

FAST FACTS ON MENTAL ILLNESS

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague
- 20% of Canadians will personally experience a mental illness in their lifetime
- 1 in 100 Canadians (i.e., 46,000 British Columbians) are living with some form of schizophrenia
- Schizophrenia affects people of all ages, cultures and educational and income levels
- Schizophrenia is almost always treatable with medication
- The longer psychosis is left untreated, the greater the risk of permanent cognitive impairment
- 72% of family members caring for a loved one feel that there was no other option but to provide care
- 50% of family caregivers feel that there is a lack of home care or mental health services
- Most family members expect to be providing care for the rest of their lives

B.C. Schizophrenia Society (BCSS) provides support to families and education to the public. It also funds research and advocates for better services for those affected by schizophrenia and other serious and persistent mental illnesses.

To learn more about what programs are being offered in your region or what you can do to help, contact your Regional Contact or the Provincial Office.



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

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www.bcss.org | www.reachingfamiliesproject.org

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REGIONAL CONTACT

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**British Columbia Schizophrenia
Society**

*A Reason to Hope.
The Means to Cope.*

**Providing Support
Services for the
Families & Friends
of People Living with
ANY Mental Illness**

British Columbia Schizophrenia Society (BCSS) is a registered charitable organization founded by families and friends of people with schizophrenia. Since 1982, BCSS has been working to transform the landscape of mental illness in B.C. for those with schizophrenia and other serious and persistent mental illnesses, and their families.



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BCSS VISION

BCSS aims to create a province where every person affected by serious and persistent mental illness receives excellent, timely treatment and services, and where individuals and families are accepted and included within their communities.

FAMILY-CENTRED CARE

BCSS provides education and caring support for families affected by serious mental illness. The family unit is BCSS' first responsibility and primary focus; the person with the illness is always included in the definition of family.

BCSS offers powerful programs that bring hope and creative solutions to thousands of families coping with serious mental illness in British Columbia. BCSS brings together citizens, corporations, government and community agencies to support and educate consumers and families province-wide.

BCSS PROGRAMS HELPING FAMILIES FIND “ REASONS TO HOPE AND THE MEANS TO COPE”

Direct Emergency Support — Web and Phone

Regional Educators provide critical information and support to families. They help mediate difficult situations and empower families to become mental health advocates for their loved ones.

Family Support Groups

A safe and supportive environment where family and friends can share, ask questions and connect with others who are supporting a loved one.

Strengthening Families Together & Strengthening Families Together — First Nations

For people who have a relative with schizophrenia or other severe and persistent mental illnesses, this 10-week program provides information about mental illness and how to access resources. This program has also been adapted to honour and include First Nations traditions and culture.

Partnership Education Program

This panel presentation uses a storytelling model to challenge the stigma around schizophrenia and other serious and persistent mental illnesses. All panels consist of a person with lived experience, family member and clinician or BCSS regional educator. These presentations are provided to school, community and professional groups, including training programs for police and medical staff.

Reaching Families Project (www.support.bcsc.org)

Family members can access this website to find information and resources. It hosts online support groups moderated by BCSS Regional Educators and a multi-agency calendar of family specific events.

Kids in Control and Teens in Control*

Children aged 7-18 with a family member suffering from mental illness receive education, information and support through these programs.

Reaching Out Teacher' s Manual

A collection of lesson plans developed by teachers for teachers, this manual and accompanying video help increase awareness among students, teachers and counsellors. Available at www.bcsc.org.

ReachOut Psychosis Tour*

A fun and innovative performance that tours the province using music and poetry to help students and teachers learn to identify and seek help for youth with emerging psychosis.
www.reachoutpsychosis.com

Puppet Education Program*

Aimed at students in grades 3–7, this program consists of a 25-minute puppet show, a short discussion about mental illness, and a question and answer period. All performers have lived experience.

B.R.I.D.G.E.S.*

Developed and taught by people with lived experience, this program provides support as well as information about mental illness, symptom management and treatment.

Your Recovery Journey*

A Schizophrenia Society of Canada program that uses a peer support model to increase participants' ability to meet their personal recovery goals.

* These programs are only available in select regions across B.C., dependent on resources.

TO FIND A PROGRAM IN YOUR REGION, CALL 1-888-888-0029