

# SSS Annual Report

## 2013 - 2014

### 2013 – 2014 Board of Directors

Vonni Widdis – President, Regina

Melanie McLeod – Vice President, Regina

Joan Baylis – Treasurer, Regina

Maria Alvarez, Regina

Gloria Goodman, Saskatoon

Kerri Hysuick, Regina

Marie Knutson, Eston

Kayla Lerat, Regina

Scott Masson, Regina

Gayle Schwickrath, Regina

### Staff

Anita Hopfauf, Executive Director

Ann Walker, Executive Assistant

Tanya Condo, Partnership Program Coordinator

Curtis Harman, Partnership Program Coordinator

Lorelei Johns, Bookkeeper

Shaun Schiller, Data Entry Specialist

The Schizophrenia Society of Saskatchewan (SSS) is pleased to work with our 2 Chapters, Regina and Saskatoon.

**We work together:**

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

#### **Schizophrenia Society of Saskatchewan Award Winners 2013-2014**

##### **Rays of Hope Award**

- Charlene Pawluk

##### **Dr. Lionel and Mrs. Mary Hastings Award**

- Dorie Thorarinson

##### **Community Spirit Award**

- W.A. Edwards Family Centre

## *Table of Contents*

Proposed Agenda	3
Meeting Minutes from June 28, 2013	4
Provincial President's Report	5
Executive Director's Report	6
Chapter Reports	
Saskatoon Chapter Report	8
Regina Chapter Report	9
Treasurer's Report	10
Auditor's Report	11
National Board Representative's Report	12
Partnership Program Report	14
Strengthening Families Together Program Report	16
Your Recovery Journey Program Report	17
Healing Through Humour Program Report	18
Committees Report	19
Nominations Committee Report	20

ANNUAL MEMBERSHIP MEETING  
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN, INC.  
SEPTEMBER 29, 2014  
DOUBLETREE BY HILTON  
**PROPOSED AGENDA**

---

1. *Welcome and call to order*
2. *Accept June 28, 2013 minutes as circulated*
3. *Business arising out of old minutes*
4. *Call for other business to be added to the agenda*
5. *Reports*
  - 5.1 *Provincial President's Report*
  - 5.2 *Chapter President's Reports*
    - i. *Saskatoon*
    - ii. *Regina*
  - 5.3 *Executive Director's Report*

**Motion** to accept reports 5.1 – 5.3:
  - 5.4 *Treasurer's Report*

**Motion:**
  - 5.5 *Auditor's Report*

**Motion:**
  - 5.6 **Motion to:** *Appoint auditor for 2014-15 year*
  - 5.7 *National Representative's Report*
  - 5.8 *Partnership Program Report*
  - 5.9 *Strengthening Families Together Program Report*
  - 5.10 *Your Recovery Journey Report*
  - 5.11 *Healing Through Humour Report*
  - 5.12 *Committees Report*

**Motion** to accept reports 5.7 – 5.12
  - 5.13 *Nominations Committee Report*

**Motion:**
6. *Other business*
7. *Adjournment*

ANNUAL MEMBERSHIP MEETING  
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN, INC.  
SEPTEMBER 29, 2014  
DOUBLETREE BY HILTON

**MEETING MINUTES**

---

**Meeting Minutes taken by: Ann Walker, Curtis Harman**

1. Welcome and call to order on June 28, 2013 at 8:30 a.m. by Dean Ast – President, SSS Inc.
2. **Motion** to accept June 15, 2012 minutes as circulated – Vonni Widdis. Ev McCormack: Carried.
3. Chair called for other business arising out of old minutes. Nothing added or changed.
4. Chair called for other business to be added to the agenda. 5.4 Treasurer's report and 5.5 Auditor's report require separate motions to accept. Pat Bryson. Maria Alvarez: Carried
5. Reports:
  - a. Provincial Presidents Report – Dean Ast
  - b. Chapter Presidents Report
    - i. Saskatoon – Kevin Crickett
    - ii. Regina – Mike Gardiner
  - c. Executive Directors Report – Anita Hopfauf

**Motion** to accept 4 reports. – Maria Alvarez. Kevin Crickett: Carried.

  - d. Treasurer's Report – Joan Baylis.

**Motion** to accept Treasurer's Report – Mike Gardiner. Dean Ast: Carried.

  - e. Auditor's Report – Joan Baylis.

**Motion** to accept Auditor's Report – Mike Gardiner. Natasha Stubbs: Carried.

**Motion** to appoint auditor for the 2013-2014 year, Virtus Group – Dean Ast. Ev McCormack: Carried

  - f. National Representative's Report – Ev McCormack.
  - g. Partnership Program Report – Curtis Harman
  - h. Strengthening Families Together Program Report – Anita Hopfauf
  - i. Your Recovery Journey Report – Anita Hopfauf
  - j. Healing Through Humour Report – Jenine LeCuyer
  - k. Committees Update Report – Anita Hopfauf

**Motion** to accept all reports as presented – Kevin Crickett. Joan Baylis: Carried
6. Nominations Committee Report presented by Laura Enick.
  - a. Laura asked for any other nominations from the floor. None presented.
  - b. **Motion** for a resolution to authorize Director Maria Alvarez to stand for a fourth 2-year term – Dean Ast. Ev McCormack: Carried.

**Motion** to accept the slate of Board of Directors of the SSS for 2013-2014 – Dean Ast. Ev McCormack: Carried
7. Other Business. None presented.
8. **Motion** to adjourn – Ev McCormack: Carried
  - a. Meeting closed by Dean Ast at 9:15 a.m.

## *Provincial President's Report*

My first year as President of the Schizophrenia Society of Saskatchewan has been quite a learning curve for me. Not in the process of governance that I'm very familiar with, but I have been less familiar with some of the challenges faced by families dealing with mental health issues. However, I have had the guidance and patience of the other board members as I become more educated on these issues.

Last summer, I had the privilege of hosting a team of young film makers as they used our home for a location shoot for a comedy film being made by the Healing through Humour Program. Healing through Humour is a program that both the Schizophrenia Society of Saskatchewan and the Canadian Mental Health Association-Saskatchewan Branch have partnered to support. It was interesting to see the process of film making and to get to know the production people who were so dedicated to turning out a quality film.

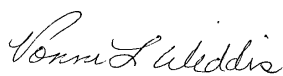
After building those relationships, I found that there were other ways to stay involved with this team and I am thrilled to have one of the members, David Field who had worked on the Healing through Humour comedy film work with me in my own production company. I have been able to guide him as he develops his skill and eye for detail into video production. David developed a powerful video for the Schizophrenia Society of Saskatchewan on the importance of dismantling stigma associated with mental health issues for presentation at the Clara's Big Ride Event.

Although I was not directly involved in the splendid efforts and myriad of hours put into the awareness/fundraising of Clara's Big Ride, I certainly have seen the toll it took on the staff of the SSS to prepare for the event. The dedication by the staff as well as the volunteers has been amazing.

Being President of the Schizophrenia Society of Saskatchewan has been a pleasure for me. The board I work with is both knowledgeable and committed and the small staff is remarkable, handling many different requests with skill and grace and welcoming whoever walks through the door.

I thank the Board of Directors as well as the Staff of the SSS for guiding me through my first year.

Sincerely,



Vonni Widdis

## *Executive Director's Report*

From my perspective the two most significant highlights of the year was the announcement of the provincial Mental Health and Addictions Action Plan (MHAAP) and the Schizophrenia Society of Saskatchewan agreeing to host an event for Olympian Clara Hughes who is cycling across Canada for mental health awareness.

On May 14th, 2013, Minister of Health Dustin Duncan announced the provincial government have committed to the development of a provincial mental health and addictions action plan. This will be an inter-ministerial, patient first approach to strengthening services for people across the province. The Ministry of Health will lead this action plan along with the ministries of Education, Social Services, and Justice (including Corrections and Policing).

Saskatchewan Health appointed Dr. Fern Stockdale-Winder as the Commissioner of this Action Plan. Fern is a psychologist and has been a long time presenter on our Saskatoon Partnership Program team as a Mental Health Professional. She also had finished her term as a director on the Mental Health Commission of Canada. The SSS has been involved quite intensely with the consultation phase over the past year. My hopes are the new action plan will help to make much needed improvements where our mental health and addictions systems are lacking.

I received a letter as SSS Executive Director from the Bell Let's Talk for Clara's Big Ride committee saying I was nominated by one of their committee member's, Chris Summerville (CEO of the Schizophrenia Society of Canada) to be the Community Champion for Regina to host an event for 6 time Olympian Clara Hughes on June 9<sup>th</sup>. The goal for the Bell Let's Talk for Clara's Big Ride is to help raise awareness and action in mental health and end the stigma around mental illness.

SSS decided to take on the challenge and gathered a committee of wonderful volunteers along with our dedicated staff to help plan, organize and execute putting on a monumental event. We also helped to organize Miller Comprehensive high school to host Clara Hughes to come and talk to their students on June 10<sup>th</sup>.


Our committee decided the theme to the Clara Hughes community event would be **Champions for Mental Health - Reducing Stigma Dinner and Auctions** to be held at the Conexus Arts Centre in Regina with Clara Hughes as the keynote speaker. The high profile of Clara Hughes was integral in the success of this event. Next fiscal year, SSS is looking to change our annual fundraiser to a dinner and auction with a high profile speaker again like Clara Hughes.

I would like to thank our dedicated full-time, part-time and contractual staff for their hard work and perseverance over the past year. It is very difficult for our small staff to meet the growing demand on our services and it can be very overwhelming; however everyone keeps trying their best to keep up with the pace. I sincerely appreciate each and every one of you for continuing to push through in our busy work environment!

I also want to say thank-you to our wonderful practicum students and summer students. We love working with students who have an interest in mental health and come to work with us temporarily. We know how important it is to help them gain valuable mental health experience to take forward with them in their future careers. I want to say thank-you to our Regina and Saskatoon Chapter Presidents and board members for their continued volunteerism, hard work and commitment to our mandate, and also to our fantastic volunteers; we would not be able to do everything we do without their assistance.

Last, but not least I want to thank our wonderful Board of Directors for all of their support, hard work and dedication. I would like to thank Vonni Widdis who bravely stepped up and accepted the challenge to become our new Board Chair this past year and to all of our board members. I appreciate the professionalism, compassion, knowledge and expertise our board members bring to our organization.

Sincerely,

A handwritten signature in blue ink that reads "Anita Hopfauf". The signature is written in a cursive style with a long, sweeping tail on the letter 'f'.

Anita Hopfauf  
Executive Director  
Schizophrenia Society of Saskatchewan

# Chapter Reports

## SASKATOON CHAPTER

---

### **PRESIDENT'S REPORT**

My name is Kevin Crickett, as president of the Schizophrenia Society of Saskatchewan's-Saskatoon Chapter; I have seen many good things over the past year. We had another successful Walk last September. Our first Gala event was a smashing success that gained our organization a new fundraising event to be held on an annual basis. Our financials are being handled by our office coordinator, Natasha Stienback with the aid of our bookkeeper, Mark Southam. We are hopeful of great successes in the future for the Schizophrenia Society.

We almost lost Curtis Harman-Coordinator of the Saskatoon Partnership Program, due to complications during an operation he had. We are glad that he pulled through for us, and we pray for his good health in the future.

We will be working on some major priorities over the next few years, which have come out of our recent Strategic Plan. The Board and our office coordinator spent some time coming up with an exciting look into the future of this organization, and what we really need to do, to be a better presence in the community.

If we remain small, we have the opportunity to raise awareness, but if we grow the potential of this organization, we could partner more fully with others such as the University of Saskatchewan and other public institutions to deliver a message that can cross the boundaries of diagnosis. This means that mental illness will not be the focus, but delivering education and promotion of mental health for all peoples will be.

People will appreciate each other, and our standards of health and well-being will lead people to be aware, open, and hard working. With mental health awareness there is only the potential of our Society removing the stigma and replacing it with an attitude of no fear, kindness and compassion.

We want a world without prejudice and stigma for all to be well and comfortable in their lives. It starts with the development of ideas in equality. We will quit fighting each other when we finally discover to love what is good, to heal that which is anathema, and to carry on with our lives fearlessly with the discovery that obstacles are there to help us grow, not to defeat us.

Lauds,

Kevin Crickett  
President  
SSS-Saskatoon Chapter



## REGINA CHAPTER

---

### **PRESIDENT'S REPORT**

We did have some changes to both attendance at our monthly board meetings and our fundraising activities. Due to personal and family health concerns some of our members were unable to make it to our monthly meetings. We had one of our long-term board members and provincial mental health advocate Ruth Dafoe pass away in January of this year. Ruth's guidance and participation with the Regina Chapter of the Schizophrenia Society of Saskatchewan is very much appreciated and will be greatly missed.

Our fundraiser this year proved to be successful as we attempted our first Steak Night only in this case was an all you can eat Pizza and Salad night at the Tap Pub & Eatery. We sold 92 tickets at \$20.00 each and with generous contributions of door prizes for a silent auction; we managed to raise approximately \$2,200.00 for the Regina Chapter. This fundraiser replaces the hot dog sales that we have done in the past at Sobeys grocery stores. As in past years, we also participated in selling Canadian Mental Health Association calendars and continue to receive funds from coin boxes that we have placed in Drug Stores throughout the city.

The Regina Chapter continues to help out with functions at the Club on Albert Street (CMHA-Regina Branch) with our annual Christmas Cheer package. This year we purchased long underwear which came in handy during the cold spells that we had throughout the past winter. We have also assisted with purchasing canned food items for their lunch program and helped out with a donation for their annual Valentines party.

We made a special donation to the DISC program of \$500.00 to assist with a research project on a Disability Strategy project. Members of our group also attended a presentation of a research project that is being conducted by Dr. Adelaine Leung at the University of Saskatchewan and also got to tour the Synchrotron Facility.

Our chapter continues to participate in the Caring and Sharing Support Group held on the last Monday of every month as well as the Partnership Program, attend the meetings of the Mental Health Coalition and continue to support the Peer Support Social Group which meet for a coffee or pizza night once a month. Members also attended the Mental Health Aid First Aid course held in February as well as the very successful Clara Hughes Big Ride for Mental Health Awareness fundraiser that was very well organized by our provincial office.

As President and Treasurer of the Regina Chapter I would like to thank all of the Directors of the Regina Chapter and Management and Staff of the SSS office for their participation and guidance throughout the past year.

Respectfully Submitted,

Mike Gardiner,  
President  
SSS-Regina Chapter

## Treasurer's Report

I am pleased with the results that are reflected in the Schizophrenia Society of Saskatchewan's (SSS) financial statements for the year ending March 31, 2014.

The revenue in our operating funds is through a combination of funders from United Way of Regina, pharmaceuticals, corporate and private grants with the major portion of our operating funds from Saskatchewan Health.

We continue to demonstrate fiscal conservatism throughout 2013-2014 in the management of our expenses. The Schizophrenia Society of Saskatchewan will continue to remain in a stable financial position for the upcoming year of 2014-2015. The SSS's Reserved Funding continues to be invested in diversified long term and medium funding and is designed to increase our revenue over time. Our approved Investment Strategy is to ensure that we continue to have a balanced portfolio of cash and cash equivalents, fixed income and equities. Through this long range financial plan the SSS will continue to achieve its goal of developing and delivering services for individuals living with mental illness and their families.

While the world economy continues to remain fragile and we continue to see this fragility impact on Canadian markets, to ensure that we remain strong, we continue to monitor our investments with our Financial Advisor on a regular basis. We will continue to ensure that our "Reserved Funding" remains sustainable for years to come.

Our Executive Director, Anita Hopfauf and her staff continue to show strong fiscal management with all expenditures while exploring opportunities to increase revenues.

The Schizophrenia Society of Saskatchewan continues to remain strong because of ties of solidarity that we - clients, family members, staff, stakeholders and the Board of Directors – forge among ourselves and because of the care we show toward one another.

The staff and the board of directors continue to remain committed to the Society's Mission; to *improve the quality of life for those affected by Schizophrenia and psychosis through education, support programs, public policy and research.*

Submitted by:

Joan Baylis  
Treasurer,  
Schizophrenia Society of Saskatchewan

## *Auditor's Report*

Please see attached documents.

# National Board Representative's Report

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

## The Schizophrenia Society of Canada is committed to:

- Raising awareness and educating the public to help reduce mental disorders, stigma and discrimination
- Supporting families and individuals
- Advocating for legislative change and improved schizophrenia treatment and services, and
- Supporting research through the S.S.C. Foundation and other independent efforts.

## Some of the Schizophrenia Society of Canada's (S.S.C's) activities 2013 - 2014

- **The S.S.C.'s By-Laws Committee** has now revised the S.S.C. By-Laws to bring them into compliance and conformity with the new regulations (Canada's Non-Profit Regulation Act) enacted by Parliament in 2009. Final approved By-Laws are to be submitted to Industry Canada by October 2014. A meeting with the Presidents/CEO's and Executive Directors took place March 13, 2014 to provide background to the transition process and a summary of the By-Laws.
- **The Mental Health Coalition** remained quite active throughout the last year. The Coalition has four objectives:
  - Provide a platform to educate Canadians on true facts and figures around NCRMD individuals
  - Help ensure people with mental health issues have access to essential resources
  - Eradicate components of the Bill C-54 that have unintended consequences and can cause greater harm than good
  - Avoid any stigma to mental health.

Bill C-54 passed without the proposed amendments. Paul King-Fisher (SSC Board Member) states “The Canadian public is much more educated now about the legitimate concerns that exist with this legislation as a result of the Coalition's work”.

- This year the **SSC National Symposium** will take place **October 4, 2014** at the Royal Ottawa Mental Health Centre. Dr. Abraham Rudnick, Chief of Psychiatry and Medical Director at Victoria Island Health Authority in Victoria, B.C. will be speaking. His research and interest are in the areas of Psychiatric Rehabilitation, Bioethics and Philosophy of Science. The title of the Symposium is “**Psychiatric Rehabilitation for Persons Living with Schizophrenia**”.
- The main business item for the two AGM's (SSC and SSCF) in October, 2014 will be the presentation of the new SSC By-Laws and a special resolution of the members of the SSC and SSCF continuing the Corporations under the provisions of the Canada Not-for-Profit Corporations Act and authorizing the Directors to apply for a Certificate of Continuance.

- A strategic planning meeting will take place for the SSC Board Members on October 5, 2014.
- An **October Hill Day** is set for October 7, 2014. The Hill Day takes place on Parliament Hill to honour the Faces of Mental Illness followed by meetings with MP's.
- The unique needs of families are being explored. Chris Summerville (CEO of the SSC) will be meeting with Otsuka and Lundbeck pharmaceuticals in June to discuss possible funding projects.
- Chris Summerville also attended the first **Peer Support Accreditation and Credentialing Canada Conference** held in Halifax, Nova Scotia April 30 – May 2, 2014. There were more than 400 delegates in attendance.
- Florence Budden (President of the SSC) has been actively involved in CAMIMH (Canadian Alliance for Mental Illness and Mental Health) Public Policy Committee, chaired the Mental Illness Awareness Week Committee and is serving on the Champions Committee of the CAMIMH.
- There continues to be discussions relating to the establishment of a fund development strategy.
- Norm Tasevski, President of the SSO introduced a new SSO initiative to the SSC last fall – the development of a Psychosocial Research Institute of Canada. The SSC agreed in principle to support the SSO's development of the Institute for Psychosocial Research in Mental Illness.
- **Clara's Big Ride Sponsored by Bell Canada** – the SSC sees this initiative as an event which will generate a great deal of public awareness on mental health.

I would once again like to acknowledge the dedication, hard-work and determination of Florence Budden, Chris Summerville, Provincial Presidents, Executive Directors, and Board Members from both the National and Provincial Schizophrenia Societies. As well, a thank you to all staff, members and volunteers associated with the Schizophrenia Societies for their commitment and hard-work.

Thank you for allowing me the privilege of serving as the Saskatchewan Schizophrenia Society representative to the Schizophrenia Society of Canada National Board for the past three years.

Respectfully submitted,

Ev McCormack  
National Board Representative

## *Partnership Program Report*

The Partnership Program continues to go strong into its 16<sup>th</sup> year. Over the past fiscal year, 303 presentations have been given to 7,138 people throughout Saskatchewan. The Partnership Program teams in Regina and Saskatoon have given a grand total of 3,143 presentations to 83,096 people from January 1<sup>st</sup>, 1998 to March 31<sup>st</sup>, 2014. Approximately one hundred volunteers with mental illness, family members, and mental health professionals have presented in Saskatchewan over the past year.

High School students continue to be our priority target audience as mental illness often develops at this time. 102 presentations have been given at 35 high schools and elementary schools to 133 classes over the past fiscal year. There were 52 presentations given to university and college audiences at the University of Saskatchewan, the University of Regina, SIAST in Saskatoon and Regina, Royal West College Saskatoon, and the Academy of Learning Saskatoon to numerous colleges and departments.

There were 20 presentations given to schools and community groups in rural communities including Balgonie, Fort Qu'Appelle, Grenfell, Humboldt, Warman, Martensville, Clavet, Melfort, Nipawin, Prince Albert, Pinehouse Lake, as well as Westminster United Church in Humboldt, Messiah Lutheran Church in Prince Albert to the Schizophrenia Society's Strengthening Families Together program, and a Telehealth presentation was given via the internet to Pinehouse Lake Health Centre to staff members and families of people with mental illness.

Numerous presentations were given to patients and staff members in hospital psychiatric wards; drug and alcohol detox centres, and homeless shelters. Aboriginal audiences included the Aboriginal Family Service Centre in Regina, Oskayk First Nations High School Saskatoon, and the Saskatoon Indian Institute of Technology. Presentations were also given to clients and family members of people living with mental illness at Your Recovery Journey Programs and Strengthening Families Together Programs in Regina, Saskatoon, and Prince Albert.

The Partnership team in Regina continued to present regularly to RCMP recruits this year. They also presented to the Regina City Police, Sask Liquor & Gaming Authority, the staff at Regina Pioneer Village, the Regina Work Prep Centre, clients at Phoenix Residential Society, the staff at Partners and Employment, the Regina Qu'Appelle Health Region Recovery Training class, and residents at Regina's mental health clinic.

The Partnership team in Saskatoon also gave presentations at Queen's Bench Ministry of Justice to Deputy Sherriff's Office, MD Ambulance College of Paramedics, United Food & Commercial Workers Training Centre for labour community advocates, McKerracher Centre to clients and families of those affected by mental illness, staff at Sask Abilities, Primrose Chateau to seniors group, Frances Morrison Public Library for Mental Illness Awareness Week to general public, National Schizophrenia & Psychosis Awareness Day at Canadian Mental Health Association to general public, and at the Travelodge for the Living With Mental Illness Workshop.

The Schizophrenia Society of Saskatchewan will continue to work with Sask Health in regards to funding to expand the Partnership Program and also to be able to continue our initiative to include clients affected by depression and bipolar disorder in our presentations. A special note of thanks goes out to Dr. David Keegan in Saskatoon for providing funding to cover our costs to include people

directly affected by bipolar disorder. Thank you to the numerous hosts that have also provided us with funding to help cover the costs of our honorariums this past year.

The Partnership Program in Regina received positive media exposure over the past fiscal year. Program Coordinator Jenine LeCuyer was interviewed by the Regina Leader-Post for an article called "Educating the Educators on Mental Illness." Jenine was also interviewed on CJTR Radio by Jeannie Alexander on her "Toast & Coffee" morning show to talk about Mental Illness Awareness Week and the Schizophrenia Society of Saskatchewan. Jeannie Alexander also is the host of a new Access 7 television show on mental health and invited several Partnership Program team members in Regina to be interviewed on her program.

The Partnership Program in Saskatoon received positive media coverage over the past year. Several media outlets including, CTV News, Global Television, the Star Phoenix, Magic 98.3 Radio, CJWW Radio, 650 CKOM and Verb Magazine attended presentations at our event given on National Schizophrenia & Psychosis Awareness Day at the Canadian Mental Health Association-Saskatoon Branch on May 24<sup>th</sup>, 2013 and at a presentation given October 7<sup>th</sup>, 2013 to the general public for Mental Illness Awareness Week given at the Frances Morrison Public Library.

More media interviews were given by team members, Matthew Proctor, Shelagh Patterson, Natasha Stubbs and Curtis Harman on the CTV's Morning Show, and CTV's News at Noon, Global Television's Morning Show, and in the Star Phoenix. A special thanks to Dr. Fern Stockdale Winder for representing the Partnership Program along-side the Mental Health Commission of Canada for CTV's Bell Let's Talk Day this past January. Fern appeared on both CTV's morning show and the News at Noon on behalf of the Partnership Program.

This year the Regina and Saskatoon teams lost three valued team members. Doreen Bell joined the Regina Partnership Program in 1999 and was one of the first people living with schizophrenia to go public with her illness in Saskatchewan. Bill Harvey joined the Regina Partnership Program team in 2012 as a presenter directly affected by bipolar disorder. Saskatoon Partnership Program presenter and mental health advocate Ian Buckwold lost his life to unfortunate circumstances in July of 2014. Ian gave his first presentation in 2006 along with his wife Mary Ellen, to thousands of people. All of these people will be missed and their impact not forgotten.

Thank you to everyone who has been involved in the Partnership Program and given their time to reduce the stigma and misconceptions surrounding mental illness to thousands of people in our community. Thank you for sharing your stories of recovery.

Please contact Tanya Condo who is the new Partnership Program Coordinator in Regina or Curtis Harman in Saskatoon if you are interested in joining the Partnership Program team as a presenter or if you would like to book a presentation. We are always looking for more presenters to join our team. We will be happy to assist you in developing your presentation. It is people like you that make the difference!

Sincerely,

Curtis Harman, Partnership Program Coordinator – Saskatoon  
Jenine LeCuyer, Partnership Program Coordinator – Regina

## *Strengthening Families Together Program Report*

Strengthening Families Together (SFT) is a National 10-session program about issues that impact people and their families who are living with a mental illness on a daily basis. The program not only talks about schizophrenia, but also clinical depression, bipolar disorder, anxiety disorders, and obsessive-compulsive disorders. The program is designed to provide support, awareness and tools to cope with these mental illnesses.

Strengthening Families Together is a program that strengthens the capacities of families to work together towards the recovery of a family member living with mental illness. The program focuses on increasing understanding of the factors that support recovery and well-being. Participants are family members of someone with a mental illness and those that live with mental illness. The course leads participants through a series of modules focused on education, skill development and the recovery model. Facilitators are optimally a family member working with a mental health professional. The program was developed by the Schizophrenia Society of Canada and has established and measurable program outcomes.

We were able to deliver the Strengthening Families Together Program in 5 areas of the province this fiscal year. SFT ran in Regina, Saskatoon, Prince Albert, Yorkton and Swift Current. Yorkton and Swift Current ran SFT this fiscal year, through their Health Regions which we very much appreciate. The SSS applied for and received a \$7,000 Community Mental Health Endowment from the Royal University Hospital Foundation so we could begin to offer the SFT program in Saskatoon. SFT ran in Saskatoon for the first time from October 7 until December 16 this fiscal year. Lindsay Walker who has also facilitated the Saskatoon Chapter's Informational Meetings for the last couple of years co-facilitated the program with long-time SSS member and psychologist Ellen LeGault. We had many people register for the SFT program and it was well attended and we got excellent feedback.

SFT ran in Prince Albert for the first time from October 28 until December 9. Kyle Bender who had formerly worked in the SSS Provincial Office while he was a University student moved back to Prince Albert after finishing his Social Work degree in Regina. Kyle agreed to get SFT going in Prince Albert after he moved back. Kyle co-facilitated the program with community health nurse Dewayne Colin Drescy. The program was very well received and we had great feedback. This was very welcome and timely in Prince Albert as there is a real lack of support for families there.

SFT sessions ran in Regina from October 1<sup>st</sup> -November 26<sup>th</sup>. Jenine LeCuyer who also coordinated the Regina Partnership Program co-facilitated the SFT program with RQHR community social worker Jan Stirr who works at the Regina Mental Health Clinic. Unfortunately, it was Jan Stirr's last year to facilitate as she is retiring. We will really miss Jan as she has facilitated the Strengthening Families Together Program since we began it in Regina 8 years ago. Good luck to Jan in her well-deserved retirement.

We hope to see this program grow all across Saskatchewan. Please feel free to call our office if you would be interested in participating or facilitating this program in your area.

Sincerely,



Anita Hopfauf  
Executive Director  
Schizophrenia Society of Saskatchewan



## *Your Recovery Journey Program Report*

The Your Recovery Journey Program (YRJ) has been running for 5 years in Saskatchewan. The Program is intended to serve the needs of all people who have had experience with mental illness, regardless of their diagnosis or the stage they are at in their recovery. There are significant differences in the symptoms, course of illness, and treatment of different mental illnesses—but the Your Recovery Journey Program cuts across all of these.

Your Recovery Journey is important for several reasons. It builds on the now well-established literature and evidence base for recovery from mental illness, and contributes to the growing number of programs that focus on empowering people to manage their own treatment and recovery journey.

Major topics covered are explaining what recovery is, quality of life, self-management, medication as a tool for recovery, and personal action planning. The program is designed to be facilitated or co-facilitated by people who themselves have experience with mental illness and have also experienced recovery in their own lives. This “hope in action” approach is a fundamental principle of the program.

We would like to thank Merlis Belsher from Saskatoon for his generous donation of \$10,000 this fiscal year to help the SSS in delivering and expanding this program in Saskatchewan.

The Your Recovery Journey program ran twice in Regina on October 23-December 17/2013 and again on March 19-May 21/2014. YRJ ran twice in Saskatoon on March 5-May 13/2013 and January 16-March 27/2014. We had hoped to run a cycle of YRJ in Prince Albert but it did not get off the ground for this year, we hope to try again in the 2014-15 fiscal year.

A special thanks to our wonderful facilitators Maria Alvarez, Caryl Gardiner, Tracey Mitchell and Stephanie Goddard for delivering the program in 2013-14 in Regina and Saskatoon.

Sincerely,



Anita Hopfauf  
Executive Director

Schizophrenia Society of Saskatchewan

## *Healing Through Humour Program Report*

The Healing through Humour (HTH) program is in its fourth year. Ian Morrison, graduate of the Humber College of Comedy Writing and Performance in Toronto, Ontario wrote the course and facilitates the group. The Schizophrenia Society of Saskatchewan and the Canadian Mental Health Association-Saskatchewan Division have partnered to provide support to the HTH program located in Regina.

The course is 8 weeks in length and free of charge to participants. Individuals with any kind of mental illness are welcome to join. Participants are taught the ins and outs of stand-up comedy and upon completion of the course have the opportunity to perform in front of a live audience. This is something that anyone, regardless of whether or not they have a mental illness would find challenging.

Isolation and social withdrawal are symptoms of many mental illnesses. HTH is an opportunity to socialize and make friends. The class is a positive, fun and supportive environment. It helps to build self-esteem and confidence.

Healing through Humour has made two comedy films, “The Mental Patients Who Saved the World” (2013) and “Sorority House of Death” (2014) in the past two years. The goal of these projects is to get people with a mental illness working and intermingling with people without a mental illness to help break down stigma and show that people living with mental illnesses can be as productive as any other person. HTH hopes to produce more films in the future.

We are also working on a comedy rap rock album to promote HTH, obtain funding and raise awareness for mental health. The majority of those involved in the project are people who live with mental illness or have had it affect their lives in some way. The group will also be producing four music videos and posting them on line when the album is released. The editor of these videos is a member of HTH and has learnt the skill of using the editing software final cut as a result of working on the Healing through Humour film projects.

While these other comedy projects are very exciting, our main focus still remains on our stand-up comedy and performances. We hope to have more great experiences in 2014-2015.

Sincerely,


Ian Morrison  
Healing Through Humour Facilitator

## Committees Report

The Schizophrenia Society of Saskatchewan continues to work closely with many other community partners on a variety of different initiatives and advocacy issues. Over the past year the SSS Executive Director and staff have served on 13 different committees. Each committee is very important to the work of raising awareness and improving Mental Health Services and the quality of life for those living with a mental illness. The following list is the committees we were members of over the past fiscal year:

- Schizophrenia Societies Executive Directors/CEO's Provincial Networking Group
- Disability Income Support Coalition (DISC)
  - *DISC Media Sub-Committee*
- Saskatchewan Mental Health Coalition
- Provincial Interagency Network on Disabilities (PIND)
- Saskatchewan Mental Health Services Act Advisory Committee
- Approved Home Advisory Council
- Clara's Big Ride Committee
- Saskatchewan Mental Health Forum Planning Committee
- Saskatchewan Psycho-Social Rehabilitation Conference Planning Committee
- Living with Mental Illness Workshop Committee
- Healing through Humour Planning Committee
- Mental Health Awareness Day Planning Committee

Sincerely,



Anita Hopfauf,  
Executive Director  
Schizophrenia Society of Saskatchewan, Inc.

# Nominations Committee Report

## **Nominations and Election of the Board of Directors**

*The Board of Directors shall consist of a minimum of six (6) members and a maximum of eleven (11) members, each of whom at the time of his/her election or within ten (10) days thereafter and throughout his/her term of office shall be a member of the Society.*

## **Slate of the Board of Directors for the Schizophrenia Society of Saskatchewan for 2013-2014:**

1. Maria Alvarez
2. Joan Baylis
3. Gloria Goodman
4. Kerri Hysuick
5. Marie Knutson
6. Kayla Lerat
7. Scott Masson
8. Melanie McLeod
9. Gayle Schwickrath
10. Vonni Widdis
11. Doris Woods (resigned from the Board of Directors on October 22, 2013)

## **Current Board members whose terms are continuing:**

- Gloria Goodman (will be serving the second year of her first term)
- Kerri Hysuick (will be serving the second year of her first term)
- Kayla Lerat (will be serving the second year of her first term)
- Gayle Schwickrath (will be serving the second year of her first term)
- Scott Masson (will be serving the second year of his second term)
- Maria Alvarez (will be serving the second year of her fourth term)

## **Current Board members Seeking Re-election for a 2-Year Term:**

- Marie Knutson
- Melanie McLeod
- Vonni Widdis

## **\*Resolution: To authorize director Joan Baylis to stand for a fifth 2-year term of office**

It is the opinion of the SSS Board of Directors that Joan Baylis' financial expertise and her historical knowledge of the organization is integral to the organizations continued growth so the board is requesting a resolution be passed to extend Joan Baylis' terms of office for a fifth 2 year term.

(The maximum board membership shall be for three continuous two-year terms unless at an annual general meeting, a resolution approved by the membership allows the term of office or the maximum number of terms of a director or directors beyond these limits).

**Nominees to the Board of Directors:**

No nominations have been submitted.

**Proposed Slate of the Board of Directors for the Schizophrenia Society of Saskatchewan for 2014-2015**

1. Maria Alvarez
2. Joan Baylis
3. Gloria Goodman
4. Kerri Hysuick
5. Marie Knutson
6. Kayla Lerat
7. Scott Masson
8. Melanie McLeod
9. Gayle Schwickrath
10. Vonni Widdis