

INSIDE THIS ISSUE

- 1 E-distribution list
- 2 FSI news
- 3 Family Education
- 4 Support Services
- 5 Community Resources
- 6 Community Resources
- 7 Calendar of Events

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

Would you like to receive the *Family Connections* newsletter via email?

The *Family Connections* newsletter is available electronically, direct to your email inbox each month. If you don't already receive *Family Connections* via email and would like to stay up to date about programs and services supporting families with a loved one with mental illness, sign up for our Consumer & Family e-distribution list.

Visit www.spotlightonmentalhealth.com



Then, scroll down to the bottom of the page, enter your email address and choose the type of information you would like to receive. You will receive an email confirming you have been added to the list.

Join the Consumer & Family E-list

* indicates required

Email Address

First Name

Last Name

What type of info would you like?

- Consumer focused information
- Family focused information
- Both Consumer and Family focused information

Email Format

- html
- text

Subscribe

Family Support & Involvement News

We'd like to tell you about an upcoming change to the Family Support & Involvement Team. Sharon Marmion, who has been in the role of Consumer and Family Coordinator for VCH's Tertiary Mental Health & Addiction (TMHA) services, is moving to a temporary (12 month) position as Leader for Central Access & Discharge for TMHA.



Sharon will transition into her new role starting the end of August and will continue to provide support to family members until a new Coordinator is in place. We hope to have an announcement early this Fall about who will fulfill this role during Sharon's absence.

We wish Sharon all the very best in her new position!

VCH Family Education Group in Vancouver

The Family Support and Involvement team at Vancouver Coastal Health is excited to offer a psychoeducational group for families beginning in September 2014. This 9-week group is designed to provide education to families who have a loved one living with mental illness.

Topics Include:

- *Information about mental illness;*
- *Understanding medication;*
- *Navigating mental health services in Vancouver;*
- *Communicating with your loved one;*
- *Family self care.*



Details:

Monday evenings for 9 weeks

September 8 - November 10, 2014

6:00 - 8:00 p.m.

Space is limited! If you would like more information, or to register, please contact Jessica at 604-736-2881 or jessica.wilkins@vch.ca



Family Education in Richmond!

Do you have a relative or friend with a serious mental illness?
Would you like to learn more about his or her illness?

Strengthening Families Together, a 10-session group for families and friends, provides information, skill-building, and support.

You will learn about:

- The different types of mental illness
- The medications and treatments for mental illness
- How to cope with and support your loved one living with a mental illness

BC Schizophrenia Society - Richmond and Richmond Mental Health & Addictions-VCH are hosting a group in Richmond this fall.



Sessions start Tuesday, September 9th
6:30-8:30 pm at Richmond Hospital- parking will be free!

To register,
contact Susan @ 604-207-2511 ext
232



Family to Family Education Group in Port Coquitlam!

Presented by the North Shore Schizophrenia Society and New View Society, Family to Family is a free, comprehensive education course of families dealing with serious mental illness. It is facilitated by trained family members who have lived experience supporting a loved one living with mental illness.

Topics Covered Include:

- Symptoms of the illnesses (schizophrenia, bipolar disorder, clinical depression, obsessive compulsive disorder) and their biological causes
- Medications used to treat these brain disorders
- Problem solving and how to cope; communication with someone who is ill
- Advice on working with the system
- Looking after yourself as a caregiver

Tuesday evenings
September 16 - December 2, 2014 from
7:00 p.m. - 9:30 p.m.
2050 Mary Hill Road, Port Coquitlam

Registration is required.

For more information, call Shalene Olsen 604-941-3222 ext 142 or Melanie Scott 604-926-0856

You can also visit: www.northshoreschizophrenia.org/education/htm for more information.

Supporting staff to support families

Written by Isabella Mori

Our little family team consists of three people working half-time. Vancouver Coastal Health helps tens of thousands of people with mental health and addiction difficulties each year. So you can imagine that we have limited capacity to support and involve families directly. In order to deal with that, we spend quite a bit of time working with nurses, social workers, case managers, etc. to help them in their interactions with families. A big part of that are education sessions with staff. We thought you might be interested in hearing about some of the things we discuss in these sessions.

Listen

We invite staff to listen to families. Dealing with a loved one's mental illness in a big system like Vancouver Coastal Health can be confusing and overwhelming; sometimes families just need someone to listen. When health care professionals work in the big system like VCH for a while, it starts to feel familiar and it's easy to forget how complicated it is; we try to remind our colleagues of that. Also, and very importantly, we remind them that families have a lot of useful information that can contribute to speeding a person's recovery. At the same time, and in the spirit of collaboration, we listen to our colleagues, to their ideas about involving families, and to the challenges they find.

Inform

VCH staff take privacy very seriously, and this is greatly appreciated. We support staff in continuing to do that while also pointing out what areas are not covered by privacy laws so that there is optimum flow of communication between staff, clients and families. We discuss with staff that general information about mental health and addiction can always be shared, and that there is client specific information that can be shared under certain circumstances even if the client has not given consent (Appendix 13 of the Mental Health Act is always useful here).

Collaborate

We invite our colleagues to remember times when one of their loved ones was in a health crisis - perhaps at the ER - and how it was helpful for everyone to collaborate. We also encourage them to remember stories of how involving families as part of the circle of care has been helpful to them as health professionals. One nurse recounted how a father shared his knowledge of de-escalating anxiety-driven aggressive behaviour in his son; the nurse used the same approach, and the client did not have to go to the seclusion area.

All of our information sessions are held in collaboration with a family member and usually also a client so that the audience gets a well-rounded experience.

If you'd like to hear more about these education sessions or would like to see whether you can get on our roster of speakers in these education sessions, please contact us - you can find our contact information at the front page.

Salvation Army Anger Management Groups

The Anger Management groups at the Salvation Army are commencing once again.

Women's Group: October 1 - November 12, 2014 (every Wed), 1:00 - 3:00 pm

Men's Group: October 2 - November 13, 2014 (every Thur), 1:00 - 3:00 pm

Location: The Salvation Army Belkin House, 555 Homer Street, Vancouver

Fee: \$50 (sponsorship may be available)

For more information or to register: Joseph / Ming (604) 872-7676

An intake interview is required. Call to book an appointment.

The groups are co-sponsored by The Salvation Army Belkin House and The Salvation Army Vancouver Community & Family Services.



Post Partum Mental Health Group for Chinese Women

For Who

Cantonese speaking women up to one year postpartum who have been identified as at risk or are suffering from perinatal depression/anxiety and /or are experiencing adjustment difficulties.

Where

Evergreen Community Health Centre, Northeast Room.
3425 Crowley Drive, Vancouver, V5R 6G3

When:

Thursdays: September 4 - October 9 from 10 am - 12noon
Free child minding and snacks provided



Facilitators:

Community Mental Health Worker: Alice Chen, Raven Song Mental Health & Addiction
Public Health Nurses: Christine Tsang, Evergreen Community Health Centre
Cecilia Wong, Pacific Spirit Community Health Center

For more information, or to register please call:

Cecilia Wong at Pacific Spirit CHC, 604-261-6366 ext 3347
or Christine Tsang at Evergreen CHC, 604-872-2511 ext 3347



CMHA Chinese Family Support

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
 2014 年度聚會下半年時間安排 2nd half of 2014 Group Meeting Schedule
 聯絡人 Bessie Wang 604-276-8834 ext. 12 或 604-961-3381
 聚會地點 Place for Meeting: 加愛中心 Caring Place
 Room 345/50, 7000 Minoru Blvd, Richmond (at Granville)

9月13日 September 13

下午 1:00 pm - 2:15pm

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

下午 2:30 pm - 4:00pm

親子教育方式與幼兒的成長

Parenting Styles and its impacts on young children

主講嘉賓/主持 Guest Speakers/Facilitators:

司徒高爵, BC註冊心理諮詢師 Nelson Szeto, M.A. R.C.C.



Canadian Mental
Health Association
Mental health for all

VCC College Prep Study Skills FALL 2014 Course

Vancouver Community College (VCC) and Gastown Vocational Services are offering their college prep study course again this fall.

Where: Vancouver Community College - Downtown Campus:

When: Tuesday & Thursdays, starting September 23, 2014.

Who: Clients of Vancouver Community Mental Health Services (VCMHS). Clients who are 19 - 30 years old - will be given priority.

What: Attending this course will help you to develop study skills to be successful in college level courses. Topics include:

- Developing confidence and skills in for eg: note-taking, learning and memory strategies, library research, test taking strategies, completing assignments, and delivering oral presentations.
- Becoming more effective in managing stress in a classroom environment.

Individuals interested in registering for the course will be required to attend an information session prior to registering. Date and time to be determined.

For more information, call Gastown Vocational Services at 604-675-2535.



Calendar of Events

September 2014

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2 VCH Eating Disorder Group	3	4	5 Parents Forever Support Group	6
7	8	9 Mood Disorder Association Support Group	10 Raven Song Family Support Group	11	12	13 Chinese Family Support 1 - 4
14	15	16 VCH Eating Disorder Group	17	18	19 Parents Forever Support Group	20
21	22	23 Mood Disorder Association Support Group	24	25	26	27
28	29	26	30			

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>