



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

helping families find hope

2020–2021
ANNUAL REPORT





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

As we continue to face the ongoing challenges presented by the pandemic, we want to take a moment to thank our many members, volunteers, staff, donors and sponsors for their support of British Columbia Schizophrenia Society (BCSS). Because of you, families affected by schizophrenia and other serious mental illnesses continue to receive education and support.

You have let your community leaders, government officials, and us know that BCSS has made a difference in your life and in the lives of your loved ones. Your active engagement and dedication have helped us reach and connect with hundreds of new families over this past year, while continuing to provide support and programs online, over the phone, and in person when possible. Thank you!

In 2020/21, BCSS spent much of the year adjusting to the global pandemic – building new online resources, helping people gain access to our programs and services virtually, and responding to families as they faced additional anxiety and fear.

Thanks to the generosity of the provincial government, donors, corporate sponsors, stakeholders, and volunteers, we have been able to sustain and adapt our programs and services to help people throughout BC.

Some key highlights of this past year include:

- The BC Ministry of Mental Health and Addictions provided funding for the “Caring For You” video series for children. These videos were created by the Kids and Teens in Control program team and highlight self-care strategies which were especially important in helping children cope during the isolation and stress from the global pandemic.
- BCSS adjusted its programs to offer family support groups and Strengthening Families Together virtually, reaching families in communities across BC.
- 851 new families reached out to get connected with BCSS Regional Educators seeking information and support. With approximately 40% new families reaching out



compared to the previous year.

- With support from the BC Partners in Mental Health and Substance Use, BCSS launched the first season of “*Look Again: Mental Illness Re-Examined*,” a podcast helping people reframe their understanding of schizophrenia and the stigma surrounding serious mental illness.

With many events going virtual over the last year, community events, such as the Scotiabank Vancouver Charity Challenge, followed suit and increased awareness of schizophrenia in local communities while inspiring donations. Thank you to the amazing volunteers who organized these events, as well as the many sponsors and participants.

Through the generosity of donors, the BC Schizophrenia Society Foundation supports BCSS programs, education and services, as well as innovative research that brings hope for a better, brighter future for those affected by schizophrenia.

Under the continued leadership of our CEO, Faydra Aldridge, BCSS will continue to support BC families affected by schizophrenia, increase awareness of the impacts of severe and persistent mental illness, and provide people with a “*reason to hope... the means to cope.*”



DAVID HALIKOWSKI
PRESIDENT, BCSS



RENATO ZANE
CHAIR, BCSS FOUNDATION



The Impact of COVID-19

In 2020/21, BCSS quickly adapted to meet the challenges presented by a global pandemic. BCSS Regional Teams worked tirelessly to move key BCSS Programs and Services, such as Family Support Groups and Strengthening Families Together courses, and Kids & Teens in Control programming online.

Families supporting loved ones living with schizophrenia and serious mental illness have faced more stressors than ever before. Reaching out to express increased anxiety, stress, and isolation. Some revealed their worries and confusion about how to access local mental health services and resources; and others shared concerns about how restrictions are affecting their loved ones. And through it all, BCSS was there.

With the implementation of new tools and strategies, BCSS is ready to meet the challenges ahead.

“Going into five months of the pandemic it seems that we are finding new ways to work, support, and care for each other. The stress on people is enormous. What little we are able to do is much appreciated. The families that we work with are so grateful about the ability to meet virtually. However, there was a need to get back to face to face meetings and our Vancouver Team made it happen.

Families were happy to bring their own chairs, blankets and drinks to a park. Where we talked about how difficult it has been and how we are managing with daily life. To be able to see each other in person brought back some sense of normalcy into our lives.

It is a pleasure to be a part of adapting how we provide support and advocacy, to be part of an organization that allows for this out-of-the-box thinking and action.”

VANCOUVER REGIONAL TEAM



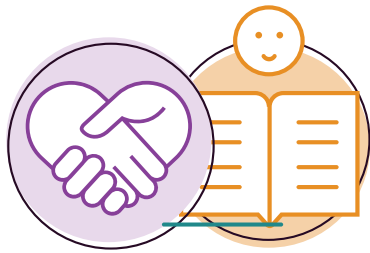
60,467

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



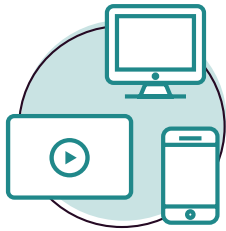
851

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



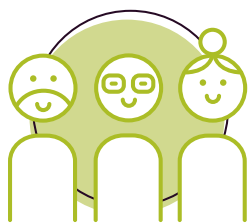
1,186

People received psychosocial education and support through Family Support Groups, Strengthening Families Together courses, and Kids & Teens in Control Programs



129,886

People visited the BCSS website looking for information and resources



225

Approximate number of volunteers contributing nearly 1,000 hours towards helping families find “a reason to hope, the means to cope”

Stories from Families

Here are some excerpts from the many heartfelt letters received from family members about the BCSS Programs and Services that have helped them support their loved ones with severe and persistent mental illness.

“Finding the BCSS’ Family Support Group was a huge relief and made me feel so much less alone. It can feel incredibly scary and isolating, especially in times of crisis where you don’t always know the best way to respond or support your loved one. Being able to meet with others experiencing similar challenges has been really comforting and informative.”

LIA, FAMILY MEMBER (NEW WESTMINSTER, BC)

“I personally have benefitted so much from this organization. As far as I know, this is the only organization in Kamloops that has a support group for family members and loved ones who are connected to someone with a mental health issue. When I was given Rosanne’s phone number and mustered up the courage to call her, my life took an immediate turn for the better. Rosanne was so welcoming, so understanding, so knowledgeable, and so non-judgemental that I experienced an immediate reduction in my own stress levels and felt I’d found someone that I could talk to that could understand the struggles I was facing with my adult son. That was only back in June, 2020. Since that time I have attended their monthly support group meetings – both in person, and through zoom, and have taken the 8-week Zoom and Learn course also offered through their organization. No matter how bad things get, I know I’m literally only a call away from Rosanne, or less than a month away from a support group meeting where I can express my fears, frustrations and even small victories amongst a supportive and like-minded group.”

SHELLEY, FAMILY MEMBER (KAMLOOPS, BC)



Mental Health Literacy

Over the last year, BCSS created a number of virtual resources to help people across BC increase their understanding of schizophrenia, its impacts, and build resiliency.

“Caring for You” Video Series

As families faced increased anxiety and uncertainty, a video series called “Caring for You” was developed to help children learn how to take care of themselves. They learn about the feelings they are experiencing and healthy ways to express those feelings, how to cope with strong feelings, and ways to build resilience.

Each video highlights a different strategy or idea that is part of our *Kids in Control Program*. Families are encouraged to review these videos with the children in their lives.

Learn more at www.bcsc.org/kidsincontrol

“Look Again: Mental Illness Re-Examined”

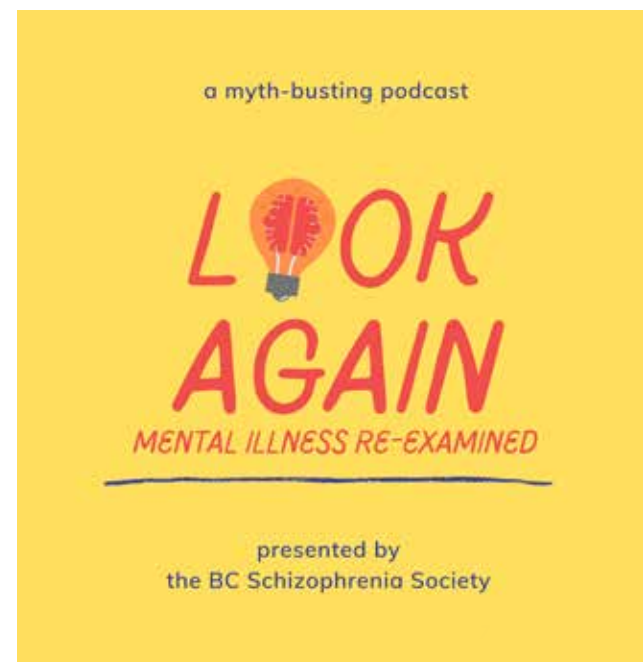
BCSS launched a brand new podcast about serious mental illness. With support from the BC Partners in Mental Health and Substance Use, this podcast brings real conversations with real people – medical experts, researchers, family members, and people with lived experience. By taking a close look at symptoms, diagnosis, treatment, research, and stigma, this podcast will help families affected by schizophrenia build resilience through knowledge and hope.

Learn more at www.bcsc.org/lookagain



3,880

Video views for Kids in Control's “Caring for You” Video Series





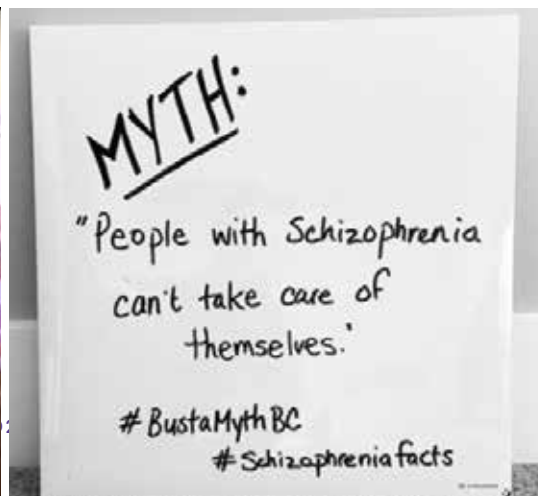
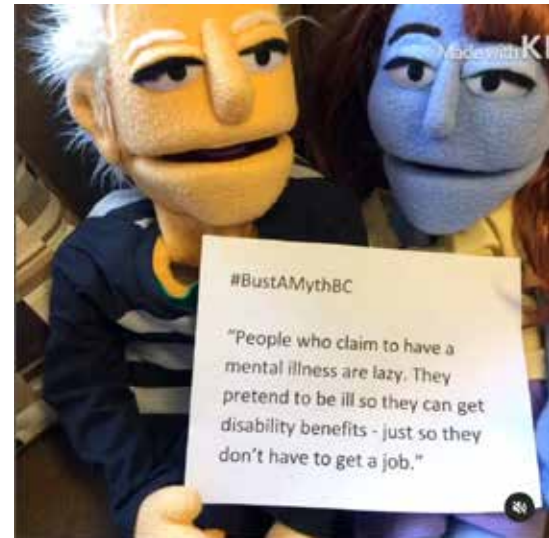
Bust a Myth Campaign

Schizophrenia is a serious mental illness that is cloaked in myths and stereotypes. Some people still believe that one can catch it by shaking a person's hand or that it is the same as multiple personality disorder. Others still believe that schizophrenia is as a result of poor parenting or that it is a choice.

So, to mark World Schizophrenia and Psychosis Awareness Day in 2020, we did something a little different... instead of hosting an event, we held an online campaign over the course of a few weeks to encourage people to share their favourite #schizophreniafact.

Staff, volunteers, family members, and people living with schizophrenia from around the world came together to help "bust" the myths and stereotypes that still exist around schizophrenia and serious mental illness

Follow along at www.instagram.com/bcschizophrenia



Schizophrenia in the Time of COVID-19

In the fall of 2020, BCSS hosted Dr. Diane McIntosh and Dr. Randall White for an online education event to help people better understand the implications and impacts of the pandemic on families and individuals living with schizophrenia.

Learn more at www.bcss.org/schizophrenia-in-the-time-of-covid-19-a-recap/

Schizophrenia: The Past, Future, and Options for Recovery

Last December, Dr. Fidel Vila-Rodriguez joined BCSS to provide a special presentation on the history and development of schizophrenia treatments. Afterwards, he engaged in a lively questions and answer session with the audience.

“Q: How far away are we from a cure for schizophrenia?”

That’s an excellent question. On one hand, it’s uncertain. On the other hand, we’ve made a lot of progress in decreasing mortality rates. Investing in clinical research is a way to achieve not only excellence in current clinical treatments, but to develop treatments that push forward and advance better outcomes in schizophrenia. It’s extremely important to continue that research.

I don’t know when we’ll have a cure for schizophrenia, but I know we’re definitely closer now than we ever have been before.”

Learn more at www.bcss.org/ask-a-researcher-with-dr-fidel-vila-rodriguez/



These virtual presentations would not have been possible without the support and generosity of the Otsuka-Lundbeck Alliance.

Many thanks to our presenters, Dr. Diane McIntosh, Dr. Randall White, and Dr. Fidel Vila-Rodriguez for their willingness to share their expertise and answer our questions.

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



BCSS Foundation Research Awards

A total of \$75,000 was awarded for established research projects in BC

In November 2020, the BC Schizophrenia Society Foundation (BCSS Foundation) held a competition to provide gap-funding for ongoing and existing projects in research.

“We are extremely excited to have helped ensure that these three researchers are able to continue their efforts to advance our understanding of schizophrenia,” says Renato Zane, the volunteer Chair of the BCSS Foundation. “These research projects touch upon different aspects of the disease. We cannot wait to learn how the results will improve the lives of those affected by schizophrenia!”

Congratulations to the following Principal Investigators, their research teams, and research partners.

- Prof. Donna Lang
- Dr. Todd Woodward
- Dr. Robert Stowe and Clinical Assoc. Prof. Prescilla Carrion

This competition would not have been possible without generous contributions from the Foundation’s valued and loyal donors.

Read more at www.bcssfoundation.org/research/



To stay up to date on what is current at the BCSS Foundation, visit www.bcssfoundation.org and sign-up for our newsletter.



A Message from Kim Dixon

Mile Marker 66: A few words from Kim on the eve of her retirement

As I reach mile marker 66 and begin to consider the next turn off in my life's journey, a look in the rear view mirror reveals almost twenty-four years of travel with the FAMILIES of BCSS. In the beginning when I was lost I really needed a map – no GPS in those early days to help me find my way.

After two decades of looking for signs to guide us towards “Family Support & Involvement Best Practice” the FAMILIES of BCSS has now drawn their own map found in the 2020 MHCC “Engaging [Family] Caregivers in Mental Health & Addictions in Canada: Promising Practices Guide.” FAMILIES Peer Specialists is the only example of a program that engages family caregivers throughout their entire journey of adaptation to the trauma of mental illness. With safe and effective family peer support families can successfully move into action and advocacy and come full circle in supporting other family members that follow.

Today I am finishing another leg of my journey with the FAMILIES of BCSS with the completion of both a 2020 Family Peer Supporter Training Guide (participant's manual) and a 2021 Family Peer Support Mentor Resource Guide (facilitators manual) to support training for those who are ready to take over the wheel in driving “Family Support & Involvement Best Practice” forward. And, watch for the 2022 “Guidelines for the Practice of Family Peer Support®” virtual training coming soon for anyone with a ‘personal caring connection’ to another individual living with serious mental illness.

I am filled with gratitude for the possibilities that BCSS has brought into my life. NOW is a good time to be working with BCSS – and I trust that together you will create a future filled with possibilities. “Don't compromise yourself for the sake of temporal grooveyness.” John Fluevog



Kim Dixon is the BCSS Regional Manager for the Northern Interior Region. She has been a part of BCSS for more than twenty years.

Kim has provided outstanding education and support to the families in her region, helping them feel heard and a lot less alone.

Kim's last day as a Manager with BCSS will be November 30, 2021. Kim's full story is available at www.bcscs.org.

Thank you, Kim. We are all the richer for having had the opportunity to work with you.

Donors

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

Our many thanks to all donors who have requested anonymity. Every effort has been made to ensure that each donor is properly recognized for donations in the fiscal year April 1, 2020 to March 31, 2021.

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

GLORIA STEINEM

Monthly donors

Monthly donors share a deep commitment in giving families “a reason to hope... the means to cope.” By giving a convenient, affordable and ongoing contribution, their donations ensure that consistent resources are available to support programs, services and research that transform and save lives. Consider becoming a monthly donor today! Sometimes the difference you make is life itself.

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

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Jane Duval
Kerry Dyer
Thomas Evans
Connie R. Fleuter
Barbara Forster-Rickard

Richard & Trinie Gee
Tracy Georgelin
Claude & Vera Gervais
Marilyn & Vernon Giesbrecht
Mary Ann Goerzen
Arthur & Merry Gooding
John E. Gray
Patricia Green
David & Ann Halikowski
Inger & Randi Hansen
Michael Helmer & Anh Thu Nguyen
Dale & Louinna Hoffman
Sally Hull
Iris Hunter
Pat & Graham Jones
Penny Jones
Bejay Kenney
Joseph Kim
Ronald & Gloria Kinley
Marilyn Lacate
Bronwyn Lange
Matthew Langlois
Catherine Larnon-Trout

Joanne Leung
Angelica Lim
Margaret Lima
Judy Lindsay
Eric Loo
Keith MacInnes
Chris & Maggie Matthiesen
Stuart McIntosh
Sepiah M. McSpadden
Anne Miles
Margaret Mullin
Joan Nazif
Barbara Neelands
Fran Obedzinski
Gerhart Pahl
Susan J. Pahl
Frank & Irene Pan
Geraldine Parry
Charlotte Passmore
Moira Perrins
Susannah Peter
Madeline Peterson
Donna Pyrch

Joe & Glenda Racanelli
Guelda Redman & Mark Heimburger
Roger Ryves
Edith Shafer
Julie Skippon
Doreen Smith
Barbara Smith
Faye Smith
Angela Spencer
George Press & Theresa Stolk
Maxwell Sucharov & Rebecca Toolan
Felix Thijssen
Nicholas C. Thornton
Elizabeth Tovey
Leng Uden
Lorna Vulliamy
Katie Wesenberg
Elizabeth Williamson
Paul & Filomena Wiltse
David & Lin Wryghte
Cynthia Yen

In loving memory

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

Joyce Acheson
Robert Bradley Adams
Ross Allan
Robert Henry Ashberry
Johnathan Carl August
Brisbin Edward James Baker
Gurmit Singh Buttar
Norma Calder
Jean Margaret Campbell
Yeo Beng Chiang
Assunta Susie Colistro
David Allen Colvin
Terje Cormier
Lucy Croockewit
Barbara Dawe
Barnaby Dolman
Brendan Patrick Donnelly
Curtis MacDonald Duval
Graeme Phillip Erdman
Sharon Evans
Jean Fahrni
Siu Chun Fong
Dustin Lloyd Franks
Lee King Gee
Peter Van Gee
Ann Goard

Nicholas George Grundy
Shawn David Halikowski
Erik Hansen
Larry Harty
Yuri Helmer
Terrance James Isbister
Mary Jenkins
Ong Seng Kok
Kelly William James Korchinsky
Jim Krish
Poon Keung Peter Lau
Fredrick Michael Law
Debbie Lima
Karen Michele Loveman
Gianpaola Mennonna
Greg Mergens
Spencer Mills
Edward Alexander Outram
Thomas Palmer
Anthony Joel Pomboza
Sean Malcom Rathlef
Lyle Richardson
David Charles Sandy
Kent Schalm
Paul Smith
David Smith

Paul Spencer
Cole Robin Starnes
Alexandre Pitch Terpening
Christina Phyllis Tovey
Barbara Whitlock
Logan Whitmer
Stanley Dean Wilson
Gwendolyn Wilson
Orin Wolfenson
Gail Wolfenson
Colleen Wuolle
David Zeinali

In honour

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

Daphne Brown
Joshua Buffe
Delirium Street Party Brass
Sean Flynn
Steven Heimburger
Kai Heimburger
R. Hopkins
Annabelle MacDonald
Bill MacEwan
Stewart Marshall
Susan Matson
Diane McIntosh
Joan McIntosh
Blane McIntosh
Marcia Pitch
Carol Ann Prytula
Morgan Reimer
Team Heimburger
The Artist, wkndsnack
Anthony Wong



Major Project Partners & Funders



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



Steve's Walk For Hope

In July 2020, Steve Heimburger walked 650 km from Castlegar to Hope — raising more than \$5,000.

"I am still learning about a lot about what is schizophrenia, how common it is, and how to treat it. BCSS offers tireless support for families dealing with this debilitating, but treatable, illness. BCSS has made all the difference for my family and many others. And over the course of this journey, I'm looking forward to telling our story about how schizophrenia has affected us, and talk to people I meet along the way to help them get a better understanding of schizophrenia."



In the course of his walk, Steve captured the imagination of people across the province, raising awareness and hope for families affected by schizophrenia.

To read more about his journey, visit: <https://bcssfoundation.org/community-event/walking-the-talk-with-steve-heimburger/>

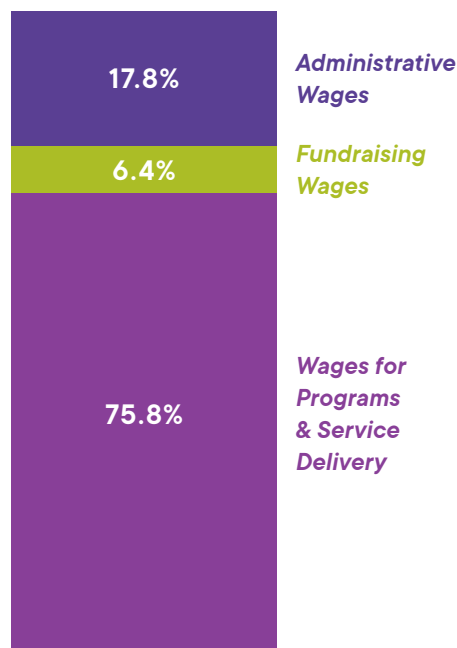


BCSS Financial Snapshot

Statement of Operations for the year ending March 31, 2021.

Approximately 72% of all 2020/21 expenditures went towards direct program and services.

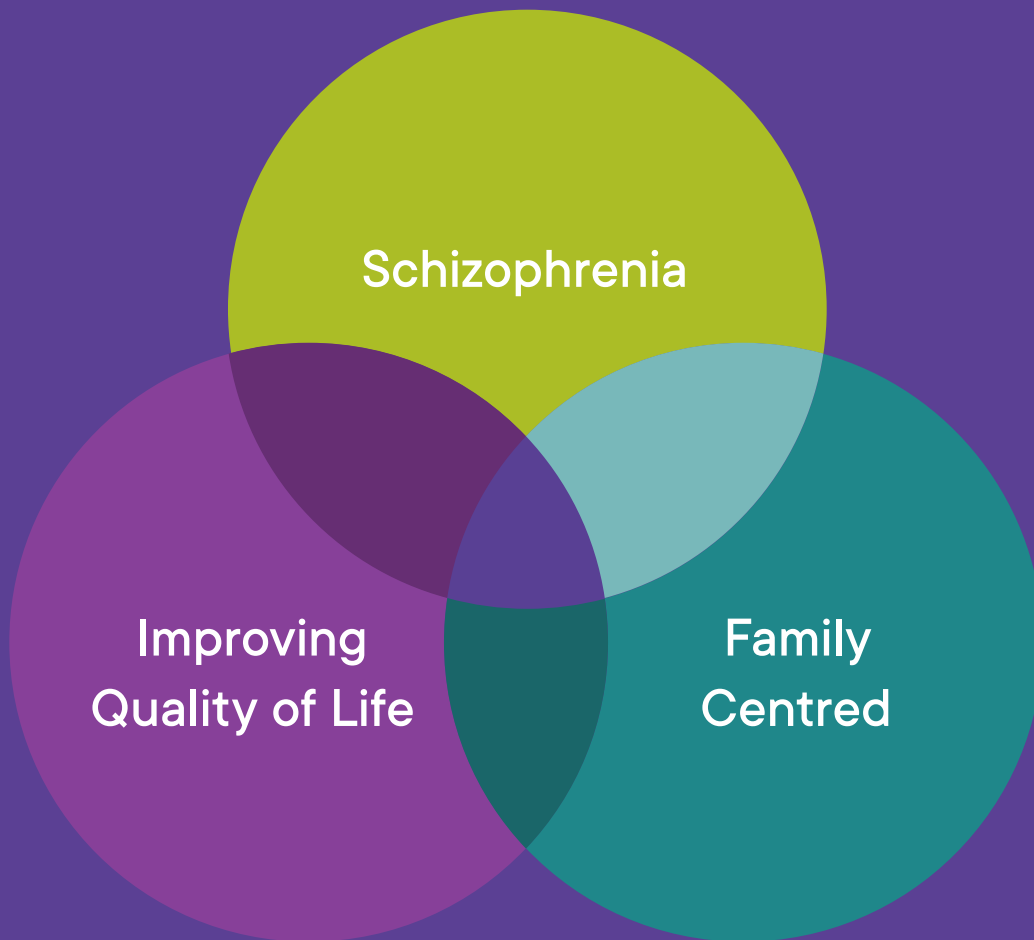
**75.8% of this expense went towards delivering much needed and lifesaving BCSS programs and services to families across BC affected by schizophrenia and serious mental illness.*



REVENUE	2021	2020
Program Funding	\$1,680,737	\$1,935,491
Donations	\$130,151	\$345,466
Sponsorships	\$108,723	\$73,612
Investment Income	\$126,174	(\$16,426)
BCSS Foundation	\$20,004	\$20,000
Other	\$317,088	\$17,787
Total	\$2,382,877	\$2,375,930

EXPENSES	2021	2020
Wages, Contractors, and Benefits*	\$1,503,173	\$1,554,807
Travel, Conferences, and Meetings	\$27,948	\$225,860
Office and other	\$140,930	\$99,206
Program Services	\$85,913	\$0
Rent and Utilities	\$54,306	\$64,798
Telecommunications	\$53,889	\$58,514
Fundraising and Promotion	\$100,510	\$67,535
Respite	\$0	\$30,852
Professional Fees	\$35,725	\$93,262
Scholarships	\$5,440	\$5,442
Amortization of Capital Assets	\$8,786	\$6,847
	\$2,016,620	\$2,207,123
Excess of revenue (expenses for the year)	\$366,257	\$168,807

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



BC SCHIZOPHRENIA SOCIETY

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