

GENERAL INFORMATION

Name of Organization Requesting Grant: <i>(Please list parent/sponsor organizations in parenthesis)</i>	Pathways Serious Mental Illness Society (Pathways SMIS)
Society Registration Number:	894226935RR0001
Organization Mailing Address:	1865 Marine Drive, Suite 205, West Vancouver, BC V7V 1J7
Contact Name & Title:	Emma Chapman, Executive Director
Organization Phone Number:	604-926-0856
Organization Email Address:	[REDACTED]
Organization Purpose or Mandate: <i>(Please provide this answer in one sentence.)</i>	Family support, education and community awareness for people living with serious mental illness.

ORGANIZATION INFORMATION

How many years has the organization existed?	26 years
How many active members/participants does the organization have in the current year?	165
How many volunteers/executive/staff are required to administer the organization in the current year?	100
Age range of participants in the organization:	Diverse age group of volunteers, but mainly families in their 30's and up.
Please list active website URLs and active social media accounts (Facebook, Twitter, Instagram, etc.):	www.pathwayssmi.org www.facebook.com/pathwayssmi www.twitter.com/pathwayssmi
Can anyone join the organization or participate? If no, please specify the restrictions and requirements for membership or participation:	Yes, although the programs themselves and services are provided for families who have a loved one with a serious mental illness. We have many volunteers who participate and help our society in diverse ways since it's volunteer based.
Does the organization have any outstanding debts or other means of funding from the RMOW? If yes, please state the amount and reason:	Pathways has a \$40,000 covid-19 loan from the government in reserves. We have not budgeted to use this loan but it is there if we do due to the impact that covid-19 might continue to have on our income. We do not foresee us needing to use the loan and will pay it back in full when needed. In normal circumstances and previous year, Pathways usually maintains a balanced budget and we plan to do so in 2021. We do not expect to have to use this load as we have made plans to bridge the gap in our income by not being able to host our annual fundraiser.

GRANT INFORMATION

1. Purpose of Grant:	<i>Explain in detail how the funding will be spent. Please refer to Council Policy A-7 Community Enrichment Program, available at www.whistler.ca/cep for funding criteria and eligibility. Please be as concise as possible using the space below.</i>
<p>The purpose of the grant is to aid Pathways SMIS to provide family members/caregivers of those who suffer from a serious mental illness with peer support, in-depth education, advocacy, programs and services at no cost to the community.</p> <p>This grant will also help Pathways SMIS address some of the related issues that local businesses and employers of Whistler face regarding mental health, such as employees suffering from depression and anxiety, especially in the context of the ongoing global COVID-19 pandemic. Community education in mental health leads to awareness, which in turn leads to a better understanding, which promotes compassion and the proper support for those suffering from mental illness and their families. In other words, stigma is erased.</p> <p>In 2020, we adapted the course to be delivered online via Zoom. By moving our programs online, we increased accessibility for all service users, and particularly, for the safety of our staff and volunteers, and those most at risk due to Covid-19. This has meant we have recruited volunteers and dedicated more staff time to supporting our service users in a Technical capacity.</p> <p>The funds will be spent on helping Pathways SMIS deliver the above programs and towards salaries of staff working on delivering these programs.</p> <p>In order for the aforementioned to occur, Pathways SMIS would be working in partnership with service providers, medical support services, and the RCMP through building a volunteer base of local family support and peer mentors. Programs supported would include online public lectures, information sharing, online lectures by mental health experts, employer/employee education, online local family support groups, online community outreach such as support groups and online one-to-one support. As the adage goes: "It takes a village to raise a child"; we at Pathways SMIS believe it takes a COMMUNITY to support families who have a loved one with a mental illness, or others, such as an employer who has an employee struggling with a mental illness.</p>	

2. Is This a New Program or Activity?	<i>If yes, what are your targets and goals for this program/activity?</i>
<p>No, it is an existing program but we have made adaptations to the program to enable us to deliver them online due to Covid-19. Moving to delivering our program online has made them more accessible to the community up in Whistler and Sea-to-Sky. We have seen an increase in the uptake of our programs and services in the area. We would like to continue building on this success, make improvements with the new changes we have made and work to expand the program given the increase in demand. Furthermore, we are responding to this demand by offering educational workshops on top of the family-to-family course we provide. These will be more frequent, a shorter time commitment and will provide additional, more in-depth education on topics covered in our 8-week course. We hope this will help families in a more timely manner and will help us address the increased demand of our services,</p>	

3. Current Year Highlights and Community Benefits:	<i>Detail the specifics of activities and community benefits your organization provides.</i>
<p>Pathways adapted the Family-to-Family course to be delivered online via Zoom due to the COVID-19 pandemic. We saw an increase in demand for this course; from 47 people who registered for our "in-person" Fall course in 2019 to 130 people who registered their interest for the online Fall course in 2020. By moving our programs online, we increased accessibility for all service users, especially people living in more remote regions. We also offered technical support and guidance to people who needed help accessing our programs since they moved online.</p> <p>Our Awareness and Early Intervention program reduce stigma and discrimination experienced by those struggling with a family member living with a mental illness. The program facilitates their acceptance by the community which in turn has a positive effect on mental health. Our centre provides support through: one-to-one support (our Family Navigator helps connect people to the information and services they need), one-to-one peer-support and support group sessions facilitated by family member volunteers who deliver the peer-to-peer sessions online.</p>	

4. Existing Funding and Grant Applications:	<ol style="list-style-type: none"> 1. <i>List the specific grants, funding and fundraising planned, approved or pending for the existing year, and</i> 2. <i>Please also list rejected or non-approved funding (with reasons).</i>
<p>New Horizons: \$22 000 (Pending) Direct Access: \$46 000 (Pending) North Vancouver Community Foundation \$2500 (Confirmed) West Vancouver Community Foundation (Pending) Community Foundations of Whistler (Pending) RMOW: present application (with lots of hope)</p>	

GRANT INFORMATION (CONTINUED):

5. Grant Request Amounts and Financial Breakdown:		<i>Please ensure numbers provided in this table coincide with the required financial documents you provide in your application.</i>	
	Annual Operating Budget	Grant Requested	<i>Provide a brief description of the specific amount requested. (Ex: Products, services, staffing roles, advertising, etc.)</i>
Salaries/contracts:	190000	4500	Sea to Sky Outreach Coordinator
General operations:	60250	1000	Course materials, insurance and advertising
One-time project / program:	11200	2000	Family-to-Family Education
Physical assets:			
Rent (RMOW facilities):		N/A	
Rent (other facilities):	19000		West Vancouver office
Other:		500	Zoom and Sea to Sky phone/cell
Total	\$ 280450	\$ 8000	<u>2.85 %</u> (Grant request ÷ Annual budget amount)
<i>Reminder: The grant amount requested cannot be more than 50% of the annual operating budget of the organization.</i>			

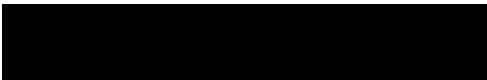
6. Additional Information:	<i>Please list any additional information, details or explanations regarding your grant request that you would like to be considered by Council.</i>
	<p>Pathways SMIS is volunteer-driven and our operation is focused on programs and service delivery. The Family-to-Family Education Course is just one of many that we provide, but one which we are especially proud of due to the fact that we have helped hundreds and hundreds of families cope while caring for their loved one with a serious mental illness.</p>

7. Attachments:	<i>Please indicate the attachments you are including with your Grant Application Form:</i>
<input checked="" type="checkbox"/>	Financial Statement (audited preferred) or Organization Budget (Required)
<input checked="" type="checkbox"/>	Proof (copy) of registered not-for-profit society status or registered charity status (Required)
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

COMMUNITY PERFORMANCE INDICATORS

<p>Please list how your organization may improve Community Performance Indicators:</p>	<p>First, please visit www.whistler.ca/monitoring to learn about the five priority areas of Whistler's Community Performance Indicators (CPI):</p> <ol style="list-style-type: none"> 1. <i>Enriching Community Life</i> 2. <i>Enhancing the Resort Experience</i> 3. <i>Protecting the Environment</i> 4. <i>Ensuring Economic Viability</i> 5. <i>Partnering for Success</i> <p>Secondly, identify how your grant (or organization) may improve any CPIs described in the five areas listed above.</p> <p>Note: Each priority listed above has numerous areas of measurement to choose from and all are listed with their existing statistical trend at www.whistler.ca/monitoring</p>
<p>Example: This grant addresses the priority of "Enriching Community Life" because it improves personal health status, a sense of belonging and increases resident volunteer rates. Specifically, this is because...</p>	
<p>Upon receiving this grant, Pathways SMIS would continue to provide education and support for families who have a loved one with a serious mental illness as well as the business community in Whistler and the surrounding area. Destigmatizing mental illness occurs through education via courses, workshops, informative presentations and support groups. In doing so, the whole community benefits; in fact, it brings the community closer together. Early intervention and increased awareness reduces the strain on the medical and policing system. Through learning about the signs and symptoms mental illness, crises are averted, which means less trauma all round for those in crisis, the families of those in crisis and the first responders responding to the crisis. Furthermore, increased mental health awareness in the workplace and addressing wellbeing at work is closely correlated with greater levels of productivity and business success. This grant will address the priority of "Enriching Community Life" because everyone in the community wins with education and support around mental health.</p>	

GRANT APPLICATION AUTHORIZATION:

Submitted by:	Emma Chapman
Phone number:	604-926-0856
Email:	executivedirector@pathwayssmi.org
Acknowledgement:	<input checked="" type="checkbox"/> I confirm that the information provided in this CEP Grant Application Form is true; <input checked="" type="checkbox"/> I confirm that a representative is required to present this grant request at a future Council Meeting; <input checked="" type="checkbox"/> I confirm that if any amount is granted that the the Grant Reporting Form is due by December 1 of this year; <input checked="" type="checkbox"/> I confirm that if any amount is granted it will be used only for its intended purpose unless otherwise approved by Council.
Signature:	

Funding decisions will be announced during a Regular Council Meeting in April 2021.

Please contact the Legislative Services Department at corporate@whistler.ca if you require any assistance.



STATEMENT OF DIRECTORS AND REGISTERED OFFICE

BC Society • Societies Act

CERTIFIED COPY
Of a document filed with the
Province of British Columbia
Registrar of Companies

CAROL PREST

NAME OF SOCIETY: PATHWAYS SERIOUS MENTAL ILLNESS SOCIETY

Incorporation Number:	S0035266
Business Number:	89422 6935 BC0001
Filed Date and Time:	June 24, 2020 02:56 PM Pacific Time

REGISTERED OFFICE ADDRESS INFORMATION

Delivery Address:

205 - 1865 MARINE DRIVE
WEST VANCOUVER BC V7V 1J7

Mailing Address:

205 - 1865 MARINE DRIVE
WEST VANCOUVER BC V7V 1J7

DIRECTOR INFORMATION

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]



STATEMENT OF DIRECTORS AND REGISTERED OFFICE

BC Society • Societies Act

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]





PATHWAYS FAMILIES
HELPING
FAMILIES
Serious Mental Illness Society

AT A GLANCE:
Annual Report 2019



**OUR FAMILIES.
OUR STORIES.
OUR PARTNERS.**



TABLE OF CONTENTS

A LETTER FROM THE PRESIDENT	1
MEET OUR TEAM	3
ABOUT US	4
PROGRAMS AND SERVICES	5
Family-to-Family	
School Presentations	6
Public Education Lecture Series	7
SUPPORT	8
Monthly Support Group Program	
One-on-One Support Program	
ADVOCACY	10
COMMUNITY FUNDRAISING	11
FINANCIAL	13
Revenue	
Expenses	14
THANK YOU	15
Our Volunteers	
Donors, Grants & Sponsors	16



A LETTER FROM THE PRESIDENT

It is with a sense of gratitude that I write this annual report sharing some of the activities and successes of Pathways' past season.

I should begin by offering a sincere thanks to our staff: Pouneh Jula, Valeska Gauthier, Francesca Brind-Boronkay & Jennifer Truong for their work in organizing and delivering Pathways' free programs. I would be remiss not to draw the memberships' attention to all Pathways' volunteers for their dedicated service, the promotion of and development and advocacy for Pathways Serious Mental Illness Society. We could not do the work we do without our volunteers. I also want to thank Feri Dehdar, Pathways former Executive Director, for the guidance she provided this past year. We wish Feri all the best in the future. In addition, I would like to thank Pathways' Board of Directors who have given their unlimited time and leadership in helping Pathways achieve its goals.

Twenty-nineteen saw the need for our programs to broaden, due to the unprecedented demand for our services. I cannot thank you, the membership, sponsors and individual donors enough for all your monetary support. It's this support that fuels Pathways and allows us to deliver all its programs to those who need them the most. Families helping Families!

Donations allow Pathways to provide the following services:

1. **Family Peer Support:** This gives one-on-one support of family members dealing with a mental illness, often in crisis situations with advice and

support in procuring one-on-one treatment for a family member who is ill.

2. **Family-to-Family:** This is a 12-week educational course going into all aspects of mental illness. It is taught by trained peer instructors in North & West Vancouver, Vancouver, Tri Cities, Squamish and Whistler.
3. **Advocacy:** We advocate on behalf of individuals with mental illness and their families: for care, compassion and respect for those suffering from mental illness. We advocate for families who have been lost in the system.
4. **Education:** We organize first person presentations by a person with an illness and a family member to schools, workplaces, police departments, professionals, service clubs and those who work with the public. We aim to break down barriers and fears, encouraging those who see someone showing symptoms to act quickly.

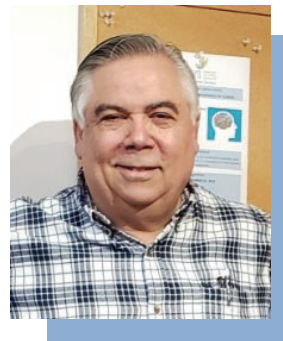
We are, and will remain, a volunteer-led society with a mission of families helping families - those who are dealing with ALL the serious mental illnesses suffered by loved ones.

Thank you for your support and generosity.

Sincerely,



Don Pavlovich | [President](#)





MEET OUR TEAM

BOARD OF DIRECTORS 2019

DON PAVLOVICH | [President](#)
SHIRLEY CHAN | [Vice President](#)
JANICE LILLEY | [Past President](#)
MARY-MARGARET GAYE | [Treasurer](#)
KIMBERLY THOMAS | [Support Chair](#)
JOE GORMLEY | [Membership & Events Chair](#)
ELÉNA ANDREWS | [Fundraising Co-Chair](#)

A warm thank you to our outgoing board members for their contributions to Pathways Serious Mental Illness Society in 2019.

GILLIAN SANTO | [Secretary](#)
PATRICIA MURRAY | [Advocacy Chair](#)

STAFF

Feri Dehdar | [Past Executive Director](#)
Pouneh Jula | [Office and Membership Manager](#)
Valeska Gauthier | [Program Coordinator](#)
Francesca Brind-Boronkay | [Marketing, Communication + Events Intern](#)

ABOUT US



Established in 1983 as a branch of the BC Schizophrenia Society, Pathways Serious Mental Illness Society (SMIS) provides programs and services to families with loved ones living with serious mental illnesses. Pathways serves all communities with a larger focus on the North Shore, Vancouver, the Tri-Cities and Sea-to-Sky area.

We are on a **mission** to alleviate the suffering caused by serious mental illnesses including anxiety disorders, bipolar disorder, borderline personality disorder, concurrent disorders, depression and schizophrenia.

Our **vision** is to be a vibrant, innovative centre of **support, education, awareness** and **advocacy** for families and others affected by serious mental illness.

PROGRAMS AND SERVICES

Education

Education, support and **advocacy** are the three important pillars at Pathways SMIS. The pillars work together to facilitate learning, understanding and empathy while addressing the important topics and discussions surrounding serious mental illness.

Family-to-Family

In 2019, **14 volunteer teachers** dedicated a cumulative total of **882 hours** teaching the Family-to-Family course in four areas: North Shore, Tri-Cities, Vancouver and Sea-to-Sky. A total number of **100 participants** graduated from the Family-to-Family education course.

32 graduates	 252 hours	 North Shore
32 graduates	 252 hours	 Tri-Cities
27 graduates	 252 hours	 Vancouver
9 graduates	 126 hours	 Sea-to-Sky

The Family-to-Family 12-week free education course is offered twice a year in three locations: West Vancouver, Vancouver and Port Coquitlam, and once a year in Squamish. In each class, two trained family-member volunteers, who are also graduates of the course, use a team approach to teach the program.

The free education course covers a range of topics including serious mental illness and its treatment, practical skills such as problem solving, effective communication and guidance on supporting a loved one with mental illness.

The course was developed by the National Alliance on Mental Illness (NAMI) in the United States and is licensed and adapted for use in British Columbia.

School Presentations: First-Hand Stories

School presentations is one of the most important educational programs. It includes two guest speakers - a person with a diagnosis and a family member.

A combined total of **500 students** in **8 schools** in Sea-to-Sky, Vancouver, West Vancouver and North Vancouver heard first-hand stories from a panel of **12 speakers** in our community.



First-Hand Stories is a unique and powerful storytelling model which helps students and people in the community understand the nature and prevalence of serious mental illness.

Public Education Lecture Series

The Public Education Lecture Series gives family members, those living with the illness, professionals and the general public, an opportunity to ask questions and receive answers directly from experts and service providers.

In 2019, a total of **191 attendees** attended **four lectures** scheduled at the HOpe Centre in North Vancouver. In **February 2019**, Pathways began the

year with a Personal Story lecture by Curt Petrovich, author and award-winning journalist, where he spoke about Post-Traumatic Stress Disorder.

May 2019 | THE FUTURE OF MENTAL HEALTH

94 attendees 

Dr. Allan Burgmann of HOpe Centre and Lions Gate & *Dr. Apu Chakraborty* of St. Paul's Hospital discussed the future of mental health.

September 2019 | ANOSOGNOSIA - IMPAIRED AWARENESS OF ILLNESS

50 attendees 

Dr. D. Fredrikson, a consultant psychiatrist, discussed and explored the concept and impact of anosognosia and possible paths of recovery.

November 2019 | HOW TO BEST SUPPORT A LOVED ONE WITH MENTAL ILLNESS

34 attendees 

Ryan Phillips, a former professional hockey player, shared his first-hand story of dealing with a serious mental illness. Alongside him, *Todd Ritchey* shared his expertise as an Addiction Specialist, Author and the founder of Trilluminate Inc.

SUPPORT

At Pathways, over **500 families** accessed the following programs: **monthly support group** and **one-on-one**. The programs offer our communities an opportunity to express and share their experiences in a confidential, secure and supportive space.

Monthly Support Group Program

In 2019, a cumulative total of **123 hours** was dedicated to running our monthly support group program.

Every month, family members gather in **4 locations** to provide support and share experiences with each other.

60 hours		131 attendees		North Shore
24 hours		123 attendees		Vancouver
21 hours		46 attendees		Tri-cities
18 hours		28 attendees		Sea-to-Sky



In total, **328 people** attended our monthly support groups.

One-on-One Support Program

Our One-on-One Support Program has provided members with information and support regarding serious mental illness through **drop-in**, **phone** and **email** services at Pathways SMIS. These calls came from North Shore, Vancouver, Tri-cities and Sea-to-Sky.

Annual Christmas Banquet

On December 7th, Pathways hosted the Annual Christmas Banquet dinner for **111 guests**. With the help of **34 volunteers**, members were able to enjoy a festive dinner surrounded by friends, Christmas presents and holiday music.



Parade

for Canada Day

As an **advocacy** centre for communities affected by serious mental illness, Pathways SMIS marched in unity on Canada Day to raise awareness and continue the important work in destigmatizing serious mental illness.



ADVOCACY

Proactive Treatment

Pathways advocates for timely treatment of those with serious mental illness. We help families overcome obstacles that are thrown in their way. We particularly fight for involuntary committal where appropriate, so that a person suffering from psychosis, with no insight into his or her own condition and hence spurning treatment, will nevertheless get the help that they need and be freed from the grip of their illness.

Family Involvement

Families can play a crucial role in the treatment process and in helping their ill relatives get better and stay better, although this isn't always recognized by professionals. Pathways advocates for family involvement and explains to family members how to ensure that their participation will be accepted.

Information Sharing

Pathways encourages professionals to share information with family members and also instructs family members on what the law and "best practices" are on the matter. We explain to family members the importance of insisting they be kept fully in the picture by professionals and give them support to follow through when necessary.

COMMUNITY FUNDRAISING

Circle of Strength

On April 27th, Pathways hosted its annual Circle of Strength (COS) and welcomed over **200 guests** at the Hollyburn Country Club.

The Circle of Strength is Pathways' largest and most important annual fundraising event, featuring live music, a live auction and a luncheon for all guests. Together, with the support of our community, we raised a grand total of **\$41,395** for Pathways SMIS's services and programs.

\$41,395



Third-Party Fundraisers

Thank you to our Pathways SMIS community for their dedication and commitment to raise funds for our programs and services. In total, our third-party fundraisers raised **\$6,950!**

A Private Musical Concert

In late October, Stanis and Joanne Smith hosted a private evening of music for 45 guests. Collaborating with seven other musicians, Stanis performed Schubert's Octet in F-Major, raising **\$2,600** for Pathways SMIS.



In Memory of Jamie Wyse

Every year, the Wyse Guys host a bike ride to raise funds for mental awareness in memory of Jamie Wyse. This year they raised a total of **\$2,550** to donate to Pathways SMIS in Jamie's name.



Wedding

To raise awareness and funds, the newly weds and graduated members of our **Family-to-Family education course**, Kristin Fox and Bill Codville asked guests to donate in lieu of wedding gifts. In total, they raised **\$1,800** to give back to Pathways SMIS community.



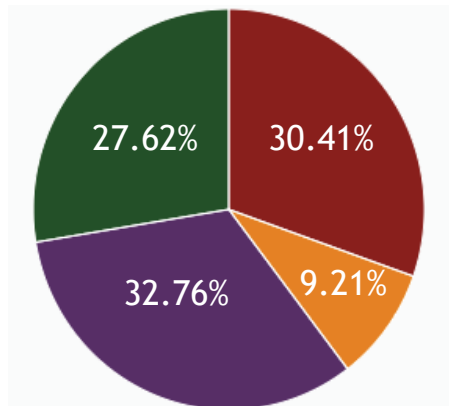
FINANCIAL

Year end December 31st

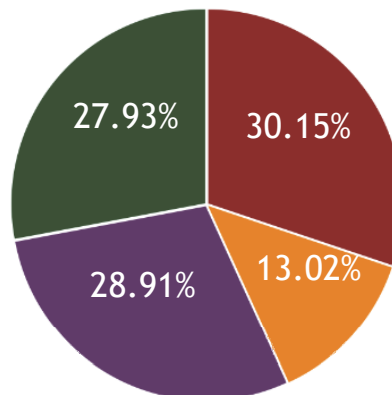
Revenue	2018	2019
Received donations	\$59,300	\$70,297
Non-receipted donations	\$17,970	\$30,358
Government funding	\$63,881	\$67,410
All other revenue	\$53,854	\$65,126
Total	\$195,005	\$233,191

2018 Source: Canadian Revenue Agency (CRA), Charities and Giving, Pathways Serious Mental Illness Society (PSMIS)
2019 Source: Submission to the CRA by PSMIS/EPR North Vancouver

Revenue 2018



Revenue 2019

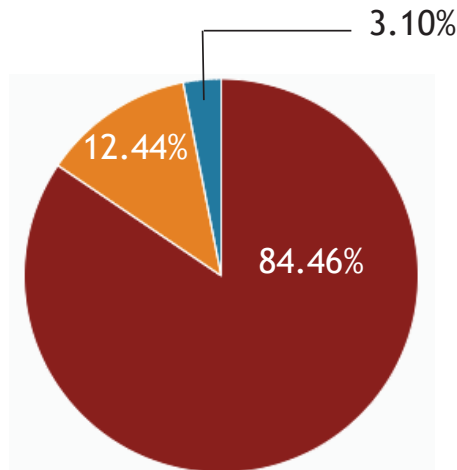


Expenses	2018	2019
Charitable programs	\$159,676	\$208,374
Management & Administration	\$23,522	\$16,409
Fundraising	\$5,863	\$13,501
Total	\$189,061	\$238,284

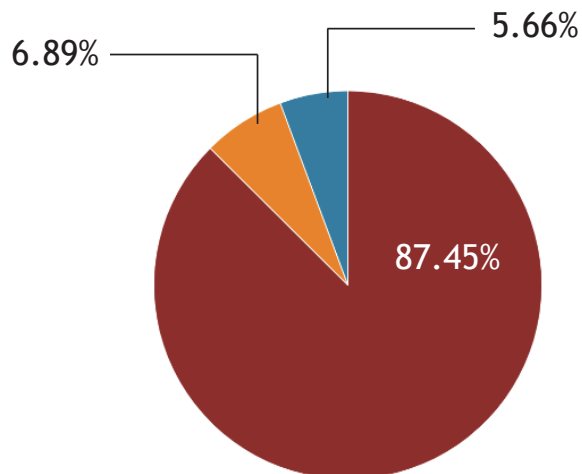
2018 Source: Canadian Revenue Agency (CRA), Charities and Giving, Pathways Serious Mental Illness Society (PSMIS)

2019 Source: Submission to the CRA by PSMIS/EPR North Vancouver

Expenses 2018



Expenses 2019



THANK YOU

A warm **thank you** to all the volunteers, donors and organizations who supported Pathways SMIS in 2019. With the generous support of our community, Pathways can grow and continue to provide the essential programs, services, education and advocacy to communities affected by serious mental illness.

Volunteers

Over **150 volunteers** dedicated **3500+ hours** to supporting Pathways SMIS in the following ways:

- Administration/Office Work
- Annual General Meeting (AGM)
- Canada Parade
- Christmas Party
- Circle of Strength (COS) Fundraiser
- Family-to-Family Education Course
- Halloween Volunteer Appreciation Party
- Marketing and Promotion
- Monthly Support Groups
- Public Education Lecture Series
- School Presentations: First-Hand
- Third Party Fundraisers
- Will and Estate Workshops



Donors

In 2019, a total of **445 donations and membership renewals/sign-ups** were made to Pathways SMIS.



Grants

Ambleside Tiddly Cove Lions Club
BC Gaming
City of North Vancouver
District of North Vancouver
District of West Vancouver
Kiwanis Club of West Vancouver
Lynn Valley Lions
New Horizons
Pacific Blue Cross
Soroptimist International
Vancouver Coastal Health
Vancouver Community Network
West Vancouver Community Foundation

Sponsors



