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## 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

### 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

## Save the Date!



The 10<sup>th</sup> Annual Family Conference will be held May 23, 2015! The Family Conference is designed to promote awareness and understanding of mental illness and addiction and to promote family involvement in Mental Health and Addiction services. It is sponsored by Vancouver Coastal Health, Vancouver Family Advisory Committee, BC Schizophrenia Society and Mood Disorders Association of BC. Everyone is invited to receive current and hopeful information from families and health professionals, to hear stories of recovery and to obtain support to navigate the path of recovery.

This year, we are welcoming a number of speakers who will speak on topics related to recovery-oriented care, medications for mental illness and addiction, a toolkit for families who have a loved one struggling with concurrent illness as well as information about access to mental health programs and services in Vancouver.

**When:** May 23, 2015 9:00am - 4:40 p.m.

**Where:** Vancouver General Hospital

**Cost:** \$50 per person, \$150 for a family of 4

**Registration will begin soon!**

If you would like more information, please don't hesitate to be in touch with one of the family support & involvement coordinators. Contact information is available in the blue box to the left.

## Addiction Drop-In Services

Submitted by Isabella Mori



This year, Raven Song Community Health Center has joined a number of other community health clinics in offering drop-in addiction intake services for anyone living in Vancouver. Charlotte Jackson, Clinical Supervisor, Addiction, at Raven Song states, “We want to meet people where they’re at and work with whatever they’re motivated to do, in a trauma-informed way, to set goals and make plans with them.”

Asked whether Raven Song would also do drop-in intake for persons with concurrent disorders (i.e. a mental health issue and an addiction issue), Jackson explained that they would definitely be open to seeing such a person, especially if that person experienced their addiction as the primary problem to address.

Jackson is excited about this addition to Raven Song’s services because the addiction drop-in intake will be embedded directly into primary care. Vancouver Coastal Health as a whole is working hard towards an integration of mental health, addiction and primary care. Raven Song is now the urban hub site for primary care. It is working towards more integration of services and lowering barriers to Vancouverites with complex health issues.

**Raven Song CHC Drop-In Addiction Service Intake**  
**Mondays and Fridays 1:30 - 4:30 p.m.**  
**Where: 2450 Ontario Street (at Broadway)**  
**For more information: 604-872-8441**

Below are additional health centres that offer addiction drop in services. For more information, please call them directly.

- Three Bridges Community Health Centre, 301-1290 Hornby Street, Vancouver, 604-714-3480
- Downtown Community Health Centre, 569 Powell Street, Vancouver, 604-255-3151
- Stepping Stones Concurrent Disorders, 2nd Floor-990 22nd Street, West Vancouver, 604-904-6180
- Aboriginal Wellness Program, 288-2750 East Hastings Street, Vancouver, 604-675-2551
- Pender Community Health Centre, 59 West Pender Street, 604-669-9181
- South Mental Health and Addiction, 220 - 1200 West 73<sup>rd</sup> Ave, 604-266-6124

## Online video about BC's Mental Health Act

The BC Schizophrenia Society website ([www.bcscs.org](http://www.bcscs.org)) offers a wealth of information of interest to families on topics related to mental illness including fact sheets, printable resources, and information about services and programs. They also offer a number of educational videos on topics related to mental illness, including one by Gerrit Clements, Lawyer and Law Health Consultant, on BC's Mental Health Act.

### Topics addressed in the video include:

- What are the criteria for involuntary admission?
  - What was the Supreme Court's McCorkell decision and how did it clarify the BC Mental Health Act for physicians?
  - Does the Freedom of Information and Protection of Privacy Act allow clinicians to share information with family members without a patient's consent?
  - What are the considerations for physicians when there is a risk that the patient won't continue recommended treatment after discharge?
  - What is conditional leave, which is referred to as Extended Leave under the BC Mental Health Act?
  - How does Extended Leave work?
- And more!



Gerrit Clements, JD, Lawyer and Law Health Consultant



A REASON TO HOPE. THE MEANS TO COPE.  
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

To watch the video, visit <http://www.bcscs.org/recordings-project/gerrit-clements-lawyer-and-health-law-consultant-bc-mental-health-law-for-physicians/>

## Willow Pavilion Education Series

You are invited to attend Willow Pavilion's February Family Education Session. This event is part of an ongoing monthly education series intended for families and friends of individuals experiencing serious mental illnesses.

The guest speaker will be **Stephen Epp**, Occupational Therapy Practice Coordinator, VCH Mental Health and Addictions. **Stephen will speak about Trauma-Informed Practice (TIP)**. Stephen and Jo-Anne Dagsvik, Social Worker with Adult Tertiary Mental Health Rehabilitation, will speak about TIP at Willow Pavilion's Adult TMHR.

Please come out and join us for this session and learn and share your thoughts about TIP. The evening will include time for Questions & Answers, as well as an opportunity to connect informally with other family members and friends.

Space is limited, please RSVP to:  
Jo-Anne Dagsvik, Social Worker  
Adult Tertiary Mental Health Rehabilitation  
604-875-4111 ext 64031  
[joanne.dagsvik@vch.ca](mailto:joanne.dagsvik@vch.ca)

**Date: Wed, Feb.18, 2015**  
**3:30 – 5:00 p.m.**  
**Location: Willow Pavilion**  
**850 West 12<sup>th</sup> Ave**  
**1<sup>st</sup> Floor**

## North Shore Schizophrenia Society Education Series

North Shore Schizophrenia Society is offering another Family to Family education series. This education series provides information to families of someone living with serious mental illness. Topics covered include symptoms of mental illness, treatment, problem solving, how to communicate with someone who is ill, looking after yourself as a caregiver.

Course is offered free of charge.

**When:** February 10 - April 28, 2015, 7:00-9:30 p.m.

**Where:** Raincity Housing, 41<sup>st</sup> and Fraser in Vancouver



**For information and to register, please call: 604-926-0856**

## MDA Family Support at Evergreen Community Health Centre



MOOD DISORDERS ASSOCIATION  
OF BRITISH COLUMBIA

A free drop-in group for families and friends of loved ones experiencing symptoms of depression, anxiety or bipolar disorder. No registration required.

**Group Meets 2<sup>nd</sup> Monday of the month 6:30pm – 8:30pm  
at Evergreen Community Health Centre, 3425 Crowley  
(1 block south of Joyce skytrain station)  
Contact [evergreenfamilygroup@gmail.com](mailto:evergreenfamilygroup@gmail.com)**



## Leisure, Health and Wellness Bursary

## Leisure, Health and Wellness Bursary



**Are you 17 years or older with a mental health diagnosis?  
Do you live in Vancouver?**

**Do you have a new Leisure or Health and Wellness plan/goal?**

**T**he bursary can provide a temporary financial bridge to help you access leisure or health and wellness pursuits in community-based services at any stage of recovery.

Applications must be made with the support of your rehabilitation staff, case manager or physician.

**Bursary Examples:**

- Art supplies
- Gym membership
- Sport/fitness equipment/clothing
- Registration to leisure, health and wellness programs or workshops

**FOR MORE INFORMATION AND TO APPLY, VISIT:**

**<http://bcep.opendoorgroup.org/LeisureBursary/login.aspx>**



INSPIRATION  
AT WORK



## Get, Set & Connect!

The Canadian Mental Health Association (CMHA) Get, Set and Connect program is designed to help individuals living with a mental health concern, make connections and form meaningful relationships with other individuals through activities in the community through one-to-one continued support. Community inclusion is the goal.

### What will the program include?

- Each person in the program will work one to one with a Leisure and Volunteer Community Access Coach
- Connecting through Activity- opportunities to participate in peer-led groups  
Some activity group examples include: arts & culture, walking, bowling, coffee, swimming, aqua fit, movies, photography, fitness, hiking, and more!!!  
You can also create a group for yourself and for others to join!!!
- Ready, Set, Go, Group-volunteer preparation course
- Resource Sharing & Networking: social gatherings each month, to showcase success, learn about program opportunities, share leisure and volunteer resources and meet other people in the program.

### What are the criteria to participate?

- Have a lived experience of a mental health concern
- Have community inclusion as a goal
- 19 years of age or older
- Resident of Vancouver



**Register to attend the February orientation to learn more about this exciting program!**

**Friday February 20<sup>th</sup>, 3:00pm Mount Pleasant Community Centre (1 Kingsway) In Multipurpose Room #3**

\*Call the Leisure Volunteer Access Coaches to register or to find out about future orientations\*\*

Kim: 604-872-4902 ext 223      Dolly: 604-872-4902 ext 222  
Katy: 604-872-4902 ext 290      Christine: 604-872-4902 ext 229

Email: [leisure.volunteer.vb@cmha.bc.ca](mailto:leisure.volunteer.vb@cmha.bc.ca) Website: [www.vancouver-burnaby.cmha.bc.ca](http://www.vancouver-burnaby.cmha.bc.ca)



**Canadian Mental  
Health Association**  
Vancouver-Burnaby  
*Mental health for all*

## Calendar of Events

February 2015

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3 VCH Eating Disorder Family Support Group	4	5	6	7
8	9 MDA Family Support Group (Evergreen CHC)	10 MDA Family Support Group (MSJ Hospital)	11 Raven Song Family Support Group	12	13 Parents Forever Support Group	14 Chinese Family Support Group
15	16	17 VCH Eating Disorder Family Support Group	18 Willow Pavilion Family Education Workshop	19	20	21
22	23	24 MDA Family Support Group (MSJ Hospital)	25	26 St. Paul's Hospital Family Support Group	27 Parents Forever Support Group	28

## 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.