

SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN

ANNUAL REPORT

2021 – 2022

2021 – 2022 BOARD OF DIRECTORS

Kathy Evans	President, Saskatoon
Dean Yadlowski	Vice President, Regina
Calen Nixon	Treasurer, Regina
Kyle Bender	Prince Albert
Kristen Cozine	Regina
Mike Gardiner	Regina
Jeff James	Regina
Kevin Kozan	Regina
John Labatt	Regina
Jaime Mantesso	Regina
Bruce McKee	Regina
Jocelyn Underwood	Regina

STAFF

Dan Sherven	Executive Director
Claire Amon	Executive Assistant
Sean Barschel	Associate Executive Director
Curtis Harman	Saskatoon Partnership Program Coordinator
Jodie Lamb-Alexce	Rural Partnership Program Coordinator
Heidi Fischer	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, 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 2021 - 2022

RAYS OF HOPE AWARD

Recipients:

- Adeleine Morris
- Carol Spencer

DR. LIONEL AND MRS. MARY HASTINGS AWARD

Recipient:

- Marg Petty

COMMUNITY SPIRIT AWARD

Recipient:

- The Cave Restaurant Saskatoon

TABLE OF CONTENTS

Proposed Agenda	3
Meeting Minutes from June 8, 2021	5
Provincial President’s Report	7
Executive Director’s Report	9
Financial Officer’s Report	11
Auditor’s Report (See Appendix A)	12
National Board Representative’s Report	13
For the Schizophrenia Society of Canada.	
Partnership Program Report	14
Family Recovery Journey Report	17
Saskatoon Office Report	18
Saskatoon Recreation Group Report	19
Your Recovery Journey with WRAP Report	21
Peer Support Report	22
Committees Report	24
Nominations Committee Report	25
Appendix A	26

ANNUAL MEMBERSHIP MEETING
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN, INC.
TUESDAY, JUNE 14, 2022
MEETING 10:30AM
PROPOSED AGENDA

1. *Welcome and call to order*

2. *Adaption of agenda*

Motion to: Adopt the agenda

3. *June 8, 2021, AGM minutes*

Motion to: Accept minutes of June 8, 2021, 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 6.4

6.5 *2022-2023 Auditor Appointment*

Motion to: Appoint Virtus Group auditor for 2022-2023 fiscal year

6.6 *National Representative's Report*

6.7 *Partnership Program Report*

6.8 *Family Recovery Journey Report*

6.9 *Saskatoon Office Report*

6.10 *Saskatoon Recreation Group Report*

6.11 *Your Recovery Journey with WRAP Report*

6.12 *Peer Support Report*

6.13 *Committees Report*

Motion to accept reports 6.6 – 6.13

6.14 *Nominations Committee Report*

Motion to: Accept report 6.14

7. *Articles of incorporation, review (see attached summary of changes)*

Motion: that the Articles be approved as presented.

8. *2022-2026 Strategic Plan*

9. *Other business*

10. *Adjournment*



A REASON TO HOPE. THE MEANS TO COPE.
SCHIZOPHRENIA SOCIETY OF SASKATCHEWAN
SOCIÉTÉ DE SCHIZOPHRÉNIE DE LA SASKATCHEWAN
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

Annual General Meeting 2020-2021
Schizophrenia Society of Saskatchewan, Inc.
Tuesday June 8, 2021
ZOOM Virtual Meeting 10:30am
Minutes

1. Welcome and call to order
J. James, President of SSS called the meeting to order at 10:33AM on June 8, 2021.
Jeff thanked all for attending our AGM in this very difficult time.
2. Accept June 23, 2020 minutes as circulated
M/S M. Gardiner/J. Labatt 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 Provincial President's Report: Adopted as read.
Announcement: Official resignation of Jeff James as the Schizophrenia Society's President.
 - 5.2 Executive Director's Report: Adopted as read.
Motion to accept reports 5.1 – 5.2: President and Executive Director Report be approved as read.
M/S B. McKee/D. Yadlowski Motion Carried
 - 5.3 Treasurer's Report: Adopted as read.
Motion to accept report 5.3: Treasurer's Report to be approved
M/B. McKee/ M. Gardiner Motion Carried
 - 5.4 Auditor's Report: Adopted as read.
Motion to accept 5.4: Auditor's Report to be approved.
M/S B. McKee/R. Beachey Motion Carried
 - 5.5 **Motion to: Appoint Virtus Group auditor for 2021-22 year**
M/R. Beachey/ D. Yadlowski Motion Carried
 - 5.6 National Representative's Report: Adopted as read.
 - 5.7 Partnership Program Report: Adopted as read.
 - 5.8 Family Recovery Journey Report: Adopted as read.

- 5.9 **Saskatoon Office Report:** Adopted as read.
- 5.10 **Recreation Program Report:** Adopted as read.
- 5.11 **Your Recovery Journey Report:** Adopted as read.
- 5.12 **Peer Support Report:** Adopted as read.
- 5.13 **Committees Report:** Adopted as read.
- 5.14 Motion to accept reports 5.6 – 5.13:

M/B. McKee/ M. Gardiner **Motion Carried**

- 5.15 **Nominations Committee Report:** Adopted as read.

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

M/K. Evans / J. Mantesso **Motion Carried**

Motion 2 to accept report 5.15: Slate to be accepted as presented.

M/K. Evans/ B. McKee **Motion Carried**

- 6. **Articles of incorporation, review** (see attached summary of changes)

Motion: that the Articles be approved as presented.

M/K. Cozine/ J. Mantesso **Motion Carried Unanimously**

- 7. **Bylaws, review** (see attached summary of changes)

Motion: that the Bylaws be approved as presented.

M/B. McKee/ J. Labatt **Motion Carried Unanimously**

- 8. **Other business:** *There were no other business.*

- 9. **Adjournment:** Jeff moved to adjourn the meeting at 11:30AM.

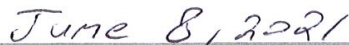
***SSS Awards Presentations followed the AGM**



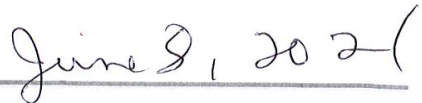
Jeff James, President



Dan Sherven, Executive Director



Date



Date

PROVINCIAL PRESIDENT'S REPORT

My first year as the President of the Schizophrenia Society of Saskatchewan has been keeping me busy! We continued to socially distance throughout most of the past year due to COVID which has resulted in most of us still working from home and attending numerous virtual meetings.

We have said farewell to a couple staff and hired new staff to replace them over the past year. Our staff have been focused on navigating difficulties allowing them to continue to engage in providing great service throughout the province! I want to thank all staff for the great commitment you have shown and creative ways you are reaching out in community to fulfil our mission. You are all doing an *amazing* job!

A big thank you to the Government of Saskatchewan for the continued financial support for the Society. This spring I signed a three-year contract for funding going forward. We are grateful for funding received allowing us to continue with our mission of breaking down stigma around mental health in our communities.

I want to express a heartfelt thank you to the current Board of Directors. We have a very diverse group of individuals serving on our Board. Each Board member is a link in the chain providing a strong support network for me as President. This year our Board held a Strategic Planning Workshop to help our Society move forward as an organization for the next few years.

We are *SO* excited to be celebrating our 40th Anniversary as a Society in Saskatchewan.

We are sad to see Calen Nixon retire from serving on our Board for the past 6 years. He has provided amazing support to our financial committee and helped up in updating our Board policies. Calen, we wish you well with your future endeavors.

In closing, I would like to thank the Society for welcoming me as President. This has been another trying year still dealing with COVID in our communities. We are all growing stronger as we move into the future. Our fabulous employees and volunteers are the foundation of our successful work in our communities. We each play a very important role throughout Saskatchewan as an organization. Our employees and volunteers share their journeys in hopes of helping our clients and their families understand mental illness. Our role is to help others live their best lives in community. I am so honored to be a part of this work!

Kathy Evans, 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. Our offices were closed for most of the year and appointments/ support calls took place over the phone or online and sometimes at the office. Thank you for your commitment and your caring attitudes.

It is with great pleasure 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.

The Partnership Program continues to expand into Rural and Northern Saskatchewan because of the ongoing support of by the Ministry of Health. Jodie Lamb-Alexce has continued to work at expanding the program this year through virtual presentations.

Funding has been provided through a grant from the Cameco Step Up for Mental Health Fund through the Saskatoon Community Foundation and from donations from the Morris family 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 the extension of the generous grants from the Community Initiatives Foundation and the Royal University Hospital Foundation. Gloria Goodman retired this year, and we thank her for all her contribution to the Society. We will miss her dearly. Heidi Fischer has brought her own style of creativity to the programs.

The Champions for Mental Health Dinner in Regina was postponed to October 15, 2022, due to COVID-19. A huge thank-you goes out to our sponsors who have once again provided generous support for our major fundraiser, clients and programs. We were also able to host a successful virtual silent auction thanks to our business supporters.

With support from the City of Regina, we have been able to use technology to deliver programs,

provide a mentorship program and develop a new Strategic Plan.

Lastly, I want to thank our Board of Directors for all of their support, hard work and dedication. I would like to thank Kathy Evans for her dedication as our Board President. I would like to also thank Calen Nixon, our financial officer, 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,

A handwritten signature in black ink that reads "Dan Sherven". The signature is written in a cursive style with a long horizontal flourish at the end.

Dan Sherven

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 is secure, as reflected in the financial statements for the year ending March 31, 2022.

As part of the Board's goals, the Board approved a deficit budget in 2021-2022, aimed at ensuring that the Society's services were able to continue without interruption despite funding limitations. The Society's reserves remain healthy and, as has been the case have over the past few years, the reserves have provided the security to allow the Board to ensure that there would be no need to reduce programming, especially in the Saskatoon and rural areas. Further, the reserves have allowed the Society crucial flexibility to defer the significant fundraising revenues it relies upon because of the gathering limitations caused by COVID-19.

The Society's primary funding continues to come from Saskatchewan Health and, when they are an option, fundraising efforts such as the Champions for Mental Health dinner. Additional revenue sources include funds from reserve investments and the tremendous financial support of donors in the communities we serve. As we emerge from this chapter of lockdowns and distancing, additional fundraising efforts will be critical to stabilizing and expanding the reach of the Society's goals.

The Society's Executive Director, Dan Sherven, and all of the staff have worked tirelessly to minimize the impacts of COVID-19 on our financial position while at the same time maximizing the value that the Society provides to community stakeholders. As a community-based organization, the Society performs functions that government agencies cannot and it does them on a very modest budget. It also supports like-minded organizations. It is because of prudent, forward-looking operations and a strong volunteer base that the Society remains poised to grow and to improve.

As this will be my last of six years on the Board, I wish to extend a very special thank you to our many benefactors and volunteers who have supported the mission of our organization during my time and directly or indirectly have enhanced supports for those affected by Schizophrenia and related illnesses in the Province of Saskatchewan.

Yours truly,

Calen Nixon

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 has welcomed former Saskatchewan Board Member Richard Beachey onto the board. He was voted in as the Treasurer for the Schizophrenia Society of Canada Board in February. The Canadian Society remains in good financial standing

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. The project was set to wrap up on March 31, 2022, but Chris has requested an extension to continue the work. 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.

A 5th edition of the Rays of Hope book has been published this past year. The book is a popular resource –it can be accessed via the Schizophrenia Society of Canada's website, but printed versions do exist and Chris is looking into formatting this into E-reader formats such as Kindle.

We have discussed doing another 'Hill Day' advocating to various federal politicians from across Canada on behalf of the Schizophrenia Society of Canada and Saskatchewan. These meetings were well received last year. 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. The Canadian Society has been working closely with Impact Public Affairs for this work and many other social media campaigns.

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 Partnership Program Team has entered its 24th year, and it looks to be one filled with hope and promising changes. Despite the challenges we have faced with Covid-19 over the past two fiscal years, the team gave 322 presentations to 8,558 people throughout Saskatchewan this year. This is almost double what we did last year and is much closer to the numbers we had pre-pandemic. The combined totals of the Partnership Program teams from its inception on January 1st, 1998, to March 31st, 2022, have now been increased to a grand total of 5,770 presentations to 152,807 people. This past year, there were a total of 67 individuals that presented in the various positions in the Partnership Program across Saskatchewan. The teams continued to learn to present on new formats including: Webex, Zoom, Blackboard Classroom, Pexip, Microsoft Teams, Google Meet, and Adobe Connect. Last year we relied on technology more than ever as we lost our ability to be in-person. Now, our ability to present online is a tool for us to keep communicating our message of hope while we transition back into our preferred in-person presentations.

Having gone through two full years of the pandemic has proven the strength and resiliency of our program. We continue to feel the effects of Covid from time to time, like the cancelation of many different presentations across Saskatchewan, the loss of some presenters who were unable to present digitally, and some who simply felt their time with the program was at an end. However, we have worked hard and remained hopeful and presentation numbers have continued to rise to resemble pre-pandemic numbers of between 15-20 presentations per month.

Students continue to be one of our priority audiences as mental illness often develops around the ages of 15-25. There have been 175 presentations given to approximately 5,145 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. This last year 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 also modifying our accompanying survey and brochure to have more relevant information.

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 41 presentations were given to a variety of locations including: Prince Albert, Dalmeny, Clavet, Martensville, Warman, Estevan, Churchbridge, Ponteix, Avonlea, Holdfast, Nokomis, Kincaid, and Burstall. We continued to reach more Aboriginal and First Nations audiences including the Whitecap Dakota First Nations Community, the Saskatoon Indian Institute of Technology, Roots of Hope Project in La Ronge, and the White Raven Healing Lodge in Fort Qu'Appelle.

During the pandemic we lost the ability to present to several organizations but have since managed to bring the majority of them back into the fold of hosts. This has in part been due to the Partnership Program being able to re-start offering in-person presentations as of March 2022. The Partnership Program is always expanding to reach new groups we haven't in the past. This year we presented to several new audiences including: Regina Open Door Society Community fair, The Hope Learning Centre, Aids Program South Saskatchewan, and Regina Transition House. In Saskatoon they reached audiences in The Dumont Technical institute, six different departments at the University of Saskatchewan, The Global Gathering Place, and Great Plains College. 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 several other organizations across Saskatchewan.

Sean Barschel has entered his fourth year with the organization and his second year as provincial program coordinator, with responsibilities in Regina. Curtis Harman completed his twentieth year as program coordinator for Saskatoon and area and his twenty-third year as a staff member at the Schizophrenia Society. Jodie Lamb-Alecxe has entered her second year as the rural program coordinator.

Much data and audience feedback has been collected by the Partnership Program to show how effective the program is. Out of thousands of audience members surveyed last year, 94% of people agreed or strongly agreed that the presentation increased their understanding of schizophrenia and/or other mental illnesses. 88% of audience members agreed or strongly agreed that they would be more empathetic and understanding towards someone with a mental illness. And 98% 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:

“I felt as if the stories provided helped tremendously as it gave firsthand experience. This was far more relatable coming from individuals that are living with the experience of mental illness” – Regina RCMP Cadet.

“The presenters have so much courage to go out there and share their stories of recovery. They changed the way I look at mental illness. I see that recovery is possible for people with schizophrenia and other mental illnesses.” - Saskatoon high school student

“The stories allowed them to understand the human side of living the daily pressure of life coupled with the additional pressures that having a mental illness creates... Most importantly it allowed them to see that you can be successful while managing a mental illness” – Rural high school teacher

The Saskatoon Partnership Program Team’s “Stigma Busters” video continues to air on Shaw TV’s Spotlight Program twice a week in Saskatoon, Moose Jaw, and Prince Albert. The video has also received hundreds of views on YouTube. The Rural team did some work with Discover Weyburn and had Jay Semko present his story to the students and staff at Weyburn Comprehensive High School.

Ellen Parchomchuk who is one of the founding members of the former Saskatoon Chapter of the Schizophrenia Society of Saskatchewan died in February of 2022. Ellen will be remembered for the generous amount of work she did for the Schizophrenia Society and for being a long-time supporter of the Society and the Partnership Program. She will be missed.

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 306-988-8445 or Sean@schizophrenia.sk.ca, Curtis Harman in Saskatoon at 306-374-3220 or Curtis@schizophrenia.sk.ca, and Jodie Lamb-Alexce 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 to audiences across the province.

Thank you all for helping us change minds about mental health, break stigma, and promote treatment and recovery in a positive light.

Sincerely,

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

FAMILY RECOVERY JOURNEY REPORT

Family Recovery Journey (FRJ) is a national 5 session program. It was developed to educate families and caregivers about psychosis, as well as to provide tools to help with managing the impact of psychosis on them and their loved ones. This offering continued to be delivered online during this time period due to COVID-19 considerations.

Our Saskatoon office program was delivered during October 2021 and again in March 2022. Our Regina office program was delivered in January 2022 and again in April 2022. FRJ is also offered in Yorkton through SaskAbilities. We have offered the program virtually multiple times now, and due to this the technical aspects ran very smoothly. An additional positive outcome was that individuals located outside of the city areas were able to participate in the program. One individual in their evaluation commented that they would not have been able to attend without this option.

It was a pleasure to walk alongside individuals as they learned more about psychosis in a way that provides hope and resources. One participant commented that 'he didn't know how much he didn't know, but is now glad to know it', and that sums up the power of the course nicely.

We thank our funders for allowing us to provide this opportunity.

Sincerely, Heidi Fischer

Saskatoon Office and Program Coordinator Schizophrenia Society of Saskatchewan

SASKATOON OFFICE REPORT

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.

Due to COVID-19 related slowdowns, the various mental health committees that we typically are involved in has been lessened. In addition to this some committees have indeed ceased to operate. We continue to look for opportunities and ways to connect with the community and have had additional success with making online connections through virtual means.

Beginning in December 2021, the Saskatoon office has also taken on the additional responsibility of updating our social media and website, which involves creating posts and interacting with the community, local and national organizations.

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

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.

As of March 2020, our Rec Group has been limited to virtual activities. In this regard our attendance has been lower than in the past, when we were in person. Many past participants are not comfortable with or have access to the needed technology. We do though have a small group of individuals who have been able to attend from outside of Saskatoon, and this has been a nice benefit for them.

Typically, Rec Group has offered two virtual actives a week, which have been very diverse. Some of these activities have included playing games, crafting, mindfulness, attending virtual concerts, and chatting on specific topics. Additionally, we have had a guest yoga teacher as well as a mini concert by singer Theresa Sokyryka.

In December of 2021 we began a brief return of in-person coffee group. When contacted about its return, many past participants commented they were feeling cautious about in-person events. Another barrier was that not all previous contact numbers were in service. Group was scheduled to continue in January 2022, but unfortunately due to a change in COVID-19 numbers, group was again put on hold.

Coffee group has now returned to in-person as of March 2022. We have had a steady flow of participants, both old and new, and there have been many comments regarding how happy everyone is about this meeting. During this time, we are having participants update all their contact information, and there has been good word of mouth which has been a great help in having folks attend.

Currently, we continue to offer additional online groups, and we will be exploring making a shift to other in person groups, while we continue to monitor the pandemic situation. We thank Gloria Goodman, our previous coordinator for her volunteer assistance with coffee group!

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

YOUR RECOVERY JOURNEY WITH WRAP 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 survey participants fill out indicate that 95% 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 continue to offer the course online via zoom. It is nice to have participants from all over SK. For those without internet access Maria has been doing the course over the phone. In the future Debbie and Maria are hoping to offer the course with a combination of online and face to face so that we can continue to have participants from all over SK.

With working from home as a result of the pandemic Maria took the advantage of phoning past participants of Your Recovery Journey with WRAP going back 3 years. To Maria's delight most of the responders were doing well and using some of the skills they had learned from the course. Also 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.

“Skills not just pills!”

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 centres 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 as those with mental illness Maria provides support to family members. She reassures them and tells them 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. As well she gives them the number for COAST (community outreach and support team) which is an excellent support for family members.

Maria is constantly trying to improve her skills as a peer support worker. She participates in the Community of Practice which is offered by the SHA out of Saskatoon. They offer 3 webinars a month regarding different Peer Support topics. She also completed an online course about peer support thru the BC campus.

It is nice to be back in the office as well as starting the support group face to face again after 2 years. The support group participants were happy to have it going again.

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 2021-2022:

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. Jocelyn Underwood
12. Dean Yadlowski

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

- Kathy Evans (will be serving the first year of her third term)
- Jaime Mantesso (will be serving the first year of her third term)

Current Board members whose terms are continuing:

- Bruce McKee (will be serving the second year of his fourth term)
- Mike Gardiner (will be serving the second year of his fourth term)
- Jeff James (will be serving the second year of his third term)
- John Labatt (will be serving the second year of his second term)
- Dean Yadlowski (will be serving the second year of his second term)
- Kyle Bender (will be serving the second year of his first term)
- Kevin Kozan (will be serving the second year of his first term)
- Jocelyn Underwood (will be serving the second year of her first term)
- Kristen Cozine (will be serving the first year of her second term)

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

1. Calen Nixon

(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:

Slate of the Board of Directors for the Schizophrenia Society of Saskatchewan for 2022-2023

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. Jocelyn Underwood
11. Dean Yadlowski