

Family Connections

EDITED BY JUSTUN MILLER

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Your Family Support and Involvement Team

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By Becky Hynes

We are happy to announce that the 11th Annual Family Conference was a big success. “From Crisis to Hope” sold out and there were over 200 people in attendance. We want to thank the conference planning committee for the hours of hard work they put in to make this conference happen. In particular, we would like to thank the chair of this year’s planning committee, Francisca Ling, for her steady leadership and commitment to getting families the information and support they need.

Initial feedback from participants has been quite positive and we are grateful for the time and thought people put into completing the conference evaluation forms. The Conference Planning Committee and Family Advisory Committee will use this feedback to shape future events and supports for families.

Stay tuned for our final report on this year’s conference evaluations and upcoming events for families!

By Justun Miller

Do not worry if you were unable to attend the 11th Annual Family Conference this year, we will be making all of the PowerPoints from the presenters and their video recorded presentations available on-line.

We have included a summary of the presentation given at the conference for the new and exciting Access and Assessment Center (AAC), and have included a list of the exhibitors that were at the conference, along with links to their websites and contact information.

Improved Care for Mental Health and Substance Use in Vancouver: The Access and Assessment Center (AAC)

By Isabella Mori and Janice Fyfe

On April 25, 2016, VGH opened its Access and Assessment Center. It is a 24/7 service meant to serve Vancouver residents age 17 and up with mental health and/or substance use difficulties who require immediate help but not hospitalization. It will work closely with the VGH Outpatient Team, the Cross Cultural Program, SAFER (Suicide Attempt Follow Up Education and Research), and Community Link Program (a program that helps persons with serious mental health issues achieve their goals in leisure, education, work and other areas). Persons who require mental health services but no emergency services will have contact with a mental health professional right away and will then receive a follow up appointment within three days.

Options for when your loved one has an immediate mental health or substance use crisis

Phone the AAC: It is the central access point for all Mental Health & Substance use concerns. The AAC staff will work with you to determine the next steps. This may include visiting the AAC or having an AAC clinician visit you and/or your loved one at home.

Visit the AAC: It is a clinic that can support non-emergency concerns related to Mental Health & Substance Use.

Go to Emergency: If your loved one is experiencing acute signs of the following:

- Suicidal
- Self harming behaviours
- Highly intoxicated
- Psychosis
- Possible medical problem, violent &/or aggressive behaviour

Call 911: The police and the health authority have many partnership programs and will work closely to get you help. For example, a constable and nurse team may visit you at home to provide assessment and intervention.

Options for when you are concerned about your loved one's mental health and/or substance use

Contact your loved one's GP

Phone the AAC: (the Mental Health Emergency line is now a part of the AAC). You will speak with staff who will listen to your concerns, gather information about your loved one and the AAC team will follow up as needed.

Visit the AAC: You will meet with staff who will listen to your concerns, gather information about your loved one and the AAC team will follow-up as needed.

Phone or visit a Vancouver Mental Health Team that offers walk-in services, for example Raven Song: 2450 Ontario St., telephone 604-709-6440

When a GP has referred your loved one to the AAC

The AAC will be contacting your loved one to provide an assessment and to connect them with Mental Health &/or Substance Use services across the city. Your loved one may be asked to visit the AAC for follow-up or the AAC clinicians may do outreach to your loved one.

AAC Contact Information

Hours: 7 days/week; 24 hours/day; 365 days/year

Phone: 604-875- 8289

Address: 711 West 12th Ave

(Entrance is in the back parking lot, through the service lane off Heather Street)

If you use AAC's services, we are interested in your experience. Please feel free to contact Isabella Mori or Justun Miller at isabella.mori@vch.ca or justun.miller@vch.ca.

Here is a list of the Community Organizer Exhibitors that were present at the Family Conference

BC Schizophrenia Society (BCSS)

www.bcss.org
604-270-7841
1-888-888-0029

Canadian Bipolar Association

www.bipolarcanada.org
604-871-0723

Canadian Mental Health Association (CMHA)

www.vb.cmha.bc.ca
604-872-4902

Consumer Involvement and Initiatives (CI&I), Vancouver Mental Health and Substance Use SpotlightOnMentalHealth.com

Early Psychosis Intervention (EPI)

www.earlypsychosis.ca

Vancouver/Richmond EPI:

333-2750 East Hastings Street, Vancouver, BC
V5K 1Z9
604-675-3875
www.earlypsychosis.ca/pages/help/fraser-health

From Grief to Action (FGTA)

Download a copy of the Coping Kit.
www.fromgriefftoaction.com
Email: info@fgta.ca

MindHealth BC

www.MindHealthbc.ca

Mood Disorders Association of BC (MDABC)

www.mdabc.net

Odin Books

1110 W Broadway, Vancouver
www.odinbooks.com
604-739-8804

Parents Forever

www.parentsforever.ca

Boys and Girls Clubs

www.bgc-gv.bc.ca

North Shore Schizophrenia Society (NSSS) Families helping families

The Family Support Centre is located at:
1865 Marine Drive
West Vancouver, BC, V7G1X4
604-926-0856.

www.northshoreschizophrenia.org

Kelty Mental Health Resource Centre

www.keltymentalhealth.ca
604-875-2084 or 1-800-665-1822
Email: keltycentre@cw.bc.ca
BC Children's Hospital, MH Building #85,
Room P3-302, 4500 Oak Street, Vancouver

The Cognitive Neuroscience of Schizophrenia (CNoS) Research Lab at the UBC Department of Psychiatry

For more information please contact Sarah Flann at 604-347-6467 or cnos.lab@ubc.ca
Lab Director: Dr. Todd S. Woodward, Associate Professor, UBC Department of Psychiatry
www.cnoslab.com/Home.html

Vancouver Access and Assessment Centre (AAC)

Located at Vancouver General Hospital site, in the current Health Centre building at
711 West 12th Avenue
604-875-8289

Please feel free to follow the provided links to learn more about these fantastic community resources, and use the contact information for more specific inquiries.

By Justun Miller

The Family Connections Support Group

The Family Support and Involvement Team has a support group for family and friends of individuals with mental illness and/or substance use concerns.

The group is being held at the CIBC Centre for Patients and Families at the Jim Pattison Pavilion at VGH and is co-facilitated by a family member. We are very grateful to the CIBC Centre for Patients and Families for partnering with us on this exciting endeavor.

We aim to create a welcoming and supportive space in which family members can share their experiences with each other and feel supported and strengthened in their efforts to help their loved ones.

The group runs twice a month and family members are free to attend on a regular basis or drop in as needed. We hope that having the group on the VGH campus will make it easier for families to attend who are supporting a loved one at the Psychiatric Assessment Unit (PAU), Inpatient Psychiatry or Willow Pavilion, though all family members and supporters are welcome.

DATE: Every first Thursday and third Monday of the month

TIME: 6:00 – 8:00 p.m.

PLACE: CIBC Center for Patients and Families at the Jim Pattison Pavilion, Vancouver General Hospital, 899 W. 12th Ave (behind the Information Center)

For questions or more information please contact:

isabella.mori@vch.ca, 604 290-3817 or

becky.hynes@vch.ca , 604 313-1918



"We aim to create a welcoming and supportive space in which family members can share their experiences with each other and feel supported and strengthened"

Tertiary Mental Health and Substance Use

Family Education Evening at Willow Pavilion



June 15, 2016

VGH Spiritual Health and Multi-faith Services

This event is part of an ongoing series of monthly education evenings intended for families and friends of individuals experiencing serious mental illness.

Our Speaker this month will be **Matthew Heyn**, BA(Masters of Divinity Candidate) and Spiritual Health Resident who provides **Spiritual Health and Multi-faith Services** for all Vancouver General Hospital (VGH) Psychiatry Units, including the Psychiatric Assessment Unit (PAU), Health Centre, and Willow Pavilion's Tertiary Mental Health Rehabilitation programs.

Matthew will speak about VGH's **Spiritual Health and Multi-faith Services** and the role that spirituality can play in recovery. Come and join us to learn about Spiritual Health and how your loved one can benefit from VGH's Spiritual Health and Multi-faith Services.

Jo-Anne Dagsvik, MSW, RSW, Social Worker with the Adult Tertiary Mental Health Rehabilitation Program, Willow Pavilion 2nd floor (WP2), will join Matthew to inform about how these services are accessed and coordinated with other WP2 services.

The evening will include time for questions and answers, as well as an opportunity to connect informally with other family members and friends.

Date: Wed, June 15, 2016
Time: 6:00pm – 8:00 pm
Willow Pavilion
1st Floor Multi-Purpose Room
805 West 12th Ave, Vancouver

Space is Limited! Please RSVP to:
 JoAnne Dagsvik, RSW, 604-8754111, ext.64031
 or 604-675-2445 (Please ask to give message
 for Social Worker)
 Interpreter services available upon request.

Mood Disorders Association of BC (MDABC) – 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 Suemay Black @ 604-251-2179

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 Sally @ Tel: (604)270 7841 ext 2126

SPH Family Support Group- Support for families who have a loved one living with mental illness. Last Thursday of each month, 6-7:30pm. St Paul’s Hospital, 1081 Burrard Street, Room 2B-169, 2nd floor, Burrard Building.
To register, call Kaye 604-682-2344 local 68964

VCH Eating Disorder Program (VCHED)– Family Support Group – for friends and family members of individuals living with an eating disorder. 1st Wednesday 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

Pathways Clubhouse Chinese Family Support Group – Education sessions for Chinese families who have a loved one living with mental illness. 2nd Saturday of each month. 1 – 4:00 p.m., Room 345/50, 7000 Minoru Blvd, Richmond.
Contact Bessie.wang@pathwaysclubhouse.com
or 604-276-8834, ext 12.

GRASP Support Group – GRASP offers peer-led mutual support groups for families or individuals who have had a loved one die as a result of substance abuse or addiction. 2nd Thursday of each month, 7-9 p.m. at Gilmore Community School 50 South Gilmore Ave, Rm 207. Please email graspvancouverarea@gmail.com to register.

SMART, Family and Friends - Support group for family and friends to learn and implement self care, boundary setting, and compassionate communication tools. Every Tuesday 6:30-8:00PM at Three Bridges Addictions 1290 Hornby Street, Rm 310.
Thursday 6:00-7:00PM at Raven Song 2450 Ontario Street, 1st floor.
Call Oona @ 604-714-3480.

Family Connections Support Group (FCSP)—Every first Thursday and third Monday of the month in the CIBC Center for Patients and Families at the Jim Pattison Pavilion, Vancouver General Hospital, 899 W. 12th Ave (behind the Information Center) For questions or more information please contact: isabella.mori@vch.ca, 604 290-3817 or becky.hynes@vch.ca , 604 313-1918

Family Support Groups



May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 SMART	4 VCHED	5 SMART FCSP	6	7
8	9	10 SMART MDABC	11 Raven Song	12 SMART GRASP	13 Parents Forever	14 Pathways
15	16 FCSP	17 SMART	18	19 SMART	20	21
22	23	24 SMART MDABC	25	26 SMART SPH	27 Parents Forever	28
29	30	31 SMART				

NOTES