

Family Involvement & Support - Mental Health & Addiction

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**Your Family Involvement & Support Team**

**Isabella Mori**

Coordinator, Family Involvement & Support, Acute Care  
604-290-3817  
Isabella.Mori@vch.ca

**Becky Hynes**

Coordinator, Consumer & Family Involvement, Tertiary Care  
604-313-1918  
becky.hynes@vch.ca

**Gloria Baker**

Manager, Family Involvement & Support  
604-736-2881  
Gloria.Baker@vch.ca

## Receive Family Connections 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](http://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?

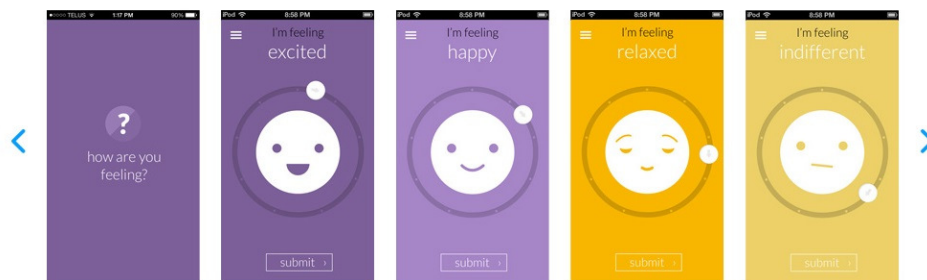
- Consumer focused information
- Family focused information
- Both Consumer and Family focused information

Email Format

- html

## Healthy Minds Mobile App

Healthy Minds is a Mobile application available on Apple Android operating systems. Developed by The Royal (Ottawa, ON), the app is designed to help users track feelings, thoughts and behaviours. It also offers 'stress busting' exercises and tips for coping with overwhelming feelings. Connected to a user's calendar on their phone, the app also allows individuals to track how they are feeling over time.



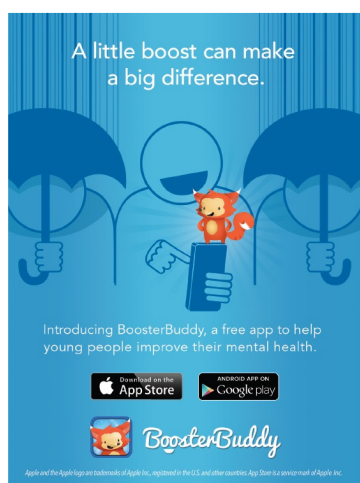
To learn more about the app, or to download it for free, visit:

<http://www.theroyal.ca/mental-health-centre/apps/healthymindsapp/>

## Booster Buddy

Booster Buddy is a free mobile app designed to help individuals improve their mental health. Designed with the Early Psychosis Intervention program with Vancouver Island Health Authority, the app is available for download on both Android and Apple operating systems.

To learn more, visit: <https://www.youtube.com/watch?v=2s7nQ1reXyM&feature=youtu.be>



Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits:

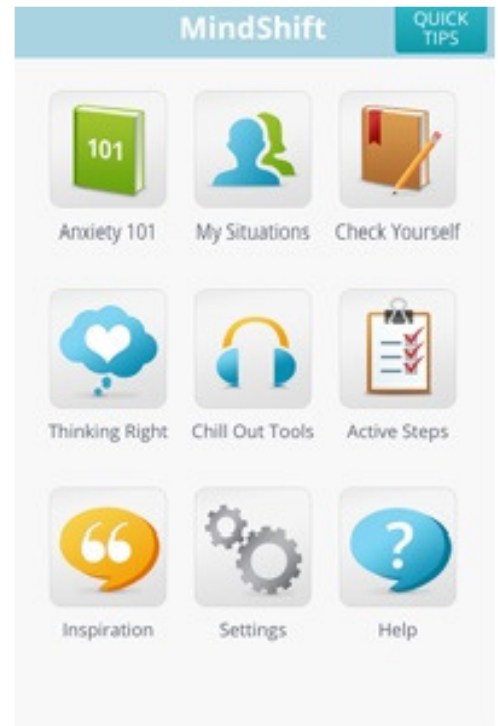
- Check-in with how you are feeling each day
- Use coping skills
- Keep track of appointments and medications
- Get started on tasks
- Follow self-care routines
- Increase real-life socialization

## Mindshift App

Mindshift is a collaboration between AnxietyBC and BC Mental Health and Substance Use Services. Mindshift is a free Mobile App available for download on Apple and Android operating systems.

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



To learn more about the App, or to download it visit <http://www.anxietybc.com/mobile-app>

## Family Support & Involvement News

We'd like to tell you about an upcoming change to the Family Support & Involvement Team. Jessica Wilkins, who has been in the role of Family Support & Involvement Coordinator for Community since 2013, is leaving her position.

Jessica's last day in her role in the Family Support & Involvement program will be May 23, 2015.

Isabella Mori, Becky Hynes and Gloria Baker will continue to provide support to families during this transition and we look forward to welcoming a new Family Support & Involvement Coordinator for Community mental health and addiction services.



## Strathcona Mental Health Week May 25-29

All talks are held at the Strathcona Mental Health Team  
330 Heatley Ave., Vancouver  
No need to RSVP

**Monday, May 25/15 (1:30 to 3:30 p.m.).**

**“First Nations Cultural Competency: What Does it all Entail?”**

Dr. Lee Brown, U.B.C.; Perry Omeasoo, V.C.H. First Nations Liaison worker.

**Tuesday, May 26/15 (9:30 to 11:30).**

**“Mindfulness Based Relapse Prevention.”**

Craig Matsu-Pissot, Burnaby Centre for Mental Health and Addictions.

**Tuesday May 26/15 (1:30 to 3:30)**

**“Exceptional Minds: Transforming Experience to Art.”**

Nadine Kot, O.T. , Strathcona Mental Health; Nina Romanow, Recreation Therapist Strathcona; and members of the Strathcona art class.

**Wednesday, May 27/15. (9:30 to 11:30).**

**“Vancouver ACT Teams: Program Outcomes.”**

George Scotton, Manager V.C.H. ACT programs; Andrew Ryan, Clinical Resource Nurse/Educator V.C.H. ACT programs.

**Wednesday, May 27/15 (1:30 to 3:30).**

**“Functional Brain Networks Underlying Non-Pharmaceutical Interventions to Psychosis.”**

Dr. Todd Woodward, Sarah Flann and Devon Andersen, Cognitive Neuroscience of Schizophrenia Research Team, U.B.C.

**Thursday, May 28/15, (9:30 to 11:30),**

**“The Hotel Study Update: Inclusion and Integration in Health Care.”**

Dr. Bill Honer, Department of Psychiatry, U.B.C.; Gerry Bradley, Manager, Strathcona and West End Mental Health team.

**Thursday, May 28/15 (1:30 to 3; 30).**

**“Being Trauma Informed: Transforming Workplace Culture and Practice.”**

Crystal Arber, Concurrent Disorders Counsellor, D.C.H.C.; Andrew Larcombe, Clinical Supervisor, Mental health and Addictions team, D.C.H.C..

*(For those who come early there will be some local entertainment prior to some of the talks).*





## Summer Session with THRIVE

*Submitted by Maya Alonso, Thrive Program Coordinator . . .*

Are you 17-26 years of age, living in Vancouver or Richmond, receiving mental health services?

Summer is just around the corner and the THRIVE program at Open Door Group is ready for the launch of Summer Sessions, a fun program designed to get youth and young adults (ages 17 to 26) living with mental health barriers, up and moving! Summer Sessions is a fun and free program that provides participants an opportunity to connect and socialize with their peers and experience the city and some of its amazing resources.

Every week there is a different activity to get involved in! Participants have the option of exercising their creativity with learning how to take that perfect shot for Instagram with the Digital Photography classes or they can upcycle some of their old tee shirts into a new funkier version with the Artist Workshops on Tuesdays. Adventure seekers, look no further! Thursdays will be filled with hiking, biking, kayaking and more! If you feel like you just want to chill out, we'll be at the beach BBQing and playing bocce or discovering the awesome sites that Vancouver has to offer.

**Registration is open, please see our website for more information!**  
Deadline for forms is June 26 so get your forms in as quickly as possible.  
Space is limited and on a first come, first served basis.

**Contact info:**

**Website:** <http://www.opendoorgroup.org/leisureeducationservices.php>

**Email:** [thrive@opendoorgroup.org](mailto:thrive@opendoorgroup.org)

**Phone:** 604-876-0773

**Address:** #300-30 East 6th Ave, Vancouver BC



## Addiction Education Series at Raven Song CHC

# EDUCATION SERIES

## Spring / Summer 2015-16

RAVEN SONG COMMUNITY HEALTH CENTRE

### Addiction Services

Room 101 – 2450 Ontario Street

No registration / No charge

Mondays 6:00pm – 8:00pm (see schedule below)

**For MORE INFORMATION CALL: 604-872-8441**

This Series is a community service of Vancouver Coastal Health, includes videos, lectures and discussions dealing with alcohol and other drugs. All are welcome including clients, potential clients, concerned family members and friends, community members, and professionals. Presenter Andie Stowe can be reached at [Andie.Stowe@vch.ca](mailto:Andie.Stowe@vch.ca), or 604-675-6656

|                  |  |                                 |               |
|------------------|--|---------------------------------|---------------|
| <b>Session 1</b> | <b>Development of Problem Substance Use</b><br>- how substance dependence starts                               | April 13, 2015                  | June 22, 2015 |
| <b>Session 2</b> | <b>Chemicals &amp; the Body</b><br>How alcohol and other drugs impact the brain and central nervous system     | April 20, 2015                  | June 29, 2015 |
| <b>Session 3</b> | <b>The Recovery Process</b><br>- Lifestyle change and relapse prevention                                       | April 27, 2015                  | July 6, 2015  |
| <b>Session 4</b> | <b>Early Risk Factors</b><br>Family dynamics where addiction is a problem.                                     | May 4, 2015                     | July 13, 2015 |
| <b>Session 5</b> | <b>Supporting Someone with Substance Problems</b><br>What we can do if a loved one has a substance use problem | May 11, 2015<br>(Next Week Off) | July 20, 2015 |
| <b>Session 6</b> | <b>Harm Reduction, Public Health &amp; Social Policy</b><br>New effective ways to approach substance use       | May 25, 2015                    | July 27, 2015 |

**NOTE:** There will be no sessions in August 2015.



## Calendar of Events

June 2015

| Sun | Mon  | Tues   | Wed                                   | Thurs   | Fri                                 | Sat                                   |
|-----|--|--|---------------------------------------|---|-------------------------------------|---------------------------------------|
|     | 1  | 2<br>VCH Eating Disorder Family Support Group  |                                       | 4   | 5<br>Parents Forever Support Group  | 6                                     |
| 7   | 8<br>MDA Family Support Group (Evergreen CHC)          | 9<br>MDA Family Support Group (MSJ)            | 10                                    | 11<br>GRASP Support Group (Pls Register)      | 12                                  | 13<br>Richmond Chinese Family Support |
| 14  | 15   | 16<br>VCH Eating Disorder Family Support Group | 17<br>Raven Song Family Support Group | 18  | 19                                  | 20                                    |
| 21  | 22<br>Addiction Education Series at Raven Song (pg. 6) | 23<br>MDA Family Support Group (MSJ)           | 24                                    | 25<br>SPH Family Support Group (Pls Register) | 26<br>Parents Forever Support Group | 27                                    |
| 28  | 29<br>Addiction Education Series at Raven Song (pg. 6) | 30   |                                       |   |                                     |                                       |

## Support Group Listing

**Mood Disorders Association of BC** – Mutual support groups for families of individuals living with a mood disorder. 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month, 7 - 9 p.m., Mount St. Joseph Hospital, 3080 Prince Edward St, Harvest Room A. NEW! 2<sup>nd</sup> Monday of each month, 6:30-8:30pm at Evergreen Community Health Centre (3425 Crowley). Contact 604-873-0103

**Raven Song Family Support Group**– Support group for families who have a loved one living with mental illness. 2<sup>nd</sup> Wednesday of each month 6:30 – 8:30 p.m. at Raven Song Community Health Centre, 2450 Ontario Street, Vancouver. Contact 604-290-3817 or isabella.mori@vch.ca

**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 – 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 2<sup>nd</sup> Friday at St. Mary's Kerrisdale, 2490 W 37<sup>th</sup> Ave., Vancouver. Contact Frances Kenny, 604-524-4230 or [fkenny@uniserve.com](mailto:fkenny@uniserve.com)

**CMHA Chinese Family Support Group** – Education sessions for Chinese families who have a loved one living with mental illness. 2<sup>nd</sup> Saturday of each month. , 1 – 4:00 p.m., Room 345/50, 7000 Minoru Blvd, Richmond. Contact [bessie.wang@cmha.bc.ca](mailto:bessie.wang@cmha.bc.ca) 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. 2<sup>nd</sup> Thursday of each month, 7-9 p.m. at Gilmore Community School 50 South Gilmore Ave, Rm 207. Please email [graspvancouver@gmail.com](mailto:graspvancouver@gmail.com) to register.