

SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN

ANNUAL REPORT

2020 – 2021

2020 – 2021 BOARD OF DIRECTORS

Jeff James	President, Regina
Kathy Evans	Vice President, Saskatoon
Richard Beachey	Treasurer, Regina
Kristen Cozine	Regina
Mike Gardiner	Regina
John Labatt	Regina
Jaime Mantesso	Regina
Bruce McKee	Regina
Calen Nixon	Regina
Charlene Pawluk	Saskatoon
Dean Yadlowski	Regina

STAFF

Dan Sherven	Executive Director
Angela Coku	Executive Assistant
Sean Barschel	Provincial/ Regina Partnership Program Coordinator
Curtis Harman	Saskatoon Partnership Program Coordinator
Jodie Lamb-Alexce	Rural Partnership Program Coordinator
Gloria Goodman	Saskatoon Office and Program Coordinator
Shaun Schiller	Data Entry Specialist
Maria Alvarez	Peer Support Worker
Debbie Head	Contract Bookkeeper
Stella Cummings	Cleaner

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 2020 - 2021

RAYS OF HOPE AWARD

Recipients:

- Karyn Kawula
- Jay Semko
- Kathy Willerth

DR. LIONEL AND MRS. MARY HASTINGS AWARD

Recipient:

- Dr. Stephen Adams

COMMUNITY SPIRIT AWARD

Recipient:

- Delta Hotels by Marriott Regina

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ANNUAL MEMBERSHIP MEETING
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN, INC.
TUESDAY, JUNE 8, 2021
VIRTUAL MEETING 10:30AM
PROPOSED AGENDA

1. *Welcome and call to order*
2. *Accept June 23, 2020 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 to accept report 5.3*
 - 5.4 *Auditor's Report*
 - Motion to accept 5.4*
 - 5.5 *Motion to: Appoint auditor for 2021-22 year*
 - 5.6 *National Representative's Report*
 - 5.7 *Partnership Program Report*
 - 5.8 *Family Recovery Journey Report*
 - 5.9 *Saskatoon Office Report*
 - 5.10 *Recreation Program Report*
 - 5.11 *Your Recovery Journey Report*
 - 5.12 *Peer Support Report*
 - 5.13 *Committees Report*
 - 5.14 *Motion to accept reports 5.6 – 5.13*
 - 5.15 *Nominations Committee Report*
 - Motion 1: Bruce McKee, Mike Gardiner be extended for an additional two year term beyond the existing three continuous two year term.*
 - Motion 2 to accept report 5.15:*
6. *Articles of incorporation, review (see attached summary of changes)*
Motion: that the Articles be approved as presented.

7. *Bylaws, review (see attached summary of changes)*
Motion: that the Bylaws be approved as presented.
8. *Other business*
9. *Adjournment*

Schizophrenia Society of Saskatchewan (SSS)
Virtual Annual General Meeting Minutes
June 23rd, 2020 – 10:30 am
Via WebEx

1. Welcome and call to order

B. McKee, President of SSS called the meeting to order at 10:34am on June 23rd, 2020.

Bruce thanked all for attending our AGM in this very difficult time.

2. Accept June 11th, 2019 Meeting Minutes as circulated

M/S J. James/ M.Gardiner **Motion Carried**

3. Business Arising out of old minutes:

There was no business arising.

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

There were no other business.

5. Reports

5.1 President's Report: Adopted as read with one correction:

“Advisory Cte” should be “Advocacy Cte”.

5.2 Executive Director's Report:

Motion: Presidents and Executive Director Report be approved as read.

M/S P. Drews/ J. James **Motion Carried**

5.3 Treasurer's Report:

Motion to accept report as read.

M/S J. Mantesso/ R. Beachey **Motion Carried**

5.4 Auditor's Report:

Motion to accept document as circulated.

M/S D. Yadlowski/ M. Gardiner **Motion Carried**

5.5 Motion to appoint same auditor for 2020-2021 year

M/S B.McKee/ J. James **Motion Carried**

5.6 National Representatives Report

5.7 Partnership Program Report

5.8 Strengthening Families Report

5.9 Your Recovery Journey Report

5.10 Peer Support Report

5.11 Committees Report

Motion to accept all reports 5.6 – 5.11 as read.

M/S M.Gardiner/ J.James **Motion Carried**

5.12 Nominations Committee Report:

Motion to accept Nomination Committee Report and the 2020-2021 Slate of Board of Directors as presented.

M/S R.Beachey/ D.Yadlowski **Motion Carried**

6. No other business:

7. Adjournment: K.Evans moved to adjourn the meeting at 11:17am

PROVINCIAL PRESIDENT'S REPORT

My first year as the President of the Schizophrenia Society of Saskatchewan has certainly been an eventful one! We have experienced a period of sustained social distancing, office closures, working from home, and everyone becoming experts in virtual meetings. The past year has been extremely challenging for not only the organization, but the world as a whole. With all of that said, the Society finds itself in a very secure position now and moving into the future.

We have welcomed a number of new staff members this past year. I regret to say I haven't been able to make much face-to-face contact with them due to the pandemic, but they have already become engrossed in the culture of the Society despite how challenging communication has been. I want to thank all of our staff, new and old, for the incredible efforts you've put in this past year. Adapting to an ever-changing work environment and the unique demands that come with it has certainly not been easy. The anxiety of working amidst a global pandemic is very real. Your flexibility and commitment to safety is most appreciated.

I would also like to commend our many volunteers from across the province. The Society is a volunteer led organization from top to bottom. Without the key contributions of all of our volunteers we wouldn't be anywhere close to a functioning organization. I especially appreciate how challenging it has been to not be able to do what we usually do in person. Your commitment to the organization is so important!

Our Executive Director, Dan Sherven, has gained valuable experience in his role over the past year. It has not been an easy year to be a manager due to the uncertainty we've all faced. Dan has successfully led us through the many difficult days of the pandemic, and ensured that all staff and volunteers have stayed healthy throughout this. He had to make the most difficult decision to cancel our 2020 Champions for Mental Health event with less than 48 hours' notice. The skill and tact that he used to do this is really commendable. Since this time, he's had to think on his feet many times and has done a great job doing it.

We've had to learn how to adapt our programs to the new climate we've been presented with. Everyone in the office has truly mastered the electronic and virtual means of communication. These various platforms have allowed our tremendous programs to carry on despite the extreme focus in

face-to-face work our organization has historically done. Our staff and volunteers should take a great deal of pride in how well you've adapted to the changes.

I'd also like to acknowledge Gloria Goodman. She has been filling a number of different roles for the Society over the past several years in and around Saskatoon. She's been an incredibly important person for the organization over the years. She has announced her intention to retire. We wish her well and a happy and relaxing re-retirement. Your hard work has really been monumentally important in keeping our Saskatoon office and programs running. Your effort, compassion and determination will be missed a great deal.

Thanks also to the Government of Saskatchewan for the continued financial support for the Society. They previously allowed us to pay down our mortgage and to complete a number of important capital projects on our building. Their attention to the Society is greatly appreciated.

I'd also like to thank the Board of Directors. We have a very skilled, diverse group of individuals who make up the leadership of the organization. They've definitely made my first year as President an easy one despite our many challenges. We've got a number of active, engaged committees that are starting to drive all areas of the organization toward positive and productive changes. We are losing two board members this year.. Richard Beachey has served on the Board for the last few years. This past year he's been our treasurer. His financial background and strong voice in this area will be sorely missed. Richard is originally from Ontario and has decided to move back home. Charlene Pawluk has served on the Board for several years now. She has elected to step down due to time constraints. Charlene has been a very valuable member of our Saskatoon community. Her dedication and work ethic will be greatly missed. We wish these two the best moving forward.

Finally, I'd like to thank the organization as a whole for welcoming me as the President. This has been a trying year, but I believe we have a very strong future. Our dedicated employees and volunteers are the fabric of a terrific organization. Although we are relatively small, we are an extremely important organization in Saskatchewan. Our employees and volunteers' positively change the world every day, and for that, I am grateful to say I'm involved in your work!

Jeff James,

President

EXECUTIVE DIRECTOR'S REPORT

I would like to start my report this year by thanking our dedicated full-time, part-time and contract staff for their hard work and dedication over the past year. It has been a very challenging year for our small staff to meet the growing demands on our services to be available online across the province. But meet them they have (mostly from home). Our offices were closed for most of the year and appointments/ support calls took place over the phone or online. With a smile and with compassion, the client always comes first. Thank you for your commitment and your caring attitudes.

It is with great pleasure to be able to serve as the Executive Director for the organization. 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.

Due in large part to a generous grant from the Ministry of Health we have been able to pay off the mortgage on our Provincial office. This allowed us to provide well deserved and overdue salary increases to staff.

The Partnership Program continues to expand into Rural and Northern Saskatchewan because of the ongoing support of by the Ministry of Health. We have experienced a couple of staff changes in this area this year. Sean Barschel, Dan Innes and now Jodie Lamb-Alexce have continued to work at expanding the program this year through virtual presentations.

Funding has been provided through the Society's operating budget and a grant from the Cameco Step Up for Mental Health fund through the Saskatoon Community Foundation for staffing the Saskatoon Office and for delivery of the Family Recovery Journey Program. The Saskatoon Recreation Group Program has conducted groups virtually this year. This has been made possible through generous grants from the Community Initiatives Foundation and the Royal University Hospital Foundation. We are very thankful that grants have been extended for an additional year. Otsuka Lundbeck has also been a generous sponsor of our Saskatoon programs. Special thanks to Gloria Goodman for making all this possible. Gloria is retiring this year and we wish to thank her for all her contribution to the Society. We will miss her dearly.

The Champions for Mental Health Dinner in Regina was cancelled due to COVID-19. A huge thank-you goes out to our sponsors and ticket buyers who so generously donated their funds as to support our

clients and programs. We were also able to host two successful virtual silent auction thanks to our business supporters.

Due to grants from the City of Regina, we have been able to use technology to deliver programs. This was especially important this year as we moved all our programs online due to the pandemic.

Thanks go to Sean Barschel for his continuing efforts in the development and launch of our long-awaited new website. It has received many positive reviews for its professional look and feel and its valuable information and connection to resources.

Last, but not least I want to thank our Board of Directors for all of their support, hard work and dedication. I would like to thank Jeff James for dedication and wisdom as our Board President. I would like to also thank the board members who will be leaving us this year. It's always so hard to see great people go. Your professionalism, compassion, knowledge and expertise will be missed.

Sincerely,



Dan Sherven
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 continues to be strong with sufficient reserves for at least one year of funding requirements, as reflected in the financial statements for the year ending March 31, 2021.

Although the Board approved a modest deficit budget in 2020-2021, the unaudited year end results have indicated a surplus primarily due to reduced expenses not only from the Champions dinner but speaking engagements and program delivery related expenses. Full details can be found in the last variance report of the Executive Director.

Society revenue for Mental Health to come mostly from Saskatchewan Health and fundraising efforts such as the Champions for Mental Health dinner. Additional revenue sources include funds from investments and the generosity of donors in the community.

The Society's Executive Director, Dan Sherven, and all the staff have demonstrated resilience and leadership during the past years ongoing pandemic.

A challenge was identified early last year regarding the management expenses related to the Board investments with Edward Jones. Although there have been some changes implemented by the Board I continue to believe that the expenses related to investments remain an ongoing issue which should be addressed. An additional concern about monetizing investment gains for ongoing Society use is also noted.

Regrettably, this will be my first and last Treasurer's report as my employment status changed late last year and alternate employment was not achieved. I wish the Society, Board and Members well as the journey continues.

Yours truly,

Richard Beachey

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 Schizophrenia Society of Canada has 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. This has moved into year 3 and the website continues to be developed (see below). Phase three of SSC's Cannabis and Psychosis: Explore the Link (www.cannabisandpsychosis.ca). Feel free to use this as a resource in your work. We have created a national Youth Advisory Committee who is responsible for the continued development of this project. The above website details this further.

Family Recovery Journey (instead of Strengthening Families Together) has been fully completed and has been implemented across the country. So far I've heard positive feedback about the changes.

We have spent the week of May 10th advocating to various federal politicians from across Canada on behalf of the Schizophrenia Society of Canada and Saskatchewan. These meetings have been well received so far.

We spent considerable time and energy drafting new bylaws for the SSC. These are now completed and have been adopted.

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 Dan Sherven about how this can be done. All voices and perspectives are welcomed.

Respectfully submitted,

Jeff James

PARTNERSHIP PROGRAM REPORT

The 23rd year for the Partnership Program team was filled with new challenges and changes. Despite those challenges over the past fiscal year, 170 presentations have been given to 4,469 people throughout Saskatchewan. The combined totals of the Partnership Program teams from January 1st, 1998 to March 31st, 2021 have now been increased to a grand total of 5,448 presentations to 144,317 people. There were 61 people with the lived experience of mental illness, family members, and mental health professionals and advocates that presented in Saskatchewan over the past year. The teams learned to present on many new formats including: Webex, Zoom, Pexip, Microsoft Teams, Google Meets, and Adobe Connect. It was truly a year we relied on technology more than ever to keep communicating our message of hope.

Having gone through almost a full year of the pandemic has proven the strength and resiliency of our program. Last year we experienced a near shut down of presentations, from April 1st, 2020 to September 30th, 2020 we had only 17 presentations. We are still feeling the effects of it from time to time, like the cancelation of over 60 different presentations across Saskatchewan. Including the RCMP, mental health and addictions detox in Regina and Saskatoon, and numerous high schools in and around Regina and Saskatoon over the course of the year. However, we have remained hopeful and presentation numbers have risen once again to over 25 presentations per month.

High School students continue to be one of our priority targets audience as mental illness often develops at this time. There have been 81 presentations given to approximately 1,385 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.

We continue to strengthen our connection to the province by improving presentation numbers in rural communities this past fiscal year. A total of 22 presentations were given to a variety of locations including: Prince Albert, Dalmeny, Calvet, Martensville, Warman, Estevan, Yorkton, Unity, Stanley Mission, La Ronge, Ponteix, Canora and Aberdeen. We continued to reach more Aboriginal and First Nations audiences including the Indigenous support group at The First Nations University in Saskatoon and Prince Albert, Lac La Ronge, Stanley Mission, and White Raven Healing Center.

During the pandemic we lost contact with several organizations that regularly brought us in to present. We managed to start up a number of those relationships and gave 10 presentations to RCMP recruits that are trained in Regina and posted across the country. Several presentations were given to the Saskatchewan Health Authority audiences including staff and patients this past year. Presentations were given to several new audiences including Regina Open Doors Society to newcomers to Canada, Baha'i Faith Community, The Caring Place, North Central Family Centre, Salvation Army, Renaissance Revera, Canadian Pension and Benefits Institute. In Saskatoon they reached new audience in OutSaskatoon, Great Plains College, Sask Polytechnic, Saskatoon Christian School. Further presentations were given at drug and alcohol rehabilitation centers, homeless shelters, in hospital psychiatric wards, mental health support groups, health fairs, to community-based organizations, businesses and a number of other organizations across Saskatchewan.

Sean Barschel has entered his third year with the organization and his first year as provincial program coordinator, with responsibilities in Regina. Curtis Harman completed his 19th year as program coordinator for Saskatoon and area 22nd year as a staff member at the Schizophrenia Society. We also welcomed a new staff member in Jodie Lamb-Alecxe as the rural program coordinator.

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 96% of people agreed or strongly agreed that the presentation increased their understanding of schizophrenia and/or other mental illnesses. 90% of audience members agreed or strongly agreed that they would be more empathetic and understanding towards someone with a mental illness. And 96% of people agreed or strongly agreed that because of this presentation they know of additional services and supports. A special thanks to Shaun Schiller our data specialist for summarizing thousands of audience surveys for the Partnership Programs and learning how to do it all digitally this year.

Here are just three out of thousands of positive comments on audience surveys from the past year. "Thanks to the presenters, their experiences helped me grasp what it's like for people with mental illness. I never knew what Schizophrenia was before this" – Regina High School student. "Thank you to all the presenters for sharing their stories. They changed the way I look at mental illness for the better" - Saskatoon High School student. "The poem shared gave really good insight into the feelings. It shows the arts and being creative are tolls we all could use when needing to express ourselves" – Rural high school student.

The Saskatoon Partnership Program Team has a special media presentation they gave for Shaw TV's Spotlight Program. It was aired twice a week for three consecutive months and received over 1100 views on YouTube. Five members of the Saskatoon Partnership team got to take part in the video and share their stories of recovery and expertise in treatments and services in the community.

If you are interested in joining the Partnership Program team or if you would like to book a presentation, please contact Sean Barschel in Regina at 306-584-2620 or Sean@schizophrenia.sk.ca, Curtis Harman in Saskatoon at 306-374-3220 or Curtis@schizophrenia.sk.ca, and Jodie Lamb-Alecxe for rural areas at 306-584-2620 or Jodie@schizophrenia.sk.ca.

A big thank you goes out to all of our presenters with the lived experience, our family members of people with the lived experience, our mental health professionals and advocates; you have truly made a difference in the fight against stigma. We would also like to thank our funders and our hosts for inviting and allowing us to present our message of hope.

Thank you all for helping us change minds about mental health and promoting treatment and recovery in a positive light.

Sincerely,

Sean Barschel, Partnership Program Coordinator – Provincial
Curtis Harman, Partnership Program Coordinator – Saskatoon
Jodie Lamb-Alecxe, Partnership Program Coordinator – Rural

FAMILY RECOVERY JOURNEY REPORT

The FRJ group updated and replaced the previous Strengthening Families Together Program in September 2020. It is now a national 5 session Program developed to educate families and caregivers, helping by providing tools for managing the impact of psychosis on their lives.

The delivery of the program has been impacted by the presence of COVID-19 in our community. In Saskatoon an in- person session was delivered in October 2020 following guidelines of maximum 10 persons in a room, masked and socially distanced. On-line sessions were offered and delivered in November 2020 and again in February 2021. In Regina an on-line session was delivered in January 2021.

It has been both a challenge and learning opportunity for group facilitators and members as we received new material and the shift to on-line experience. All of us were pleased to meet together from the safety of our homes.

We thank the Cameco Corporation and Ms. Wendy Morris for providing funding for this service.

Sincerely,

Gloria Goodman
Saskatoon Office and Program Coordinator
Schizophrenia Society of Saskatchewan

SASKATOON OFFICE REPORT

The Saskatoon Office has been re-opened since 2018 on a part time basis. Since March 16th 2020 we are working remotely due to COVID-19.

We 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 are involved in various committees such as Break The Barrier, DISC, SSS Advocacy. We have been invited to have booths and tables at various community events such as Cameco Step Up for Mental Health run, Living with Mental Illness workshop, Brain Blast, SIIT Wellness Knowledge Exchange and, U of S training events. We are also asked to provide in-services to other agencies such as the Lighthouse, Cumfi and, Crocus Coop.

We are grateful for grants received from Cameco Step Up for Mental Health fund and donations from Ms. Wendy Morris which allow us the opportunity to provide services to the Saskatoon and area communities.

Sincerely,

Gloria Goodman
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 physical, social and recreational activities free of charge.

A large number of participants were meeting weekly for bowling, coffee group and once a month special events such as movies, hockey games, plays, etc. As of March 2020, we were no longer able to meet in person. We continue to have those activities on hold for the health and safety of everyone. In October 2020, a small group met for the Virtual Step Up for Mental Health walk and following that event the switch to offering on-line activities occurred. We have hosted online music entertainers, such as Jay Semko of Northern Pikes, The Metis Fiddlers and Jacqueline Nutting of the Saskatoon Symphony. We have also posted online discussion, groups and bingo. Various to-go art projects were undertaken. We stay connected by phone and cards through the mail.

We were pleased and excited to have received grants from Community Initiatives Fund and the Royal University Hospital Foundation Endowment Fund. They have graciously extended our deadline dates to use the funds.

We look forward to the day we can all meet again, enjoying each others' company and engage in the benefits of physical activity.

Sincerely,

Gloria Goodman
Saskatoon Office Coordinator
Schizophrenia Society of Saskatchewan

YOUR RECOVERY JOURNEY PROGRAM REPORT

Your Recovery Journey with WRAP (Wellness Recovery Action Plans) is a 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 stresses personal responsibility as in making wise choices.

It used to be an 8-session course but we have reduced it to a 5 session course. The course is a combination of WRAP and Your Recovery Journey which was developed by the Schizophrenia Society of Canada. The surveys participants fill out indicate that 100% experience positive changes after taking the course. Both Debbie Walters and Maria Alvarez have lived experience of mental illness. 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.

We normally hold the course in the Wellness Centre in our building but due to COVID we held our first Your Recovery Journey with WRAP online via WebEx. It went quite well. We had really good attendance. It was nice to have participants from all over Saskatchewan. We are in the process right now of preparing to hold another YRJ with WRAP online starting in May.

With working from home as a result of the pandemic Maria took the advantage of phoning past participants of Your Recovery Journey with WRAP starting 3 years ago. To Maria's delight most of the responders were doing well and using some of the skills they had learned from the course. Also two weeks ago the Saskatchewan Health Authority was offering a WRAP course online which Maria participated in as a refresher.

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

Respectfully Submitted,

Maria Alvarez

Debbie Walters

Schizophrenia Society of Saskatchewan

PEER SUPPORT REPORT

Maria Alvarez has been the peer support worker since September 2015. She also facilitates a support group once a month.

As a peer support worker Maria has helped many people with lived experience of a mental illness. Because she has been thru the gamut with her own illness she is able to sincerely provide hope for those she works with. She not only provides a listening ear but she helps the person navigate the system. For example she helped someone with the steps needed to apply for SAID (Saskatchewan Assured Income for Disability). Maria has also told people about different work preparation centers as well as counselling services offered for free or on a sliding scale. She tells people about support groups as well as the Your Recovery Journey with WRAP course and the Family Recovery Journey course. As well she tells them about COAST (Community Outreach and Support Team) which is a very good resource for those with mental illness.

As well as those with mental illness Maria provides support to family members. She reassures them that things will be alright and not to give up hope. Maria tells them about all the new medications available that don't have as many side effects. From her own experience she points out it may take some time to find the right combination of medications.

She also helps family members navigate the system. She tells them about PACT (Police and Crisis Team) if their loved one is at risk of harming themselves or others. She also refers them to the family support group as well as our Family Recovery Journey course. Maria has also provided the family with their psychiatrist's contact information.

Working from home as a result of the pandemic Maria has taken the time to hone her skills as a peer support worker by participating in WebEx and webinars which offer different peer support topics. She has also been reviewing the peer support manual as a refresher.

The support Maria offers is in person, over the phone or via email. She loves providing hope as she has had a few family members break down in tears. She feels privileged to be able to help those struggling.

Respectfully Submitted,

Maria Alvarez

Schizophrenia Society of Saskatchewan

COMMITTEES REPORT

Over the past year the SSS Executive Director and staff have served on 11 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
- Living with Mental Illness Workshop Committee
- Champions for Mental Health Committee
- Peer Support Network
- Break the Barrier Committee
- CSAE Executive Committee
- Informal Non Profit Executive Director Liaison Group
- SSS Advocacy Committee
- SSS Strategic Planning Committee

Submitted by,

Dan Sherven
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 five (5) 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 2020-2021:

1. Richard Beachey
2. Kristen Cozine
3. Kathy Evans
4. Mike Gardiner
5. Jeff James
6. John Labatt
7. Jaime Mantesso
8. Bruce McKee
9. Calen Nixon
10. Charlene Pawluk
11. Dean Yadlowski

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

- Bruce McKee (motion to allow fourth term)
- Mike Gardiner (motion to allow fourth term)
- Calen Nixon (will be serving the second year of his third term)

Current Board members whose terms are continuing:

- Jeff James (will be serving the first year of his third term)
- Kathy Evans (will be serving the second year of her second term)
- Jaime Mantesso (will be serving the second year of her second term)
- John Labatt (will be serving the first year of his second term)
- Dean Yadlowski (will be serving the first year of his second term)

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

- Richard Beachey
- Charlene Pawluk

(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:

- Kevin Kozan
- Kyle Bender

Slate of the Board of Directors for the Schizophrenia Society of Saskatchewan for 2020-2021

1. Kyle Bender
2. Kristen Cozine
3. Kathy Evans
4. Mike Gardiner
5. Jeff James
6. Kevin Kozan
7. John Labatt
8. Jaime Mantesso
9. Bruce McKee
10. Calen Nixon
11. Dean Yadlowski

KYLE BENDER

Kyle is currently a Student Counsellor with Saskatchewan Indian Institute of Technologies, Prince Albert campus. He was born and raised in Prince Albert, and after living in Regina for 8 years, he returned to P.A. in 2013. He has been a part of the Schizophrenia Society of Saskatchewan in a number of different ways since the spring of 2009. He began volunteering with the Partnership Program as a family member, and worked as a summer student and casual Support Worker while obtaining his Bachelor of Social Work degree. After returning to Prince Albert in 2013, he has remained in the Partnership Program, and has provided website support until October 2020. He has a passion for community development and structural change, and believes that his unique experience as both a family member to someone with schizophrenia and his professional credentials as a mental health counsellor, along with being located in northern Saskatchewan, would allow him to be a valuable member of the Schizophrenia Society of Saskatchewan's board of directors.

KEVIN KOZAN

Kevin's professional career has spanned 30+ years in the Agricultural industry where presently is a manager with Archer Daniels Midland Company. He has a Certificate of Administration from the University of Regina. He has served his community as an Advisor/ Guest Speaker/ Process Improvement Specialist with the Saskatchewan Health Authority. He also served with SHA on a Trauma Oversight Committee. The Registered Psychiatric Nurses of Saskatchewan were pleased that he was member of their Professional Conduct Committee. Kevin is involved to date with the Schizophrenia Society of Saskatchewan as a speaker in the Partnership Program as a family member and a person with lived experience of mental illness. Kevin is committed to supporting improvements to mental health care and looks forward to serving on the SSS Board of Directors.