



ANNUAL REPORT

2013-2014

Manitoba Schizophrenia Society
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2013-2014

EXECUTIVE COMMITTEE

Wilma Schroeder – *President*
Annette Osted – *Treasurer*
Amy Butcher – *Secretary*
Chris Summerville – *Ex-Officio*

2013-2014

BOARD OF DIRECTORS

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Louise Chernetz
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STAFF

Chris Summerville – *Chief Executive Officer*
Livia Lobo – *Administrative Assistant*
Rey Schellenberg – *Accountant*
Susan Boning – *Special Events Coordinator*
Jane Burpee – *Education Coordinator*
Karen Kaplen – *Peer Support Worker*
Eric Frasier – *Peer Support Worker*
Tim Shewchuk – *Outreach Worker*
Kim Heidinger – *Outreach Worker*
Diane Findlay – *Outreach Worker*
Rhonda Heskin – *Outreach Worker*
Bev King – *Outreach Worker*
Teresa Roberts – *Outreach Worker*

WINNIPEG VOLUNTEER TEAM

Beverley Grace – *Family Support Group*
Gina Vos – *Strengthening Families Together*
Donna Hornick – *Eight Stages of Healing*

MENTAL HEALTH EDUCATION

RESOURCE CENTRE

Breanna Hradowy – *Coordinator*
Sandra McWilliams – *Assistant*

PROVINCIAL SCHIZOPHRENIA SOCIETIES

The Manitoba Schizophrenia Society (MSS) is pleased to work in partnership with 10 provincial schizophrenia societies. We work together to increase awareness and understanding; support families and individuals; encourage legislation that benefits individuals and families; and promote research. We establish programmes and initiatives to benefit individuals living with schizophrenia and their family members across Canada. Our national body is the Schizophrenia Society of Canada. As related to the Schizophrenia Society we affirm the values of the SSC.

MESSAGE FROM PRESIDENT AND CHIEF EXECUTIVE OFFICER



During the past year, we have continued to offer our numerous existing services and programs through our office in Winnipeg and Outreach Offices, and they have been reinforced through our redeveloped website, as well as through social media.

Our mission, values and goals are at the heart of everything we do. Through our programs and activities, we strive to: reduce stigma through education and awareness; support individuals and families; advocate for improved services and treatments; and support research.

We wish to thank our Board of Directors and other volunteers, members, donors, corporate sponsors, staff and partner organizations for their important contributions to making our mission a reality.

Wilma Schroeder, President

Chris Summerville, CEO

The SSC Core Values:

The Schizophrenia Society of Canada's mission, goals and objectives are informed by the following core values:

- Schizophrenia and psychosis are medical illnesses that, like other medical illnesses, have variable expression/effects on symptoms, function and response to treatments.
- Schizophrenia and psychosis are caused by a number of different factors; from multiple genetic or environmental factors or from a combination of both.
- The SSC fully supports the important role of research in all areas related to schizophrenia and psychosis (biological, psychological, spiritual, and social determinants of health)
- Persons with schizophrenia and psychosis are entitled to efficient multi-disciplinary and integrated evidence-informed treatment and community support services.
- Persons at the early phases of their illness are entitled to real secondary prevention (early intervention and treatment) through specialized first episode psychosis clinics and their collaborators.
- Persons with schizophrenia and psychosis are to be included as full citizens in accessing education, employment, housing, medical services, recreation and social supports.
- Whenever possible families are essential partners in the care and the treatment and recovery plans of persons with schizophrenia and psychosis, and deserve respect and support
- Persons with schizophrenia and psychosis must be included in their treatment planning, care and recovery plans.
- Persons with schizophrenia and psychosis and their families are not to be blamed for this illness.
- The SSC values collaboration at all levels to ensure that caring, compassion, hope, and recovery remain at the heart of our movement.

Our Purpose:

The Manitoba Schizophrenia Society is a registered charity with a mission to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research. Founded in 1979, we are proud to celebrate more than 34 years of hope, change and innovation.

We are committed to:

- Raising awareness and educating the public to help reduce stigma and discrimination,
- Supporting families and individuals,
- Advocating for legislative change and improved treatment and services, and
- Supporting research through the SSC Foundation and other independent efforts.

Schizophrenia and Psychosis are Treatable:

Schizophrenia is a serious but treatable brain disorder. Although the exact causes are still a mystery, a biochemical imbalance is believed to contribute to the cause of the illness.

The illness is characterized by delusions, hallucinations, disturbances in thinking and withdrawal from social activity.

Psychosis affects 3% of the population at any given time. While psychosis can be a symptom of a number of illnesses and conditions, it is the main feature of schizophrenia. Schizophrenia can impact anyone. It usually develops into a full-blown illness in late adolescence or early adulthood and affects an estimated 1 in 100 Canadians and their families.

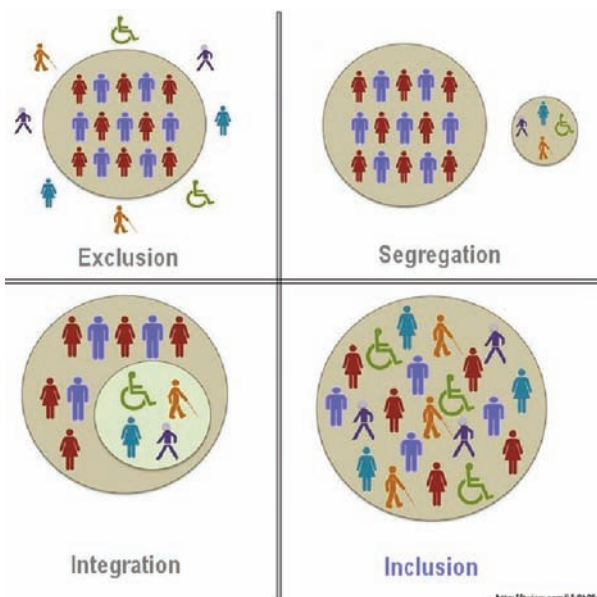


Schizophrenia is one of the most widely misunderstood and feared illnesses in society. The lingering stigma associated with this illness often results in discrimination and, consequently, a reluctance to seek appropriate help.

Schizophrenia is treatable and recovery possible. But, it takes a supportive, caring community.

The main support services and programs that the MSS offers are:

- *People with Lived Experience Peer Support Groups*
- *Family Support Groups*
- *Women's Peer Support Group*
- *Hospital Outreach*
- *One-on-One Consultation*
- *Literature Distribution*
- *Name that Feeling*
- *Strengthening Families Together*
- *Eight Stages of Healing*
- *Presentations on Schizophrenia and Recovery*
- *Simulated Experience of Hearing Voices that are Distressing*
- *First Responders Workshop*
- *Mental Health Education Resource Centre*



Being, Belonging, and Becoming:
SOCIAL INCLUSION IN AN AGE OF DIVERSITY

MSS was pleased to host the 2014 National Conference of the Schizophrenia Society of Canada held in Winnipeg. We had nearly 400 delegates in attendance.

Mental Health Education Resource Centre of Manitoba

Funded by Manitoba Health, the Mental Health Education Resource Centre of Manitoba (MHERC) is a provincial resource promoting knowledge exchange operated by the Manitoba Schizophrenia Society. The Centre provides educational resources on mental health and mental illness to consumers, families, caregivers and service providers and the general public. All resources collected are current and reflect best practices and are available to all Manitobans. All resources are available for loan, free of charge.

MHERC services include:

- READING MATERIALS, VIDEOS, AUDIO RESOURCES, TRAINING KITS, & MAGAZINES
- ELECTRONIC RESOURCES: 2 PUBLIC COMPUTERS FOR INTERNET ACCESS
- ONLINE CATALOGUE & APP: TO SEARCH OUR RESOURCES
- MTS WIFI HOTSPOT
- INFORMATION AS REQUESTED



QUOTES:

Despite the vast burden that mental ill-health imposes on people and on economies, many countries continue to neglect mental health care, and the unmet need for treatment remains high. Making mental health a policy priority would enhance people's lives, and have significant social and economic benefits.

"Nearly 60% of young people (under age 25) with a mental illness say they have experienced stigma."

"At least one in five Canadians each year will be affected by a mental illness or problem and it is estimated to cost the Canadian economy \$51 billion annually – more than three per cent of GDP."

"Seventy per cent of adults living with a mental illness say the onset occurred before age 18."

"Evidence suggests that around 5% of the working-age population has a severe mental health condition, and a further 15% is affected by a more common one."

"People with severe mental health conditions are 6-7 times more likely to be unemployed than people with no mental health condition. Those with a mild-to-moderate condition are 2-3 times more likely to be unemployed. The longer people are unemployed, the more damaging the consequences for their mental health. Greater economic losses are also incurred."

"People with mental illness often have physical health problems that can lead to increased mortality, poorer health outcomes, and are more expensive for the health system. Individuals with severe mental illnesses, such as acute depression, bipolar disorder and schizophrenia, die, on average, 20 years earlier than the general population."

Source: Focus on Health: Making Mental Health Count, OCD, July 2014

EVENTS

Schizophrenia and Psychosis Awareness Day 2014.



Dr. Jon Gerrard speaks to attendees at the MSS one-day conference "A Day in the Life of Schizophrenia: Hope Through Mental Health Recovery" in recognition of Schizophrenia and Psychosis Awareness Day 2014.



(From L to R: Sylvia Chaput, Dr. Michael Eleff, Nigel Bart, Beverley Grace, Jason Cheung and moderator Chris Summerville).
Speakers' Panel at MSS event "A Day in the Life of Schizophrenia: Hope Through Mental Health Recovery"

Iris Gala



Golf Tournament



Financial Statements & Notes

Manitoba Schizophrenia Society Inc.
Statement of Income and Expense
for the year ending March 31st, 2014 with a previous year comparative.

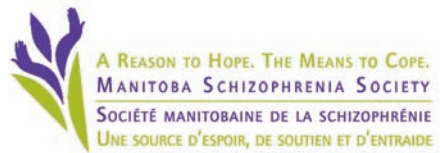
WINNIPEG OPERATION (Unrestricted Funds)	2014	2013
REVENUE:	\$	\$
Fundraising: Iris Gala & Golf Tourn. (net) - (no Walk in 2013)	75,059	67,877
Special Events - Holiday Concert & SZ Awareness (2014 only)	9,309	4,966
Donations, Grants, SSC Nat'l Conference (13.5K), etc	53,650	50,467
Manitoba Health - Sustaining Grant	151,000	151,000
Administration: SSC; MHERC; Regions & SMHC	56,488	64,521
	345,506	338,831
EXPENDITURES:		
Salaries & Benefits	203,438	195,487
Professional Fees	22,211	19,594
Office Occupancy & Insurance	39,927	38,136
Office Administration	22,885	27,080
Public Education	31,775	30,382
Women's Program	18,689	18,911
National Office Support	—	6,733
Special Events - Holiday Concert & SZ Awareness	4,443	1,241
	343,368	337,563
Net Income (Deficit)	2,138	1,267
Surplus, beginning of year	94,069	92,801
Surplus, end of year	96,207	94,069

REGIONS & OTHER PROGRAMS (Restricted Funds)	2014	2013
REVENUE:		
Rural Regions - Manitoba Health grants	231,000	231,000
Other Regions & Designated program income	147,354	125,906
SSC/MSS National Conference Sep 2013	117,417	—
	495,771	356,906
EXPENDITURES:		
Region Outreach Workers' program expense	242,290	228,872
Designated program expense	141,137	122,173
SSC/MSS National Conference Sep 2013	117,417	—
	500,844	351,045
Net Income (Deficit)	(5,073)	5,861
Surplus, beginning of year	92,727	86,866
Surplus, end of year	87,654	92,727

FINANCIAL SUMMARY COMMENTS:

We are especially grateful for the volunteers heading up the Iris Gala and Golf Tournament committees - net income has not exceeded \$75K since 2009 and this past year we did not have a Walk-a-thon due to the National Conference. Operating costs were generally well managed, considering especially with the additional duties arising from the hosting of the national conference. Thank you again for your support.

Prepared by
R Schellenberg, Accountant



MANITOBA SCHIZOPHRENIA SOCIETY

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