

Family Involvement & Support - Mental Health & Addiction

INSIDE THIS ISSUE

- 1 Changes at VCH
- 2 New STAR program
- 3 Community Events
- 4 Community Resources
- 5 Education Opportunities
- 6 Calendar of Events

Edited by **Jessica Wilkins**

Your Family Involvement & Support Team

Jessica Wilkins

Coordinator, Family Involvement
& Support, Community
604-736-2881
Jessica.Wilkins@vch.ca

Isabella Mori

Coordinator, Family Involvement
& Support, Acute Care
604-290-3817
Isabella.Mori@vch.ca

Sharon Marmion

Coordinator, Consumer & Family
Involvement, Tertiary Care
604-313-1918
Sharon.Marmion@vch.ca

Gloria Baker

Manager, Family Involvement &
Support
604-736-2881
Gloria.Baker@vch.ca

Updates at VCH

Excerpted from VCH News "MH&A changes in Vancouver community will increase targeted care to those who need it". January 16, 2014

Vancouver Community Mental Health and Addiction (MH&A) services is embarking upon a service redesign to develop and augment existing MH & A programs in support of a changing client base, including a growing population of clients with concurrent disorders.

The Concurrent Disorders program has been merged with our Outpatient Psychiatry Team to streamline access and improve care coordination for clients who require both mental health and addiction services.

"Wherever possible we want all our services to be nimble and flexible in order that we can provide care for clients who have both a mental illness and an addiction," said Laura Case, Executive Director, Vancouver Community.

This redesign will allow us to create greater access for more clients, more coordination and integration between our MH&A services, and more evidence-based intervention. The evidence tells us to combine our services and, where possible, provide both mental health and addiction services under one roof.

If you are interested in finding out more about services at the Vancouver General Hospital Outpatient Psychiatry Team, **you can call central intake at 604-675-3997**. All referrals are processed through central intake, clients are invited to self-refer or to speak to their family doctor about the Outpatient Psychiatry Team.

New program helps women aim for the STARS

STAR -- Sisters Together Active in Recovery -- is a new VCH women's-only addiction treatment program, and VCH is making preparations for the program's launch mid-January.

"STAR will provide comprehensive, respectful and effective substance use treatment for women," said Andrew MacFarlane, Director, Mental Health and Addictions-Urban. "STAR will not only help women along their path to recovery, but will also help them build community and foster confidence along the way."

STAR began accepting clients on December 9 and will officially launch on January 13. STAR's program hours will be built around childcare, daycare and school hours to enable access by women who have childcare responsibilities.

STAR's programming consists of two, group-based streams.

- Recovery Essentials (12 modules covered in six weeks) focuses on early recovery, is low barrier and harm-reduction based. It will allow STAR to meet clients where they are at and for clients to prepare for the more intensive second stream.
- Recovery Intensive (24 modules over six weeks) consists of more intensive recovery with a combination of both process and psychoeducational groups and is abstinence based.

STAR features rolling intake in each of its two streams, and will help as many as 60 women per month. STAR's treatment model will use cognitive behavioural therapy, teaching and coaching, family systems, and motivational interviewing within a structured collaborative approach. Other services available for clients will include acupuncture, yoga and SMART recovery.

Clients can self-refer or be referred to STAR by their clinician or physician. Program access begins with a brief orientation with a STAR intake worker. Clients can immediately begin Recovery Essentials. A client's readiness to begin Recovery Intensive will be assessed formally by one of STAR's counsellors. In-depth orientation sessions leading to Recovery Intensive are held every Friday to ensure immediate access when the client is ready.

STAR will run from VCH's new South MH&A Team offices in Marpole, at 220-1200 West 73rd Ave. Transportation vouchers will be available to participants who require them.

For more information about STAR, please contact JP Grimard, Clinical Supervisor-Addiction. He can be reached at 604-266-6124 or jp.grimard@vch.ca.

Looking for Input – VGH Psychiatric Assessment Unit

Submitted by Isabella Mori

I just spent a really good 10 months at the Burnaby Center for Mental Health and Addiction, where we were able to implement and plan some very good family work. Among other things, we put together a comfortable family meeting room.

I have now started working at the Psychiatric Assessment Unit (“PAU” - right behind Emergency at Vancouver General Hospital).

Do you have any experience with PAU?

Have you had a loved one in that unit?

What worked well? What could have worked better?

Is there any information that would have helped, e.g. about the quiet rooms (also called step down rooms, sometimes referred to as seclusion rooms)?



We would very much appreciate hearing from you. Your input could make a real difference. Please email to Isabella.Mori@vch.ca or call at 604-290-3817.

St. Paul's Hospital Family and Friends Education Days

SPH offers an Education Day specifically designed for families and patient's support systems (of adults and/or adolescents transitioning into adult services). This day is coordinated by our program's Social Worker-Family Therapist and Occupational Therapist. The sessions provide education about eating disorders, including how they are treated and different strategies to provide helpful support to loved ones who are dealing with them.

Topics to be covered in the group are:

- What is an eating disorder and how it is developed
- Health (Medical and Psychological) implications
- Nutrition considerations
- Emotional/psychological connections to eating disorders
- The recovery process
- How family and friends can support their loved ones

TIME and LOCATION:

February 21, 2014

8:45 a.m. to 4 p.m. **(Room opens at 8:30 a.m.)**

St. Paul's Hospital - 1081 Burrard Street, Vancouver, BC, V6Z 1Y6

Level 1 Providence Wing, Conference Centre

HOW TO REGISTER:

1. By email to jbirkenes@providencehealth.bc.ca or sszabo@providencehealth.bc.ca
2. By calling the Eating Disorders main phone number: 604-806-8347, ext 4



CMHA Chinese Family Program

加拿大心理衛生會列治文中文愛心小組 / 打開心窗互助小組

CMHA Richmond Chinese Family Support Group / Heart to Heart Sharing Group

Saturday, February 8th, 2014

1 p.m. - 4 p.m.

1 – 2:15 p.m.

打開心窗，歡迎任何人參加

Support group, everyone is welcomed

分享交流，傾吐心聲

Heart to heart sharing group; confidential sharing

2:30 – 4 p.m.

讓你的親密關係活起來的秘訣——有心學習

The Secret of achieving happiness in your intimate relationship

Facilitated by:

王德賢, 家庭和婚姻輔導師

Alex Wang, RCC

Family and Marriage Counsellor

Location:

聚會地點

加愛中心 Caring Place

Room 340, 350 or 345, 7000 Minoru
Blvd, Richmond (at Granville)

For more information contact:

聯絡人 Bessie Wang

604-276-8834 ext. 12 or 604-961-3381

Mood Disorder Association of BC Education Series

The Mood Disorder Association of BC (MDABC) is offering a special education series at the West End Community Center. These evenings are lead by Shirly Ley, Counsellor and the MDABC psychiatric urgent care program psychiatrists Dr. Gorman and Dr. Remick.

I Can't Stop Worrying! with Dr. Chris Gorman - Saturday, February 8, 10 - 11:30 a.m.

Mental & Physical Fitness All in One Night with Dr. Ron Remick - Tuesday, March 18, 7 - 8:30 p.m.

All workshops will be held at West End Community Center, 870 Denman Street, Bidwell Room

If you have additional questions, contact:

Mood Disorders Association of BC

604-873-0103

info@mdabc.net

www.mdabc.net



**MOOD DISORDERS ASSOCIATION
OF BRITISH COLUMBIA**

Low Cost Anger Management Groups in Vancouver

The Salvation Army offers low cost and free anger management groups in Vancouver facilitated by professionally trained counselors. The groups meet once per week for a duration of seven weeks (three-times a year). Each session focuses on different triggers and how to manage angry feelings. Separate groups are held for men and women.



For more information, call 604-872-7676.

You can also visit the Salvation Army website at <http://salvationarmycfs.com/programs-services/capacity-building-services/>

Provincial Eating Disorder Awareness (PEDAW) News

Submitted by PEDAW

The beginning of February marks the launch of the Provincial Eating Disorders Awareness (PEDAW) campaign and National Eating Disorder Awareness Week runs February 2 - 8.

Here are some things that are happening:

Guest bloggers:

PEDAW has guest bloggers lined up to share their perspectives and insights relating to eating disorders, body image, etc. throughout the month of February.

www.loveourbodiesloveourselves.blogspot.ca

PEDAW Wristband Challenge:

Individuals, organizations, even some well-known people in BC have been requesting wristbands to participate in our Wristband Photo Challenge. We plan on revealing new photos through our social media channels during the month of February. Missed the January 20th deadline to participate in the Challenge, but still want a wristband? If you live in BC, you can order one for free by emailing your name and address to: pedaw@familyservices.bc.ca

BC Lights Up Purple for PEDAW!

If you're in Vancouver, check out BC Place on February 7th to see the lights turn purple for eating disorder awareness.

Location: 777 Pacific Blvd, Vancouver, BC

Timing: Lights on in the morning approximately from 7:45 a.m. until sunrise and in the evening from approximately from 4:45 - 11 p.m.

PEDAW Event Calendar:

We've added a section of our blog that includes an event calendar. Check it out here:

<http://loveourbodiesloveourselves.blogspot.ca/p/events-calendar.html>

National Education Alliance Borderline Personality Disorder

National Education Alliance Borderline Personality Disorder (NEA.BPD) offers a 12-week course to family members called ©Family Connections.

©Family Connections is a research-based, manualized 12-week course for family members with a relative with borderline personality disorder (BPD), or symptoms of the disorder. Developed by Dr. Alan Fruzzetti and Dr. Perry Hoffman, the program seeks to provide the most current information and research on BPD, to teach coping skills based on Dialectical Behavior Therapy (DBT) and to develop a support network.

Modeled after Family-to-Family, Family Connections classes are led by family members trained during a weekend training retreat. The effort of Family Connections is coordinated by the National Education Alliance for Borderline Personality Disorder (NEA.BPD); with preliminary research supported by the National Institute of Mental Health. Data documents that family members experience a decrease in depression, burden, grief and an increase in empowerment.

If you'd like to learn more about this program, or to register, visit their website at:
<http://www.borderlinepersonalitydisorder.com/family-connections/>

The mission of the National Education Alliance for Borderline Personality Disorder is to raise public awareness, provide education, promote research on borderline personality disorder, and enhance the quality of life of those affected by this serious mental illness.

Education Evening at Willow Pavilion: Everyone Welcome

You are invited to attend the February Family Education Evening at Willow Pavilion. This event is part of an ongoing series of monthly education evenings intended for families and friends of individuals experiencing serious mental illnesses.

The February education evening will feature presenters, Jessica Wilkins and Sharon Marmion, Coordinators for Family Support and Involvement. Jessica and Sharon will be addressing topics related to caregiver wellness. Please come out and join us for this important discussion.

The session will include a Q&A, followed by an opportunity to connect informally with other family members.



**Date: February 19th, 2014
6 - 8 p.m.**

Space is Limited. RSVP to:
 Sharon Marmion, Consumer & Family Coordinator
 at sharon.marmion@vch.ca or (604) 313-1918

**Location: Willow Pavilion,
805 West 12th Ave, Vancouver
1st Floor Multi-Purpose Room**

Please Note: Translation services are available upon request.

Calendar of Events

February 2014

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4 VCH Eating Disorder Family Group 6:00pm	5	6	7 Parents Forever Support Group 7:00pm	8 MDA Education 10-11:30am Chinese Family Support 1-4pm
9	10 Family Day Statutory Holiday	11 MDA Family Support Group 7:00pm	12 Raven Song Family Support Group 6:30pm	13	14	15
16	17	18 VCH Eating Disorder Family Group 6:00pm	19 Willow Pavilion Family Education Evening 6-8pm	20	21 Parents Forever 7:00pm SPH Family Education Day	22 NSSS Estate Planning Workshop 10:30-12:00pm
23	24	25 MDA Family Support Group 7:00pm	26	27	28	

Support Group Listing

Mood Disorders Association of BC – Mutual support groups for families of individuals living with a mood disorder. 2nd and 4th Tuesday each month, 7 - 9 p.m., Mount St. Joseph Hospital, 3080 Prince Edward St, Harvest Room A. Contact 604-873-0103

Raven Song Family Support Group– Support group for families who have a loved one living with mental illness. 2nd Wednesday of each month 6:30 – 8:30 p.m. at Raven Song Community Health Centre, 2450 Ontario Street, Vancouver. Contact 604-736-2881 or jessica.wilkins@vch.ca

VCH Eating Disorder Program – Family Support Group – for friends and family members of individuals living with an eating disorder. 1st and 3rd Tuesday of each month, 6 – 7:30 p.m., 3rd Floor, 2750 East Hastings, Vancouver. Contact Hella at 604-675-2531 ext 20689.

Parents Forever – Support group for families of adult children living with addiction. Group meets every 2nd Friday at St. Mary's Kerrisdale, 2490 W 37th Ave., Vancouver. Contact Frances Kenny, 604-524-4230 or fkenny@uniserve.com

CMHA Chinese Family Support Group – Education sessions for Chinese families who have a loved one living with mental illness. Richmond Caring Place, 1 – 4:00 p.m., Room 345/50, 7000 Minoru Blvd, Richmond. Contact bessie.wang@cmha.bc.ca or 604-276-8834, ext 12. Or check out their blog at <http://cmhachinese.wordpress.com>