

Schizophrenia Society of Canada

2007-2008 Annual Report



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF CANADA
SOCIÉTÉ CANADIENNE DE LA SCHIZOPHRÉNIE
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

2007-2008 Executive Committee

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Catherine Willinsky, *Project Manager, Concurrent Disorders Project*
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Provincial Schizophrenia Societies

The Schizophrenia Society of Canada is pleased to work in partnership with 10 provincial schizophrenia societies:

British Columbia Schizophrenia Society
Manitoba Schizophrenia Society
Schizophrenia Society of Alberta
Schizophrenia Society of New Brunswick
Schizophrenia Society of Newfoundland and Labrador
Schizophrenia Society of Nova Scotia
Schizophrenia Society of Ontario
Schizophrenia Society of Prince Edward Island
Société québécoise de la schizophrénie
Schizophrenia Society of Saskatchewan

Schizophrenia Society of Canada

The Schizophrenia Society of Canada exists to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research.

Schizophrenia and psychosis are characterized by delusions, hallucinations, disturbances in thinking and withdrawal from social activity. Although they are serious mental illnesses, schizophrenia and psychosis are treatable and most people do go on to live lives of recovery. Thus, we support the Mental Health Commission of Canada in creating a national recovery-oriented mental health system in our country.

We encourage you to visit our website at www.schizophrenia.ca and the web sites of the provincial schizophrenia societies where you will find valuable resources, supports and services.

© August 2008

The Schizophrenia Society of Canada
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Port Perry, ON L9L 1P3
E-mail: info@schizophrenia.ca
Web: www.schizophrenia.ca

Supporters

The Schizophrenia Society of Canada (SSC) and its Foundation gratefully acknowledge the generous financial support of the following corporations, organizations and individuals.

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The SSC gratefully acknowledges the following bequests and special gifts to the Society:

Mr. Carman W. Farrier

Ms. Violet Shardalow-Brown

We also recognize the outstanding in-kind donations and contributions of:

Adelaide Club

Curves

Dole Packaged Foods Company

Sleep Country

Schizophrenia Digest

TIME Canada Inc.

Toronto Maple Leafs Hockey Club

Via Rail

About Us

The Schizophrenia Society of Canada

The Schizophrenia Society of Canada (SSC) is a national registered charity with a mission to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research. Founded in 1979, we are proud to celebrate more than 28 years of hope, change and innovation.

Using a federation model, we work with 10 provincial societies and their more than 100 chapters, branches and regions to help individuals with schizophrenia and their families to have a better quality of life while we support the search for a cure. We are committed to:

- Raising awareness and educating the public to help reduce stigma and discrimination,
- Supporting individuals and families in their recovery process,
- Advocating for legislative change and improved treatment and services, and
- Supporting research through the SSC Foundation and other independent efforts.

SSC's philosophy is based on the following core values:

Persons with schizophrenia and their families are not to blame for this biological brain disorder.

The basis of effective treatment is early detection and intervention, including access to the most effective medications and efficient multidisciplinary and integrated community support systems.

Individuals and families that live with schizophrenia and other mental illnesses should be included in a meaningful way in determining their treatment and care process.

Persons who live with schizophrenia and other mental illnesses should be treated with compassion; stigma is one of the greatest barriers to accessing treatment.

What is schizophrenia?

Schizophrenia is a serious but treatable brain disorder. Although the exact causes are still a mystery, a biochemical imbalance is believed to contribute to the cause of the illness.

The illness is characterized by delusions, hallucinations, disturbances in thinking and withdrawal from social activity. It affects a person's ability to know what is real and what is not.

Schizophrenia can impact anyone. It usually develops into a full-blown illness in late adolescence or early adulthood and affects an estimated 1 in 100 Canadians.

Schizophrenia is one of the most widely misunderstood and feared illnesses in society.

The lingering stigma associated with this illness often results in discrimination and, consequently, a reluctance to seek appropriate treatment and support.

Schizophrenia and psychosis are treatable and recovery is possible!

For more information on our programs and initiatives, please visit our web site at www.schizophrenia.ca

Message from our President

“The Million Member Movement”

Among the challenges facing the Schizophrenia Society of Canada is having this, and subsequent annual reports read by a representative proportion of the people intimately concerned with schizophrenia and psychosis. Given the 1% prevalence of schizophrenia, there are potentially 330,000 Canadians with the illness who could identify with our mission.

Along with their close family and friends, and the many people with strong professional interests in this important cause, we could, and should be aspiring to become a rallying point for a movement that is a million members strong!

Imagine the impact that such a coalition could have. So much of the struggle by and for people affected by schizophrenia has been private - even secretive. The isolation and “aloneness” often experienced as part of the symptomatology is shared by families who do not have the same level of support from their communities that people impacted by other serious illnesses like cancer receive. This needs to change.

This past fiscal year, the SSC Board decided that it was time for us to take stock of our organizational purpose and structure. Rather than proceeding to reconstitute the Markham office in a new location in Ottawa, we agreed to work as a virtual organization relying on our very talented interim CEO, Chris Summerville to carry on with the essential business of the SSC. In addition, our organizational consultant, Tim Feher, helped us better define what our future roles and functions should be.

We are pleased with our progress to date and have been gratified by the support that this effort has received from the provincial societies who are every bit as invested in achieving a cohesive efficient and effective movement to serve our common mission “to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research”.

Furthermore, we also want to be a valued partner to the Mental Health Commission of Canada as we finally bring the importance of mental health to the attention of Canadian society.



*Pamela Forsythe, MD, FRCPC
President*



*Pamela Forsythe, MD, FRCPC
President*

Message from our Interim CEO

Our most recent fiscal year, April 1, 2007 to March 31, 2008 was a unique and exciting one highlighted by *transition and progress* for the Schizophrenia Society of Canada. In our ongoing efforts to live out our powerful new mission statement that actively focuses on the hope and right for improved quality of life for individuals affected by mental illness and their families, the SSC took a hard, thorough look at how its operations could best serve those affected by schizophrenia and psychosis.

Having been appointed as Interim CEO of the SSC in February of 2007, I was given the challenge to analyze and evaluate the effectiveness of the organization from a business management perspective.

The first task was to enhance the morale of the SSC Team. The “team” was very supportive during this on-going transition period and I found the staff to be a close group of people with significant, combined years of experience in the national office.

My second task was to assist in unveiling the new mission statement: *What does it mean and how do we interpret and implement it?*

Positioning for the announcement and implementation of the Mental Health Commission of Canada was my third task: *What will be the SSC’s advocacy role towards the MHCC?*

Moving the Federation of schizophrenia societies to the next level was my fourth task: *What are our roles and responsibilities as Federation members for the greater good of our movement?*

My final task was encouraging Board development as it related to governance and the supportive role it plays as a member of the Federation: *What is the role or mandate of the SSC within the Federation?*

After many discussions with the Board of Directors, a key decision was made to close the Markham office and to operate as a “virtual organization.” This meant releasing the staff in Markham and outsourcing many of their responsibilities. Let

me acknowledge the years of dedication from the following people: Jessie Barretto, Elaine Bernard, Andrew Carlson, Deborah Kelly, Gloria Pak and Preetha Stephen. All were accorded an appropriate severance package.

In October, I returned to my home in Winnipeg where the SSC now operates as a virtual organization.



Chris Summerville
Interim CEO

On-Going Services Provided by SSC and Special Projects

The SSC continued to provide the following services this past fiscal year:

- Accounting provided by Sandra Scott, our accountant near Port Perry
- Special Projects coordinated by Catherine Willinsky in Toronto
- Administrative Assistance provided by the Manitoba Schizophrenia Society staff
- Pinnacle Communication & Design Group responsible for the SSC newsletter and web site
- Schizophrenia Society of Alberta provided direct mail and individual donor’s services
- As Interim CEO, I was responsible for: daily phone calls and email requests, other correspondence, media calls/interviews, grant writing and meeting with main funders, communicating with Federation and provincial societies and SSC committees, preparing minutes of/for board and executive committee meetings, consultation of individuals regarding schizophrenia/psychosis questions, supervision of coordinator of special projects and networking with our other vendors.

Business and Organizational Development Consultant

With the closing of the Markham office and the search for an SSC Chief Executive Officer, the Executive Committee and the SSC Board conceived an opportunity to re-invent the schizophrenia movement in Canada, and solve a number of challenges and organizational development issues at the same time. In October 2007, we contracted with Tim Feher to assist the SSC with business and organizational development. It has been a pleasure and rewarding experience to learn from Tim's expertise. With Tim's help we have formulated an organizational and business strategy, which is not only acceptable, but at times inspiring to the SSC Board. This new strategy and organizational vision will be presented to the Provincial Societies' presidents, executive directors and to the SSC Board of Directors in October 2008.

2007 International Conference – Lighting the Path: Hope in Action

Last September, a conference was held in Toronto in collaboration with the SSC, the Schizophrenia Society of Ontario and the World Fellowship of Schizophrenia and Allied Disorders. It successfully brought together families, consumers, mental health practitioners and community leaders to share ideas, research and stories. Lighting the Path: Hope in Action was an extensive 3-day program, which focused on our shared dedication to deliver a

brighter future for those living with schizophrenia; promoting research and better treatment solutions, and the action we must take to end discrimination.

Plain Language Treatment Guidelines for Schizophrenia Project. “The Journey of Recovery”

The SSC was able to produce a “user friendly” version of the Clinical Guidelines for the treatment of schizophrenia by the Canadian Psychiatric Association (CPA). The funding for this project came from Health Canada – Surveillance Division and the CPA.

Access to Treatment Options

The Public Policy and Advocacy Committee, working with Ryan Clarke created the “Development of an Access to Medications Chart” to assist provincial societies in advocating for complete access to all anti-psychotic medications.

Advocacy Took Kit

This advocacy tool kit was developed as a cooperative effort between the Schizophrenia Society of Canada and Advocacy Solutions. The purpose of the Schizophrenia Society of Canada Advocacy Tool Kit is to provide people living with mental illness, caregivers and supporters with some basic information to assist in their advocacy and media efforts. This tool kit can be found on the SSC web site.

Canadian Alliance on Mental Illness and Mental Health (CAMIMH)

CAMIMH was established in 1998 and serves as the only national coalition representing the mental health sector across the continuum of non-governmental stakeholders. The core purpose of CAMIMH is to put mental illness and mental health on the national health and social policy agendas. CAMIMH has been highly effective in forging collaborative national leadership on mental illness and mental health policy through four pillars of public education, research, data collection and reporting, and policy frameworks. The SSC is one of the 21 national organization members of CAMIMH,

Our President, Dr. Pam Forsythe and I were contributors to the four-year Mental Health Literacy Project of CAMIMH. The Mental Health Literacy (MHL) project is the first of its kind in Canada, funded by Health Canada under the Population Health Fund (PHFN) as a response to the Chronic Disease - Integrated Approaches to Chronic Disease funding priority.

Strengthening Families Together

With the assistance of Catherine Willinsky, the third edition of Strengthening Families Together was released in the spring. The updated resource, the product of collaboration between SSC and the SSO, reflects a tone of hope and recovery. The content addresses the needs of all families and friends who

are coping with psychotic illness, whether a first episode of psychosis or a diagnosis of schizophrenia.

The new program builds on the strengths of the earlier editions while reflecting a shift in focus from illness management to recovery. This approach is based on the solid evidence of effectiveness of early intervention, and grounded in the growing body of literature on recovery.

Program resources now include a Facilitator's manual, PowerPoint presentation, and Participant handouts. The entire program is available for viewing (and can be downloaded) on the SSC website.

Your Recovery Journey

After "negotiations" with Janssen-Ortho, the SSC accepted a contract to develop a training module addressing the role of medication adherence and the recovery process.

This project will be the development of training material to be facilitated by consumers and family members within peer support groups and early psychosis intervention clinics. Emphasis will be on medication adherence, obstacles to adherence, recovery process, quality of life, and reaching one's personal goals. It will be completed in October 2008.

Concurrent Disorders

This was the final year of the Concurrent Disorders project, which had a goal to make clear, accessible information available about schizophrenia and substance use to consumers, families and service providers. The project culminated in the launch of the website www.schizophreniaandsubstanceuse.ca, along with a number of print publications.

The publications (which are available as downloads from the website and also as print publications by contacting info@schizophrenia.ca) include a booklet

series with resources for youth, consumers, family members, and service providers, as well as a discussion paper and evaluation tool.

We would like to extend our gratitude to the Drug Strategy Community Initiatives Fund of Health Canada for making the project possible. As well, we want to acknowledge the contributions of the members of our advisory panel, which provided leadership and direction throughout the project. Special appreciation is extended to Project Manager, Catherine Willinsky.

Direct Mail Program

In the fall of 2007, the Schizophrenia Society of Canada began contracting the services of the Schizophrenia Society of Alberta to manage our national direct mail and membership initiatives through its Calgary office. This transition allowed for greater efficiencies and cost savings for the national organization.

This spring, a special appeal was made to donors with a message from the President of the Canadian Psychiatric Association – Dr. P.J. White. The mailing was well received, and resulted in increased donations to SSC. It is hoped that through efforts like this, the direct mail and membership programs will continue to grow. Another mailing is scheduled for the fall of 2008, with a focus on mental illness and homelessness.

In the 2007/08 fiscal year, the organization received \$214,388 in donations through its direct mail program.

This partnership arrangement with the Schizophrenia Society of Alberta is an example of how the SSC can continue to maximize resources and create greater efficiencies. Increased donations will result in more net revenues for programs and services offered at the national level.

I would like to extend my appreciation to Robin Telasky, Director of Communications and Major Initiatives at the Schizophrenia Society of Alberta who manages the SSC's direct mail program.

2Violet Film Project

A few weeks ago, The Schizophrenia Society of Canada was pleased to announce its involvement in, and support of The Violet Bloom Campaign created and designed by Toronto film writer/director/producer Silvia Kovatchev. Dedicated toward raising awareness about suicide prevention, the Campaign is designed to support the work of the Schizophrenia Society of Canada, along with Kids Help Phone, the National Network for Mental Health, and Active Minds in their efforts to better educate people about suicide prevention and create the necessary educational materials used by these organizations in their work.

The highlight of the Campaign is the production of a film entitled: 2Violet, a story about the unusual relationship that Nona, an actress with schizophrenia, and her teenage daughter, Violet - an aspiring writer – have with Sal, an independent filmmaker. The story intertwines reality with the realities of mental illness and an artist's imagination, which are often indistinguishable as they form an endless continuum. All these realities are driven by different forms of love.

The Violet Bloom Campaign will go through a variety of stages:

- raising awareness about suicide prevention and funds for the production of the upcoming feature film 2Violet
- production of the film
- screening the film at different festivals
- special screenings of the film at university campuses, schools, corporations, organizations, followed by Q&A sessions with cast, crew, representatives from the non-profit groups
- based on the film, creating educational materials that the non-profit groups can use in their work
- development of an ongoing discussion board on www.2Violet.com where people share their reasons to live and read why others think life IS worth living

We are very pleased to be a part of this wonderful and much-needed campaign.

Quality of Life Survey

For the purposes of gaining a better awareness and understanding of how constituents associated with the SSC understand the new mission statement, the Public Policy and Advocacy Committee of the SSC launched a Quality of Life Survey in March. Neasa Martin and Associates will be conducting this survey in the next fiscal year. The results will be used for advocacy purposes as the SSC develops public policy that assists in fulfilling its mission statement.

Conclusion: Mental Health Commission of Canada

Finally, not specifically SSC work (but hopefully profiles SSC!), I am honoured to serve as one of the 11 non-governmental members of the Board of Directors of the Mental Health Commission of Canada. Be assured that I do speak directly and uniquely to the needs of family members and natural supports as to the immediate and long term mental health services for those with schizophrenia and psychosis.

I have been asked to chair the Committee of Consumers on the board and the advisory committees. As well I serve on a committee that is not part of the MHCC that is looking at establishing a neuroscience brain research foundation: The Mind and Brain Foundation chaired by Michael Kirby.

We look forward to continued collaboration, innovation and achievement.

Respectfully submitted,



*Chris Summerville, D.Min., CPRP
Interim Chief Executive Officer*

SSC Public Policy and Advocacy

Committee Report 2008

The SSC Public Policy and Advocacy Committee continued to be active in a variety of advocacy initiatives both independently and collaboratively. In 2007-2008 the committee has begun a process to work more collaboratively with the provincial societies on issues. Although, more work needs to be done in this area, all groups provincially and nationally are trying to make this collaboration happen.

The committee completed a review with the assistance of Ryan Clarke (Advocacy Solutions) on access to medications in each province. SSC, in the spring, met with members of the RCMP to discuss issues concerning both groups. This meeting was arranged through SSNB President Gregory Zed. The committee also wrote letters to government related to psychiatric wait times and access to all treatments.

SSC maintained a strong voice within the Canadian Alliance for Mental Illness and Mental Health (CAMIMH). SSC has also developed a strong relationship the Mental Health Commission of Canada through our interim CEO Chris Summerville.

The major project for the SSC Public Policy and Advocacy Committee this year has been the project on Quality of Life which is being conducted by Neasa Martin and Associates.

The project involves a national survey for families and consumers affected by schizophrenia and psychosis on quality of life and its meaning for them. Focus groups were also held in various provinces. The information collected will assist SSC to live out its mission and provide data on advocacy issues both provincially and nationally. The information is also valuable as we begin to focus more on recovery for individuals and families.

The committee would like to thank the provincial societies for their help and all the consumers and families who completed surveys and attended focus groups across Canada. The data collected from the research will be presented in Ottawa during Mental Illness Awareness Week.

SSC Awards: 2007-2008

PREETHA STEPHEN
FLAG OF HOPE AWARD

DR. MARY SEEMAN
MICHAEL SMITH AWARD FOR SCHIZOPHRENIA

DR. AUSTIN MARDON
BILL JEFFERIES FAMILY AWARD

CAROL SOLBERG
OUTSTANDING ACHIEVEMENT AWARD

LE DÉCLICK - MONTREAL
SSC MEDIA AWARD

ANITA HOPFAUF
OUTSTANDING STAFF AWARD

PEER SUPPORT OUTREACH PROGRAM
CALGARY CHAPTER, SCHIZOPHRENIA
SOCIETY OF ALBERTA
*INITIATIVES/PROGRAMS OF EXCELLENCE
AWARD*

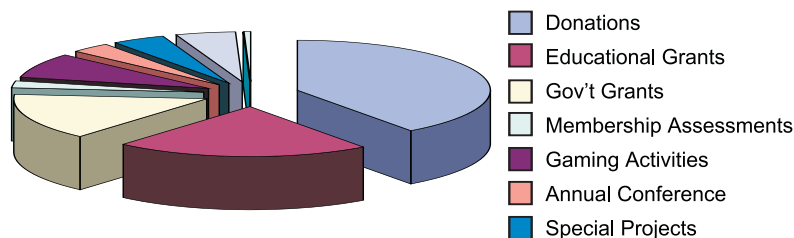
Treasurer's Report and Financial Statements

Schizophrenia Society of Canada

Statement of Revenues, Expenditures and Accumulated Surplus. For the year ended March 31, 2007

Following is the Schizophrenia Society of Canada's Statement of Revenues, Expenditures and Accumulated Surplus for the year ending March 31, 2008.

Although total revenue was down somewhat this past year, expenditures were held in check and in fact decreased by some \$115,000. As such, the Society was able to end the year with an accumulated surplus of more than \$65,000.



Revenues	2008	2007
Donations	\$ 354,008	\$ 713,650
Gaming Activities – Nevada Lottery	71,350	75,341
Government Grants	132,778	118,862
Educational Grants	190,301	132,295
Membership Assessments	17,695	14,505
Special Projects	30,397	71,165
Administrative Cost Recovery	42,954	81,288
Investment Income – Net	–	1,472
Miscellaneous	45,348	18,766
	884,831	1,227,345
Expenditures		
Fundraising	185,177	159,260
Gaming Activities – Nevada Lottery	38,530	46,639
Public Awareness & Education	214,747	235,812
National Newsletter	11,101	10,569
Advocacy Initiatives	57,892	45,911
Event Expenses	58,536	50,233
Board/Committee Expenses	9,092	16,992
Office Expenses	55,053	80,517
Professional Services	8,902	5,490
Equipment/Furniture		
Owned	6,308	9,106
Rental	9,590	9,570
Travel	13,746	8,938
Human Resources	334,436	439,442
General & Administrative	9,821	8,907
	1,012,931	1,127,385
Excess (deficiency) of revenues over expenditures for the Year	(128,100)	99,960
Accumulated Surplus – Beginning of Year	193,399	93,439
Accumulated Surplus – End of Year	65,299	193,399

*Audited financial statements are available upon request.

Provincial Highlights for Fiscal 2008

British Columbia Schizophrenia Society

Gary Glacken, Executive Director

BCSS has been conducting a review of services to families and communities around the province. The process was by definition inclusive, and participation rate in our comprehensive study was exceptionally high – 74%. Responses were enthusiastic, thoughtful and passionate.

OUR CORE VALUES

Family Centred – 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 do not work in isolation. 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.

NOTES FROM THE FIELD



Tracy Dudley

With its combination of live music, slam poetry and interactive education about psychosis, our Reach Out Psychosis program for BC high schools is more popular than ever – reaching over 18,800 students in 2007–2008.

The Reach Out team including rock band Matinee and poet Barbara Adler have been on tour throughout the province with BCSS Coordinator Tracy Dudley this year, reaching high school students, teachers and parents.

Kids In Control is a BCSS support and education program for children aged 7-13 who have a parent(s) with mental illness. The program has been running successfully in various BC communities for the past 11 years, and now there is a new version being developed for teens.



Stars of the weekend were Tonya Alton and her daughter Shayla from BCSS Kelowna who came with friends for Shayla's birthday. The trip held special meaning for Tonya, who has bipolar disorder.

BCSS online support has become a vital and important resource for many families and friends of people with mental illness. Online support is provided for diverse populations at www.support.bcsc.org

In addition to **24/7 online support**, we also offer a variety of useful translations of resources on mental illness in other languages including Chinese, Punjabi, Bengali, Hindi, Urdu, Spanish, and three first nations languages – Carrier, Tsilhqo'in and Shuswap.

Schizophrenia Society of Alberta

Gary Lathan, Executive Director

In the fall of 2007, the Schizophrenia Society of Canada began contracting the services of the Schizophrenia Society of Alberta in managing national direct mail and membership through its Calgary office. This transition allowed for greater efficiencies and cost savings for the national organization.

This spring, a special appeal was distributed to donors with a message from the President of the Canadian Psychiatric Association – Dr. P.J. White. The mailing was well received, and resulted in increased donations to SSC. It is hoped that, through efforts like this, the direct mail and membership programs will continue to grow. Another mailing is scheduled for the fall of 2008, with a focus on mental illness and homelessness.

In the 2007/08 fiscal year, the organization received \$214,388 in donations through its direct mail program.

The Schizophrenia Society of Alberta held its “grand draw” for the 2007 “Pack Your Bags” raffle on October 31, 2007...and it was very exciting! We’d all like to thank everyone who supported us in this year’s raffle, and we’re already looking forward to next year’s event. Here are the 2007 “Pack Your Bags” raffle winners:

- Grand Prize (Trip to Jasper): Betty McRobbie from Red Deer*
- 2nd (Stay at Fantasyland Hotel): Stephanie Girard from Calgary*
- 3rd (\$550): Al Taylor from Calgary*
- 4th (Stay at the Fairmont Banff Springs): Justin Van Parys from Sylvan Lake*
- 5th (Greyhound Passes to anywhere in Alberta): Joe Letourneau from Calgary*
- 6th (HBC Gift Pack): Sharlene Carlson from Calgary*
- 7th (HBC Drawstring Bag): Courtney Comeau from Calgary*



The grand prize winner of VIA RAIL passes for 2 and 2 nights accommodation in Jasper at Whisler’s Inn was Betty McRobbie of red Deer (left), presented by Shannon Pasiuk (right) of the Schizophrenia Society of Alberta.

Schizophrenia Society of Saskatchewan

Anita Hopfauf, Executive Director

- The Mental Health Commission of Canada has highlighted the need for an anti-stigma campaign. **The Partnership Program** is a good example of fighting stigma through the sharing of personal experiences by those affected by mental illness. Speaking out helps bring awareness that people can live meaningful lives and should not be shunned but given the supports they need to be successful. There has been success for both those receiving and those participating in the program.
- The Schizophrenia Society of Saskatchewan has developed a three-year financial plan to help in delivering the **Strengthening Families Together** Program to more areas of the province.
- The 2nd Annual **Steps and Strides Walk** was successful in raising Awareness and Funds. We got a lot of great media exposure and raised \$2,500 more than our first year. Oshoowa Doorn, the 11-year old young man whose idea it was to develop the Walk, once again raised the most in pledges and won first prize of a flight for two anywhere in Canada.
- The Schizophrenia Society of Saskatchewan celebrated its **25th Anniversary** at the 2007 Conference Banquet. **The Conference theme was “Growing Together” which focused on Recovery.** A presentation highlighting the past 25 years was shown to the conference delegates.



Doreen Krienke - Recipient of the Rays of Hope Award
Presented by Joan Baylis, SSS Board Member

Manitoba Schizophrenia Society

Chris Summerville, Executive Director

The most popular and most requested workshop offered by MSS is the “Hearing Voices That Are Distressing Simulated Workshop” in which participants gain a greater understanding of “voice hearing.” Over 1500 Manitobans took the workshop which included service providers, family members, psychiatric residents, RNs, etc.

Through the Alliance on Mental Illness and Mental Health, MSS advocated for enhanced community mental health supports and services. The number one issue in Manitoba for those affected by mental illness is safe, affordable housing of one’s choice. This remains a critical issue in Manitoba.

The three major PR and fundraising events held by MSS during the year under review were: Iris Gala Evening, netting over \$15,000; The Golf Tournament for People with Schizophrenia, netting over \$20,000; and, the Journey of Hope Walk, netting over \$14,000.

MSS has endorsed the recovery philosophy in all its programs and promotes the inclusion of the consumer voice with a majority of its board members having lived experience with mental illness personally. It has become a leading advocate in Manitoba for recovery-oriented mental health services!



M S S

President, Peter Ostryzniuk with Goldie, Winnipeg Goldeyes mascot, at the Annual MSS Journey of Hope Walk

With a majority of the board members being people with lived experience of mental illness (consumers), the Manitoba Schizophrenia Society, Inc. is a consumer focused, family sensitive mental health self help organization dedicated to the improvement of quality of life for all those who are affected by schizophrenia and co-occurring disorders through education, peer support and advocacy by working in partnership with consumers, families and service providers.

We provide the following services:

- Individual Consultation/Counselling/Referral
- Peer Support Groups for Consumers
- Family Support Groups
- Strengthening Families Together
- Public Education/Awareness
- Peer Support Worker Program
- Reasons For Hope Newsletter
- Resource Library
- Eight Stages of Healing Workshops
- Toll Free Line

- LikeLinks
- Name That Feeling for Children
- Hearing Voices That Are Distressing Simulated Workshop
- Women’s Program
- Advocacy

Schizophrenia Society of Ontario

Mary Alberti, Executive Director

Two initiatives, in particular, stand out over the past year at SSO: our first documentary “**Fear/Less: Opening Minds About Schizophrenia**” and the recently created Justice and Mental Health Program (JAMH).

Fear/Less presents one young man’s journey (Jesse Bigelow) through the darkest days of his psychosis to present day. As well, Zoe Jaremus offers a sibling’s perspective to the film, as she talks about her brother who suffers from schizophrenia. **Fear/Less** provides a strong message of hope to all those affected by schizophrenia, as well as being an invaluable tool for raising public awareness across the province.

Last year also saw the creation of JAMH. The first service of its kind in Canada, its purpose is to support families of people with mental illness who are in contact with the law, while promoting change in mental health and justice. The program has served 70 clients to date with an average of four to six new client referrals per week. Since its inception a year ago, JAMH has reached more than 750 professionals through educational presentations across the country.

Other highlights from the past year include:

- 65 presentations were made to 1,600 students in the London area, including secondary schools, the University of Waterloo and local private colleges
- Ottawa held a “Tidal Model for Families Workshop” in partnership with the nursing staff at the Royal Ottawa Hospital. Some 145 people took part, including families, nurses and community mental health officials
- Approximately 100 guests attended the “Ain’t Misbehavin’” Gala at the Kingston Yacht Club. It included a dinner, dance and silent auction. The theme was the “roaring 20s” and guests of honour included John Gerretson and Peter Milleken (MPPs for Kingston and the Islands)
- This year’s “Yoga-Thon for Schizophrenia” more than doubled its net revenue, while both sponsorship and donations increased significantly
- Nearly \$200,000 in support was given by The Law Foundation of Ontario (Land and Innovation Fund) and the Ministry of the Attorney General in support of SSO’s new Justice and Mental Health Program
- A Youth Awareness poster highlighted the October Campaign, engaging youth and encouraging them to visit our website and learn more about schizophrenia. We reached over 300,000 post-secondary students from Universities and Colleges throughout the province. The October Campaign was also featured a 30-second PSA delivered by Canadian comedian and actor, Colin Mochrie, who addressed issues of stigma and discrimination.



Société Québécoise de la Schizophrénie

Francine Dubé, Executive Director

Monthly Conferences

From September to May, the 2nd Tuesday of the month was dedicated to a conference featuring a guest speaker recognized as an expert in his or her field. These occasions were open to the public and were essentially aimed at the transmission of up-to-date information on the subject as well as the sharing of knowledge. Following the presentation by the guest speaker, the second period of the meeting was then opened to a Q.and A. session; Out to leave with the family member who suffers from schizophrenia – the impact on the family; What to do when the medications are no longer effective and the undertaking of secondary effects; Prodrome and early diagnosis of schizophrenia; What is the present status of research regarding medication? These were some of the subjects discussed during the last season.

Self-awareness Evenings

These evenings were hosted in a respectful and professional manner for the benefit of families affected by schizophrenia and allowed for personal exchanges within a small group of parents and friends who all faced a similar situation in common. On the fourth Tuesday of every month, in a warm and

empathetic environment, sharing of experiences and of emotions as well as the problems of adjusting to new situations which are the outcome of the illness of a dear one, allow each and every one to find support and comfort in an atmosphere of trust and total confidentiality.

Education Program

The Educational Program Strengthening Families Together included ten sessions intended to give families complete and solid information on all aspects pertinent to severe mental illnesses. Subjects discussed during various sessions were: what is mental illness; schizophrenia; mood and anxiety problems; family adjustment (two sessions); treating mental illness; dependency and the judicial system; living with a person affected by mental illness; struggling against change; advocacy of rights and interests. The training Program was offered twice a year on ten consecutive Wednesday evenings, at the SQS offices.

Social activities

A summer Field Day and a Christmas Diner are occasions to meet and mix in a relaxed and friendly atmosphere that all the members appreciated.

Schizophrenia Society of Nova Scotia

Stephen Ayer, Executive Director

By way of a network of Chapters, Support Groups, and many dedicated volunteers, the Schizophrenia Society of Nova Scotia is a strong voice for those affected by schizophrenia and psychosis, and is a resource for all Nova Scotians seeking information about these brain disorders.

In October 2005, the Nova Scotia House of Assembly passed the Involuntary Psychiatric Treatment Act. The Act is about making sure that those who are unable to make treatment decisions, due to their severe mental illness, receive the appropriate treatment. The Act became law on July 3, 2007. This new legislation is the result of discussions with many mental health consumers, families, advocates and care providers. The existing legislation is not for people who voluntarily admit themselves for treatment, or making decisions about their treatment.

The complete Involuntary Psychiatric Treatment Act, regulations and other information can be found on-line at <http://www.gov.ns.ca/mhs>

The Schizophrenia Society of Nova Scotia, in partnership with the Nova Scotia Department of Health's Mental Health Services, hosted a special matinee screening of the film "Canvas" November 25th, 2007. "Canvas" tells the story of the magic of sailing interwoven with one family's struggle with mental illness, and centres on a young boy coping with his mother's illness. It has been given a three

star rating. The film is autobiographical and tells the story of a 10-year-old boy whose mother has schizophrenia and whose father is loyal and loving but stretched almost beyond his endurance.

The Kings County Chapter of the Schizophrenia Society of Nova Scotia had a display at the 'Tools for Life' Conference which was held at the Horton High School in Greenwich on October 26. The display was manned by Roger and Sadie Cann, Rick Merrill and Margaret Burton. In addition to tending the display, Roger Cann made two presentations during the Conference. This was the second annual conference of Tools for Life, and was sponsored by the Valley Disability Network, with the support of the Seniors Secretariat and several other provincial government departments.

It was a lovely day on September 30 last year for the 15th annual Walk-the-World event, writes Donnan Pineo, President of the Kings County Chapter of the Schizophrenia Society of Nova Scotia. "We had really good representation from families and individuals who are dealing with schizophrenia in their own lives," says Pineo. "We raised about \$5,700 from the walk, which is comparable to last year."



The 15th Annual Walk-the-World event in Nova Scotia raised \$5,700 last year

Schizophrenia Society of Prince Edward Island

Gail MacLean, President

During the past year, SSPEI advocated strongly for the Canadian Mental Health Commission and we look forward to standardized treatment and opportunities for those people across Canada living with schizophrenia.

At a provincial level, we advocated for our provincial government to allow those on Clozapine (under the provincial drug program) to remain on the brand name medications and not to be switched to the generic formula. The final outcome, after government consultations with the pharmaceutical company, was that the pharma would pay for the difference in price of the two brands.

We continue to award grants under our "Moving Lives Forward" Educational and Community Access Grant program. In 2007, we awarded six grants.

A new fundraising event was created this past year, the selling of irises, the emblem of our Society. It was also a great opportunity to profile the work of SSPEI.

Our Society puts great emphasis on improving the quality of life for those with a serious mental illness and hosts three to four fun events a year for our members. These events are usually well attended and enjoyed by all.

SSPEI will continue to work to fulfill our mission statement.

The Schizophrenia Society of New Brunswick

Gregory Zed, President

SSNB, though small, is engaged with families and consumers involved in the mental health system. We promote family psycho-education using Strengthening FT, both in English and French.

This year we participated in the distribution of the Ombudsman's report, which indicated that serious and significant underfunding and under-resourcing of mental health services in our province. This is critically impacting the quality of life for those affected by severe mental illness. SSNB began conversations with the RCMP and advocating for appropriate and adequate police training in handling situations involving people with mental illness.

We look forward to developing this initiative in 2008-2009.

The Schizophrenia Society of Newfoundland

Christina McGrath, Executive Director

The Schizophrenia Society of Newfoundland has been involved in several initiatives that have helped us as a movement to move towards accomplishing our mission statement. In the past fiscal year we accomplished our mission in many ways. We have continued to offer our regular monthly support group meetings and provide education programs and material to individuals, families and professionals. We have also begun making connections in other parts of the province to be able to offer our Schizophrenia Awareness Days.

Some of our newer endeavours have included the hiring of a full time executive director to help in carrying out our mission - until now, the position was only part-time.

We have continued to work collaboratively with our community partners promoting the concept of recovery and more recently have formed a new partnership with the Hope Works Program from Stella Burry. The program is aimed at providing a work placement opportunity for an individual with schizophrenia, for the purpose of offering the person valuable work experience and obtaining employable skills.

At the end of this program, this individual was hired by the Schizophrenia Society of NL, to help advance our mission. This serves as a testament to the fact that individuals can and do achieve recovery!

SSNL in collaboration with Community Connections and Channal is also working on a booklet to address and explain the concept of recovery. This project is still in the process of being completed.

Community involvement is an ongoing priority. With our community partners we have been involved in projects that address stigma and we have been regularly addressing issues around access to adequate and affordable housing for individuals with Schizophrenia and Psychosis.

SSNL sits on a stakeholders committee for the provincial mental health legislation. As a member of this committee we help by providing input into the changes being made to the Mental Health Act and we regularly evaluate the placement of these changes.

In addition to this, SSNL sits on the community advisory committee for the first Assertive Community Treatment Team in the province. As a member we advise on the development and implementation of the program by ensuring essential components are in place and overseeing an evaluation of the program.

SSNL is still going strong and working diligently to advance the mission. We have accomplished quite a lot over the last fiscal year and we plan to do even more for the next year!

Research

The Schizophrenia Society of Canada Foundation (SSCF) was founded in 1994 with a generous donation from the late Dr. Michael Smith. Dr. Smith's donation of half of his Nobel Prize Laureate monies was used to help form a research fund. It is a legacy that continues to inspire others to invest in research initiatives today.

SSCF's main focus is to fund fellowships in the areas of molecular genetics, genetics, imaging and biochemistry of the central nervous system with special emphasis on schizophrenia and other areas of schizophrenia research. Since 1994, SSCF has funded 15 multi-year fellowships.

The SSCF was pleased to partner with the Canadian Psychiatric Research Foundation to fund a new investigation into the use of multiple anti-psychotic medications for treatment of schizophrenia. Dr. David Mamo, an assistant professor at the University of Toronto and psychiatrist at the Centre for Addiction and Mental Health, was awarded two-year funding for his study: anti-psychotic Polypharmacy in Schizophrenia. Dr. Mamo's project will investigate the safety and effect of optimizing one anti-psychotic drug in those patients who would otherwise be on two or more medications due to insufficient responses to individual medications. Information gained through this study will assist clinicians in making informed decisions regarding the use of multiple medications.

The SSC continued its work with the International Partnership for Mental Health Research, participating in a planning meeting this spring in Washington. The partnership, featuring several Canadian and American mental health research organizations, pursues opportunities to promote and support mental illness research around the world.



