

SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
ANNUAL REPORT
2017 – 2018

2017 – 2018 BOARD OF DIRECTORS

Bruce McKee	President, Regina
Roxanna Schultz	Vice President, Regina
Calen Nixon	Treasurer, Regina
Janet Barber	Regina Beach
Brian Tkachuk	Moose Jaw
Faith Cameron	Regina
Jeff James	Regina
Marie Knutson	Eston
Mike Gardiner	Regina
Charlene Pawluk	Saskatoon
Dan Sherven	Regina

STAFF

Jamie Eng	Executive Director
Nisha Macleod	Administrative Assistant
Tanya Condo	Partnership Program Coordinator
Curtis Harman	Partnership Program Coordinator
Gloria Goodman	Rural Partnership Program Coordinator
Debbie Head	Bookkeeper
Shaun Schiller	Data Entry Specialist
Maria Alvarez	Peer Support Worker

Our Mission Is:

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
2017 - 2018**

RAYS OF HOPE AWARD

Recipients:

- Helen Tait
- Neil Child

**DR. LIONEL AND MRS. MARY HASTINGS
AWARD**

Recipients:

- Anne- Marie Ursan

COMMUNITY SPIRIT AWARD

Recipients:

- Tony Roma's (Regina)

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ANNUAL MEMBERSHIP MEETING
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN, INC.
TUESDAY, JUNE 19, 2018
1311 SASKATCHEWAN DRIVE–THOM BARTRAM WELLNESS CENTER

PROPOSED AGENDA

1. *Welcome and call to order*
2. *Accept June 13, 2017 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 *Executive Director's Report*
Motion to accept reports 5.1 – 5.2:
 - 5.3 *Treasurer's Report*
Motion:
 - 5.4 *Auditor's Report*
Motion:
 - 5.5 **Motion** to: Appoint auditor for 2018-19 year
 - 5.6 *National Representative's Report*
 - 5.7 *Partnership Program Report*
 - 5.8 *Strengthening Families Together Program Report*
 - 5.9 *Your Recovery Journey Report*
 - 5.10 *Peer Support Report*
 - 5.11 *Healing Through Humour Report*
 - 5.12 *Committees Report*
Motion to accept reports 5.6 – 5.12
 - 5.13 *Nominations Committee Report*
Motion:
6. *Other business*
7. *Adjournment*

ANNUAL MEMBERSHIP MEETING

SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN, INC.

TUESDAY, JUNE 13, 2017

UNITED WAY OF REGINA –COMMUNITY ROOM

MEETING MINUTES

.....
Meeting Minutes taken by: Mingshu Yang

1. Welcome and call to Order

B. McKee called the meeting to order at 10:30 a.m., June 13, 2017.

2. Accept June 14, 2016 minutes as circulated

M/S: T. Sleeva/ J. Stirr

That the minutes be adopted as read.

CARRIED.

3. Business arising out of old minutes

There was no business.

4. Call for other business to be added to the agenda

There was no other business.

5. Reports

5.1 Provincial President's Report

M/S: M. Gardiner / F. Cameron

That the report be adopted as read.

CARRIED.

5.2 Executive Director's Report

M/S: M. McLeod / J. Barber

That the report be adopted as read.

CARRIED.

5.3 Regina Chapter President's Report

M/S: J. Stirr / F. Cameron

That the reports 5.1-5.3 be adopted as read.

CARRIED.

5.4 Treasurer's Report

M/S: F. Cameron / M. Gardiner

That the report be adopted as read.

CARRIED.

5.5 Auditor's Report

M/S: M. McLeod / J. Stirr

That the report be adopted as read.

CARRIED.

5.6 Motion to: Appoint auditor for 2017-18 year

M/S: J. Barber / F. Cameron

That Virtus Group be appointed as auditor for 2017-2018 year.

CARRIED.

5.7 National Representative's Report

M/S: J. Stirr / F. Cameron
That the report be adopted as read.
CARRIED.

5.8 Partnership Program Report

M/S: B. Tkatchuk / J. Barber
That the report be adopted as read.
CARRIED.

5.9 Strengthening Families Together Program Report

M/S: G. Goodman / M. McLeod
That the report be adopted as read.
CARRIED.

5.10 Your Recovery Journey Report

M/S: C. Spencer / J. Barber
That the report be adopted as read.
CARRIED.

5.11 Peer Support Report

M/S: M. McLeod / B. Tkatchuk
That the report be adopted as read.
CARRIED.

5.12 Healing Through Humour Report

M/S: J. Stirr / M. Gardiner
That the report be adopted as read.
CARRIED.

5.13 Committees Report

M/S: C. Spencer / G. Goodman
That the reports 5.7-5.13 be adopted as read.
CARRIED.

5.14 Nominations Committee Report

M/S: C. Spencer / G. Goodman
That the report be adopted as read.
CARRIED.

6. Other Business

There was no other business.

7. Adjournment

B. McKee moved to adjourn the meeting.
CARRIED.

PROVINCIAL PRESIDENT'S REPORT

2017/18 has been a very busy and rewarding year for the Schizophrenia Society. I would like to express my thanks to my fellow Board Members, staff and the many volunteers for all their work and support.

At last year's annual meeting I introduced Dr. Jamie Eng who had recently been hired to become our new Executive Director. Instead of spending the summer getting acquainted with his new role we asked Jamie to spear head the purchase of a new building. During Jamie's training to become a medical doctor he probably never imagined having to learn about commercial real estate. At the same time we asked him to start planning for the Champions of Mental Health Dinner. It was a heavy load but thanks to Jamie's enthusiasm and skill both activities were very successful. I am happy to say he continued this enthusiasm for the rest of the year.

I would like to give a special thanks to all individuals who helped with the fund raising events in both Regina and Saskatoon. You worked tirelessly to raise much needed resources but you also brought awareness of mental health issues to hundreds of people.

I would also like to thank the sponsors of the events

This past year was not without issues and concerns. I want to thank the Board Member and staff for their resolve and know that we can move on even stronger and wiser.

The Schizophrenia Society was formed to support families and those effected by Schizophrenia and other severe mental illnesses. The vast majority of this work is accomplished by the dedicated staff in Regina and Saskatoon. Your efforts in spreading the word through the Partnership Program, Strengthening Families and Your Recovery Journey realize the goals of the Society. I am especially excited about our ability to expand the reach of these programs to locations outside of the two big cities and sincerely hope the outreach work can continue.

Last May the Board met to start a strategic planning process and created a number of goals or objectives including more family involvement, more outreach to rural areas, and greater use of modern technology and creating a solid foundation to our programs. I believe we have made a good start on these goals. My hope is that during the next year we can sharpen our focus on these goals and continue to move toward their achievement

I look forward to the next year and wish to welcome those new people who have volunteered to join the Board, to thank those who have agreed to continue to serve for another term and those whose term is over and will be going on to other endeavours.

Bruce Mckee,

President

EXECUTIVE DIRECTOR'S REPORT

It is with great pleasure to be able to serve as the new Executive Director for the organization. I will be completing my first year as of July 2018. We have made many great strides over the years to make people more aware of Schizophrenia and related mental illnesses and in helping to reduce stigma and get individuals more timely treatment. My hopes are that in the upcoming year, some resources from the federal health transfer fund earmarked for mental health will be accessed and used to support the excellent work that is done in our community organizations.

We had recently moved into our new provincial office building in October 2017. The new office is located on 1311 Saskatchewan Drive. This was made possible by the bequest of Thom Bartram. We have dedicated the multi-purpose room to the Thom Bartram Wellness Center. The new home will allow us to conduct our programs more frequently and potentially at a larger capacity. This investment will help elevate the stability of the organization and to build equity.

The Partnership Program was able to expand into Northern Rural Saskatchewan because of the pilot grant given by the Ministry of Health. Gloria Goodman was recruited and was successful in conducting our partnership program in the 12 former health regions.

In the Saskatoon we were able to rejuvenate the Strengthening Family and Your Recovery Journey Program because of the Wendy Morris Foundation. In addition to the two programs we are conducting recreational groups due to the high demand in the city.

We had two large fundraising/awareness events this year. One was in Saskatoon and was a comedy steak night event feature Ian Morrison who conducts the Healing Through Humor program. The other was the Champions of Mental Health Dinner in Regina with guest speaker Michael Landsberg with over 400 people in attendance this year. A huge thank-you to our wonderful volunteers in Saskatoon and Regina that worked on both of these fundraisers because without you, neither of these events would have been possible.

The Schizophrenia Society has been working closely with the Government of Saskatchewan. Recently we held an educational reception for the Members of the Legislative Assembly in April 2018. This was a huge success as we were able to educate the MLA's from across Saskatchewan about who we

were and what programs we offer. This has led to a meeting with the Minister of Health, Jim Reiter in June 11, 2018. Minister Reiter has reinstated the funding for the rural expansion and has implemented in our ongoing funding.

On behalf of the provincial office of the Schizophrenia Society we would like to acknowledge the Saskatoon Chapter for donating \$120,000 to the provincial office before the amalgamation into a single provincial body. Words cannot express the selfless efforts and dedication the people of Saskatoon had done for the organization. I am truly inspired and promise to continue the hard efforts of those in Saskatoon.

In the near future I would like to see the organization grow through technology. As we have recently received a grant from the City of Regina to expand, I hope it would be used effectively to be able to serve the people of Saskatchewan. This would highlight those in rural Saskatchewan who would traditionally not have access to programs compared to the urban area.

I would like to thank our dedicated full-time, part-time and contractual staff for their hard work and perseverance over the past year. Like many other mental health organizations we also lack resources. It has been very difficult for our small staff to meet the growing demands on our services across the province and it can be very overwhelming; however everyone keeps trying their best to keep up with the requests for our help. I sincerely appreciate each and every one of you for continuing to push through in our busy work environment!

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 Bruce McKee for his hard work, compassion, time and generosity as our Board President. He has mentored me each and every step of the way in guiding the organization to better serve our members. I would like to also thank our wonderful board members who will be leaving us this year. It's always so hard to see great people go. I appreciate the professionalism, compassion, knowledge and expertise that each of our board members bring to our organization.

Sincerely,



Dr. Jamie Eng

Executive Director

Schizophrenia Society of Saskatchewan

TREASURER'S REPORT

I am pleased to report to the members that the financial position of the Schizophrenia Society of Saskatchewan Inc. remains strong, as reflected in the financial statements for the year ending March 31, 2018.

The Society's funding continues to come mostly from Saskatchewan Health and fundraising efforts such as the Champions dinner. Additional revenue sources include funds from investments and many other special private, estate, corporate, and pharmaceutical sources.

Strategic funding grants from government and from extraordinarily generous private partners has allowed for the expansion of Society activities to benefit northern and rural areas and to enhance a strong presence in Saskatoon. We hope to continue down this path as we build relationships. Congratulations are due to our Executive Director Jamie Eng, our Past Executive Director Anita Hopfauf, President Bruce McKee and Gloria Goodman as well as all of the instrumental team members and volunteers for tirelessly executing these plans.

Our Executive Director, committed staff and bookkeeper have all diligently shown resolve in limiting unnecessary costs in a year of organizational transition and renewed strategic planning. Staff have continued to show tremendous initiative in providing insight and leadership by communicating organizational needs and making the best use of budgeted expenses.

This past year, the Board has further lessened its cash position and purchased office space, investing in a valuable long-term resource for the Society. Due to the ongoing initiative and follow-through of Board Member Brian Tkachuk, the board has continued implementing and fine-tuning strategic reserves for improved year after year fiscal planning and longevity.

The Board of the Society remains firmly committed to making prudent use of the Society's resources to achieve the goals of improving the quality for those affected by Schizophrenia and psychosis through education, support programs, public policy and research.

Yours truly,

Calen Nixon

Treasurer

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 Fund Development Plan continues to be developed with Andrea Rennie acting as the Director of Development working with RBR Associates. This will allow the SSC to achieve the financial goals that are designed. They have also developed The Case for Support, an infographic to be handed out to potential donors.

Up to date Clinical Guidelines were designed along with Dr. Don Addington (Chief Executive Officer of SSC) to allow user friendly booklets to be printed by SSC – This work still continues to be done and is not yet completed.

The SSC has built a strong relationship with the Canadian Consortium for Early Intervention on Psychosis and are working with them on the following projects:

CCEIP Patient Portal Project.

CCEIP Cannabis Awareness Project.

SSC Cannabis and Psychosis Website Redevelopment Project.

The SSC continues to work on re-designing their website to focus on marijuana and psychosis information. They also continue to increase their social media footprint.

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.

I am relatively new to the portfolio, but look forward to building a great relationship with my national colleagues. I am required to join a sub-committee and have not yet selected which one I'd like to partake in.

Respectfully submitted,

Jeff James

National Board Representative for Saskatchewan

PARTNERSHIP PROGRAM REPORT

The Partnership Program continues to go strong into its 20th year. Congratulations to the Partnership Program team in Regina as they have reached a major milestone as having presented for 20 years. A team was formed in Regina in 1998 and Saskatoon developed a Partnership team in 1999. A rural team was formed in Saskatoon in 2017. Over the past fiscal year, 341 presentations have been given to 8,906 people throughout Saskatchewan. The Partnership Program teams in Regina, Saskatoon, and Rural have given a grand total of 4,523 presentations to 119,030 people from January 1st, 1998 to March 31st, 2018. There were 70 people with the lived experience of mental illness, family members, and mental health professionals that 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. There have been 143 presentations given to approximately 4,500 students at high schools and elementary schools over the past fiscal year. Numerous presentations were given to university and college audiences to a wide variety of educational institutions across the province.

There has been a major focus on presenting in rural and First Nations areas the past fiscal year. Presentations were given in communities outside of Regina and Saskatoon including LaRonge, LaLoche, Fishing Lake, Wadena, Clearwater, Melfort, Wynard, Davidson, Prince Albert, Warman, Martensville, Dalmeny, Clavet, Hepburn, Meadow Lake, Balgonie, Swift Current, Whitewood, and Fort Qu'appelle. We continued to reach Aboriginal audiences including LaLoche Health Centre, LaRonge Health Centre, Fishing Lake First Nations school, Clearwater River Dene First Nation Health Centre, Saskatoon Indian Institute of Technology, First Nations University Saskatoon, Oskayak High School Saskatoon, and Ochapowace First Nations.

Numerous presentations were given to RCMP recruits that are trained in Regina and posted across the country. Further presentations were given at drug and alcohol rehabilitation centers, homeless shelters, in hospital psychiatric wards, to community based organizations, businesses and a number of other organizations. The Saskatoon team also presented at The Living With Mental Illness Conference.

Gloria Goodman completed her first year as rural Partnership coordinator. Tanya Condo completed her fourth year as program coordinator in Regina. Curtis Harman completed his 16th year as program coordinator for Saskatoon and area and overall 19th year as a staff member.

Saskatoon team member Andre Wolfe passed away in June of 2017. Andrew presented his story of recovery from anxiety and depression. He was looking forward to receiving his five year award of recognition shortly before he died. He will be remembered for all the work he did for our organization.

Much data and audience feedback has been collected by the Partnership Program to show positive outcome measures and how effective the program is. Out of thousands of audience members surveyed 85% agreed that our presentation raised their opinion of people living with mental illness and 88% strongly agree or agree that they would be more likely to support someone living with a mental illness.

Here are just three out of thousands of positive comments on audience surveys from the past year. “The fact that you have both been in such a dark place and now you are able to speak freely about your feelings and past is stunning.” (Regina High School student) “I now know there are risks involved with smoking pot. I did not realize it can trigger psychosis. This is good to know.” (University of Saskatchewan student) “Thank you for coming to our community. We need all the information on mental health we can get.” (LaLoche Health Centre staff member)

Please contact Tanya Condo in Regina at 306-584-2369 or Tanya@schizophrenia.sk.ca or Curtis Harman in Saskatoon at 306-374-3220 or Curtis@schizophrenia.sk.ca or Gloria Goodman for rural areas at 306-374-2224 or Gloria@schizophrenia.sk.ca if you are interested in joining the Partnership Program team or if you would like to book a presentation.

Thank you all out presenters with the lived experience, our family members of people with the lived experience, our mental health professionals, our funders and our hosts for inviting us to present.

You have all helped make a major difference throughout Saskatchewan!

Sincerely,

Curtis Harman, Partnership Program Coordinator – Saskatoon

Gloria Goodman, Partnership Program Coordinator – Rural

Tanya Condo, Partnership Program Coordinator – Regina

STRENGTHENING FAMILIES TOGETHER PROGRAM REPORT

Strengthening Families Together (SFT) is a National 10-session program. It is about the issues that impact people with a mental illness and their families on a daily basis. The program covers a wide range of topics including mental illnesses, self-care, communication, advocacy, understanding the mental health system, living with an illness, and recovery. The program is designed to provide support, awareness, and tools to cope.

SFT strengthens the capacities of families to work together towards the recovery of a family member with an illness. Participants include 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 of the program are optimally a family member and a mental health professional. The program was developed by the Schizophrenia Society of Canada and includes established and measurable program outcomes.

The SFT program was offered in Regina this past year. Nolan Gagnon co-facilitated the program along with Dave Gibson who is a Social Worker at the Regina Mental Health Clinic. Nolan Gagnon was completing his Social Work Practicum with the Schizophrenia Society of Saskatchewan.

We include a Partnership Program presentation each year which is always a highlight with the participants. Feedback is consistently positive.

Sincerely,
Dr. Jamie Eng
Executive Director

YOUR RECOVERY JOURNEY PROGRAM REPORT

From 2008 Maria Alvarez was facilitating Your Recovery Journey which was a program created by the Schizophrenia Society of Canada. In 2015 Maria and Tanya Condo received training for Wellness Recovery Action Plan (WRAP) in Saskatoon. They took the tools they learned from WRAP and combined them with Your Recovery Journey to make one program. Tanya and Maria offered this revised course with great success. The surveys indicated that 98% of participants had experienced positive changes with helping them in their recovery.

This past fiscal year a new facilitator named Debbie Walters took Tanya's place. Maria and Debbie ran the Your Recovery Journey course three times this past year. The last course they ran was in the new building.

Maria and Debbie really appreciated the new building as they don't have to carry all their material to a different venue for the course. As well there is room enough to have ten to twelve participants. It is nice to have a kitchenette where they provide coffee and a snack. Also participants can move around freely to get a cup of coffee or use the bathroom.

Maria and Debbie believe they are making a difference. The Your Recovery Journey is designed to be peer led and both Maria and Debbie have lived experience. The surveys after each course are very positive. Maria and Debbie strongly believe that recovery is possible for everyone, and they are living examples.

Respectfully submitted,

Maria Alvarez

Debbie Walters

Schizophrenia Society of Saskatchewan

PEER SUPPORT REPORT

Maria Alvarez has been the Peer Support Worker since Sept 2015. She received training for Peer Support in Saskatoon.

As well as the training Maria has been through the gamut with her mental illness. She has been living with it since 1982. As a result of her experiences she is able to empathize with people and the different scenarios they face. She provides hope to family members as well as those living with a mental illness.

Her Office hours are Tuesday + Thursday afternoon. During her office hours she provides support to drop ins, over the phone and via email. She has had a few calls from family members in tears as they try to cope with their loved one's illness. Maria feels privileged to be able to provide a listening ear and to reassure them that there is hope.

Sometimes Maria receives calls from outside of Regina. One call was from Kansas in the United States. In those cases Maria has put together a package of information regarding mental illness and mailed it to the person. Maria also facilitates a support group with co-facilitator Debbie Walters. The Support group is once a month. It has been a pleasure to hold the support group in our new location. There is lots of room. People can move about freely to get a cup of coffee or use the bathroom. We are able to have many more participants.

Maria loves being able to help those on their Recovery Journey. She firmly believes there is hope for everyone.

Respectfully Submitted,

Maria Alvarez

Schizophrenia Society of Saskatchewan

HEALING THROUGH HUMOUR PROGRAM REPORT

Healing through Humour is a program run through the Canadian Mental Health Association Saskatchewan division in partnership with the Schizophrenia Society of Saskatchewan that teaches people living with mental health issues the art of comedy writing and performance.

We are releasing two comedy albums this year, one on May 7th for mental health week and one for October 10th on world mental health day. We have also shot and completed 6 music videos for this album that will be available to be viewed on Healing through humours YouTube channel. We will also be having several upcoming performances and look forward to bringing more comedy over the next year.

Ian Morrison,

Program Facilitator
Healing Through Humour

COMMITTEES REPORT

Over the past year the SSS Executive Director and staff have served on 7 different committees. The Schizophrenia Society of Saskatchewan continues to work closely with many other community partners on a variety of different initiatives and advocacy issues. 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)
- Saskatchewan Mental Health Coalition
- Mental Health and Addictions Action Plan Reference Committee
- Living with Mental Illness Workshop Committee
- Champions for Mental Health Committee
- Schizophrenia Society Building Committee

Submitted by,

Dr. Jamie Eng
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 2017-2018:

1. Bruce McKee
2. Roxanna Schultz
3. Calen Nixon
4. Janet Barber
5. Marie Knutson
6. Brian Tkachuk
7. Faith Cameron
8. Mike Gardiner
9. Dan Sherven
10. Jeff James
11. Charlene Pawluk

Current Board members whose terms are continuing:

- Dan Sherven(will be serving the second year of his first term)
- Jeff James (will be serving the second year of his first term)
- Charlene Pawluk (will be serving the second year of her first term)
- Bruce McKee (will be serving the second year of his 2- Year Term)
- Mike Gardiner (will be serving the second year of his 2- Year Term)
- Janet Barber (will be serving the second year of her 2- Year Term)

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

- Roxanna Shultz
- Calen Nixon
- Brian Tkatchuk

There are 2 board members not continuing terms or seeking re-election:

- Faith Cameron

- Marie Knutson

(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:

- Jaime Mantesso
- Kathy Evans

Slate of the Board of Directors for the Schizophrenia Society of Saskatchewan for 2018-2019

1. Bruce McKee
2. Roxanna Schultz
3. Calen Nixon
4. Janet Barber
5. Jaime Mantesso
6. Mike Gardiner
7. Brian Tkatchuk
8. Dan Sherven
9. Jeff James
10. Charlene Pawluk
11. Kathy Evans

BIOGRAPHIES OF NOMINEES

Jaime Mantesso

In 2007, Jaime graduated from the University of Saskatchewan with a Bachelor of Science in Nursing degree. She began her career working as an Emergency Nurse while running a non-profit youth mentorship program as interim manager before completing a Master of Nursing degree in 2012. Since then, Jaime has shifted her career aspirations from an acute care focus to pursue nursing education, while maintaining a strong involvement within her community.

Currently, Jaime is working towards a doctoral degree in Education Psychology and is employed in a tenure-track faculty position at the University of Regina where she teaches in a variety of courses. Most notably, Jaime teaches the *Mental Health Partnerships* undergraduate nursing course. It was through this course that Jaime had formed a connection to the Schizophrenia Society of Saskatchewan. After listening to the Partnership Program speakers – who visit her class each term – Jaime decided she wanted to do more in the community and sought involvement with the Society.

This winter, Jaime took the opportunity to volunteer with the *Champions of Mental Health 2018* fundraising committee where she was able to help raise funds and enjoy the event. And, as of May 2018, Jaime joined the Partnership Program where she will be able to speak to hope and recovery from both a personal and professional standpoint.

Kathy Evans

As the Department Head Secretary, Kathy Evans is a familiar face to many in the department of Community Health and Epidemiology. She has developed a reputation for her no-nonsense attitude combined with an incredible willingness to help her colleagues. But her daughter's schizophrenia caused a severe strain on her, her family and professional life. Repeated visits in and out of mental health facilities, trying to navigate and advocate for her daughter's health care needs and ever-mounting prescription bills slowly had an impact on her own health, well-being and family life.

It started in 2010 with a quest to learn as much as she could about her daughter's mental illness. Sarah, Kathy's 17-year old daughter, was diagnosed with schizoaffective disorder, a chronic mental health condition that is characterized by symptoms of both a mood disorder such as mania and depression and schizophrenia. The diagnosis was both devastating yet in many ways a relief for Kathy, who for years had watched helplessly as her daughter's mental health rapidly declined with no given explanation.

With that diagnosis Kathy's daughter Sara joined an estimated 10,000 Saskatchewan Residents (1% of the population) who have schizophrenia. It was a pinnacle moment for Kathy in that it launched her mental health advocacy work. It has been 8 years and Kathy has tirelessly worked to help erase the stigma of mental illness and increase support for families living with mental illness.

Kathy has spent the last few years sharing her lived-experience and has publically spoken about the toll mental illness can have on families. She frequently shares her story at the YWCA women's Shelter, has presented at events including Living with Mental Illness Conference, and various mental health workshops and information sessions in and around the city. Last fall, Kathy was invited to the Dean's office to speak about mental illness. As a CUPE 1975 Local representative for the University of Saskatchewan's Employee and Family Assistance Program, Kathy has also provided input to Employee Assistance Program promotional activities. She has also helped explore how university counseling services meet the needs of family members living with mental illness.

A highlight for Kathy was a well-attended town hall she organized in the College of Medicine last spring as part of Canadian Mental Health Awareness Week. The town hall coincided with the launch of a book "Much Madness, Divinest Sense: Women who Care About Mental Health" which was co-edited by Dr. Nili Kaplan-Myrth and Dr. Lori Hanson (department faculty). The book is a collection of women's writing about mental health and health care and includes an excerpt by Kathy. The book was profiled in The Globe and Mail.

Kathy's engagement in mental health advocacy has been a hugely rewarding experience for her, it has given her the opportunity to offer support and hope for families living with mental illness. She hopes to continue to share the powerful message that there is no shame with mental illness.