

Family Connections

EDITED BY JUSTUN MILLER

APRIL 2016

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FROM CRISIS TO HOPE

11th Annual Family Conference – April 23, 2016

By *Isabella Mori*

You are cordially invited to our 11th Family Conference! It will be held on Saturday, April 23, 2016, from 9am-4:30pm at the Paetzold Auditorium at the main VGH building, the Jim Pattison Pavilion.

This year's theme is "From Crisis to Hope". We will be offering information and tools for the journey that so many family members experience. It often starts with an inkling, until, unfortunately, we are suddenly faced with a full-blown crisis. **Monica McAlduff**, one of the Mental Health and Substance Use directors, will introduce the new Access and Assessment Center, which will help alleviate some of the crises experienced – it is a new approach to mental health/substance abuse emergencies, which will deal not only with psychoses and life threatening mental health/substance use crises but also give improved services for people who experience mental health/substance use problems which may not be as acute but still need an immediate response. She will be followed by **George Scotton**, who was directly involved with designing the AAC, and who will speak to the practicalities of accessing this service.

Dr. Diane Frederikson, Psychiatrist and Team Physician Leader of the Early Psychosis Intervention Program, will speak to the so-called "medical system" and how, when it is well run, this system includes much more than just medication, including approaches to dealing with the challenges in thinking, or cognitive aspects, that tend to come with severe mental health issues.

Dr. Randall White, Medical Director of the BC Psychosis Program, will be speaking about new ideas and research findings, including the use of Clozapine.

After lunch, we will have a panel led by **Sally Hull** from the BC Schizophrenia Society with the title "Giving Families What They Need", which will focus, among other things, on support systems and tools for families. One of the panel members will be a member of our team, the Family Support and Involvement Team.

As in every Family Conference, our last session will be a panel of family members, moderated by **Susan Inman**, with the title of "How Families Can Advocate For Improved Mental Health Care."

Registration now is open, and you can register through the following link:

<http://www.eventbrite.ca/o/annual-family-conference-family-involvement-in-mental-health-and-substance-use-services-3215260370>

We also have stipends available for people for whom the ticket of \$25 is hard to afford.



Saturday, April 23, 2016
9:00am - 4:30pm
PAETZOLD AUDITORIUM
Vancouver General Hospital
899 West 12th Avenue

11th Annual Family Conference

Working Together for Mental Health and Substance Use Services

FROM CRISIS TO HOPE

YOU ARE NOT ALONE



Keynote Speakers:

Access & Assessment Centre (AAC):

A New Service for Vancouver Residents to Access Mental Health & Substance Use Services

Monica McAlduff, Director, Vancouver Mental Health & Substance Use Acute, Tertiary & Urgent Services

George Scotton, Manager of Vancouver Access and Assessment Centre

Finding Clarity in Chaos: Principles for Developing Health and Recovery

Dr. Diane Fredrikson, Physician Lead for the Early Psychosis Intervention Program at Vancouver Coastal Health

When Treatments Are Inadequate - New Hope For Patients

Dr. Randall F. White, Medical Director, BC Psychosis Program, Clinical Associate Professor, UBC



Panel Discussions:

Panel I: Support for Families in Need

Panel II: Family Panel

How Families Can Advocate For Improved Mental Health Care

Exhibitor Tables:

- BC Schizophrenia Society
- Canadian Bipolar Association
- Canadian Mental Health Association, BC
- Cognitive Neuroscience of Schizophrenia Lab
- Family Advisory Committee (Vancouver)
- From Grief to Action
- Kelty Mental Health Resource Centre
- Mood Disorders Association of BC
- Odin Books
- Parents Forever
- And more...

Registration:

www.annualfamilyconference.com



ADMISSION FEE: \$25

Lunch - Additional \$15 (must be pre-booked)

Limited financial assistance for admission cost is available.

For all inquiries, please contact Becky Hynes
becky.hynes@vch.ca or 604-714-3771 Ext 2300



Conference sponsored by:





11th Annual Family Conference

Saturday, April 23, 2016
Paetzold Auditorium, VGH,
899 West 12th Ave

Working Together For Mental Health and Substance Use Services

FROM CRISIS TO HOPE

8:00-9:00AM	REGISTRATION
9:00-9:10AM	Welcome & Opening Remarks: Pat Parker, Chair, Vancouver Coastal Health Family Advisory Committee
9:10-10:15AM	Access & Assessment Centre (AAC): A New Service for Vancouver Residents to Access Mental Health & Substance Use Services <i>Keynote</i> Monica McAlduff, Director, Vancouver Mental Health & Substance Use Acute, Tertiary & Urgent Services George Scotton, Manager of Vancouver Access & Assessment Centre, ACT & AOT
10:15-10:30AM	MORNING BREAK
10:30-11:30AM	Finding Clarity in Chaos: Principles for Developing Health and Recovery <i>Keynote</i> Dr. Diane Fredrikson, B.Sc., MD, FRCPC Physician Lead for the Early Psychosis Intervention Program at Vancouver Coastal Health
11:30-12:30PM	When Treatments are Inadequate - New Hope for Patients <i>Keynote</i> Dr. Randall F. White, MD, FRCPC Medical Director, BC Psychosis Program, Clinical Associate Professor, UBC
12:30-1:30PM	LUNCH: 2nd Floor, Room # 2800B (next to the Sassafras Cafeteria)
1:30-2:30PM	Panel I: Support for Families in Need
2:30-3:00PM	AFTERNOON BREAK
3:00-4:15PM	Panel II: (Family Panel) How Families Can Advocate For Improved Mental Health Care Moderator: Susan Inman Panelists: Jane Duval, Erin Hawkes Emiru, Linda Parrott, Marilyn Baker
4:15-4:30PM	Closing Remarks & Adjourn Family Conference Planning Committee



Conference
Sponsored By:



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 and supported by a Library Technician. We are very excited to pilot this approach of having an embedded Librarian Technician in the group and are grateful to the CIBC Centre for Patients and Families for partnering with us on this exciting endeavour. The Library Technician will provide research and up-to-date information based on the needs of the group, while showing participants how to access useful and reliable information by asking the “right” kinds of questions. In addition to all of this, 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



“The Library Technician will provide research and up-to-date information based on the needs of the group, while showing participants how to access useful and reliable information by asking the “right” kinds of questions.”

Family Connections



Education Series for Families

The Family Support and Involvement team at VCH is excited to offer a 7 week psychoeducation program for the family and friends of individuals who live with mental illness or concurrent disorders. This series offers information on mental illness and concurrent disorders, and will be co-facilitated by a VCH Family Support and Involvement staff and a family member. The series will also feature guest presenters on various topics.

Topics Include, but are not limited to:

- Understanding and accessing mental health services;
- Tools for effective communication among family, service users and service providers;
- Family involvement in the circle of care;
- Information on mental health and concurrent disorders;
- Understanding medication;
- Family support and self-care.

Date: TBA

Time: 6:00 – 8:00 p.m.

Place: TBA

This workshop is open to the family members and friends of individuals who live with mental illness or concurrent disorders.

This is a closed group and registration is required.

To register, please contact: Justun.Miller@vch.ca

604-736-2881

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 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 6:30-7:30PM. Every other Friday 6:30-7:30 at Three Bridges Addictions 1290 Hornby Street, Rm 310. Call Oona @ 604-714-3480.
Thursday 6:00-7:00PM at Raven Song 2450 Ontario Street, 1st floor. 604-872-8441.

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



April 2016

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

NOTES