

## Family Involvement & Support - Mental Health & Addiction

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Edited by **Jessica Wilkins**

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## Happy New Year!



The Family Support and Involvement Team would like to wish you and your family a healthy and safe new year. Welcome 2014!

With Warm Wishes,  
Gloria, Jessica, Isabella, & Sharon

## Reminder:

The family support group will continue to meet the 2<sup>nd</sup> Wednesday of every month at Raven Song Community Health Centre. This support group is for family members who have a loved one living with serious mental illness.

Registration is not required. Please feel free to drop in.

**Location:** 2450 Ontario Street, Vancouver  
**Time:** 2<sup>nd</sup> Wednesday of the month, 6:30-8:30 p.m.

## Addiction Services Education Series

Every Friday 9:30-11:30 a.m.  
Pacific Spirit Community Health Centre  
2110 West 43rd Ave (at West Boulevard)

### No registration required / Free attendance

The Education Series, a community service of Vancouver Coastal Health, includes videos, lectures and discussions dealing with alcohol and other drugs. This series of lectures are presented by Donna Barker.

All are welcome, including clients, potential clients, concerned family members or friends, interested community members and professionals.

- SESSION 1:** THE DEVELOPMENT OF ADDICTION
- Understanding problematic substance use
- SESSION 2:** CHEMICALS AND THE BODY
- How the brain & central nervous system are affected by alcohol and other drugs
- SESSION 3:** THE RECOVERY PROCESS
- Lifestyle change and relapse prevention
- SESSION 4:** THE FAMILY CONTEXT
- Childhood risk factors where addiction is a problem
- SESSION 5:** HELPING OTHERS
- How to support your child, partner, friend or any loved one who has a problem with substance use
- SESSION 6:** HEALING OUR SOCIETY
- A public health approach to drugs use

1. DEVELOPMENT OF ADDICTION	Dec 6 <sup>th</sup> 2013	Feb 7 <sup>th</sup> 2014	Apr 04 <sup>th</sup> 2014
2. CHEMICALS AND THE BODY	Dec 13 <sup>th</sup> 2013	Feb 14 <sup>th</sup> 2014	Apr 11 <sup>th</sup> 2014
3. THE RECOVERY PROCESS	Jan 10 <sup>th</sup> 2014	Feb 21 <sup>st</sup> 2014	Apr 25 <sup>th</sup> 2014
4. THE FAMILY CONTEXT	Jan 17 <sup>th</sup> 2014	Feb 28 <sup>th</sup> 2014	May 2 <sup>nd</sup> 2014
5. HELPING OTHERS	Jan 24 <sup>th</sup> 2014	Mar 7 <sup>th</sup> 2014	May 9 <sup>th</sup> 2014
6. HEALING OUR SOCIETY	Jan 31 <sup>st</sup> 2014	Mar 14 <sup>th</sup> 2014	May 16 <sup>th</sup> 2014

## News from the Provincial Eating Disorders Awareness Campaign

Submitted by PEDAW

### Calling BC Residents...Take part in our Wristband Photo Challenge

The Provincial Eating Disorders Awareness (PEDAW) campaign wants BC residents to take part in a Province-wide photo challenge. PEDAW is looking for photo submissions that include the official Love our Bodies, Love Ourselves wristband. Photos submitted by **January 20, 2014** will be considered for placement throughout February to spread awareness around eating disorders. For more information or to request a free wristband, email [pedaw@familyservices.bc.ca](mailto:pedaw@familyservices.bc.ca). Full information about the photo challenge is available at: <http://bit.ly/wristbandpedaw>

### Call for guest bloggers: deadline for submissions is January 20, 2014

<http://www.loveourbodiesloveourselves.blogspot.ca>

Eating Disorders Awareness week runs in February, and we need YOUR help to spread awareness. We invite people of all ages to share insights, personal experiences, and helpful tips about eating disorders as part of our awareness campaign. Submit your experiences in writing by **Monday, January 20, 2014** to be considered for placement.

### Full details/disclaimer available here:

<http://loveourbodiesloveourselves.blogspot.ca/2013/11/time-to-exercise-your-writing-skills.html>

*PEDAW is launched with activities and events taking place throughout the year. It is a province wide effort to raise awareness around prevention and early intervention of eating disorders as well as media literacy, resiliency, building healthy body image and self-esteem.*

## Get Set & Connect! Upcoming Orientation Session

The CMHA Get Set & Connect program is designed to help individuals living with a mental health concern make connections and form meaningful relationships with other individuals through activities in the community. Community inclusion is the goal.

If you are interested in the Get Set & Connect, please attend our upcoming orientation session:

Date: Thursday January 30, 2014

Time: 3 p.m.

Place: Mount Pleasant Community Centre (1 Kingsway), Multipurpose Room #2

To register your attendance, please call Kim at 604-872-4902, ext 223 or Dolly at 604-872-4902, ext 222 or Katy at 604-872-4902, ext 290.



## Interactions Between Families and Health Professionals

*Submitted by Isabella Mori*

Did you know that a research study revealed that the one thing that family members of someone in a hospital wanted the most was eye contact? In the last few months, we have spent quite a bit of time looking at how families and health professionals interact with each other. Here's what else we're working on...

We're developing a tip sheet for front line workers on how to communicate with family members. We pulled together about 30 points and then turned the most salient ones into a colourful poster that is currently under review. In January we will roll it out at Burnaby Center for Mental Health and Addiction and introduce it to other sites shortly thereafter. Here are a few examples from the poster:

- If it is not an emergency you may need to return phone calls but KEEP YOUR PROMISE, give a TIME FRAME and RETURN the call!
- ASK the family member: Did I answer your questions?
- If you said or did something that upset a family member, apologize. It builds TRUST.
- CULTURAL DIFFERENCES must be understood and respected.
- Families are essential parts of the RECOVERY TEAM. Educate yourself about the new Family Involvement Policy.

Looking at the other side of the fence, last week we had a *Talking With Your Doctor* workshop. This program is the life work of Drs. Bill Godolphin and Amanda Towle. We were very lucky to actually have the two of them present at the workshop. These workshops happen all over Canada; they are presented by trained facilitators. One of the ideas behind the workshop is that if you want things to change in your communications with health professionals - why don't you start by changing how *you* communicate? This is not easy! Dr. Godolphin reminded us how hard it can be to try and change how we communicate with others: spouses, siblings, coworkers. Changing our patterns is hard, but the rewards can be great. Research clearly indicates that using the system that Drs. Godolphin's and Towle's team developed leads to better health outcomes. The next *Talking With Your Doctor* workshop particularly for family members of people with mental health or addictions will be at the Burnaby Center for Mental Health and Addiction on February 5, 2014.

On a related topic, it's exciting to hear that doctors, too, are getting educated. Dr. Evan Wood at UBC is working on a program to give better training to doctors regarding addiction. So far, addiction medicine is not a specialty - but it should be. As a Globe & Mail article written 20 August 2012 about Dr. Wood says:

*"Unlike virtually all other medical disciplines, which graduate an annual wave of specialist physicians from fellowship programs based within Vancouver's university-affiliated hospitals, there is no fellowship training program in addiction medicine in the province ...*

*From a patient's perspective, imagine being rushed to the hospital emergency room clutching your chest in the throes of a heart attack and being seen by an extremely well-meaning physician – who has not actually been through a standardized cardiology training program."*

## Community Link Program at VCH

*Submitted by Kary at Community Link*

The Community Link Program (CLP) provides individualized, occupational therapy services to clients, ages 19-65, who are living in Vancouver with a mental health diagnosis who would like to get back to the “doing in their lives.” The Community Link Program offers outreach services to engage clients in community exploration, skill building, and the development of personal and community resources in the areas of wellness, leisure, education and work.

Community Link program staff provide functional assessment, 1:1 outreach support, educational workshops and promote community connections. Services are provided by Occupational Therapists and Peer Support Workers in the participant's choice of environment and at their pace. Participants can receive as many as 24 individualized occupational therapy sessions.



### Referral Criteria and Process:

- Individuals ages 19 to 65
- Individuals receiving services from a psychiatrist or physician (excluding community mental health teams) for a mental health concern.
- Individuals who are having difficulty sustaining involvement in community based activities
- Individuals who live in Vancouver

To discuss eligibility, make a referral, or for more information please call the Community Link Program at **604 675 3989**. Referrals can be made by individuals requesting services as well as by their friends and family, community agency staff, psychiatrists, and general practitioners.

## Education Evening at Willow Pavilion

You are invited to attend the January 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 January education evening's featured presenter is Dr. Forbes, a Psychiatrist with the Adult Rehabilitation Program at Willow Pavilion. Dr. Forbes will be speaking about topics related to anxiety and depression. 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: January 8<sup>th</sup>, 2013  
6-8p.m.**

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

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

**Please Note: Translation services are available upon request.**

## Calendar of Events

January 2014

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 New Years Day Statutory Holiday	2	3	4
5	6	7 VCH Eating Disorder Family Support Group	8 Ravensong Family Support Group 7-9	9	10 Addiction Education Series at Pacific Spirit	11
12	13	14 MDA Family Support Group 7-9pm	15	16	17 Addiction Education Series at Pacific Spirit	18
19	20	21 Eating Disorder Support Group VCH	22	23	24 Addiction Education Series at Pacific Spirit	25
26	27	28 MDA Family Support Group 7-9pm	29	30 Get, Set & Connect Orientation Session	31 Addiction Education Series at Pacific Spirit	

## Support Group Listing

**Mood Disorders Association of BC** – Mutual support groups for families of individuals living with a mood disorder. 2<sup>nd</sup> and 4<sup>th</sup> 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. 2<sup>nd</sup> 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](mailto:jessica.wilkins@vch.ca)

**VCH Eating Disorder Program – Family Support Group** – for friends and family members of individuals living with an eating disorder. 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month, 6 – 7:30 p.m., 3<sup>rd</sup> 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 2<sup>nd</sup> Friday at St. Mary's Kerrisdale, 2490 W 37<sup>th</sup> Ave., Vancouver. Contact Frances Kenny, 604-524-4230 or [fkenny@uniserve.com](mailto: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 – 3:00 p.m., Room 345/50, 7000 Minoru Blvd, Richmond. Contact [bessie.wang@cmha.bc.ca](mailto:bessie.wang@cmha.bc.ca) or 604-276-8834, ext 12.