

**OFFERING PROGRAMS &  
SERVICES FOR FAMILIES  
AFFECTED BY MENTAL ILLNESS**



**BRITISH COLUMBIA  
SCHIZOPHRENIA SOCIETY  
HELPING FAMILIES FIND HOPE**



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

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BC SCHIZOPHRENIA SOCIETY FOUNDATION  
SUPPORTING THE BC SCHIZOPHRENIA SOCIETY

# ABOUT BCSS

BC Schizophrenia Society (BCSS) aims to create a province where those affected by schizophrenia and other severe and persistent mental illnesses receive effective treatment and support, and family members are an essential partner within the mental health system.

BCSS supports families affected by schizophrenia and other severe and persistent mental illnesses in BC through education, advocacy, and research.

## FAST FACTS ON MENTAL ILLNESS

- 1 in 100 Canadians live with some form of schizophrenia
- Schizophrenia spectrum disorders affect people of all ages, cultures, and education and income level
- Schizophrenia is almost always treatable with medication
- The longer psychosis is left untreated, the greater the risk of permanent cognitive impairment
- Many families will step in to care for a loved one with mental illness, but this can affect their physical and mental health

## OUR SERVICES

### **DIRECT FAMILY SUPPORT – ONLINE, BY PHONE, IN-PERSON**

**Regional Educators provide vital information and support to families. They provide support and education, helping empower families to become mental health advocates for their loved ones.**

# OUR PROGRAMS

## FAMILY SUPPORT GROUPS

Regularly scheduled support groups that offer a safe and supportive environment for family and friends to share, ask questions, and connect with others who are also supporting a loved one.

## STRENGTHENING FAMILIES TOGETHER/ STRENGTHENING FAMILIES TOGETHER – FIRST NATIONS

A family education course providing information to people who have a relative living with schizophrenia or another severe and persistent mental illness. It also helps people better understand BC's mental health system and how to access resources. This program has also been adapted to honour and include indigenous traditions and culture.

## PARTNERSHIP EDUCATION PROGRAM

A presentation that uses a storytelling model to challenge the stigma around schizophrenia and other severe and persistent mental illnesses. All panels consist of a person with lived experience, a family member, and a BCSS Regional Educator. These are provided to post-secondary students, the medical community, community groups and organizations, businesses, and anyone who just wants to learn more.

## KIDS AND TEENS IN CONTROL \*

Children and youth aged 7-18, who have a family member living with mental illness, gain education, information, and support through Kids and Teens in Control courses, workshops, drop-in sessions, and other resources.

## PUPPET EDUCATION PROGRAM \*

Aimed at students in grades 3-7, this program is 45-minutes in length, consisting of a 25-minute puppet show, a short discussion about mental illness, and a question and answer period.

*\* These programs are only available in select regions*



BCSS is a non-profit organization founded in 1982 by families and friends of people with schizophrenia. Today, BCSS is a province-wide family support system dedicated to supporting families, educating the public, raising funds for research, and advocating for better services for people with schizophrenia and other severe and persistent mental illness.

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.



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## **BCSS PROVINCIAL OFFICE**

1100 - 1200 West 73 Avenue  
Vancouver, BC V6P 6G5  
1-888-888-0029 | 604-270-7841  
[www.bcsc.org](http://www.bcsc.org) | [info@bcsc.org](mailto:info@bcsc.org)



## **Mental Health Family Resource Centre**

**Northwest Regional Educator**  
250-635-8206 / 250-922-5178  
[terrace@bcsc.org](mailto:terrace@bcsc.org)  
[www.bcsc.org](http://www.bcsc.org)