

**SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN**  
**ANNUAL REPORT**  
**2023 – 2024**

**2023 – 2024 BOARD OF DIRECTORS**

Dean Yadlowski	President, Regina
Kristen Cozine	Vice President, Regina
Jocelyn Underwood	Financial Officer, Regina
Jaime Mantesso	Regina
Mike Gardiner	Regina
Bruce Mckee	Regina
Kathy Evans	Saskatoon
Kyle Bender	Prince Albert
Joan Baylis	Emerald Park
Jeff James	Regina
Matthew Schmeling	Regina

**STAFF**

Sean Barschel	Executive Director
Claire Amon	Executive Assistant
Austin Holonics	Regina Partnership Program Coordinator
Curtis Harman	Saskatoon Partnership Program Coordinator
David Field	Rural Partnership Program Coordinator
Heidi Fisher	Saskatoon Office and Program Coordinator
Shaun Schiller	Data Entry Specialist
Maria Alvarez	Peer Support Worker
Emily “Ice” Marshall	Peer Support Worker
Debbie Head	Contract Bookkeeper
Stella Cummings	Cleaner
Dan Sherven	ED Consultant and Fundraiser

**Our Mission Is:**

**To improve the quality of life for those affected by schizophrenia, psychosis and related mental illness through education and support programs, and through pursuit of supportive public policy and research**

Schizophrenia Society of  
Saskatchewan Award Winners:

2023 – 2024

Rays of Hope Award

Recipients:

**Hua Li**

**Samantha Taylor**

**Laura and Mary Ellen Buckwold**

Dr. Lionel and Mrs. Mary Hastings  
Awards

Recipient:

**Doug Kinar**

Community Spirit Award

Recipient:

**Thyssen Mining**

## TABLE OF CONTENTS

Proposed Agenda	2
Meeting minutes from June 13, 2023	4
Provincial President’s Report	6
Executive Director’s Report	8
Financial Officers Report	10
Auditor's Report (See Appendix A)	12
National Board Representative’s Report	13
Partnership Program Report	15
Saskatoon Office Report	19
Saskatoon Recreation Group	20
Family Recovery Journey	21
Family Support Group	22
Your Recovery Journey with WRAP	23
Peer Support Report	24
Nominations Committee Report	27
Biography Karyn Kawula	29
Appendix A	31

ANNUAL MEMBERSHIP MEETING  
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN, INC.  
TUESDAY, JUNE 11, 2024  
MEETING 10:30AM

**PROPOSED AGENDA**

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1. *Welcome and call to order*
2. *Adaption of Agenda*  
***Motion to: Adopt Agenda***
3. *June 14, 2023. AGM Minutes*  
***Motion to: Accept minutes of June 14, 2023. AGM as circulated***
4. *Business arising out of old minutes*
5. *Call for other business to be added to the agenda*
6. *Reports*
  - 6.1 *Provincial President's Report*
  - 6.2 *Executive Director's Report*  
***Motion to accept reports 6.1 - 6.2***
  - 6.3 *Financial Officer's Report*  
***Motion to accept report 6.3***
  - 6.4 *Auditor's Report*  
***Motion to accept report 6.4***
  - 6.5 *2023-2024 Auditor Appointment*  
***Motion to: Appoint Virtus Group auditor for 2024 – 2025 fiscal year***
  - 6.6 *National Representative's Report*
  - 6.7 *Partnership Program Report*
  - 6.8 *Saskatoon Office Report*
  - 6.9 *Saskatoon Recreation Group Report*
  - 6.10 *Family Recovery Journey Report*
  - 6.11 *Family Support Group Report*
  - 6.12 *Your Recovery Journey with WRAP Report*
  - 6.13 *Peer Support Report*
  - 6.14 *Nominations Committee Report*

*Motion 1: Kathy Evans be extended for an additional two years beyond the existing three continuous two-year term.*

*Motion to accept reports 6.6 – 6.14*

7. *Other Business*
8. *Adjournment*

**ANNUAL MEMBERSHIP MEETING**  
**SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN, INC.**  
**TUESDAY, JUNE 13, 2023**  
**MEETING 10:30AM**  
**MINUTES**

**1. Welcome and call to order- 10:36AM**

**2. Adoption of Agenda**

**Motion to: Adopt Agenda** **M/S: B.McKee/ M.Gardiner Motion carried**

**3. June 14, 2022. AGM Minutes**

**Motion to: Accept minutes of June 14, 2022. AGM as circulated**  
**M/S: J.Mantesso/ B.McKee Motion carried**

**4. Business arising out of old minutes**

None

**5. Call for other business to be added to the agenda**

None

**6. Reports**

**6.1 Provincial Presidents Report -** Read by D.Yadlowski

**6.2 Executive Director's Report –** Read by D.Sherven

**Motion to accept reports 6.1 - 6.2** **M/S: J.James/ B. McKee Motion carried**

**6.3 Financial Officer's Report –** Read by J.Underwood

**Motion to accept report 6.3** **M/S: D.Yadlowski/ J.James Motion carried**

**6.4 Auditor's Report –** Read by J.Underwood

**Motion to accept report 6.4** **M/S: J.Baylis/ B.McKee Motion carried**

**6.5 2023-2024 Auditor Appointment**

**Motion to: Appoint Virtus Group auditor for 2023 – 2024 fiscal year**  
**M/S: B.McKee/ J.Mantesso Motion carried**

**6.6 National Representative's Report-** Read by J. James

**6.7 Partnership Program Report-** Read by S.Barschel

**6.8 Saskatoon Office Report-** Read by H.Fischer

**6.9 Saskatoon Recreation Group Report-** Read by H.Fischer

**6.10 Family Recovery Journey Report-** Read by H.Fischer

**6.11 Family Support Group Report-** Read by M. Alvarez

**6.12 Your Recovery Journey with WRAP Report-** Read by M. Alvarez

**6.13 Peer Support Report-** Read by M. Alvarez, D.Sherven

**6.14 Nominations Committee Report**

**SSS ANNUAL MEMBERSHIP REPORT 2022- 2023**

**Motion 1: Bruce McKee, Mike Gardiner be extended for an additional two years beyond the existing four continuous two-year term.**

**M/S: J.Baylis/ J.Mantesso Motion carried**

**Motion 2: Jeff James be extended for an additional two years beyond the existing three continuous two-year term.**

**M/S: M.Gardiner/ B.McKee Motion carried**

**Motion to accept reports 6.6 – 6.14**

**M/S: J.Underwood/ B.McKee Motion carried**

**7. Other Business**

- Reviewed obituary of Doreen Krienke

**8. Adjournment- 11:20**

**Motion: to Adjourn**

**M/S: J.James/ B.McKee Motion carried**



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**Dean Yadlowski, Vice President**



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**Dan Sherven, Executive Director**

## PROVINCIAL PRESIDENT'S REPORT

As we convene for our Annual General Meeting, I am filled with gratitude for the past accomplishments of the Schizophrenia Society of Saskatchewan, and anticipation for the journey ahead. Over the past year, our Society has been a rock-solid beacon of support and understanding in an ever-evolving landscape of challenges and opportunities.

Reflecting on our collective efforts, I am profoundly moved by the impact we have made in the lives of individuals and families affected by schizophrenia, psychosis and related mental illnesses. Despite the unique hurdle presented by welcoming a new Executive Director this year, we have remained steadfast in our mission, offering resources and advocacy to those in need and education to the community at large.

The successes of our Partnership Program, Family Recovery Journey, Your Recovery Journey With WRAP, recreation and support groups, and peer support program stand as a testament to the dedication and compassion of our staff and volunteers. It is your unwavering commitment, whether through volunteerism, donations, or spreading awareness, that fuels our Society's progress and resilience.

This past year's "Champions for Mental Health" fundraising gala was a great success, with a wonderful personal story from speaker Mitch Bourbonniere. A new fundraiser in Saskatoon, our "Singing With The Stars For Mental Health", was an incredible inaugural event. With its success, we were able to establish the Saskatoon Initiatives Fund, allowing us to embark on a new chapter of growth and advocacy to serve the citizens of Saskatoon.

My heartfelt thanks to the staff, volunteers and donors who contributed to the success of these fundraisers, as well as the Regina Steak Night and Saskatoon Star Wars fundraisers. In particular, many thanks to Dan Sherven, our former Executive Director and now fundraising facilitator, for his tireless efforts.

Special thanks also to Sean Barschel, our rookie Executive Director. Sean has taken on this mantle without allowing the Society to miss a step. Sean's passion and optimism are much appreciated by the Board of Directors.

In the year ahead, we will continue our existing programming and embark on new initiatives to promote mental wellness, combat stigma, and ensure access to vital support services for all. I extend a heartfelt invitation to each of you to join us in this vital work. Your voice, your passion, and your presence are indispensable as we strive to create a world where mental health is recognized, respected, and prioritized.

Thank you for your unwavering support and dedication to our cause. With your continued partnership, I am confident that we will achieve even greater heights in the years to come. With deep appreciation and optimism,

Dean Yadlowski

President, Schizophrenia Society of Saskatchewan Board of Directors



## EXECUTIVE DIRECTOR'S REPORT

I would like to thank all our staff and board for their hard work and dedication over the past year. A special thank you goes out to a few staff, to Keely Bitternose for helping out as our summer student and as an executive assistant while Claire was on maternity leave, to our first SIIT practicum student in Tasheena Bellegarde. We also welcome our newest staff member in Austin Holonics, our new Regina Partnership Program Coordinator, and last but certainly not least Dan Sherven an old but new staff member in his Fundraising and Consultant role. It is with great pleasure having served as the Executive Director of the Schizophrenia Society of Saskatchewan over the last year. Our Society has made great strides to make people more aware of Schizophrenia, psychosis, and other related mental illnesses and to reduce stigma and assist individuals in accessing timely treatment.

This year, our Partnership Program has presented to more people in more locations across Saskatchewan than any other year in the Society's existence. The Family Recovery Journey program and Family Support Group provide information, insight, and opportunities for family connections and mutual support to the far reaches of our province. The Your Recovery Journey with WRAP and Peer Support Group have helped support countless individuals virtually in record numbers. Peer support has expanded its service. Fundraising, donations, and grants are at an all-time high for the society. Our Champions for Mental Health Dinner held October 14<sup>th</sup> of 2023 was very well attended and our Singing with the Stars Fundraiser in Saskatoon on September 20<sup>th</sup> of 2023 was a resounding success, and we look forward to seeing both grow even larger this year. Our two smaller fundraisers, A Show of Hope in Saskatoon, and our Regina Steak Night fundraiser here were also both well attended and helped raise funds and awareness. A huge thank you goes out to our sponsors who once again provided generous support for our clients, family, services, and programs.

I would like to again thank the entire staff for their support, insights, and compassion. I have been privileged to have the opportunity to work with such kind, generous, and passionate people. This also applies to our volunteer presenters.

Many thanks go out to the board members who volunteer their precious time to support our mission. My sincere thanks to everyone I had the opportunity to interact with and to learn from over the last year. Together we are helping shape the newest chapter for the Schizophrenia Society of Saskatchewan and I believe it will be one of the best yet.

Thank you,

Sean Barschel

Executive Director

Schizophrenia Society of Saskatchewan.

## FINANCIAL OFFICER'S REPORT

I am pleased to report to the members that the financial position of the Schizophrenia Society of Saskatchewan (the Society) exceeded expectation, as reflected in the financial statements for the year ended March 31, 2024.

As part of the Board's goals, the Board approved a small deficit budget in 2023-2024 to ensure that the Society's services were able to continue without interruption despite funding limitations. Given the Society's strong reserve fund, we're able to ensure programming continues seamlessly throughout the province.

The Society ended the year in a healthy net positive position over budget, mainly due to fundraising event achievements. The new Singing with the Stars fundraising event held in Saskatoon was extremely successful, along with the continued Champions for Mental Health dinner in Regina.

The Society's main source of revenue continues to come from grants, largely from Saskatchewan Health. In addition to these grants and fundraising events, the Society relies on the financial support of donors in our communities we serve.

The Society's reserve fund continues to be held in lower risk, liquid investments. Strengthening in the financial markets during the past fiscal year attributed to an improvement in the portfolio. The Society has set aside these reserve funds for internal initiatives, including a newly created fund for Saskatoon specific programs and spending.

As a community-based organization, the Society performs functions that government agencies cannot and it does them on a very modest budget.

It is because of prudent, forward-looking operations and a strong volunteer base that the Society remains poised to grow and to improve.

I want to thank the Society's Executive Director, Sean Barschel, and his team as they continue to execute the Society's strategic goals through ongoing pursuits of funding opportunities. These strong financial results are a direct reflection of their commitment and hard work.

As the Financial Officer, I am extremely honoured to be part of such a passionate and inspiring organization. I look forward to continuing in my role and helping to support those affected by Schizophrenia and related illnesses in the Province of Saskatchewan.

Yours truly,

Jocelyn Underwood, CPA, CA

Financial Officer

## AUDITOR'S REPORT

Please see Appendix A.

## NATIONAL BOARD REPRESENTATIVE'S REPORT

Our CEO, Chris Summerville, Schizophrenia Society of Canada, continues to be a strong and passionate leader for the National Society.

The National Board remains the same as last year with no new additional members joining or leaving. SSC also remains in a very healthy financial situation.

The Schizophrenia Society of Canada had previously received a contribution from Health Canada's Substance Use and Addictions Program for a three-year youth engagement and public health awareness project promoting harm reduction and informed decision-making for diverse youth and those who may be at greater risk of the harms of cannabis. The Federal Government continues to support this work in 2024 and beyond. For more information about the Cannabis and Mental Health project, visit: [cannabisandmentalhealth.ca](https://cannabisandmentalhealth.ca) and [cannabisandpsychosis.ca](https://cannabisandpsychosis.ca)

A 5th edition of the Rays of Hope book continues to be printed. The book is a popular resource –it can be accessed via the Schizophrenia Society of Canada's website, but printed versions do exist and there should be some available at the SSS office. SSC is working on revamping the 'Your Recovery Journey' course content with an experienced mental health clinician from Manitoba as the project lead. It will likely be ready for launch sometime in 2025 and promises to be more engaging and fresh content.

Advocacy efforts continue from the national Society. Over the last few years, the main ask has been for the Federal Government to use a Health Care Parity Act that would bring mental health funding to a certain level across the health system in each Canadian province. Another advocacy topic has been for a mental health transfer fund.

In budget 2024, the Federal Government announced a \$500M transfer fund for youth mental health, which is part of what the Society has advocated for. The Canadian Society continues to work closely with Impact Public Affairs for this work and many other social media campaigns. Notably, you may have seen some ads from SSC on your television in recent weeks. This is one aspect of the campaigns that the organization has undertaken in 2024.

The national Society has also been advocating to all levels of government and the Canadian Drug Agency regarding coverage for the new mental health drugs. The Board, Chris Summerville and staff continue to work, "To improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research."

It has been rewarding to continue to hear the varied voices from across Canada. Each province has their own unique challenges, but the shared commitment to enriching the lives of people living with serious mental health challenges remains very clear. If you have an interest in joining the national SSC board, please do speak to me or Sean Barschel about how this can be done. All voices and perspectives are welcomed.

Respectfully submitted,

Jeff James

## PARTNERSHIP PROGRAM REPORT

The Partnership Program Team has completed its 26th year in Regina, its 25th year in Saskatoon and 7th year with an official rural team. In the 2023/2024 fiscal year, the team gave 380 presentations to 7,396 people throughout Saskatchewan making it a very successful year. The combined totals of the Partnership Program team from its inception on January 1st, 1998, to March 31st, 2024, have increased to a grand total of 6,508 presentations to 168,388 people. This past year, there were a total of 80 individuals that presented in the various roles in the Partnership Program across Saskatchewan. The teams continued to learn to present on new formats including: Zoom and Microsoft Teams.

Students continue to be one of our priority audiences as mental illness often develops around the ages of 15-25. There have been 136 presentations given to approximately 3,183 students at high schools and elementary schools over the past fiscal year. Numerous presentations were also given to university and college audiences at a wide variety of educational institutions across the province. Two years ago we developed and launched a modified version of our presentation for youth in Grade 6-8 that better reflects learning goals for that age group.

We continue to strengthen our connection to the province by working to increase the number of presentations we give in rural communities each year. This year a total of 42 presentations were given to a variety of locations including Yorkton, Buffalo Narrows, Cole Bay, Pinehouse Lake, Sandy Bay, Wayakwin, La Ronge, Cumberland House, Martensville, Prince Albert and more. We continued to reach more Aboriginal and First Nations audiences including SIIT – Yorkton, Twin Lakes Community School – Buffalo Narrows, Lakeview School – Cole Bay, Minahik Waskahigan High School – Pinehouse Lake, Hector Thiboutot Community School – Sandy Bay,



Kiskahikan School – Weyakwin, Roots of Hope Project – La Ronge, Day Star FN, Cumberland House Cree Nation, Little Black Bear FN, Kawacatoose FN, Zagime FN, Star Blanket FN, Kinistin Saulteaux Nation, Metis Addiction Council of Saskatchewan, Saskatoon Indian & Metis Friendship Centre, and Saskatoon Indian Tribal Council.

The Partnership Program is always expanding to reach new groups. This year we presented to several new audiences. Some further highlights the Regina team reached are Mobile Crisis Services, Cosmopolitan Learning Centre, Oxford House, Saskatchewan Legion, Clare Parker Homes, Salvation Army, Family Services, and Alternative Measures Program. Some further highlights: the Saskatoon team reached include Saskatoon Correctional staff, University of Saskatchewan's College of Medicine Division of Social Accountability, Quint Development Global Gathering Place and Open Doors Society for newcomers to Canada. Further presentations were given at numerous drug and alcohol rehabilitation centers, homeless shelters, in hospital psychiatric wards, mental health support groups, health fairs, and community-based organizations across Saskatchewan.

David Field is finishing his second year as the rural program coordinator and continues to make progress connecting to rural Saskatchewan. Austin Holonics took over the role as the Regina coordinator in November of 2023 and done an amazing job reaching numerous new audiences. Curtis Harman has reached his 26th year with the Schizophrenia Society, and 25 years as a member of the Partnership Program Team. He started volunteering with Lois Bruce in her home back in August of 1998.

Much data and audience feedback has been collected by the Partnership Program to show how effective the program is. In the past year, 95% of people agreed or strongly agreed that the presentation increased their understanding of schizophrenia and/or other mental illnesses.

92% of audience members agreed or strongly agreed that they would be more empathetic and understanding towards someone with a mental illness. 90% of people agreed or strongly agreed that because of this presentation they know of additional supports and services. A special thanks to Shaun Schiller, our data specialist for summarizing thousands of audience surveys for the Partnership Programs.

Here are just three out of thousands of positive audience comments from the past year:

“The presentation was great and informative. Having personal talkers talk about what they have gone through is very informative and makes it easy to stay engaged. Thank you for sharing your stories!” - Regina Police College student.

“Your presentation gave my grade 6 student the language skills she needed to tell her parents she needed help.” – Teacher at Stewart Nicks School, Grand Coulee.

“Thank you for coming here today and courageously sharing your stories of recovery. They have given me hope. I am considering sharing my story when my life gets back on track.” - Short Stay Unit Patient at Royal University Hospital, Saskatoon.

Curtis Harman appeared on CTV’s Morning News, News at Noon and News at 6 PM, Global TV’s morning show, 650 CKOM Radio, 600 CJWW Radio, 98.3 Cool FM, 92 The Bull FM for various occasions including for Singing With The Stars, Mental Illness Awareness Week and Bell Let’s Talk Day to promote the Partnership Program. “Stigma Busters” video continues to receive numerous views on YouTube and ran on Shaw TV for three years.

Jennie Dickson who was one of the founding members of the Schizophrenia Society Saskatoon Chapter passed away in the summer of 2023. Jennie will be fondly remembered for all of the important groundwork she did for getting the Chapter going along with the help of her sister Ellen Parchomchuk and Lois Bruce. She made a major difference in mental health in our Province and will be missed by many.

A big thank-you goes out to each and every one of our presenters with lived experience, our family members, and our mental health professionals and advocates; you have truly made a difference in the fight against stigma. Without you, this program would not be possible. We would also like to thank our funders and our hosts for inviting us to present and allowing us to share our message of hope.

Sincerely,

Curtis Harman, Partnership Program Coordinator – Saskatoon

Austin Holonics, Partnership Program Coordinator – Regina

David Field, Partnership Program Coordinator – Rural

## SASKATOON OFFICE REPORT

Our Saskatoon office continues to respond to phone calls, emails and inquiries from persons living with mental illness, families and loved ones as well as community persons and organizations. We offer information, support, and assist with referrals to SHA mental health and addiction programs and community-based services as appropriate. The office is often contacted to assist those living in cities outside of Saskatoon, in rural and remote areas as well.

We have taken the opportunity to attend a variety of community events including the Step Up for Mental Health registration booth and Marathon, the CMHA Woman's Mental Health Marathon, Mental Health for All: Resilience in a Changing World Conference, The Crocus Coop Christmas gathering, CMHA In the Spotlight: Family in Focus event, and the Mental Health Week Walk and BBQ. Heidi also attended a weeklong training to become an ASIST trainer and has offered the course in conjunction with our Executive Director, Sean Barschel. Heidi also assists with Partnership Program presentations, on occasion. The Saskatoon office continues the task of updating our social media and website, which involves creating posts and interacting with the community, local and national organizations. In addition to this we also create the newsletter and posters for events.

Additionally, we supported the Singing with the Stars fundraiser at TCU place and the Regina Champions for Mental Health fundraiser. On May 2<sup>nd</sup>, we organized our second annual Show of Hope at the Broadway theatre with a showing of Star Wars: The Empire Strikes Back. A great opportunity to increase community awareness and support, which included two radio interviews and two T.V. interviews.

Sincerely, Heidi Fischer

Saskatoon Office and Program Coordinator Schizophrenia Society of Saskatchewan

## SASKATOON RECREATION GROUP REPORT

The Saskatoon Recreation Group is available to adults 18 and older with lived experience of mental illness to encourage social interaction and create strong support networks. We offer a variety of recreational activities free of charge.

Coffee group meets weekly and is our most popular outing. Attendance varies from around 10 people to upwards of 25. Our other regular event is bowling which typically occurs twice a month.

In addition to our typical groups, we also attend special events and bonus activities. Examples include attending the Western Development Museum's Festival of Trees, SCYAP art centre, the Cat Café, mini golf, the Broadway Theater, the Mental Health week walk and BBQ, and more. A highlight this year was attending the Saskatoon Symphony's special sing along performance of Handel's Messiah.

We thank Gloria Goodman, our previous coordinator for her volunteer assistance with our groups! We graciously thank our funders: The Community Initiatives Fund and The Royal University Hospital Foundation Endowment Fund. Your generous assistance helps to make this important resource possible.

Sincerely, Heidi Fischer

Saskatoon Office Coordinator Schizophrenia Society of Saskatchewan

## FAMILY RECOVERY JOURNEY REPORT

The Family Recovery Journey course was developed by the SSC. It is a free 5 session online course. It was developed to educate families and caregivers about psychosis, but it can help families with loved ones with different mental illnesses as well. The course talks about concurrent disorders, self-care and a crisis plan for example.

The most recent course of the Family Recovery Journey was delivered in March 2024. The benefit of hosting the course online is that we had participants from all over SK and even one participant from Ontario. We offer the course three times a year, the course is also offered in Saskatoon.

It is a pleasure to help participants learn more about mental illnesses and to provide them with hope and resources.

Respectfully submitted,

Maria Alvarez

Heidi Fischer

## FAMILY SUPPORT GROUP REPORT

The family support group is an online support group for family members of those with any mental illness. Our first group was in November 2022. We hold it on the second Tuesday of the month from 7:00 to 8:00.

It is a relaxed setting where the participants can talk about anything they would like such as challenges or successes they have had in the last month. We bring in speakers as well for example we had a psychiatrist do a presentation one evening. We also share resources with the participants such as the Henson Trust or the book “I am not sick I don’t need help!”.

We have repeat participants who appreciate the experiences of Heidi and Maria when they share their own recovery stories. It is nice to offer the support group online as we have people from all over the country participating. Maria and Heidi enjoy facilitating the support group and acting as sounding boards for the participants.

Respectfully submitted,

Maria Alvarez

Heidi Fisher

## YOUR RECOVERY JOURNEY WITH WRAP REPORT

Your Recovery Journey with WRAP (Wellness Recovery Action Plan) is a 5-session course that teaches those with mental illness how to achieve high levels of wellness. For example, we learn what our triggers and early warning signs are and make action plans for them.

The course is a combination of WRAP which was developed by Mary Ellen Copeland and Your Recovery Journey which was created by the Schizophrenia Society of Canada. We gather feedback from all of our participants, from the survey we've seen the majority indicate positive changes after taking the course. The course is designed to be facilitated by persons who have a mental illness and are further along in their recovery. As a result, Debbie and Maria are truly able to empathize with the participants.

The last time we offered the course was in April 2024. We continue doing the course online which works quite well as we had a participant from New Brunswick, another from BC, as well as a group from Swift Current, and another group from Moose Jaw. If people don't have access to the internet Maria does the course over the phone or in person.

Both Maria and Debbie love facilitating the Your Recovery Journey with WRAP course. They feel they are helping people remain hopeful and providing them with tools to aid in their recovery.

“Skills not just pills!”

Respectfully submitted,  
Maria Alvarez



## PEER SUPPORT REPORT

Ice and Maria continue to provide peer support for a variety of clients. Maria has been a peer support worker since September 2015 and facilitates two support groups once a month. She continues to help people that live with a variety of mental illnesses. Together the peer and Maria decide on goals the peer would like to work on. It can be one large goal or a series of smaller goals.

Maria is able to empathize with the struggles that her peers have because of her lived experience Maria continues to improve her skills as a peer support worker by participating in the community of practice for peer support workers offered by the SHA as well as the podcasts through the CMHA's Hope Learning Centre. She learns about different resources which she can pass along to the peers she works with. As well as those with mental illness Maria helps family members as well. Maria gives them hope by sharing her own story of recovery. She also helps them figure out what steps they should take regarding their loved one. Maria is sure to tell them about the Family Recovery Journey course as well as the Family Support Group we offer. Maria loves being able to help the people she works with. It makes her happy that the struggles she went through can now be used for something positive.

Ice meets with peers out in the community. During the past year they met with an average of eight peers a week. Meetings were recurring on a weekly basis, with some occurring twice weekly. Peers continue to be offered the opportunity to meet out in the community for a variety of activities including coffee outings, walks and community resources such as libraries and employment centres. Ice offers a variety of resources to peers including providing a safe space to emotionally regulate, resume and employment assistance, companionship and body doubling for completing daily tasks (grocery shopping, walks, etc.) and connecting them to new communities.

All other pre-existing peers continue to be enrolled in the peer support program and continue meeting regularly with Ice to work towards their goals and aspirations. Both Maria and Ice have been keeping themselves busy working with peers and providing support for many individuals within the community. They continue to work hard as we head into the summer.

Respectfully Submitted,

Ice Marshall

Maria Alvarez

## 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 thirteen (13) 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 2023-2024:**

1. Joan Baylis
2. Kyle Bender
3. Kristen Cozine
4. Kathy Evans
5. Mike Gardiner
6. Jeff James
7. Bruce McKee
8. Jaime Mantesso
9. Matthew Schmeling
10. Jocelyn Underwood
11. Dean Yadlowski

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

- Dean Yadlowski (will be serving the second year of his third term)
- Kyle Bender (will be serving the second year of his second term)
- Jocelyn Underwood (will be serving the second year of her second term)
- Kristen Cozine (will be serving the first year of her third term)
- Joan Baylis (will be serving the first year of her third term)
- Bruce McKee (will be serving the second year of his fifth term)
- Mike Gardiner (will be serving the second year of his fifth term)
- Jeff James (will be serving the second year of his fourth term)
- Matthew Schmeling (will be serving the second year of his first term)

**Current Board members seeking Re-election for an additional term:**

- Kathy Evans (motion to serve fourth term)

**There is 1 board member not continuing terms or seeking re-election:**

- Jaime Mantesso

(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:**

- Karyn Kawula

**Slate of the Board of Directors for the Schizophrenia Society of Saskatchewan for 2024-2025**

1. Joan Baylis
2. Kyle Bender
3. Kristen Cozine
4. Kathy Evans
5. Mike Gardiner
6. Jeff James
7. Karyn Kawula
8. Bruce McKee
9. Matthew Schmeling
10. Jocelyn Underwood
11. Dean Yadlowski

## KARYN KAWULA

I am a registered psychiatric nurse (RPN) with over 35 years of experience in a variety of clinical and administrative positions within the field of mental health and addictions primarily in Saskatoon. Most of my work experience has been in the community as a community mental health nurse (CMHN) and later as a Manager of McKerracher Centre and then a Director of Mental Health and Addictions Services.

As a CMHN, I collaborated directly with persons and their families affected by mental illness. I also participated in the Schizophrenia Society Partnership Program as a mental health professional. As an administrator, I worked with a variety of agencies and services to affect system changes and improve services/service delivery in Saskatoon and the province as well. I am most proud of advancing the Peer Support Program in the province.

At a stage in my career where I still had lots more to learn and knowledge to share, I ventured into teaching with Saskatchewan Polytechnic: Psychiatric Nursing Program. I am very much enjoying my role as a nursing instructor in Prince Albert and Saskatoon.

In addition to my professional background, I have a background in lived experience with mental illness from a personal and family perspective. At age 17, I had an acute psychotic episode, was hospitalized for several months, and diagnosed with Schizo-Affective Disorder.

After compliance to pharmacological treatment for four years, I was fortunate to be symptom free, cognizant of my wellness and what I needed to do to maintain. I have three siblings, all of whom have been affected by mental illness-two who have had more than one hospitalization for psychosis brought on by mania.

When I am not teaching, I am spending time outdoors and time with my family as a daughter, sister, wife, mother, aunt, and grandmother. I enjoy a variety of winter and summer outside recreational activities such as biking, hiking, and kayaking in the summer and cross-country skiing, skating and snow shoeing in the winter. I also enjoy reading, volunteering for community organizations and taking part in continuing educational activities.

Through my personal and professional journey within the field of mental health and addictions, I have developed a special interest in the exemplary work of the Schizophrenia Society of Saskatchewan (SSS). I value the programs and services offered through society as well as the dedication to research for more effective treatments for psychotic and related mental illnesses.

I am extremely interested in becoming involved in your ongoing work to increase public awareness and programming to support persons and their families affected by mental illnesses. Please consider my application to become a board member of this exceptional organization.

Karyn Kawula, RPN, MN