

Family Involvement & Support - Mental Health & Addictions

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Family Input:

Introducing the Family Advisory Committee

Written by Rebecca, FAC Committee Member

Family Input is a new quarterly column for Family Connections, bringing you exciting news and critical updates from the Family Advisory Committee (FAC). In this first iteration, we thought we'd introduce you to the committee and provide an overview of the work it conducts. The committee was formed to help implement and monitor the 2004 Family Support and Involvement Plan for the Adult Mental Health Program in Vancouver and continues to function as an advisory body to Vancouver Coastal Mental Health and Addictions Services (VCMHAS).

FAC is composed of individual family members, representatives of mental health organizations, mental health care professionals and consumers. We are parents, siblings, spouses, grandparents, and children, all working towards unifying and strengthening the voice of families within VCMHAS. This includes ensuring that the mental health and addictions delivery system reflects best practices, works to develop a culture of recovery, and promotes the well-being of individuals and families who are coping with serious mental illnesses and addictions.

In addition to its advocacy work, FAC organizes a spring Annual Family Conference. This informative, day-long event presents personal stories of recovery from mental illness alongside groundbreaking clinical and practical advice, and resources for mental health consumers, their families, and professionals alike. Watch for news of next year's Family Conference this fall.

If you are interested in participating in the Family Advisory Committee or would like more information about the work it does, please contact:

Gloria Baker
VCH Manager of Family Support & Involvement
Gloria.Baker@vch.ca

Reaching Families Project – Online Support for Families

The Reaching Families Project offers an online, moderated family support group, monthly newsletters containing resources, comprehensive information for family members supporting a loved one with a serious mental illness, plus a calendar of support and education events for family members and family caregivers. There are also some specialized areas for LGBTQ families, adult children of parents with a mental illness, and siblings of persons with a mental illness. The Reaching Families Project is a British Columbia Schizophrenia Society (BCSS) and HereToHelp project.



To learn more about this great resource, or to access any of the online support groups, please visit:

<http://www.reachingfamiliesproject.org>

BCSS has also partnered with HereToHelp to offer online video recordings of educational workshops that may be of interest to families supporting a loved one living with mental illness. Visit <http://www.bcsc.org/recordings-project/> to access the videos



Central Intake for Mental Health Services at VCH



For Vancouver: 604-675-3997
For Richmond: 604-244-5488

Vancouver Coastal Health's Centralized Intake gives individuals seeking community mental health services in Vancouver or Richmond a single point of entry for a number of programs and services. These programs are staffed by mental health clinicians who speak with individuals in need of mental health services to help identify the programs that are best suited to their current needs. Individuals may self-refer by calling central intake directly, or be referred by a GP to access mental health services.

Intake lines in Vancouver and Richmond are open Monday - Friday 8:30 a.m. - 4:30 p.m.

For after-hours support you can call:

Vancouver Distress Centre: 604-872-3311 (24/7)

If you are experiencing a mental health emergency:

604.874.7307 (Vancouver)

604.244.5562 (Richmond)

Cognitive Therapies: A Workshop for Families

,The Kitsilano-Fairview Mental Health team is very excited to offer families a free workshop, facilitated by Stephen Epp, exploring cognitive therapies for mental illness. The workshop will include a brief overview of cognitive therapies for mental illnesses such as schizophrenia, and a Q&A.

This family workshop is open to any family members who have a loved one living with mental illness. In order to prepare for the number of participants, please register with Jessica if you plan to attend. Contact Jessica at jessica.wilkins@vch.ca

Date: Tuesday 24 September 2013

Time: 6:00 - 7:00 p.m.

Location: Kitsilano-Fairview Mental Health Team, 400-1212 W Broadway Ave, Vancouver

We look forward to seeing you there!



VCH Education Event

WHAT DOES PRIVACY MEAN TO YOU? REDEFINING THE CIRCLE OF CARE

Promoting wellness and ensuring care by working collaboratively with family and law enforcement



The workshop will include:

- Privacy and Disclosing Client Information
- The Family Involvement Policy
- Panel discussion and questions from the audience



**Paetzold Auditorium, Vancouver General Hospital
September 23, 2013 | 8:30am - 12:00pm**

Registration for this event is required and space is limited. Spaces will be reserved on a first-come, first-serve basis.

To register, contact Jessica at jessica.wilkins@vch.ca

Education Evening at Willow Pavilion

Last month we told you about an exciting new group beginning this fall at Willow Pavilion. It is with great excitement that we remind you to mark your calendars for the new Family Education evening series for families on 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.

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

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



Start Date: October 9th, 2013, 6-8PM

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

For more information, please contact:
Sharon Marmion, Coordinator for Consumer & Family Involvement
(604) 313 1918 or sharon.marmion@vch.ca

Eating Disorders Support

Support is important for anyone affected by an eating disorder. There are a number of support groups currently running in Vancouver for partners, parents, friends, and other family members with a loved one living with an eating disorder. Both of these groups are available to anyone who can get to them, regardless of whether your loved one is currently receiving treatment.

These groups offer an opportunity to:

- Share your experiences and ask questions in a supportive environment;
- Learn that you are not alone;
- Gain valuable information about resources and services that may be helpful to you and your loved one.
-

Family Services of the North Shore - Eating Disorder Support Group

For partners, parents, and friends of those with an eating disorder

When: 2nd and 4th Monday of each month (except holidays), 6:30 p.m. - 8:30 p.m.

Where: 101 - 255 West 1st Street, North Vancouver, BC V7M 3G8

Contact: CaraLynne 604-988-5281 or email mclean@familyservices.bc.ca



VCH Eating Disorder Program - Family Support Group

When: 1st and 3rd Tuesday of each month, 6:00 - 7:30 p.m.

Where: 3rd Floor, 2750 East Hastings, Vancouver, BC

Contact: Hella at: 604-675-2531 ext 20689



New! Concurrent Disorder Support Group at MDA

- Depression
- Anxiety
- Bipolar
- Addiction

The Mood Disorder Association of BC is beginning a concurrent disorder's support group for individuals living with mental illness and addiction.

When: Mondays 10:30 a.m. - 12:30 p.m.

Where: MDA Office, 200-460 Nanaimo Street,
Vancouver, BC.



Registration is not required, please feel free to drop-in!

For more information, please contact:
concurrent.disorders.groups@gmail.com
or call the MDABC office, 604.873.0103

Staff Education at BCMHA

Written by Isabella Mori

Back in June, we held a staff education program about family involvement at the Burnaby Centre for Mental Health & Addiction (BCMHA). Workshop leaders included Gloria Baker, Sharon Marmion, Jessica Wilkins, myself, and Pat Parker, chair of the Family Advisory Committee. One of the things we did was ask staff members about their own experience as family members of someone who was being cared for in a healthcare setting. Specifically, we wanted their ideas on how to improve the experience. Here's what we learned. What do you think?

- Measure how often family members are involved in treatment
- Add family or relationship-orientated goals in care plan
- Designate time/place for Skype or other means for communication - keep track of how many people are using the services to see if it increases family involvement
- Post photos of staff for the families to know who they are
- Take time to get to know the background of family members (occupation, experiences, etc.)
- Let families know how they can communicate with us
- Document conversations with family members more frequently
- Find out why some family members are not involved or do not care

Are these good ideas? We're always interested in your feedback. Let me know. I can be contacted by email at Isabella.Mori@vch.ca

Calendar of Events

September 2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3 VCH Eating Disorder Family Support Group 6-7:30pm	4	5	6 Parents Forever Support Group	7
8	9 FSNS Eating Disorders Support Group 6-8:30pm	10 MDA Family Support Group, 7-9pm	11 BCSS Family Support Group, 7-9pm	12	13	14
15	16	17 VCH Eating Disorder Family Support Group 6-7:30pm	18	19	20 Parents Forever Support Group	21
22	23 FSNS Eating Disorders Support Group 6-8:30pm RDSP Workshop	24	25	26 Kits/Fairview Family Support Group 5:30-7:30pm	27	28
29	30 Open Minds Mental Health Symposium 4pm					

Upcoming Events!

Family Services of the North Shore - 2nd and 4th Monday of each month, 6-8:30 p.m.

Support group for parents, partners and friends of individuals living with an eating disorder.

Support is crucial for everyone involved with an eating disorder: This is a support group for parents and partners who deal with the challenges and struggles of having a family member with an eating disorder. **Location:** 101 - 255 West 1st Street, North Vancouver, BC

What Does Privacy Mean to You? VCH Education Event, 23 September, 8:30-11:00 a.m.

Promoting wellness and ensuring care by working collaboratively with family and law enforcement. The workshop will include: privacy and disclosing client information, the Family Involvement Policy and Q&A. **Location:** Paetzold Auditorium, Vancouver General Hospital. For registration contact Jessica at jessica.wilkins@vch.ca

RDSP Workshop - 23 September, 2-4 p.m.

The Special Advisory Committee to the Mental Health Teams at Vancouver Coastal Health is hosting an RDSP workshop in September. A representative from the Planned Lifetime Advocacy Network (PLAN) will be presenting a session to provide information about the RDSP, the Grant and the Bond, as well as the Disability Tax Credit (DTC). Registration is mandatory. Families are welcome to attend. Contact PLAN to register: inquiries@plan.ca or 604-439-9566 www.planinstitute.ca

Open Minds Across Canada Mental Health Symposium - September 30, 4:00pm

This is a day for members of the community to receive information and resources of mental health and addictions. Registration is encouraged as seating is limited. [Click here to register.](#)

Location: Paetzold Auditorium, Vancouver General Hospital, 890 W12th, Vancouver