

Summary-Statement of Revenue and Expenditures and the Change in Fund Balances (unaudited)

For the year ended March 31, 2009 (Operating, Memorial & Program Funds consolidated)

	2009	2008
Revenue:		
Family & Consumer Support		
Program contract fees	\$ 49,530	\$ 49,530
Family Counselling		
Program contract fees	40,366	40,366
EPI DVD contract fees	-	1,518
Strengthening Families Together		
Training contract fees	-	14,500
Bingo Affiliation/		
Direct Access Program Grants	51,600	51,600
United Way	45,371	39,023
Donations	35,746	33,757
Victoria Foundation Endowment Fund	4,160	6,634
Membership dues	1,065	1,475
Interest/Other	19,555	8,089
	247,393	246,492
Expenditures:		
Amortization	1,484	1,887
Christmas Dinner/Family Picnic	3,307	4,181
Insurance	3,442	3,582
Memorial Fund - Support	11,836	8,504
Newsletter/conferences	4,902	5,106
Office	20,291	8,838
Professional fees	4,613	4,635
Projects	111,923	127,725
Rent and utilities	15,339	14,514
Wages and benefits	71,949	60,904
	249,086	239,876
Excess (deficiency) of revenue over expenditures	-1,693	6,616
Fund balances, beginning of year	76,489	69,873
2007/2008 contract fees returned to VIHA	- 13,000	-
	\$ 61,796	\$ 76,489
Fund balances, end of year		
The fund balances, end of year consists of:		
Operating reserve	\$ 35,105	
Invested in property, plant and equipment	2,075	
Vancouver Island Health Authority	1,854	
Memorial Fund	22,762	
	\$ 61,796	

Note: This Summary - Statement of Revenue and Expenditures and Change in Fund Balances for the year ended March 31, 2009 has been extracted from the reviewed financial statements. The reviewed financial statements of the Society can be viewed at the BCSS, Victoria office.

British Columbia Schizophrenia Society Victoria Branch

ANNUAL REPORT 2008-2009

The Year in Review

"To improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy, and research."



A Reason to Hope. The Means to Cope

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President's Report to the Membership

by Josie Jones

President's Report to the AGM - 2009

BCSS Victoria-2009. It been a remarkable year and a very exciting time to be involved with BCSS Victoria. In a time of shifting internal and external political landscapes, our mission is to continue to move the mental health agenda forward whenever possible. I'd like to thank our Executive Director, Hazel Meredith, for her commitment of time, energy and effort and acknowledge the enormous difference she has made to our Society. Thanks Hazel!

BCSS Victoria provides direct help to people struggling with schizophrenia and psychosis. The Society delivers services to people in Southern Vancouver Island and the Gulf Islands. We assist the person with the diagnosis as well as their families and friends. I cannot imagine how difficult it would be to survive the initial years of life after a child's diagnosis of schizophrenia, without the support of BCSS Victoria and the programs offered. It's all about the programs we offer; and more importantly, it's the people who participate in, and deliver those programs.

I want to thank each and every Board member, staff member and volunteer who helped us achieve our Mission. Never doubt yourself. The work you do is so important. Each one of you is an agent of social change - with everyday opportunities to lift the stigma of mental illness and help those of us on our recovery journey.

Our recovery journey. It's a different journey for all of us: how is yours going? Opportunities present themselves when, in a moment, we can make a difference. Recently I've heard the term: "Paying Forward". And then I experienced it. A young man at the Hans Fear Jazz-night fund raiser in February, "Paid-Forward" \$100 into the Memorial Fund. The Memorial Fund had originally funded the creation of a children's book he produced, and he had vowed to "Pay-Forward" for others at the rate of a dollar a book. His 100th sale occurred at the Hans Fear Memorial Jazz Night.

Our Peer Advisory Committee are "paying forward", as are both our volunteers and board members. Each one of us is a seed planted, with an opportunity to pay forward and make a difference.

I would like to thank Mary, our outgoing Treasurer for all her dedication and hard work over her term of office. As Treasurer and a member of Executive, Mary, working with Kevin, managed to balance our budget in a very difficult time, and keep us financially solvent against all the raising costs and the overwhelming competition for charity dollars. Thank you Mary, and thank you Kevin.

Rest assured that BCSS Victoria is here now and will be here for the next parent, son, daughter, sister, wife and all those who will be touched by schizophrenia or psychosis. We are here to help and we do it on a daily basis.

Thank you.

Partnership Presentations are an effective way to reach the community and share the stories of people in recovery from mental illness and their families. The purpose is to educate students, workers in the field, legal centers and other agencies needing information about cognitive disorders such as schizophrenia, bipolar and psychosis with or without addictions. This last year we made 63 presentations to an audience of 1722. We have had a total of 12 presenters reach out to High Schools, the Law Centre, Seven Oaks Training Programs, UVIC and a variety of other groups. Overall our feedback from evaluation forms informs us that the work we are doing to reach out to our community is helping to reduce stigma. It also provides valuable information on symptoms and treatment of mental illness and gives a face to the families and people going through their recovery journeys.

Respite addresses family caregivers living with a loved one suffering from schizophrenia. The Program provides temporary care and much needed break to the caregivers, while offering specific outreach to the individuals affected by a mental health illness. Staff Wendy Mishkin and Mihaela Iacob have provided Respite/Outreach services to eight families on a regular basis, in the past year. Besides mental health needs, life skills, social recreational and vocational needs were addressed as well. Family members and caregivers were also exposed and referred to resources and support available in the community.

EPI Saturday Support Group has been available to people with family members experiencing their "first break" (first psychotic episode), or have been newly diagnosed and/or hospitalized. Meetings provide information regarding schizophrenia, treatment, recovery, early intervention, and community resources with an emphasis on Peer Support & self-care. In the past year, Jan Kiraly VIHA EPI nurse and co-facilitator, Hazel Meredith have welcomed approximately 30 family members.

Strengthening Families Together is an education program for families of individuals with serious and persistent mental illness. This course is presented one evening a week for 2.5 hours for ten weeks. It is usually in the Spring and Fall of each year and is free of charge. In the last year it was only offered in the Spring, from February 2 to April 6, 2009. It was co-facilitated by Don Palmer, MSW, and by Kelly Kerr, a fourth year Social Work student. Speakers were brought in for two evenings to talk about the Mobile Mental Health Team and to present an insider's perspective of the mental health system. On another evening the class attended a presentation by the two co-facilitators of the Dual Recovery Anonymous group. This is a new group sponsored by BCSS whose goal is to help people who are chemically dependent and also effected by an emotional or psychiatric illness. There were 22 people enrolled in that class. The curriculum's ten education modules are: 1. What is a Serious Mental Illness, 2. The Brain and the Causes of Mental Illness, 3. Schizophrenia, 4. Mood and Anxiety Disorders, 5. Mental Illness, Alcohol and Drug Use, and Criminal Behavior, 6. Treating Mental Illness, 7. Living With Mental Illness, 8. Coping As a Family, 9. Understanding the Mental Health System, 10. Advocacy and Developing a Support Network. We have a wait list and will next offer the program in the Fall of 2009.

In office calls: Once again we have had an increase in phone calls to 2470 this fiscal year which includes calls from families, professionals, students and the general public. It is with great regard that we thank our in office volunteers and staff for a steady stream of program referrals and community support. Our email communications have been strong and steady as well and our new website has been a great resource to people in recovery, there families and professionals. Quote from Patty Milne: "Volunteering at BCSS has been the key to my recovery. It has brought back my confidence and self-esteem which had been affected by schizophrenia. My life has more purpose now because I get to do meaningful work and help others in need. I have met wonderful new friends at BCSS and I'm grateful for the hope and inspiration that they have brought to my life."

Partnership Presentations:

John Burke
Kevin Campbell
Emily Henderson
Murray Galbraith
Stew Ludtke
Ian Taggart
Linda Taggart
Elizabeth Bogod
Jan Kiraly
Doug Ashmore
Hazel Meredith
Jan Kiraly

Respite/Outreach Program:

Co-ordinator: Hazel Meredith
Mihaela Iacob
Wendy Mishkin

Saturday Support Group

Hazel Meredith
Jan Kiraly, First Episode Psychosis Nurse, VIHA

Strengthening Families Together Education Course

Don Palmer
Kelly Kerr

Office Support Trained volunteers and staff

Patty Milne
Cindy L'Hirondelle
Don Palmer
Sara Lieberherr

BCSS Program Overview:

Fiscal year April 1, 2008 to March 31 2009

Peer Support Program

Co-ordinator & WRAP Facilitator:

Wendy Mishkin

Peer Support Workers:

John Burke; Perry Dettling;
Emily Henderson; Shawna Howard,
Corey Maruca; Don Palmer;
Jenifer Wilson, Eva Zahariev;
Fabian Rousseau

Recovery & Hope Support Group

Wendy Mishkin
Corey Maruca
Fabian Rousseau

Family Peer Support

Joyce Vivian, Barry and Betty
Pinchin

More Family Peer Workers needed!

Kids In Control Program

Coordinators

John Burke
Inderdeep Marwaha
Sandra Hirota

Family Support Group

Families With Hope
Tara Timmers
Sandra Tice

Memorial Fund

Barbara Reeve
Bill Buckle
Cam Millar
Hazel Meredith (ex-officio)

Short-term Family Counselling

Dana Lewis

Peer Support Program: Now in its 7th year the Peer Support program has grown in the scope of its offerings and celebrated a milestone this year. The program is recovery-oriented and time-limited. Our highly skilled peer staff offer hope and inspiration to assist participants to attain greater insights into their strengths and to achieve self-identified goals. We had 34 clients in the individual program. BCSS Victoria is proud to offer paid work to Peer Support Workers who gain excellent employment skills and experience helping others in a profound manner, thus furthering their own recovery. Corey Maruca, the peer who started the Peer Support program in 2002, completed the Community Mental Health Worker program at Camosun College this year, and has left the Peer Support program (but not, we hope, BCSS Victoria!) to work full-time in the field. Thank you and good journeys, Corey. **Recovery & Hope Support Group:** We now offer this support group co-facilitated by volunteer peers for participants wishing a group setting. Its purpose is to “support each other on our recovery journeys, through telling our stories and sharing strategies and wellness tips”. It is a drop-in group and meets twice monthly. We had 20 people in the support group this year. **Wellness Recovery Action Plan:** This year we were also fortunate to obtain funding to send our coordinator for training to become the first certified WRAP facilitator on southern Vancouver Island. WRAP is an empowering self-help tool to assist people to discover what they can do to get and stay well. WRAP helps people learn how to identify and deal with triggers and early warning signs, and plan for crises as well. Beginning in the new fiscal year, we will be offering WRAP workshops as another recovery option for people who have serious mental illness.

Family Peer Support This program is offered to connect with family members/friends, with the aim of supporting, offering information and ideas, comparing notes, from someone who has been there and can personally relate. This past year has included working with several family members, over a short, but more often, longer time frame. This has included many phone calls, and for meetings over coffee, on an average of every two weeks. The office also fields many family peer support calls through to our knowledgeable family peer office support volunteers.

Kids in Control is an 8 week educational program for kids age 8-13 with parents or sibling suffering from mental illness. It provides information, tools and develops coping skills that promote resilience and help break isolation. KIC ran from May to June this spring. 9 kids were assisted this spring and we are enthusiastic about offering another one in fall. We are taking wait list for our next offering. We have 3 facilitators available for the sessions.

Families with Hope: Our group has been meeting every second and fourth Thursday of each month for 1 1/2 hours since September 2008. To date we have met with 10 family members and 5 persons in recovery. They have shared their stories and listened to our stories and have gained insight about mental illness and being in recovery. We are a mother/daughter team who want to share our own personal experience with mental illness and we invite you to come and share your experience in a confidential, safe and friendly environment.

Memorial Fund : Received 61 applications for financial assistance from individuals and family members in the last fiscal year. This financial support helps individuals access academic and meaningful interest courses, start-up employment costs, disability related needs and also provides compassionate assistance. 53 people experienced an improvement in their quality of life thanks to support from this special fund.

The Family Counseling Program Provides short term counseling for people with a family member with a mental illness. The goal is to assist families to gain the knowledge, skills and resources to enable them to successfully manage the multiple and ongoing demands of supporting a person with a mental illness. The service is tailored to the needs expressed by individual families and most frequently involves gaining information about diagnosis, treatment options, prognosis and recovery, developing constructive coping techniques, improving self care skills, strategizing about accessing mental health resources and managing distressing behaviors. Dana Lewis is our family counsellor. Between April 2008 and March 2009, she has served 114 families, providing support in over 300 counselling sessions. In addition to direct service with families, Dana has worked to promote awareness of the program to community groups and mental health service providers. Dana continues to be available for consultation at the Eric Martin Pavilion every Friday morning.

Executive Director Report 2008-09

Dear Members:

Everyday Heroes the Leaders of tomorrow:

Over the last 3 years at BCSS Victoria, I have been witness to **everyday heroes**. What is a Hero? According to Merriam Webster; firstly, a hero is a mythological or legendary figure often of divine descent endowed with great strength or ability, an illustrious warrior. Secondly, a person admired for achievements and noble qualities. Thirdly, one who shows great courage. Finally, it is the principal character in a literary or dramatic work or the central figure in an event, period, or movement. [I have taken the liberty to gender neutralize the definition].

The heroes I meet through work are certainly not mythical, but without any doubt, display great strength, abilities and courage. Each person we connect with at BCSS Victoria, whether in person for the array of peer or professional services, over the telephone and email, are everyday heroes. These everyday heroes are mothers, fathers, brothers, sisters, grandparents, friends, spouses, partners, and children of those who have a serious mental illness of schizophrenia and psychosis and may additionally struggle with addiction. These everyday heroes are people who have a serious mental illness and potentially, addiction. With a group of everyday heroes, we can take comfort that we are never alone.

If you recall the final definition of hero provided, it is a principal or central character to a literary work, event, period or movement. I can assure you that we are in the midst of a large movement to embrace a recovery orientation; to respect the journey of our loved ones and their families. Each of you who is a member of our organization or striving for the cause through your activity; who is working hard to maintain strength and courage in the face of mental illness whether a caregiver or loved one, is assuredly a hero. Together, we can and do make a difference. When you see someone's hope is ebbing, does it not help to share the light from your candle? Together we have the fuel to be part of the recovery movement, a movement that seeks the best care, treatment and support we need to build a satisfying quality of life and connectedness with each other. So, to the everyday heroes, who volunteer their time to lead BCSS Victoria, the Board led by Josie, the office volunteer “vertebrae” and event volunteers, my thanks goes to you. To our Program Coordinators, program facilitators, program workers and Family Counsellor, my thanks. Finally thanks to Tara for coordination of events, volunteer, and administration and Kevin for his diligence on all things financial. Our program impacts many and I encourage you to be involved! **We all make a difference and we will shape our communities, systems and services through our everyday heroes being leaders of tomorrow!**

Executive Director's Report to the Membership

by Hazel Meredith

Board of Directors

Executive

President: Josie Jones
Vice-President: John Gray
Secretary: Cam Millar
Treasurer: Mary Quayle

Directors

Robin Bruce
Bill Buckle
Monique Dull
Jane Milliken
Jonathan Morris
Nancy Pike
Mary Quayle
Barbara Reeve

Personnel Committee

Chair: Hazel Meredith
(ex-officio)

Advisory Committee

Chair: Monique Dull
Pauline Karch
John Burke
Emily Henderson
Corey Maruca
Wendy Mishkin
Tara Timmers
Ian Taggart
Linda Taggart

**Fundraising/
communications/PR
Committee**

Chair: Barb Reeve
Nancy Pike
Josie Jones
Wendy Mishkin
Hazel Meredith
(ex-officio)

Memorial Fund Committee

Chair: Barb Reeve
Bill Buckle
Cam Millar

Victoria Branch Staff

Executive Director:
Hazel Meredith
Administrative Coordinator:
Tara Timmers
Bookkeeper:
Kevin Pryer
Family Counsellor:
Dana Lewis
Contract Staff:
See pages 6 & 7



Special Event Volunteers

~ Hans Fear Memorial Jazz @ Café Berlin ~ Summer Picnic in the Park ~
~ Public Meetings/Workshops ~ Christmas Dinner & Dance ~

Anne Appleby
Joan Appleton
Anne Marie Appleton
Pat Appleton
Robert Anderson
Whitney Archer
Joan Bell
Robin Bruce
John Burke
Bill Buckle
Marilyn & John Beckett
Elizabeth Bogod
Chris Caleb
Elizabeth Cook
Clint & Laura Dalsin
Daphne Dalsin
Perry Dettling
Marilyn Duncan
Jason Dunphy
Monique Dull
Norm & Sherril Eryes
Eclectics & Friends of Music
John & Margaret Fear
Alfons Fear
Mary Flatman
Jean Forrest

Christy Gain
Murray & Andrée Galbraith
Kay & Peter Gibson
Darlene Graham
Anne, Liz & Rachel Glover
Diane Gludds
John Gray
Greenridge
John Guilliland
Emily Henderson
Helen Hitchens
Stella Hurrell
Larry Jefferson
Josie Jones
Thomas Jones
Ryan Lebel
Dana Lewis
Dana Lindokken
David Lock
Stew Ludtke
Joan, Blane McIntosh
John & Bev McInerney
Marnie McKay
Random Merydian

Cam Millar
Patty Milne
Jane & Don Milliken
Sadaf Mirza
Wendy Miskin
The Moodswing Chorus
Jonathan Morris
Helen Morrison
Don Palmer
Darrell Patterson
Nancy Pike
Barry & Betty Pinchin
Joe Power
The Pryers: David, June,
Kevin, Janet, Trevor, Heather,
Lisa, Erika
Barbara Reeve
Pat & Ned Robertson
Fabian Rousseau
Barbara Rumson
Bruce Saunders
Hugh & Helen Schramm
Wayne Sheeran
Felicity Smythe
Bruce Saunders
Chris Schraz
Desi Sloan

Haley Stefan
Ryan Steele
Barb & Sus Tabata
Pat & Dick Tabata
Ian & Linda Taggart
Barb Taylor
Sandy Tice
Tara Timmers
Barb Travers
Pieta Van Dyke
Lorna Vulliamy
Chef Steve Walker
Jody Watson
Jeanette Wilkinson
Kathy Wilkinson
Mike Williams
Germaine Williamson
Sue Wilson
Jenifer Wilson
Gurlie & Peter Wolfe
Eva Zahariev
Lily Zahariev

And all the other amazing
volunteers that support
BCSS, Victoria

Core & Project Volunteers

Newsletter:

June & David Pryer — Co-Editors

Resource Librarian: Jean Forrest

Database: Barb Travers

Fund Development:

Clint Dalsin

Office Volunteer Corps

Pat Appleton	Patty Milne
Joan Bell	Random Meridian
Perry Dettling	Darryl Patterson
Jean Forrest	Devorah Stone
Andrée Galbraith	Barb Travers
Paul Grogan	Germaine Williamson
Joan McIntosh	Linda Taggart
	James Hope
	Morgan Taylor

**Community Sponsors
and Financial Support:**

Vancouver Island Health Authority
United Way of Greater Victoria
BC Gaming Policy & Enforcement Branch
Playtime Bingo Victoria
Allen & Loreen Vandekerkhove
Family Foundation
Janssen-Ortho
Victoria Foundation
Thrifty Foods
Bahr's Pharmacy
Paddy Miller & Joan Skillings
Caffé Fantastico

Community Partners

Progressive Recovery Group (PRG)
Members:
Movie Monday, REES Network,
Friends of Music, CMHA, Umbrella Society
Mood Disorder Support Group, FORCE, NEED
Crisis Line, Native Friendship Centre,
Volunteer Victoria

All those on the Community Advisory Board for
the ACT/Downtown Outreach Team

And our many other partners that help make a
difference to those with serious mental illness
with or without addictions.