2017
Wages, contractors and benefits*	\$1,648,701	\$1,522,007
Travel, conferences and meetings	\$304,972	\$256,358
Office and other	\$102,214	\$71,701
Fundraising and promotion	\$81,817	\$69,022
Rent and utilities	\$65,728	\$70,728
Telecommunications	\$61,414	\$79,947
Respite	\$44,524	\$47,468
Professional Fees	\$28,069	\$15,188
Amortization of capital assets	\$9,570	\$2,065
	\$2,347,009	\$2,134,484
Excess of revenue (expenses for the year)	(\$120,089)	\$14,694



Photo of Drs. Norma and Tom Calder. Courtesy of Jill Calder

Remembering Tom and Norma Calder

It is with great sadness that we share the news of Dr. Tom Calder's passing. Known for his medical expertise and great compassion, Tom passed away following complications from a stroke on September 15, 2017. Tom raised six children with his beloved wife Norma while enjoying a long and successful career in a field he was deeply passionate about, medicine.

Many people shared their memories of Tom during the celebration of his life. One grateful father names Tom Calder "a great medical doctor and a most compassionate human being" and feels that his son, who has schizophrenia, is stable and healthy today because of him.

Norma Calder helped establish the initial Friends of Schizophrenics groups across British Columbia, which became BCSS as we know it today. Norma launched more than 30 other branches and groups throughout the province, while developing education kits and visiting other organizations across the country to share ideas.

When the BCSS was founded, it was named the Dr. Norma Calder Foundation to honour Norma's dedication and many accomplishments. The BCSS Foundation continues to strive towards achieving Norma's dreams of improved education and social awareness around schizophrenia, and increased funding for schizophrenia research.

Tom and Norma dedicated their lives to helping all those struggling with schizophrenia and supported the B.C. Schizophrenia Society and Foundation. Family and friends of the Calders' honoured Tom's life with generous gifts to BCSS.

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."

ALBERT PIKE

Clear Skies Ahead: Looking Towards the Future...

You may not know, but helping those in need feeds my soul. I thrive in community-based, mission-driven work and I am thrilled (still) to have joined such a passionate organization as BCSS. My first day was in mid-April and since then so much has transpired.

As I write this, more than 560 fires rage throughout British Columbia. The smoke from these wildfires polluting the air and blocking out the sun in our beautiful province. However, cooler weather and rains are coming, hopefully providing some much needed assistance and relief for our heroic firefighters.

Similarly, the bright skies of BCSS's future were also marred by moments of smoke as it faced challenges and upheavals. If I was to report that since my arrival as Executive Director everything has been "sunshine, lollipops and rainbows," it would not be the complete story. But when you think about it, life isn't always that for anybody – especially for the many families, including our own, living with schizophrenia, psychosis and severe mental illness.

Yet in my brief time, I have seen many clear the skies for rainbows and sunshine at BCSS. I beg your indulgence as I start by shedding some light on these "rainbows."

A team to be proud of: BCSS has THE most passionate team of staff and volunteers anyone could ask for—they are the fuel that keeps our programs running; and speaking of programs.

World-class programs: *Strengthening Families Together and Strengthening Families Together-First Nations; Kids and Teens in Control; ReachOut Psychosis*—we provide connection and support for thousands of individuals impacted by schizophrenia and psychosis;

Engaged families: Not surprisingly, families founded BCSS and they are not only our most valuable ally, they are our reason for being.

We have some challenges to overcome, but over the course of the next year, we are going to work hard to turn them into opportunities and successes, making BCSS the premier provincial non-profit devoted to serious mental illness!

Seeking increased funding for programs: We are working with health authorities, ministries, elected officials, corporate sponsors and, yes, donors to

secure funding to expand on our successes: There is ample room for growth and the need is great;

Advocating for mental illness: We continue as tireless proponents of the B.C. Mental Health Act, better understanding of schizophrenia and other serious mental illness, increasing psychiatric beds in hospitals and adequate housing, while fighting stigma in all of its forms;

Collaborating with community partners: We will continue and begin to build relationships with community partners—old and new. Together we are stronger in working towards a better future for people affected by schizophrenia, psychosis and serious mental illness;

Maintaining transparency in all we do: We live in an increasingly (some may say overly!) accessible society, and through this, we hope to continue to learn from each other to grow and succeed—together.

Yet another rainbow that brings us hope is your continued support of BCSS by committing time and financial resources. Families are why we exist and your engagement and support mean so much to me, my team and the families we serve. We are all on this journey together, and there are clear skies ahead!



TOM CONWAY

EXECUTIVE DIRECTOR, BCSS

B.C. SCHIZOPHRENIA SOCIETY

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Vancouver, B.C. V6P 6G5

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