



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

BC SCHIZOPHRENIA SOCIETY FOUNDATION
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY

helping families find hope

2019–2020

ANNUAL REPORT





A Message from the BCSS Board President and the BCSS Foundation Chair

It feels strange looking backwards during this time of tremendous economic and societal upheaval. However, the volunteers and staff at British Columbia Schizophrenia Society (BCSS) are intent on looking forward, adapting and developing new ways to support those affected by schizophrenia and other serious mental illnesses while managing the short and long-term consequences of a global pandemic.

As we look back, the progress achieved in 2019/20 has helped BCSS better respond to the challenges of today. Thanks to the generosity of the provincial government, donors, corporate sponsors, stakeholders, and volunteers, we have been able to increase our programs and services to help people throughout BC.

Some key highlights of this past year include:

- The BC Ministry of Mental Health and Addictions provided funding to expand BCSS' Kids and Teens in Control programs across the province—programs aimed at helping children and youth learn to cope when a family member has mental illness.
- BCSS providing greater support to Indigenous families affected by severe mental illness through increased Strengthening Families Together—First Nations facilitator training and community programming. This was made possible by The Canadian Red Cross Society through the Community Partnerships Program to heal and build resiliency in communities affected by the 2017 BC wildfires.
- Launching an Annual Membership Program that helps family members have a voice in how BCSS can help improve the quality of life for families affected by schizophrenia.
- Partnering with the BC Psychiatric Association to produce a report on the need for better access to acute psychiatric beds in BC.
- A radio campaign aimed at increasing awareness of schizophrenia, BCSS, and the services we provide.
- Expanding our in-person outreach programs to more rural and northern communities in BC.



Over the year, community events, such as the Scotiabank Vancouver Charity Challenge, Bud's Fishing Derby, Music For the Hearts, and The Mad Hatter's Parade & Tea not only inspired donations, but also increased awareness and challenged stigma in local communities. Thank you to the amazing volunteers who organized these events, as well as the many sponsors and participants.

Through the generosity of donors, the BC Schizophrenia Society Foundation was able to continue supporting BCSS programs, education and services. In addition, the Foundation continues to raise funds for research, giving those affected by schizophrenia greater hope for a better, brighter future.

Under the leadership of our CEO, Faydra Aldridge, BCSS will adapt during these unprecedented times and continue to provide families *"a reason to hope... the means to cope"* next year and in the years to come.



DAVID HALIKOWSKI

PRESIDENT, BCSS



RENATO ZANE

CHAIR, BCSS FOUNDATION



BCSS Programs & Services

BCSS was founded by families for families. Today, programs and services supporting families affected by schizophrenia and other serious mental illnesses remain at the heart of the organization. To learn more about how BC Schizophrenia Society programs and services support families, visit www.bcss.org/support.



Strengthening Families Together

“Sam and Miranda,” have a son who was hospitalized for bipolar and depression. They joined a Strengthening Families Together course to be able to better understand and provide support to their son. They strongly wanted to be a part of their son’s care team, but were worried about being intrusive or overstepping.

After taking the course, Sam and Miranda learned how to communicate with their son’s mental health care team. They hadn’t known that they could do this and were happy to learn that they could be involved in their son’s care plan. After building a relationship with the mental health care team, they now feel valued and appreciated, and are able to help their son.



42,470

Connections with families and community members looking for help and assistance through phone calls, emails, and meetings

Family Support Groups

After “Joe” attended a monthly family support group meeting for the very first time, he walked over to one of the facilitators to express his gratitude.

Joe admitted that he was initially hesitant about attending the group, as he felt it wasn’t for him. But by the end, he was very happy he came. He learned a lot about mental illness,



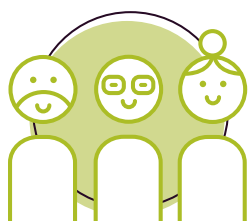
436

People completed Strengthening Families Together or Strengthening Families Together – First Nations courses



230

Monthly Support Groups for Families



450

Approximate number of volunteers contributing more than 1,200 hours towards helping families find *“a reason to hope, the means to cope”*



1,123

Families helped by BCSS Regional Educators to support loved ones with schizophrenia and other serious mental illness

but more importantly, he learned about self-care and felt supported.

Joe had never taken time for himself because he felt guilty. But after hearing from other family members and the BCSS Regional Educators, he realized that in order to be a good caregiver, he needed to take of himself.

He had been struggling to help his brother who has schizophrenia. He never reached out because he was scared that no one would understand and that people would judge his brother.

For the very first time, Joe realized that he was not alone—he found hope.

Direct Family Support

“Abigail” was in crisis and desperately looking for support for her daughter who has schizophrenia. She found out that her daughter was going to be discharged from the hospital, and was going to be returning home within a few weeks. She didn’t know what to do.

Abigail and her daughter are alone in the world, they have no other living family. Abigail is in her 80s and starting to experience challenges with her own health.

After Abigail was referred to a BCSS Regional Educator, she felt supported and validated. She was about to give up, but working with the Regional Educator changed everything. Abigail found hope and realized that she was important and key to helping her daughter be well. Abigail gained the courage and strength to write to her daughter’s medical team, who then met with her to address all her concerns. She finally felt heard.

BCPSQC's Doug Cochrane Leadership in Quality Award

A huge congratulations goes to Kim Dixon, BCSS Northern Interior Regional Manager, for receiving the BC Patient Safety and Quality Council's Doug Cochrane Leadership in Quality Award.

For over two decades Kim has been bringing mental illness into the mainstream discussion of health care in northern BC, reducing the stigma that can make families reluctant to advocate for themselves and their loved ones. Her leadership has fostered an environment of support and understanding where families are empowered to cope with the challenges of mental illness and addiction, and to participate as active partners in their loved ones' care.

Learn more at www.bcsc.org/kim-dixon-wins-award/

Programs for Youth

BCSS is grateful for the funding from the BC Ministry of Mental Health and Addictions and HeretoHelp that helped BCSS grow and offer valuable programs helping children and youth across BC.

Through this funding, BCSS trained 49 new facilitators based in 14 communities. In addition to supporting the delivery of groups and workshops, this funding was key in establishing Teens in Control drop-in groups, updating the Kids in Control curriculum, and developing Kids in Control videos and booklets.

Updating the *Kids in Control* curriculum could not have been done without additional support from program facilitators, families, and Drs. Robert Lees and Darryl Maybery.



23,500+

Average amount of hours BCSS spends every year directly supporting families affected by schizophrenia and other serious mental illness through its programs and services



This past year, BCSS launched monthly drop-in groups for Teens in Control participants to provide ongoing education and support. These programs have proven to be a success, and as a result, we have started developing a manual for facilitating monthly drop-in groups moving forward. A grant from IBM Canada funded technology to help facilitators deliver workshops and host drop-in groups.

Funding from the CKNW Kids' Fund and The Hamber Foundation also made it possible to offer more Kids in Control groups and purchase important program supplies.

The start of COVID-19 restrictions in March brought new challenges for the Kids and Teens in Control programming, but BCSS adapted, moving programs online and developing new resources such as videos highlighting key themes from the Kids in Control program.

Learn more at www.bcss.org/kidsincontrol

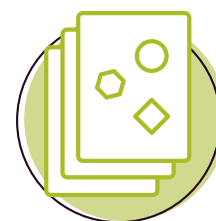
"We didn't expect [my son] to understand mental illness as well as he did after attending the eight sessions of Kids in Control. Not only did he develop more compassion towards me, but to others in the community too. He learned how to calm his feelings and how to care about himself. He made a box with different tools in it for him to use when I get upset. I loved that he had his own care plan in the box in case he got scared."

PARENT (WITH MENTAL ILLNESS) OF KIDS IN CONTROL PARTICIPANT



Kids in Control Video Series

Caring For You



275

Children and youth attended Kids and Teens In Control programs and workshops



2,300

Video views and more than 1,000 booklets sent out



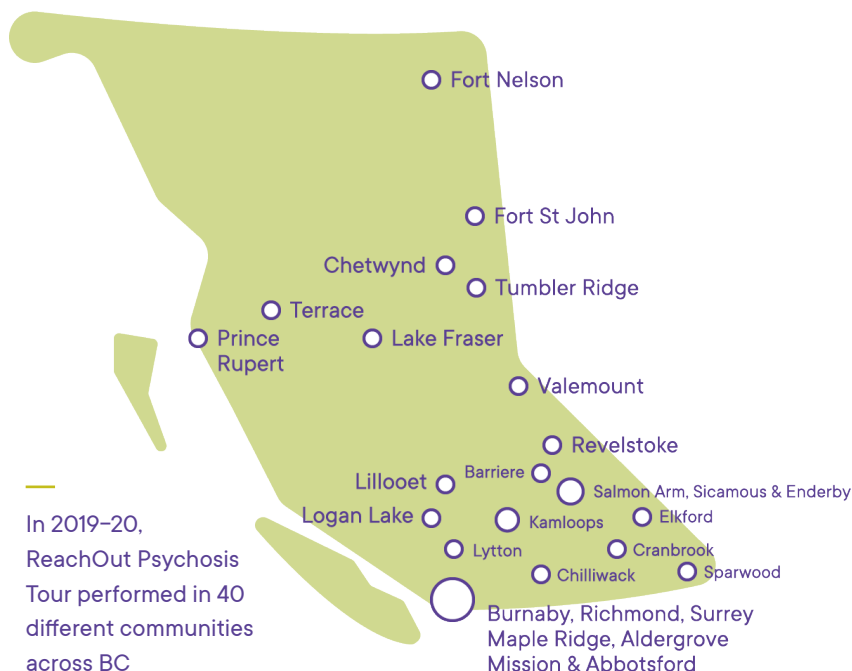
ReachOut Psychosis Tour

As a result of COVID-19, it is with regret that we announce that our ReachOut Psychosis Program is “on-hold.” Over the last 12 years, the program performed 735 times helping 213,946 youth and educators in both large and small communities across BC. Through the program, youth gained valuable information on substance use in relation to mental illness, symptoms of mental illness, and what resources are available in their community. Through this program, youth facing psychosis and mental illness were identified and thus able to receive early intervention.



735

Performances over the last 12 years helping 213, 946 youth and educators



“The end testimonial was great, and I really appreciated that you encouraged talking about mental health openly—thank you.”

COMMUNITY SCHOOL COUNSELLOR

“I think the work you are doing is super important to those like me who have gone through this or are currently going through it.”

STUDENT



BCSS in the Community

National Schizophrenia and Psychosis Awareness Day

Every year BCSS recognizes National Schizophrenia and Psychosis Awareness Day on May 24. From info booths to painting the town purple, here are just a few of the things that happened to mark the day in 2019.

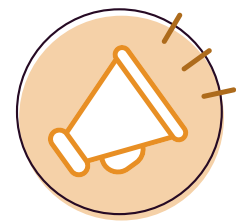
- Tk'emlups te Secwepemc Band (Kamloops) and Kamloops City Council made proclamations for National Schizophrenia and Psychosis Awareness Day.
- BCSS Prince George Branch held a BBQ & open house for the community.
- Supporters in Kamloops held Bridge Blitz to get people to honk for hope in schizophrenia.
- Landmarks across BC “wore” purple for the night.
- BCSS hosted a panel talking about the broad impacts of schizophrenia and the *3rd Annual Re-Mind: An evening of art, music, and readings*—featuring local artists living with serious mental illness, a reading by Erin Emiru, and performances by Charlie Kerr and Hotel Mira.



Songs of Schizophrenia

In May 2019, BCSS collaborated Canadian musicians to release “*Songs of Schizophrenia*,” an album that emulates what it can be like for those living with schizophrenia. Voices are interjected into the songs creating auditory hallucinations that can be similar to the experiences of people who live with schizophrenia. This project was made possible through the support of Rethink Canada.

Details & songs at www.bcss.org/songsofschizophrenia/



20,384

People reached through community outreach initiatives like Partnership Education Presentations and attending events



A Province With Excellent Treatment and Services

BCSS strives to improve the quality of life for families and individuals affected by schizophrenia and serious mental illnesses across the province. From raising concerns about Canada's response to the UN Convention on the Rights of People with Disabilities (UN CRPD) to challenging some of the recommendations outlined in the BC Ombudsperson's report, BCSS staff and volunteers have been working hard to ensure that the voices of family members are represented and heard.

Timely access to appropriate treatment and services is crucial for people who live with a serious mental illness, like schizophrenia. This means ensuring that people are able to receive what they need, when they need it.

For example, access to psychiatric beds in acute care hospitals is critical for people suffering from serious mental illness who cannot safely be treated as outpatients. In 2019/20, BCSS and the British Columbia Psychiatric Association (BCPA) partnered to develop a report that brings to light some of the most familiar and troubling elements of the health care system for British Columbians dealing with chronic and severe psychiatric illness. As part of the report, recommendations were also included. This report was distributed to individuals in various levels of government and within the health care system. And by highlighting the negative consequences due to inadequate access to psychiatry beds when people are in a psychiatric crisis, BCSS hopes that this will help bring change within the current health care system.

BCSS, along with other schizophrenia societies, joined the Canadian Psychiatric Association to recommend to the Federal government that they not withdraw their reservation and allow substitute decision making. And most importantly, not agree with the UN Committee on the Convention on the Rights of People with Disabilities recommendation that ALL involuntary admission and involuntary treatment in hospital and the community be abolished.

To stay up to date on how BCSS is working towards building a province where people living with schizophrenia and other serious mental illnesses are accepted and included, visit www.bcass.org and sign-up for our newsletter.

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, 2019 to March 31, 2020. We sincerely apologize and regret any errors or oversights. Please notify us if your information is incorrect. We will make any corrections immediately.

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

GLORIA STEINEM

In loving memory

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

Joyce Acheson	Adrian Grant Duff
Ross Allan	Nicholas Grundy
Brendon Almond	Erin Harnett
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Craig Gorges	Ellen Yuk Sheung Yee

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.

Joan Appleton
Lisa Buchy
Sean Flynn
Ian Gillespie
Richard Larter
Muriel Li
Susan Matson
Rebecca, Mathis, Abi and Elli Mohr
Carol Ann Prytula
Curtis Scheirer

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.

Canucks Sport & Entertainment
Otsuka-Lundbeck Alliance
Rethink Canada
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We acknowledge the financial support of the Province of British Columbia.

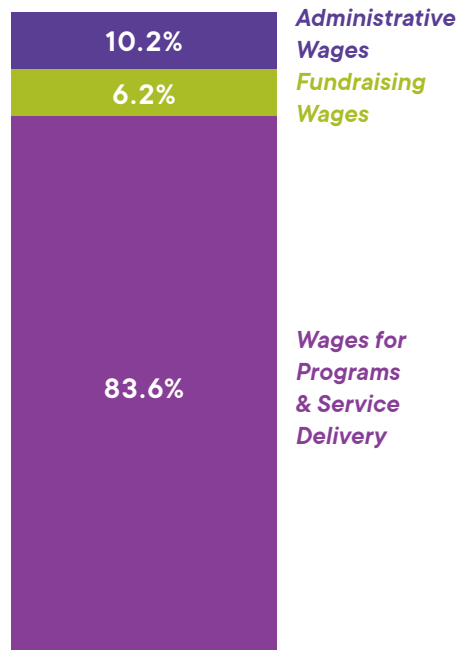


BCSS Financial Snapshot

Statement of Operations for the year ending March 31, 2020.

Approximately 84% of all 2019/20 expenditures went towards direct program and services.

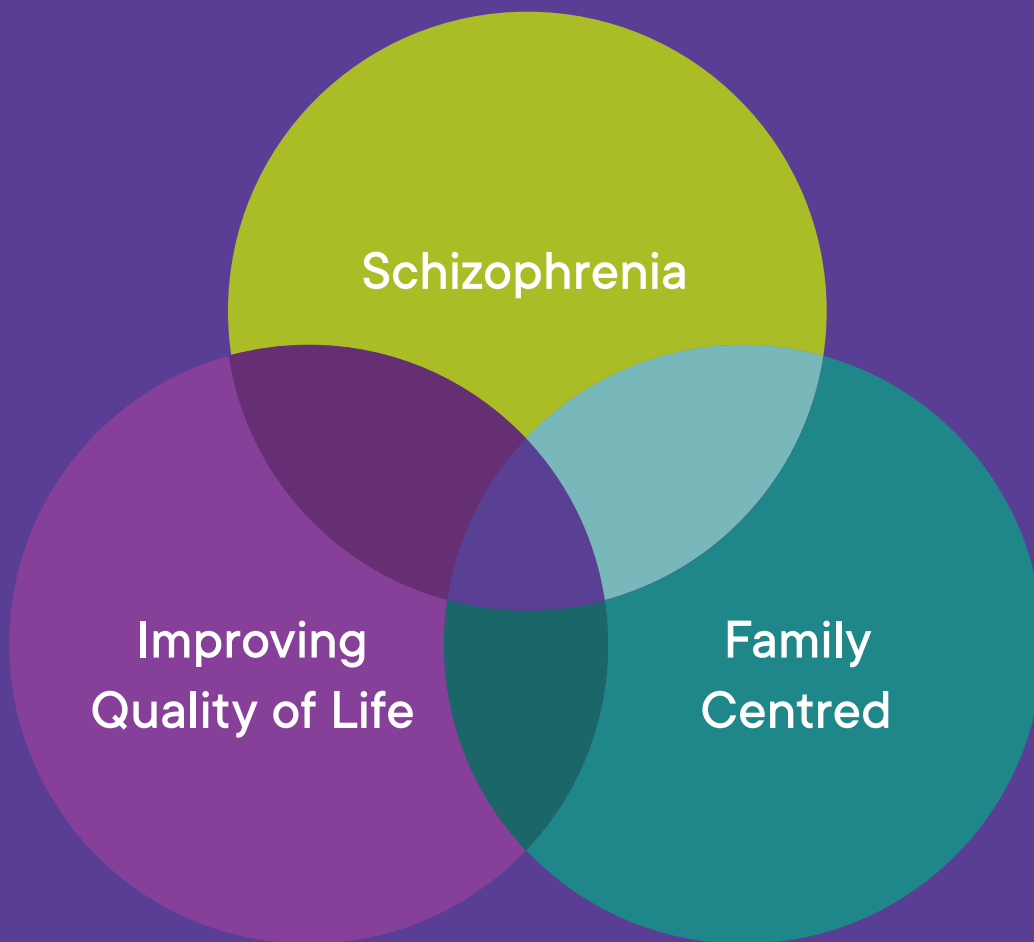
**84% of this expense went towards delivering much needed and lifesaving BCSS programs and services to families across BC affected by schizophrenia and serious mental illness.*



REVENUE	2020	2019
Program funding	\$1,935,421	\$1,812,862
Donations	\$345,466	\$109,364
Sponsorships	\$73,612	\$96,500
Investment income (loss)	(\$16,426)	\$33,040
BCSS Foundation	\$20,000	\$20,000
Other	\$17,787	\$662
Total	\$2,375,930	\$2,072,428

EXPENSES	2020	2019
Wages, contractors and benefits*	\$1,544,807	\$1,603,392
Travel, conferences and meetings	\$225,860	\$199,970
Office and other	\$99,206	\$72,630
Rent and utilities	\$64,798	\$63,885
Telecommunications	\$58,514	\$56,471
Fundraising and promotion	\$67,535	\$54,922
Respite	\$30,852	\$27,599
Professional Fees	\$93,262	\$28,320
Scholarships	\$5,442	\$13,719
Amortization of capital assets	\$6,847	\$7,115
	\$2,207,123	\$2,128,323
Excess of revenue (expenses for the year)	\$168,807	(\$55,895)

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



BC SCHIZOPHRENIA SOCIETY

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