



BRITISH COLUMBIA
SCHIZOPHRENIA SOCIETY
- VICTORIA BRANCH -

2016 ANNUAL REPORT

for the year ended 31 March 2016



BCSS VICTORIA



ABOUT THE BC SCHIZOPHRENIA SOCIETY - VICTORIA

The BC Schizophrenia Society – Victoria (BCSS Victoria) is a part of the Schizophrenia Society of Canada (SSC). The SSC is a national organization that has been in operation since 1979. Using a federation model, the SSC works with 10 provincial societies and the over 100 chapters and branches, to help individuals with schizophrenia and their families have a better quality of life while a cure is sought. The federation model enables the Schizophrenia Societies across the country to work together while also recognizing and acknowledging that all provincial societies and the national society are independently incorporated entities according to the laws of their respective jurisdictions. Each society remains financially independent in its own internal affairs.

The British Columbia Schizophrenia Society is the provincial organization and was founded in 1982. BCSS Victoria was founded in 1984 by a group of people who wanted to improve the local services and support for people with schizophrenia and their families. Many of our founding members are still active in the society today. Currently, BCSS Victoria is the largest branch of the BC Schizophrenia Society.

The branch operates programs and services for family members and those with schizophrenia, such as: family-run support groups, a reference library, respite care, peer support and a Memorial (bursaries) fund. The Victoria Branch of BCSS is supported by the United Way of Greater Victoria, private donations, fundraising activities, the Province of British Columbia and Island Health.

MISSION

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

We do this by:

- ✓ Providing support for both the person with schizophrenia and other serious mental illnesses and their family members;
- ✓ Providing education and information to the general public about the nature of schizophrenia;
- ✓ Improving services and legislation for persons with schizophrenia and their families;
- ✓ Promoting and collaborating with government and community partners;
- ✓ Providing support for research related to schizophrenia

WORKING PHILOSOPHY

We work from a recovery-oriented perspective with both family member caregivers/supporters and people with lived experience of mental illness.

2015-2016 BOARD OF DIRECTORS

Officers:

David Axon, President
Natasha Thambirajah, Vice President
Chris Gerow, Treasurer
Jordan Sandwith, Secretary

Cherry Lynn Brown
John Fear
Don Kattler
Kate Mansell
Don Monsour
Katelin Munro
Ian Taggart

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A MESSAGE FROM OUR PRESIDENT

The Board, staff and volunteers of BCSS Victoria should be commended for the huge work undertaken since last year's AGM. I am most grateful to all of them. This year's Board has been: Natasha Thambirajah (Vice President), Chris Gerow (Treasurer), Jordan Sandwith (Secretary), Cherry-Lynn Brown, Ian Taggart, Kate Mansell, Don Monsour, Katelin Munro, John Fear and Don Kattler. It has been a most productive and hard working board, and I am grateful to every one of them. This year will see a higher than usual number leave the board, as a result of some coming to the end of their terms and others for personal reasons. Whilst this will be a challenge to replace such excellent Board members, I am also excited by the possibility of new Board members bringing their skills and passion for mental health to our Board.

Paid staff, Paula Roumeliotis, Patty Milne, Kevin Pryer, Don Palmer, David Butler, and all our Peer Supporters and Respite worker, have also done much to further our work. In addition to the skills and expertise they bring to their respective roles, there is always a friendly welcome when coming into the building. This welcome and acceptance is so important when our clients and their families are seeking help; often in stressful circumstances.

Hazel Meredith, our CEO, continues to be an exemplar of best practice in ensuring we continue to advocate for our clients, and in providing recovery-oriented programs to people with lived experience and their families. She has worked extremely hard to collaborate and build productive relationships with Island Health and other community organisations.

We know we could not exist without the consistent help from our volunteers, and I would like to extend a heartfelt thank you for all they do. Many have supported us now for many years, and are the back bone of the organization.

The Board have worked hard to implement the first year of our strategic plan. We have begun work on a crucial new fundraising strategy that will support the organisation to grow and offer more services that we know our clients and their families will need in the years to come. The Board, with the help of staff, have taken an in-depth look at how we operate as an organization to ensure we are as efficient as we can be. The Board also took the difficult but timely decision to cease offering the Christmas Dinner event and Summer Picnic, to enable staff and volunteers to prioritise the Bungy Jump and Iris Luncheon fundraising events.

This past year has seen increased contact with our colleagues in the provincial office. Provincially, the BC Schizophrenia Society recently received a \$3M grant from the BC Ministry of Health. We anticipate further conversations with our provincial colleagues regarding potential new service developments across the Island as a result of this grant. It will definitely impact our organisation.

As always we are extremely grateful to those organisations that have donated to us, and with whom we have contracts, such as Island Health, the United Way of Greater Victoria, the Victoria Foundation, and the Province of British Columbia. We could also not do what we do without the support of generous individual donors, and we thank them for their belief in us.

David Axon





A MESSAGE FROM OUR EXECUTIVE DIRECTOR

This year started out with a big facelift for BCSS Victoria at our current location at 941 Kings Road. We were part of a huge project spearheaded by Paul Latour of HeroWork. While it entailed relocating for 3 weeks, we ended up with not only a more beautiful space but one that is much more functional. A huge shout out to Paul and his team. All the families, people with lived experience of mental health issues, staff and volunteers were thrilled to see the bright and modernized fresh space. The renewal created a sense of vigour and transformation that we see in all of our attendees at BCSS Victoria as we seek to provide hope for those trying to find a path through pain and struggle to hope and empowerment.

A young woman shared with us, "I want a life. I'm tired of feeling like I don't matter". She struggled with her mental illness and found a renewed sense of optimism through meeting with one of our peer supporters. Our organization maintains a sense of welcome, kindness and accessibility thanks to our dedicated staff and volunteers. We could not do that without our dedication to a recovery-oriented view. At BCSS Victoria, we work hard to ensure people with mental illnesses such as effects of early psychosis, schizophrenia, bipolar and major depression with or without substance use are helped. It saddens me that we have had to cut back on our peer support delivery as we struggle to sustain funding for this vital role as different strategic aims are being sought in our community. We are still reaching out for new sources to sustain our peer services despite the positive acclaims we see and hear.

A few years ago, we assisted a mother in her darkest time as she sought to help her son who was in the throes of his illness. He did not know who she was. We walked alongside her for the

journey and guided her advocacy. Today she visits to keep in touch as we have become like family to her. "Without you, I would have lost my son. He is here with me now and doing much better. I cry when I think about what could have happened". We maintain seeing over 100 families over the year for individual counselling, most in very complex circumstances. In addition, we ran three supports groups with a positive impact for the families seeking hope and help. I am pleased that our key funder for family support helps us maintain this vital service.

Overall, BCSS Victoria is about improving the lives for those with schizophrenia, psychosis and other related health concerns like bipolar disorder and major depression. Together, the people facing these illnesses are best served with a recovery oriented view. This helps combat stigma, provides a hope that things can improve. It is a philosophy that runs through our partnership program for community presentations, through over 3000 calls and drop ins, our peer program, public events, conference and peer services. Our services and outreach impacts over 4,000 people. In addition to all of the work we do, BCSS Victoria is active as a participant in the mental health and substance use community through committee work. It is an important year as our local region undertakes a mental health review and enhances its psychosocial rehabilitation (PSR) and recovery orientation.

I would like to thank each staff person and volunteer who ensure kindness, compassion and knowledge greet each person who connects with us. We could not provide our services without our funders and donors who make a true difference in our community - thank you. Together we bring hope and recovery to the people we serve.

Hazel Meredith



Hazel Meredith (right) and Paula Roumeliotis volunteering at the HeroWorks project.



PUTTING THE PIECES TOGETHER – FULFILLING OUR MISSION

On the inside cover we reported our mission - to improve the quality of life for those affected by schizophrenia, psychosis and related conditions through education, support programs, public policy, and research. In the following pages we will report on some of the ways that we do this.

PROGRAMS & SERVICES

Our programs are recovery oriented - we strongly believe that a person with a mental illness can have a meaningful and purposeful life. We offer programs to both individuals experiencing a mental illness and to family members or friends of people with mental illness. Programs are confidential and scheduled wherever possible to accommodate the needs of the participants. Most require no referrals and are free of charge with thanks to funders like Island Health, the United Way of Greater Victoria, the Province of BC, the Provincial Employees Community Service Fund, Victoria Foundation and donations and revenue from fundraising events.

The goal of recovery is... "to become the unique, awesome, never to be repeated human being that we are called to be... one of the most essential challenges that faces us is to ask who can I become and why should I say yes to life." – Patricia Deegan, PhD. "Recovery as a Journey of the Heart" (1996)

Peer Support

Peer Support is one-to-one mentoring through a shared experience of mental illness and recovery. The goal of peer support is to assist a person to discover ways to better manage their illness and enjoy life. Peer support offers...

- ✓ Role modeling of the recovery process by trained Peer Support Workers
- ✓ A one-to-one match for one hour a week for twelve weeks
- ✓ Help to set and achieve your goals by mobilizing your strengths
- ✓ Emphasis on self-care, stress management and a healthy lifestyle
- ✓ A personal connection of caring and support

Of the 40 participants surveyed, 43% rated their progress as fair to good and 41.8% rated their progress as excellent!

Family Peer Support

Family Peer Support offers one-to-one contact with someone who has supported a family member with a mental illness. A trained and knowledgeable worker can provide practical suggestions and ideas, hope, empathy and support, and information about mental illness and recovery. The emphasis is on self-care, stress management and personal awareness. Participants are matched with a Family Peer Support Worker who can meet with them up to 10 times, at a mutually agreed upon time and place, or by telephone.

Recovery and Hope Support Group

Meeting once a week, the Recovery and Hope Support Group is a small gathering of people in recovery from schizophrenia, bipolar disorder, psychosis and other mental health conditions (some participants are also recovering from substance use issues in addition to a mental illness) who provide hope and support through sharing stories and wellness strategies. The group is led by facilitators who are in recovery from their own mental illness.

Some comments from participants on why they like this group:

- ✓ Being in a room with people like me that I can relate to
- ✓ Everyone is open to tell about their issues so you can learn.
- ✓ Fellowship with friendship
- ✓ The support, love, caring & hope
- ✓ Welcoming and non judgmental
- ✓ You learn from others how to handle certain things from their illness





Strengthening Families Together

Strengthening Families Together is a 9 week education course offered at no charge twice a year (spring and fall) for families and friends of people with mental illness.

The curriculum focuses on three major psychiatric disorders (schizophrenia, bipolar disorder, psychosis, and major depression), emphasizing the treatment of these illnesses and teaching the knowledge and skills that family members and friends need to cope. The course is facilitated by trained facilitators. We have also had guest speakers from local mental health and substance use agencies have presented valuable information to the group.

Each educational module is a weekly 2 ½ hour session. The following topics are covered:

- | | |
|----------------------------------|--|
| 1. Introduction to the Program | 7. Living with Psychosis |
| 2. Facts About Psychosis | 8. Recovery |
| 3. Psychosis Courses & Treatment | 9. Understanding the Mental Health System & Advocacy |
| 4. Coping as a Family | 10. Program Wrap Up & Celebration |
| 5. Self Care | |
| 6. Communication | |

Family Counselling

The Family Counselling Program provides short term counselling for people with a family member with a mental illness. We assist families in gaining the knowledge, skills and resources to successfully manage the multiple and ongoing demands of supporting someone 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, accessing mental health resources and managing distressing behaviours.

"I'm very grateful for all the help and compassion shown to me and my husband and family by all BCSS staff. We are very fortunate to have this facility run by such knowledgeable staff."

Respite Program

Respite is a temporary, short term program designed to support the primary unpaid caregiver of someone with a serious mental illness who lives at home. It can provide periodic breaks from caregiving, alleviate stress in the home, give peace of mind in the knowledge that their ill family member is in a safe and supportive environment, provide the opportunity to feel independent again and share the burden of responsibility

This program is just as important for the person with mental illness as it can provide a break from his or her regular caregiver, alleviate isolation, provide planned outings such as walks, swimming, shopping, lunch, coffee and pursue personal interests. It gives people an an opportunity to feel independent and assists in developing life skills and to gain independence.

Support Groups for Family and Friends

We offer support groups free of charge for family and friends of people with a mental illness and no referral or registration is required. Groups available are the Family Support Group, Strategies and Support Group (Spousal Support), and the Early Psychosis Family Support Group.

"Your service provides a vital life line to coping with a mentally ill family member."

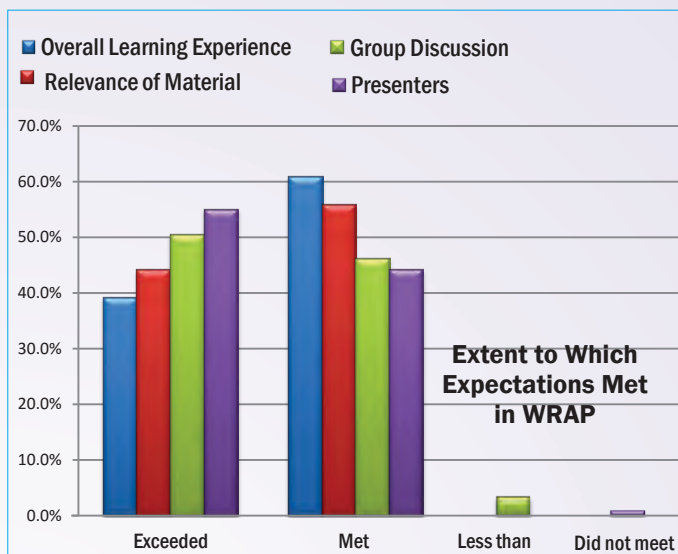


WRAP: Wellness Recovery Action Plan

WRAP® is an evidence-based internationally used self-management and recovery system developed by Mary Ellen Copeland aimed at incorporating wellness tools and strategies into lives. BCSS Victoria offers WRAP several times a year with weekly workshops of eight sessions led by two trained facilitators with lived experience.

WRAP is a safe, simple and easy way to construct an individualized plan for maintaining wellness, learning from lapses in wellness, and building upon that to stay balanced for long periods. WRAP is based on 5 key concepts – Hope, Personal Responsibility, Education, Self-Advocacy and Support. This program will help each individual develop their own wellness plan including a Daily Maintenance Plan, identifying individual triggers, early warning signs, signs of when things are breaking down and a crisis and post crisis plan.

With funding from the Victoria Foundation we were also able to offer WRAP for kids aged 8-12, who have a family member with a mental illness. WRAP® for Kids aims to enhance resiliency, support and knowledge about how to live a happy and healthy life. The course includes art, food and fun! The course runs for 8 weeks on Saturdays and includes lunch.



EDUCATION AND OUTREACH

An important part of our work is providing education and information to the general public about the nature of schizophrenia, other serious mental illnesses, recovery and stigma as well as collaborating with government and community partners.

Schizophrenia Conference

This island wide conference provides the latest information for clinicians, psychiatrists, general practitioners, service providers, family members and people with lived experience of mental illness. The conference sold out again this year with 232 people from all sectors. We received rave reviews about the speakers. Every year we feature three plenary speakers and host 8 afternoon concurrent workshops. In keeping with the theme plenary speaker Dr. Dawe spoke about recovery-oriented systems of care, such as that in his jurisdiction of Ontario Shores. He even shared some information about how they are moving towards an online access feature to accessing one's own health charts! Dr. Clare Beasley spoke about the latest in biological aspects of schizophrenia and the role of inflammation in schizophrenia. Dr. Steve Mathias spoke about the youth with whom he and his team work in Vancouver. He elaborated on the approach taken to enhance engagement with youth and how he works with this population with concurrent disorders (substance use and psychosis). He and his team work hard to ensure that relationship is formed strongly so that the youth can take the steps needed to work courageously on their recovery. Thank you to all the presenters who provided stimulating, hopeful and enriching workshops and thanks to all who worked together to make this conference such a huge success.

Public Forums

We held 4 public forums in 2015-16:

- June 30, 2015: COPE Forum - Optimizing Quality of Life for patients with Schizophrenia with expert mMedical panel Dr. Andrea Bardell, Dr. Bree Zehm and Lyndsay Rawluk.
- Sept 7, 2015: AGM Speakers Panel - David Butler RPN, BCSS Victoria Family Counsellor, Don Palmer MSW, RSW BCSS Victoria Peer Support Program Coordinator and Kelly Reid, Director of Mental Health and Substance Use, Island Health.
- November 20, 2015: Early Psychosis Intervention for Families Workshop with David Butler, Mental Health Nurse and BCSS Victoria Family Counsellor
- Feb 4, 2016: Advanced Planning for Families Affected by Mental Health Challenges presenters Fiona Hunter of Horne Coupar: Barristers and Solicitors and Shawn Strandberg of Collins Barrow: Chartered Professional Accountants



Library

The BCSS Victoria Resource Room has a collection of books and DVDs on mental illness and related subjects and is open from 9am to 4pm Monday to Friday. Materials are organized by subject, including:

- ✓ first person accounts
- ✓ help for families
- ✓ recovery
- ✓ legal issues
- ✓ self-help
- ✓ medications

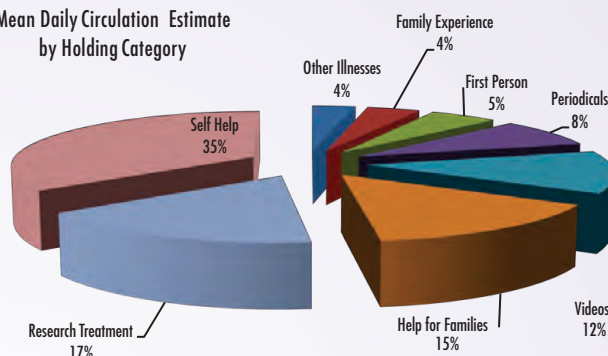
The Resource Room also has a collection of periodicals, journals, fact sheets, community resource information and reference materials. Items can be borrowed at no cost by BCSS Victoria members or by the public for a small fee.

There was an average of 34 items out on any given day.



John has been volunteering with us for over 5 years!

Mean Daily Circulation Estimate by Holding Category



Partnership Presentations

Partnership Presentations are a free, public education program sponsored by the BC Schizophrenia Society and teams consist of three trained presenters which may include: a person with a psychiatric diagnosis, a family member and a mental health professional. Partnership teams speak from different perspectives using the personal storytelling model. These presentations are a very effective educational tool evoking thoughtful audience response and participation. Questions are answered directly by people who have first-hand knowledge and experience, and addressed misconceptions about schizophrenia and other serious mental illness, stigma and recovery journeys.

In 2015/2016 22 presentations were made to 487 people. Presentations are made to groups throughout the community -- university and college classes, high schools, crisis line volunteers, home support workers, financial aid workers, lawyers and law students, church groups, community service clubs, transit drivers, ambulance drivers, local police and media.



Memorial Fund

The Memorial Fund was established in 1997 after a generous donation from Mary and Steven Coppinger in memory of their son Murray. The Fund provides bursaries up to an amount of \$300 to people with mental illness or their family members for education, physical fitness, recreational and artistic pursuits that will improve the quality of their lives.

Since 2003 the primary source of funds has been the annual Hans Fear Memorial Jazz Cafe which was organized by John Fear in memory of his son who passed away in 2001 at the age of 31 after a long struggle with mental illness. He was a talented artist whose life and work touched many people. But the last event was held in February 2014 and now we must begin to find additional sources of revenue to ensure that we can continue to offer these bursaries to help people.

You can donate to the Memorial Fund by clicking on the Donate Now link on the website or send us a cheque with the notation that it is designated to the Memorial Fund. In either case, you will receive a receipt for income tax purposes.


Funds are paid directly to the institution or supplier and not to the individual applicant. An application must be referred by a medical or mental health professional (e.g. case manager, family doctor, psychiatrist). Self-referrals are not considered.

In 2015/2016 we provided a number of bursaries and below are a few examples:

- ✓ We provided a gentleman with monies for an acting course at Screen Arts Studio. He seems definitely to have been motivated, and chalks the course up to have been a learning experience for him.
- ✓ Another individual received a bursary towards orthotics for her walking shoes. The orthotics had been prescribed by the University of Victoria campus G.P. The supported walking shoes have greatly improved her quality of life, as she is fearful of public transit and needs to go most places on foot. She is very grateful that BCSS Victoria helped her out.
- ✓ One lady applicant approached us with a great transcript from her studies of studying acupuncture and herbology at the Institute for Chinese Medicine (ICM). Partly relying on our funds, she has furthered her education, and now maintains an A+ grade point average.
- ✓ One gentleman purchased a computer with our indispensable assistance and has effectively used his purchased computer to track down job and accommodation opportunities. He is thrilled with its quality and likely long term usability.
- ✓ One man has thrilled his worker with his progress on the bicycle that he purchased with our help. At the present time he is continuing to ride with a staff person accompanying him to help him understand and learn traffic safety rules for riding, however, he has also taken it for a few small trips by himself, thus expanding his horizons.

NUMBERS SERVED

Note: these do not include telephone inquiries which number in the thousands.



FAMILY COUNSELLING	102
FAMILY SUPPORT GROUP	89
HOPE & RECOVERY	68
PEER SUPPORT	40
STRENGTHENING FAMILIES TOGETHER	22
WRAP	26
MEMORIAL FUND	7
	354
SCHIZOPHRENIA CONFERENCE	232
PARTNERSHIP PRESENTATIONS	487
TELEPHONE CALLS	2,786
DROP-IN VISITS	276
	3,781
TOTAL	4,135



EVENTS

In addition to partnership presentations, public forums, workshops and conferences, BCSS Victoria holds fundraising events, the revenue from which provide critical support to our programs and services.

Naked Bungy Jump

The 10th annual Naked Bungy Jump was a great success and raised over \$40,000 to help support our programs and services. With over 250 people attending, wonderful volunteers, perfect weather and of course hot dogs and smores, we couldn't have had a better time! Many thanks to everyone who contributed towards making this event a successful one especially to all the folks at WildPlay Elements Park in Nanaimo.

From Stefani Lekei, Bungy Jumper

"I stood on the platform in only my sparkly purple toenail polish; looking down at the friends and family cheering me on. They looked like the size of ants, but their hearts were humongous with love and support. A carabeener held a single cord around my towel-wrapped ankles, while spectators and a news camera surrounded me and my full, (emotional and physical) nudity. This was part of my "brave" story... and Ty's story... our story. I'm not sure what made my experience stand out from any other, but as I started talking, remarkably, people listened - and shared, and cared. In this small moment I witnessed so much love, and it confirmed something I knew: where there is love, there is life. That is what is keeping Ty alive. That is what gave me the support and openness and push to get help for myself. And here it was again, to propel me off this 150-foot platform. I laid things bare and took a leap; and now love is opening doors I never imagined possible. It is creating opportunities to keep talking and keep living active and healthy. I thank those who offer their support to me and my ridiculous and wonderful brother - every open ear and kind word. Anyone can be a loving companion, a considerate son, solid friend, kind cousin, warm grandson, a gentle heart, or a kind soul."



2015 Christmas Dinner and Dance

This year over 180 people attended the 31st Annual BCSS Victoria Christmas dinner and dance and a good time was had by all! Many thanks to chef Steven Walker Duncan who, with the help of Albert Van Citters and others, prepared a full turkey and ham dinner that was absolutely delicious! The music put on by three bands from the Friends of Music was fantastic and helped everyone to get in the Christmas spirit and there was dancing with spot dance prizes after the dinner. We are very grateful to everyone who donated and volunteered their time to help to make the dinner an enjoyable evening for all!



Iris Luncheon - Presented by Investors Group

Our 4th Annual Iris Luncheon on May 22nd at the Union Club was a great success again this year! The total amount of money that was raised was just under \$39,000 with a special gift from an event guest - \$25,000! As we were anticipating a budgetary shortfall this was a very welcome donation! The venue looked lovely with all of the tables adorned with beautiful flower arrangements of irises and the lunch was delicious. There were 116 people at the event and there were fabulous prizes for the silent auction.

Andrew Johnson from CTV was our emcee again and he did a fabulous job. The first speaker was Paula Roumeliotis, our Administrative Coordinator, who shared her experiences around living with mental illness and her recovery journey as well as the importance of peer support and recovery focussed treatment. We were also honoured to have our Mayor Lisa Helps as our keynote speaker who spoke about the importance of coming together as a community to help those who live with mental illness as well as her own personal experiences of supporting a friend with mental illness.

Words cannot express how instrumental the revenue from events are in helping people with lived experience find some hope and support they need, when they need it most!



HeroWork Renovation

A significant event for BCSS Victoria was the renovation done to our office/program space at 941 Kings Rd. This was mentioned in Hazel Meredith's report but we wanted to bring a little more attention to this amazing transformation.



HeroWork is led by the kind and energetic visionary, Paul Latour, Founder and Executive Director of HeroWork. He is dedicated to community building in the spirit of a modern day "barn raising". His vision is to help bring new life to the community based non-profits who are unable to prioritize building upgrades when limited funds are available and service delivery takes priority.

Hazel and her colleagues had the opportunity to work beside many of the professional and lay person volunteers to witness the kind, generous and selfless dedicated work that transformed the much loved but worn out office space. Not only is the building now up to fire code, it is GORGEOUS!

BCSS Victoria helps hundreds of people per year, often at the darkest points in their lives - as family caregivers and as people with serious mental health issues such as schizophrenia, bipolar, and major depression or youth dealing with early psychosis. We provide in-house support and respond to thousands of phone, drop ins and email contacts per year. One of the biggest things people need when they come to BCSS Victoria is to seek a sense of hope to keep going on in their journey. The newly updated space offers a boost to the spirit of all those who attend and work at 941 Kings. And HeroWork made this journey lighter for all those seeking hope and help. The modern day barn-raising lifted drywall, tools AND SPIRIT!!

Here are some of the comments we have heard:

Core Office Volunteers:

"BCSS Victoria now reflects the openness and genuine warmth of the staff. Clients have thanked us over the weeks since we moved back for providing a safe warm and bright space where they can be themselves. It is a joy to be part of that. Thank you so much!"

Clients

"WOW!" (a comment we heard countless times!)

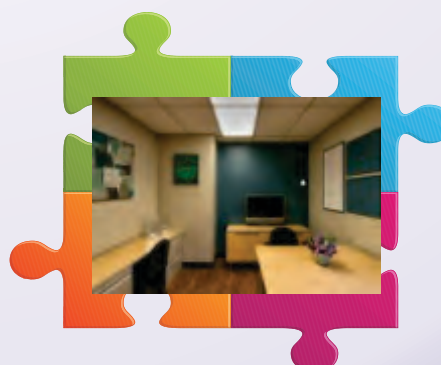
"I feel like I matter."

"The community did this for us? It makes me feel cared about."

"People really do care!"

From the bottom of our hearts, thank you so much for the tangible difference you have made to our place of HOPE. We could not have done this without you and your incredible team.

Please take the time to visit www.HeroWork.com to view the many contributing businesses, volunteers and to witness the transformation on video clips. A special thank you goes to Paul LaTour, Kent McFadyen, Pete Smither, Cheryl Rowley, Neville Gregg of Agenda Furniture and Andrew Sheret for the temporary space to allow us to operate during the radical renovation. All of the contractors and lay people generously volunteered their time for this project and raised funds for the supplies, although many supplies were generously donated.





OUR FINANCIAL PICTURE

Summary - Statement of Revenues and Expenses and Changes in Net Assets (unaudited)

For the year ended March 31, 2016

(Operating, Memorial & Program Funds consolidated)

	2016	2015
Revenues:		
Family & Consumer Support		
Program contract fees	\$ 52,314	\$ 51,796
Family Counselling		
Program contract fees	42,461	42,041
Special event fundraisers/other	91,978	40,472
Community gaming grant	46,600	46,600
United Way	28,057	51,806
Donations	48,323	34,943
Victoria Foundation Endowment Fund	4,430	4,310
Annual Schizophrenia Conference	23,942	37,216
Membership dues	1,650	2,374
Total Revenues	339,755	311,558
Expenses:		
Amortization	4,042	3,509
Christmas Dinner and Family Picnic	1,137	1,167
Victoria Branch Endowment Fund Donations	-	684
Education (library/conferences and travel)	765	2,932
Insurance	2,174	2,174
Memorial Fund - Support	2,111	6,016
Office	7,541	7,892
Professional fees	4,613	4,613
Projects	119,243	122,528
Rental	27,142	22,023
Support meeting expenses	3,838	5,449
Wages and benefits	112,514	127,092
Total Expenses	285,120	306,079
Net excess of revenues over expenses	54,635	5,479
Net assets, beginning of year	62,308	56,829
Net assets, end of year	\$ 116,943	\$ 62,308
The net assets, end of year consists of:		
Operating reserve	\$ 82,381	\$ 26,032
Invested in capital assets	2,110	5,174
Vancouver Island Health Authority	25,776	25,048
Memorial Fund	6,676	6,054
	\$ 116,943	\$ 62,308

Note:

This Summary - Statement of Revenues and Expenses and Changes in Net Assets for the year ended March 31, 2016 has been extracted from the reviewed financial statements. The reviewed financial statements of the Society can be viewed at the BCSS, Victoria office.



WITHOUT YOU...

Our Board, Executive Director and staff could not fulfill the BCSS - Victoria's mission without the support of funders, donors and volunteers. We are indebted to all of the organizations, businesses and individuals who believe in our work - through contracts, grants, donations and revenue from events their support translates into the successful operations of our programs and services. Thank you!

We have endeavoured to make this list as complete and accurate as possible and apologize for any errors or omissions.

Government, Foundations, Organizations and Business Funders

Province of British Columbia
Island Health

BC Transit
Campbell Construction Ltd.

Provincial Employees
Community Services Fund
Allen & Loreen Vandekerckhove Family Foundation
United Way of Greater Victoria

General

Michele Butot
Shirley Chambers
Pamela Dinn
Mary Eady
Jean Forrest
Donna Francis
Murray & Andree Galbraith
Beverley Gartaganis
John Lang & Terry Germanson
Cindy Gibson
Peggy Glegg
John Gray
Lamar Grube

David Helm
Grant & Annie Jones
Augusto Juorio
Michael Keating
Judith Keith-Murray
Min-Ya Lee
Dana Lewis
Kate Mansell
Mona McGill
Maureen Mellott
Hazel Meredith
Patty Milne
Wendy Mishkin

Sheila Mooney
Margaret Morrison
Darlene Oudot
John Owens Moore
Don Palmer
Marilyn Park
Lynn Pattison
Lawrence Pazder
Yvonne Peirce
Kathleen Pickles
Lynda Pope
Jennie & Karl Preuss
Anne Marie Ribeyre

Devon Ross
Gordon Rowland
Debora Seidman
Norma Steele
Rita Sullivan
Mary Ann Tuller
Marianne Webb
Lynda Westra
Elaine Willis
In Memory of Sylvia Forrest
Donor Directed Gifts
- United Way

Memorial Fund

Elk Lake Garden Centre Ltd.
Joan Appleton
Marilyn Beckett
Joan Bell
CM Downey

Murray & Andree Galbraith
Marvin Goertz
Josephine Jones
Gwen Langford
P.D. Lawson

Jean McAuley
Mona McGill
Blane & Joan McIntosh
Edith Moore
June Pryer

Mark Salton
Barbara Tabata
Michael Thomas
Valerie Warnock

Events

Iris Lunch Sponsors/Donors
Investors Group Downtown
JonesCo Real Estate
O'Bara & Company
Poppies
The Medicine Shoppe
James Foundation
George Laforme
Sandra Lee
Derry McDonell

Stages Wine Bar
The Keg
Victoria Royals

Picnic
Dollarama
Hot House Pizza
Monk Office Supplies
Thrifty Foods
Murray & Andree Galbraith
F. Joy McBride
Blane & Joan McIntosh
Patty Milne
Peter & Eileen Schieldrop

Christmas Dinner & Dance
Adapta Software Inc.
Betty Flowers
Chaucer Workshop
Pedersen's Event Rentals
Arlene Murrell
Joan Appleton
Janet Bassal
Joan Bell
Shirley Chambers
Charlotte Dickson
Mary Eady
Sherrill Eyres

Murray & Andree Galbraith
Marion Gibson
John Gray
Patricia Gubbels
Effy Korkoras
Kate Mansell
Blane & Joan McIntosh
D. Cameron Millar
Patty Milne
Bonnie North
John Owens Moore
Yvonne Peirce
June Pryer
Lynn Rowland
Peter & Eileen Schieldrop
Diane Symes
Don & Hazel Tufford

Bungy Jump
WildPlay Element Parks
91.7 Coast FM
Best Western
Coast Bastion Hotel
Electric Edge Systems
Intraworks IT Management
Maximum Impact
Serious Coffee
Thrifty Foods

Used.ca
Wilson's Transport
Grayross Foundation
held at Vancouver Foundation
Anonymous (52)
Abigail Agyei-Gyamara
Robert & Doreen Alton
Michael Anderson
Sam Anderson
Gail Appleyard
Mary-Ann Appleyard
David Axon
Andhra Azevedo
Dominique Beaucage
Joan Bell
C & C Bennington
Donna Bennington
Edward Bennington
Thomas Borscheck
Sandra Bowden
Hayley Bowman
Meghan Bunka
Gillian Calder
Kevin Cattell
Sarah Chambers
Gayle Chapman
Karen Clarke
Susan Coleman



Events continued

Neil Colliar
James Craig
Kenneth R. Creaser
Rolande Daly
Helena Danyluk
Emma De Vynck
Gerrit De Vynck
Willem De Vynck
Peter Devolder
Mona Dhaul
Charlotte Dickson
Joanne Dovichak
Margo Dunnet
Corinne Dunphy
Miriam Engelke
Sherrill Eyres
John Falls
Catherine Fell
Alexa Ferguson
Gail Foreman
Jean Forrest
Gordon Frowen
Kellie Gallivan
Alex Grant
Cecily Grant
Janessa Grypma
Jane Guy
Aileen Hewitt
Brian Higgins
Kyle Hobbs
Amanda Horrett
Robert Horspool
Linda Hutchinson
Wendy Isdahl
Heidi Jacobson
Colleen Jensen
Per Jensen
Susan Johnston
Andy Jones

Cameron Jones
Susan Kangasniemi
Pat Kelley
Patricia Kidd
Otilija Klimaite
George Laforme
Kent Laforme
Candace Lester
Jillian Linde
Elizabeth Lutz
Kim Mahe
Grant Marven
Morgan Mavis
Lucy McFayden
Blane & Joan McIntosh
Rae-Ann McKay
Benji Miles
Alan Miller
Sharon Miller
Patty Milne
Wendy Mishkin
Alixander Morris
Sharon Moulson
Marie Mullins
Leah Nega
Adam Noonan
Jennifer Norman
Daniel Pagan
Alan Pang
George Paseznak
Michael Patterson
G. Pawliuk
Ronald Polstein
Jan Poulin
June Pryer
Kevin Pryer
Sam Rambaugh
Carlee Reardon
Len Reid

Lauren Riva
Judy Roper
Deanna Ross
Paula Roumeliotis
Lynn Rowland
Mary Sanseverino
Michael Sawicz
Arden Schiller
Ruth & Dick Schippers
Swati Scott
Iman Sheriff
Stephanie Slater
Patrick Soltysiak
Wei Song
Xiaoyu Song
Louise Sowerby
Patti Stockton
Jessica Stronghill
Nicole Sutherland
Marian Taudin-Chabot
Nicole Thompson
Kaitlyn Tourangeau
Rachelle Trenholme
Agnieszka Van Veen
Henry Verschuur
Helen Wale
Janice Wallace
Susan Wallace
Luke Warkentin
Phyllis Williams
Richard Williams
Glen Willows
Jessica Wilson
Dale Wolowicz
Michelle Wright
Michael Zastre



VOLUNTEERS, PRACTICUM STUDENTS & STAFF

Practicum Students

Katherine Wyne (Practical Nursing)
Emma De Vynck (Social Work - Uvic)
Rebecca Biffard (Social Work - VIU)
Andrew Reid (Stenberg College)
Marion Gibson (IMHA program - Camosun)

Events

Iris Lunch

Barbara Sutherland, Chair
Paul DeGagne
Chris Gerow
Dilon Harms
Michael Hemmings
Patty Milne
Jeff Smith
MaryJane Tiller

Picnic

Blane McIntosh
Joan Appleton
Joan Bell
Chris Caleb
Charles Crossland
Joan McIntosh
John Pang
June Pryer
Stephanie Ringwood
Eileen Schieldrop
Peter Schieldrop

Christmas Dinner & Dance

Joan Appleton
Bill Bassa
Janet Bassa
Joan Bell
Caroline Brooks
John Burke
Chris Caleb
Charles Crossland
Randi Dawson
Sherrill Eyres
Kim Ferko
Murray Galbraith
Andree Galbraith
Marion Gibson
Jocelyn Gile
Jenna Grant
John Gray
Heather Keel
Kent Laforme
Tammy Laforme
Corey Maruca
Joan McIntosh
Lorna McRae
Patty Milne
John Pang
Erika Pryer
Trevor Pryer
Jason Richardson
Gordon Rowland
Lynn Rowland
Bruce Saunders
Eileen Schieldrop
Peter Schieldrop
Kory Smith
Barbara Tabata
Sus Tabata

Annuska Van der Pol
Lorna Villiamy
Luke Villiamy
Germaine Williamson
Wendy Wingerter
Kathrine Wyne

Bungy Jump

Jessi
Joan Appleton
David Axon
Kees Bastiaans
Dianne Bastiaans
Gerry Beisbrech
Rebecca Biffard
Mark Clarkson
Emma De Vynck
Jenna Grant
Michaela Iacob
John Lamont
Stefanie Lekei
Hazel Meredith
Lindsay Michelle
Katie Munro
Kevin Pryer
Paula Roumeliotis
Bruce Saunders
Anoop Sohi
Louise Sowerby
Dusty Spiller
Kayle Spiller
Kara Udell
Matt Stewart

Office/Resource Centre

Joan Bell
Andrea Bennington
Kim Brousseau
Kevin Campbell
Jean Forrest
Terry Germanson
Paul Grogan
Tyler Hall
Joanne Hamilton
John Lamont
Joan McIntosh
Patty Milne
John Mitchell
Michael Patterson

Program Support

Joan Bell
Kim Brousseau
Kevin Campbell
Andree Galbraith
Joan McIntosh
Michael Patterson
Devorah Stone
Anuska Van der Pol
Germaine Williamson

Partnership Presenters

Charles Crossland
John Burke
Kevin Campbell
Lynn Collett
Murray Galbraith
John Lamont
Hazel Meredith
Paula Roumeliotis
Ian Taggart

STAFF

Hazel Meredith, Executive Director
Paula Roumeliotis, Administrative Coordinator
Patty Milne, Administrative Coordinator
Kevin Pryer, Accountant
David Butler, Family Counsellor
Wendy Mishkin, Consultant
Michaela Iacob, Respite/Outreach Worker
Don Palmer, Peer Support Coordinator

Peer Supporters

John Burke
Chris Caleb
Charles Crossland
Kent Laforme
Patty Milne
Elena Ovetchkina
Louise Sowerby
Wes Stolph
Junie Swadron

WRAP Facilitators

Lynne Collette
Shawna Gottschalk -
(also Youth Lead)
Lynne Collette

Emma De Vynck, a practicum student from the University of Victoria Faculty of Social Work speaks about her experience with BCSS Victoria:

During my time as a social work practicum student at BCSS, I was welcomed with open arms by a warm community of people passionate about mental health. I had the opportunity to attend support groups, educational presentations, community meetings, and agency events, such as the Naked Bungy fundraiser! I have engaged in media, promotions, community engagement, administrative support tasks, business process mapping, group facilitation, advocacy, and many more edifying activities. All of these experiences have enriched my understanding of the mental health service field, while nourishing my own passion and interest in mental wellness. BCSS has offered me ample opportunities to further my professional and personal capacities as a prospective social worker. But most profound throughout this practicum has been the relationships I've built with the inspiring and supportive people at BCSS. Being a part of this culture has nurtured my soul and has encouraged me to embody these qualities in my daily life. And being immersed in the recovery orientation has affected how I view mental health and all those affected by mental illness. I will carry this influence into my career!



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