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Working Together for Mental Health



Registration for the 10th Annual Family Conference is open!

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

Where: Paetzold Auditorium, Vancouver General Hospital

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

To register, visit: www.annualfamilyconference.com

This year, through a fundraising initiative by family members on our planning committee, we are able to offer a bursary to help with the cost of admission. A limited number of discount tickets are available. If you are interested in the bursary program, please contact jessica.wilkins@vch.ca

Always a highlight of the Family Conference, the family panel is back! This year, we have a 5 family members affected by mental illness and/or addiction who will be sharing the 'turning point' in their recovery journey. These insights inspire us all.

Looking for more information on this year's family conference? Visit www.annualfamilyconference.com to check out the event schedule and watch videos from previous years.

Alcohol and Psychosis

Submitted by Isabella Mori

Family members of people who have experienced psychosis are often concerned about their loved ones' use of alcohol or drugs. Because there are so many different possible combinations, let's look today at psychosis and alcohol use. If you have more questions about this, please come to our annual conference on May 23 (as advertised elsewhere in this newsletter). The sessions on Early Psychosis and Medication can give you further insight!

Alcohol use can cause psychotic episodes. It can also trigger psychosis in someone who is at increased risk, or already has a mental health issue associated with psychosis (e.g. schizophrenia, bipolar disorder, PTSD). According to one study, alcohol use is prevalent among 56% of those diagnosed with bipolar disorder and 47% of those diagnosed with schizophrenia. Risks associated with alcohol use for a person experiencing psychosis include an increased risk of relapse; secondary problems (e.g. depression, memory problems); slower recovery; more persistent psychotic symptoms. Loss of housing, treatment resistance and increased vulnerability to exploitation have also been observed in people with co-occurring alcohol use and psychosis (particularly in schizophrenia).

Alcohol interacts with antipsychotic medications. A doctor or pharmacist can advise about this. DrugCocktails.ca is a web site that aims to educate about the interaction between medication and other substances. Below is what they say about the antipsychotic risperidone and alcohol.

Being honest about drug and alcohol use is essential for recovery from psychosis, even if there is no immediate desire to change usage. The treatment team can then try their best to provide the safest and most effective treatment recommendations.

Pharmacological considerations that have been raised: There can be increased side effects (e.g. as indicated in the image above); 1st generation antipsychotics (e.g. Haldol) and clozapine may precipitate seizures during withdrawal; the dysphoria (low mood) associated with 1st generation antipsychotics may precipitate or worsen the substance use; clozapine is associated with reduction in alcohol use.

risperidone

AKA Risperdal®, Risperdal Consta®, Risperdal-MTab®, Apo-Risperidone®, Mylan-Risperidone®, PMS-Risperidone®, ODT®, Teva-Risperidone®

Purpose [+]

PRINT

SHOW ALL

HIDE ALL



ALCOHOL
(Booze, ethyl or ethanol, adult beverage, brew, brewski, liquor, drink, shot, sauce, rot gut, hooch, giggle juice, moonshine, jello shots, wobbly pop)

[Learn more about this substance >](#)



LESS



SERIOUS RISK

SERIOUS RISK FOR HARM

Excessive use of alcohol can worsen the uncontrolled movements (also called 'EPS') that risperidone sometimes causes.

Also, risperidone sometimes makes people sleepy, dizzy and confused, especially at first as your body gets used to it. Alcohol can make this worse.



THINK FIRST

THINK FIRST

If you are depressed, blue, or moody, alcohol is a 'downer' and will make you feel worse.

Sources: earlypsychosis.ca; drugcocktails.ca; APA Practice Guidelines, 2004; Dr. Varinder Parmar, Queens University

Imagining Inclusion Research Project

Article submitted by Maya Alonso, THRIVE program coordinator and Imagining Inclusion Research Project Co-lead

The Therapeutic Recreation Department at Douglas College and the Open Door Group's (ODG) thrive Program, which provides TR services to individuals living with mental illness, partnered on this community-based participatory research project to better understand the lived experiences of individuals with a mental illness.

In this 2-year community-based participatory research project we seek to answer two questions: (1) How do individuals living with mental illness experience community inclusion, health, and well-being?" and (2) What are meaningful, practical, and relevant ways to represent community inclusion, health, and well-being for those living with mental illness?

An important component of recovery from mental illness includes living a satisfying and contributing life. Addressing stigma and fostering community inclusion are critical approaches for promoting recovery and the health and well-being of individuals living with mental illness. Community-based treatments that use leisure and recreation to foster community inclusion, such as therapeutic recreation, can support individuals living with mental illness in better understanding their own process of recovery while improving their health and well-being. Therapeutic recreation (TR) uses leisure and recreation as "modalities" in individual and group settings to foster community inclusion, health, and well-being. TR's approaches and values - which are client-centred, strengths-based, and 'person first' - respect the lived experience of individuals with mental illness.

To address the first research question we used a Photovoice process with up to 40 ODG clients, whereby participants answered a variety of different questions related to community inclusion, health and wellbeing by taking photographs and writing reflections about these photographs.

Expected Research Project Outcomes

1. Contribution to the body of knowledge on (a) the experiences of social isolation, poverty, and stigma for individuals living with mental illness and (b) meanings of community inclusion, health and well-being for individuals living with mental illness
2. Increased understanding of the experiences of individuals living with mental illness among students, faculty, service providers, and the general public.
3. Ability to identify aspects of Therapeutic Recreation interventions that promote community inclusion, health and well-being for people with lived experience of mental illness
4. An evidence-based Theory of Change to support evaluation and measurement of health promoting interventions.

For more information about the Imagining Inclusion Research Project check out our website:

<http://douglascollegeresearch.ca/inclusionproject/>



Imagining Inclusion Exhibitions May 5 - 7

Article submitted by Maya Alonso, THRIVE program coordinator and Imagining Inclusion Research Project Co-lead

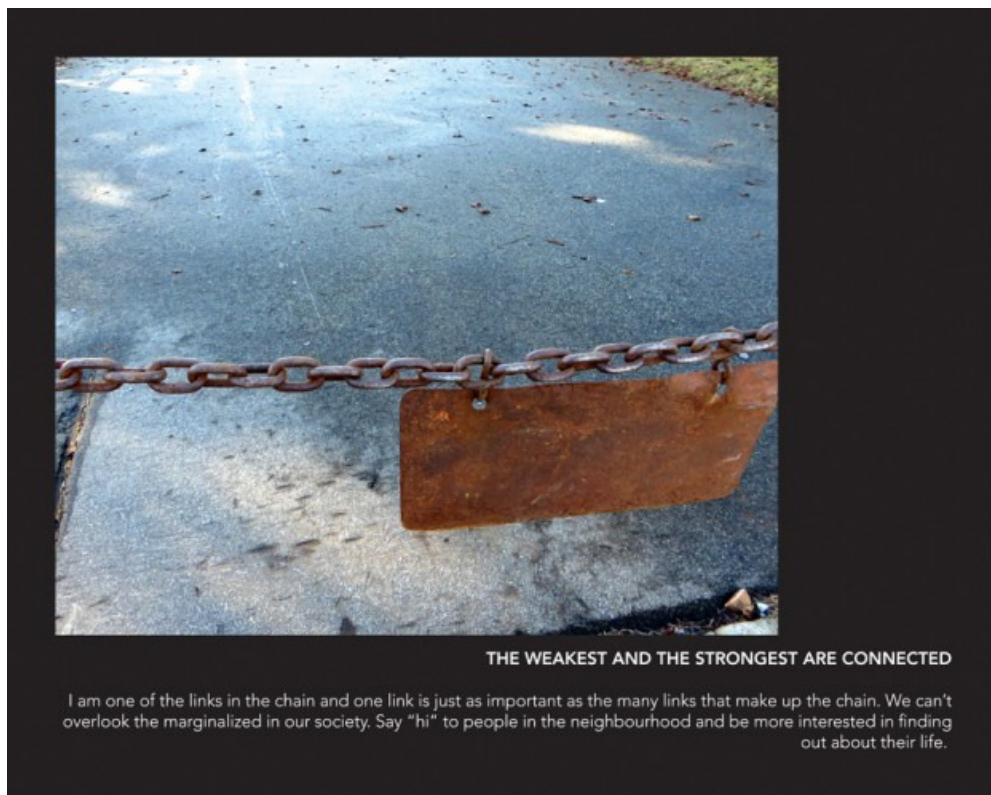
Since the fall of 2014, photos from the Imagining Inclusion research project have been exhibited in a variety of locations around Vancouver. This May, as part of Mental Health Awareness Week, we are pleased to be displaying the photo exhibit in 3 different Vancity Branches. Participants will also be there to raise awareness about mental health, sharing their stories and experiences in the Photovoice Project.

Check out this incredible exhibit at the following upcoming locations for Mental Health Awareness Week:

Tuesday, May 5th: Vancity Branch 12 (1675 Commercial Drive @ 1st Ave, Vancouver)

Wednesday May 6th: Vancity Branch 26 (5900 #3 Road, Richmond)

Thursday May 7th: Vancity Branch 44 (12820 96 Ave, Surrey)



CMHA's Peer Navigator Program

Submitted by the Canadian Mental Health Association . . .

The Canadian Mental Health Association, Vancouver-Fraser Branch (CMHA-VF) has launched the much anticipated, greatly innovative Peer Navigator Program. Through funding from Vancouver Coastal Health, this program will vastly improve accessibility to community formal support services and change the way mental health and addictions clients' navigate Vancouver's health care system.

With a person-centered, recovery-focused approach, the program leverages the expertise of peer navigators who have struggled with mental illness and addictions and who have a keen understanding of the formal support systems. Peer navigators will provide guidance while working with participants to build a collaborative navigation plan to access services in areas of income assistance, legal aid, housing and tenancy, and health related services. In addition, peer navigators will provide knowledge and encourage skill development to increase inclusion, self-advocacy and connection with services.

Michael Anhorn, Executive Director of CMHA-VF adds, "Vancouver Coastal Health undertook a significant review of what was in place for clients before and is now trusting us to deliver services informed by best practices that include better integration of health and addictions services as well as working in close partnership with other providers to avoid service duplication."

The Peer Navigator Program operates under three main philosophies which have been adopted by CMHA VF: the Recovery Centred Clinical Systems (RCCS) model, Psychosocial Rehabilitation (PSR), and strengths based approach. Mimi Rennie, Program Manager says, "the Peer Navigator Program's mission is to encourage full citizenship and community inclusion for people living with mental illness through service connection, advocacy and self-management skill development. The program strives to gradually shift the level of power back to the participant in order to build his or her ability to access the supports and services that are required to meet his or her own needs. It's about empowering the individual."

Peer navigators will be positioned within community agencies that provide mental health services, currently including MPA Society, Kettle Friendship Society, Coast Foundation and Vancouver Adult Mental Health Intake. Program participants will be accepted through referrals, either written or verbal.

For more information on the Peer Navigator Program, please call the Program Manager Mimi Rennie at 604-512-4198.



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

Association canadienne
pour la santé mentale
Vancouver-Fraser
La santé mentale pour tous

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, or 604-675-6656

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

NOTE: There will be no sessions in August 2015.

Vancouver
CoastalHealth

Mental Health Peer Support Group

Submitted by Tracy from Kaleidoscope . . .

The Kaleidoscope is a student-created, student-run mental health support group. We offer two weekly support groups: one at the UBC Vancouver campus and one at the **Cambie Community Centre in Richmond**. Our primary goal is to provide a safe, stigma-free environment where individuals with lived mental health experience can come and share their stories and feelings with others who have had similar experiences. Our attendees have the opportunity to share strategies to manage symptoms and cope with everyday stress, benefit from camaraderie and fellowship of peers, and learn about resources and services available on campus or in the community. All of our facilitators have lived mental health experience themselves or have supported a loved one.

We believe that by reaching out to a small group of individuals on a weekly basis, we can have a positive impact on our community. Our hope is that our groups will mitigate the stigma and discrimination so many people living with a mental illness face. Stigma prevents people from seeking help. It may also cause trouble when searching for employment or applying for school. Many people do not feel comfortable disclosing information about their mental health for fear of discrimination by employers, college admissions officers, family and friends. The Kaleidoscope is wholly committed to fighting back against stigma through empowerment, education, and advocacy.

“[Kaleidoscope] provides resources and solace for those who are faced with the darkest moments of their lives, as well of those with optimal mental health -- and everyone in between. [...] Kaleidoscope helped me when I needed it most, and I hope the same can be said for other students in the years to come.” - Testimony from a Kaleidoscope attendee

Kaleidoscope Meets in Richmond at the Cambie Community Centre
12800 Cambie Road, Richmond
Thursdays, 7-8pm
&
UBC, Room 306 Buchanan Building Block D, 1866 Main Mall
Tuesdays, 5-6pm

For more information on Kaleidoscope, visit <http://the-kaleidoscope.com/> or email Tracy at tracy.kaleidoscope@gmail.com



Calendar of Events

May 2015

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4 Addiction Education Series at Raven Song (see pg 6)	5 VCH Eating Disorder Family Support Group	6 Raven Song Family Support Group	7	8 Parents Forever Support Group	9 Richmond Chinese Family Support
10	11 Family Support Evergreen Addiction Series at Raven Song	12 MDA Family Support Group (MSJ)	13	14 GRASP Support Group (Pls Register)	15	16
17	18 Victoria Day Statutory Holiday	19 VCH Eating Disorder Family Support Group	20	21	22 Parents Forever Support Group	23 10th Annual Family Conference!
24	25 Addiction Education Series at Raven Song (see pg 6)	26 MDA Family Support Group (MSJ)	27	28 SPH Family Support Group (Pls Register)	29	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. NEW! 2nd 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. 2nd 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 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. 2nd Saturday of each month. , 1 – 4:00 p.m., Room 345/50, 7000 Minoru Blvd, Richmond. Contact 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. 2nd Thursday of each month, 7-9 p.m. at Gilmore Community School 50 South Gilmore Ave, Rm 207. Please email graspvancouver@gmail.com to register.