

Family Involvement & Support - Mental Health & Addictions

INSIDE THIS ISSUE

- 1 Welcome
- 2 Tertiary Community of Care Events
- 3 Willow Bean Café
- 4 Support Group Listings
- 5 Calendar of Events

Your Family Involvement & Support Team

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Welcome!

My name is Jessica Wilkins and I am new to the role of Coordinator, Family Involvement & Support for Community Mental Health & Addictions at Vancouver Coastal Health. On behalf of our Family Support & Involvement team, I'd like to take this opportunity to welcome you to the inaugural edition of our new family-centred newsletter for Mental Health & Addictions. The purpose of this new monthly newsletter is to help keep you connected to information, events, and announcements that may be of interest to you as a family member of someone living with serious mental illness. As we continue to develop this newsletter, we hope that you will provide us with feedback about the content of our articles. If there is information that you would like to see here – connect with us!

I am joined by a number of colleagues in the coordination of family involvement and support – Sharon Marmion, Coordinator of Consumer & Family Involvement for Tertiary Care, Isabella Mori, Coordinator Family Involvement & Support for Vancouver Acute Care, and Gloria Baker, Manager Family Involvement & Support. Each of us focuses on the needs of families at each level of care – community, acute, and tertiary, and we also work collaboratively across programs to encourage and promote family involvement in mental health and addictions programming. We work to help families be involved in the care of a loved one who is living with mental illness through education and support. In addition, we also help families navigate and gain access to supportive programming in the community. Our programming focuses on families who reside within the Vancouver Coastal Health catchment area and/or have a family member with a mental illness receiving services as part of Vancouver Coastal Health.

If you would like to be in touch with us directly about how we can be supportive to you and your family, please don't hesitate to contact us. We are looking forward to connecting with you!

With Warm Wishes,

Jessica, Sharon, Isabella, & Gloria

Tertiary Community of Care – Welcome!

My name is Sharon Marmion and I began my role as Coordinator, Consumer & Family Involvement for Tertiary Mental Health & Addictions in August of 2012. In my role, I support a number of tertiary sites across Vancouver Coastal Health including Sumac Place located on the Sunshine Coast as well as Willow Pavilion, Trout Lake, Parkview, Alder and the BC Psychosis program all located within the City of Vancouver. In the Tertiary Care section of our new family-focused monthly newsletter you will find events, services, and educational information related specifically to the tertiary sites across Vancouver Coastal Health. If you have questions about the information provided, or suggestions about information for future newsletters, please don't hesitate to be in touch with me.

Kind Regards,

Sharon

Sharon.Marmion@vch.ca or 604-313-1918

Willow Pavilion Older Adult Family Caregiver Group

Come join us for a monthly drop in to ask questions about our program, learn more about community resources, listen to guest speakers on relevant topics, connect with other caregivers and share experiences and mutual support. Your input is always welcome!

When: 3rd Thursday of every month

Time: 2:45 – 3:45 pm

Where: Willow Pavilion 1st floor
Multipurpose Room

For more information please contact:

Social Worker Patience Lee
604 675 2448



Willow Pavilion Summer BBQs!

This summer, staff at Willow Pavilion welcome the opportunity to connect with current consumers and their families in a relaxing atmosphere at our monthly Summer BBQs. Come out and enjoy some delicious food, recreational activities, and good company in the Heather Green Space. All Willow Pavilion family members are welcome to attend our BBQs scheduled for the following dates:

July 25th, 2013

August 15th, 2013

September 12th, 2013

Time: Beginning at 11:30am

Location: Heather Green space (Corner of Willow and 10th Avenue)



We look forward to seeing you there!

Willow Bean Café at Willow Pavilion

“Hope in every cup”

Opened in July 2012, this supported employment program at the Willow Bean Café in Willow Pavilion is a partnership between Vancouver Coastal Health, the Canadian Mental Health Association, Vancouver – Burnaby Branch and Sodexo Canada, a food and facilities management company. This program allows employees to learn valuable social and employment skills, while continuing to be able to access mental health supports and receive a regular paycheque. This café provides real world training opportunities for mental health consumers in a coffee shop setting. A part time employment support coordinator is part of the team that provides support to baristas with their personal and professional development.

Willow Bean Café operates out of Willow Pavilion on VGH Campus at 805 West 12th Ave, Vancouver.

If you would like to learn more information, please visit:
<http://vancouver-burnaby.cmha.bc.ca/>

Employment Support Coordinator for the Willow Bean Café:
 Minna Jhand
minna.jhand.vb@cmha.bc.ca



Vancouver Acute Care

Greetings from our Family Involvement & Support Team!



My name is Isabella Mori and I began my role as Coordinator, Family Involvement for Vancouver Acute in February of 2013. In my role, I support the Burnaby Centre for Mental Health and Addiction and Vancouver General Hospital. You will hear more from me next edition, particularly about training and a survey we have carried out. In each edition of the ‘Family Connections’ newsletter you will find information about events and services specific to acute care programming at Vancouver Coastal Health. If you have questions about the information provided, or suggestions about information for future newsletters, please don’t hesitate to be in touch with me.

I can be reached at:

Isabella.Mori@vch.ca or 604-290-3817

Kitsilano/Fairview Mental Health Team Family Support Group

*Kits/Fairview
Mental Health
Team Family
Support Group
4th Thursday of
every month
5-7pm*

Providing care and support to a loved one who is living with serious mental illness can be overwhelming. As a caregiver, you play a vital role in supporting the wellness and health of your loved one on a daily basis. As a family member, even if you are not responsible for the daily care of your loved one, you too may often feel overwhelmed and concerned regarding your family member's ongoing health. The Kitsilano-Fairview Mental Health team offers a monthly support group for families with a loved one who is living with serious mental illness. Each month families gather to share their experiences, ask questions, and learn more about mental illness. These support groups are led by Kitsilano-Fairview mental health team staff who all have extensive experience working with individuals living with serious mental illness. Families who have a loved one currently receiving service at any mental health team in Vancouver are welcome to attend.

Date: 4th Thursday of every month, 5:30-7:30pm

Location: #400 - 1212 West Broadway, Vancouver

This group is open and ongoing, no registration is required.

For more information, please contact:

Jessica Wilkins, Coordinator, Family Involvement & Support

604-736-2881 or jessica.wilkins@vch.ca



Support is available to your family.

Other Support Group Listings

Are you interested in other support groups that are available in Vancouver? Below is a list highlighting some of the support groups currently running around the city.

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, Kerrisdale, Vancouver.
Contact: Frances Kenny 604-524-4230 or fkenny@uniserve.com

Mood Disorders Association of BC – Mutual support groups for families of individuals living with a mood disorder. 2nd and 4th Tuesday each month, 7-9pm. 200 – 460 Nanaimo St, Vancouver.
Contact: 604-873-0103

BC Schizophrenia Society – Support group for families. 2nd Wednesday of each month (except August) at Raven Song Community Health Centre, 2450 Ontario Street, Vancouver.
Contact: 604-727-5997 or vanrich@bcss.org.

St. Paul's Hospital – Support group for families with a loved one living with mental illness. 1081 Burrard St, Room 2C-200.
For registration, please contact: Meika Nagai 604-682-2344 ext 66593

For more support group listings, please contact Jessica at jessica.wilkins@vch.ca

Get Involved!

Would you like to contribute to an upcoming edition of our new family-centered newsletter? Do you have ideas about educational topics that you think may be of interest to families with a loved one living with mental illness? We would love to hear from you!

We are interested in having family members write articles for our newsletter. If you have a story you would like to share with other families in the Vancouver Coastal Health Mental Health & Addictions community, please consider being in touch with us about how you can share your experiences.

Please contact:

Jessica Wilkins
Coordinator, Family Involvement & Support
jessica.wilkins@vch.ca



Mind Shift: A New Anxiety App for Youth!



This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

- Test Anxiety
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic
- Conflict

Think of **MindShift** as a portable coach, helping youth face challenging situations and take charge of their lives.

The app is available for free from both the [App Store](#) and [Google Play](#). For more information about the app, visit: www.anxietybc.com/mobile-app **MindShift** is the work of a joint collaboration between [AnxietyBC](#), a non-profit organization devoted to increasing the public's awareness and access to evidence-based resources on anxiety disorders, and [BC Mental Health & Addiction Services](#), an agency of the Provincial Health Services Authority.

Do you work with or know a young person who is struggling with anxiety? Are they tired of missing out? There are things youth can do to stop anxiety and fear from taking over. MindShift is an app designed to help teens and young adults cope with anxiety. The app helps them change how they think about anxiety so that rather than trying to avoid it, they can make an important shift and face it.

MindShift will help youth learn how to relax, develop more helpful ways of thinking, and identify active steps that will help them take charge of their anxiety.

Calendar of Events

July 2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5 Addiction Education Series 930-1130am	6
7	8	9 MDA Family Support Group, 7-9pm	10 BCSS Family Support Group, 7-9pm	11	12 Addiction Education Series 930-1130	13
14	15	16	17 WP Older Adult Caregiver Support Group	18 MDA Family Education Evening, 7-9pm	19 Addiction Education Series 930-1130	20
21	22	23 MDA Family Support Group, 7-9pm	24	25 Kits/Fairview Family Support Group 530-730pm WP Family BBQ! 1130am	26	27
28	29	30	31			

Upcoming Events!

Mood Disorders Association of BC - Family Education Evening - July 18, 7-9pm

“Concurrent Disorders in Families: Loved ones using drugs and alcohol to cope with mental illness”.
Come learn coping strategies and resource information designed to support families dealing with concurrent disorders. This evening will include information and resources about how to encourage someone you love to seek help. 1950 Windermere St, Vancouver (East 4th Ave)

BCSS- Strengthening Families Together - beginning September 2013

This family-led, 10 session psychoeducational series designed to provide information to family members and friends of people living with schizophrenia and other mental illnesses will begin again in September. Registration is required. For more information please contact: Tammy Lohnes, Regional Coordinator Vancouver/Richmond 604-727-5997 or vanrich@bcss.org

Vancouver Coastal Health - Addiction Education Series - July 5, 12, 19, 9:30-11:30am

This series of lectures, discussions and films deals with addictions, alcohol and other drugs. It provides an unusually honest approach to drug education. Most of the lectures are by Mark Haden who has a refreshingly personal approach to this discussion. All are welcome including; clients, potential clients, concerned family or friends, interested community members, and professionals.

July 5 - The Family Context - Family dynamics where addiction is a problem

July 12 - Helping Others - What you can do if your child, partner, or friend, has problematic substance use.

July 19 - Healing Our Society - A public health approach to illegal drugs or “why drug prohibition does not work” and “what are the alternatives?”

Where: Pacific Spirit Community Health Centre, 2110 West 43rd Avenue (at West Boulevard)

For more information, please call 604-267-3970