

British Columbia Schizophrenia Society Programs

- BCSS Family Respite Program:
- BRIDGES Consumer Education Program
- Early Psychosis Program - “Reaching Out”
- Family Education Program
- Kids in Control Program
- Partnership Education Program
- Partnership Puppet Program

Medications and Other Interventions

- Medication and rehabilitation
- Monitoring side effects
- Psychosocial interventions
- Cognitive/behavioral therapy
- Individual counseling
- Training in illness self management
- Supported education and employment programs

Families Coping with a Crisis

- Recognizing a crisis
- Can a crisis be prevented?
- Have a crisis plan
- Angry or threatening behavior
- Tips for communicating
- Should we call the police?
- Suicide: Who is most at risk?
- What are common warning signs?
- What can family members do?

Understanding Symptoms

This pamphlet describes the positive, negative and disorganized symptoms related to schizophrenia.

How Families Can Help

- Providing encouragement
- Education and rehabilitation
- Problem solving together

Early Psychosis Intervention

- What is it?
- The importance of early intervention
- Early warning signs
- What can families and friends do?
- Referrals: Who should I call?

Families Working With Professionals

- What can I do to help?
- Record keeping
- Communicating effectively
- Getting positive results
- Avoiding things that don't work
- Confidentiality vs “The Need to Know”
- Family Charter of Rights

•

Caring As a Family

- Managing from day to day
- Parents and spouses
- Siblings
- Young children of parents with schizophrenia
- Adult children
- Future planning
- How do we start?

Discrimination : What Is To Be Done?

- Discrimination against people with Schizophrenia
- Filing a discrimination complaint
- What else can be done?
- Advocacy
- Individual Advocacy
- Systemic Advocacy
- Thinking about it

British Columbia Schizophrenia Society

Contacts

Julie Kornelsen of the British Columbia Schizophrenia Society is the regional coordinator of the Peace-Liard region north and south.

Education · Awareness · Support

Contact Julie Kornelsen
Telephone: (250) 784-4282
Fort St. John: (250) 261-9189
Email: kornelsn@pris.ca

Web sites of interest:
www.bcscs.com
www.heretohelp.ca
www.psychosissucks.ca

British Columbia Schizophrenia Society

Discover the Facts



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

The British Columbia Schizophrenia Society (BCSS) is dedicated to providing support and education to families and their ill relatives suffering from schizophrenia and other serious mental illnesses.

Founded in 1982, BCSS has grown to become a province wide volunteer based family support organization with over 5,000 members and supporters.

An informational kit has been developed to help people learn, understand and better cope with mental illnesses. The information provided in this brochure is an overview of the topics the kit covers.

Our Mission: *“To alleviate the suffering caused by schizophrenia.”*

This information is not to be substituted for the advice of a professional. Always consult a physician regarding individual circumstances.