

Family Involvement & Support - Mental Health & Addiction

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Edited by **Jessica Wilkins**

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Talking With Your Doctor Workshop

By *Isabella Mori*

The Talking With Your Doctor Workshop has been a great success all over North America for some years now. Our Family Team is now working with workshop leader Amanda Berg to tailor it for family members of people who have mental health or addiction issues.

"Talking with Your Doctor" is an interactive workshop series that aims to help citizens communicate more effectively with their doctors. This project was developed to assist seniors, mental health clients and stroke recovery patients, using Informed and Shared Decision Making and the PACE Framework to improve their health care. The centerpieces of the workshop are scenarios which illustrate a common patient-doctor encounter. In the scenarios, patients use the PACE framework to resolve a communication problem, and these scenarios are discussed by workshop participants. The PACE Framework consists of:

- Presenting** detailed information about how you are feeling.
- Asking** questions if desired information is not provided.
- Checking** your understanding of information that is given to you.
- Expressing** any concerns about the recommended treatment.

We will pilot this new version of Talking With Your Doctor on December 5, 2013 from 4-7pm in Downtown Vancouver. If you are interested in participating and then giving feedback about it, please contact Isabella.Mori@vch.ca. We still have some spaces left.



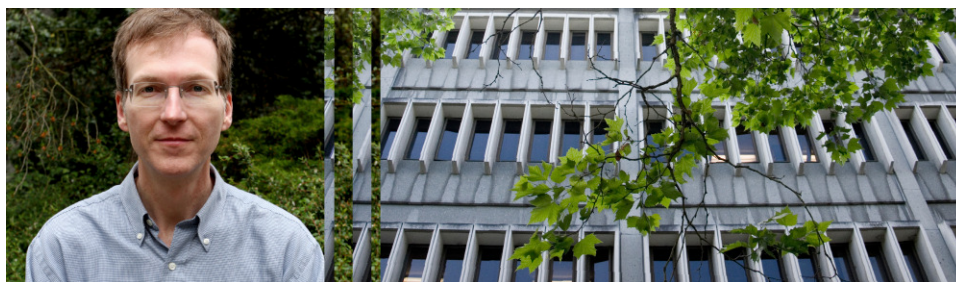
CC image courtesy of Christina Care

Dr. White's Blog

Dr. Randall F. White is a psychiatrist and medical director of the B.C. Psychosis Program in Vancouver. He is also on the clinical faculty of the University of British Columbia. The B.C. Psychosis blog is an “unofficial chronicle” of the B.C. Psychosis Program and a site for discussing treatment-resistant psychosis.

On his blog, Dr. White shares news about the B.C. Psychosis program run out of UBC Hospital, and also discusses research related to treatment resistant psychosis.

To learn more, visit www.bcpsychosis.org



Education Evening at Willow Pavilion

The new Family Education series features presenters and topics related to mental health and addiction. All family members and friends of individuals accessing a VCH Tertiary Mental Health & Addiction program are welcome to attend the education evenings.

The November education evening features presenter, Patience Lee, Social Worker with the Older Adult Assessment and Treatment Unit at Willow Pavilion. Patience will be speaking about Advance Care Planning as it relates to both physical and mental health care. Personal planning legislation allows family members and their loved one's to put a plan in place that expresses their wishes regarding treatment and information sharing in the event that they become unwell. Advance Care Planning options will be discussed and include Representation Agreements, Advance Directives, and Enduring Power of Attorney. Patience will also address the limitations of personal planning legislation in relation to the Mental Health Act. Please come out and learn more about Advanced Care Planning and how it may be helpful to you and your family member. The session will include a Q&A followed by an opportunity to connect informally with other family members.

Date: November 13th, 2013, 6-8PM

Location: Willow Pavilion, 1st floor Conference Room - 805 West 12th Ave., Vancouver

This group will be open and ongoing (2nd Wednesday of every month), no pre-registration is required.

Questions? Contact Sharon at sharon.marmion@vch.ca

PEDAW Contest Winners

The results are in for a Province-wide photography contest held by The Provincial Eating Disorders Awareness (PEDAW) campaign. The contest asked amateur shutterbugs to submit photos capturing the beauty of imperfection and the campaign's subtheme, Perfect is Boring! Amy Pezzente, coordinator for PEDAW said, "Our contest was extremely successful! We hope to do another contest that gets people thinking about what perfection means to them. We had over 20 entries from all across BC with photographs from digital abstracts, gardens, and even of themselves. It's amazing what people can conjure up when given the task to challenge perfection. Perfect is boring and that message was definitely received!"

The winning submissions were determined by votes from PEDAW Committee Members.

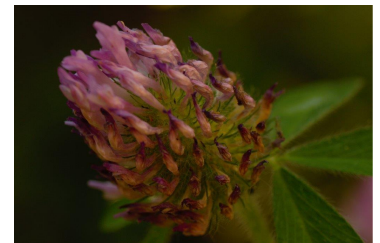
Zoltan Buday, Vancouver

"The photo is called 'Never thin enough.' It is a photo graphix representation on how my partner wants to see herself. Although she is extremely thin she considers herself as fat.... Sadly she is still in the grip of this unrelenting condition although she is better than she used to be. I am hopeful that eventually she will beat this problem."



Pat Gibbs, Maple Ridge

"When I took the photo I thought of it as being captioned An Aging Beauty. Although our society most often deals with poor body image from the perspective of the young, and rightly so because the results can often be fatal, still there are many, many seniors, (primarily women but nowadays men are also affected), who nip and tuck and dye and vacuum fat and transplant hair to conceal the signs of age, sometimes becoming addicts to the cosmetic surgery process and it is sad to see someone who has had a lifetime to gain wisdom and learn to love themselves succumb to this kind of temptation."



Louise Green, North Vancouver

"I wanted to submit for the contest because I want to be a role model for women and represent that we can be beautiful at all shapes and sizes and love our bodies. Desperately, we need to see new images and messages and I wanted to be involved in that message."



For more information, email pedaw@yahoo.ca, or visit the blog at: <http://loveourbodiesloveourselves.blogspot.ca>

PEDAW is a BC 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. The initiative is led by Jessie's Legacy Eating Disorders Prevention Program at Family Services of the North Shore in collaboration with Kelty Mental Health Resource Centre, Looking Glass Foundation, St. Paul's Specialized Adult Eating Disorder Program, BC Children's Hospital Eating Disorders Program, and Healthy Minds, Healthy Campuses. PEDAW is launched the first full week in February with activities and events taking place throughout the year.

Submitted by PEDAW

Spotlight On: Parents Forever Support Group

Submitted by Frances Kenny

People often comment on how much they like the name of our support group: 'PARENTS FOREVER'. Years ago when my teenage son was acting out and I was saying to my boss at the time: "I can't wait till he turns 18 and is out on his own", he said: "What makes you think you're not a Parent *Forever!*" Later when the challenges with my son escalated, I formed a support group for parents of addicted (and often mentally ill) children, and thought what better name could there be than PARENTS FOREVER. That was thirteen years ago and we continue to help parents find ways to deal with the day-to-day challenges of their children's addiction and mental illness by providing new coping skills and strategies. Parents tell us they feel comforted being with others experiencing the same challenges and supported in working towards change in their own lives - one small step at a time.

PARENTS FOREVER meets every second Friday in Vancouver.

Information on location, times, etc. can be found at:

www.parentsforever.ca PARENTS FOREVER receives funding from Vancouver Coastal Health and is managed by the Boys and Girls Clubs of South Coast BC.



A quote from one of our veteran parents:

"We learned valuable lessons, coping strategies, and gained strength from the folks at the group. We rarely missed a meeting in seven years...."

Addictions Workshops at Pacific Spirit

Pacific Spirit Community Health Centre hosts an Addiction Services Education series throughout the year. This series of lectures, discussions and films deals with addictions, alcohol and other drugs. All are welcome including clients, potential clients, concerned family or friends, interested community members and professionals.

Upcoming sessions in November

November 1, 9:30-11:30 a.m. - Chemicals and the Body

November 8, 9:30-11:30 a.m. - The Recovery Process

November 15, 9:30-11:30 a.m. - The Family Context

November 22, 9:30-11:30 a.m. - Helping Others



All sessions are **free** and are held at the Pacific Spirit Community Health Centre, located at 2110 West 43rd Ave.

For more information, please call 604-267-3970

Chinese Family Support in Richmond

Written by Bessie Wang

At the Canadian Mental Health Association (CMHA) Richmond Branch, we are called the Pathways Clubhouse. There are rehabilitation programs for individuals living with mental illnesses to regain employment, housing, education, social relationships and a meaningful life running at the Pathways Clubhouse. And have you already heard about one of our community programs, the Richmond Chinese Family Support Group (中文愛心互助小組)?

Background

Over 10 years ago, there was a small group of family members whose loved ones were dealing with mental health challenges. They felt lost and lonely in the long journey of fighting with mental illness. It was like a traveler walking in a dark tunnel, not knowing where the exit is. They also felt helpless in handling issues that came with the illness, such as education, housing and employment. There was not much they could do to change their loved one's circumstances. Although there were some support groups available in English, it was not enough for them to express their deepest feelings. In order to provide support to each other, they came together and formed a Chinese Family Support Group where they can share their journeys of dealing with mental health challenges together in their mother tongue.

As the membership grew larger and larger, the little family home was no longer able to have everyone joining the group. In 2005, CMHA Richmond, Pathways Clubhouse offered to help run it as a community program, to continue provide support to those who speak Chinese.

Today's Story

The Richmond Chinese Family Support Group 中文愛心互助小組 usually meets on every 2nd Saturday of the month in Richmond Caring Place 烈治文加愛中心 from 1pm-2:30pm. After the support group, there is a guest speaker invited to provide a free seminar 免費精神健康講座 on mental health related topics.

Various mental health professionals or community workers have been invited to be a guest speaker during the 2nd part of the event. Topics have included the following areas:

- a. A specific type of mental illness (e.g., schizophrenia, anxiety and depression, BPD, eating disorder)
- b. A type of treatment to mental illness (e.g., DBT, CBT, Play therapy, Mindfulness, psychopharmacology, nutrition management, etc.)
- c. Community mental health services (e.g., community programs, mental health team, navigation of the mental health system)
- d. Panel discussion (e.g., family member or personal story sharing, video sharing)

Today, the support group participants are mostly Chinese speaking family members with a loved one who is dealing with mental health issues; however, there are also the individuals dealing with mental illnesses, their friends or other mental health professionals attending these monthly workshops and support group events. The workshops and support groups are delivered in Cantonese and/or Mandarin (國/粵語互助小組), which provides them with a platform to share mental health related information in their mother tongue.

Feel free to check out <http://cmhachinese.wordpress.com>

We welcome your input on topics that you would like to hear or which guest speaker you would like to invite. We would really appreciate if you would like to become a guest speaker and speak to our group to share any mental health related information/knowledge.

For more information, please contact Bessie Wang at Tel: 604-276-8834 ext. 12 or bessie.wang@cmha.bc.ca

Calendar of Events

November 2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 Parents Forever Support Group 7-9:30pm	2
3	4	5 VCH Eating Disorder Family Support 6-7:30	6 St Paul's Hospital Support Group 6-7pm	7	8	9 Chinese Family Support Group 1-2:30pm
10	11 Remembrance Day 	12 MDA Family Support Group 7-9pm	13 BCSS Family Support Group 7-9pm	14	15 Parents Forever Support Group 7-9:30pm	16
17	18	19 VCH Eating Disorder Family Support 6-7:30	20 St Paul's Hospital Support Group 6-7pm	21 Dr. Meldrum's Workshop for Families 5:30pm	22	23
24	25	26 MDA Family Support Group 7-9pm	27 St Paul's Hospital Support Group 6-7pm	28 Kitsilano Fairview MHT Family Support Group 5:30-7:30	29	30

Anti-Psychotic Medications, What Families Need to Know

The Kitsilano-Fairview Mental Health Team is pleased to offer another family education evening in November with Dr. LeeAnne Meldrum. Dr. Meldrum is a psychiatrist with the Kitsilano-Fairview Mental Health Team and will be speaking about anti-psychotic medications. Topics will include how anti-psychotic medications work, management of side effects, and the process of finding the right medication for an individual with serious mental illness. Dr. Meldrum's presentation will be followed by a Q&A.

Date: Thursday November 21, 2013

Time: 5:30pm



Location: Kitsilano Fairview Mental Health Team, #400 - 1212 West Broadway, Vancouver

All families with a loved one living with serious mental illness are invited to attend.

Space is limited, contact Jessica at jessica.wilkins@vch.ca to register!