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OCT 2024 - EDITED BY ZAN ROTHENBERG AND KATIE CRIBB

## Attention Deficit Hyperactivity Disorder

Attention-deficit/hyperactivity disorder (ADHD) is often described by psychiatrists as a neurodevelopmental disorder, one marked by inattention, disorganization, and impulsiveness. In contrast, some psychologists, psychiatrists, and anthropologists see ADHD not as a deficit or dysfunction but as a distinctive cognitive style, one with its own strengths and benefits. In this edition of our newsletter, we explore adult ADHD, featuring an interview with Paula Coutinho, the Team Lead for the Regional ADHD Clinic. Additionally, we share a firsthand account of supporting a friend with ADHD, highlighting different support strategies.



### Family Support and Involvement Team (FSI)

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Sometimes supporting your loved one requires you to acknowledge that you are not able and/or capable of providing them with what they need.

Please remember that if your loved one is at risk to themselves or others, the best resources are your local Emergency Department, and 911. In Vancouver, for non-emergencies please contact the Access and Assessment Center (AAC). If you or someone you know needs withdrawal management supports call Access Central. Information for both is provided below:

#### AAC Contact Information:

Hours: 7:30 am - 10:00 pm 7 days/week

Phone: 604-675-3700

#### Access Central information:

Hours: 9 am-7:45 pm 7 days/week

Phone (toll free): 1866-658-1221 (Voicemails left after hours are answered the following morning)

AAC Address: Joseph & Rosalie Segal Family Health Centre, 803 West 12th Avenue, Level 1  
(at Willow between 12th and 10th)

## Territorial Acknowledgement

Vancouver Coastal facilities lie on the unceded and occupied territories and waterways of the fourteen First Nation communities of Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, Sechelt, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.

To find out more about the Indigenous territory you reside on one option is the website [native-land.ca](http://native-land.ca)

## About Us...

This Newsletter is brought to you by Vancouver Coastal Health's Family Support and Involvement Team. We assist families with resources, education, information, support, and with facilitating the inclusion of family in the care of their loved ones. We also work with patient and family partners to ensure that clients and families are involved in planning and decision making across Vancouver Coastal Health's Mental Health and Substance Use Services. You can find our contact information on the front page.

The *Family Connections Newsletter* is available electronically, direct to your email inbox. If you don't already receive *Family Connections* via email and would like to stay up-to-date about programs and services for families who are supporting a loved one with mental illness and/or substance use, sign up at [www.spotlightonmentalhealth.com](http://www.spotlightonmentalhealth.com)

By going to this website and clicking on the [Family](#) tab you can find our [Community Resource Guide for Families](#), Vancouver Coastal Health's [Family Involvement Policy](#) and much more.

Thanks for reading!



## Vancouver Family Advisory Committee (FAC)

*A Partnership with Vancouver Mental Health & Substance Use Services*

**Who Are We?** *We are Vancouver parents, siblings, adult children and friends of those living with serious mental illness and substance use. We are individuals with lived experience. We are community agency representatives, Mental Health & Substance Use professionals, and the VCH Family Support & Involvement (FSI) team. Together, we are the Family Advisory Committee.*

*The FAC provides a strong family perspective to improve services for our loved ones, and expand communication and supports for caregivers and families.*

If you feel inspired to join our efforts, or simply want to learn more about the FAC, please check out our webpage.

**Website:** <https://www.spotlightonmentalhealth.com/vancouver-family-advisory-committee/>

**To connect, email us at:** [VancouverFAC@vch.ca](mailto:VancouverFAC@vch.ca)

**We're always looking for new members!**

## OUR NEW TEAM MEMBER: Zan Rothenberg

We are thrilled to introduce the newest member of the Vancouver Mental Health and Substance Use Family Support Team: Alexandra (Zan) Rothenberg. Zan is joining us as the Acute Family Coordinator and brings a wealth of experience and knowledge to our team. To celebrate her arrival, she has answered some of our commonly asked questions.

### What is your background?

I am originally from Los Angeles and have been living in Canada for almost 20 years. I am a social worker and alongside my role here at Vancouver Coastal Health (VCH), I also work at the BC Center for Substance Use. I've held numerous roles at VCH including working within the acute, community and tertiary portfolios.

### What is the acute family and consumer involvement coordinator?

The Coordinator provides support, education, and resources to family members and consumers who are admitted to the Segal Family Health Center. I've learned that the role was created by the Family Advisory Committee as a way to help build staff capacity in understanding and implementing the Family Involvement Policy and ultimately to help strengthen the consumer and family voice.

### What are you looking forward to in this role?

I am excited to have the opportunity to support consumer and family voices to be at the forefront of decision-making. The expertise that comes from lived experience is so valuable and I feel honored to have a role in contributing to how we can learn and grow from other's experiences. Ultimately, I want to support the mental health and substance use systems to improve the experience of those who are currently in the system or may experience it in the future.



### What else?

I love the outdoors and everything that Vancouver has to offer in this regard. In my free time, you'll find me hiking or training for my next running race.

### How can we contact you?

Email address: [Alexandra.rothenberg@vch.ca](mailto:Alexandra.rothenberg@vch.ca)

Cell phone number: 604-290-3817.

Please note my days of work are Tuesday, Thursday and alternating Fridays, if you call or text outside of these workdays, please note that I will get back to you on my work days.

## What is Adult ADHD?

People with ADHD experience an ongoing pattern of the following types of symptoms:

**Inattention** means a person may have difficulty staying on task, sustaining focus, and staying organized, and these problems are not due to defiance or lack of comprehension.

**Hyperactivity** means a person may seem to move about constantly, including in situations when it is not appropriate, or excessively fidgets, taps, or talks. In adults, hyperactivity may mean extreme restlessness or talking too much.

**Impulsivity** means a person may act without thinking or have difficulty with self-control. Impulsivity could also include a desire for immediate rewards or the inability to delay gratification. An impulsive person may interrupt others or make important decisions without considering long-term consequences.

ADHD manifests differently in adults than children. Symptoms can differ person to person. Factors such as stress, lack of sleep, substance use, trauma, unpredictable environments, and other variables can impact how the symptoms manifest. Additionally, people with ADHD often have other mental health conditions such as depression, anxiety, sleep problems, and/or learning disabilities.

[Attention-Deficit/Hyperactivity Disorder - National Institute of Mental Health \(NIMH\) \(nih.gov\)](#)

## ADHD Statistics

ADHD is more likely to go undetected in adults than in children. This is partly due to the adults' lack of daily contact with people adept at recognizing ADHD, such as school teachers, explains David Feifel, M.D., a board-certified psychiatrist, neuroscientist and professor of psychiatry at University of California San Diego. Undiagnosed ADHD can have a significant negative impact on the lives of adults, says Dr. Feifel, who adds that adults with untreated ADHD are more likely to experience job and relationship instability, substance abuse and driving accidents.

- An estimated 8.7 million adults in the U.S. have ADHD
- Approximately 2.6% (139.8 million) of adults worldwide have persistent ADHD from childhood, which includes individuals who experienced childhood onset paired with continued ADHD symptoms into adulthood
- Approximately 6.8% (366.3 million) adults worldwide have symptomatic ADHD, which includes individuals diagnosed with ADHD regardless of the onset age
- The prevalence of worldwide symptomatic adult ADHD decreases with age; 18- to 24-year-olds contribute to more than 75.5 million cases of symptomatic adult ADHD, while individuals over 60 contribute to about 46.4 million cases

[ADHD Statistics And Facts In 2024 – Forbes Health](#)

## From Frustration to Flexibility: A Journey of Understanding ADHD

Written by Katie Cribb

You are likely a friend, family member, colleague, or romantic interest of someone with ADHD! When someone we care about has ADHD this can lead us to a journey of discovery as it is a commonly misunderstood condition. As someone whose close friend was diagnosed with ADHD in adulthood, I found myself wondering how I can use this diagnosis to both better understand her and to be a more supportive friend. In this article, I will explore what I found in my research and include some personal support strategies that I have employed in our friendship.

### Education

A key first step I saw recommended was to educate myself on ADHD and how it manifests. As ADHD is a neurobiological condition understanding how it impacts the brain can reduce stigma. The symptoms, such as being absent minded or easily distracted, are not a result of laziness or lack of willpower, but different brain functioning. Being able to understand how ADHD impacts our loved one's behaviors and challenges allows us to be more compassionate and knowledgeable when supporting them.

When my friend, Alice, was diagnosed with ADHD and I realized that this was why she chronically struggled with start times for our plans. This understanding created an empathy within me for the situation. I realized that I had previously been frustrated by her lateness as I was misinterpreting her actions, thinking she did not care about our relationship. Getting diagnosed allowed Alice access to treatment and medication which helped with her timeliness. However, I also had a role in this dynamic.

### Flexibility

As someone who hates being late, planning flexible start times for activities has been one strategy I have implemented to address a pressure point in our relationship. I would much rather plan for a larger start window, than lose a friendship with someone I cherish. Additionally, my reaction to Alice being late was something I worked on. I addressed my frustration, which came from worrying about being late, by either meeting her at the event or building in some hangout time before the event started. This way I did not feel rushed when it was time to go. These strategies eliminated my anxiety around being late.

This approach tied into my research which recommended planning for flexibility and recognizing what your gut response is, if a plan goes awry. If it is to respond in frustration and anger, consider giving yourself time for pause so you can respond in a neutral way. Then, together analyze what happened without judgement and identify the factors that may have impacted the plan going off-course. Once the factors are identified, together you can



When someone we care about has ADHD this can lead us to a journey of discovery as it is a commonly misunderstood condition.

work as a team to think of ways to address them. Be prepared for these strategies to take time to work and it is okay if you do not find the right strategy immediately. It is a journey to find the right plan of action.

Planning for flexibility is a practice I often use during our hangouts. Alice and I love to cook food together. However, we would eat dinner hours after we started cooking as during our meal prep, we would become distracted. Once we realized that this was a pattern for our hangouts, we discussed it. I now either expect our cooking session to take hours and eat a snack beforehand or know I will have to prompt us to stay on track if I have a deadline to make. As we both are on the same page, we no longer find ourselves “hangery” at nine at night with our food still in the oven.



### **Clear Communication**

As ADHD may impact memory and attention another recommendation is to use direct and clear communication. For example, I will send Alice calendar invites to make sure there was not anything lost in communication about the date and time of our hangouts. As we are both people glued to our calendars, this works great for us. Other ideas could be to follow up a conversation with a text or email, highlighting important details or reviewing key points at the end of a chat.

### **Practical Support**

Another recommendation I found was offering support with day-to-day tasks that may be overwhelming to someone with ADHD such as organization and finances. I have helped Alice with household organization as this is something I enjoy, especially when it is not my own mess. However, for some ADHD – Neurotypical relationships many tasks may fall to the person without ADHD to complete. This is not always welcome and may create resentment in the relationship. If you find yourself getting frustrated with constantly picking up slack you are not alone. As a support person, setting boundaries of what you are willing to support with and what is beyond your capacity is a key step to create a sustainable relationship and prevent burnout.

### **Self-Esteem**



If your loved one is going through a period where they are struggling with their mental health, they may have low self-esteem connected to missed opportunities and challenges from their ADHD. We all have gifts, but overwhelming struggles can make it hard to recognize them in oneself. As a support person, we can help them see their strengths even when the world is pointing out their troubles. When someone has a more balanced view of themselves it can be motivating and inspiring to tackle the difficulties they are facing. In my experience, Alice’s ADHD has contributed to an inspiring level of creativity. ADHD and creativity often go hand in hand. She has what she deems “ADHD audacity”, a sense of bravery towards attempting certain tasks without becoming frozen worrying about the outcome or the risks attached. While this has led to some issues, it has also led to great successes from creating massive balloon arches for events, using a string of paperclips to fill in for a broken toilet chain, repairing shoes, and everything in-between.

## **Collaboration**

Overall, keeping an open mind and being willing to make changes are important aspects of a relationship that allows someone with ADHD to thrive. While educating oneself, planning for flexibility, clear communication, offering practical support, and highlighting strengths are all recommended actions to take, the best strategies are the ones you can develop with your loved-one. Reviewing past successes, exceptions to problems, and the contributing factors can help us find out what strategies can be recreated moving forward. Writing this article inspired me to reach out to Alice and directly ask her if there is anything else I could do to be a supportive friend regarding her ADHD. I hope this inspires you to ask your loved ones what you can do to support them too.

## **Further Reading to Explore Other Supportive Dynamics:**

### **Parent-Child Relationships**

For parents who are wondering how to support their adult children who have ADHD I found the following article to be insightful. Dr. Anthony Rostain, the director of the UPenn Adult ADHD Treatment and Research Program, was interviewed by Susan Buningh for CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) about how to support young adults with ADHD. Dr. Rostain answers the following questions:

- What is the role of parents when their children with ADHD become young adults?
- How do I get them to listen?
- When can parents expect that young adults who have ADHD will understand money and budgets?
- What are the options when a young adult with ADHD lives at home—and it's just not working out?
- How can a parent tell the difference between being supportive and helpful versus enabling or creating dependence?
- And more..

Link: [https://Chadd.org/wp-content/uploads/2018/06/ATTN\\_10\\_10\\_Parenting\\_Young\\_Adults\\_with\\_ADHD.pdf](https://Chadd.org/wp-content/uploads/2018/06/ATTN_10_10_Parenting_Young_Adults_with_ADHD.pdf)

### **Romantic Relationships**

For people who are in a romantic relationship with someone who has ADHD the following article from CHADD may be helpful. In "Don't Give Up, Don't Give In: Survival Skills for the Non-ADHD Partner," Licensed Marriage and Family Therapist Susan Tschudi writes about how to be in a partnership with someone who has ADHD. She discusses common obstacles such as overhelping and excessive caretaking, learned helplessness, and the parent trap, and lists six strategies to address these obstacles and create an action plan for when problems arise in the future. Download the full article to discover actionable steps for improving your ADHD-affected relationship.

Link: [Survival Skills for the Non-ADHD Partner - CHADD](#)

If you are reading a physical copy of this newsletter please visit the [Spotlight on Mental Health Website](http://spotlightonmentalhealth.com/family-involvement/family-connections-newsletter/) for direct links to the above articles. [spotlightonmentalhealth.com/family-involvement/family-connections-newsletter/](http://spotlightonmentalhealth.com/family-involvement/family-connections-newsletter/)

# Interview with Paula Coutinho from the Regional ADHD Clinic

Conducted by Zan Rothenberg

In honour of ADHD awareness month, which is celebrated in October. We had the opportunity to interview Paula Coutinho, the Team Lead for the [Regional ADHD Clinic](#), about this regional resource.

## Introduction:

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder with a lifelong impact. ADHD has been viewed as a childhood disorder but more than half of those diagnosed in their early years continue to struggle into adulthood. This condition impacts individuals worldwide and it can affect anyone. People with untreated ADHD have an increased risk for substance use and dependence.

## Who works at the clinic and what treatment is available there?

At the Regional ADHD Clinic, nurses, psychiatrists, occupational therapists, pharmacists, and social workers work closely with community members, including family and primary care physicians.

The clinic offers a multidisciplinary psychiatric assessment and stabilization approach with medication and non-medication interventions. After an initial assessment and medication stabilization, the clinic offers 8 weeks of groups focusing on executive functioning. The groups are psychoeducational working from a cognitive-behavioural therapy framework, the clinic also offers occupational therapy services, and social worker's knowledge with system navigation.

## Individuals are eligible for treatment at the Regional ADHD Clinic if they:

- Are between 17 and 35 years old.
- Live in the Vancouver Coastal Health region.
- Have suspected or unmanaged ADHD.
- Have stabilized co-morbidities.
- Are attached to a primary care provider.

The first step is to talk to your primary care provider regarding your symptoms. Not all symptoms thought to be ADHD, such as distraction, procrastination, and hyperactivity, are ADHD. There are lots of physical health issues that could contribute to these symptoms. If a primary care physician thinks ADHD may be the concern and eligibility criteria for the clinic is met, the physician can complete a referral to the ADHD clinic. It is very important for a detailed mental health and substance use assessment to be completed since people with an ADHD diagnosis may also meet the criteria for other co-occurring disorders (e.g., anxiety, depression, learning disabilities, substance use and borderline personality disorders, among others).





### **What are some common misperceptions about ADHD?**

Despite the generalization that someone diagnosed with ADHD may be inattentive and hyperactive, people with ADHD have lots of strengths. Many individuals are creative, spontaneous, adventurous, energetic, curious, and dynamic. Many have successful and fulfilling lives in a wide range of areas.

### **Is the Regional ADHD Clinic noticing an increase in assessments?**

There is rising misinformation about ADHD which has led to an increase in people self diagnosing and/or seeking confirmation for a self diagnosis. Recently, there have been several academic studies published highlighting that more than half of the videos on social media (e.g., TikTok, YouTube) about ADHD are misleading. This is unfortunate because it is a disservice, and potentially harmful, for people to self-diagnose through social media videos and then seek confirmation for a self-diagnosed condition. It is equally frustrating for individuals to experience invalidation when the diagnosis is not confirmed. A person may not have ADHD but can still struggle with symptoms such as procrastination and attention. The best and most responsible approach is to share symptoms with a primary care provider and request support with an open mind; symptoms that resemble attention deficit could underline other serious physical and mental conditions (hearing or vision impairment, anemia, sleep disorders, depression, thyroid dysfunction) just to name a few.



I have seen many individuals who do not meet the clinical criteria for an ADHD diagnosis but continue to struggle with daily issues, including overuse of technology, endless online scrolling, lack of routine, poor sleep, casual substance misuse (e.g., cannabis), and struggling with daily procrastination and inattention. It is important to remember that one does not need to meet the criteria for ADHD to seek help to address problematic behavioural concerns. Numerous behavioural and environmental interventions help people live to their full potential by making meaningful and small changes.

### **Any message for someone who might not know what to do?**

If you don't know what to do or where to start, please start by making an appointment with your primary care provider. They can explore and rule out potential physical health concerns and refer you to the appropriate service, which may include laboratory testing, special medical investigations, psychological assessments, and trauma history. A referral to the Regional ADHD Clinic may be appropriate and decided after careful consideration by your primary care provider.

### **Any further information/resources for families?**

If you do not have a primary care provider, register with Health Connect Registry. When a provider in your area becomes available, the team in your community will contact you to get matched.

## Where can I learn more about ADHD?

Below are some general resources and opportunities for support groups:

### General Information

Centre for ADHD Awareness, Canada (CADDAC): <https://caddac.ca/>

The Centre for ADHD Awareness has a ADHD resource navigator, Layla Teixeira. Layla works with families and individuals affected by ADHD to identify ADHD and mental health resources in their communities. To contact Layla for support, use the following link <http://caddac.ca/programs-and-events/#adhd-resource-navigator>

### CADDAC ADHD & Substance Use Disorder: Peer-led Support Group

Virtual monthly drop-in peer-led support group open to any adults with ADHD in Canada who are struggling with substance use disorder.

Online Registration: <https://caddac.ca/programs-and-events/#adhd-resource-navigator>

### VCH/CYMH ADHD Parenting Program

For parents of children aged 3 to 15 with a primary diagnosis of ADHD living in Vancouver

Parents can self refer, Phone: (236)332-332-6826, Email: [adhd@vch.ca](mailto:adhd@vch.ca)

### CBT Skills Group

Skills for Success: ADHD Strategies for Adults

MSP covered psychoeducational group for adults (19-70 years old) with a past or current diagnosis of ADHD

Requires referral from primary healthcare provider: <https://mind-space.ca/skills-for-success-adhd-strategies-for-adults/>



## Tidbits from the Family Connections Support Group

This edition's Tidbits include a selection of resources and information that we discussed in our VCH MHSU Family Connections Support groups.

### Variety of Local Resources:

#### **Holding Hope Support Group**

- **Website:** <https://www.holdinghopecanada.org/find-a-group> and **Email:** [HoldinghopeVancouver@gmail.com](mailto:HoldinghopeVancouver@gmail.com)
- **Description:** Holding Hope support is offered by Moms Stop the Harm a network of Canadian families impacted by substance-use related harms and deaths. Holding Hope Groups are peer-facilitated support groups, offered at no cost, for Canadian families and individuals whose loved ones use or have used substances. Holding Hope provides mutual support and healing by coming together to share stories, resources and support one another. Our groups provide the reassurance that you are not walking this journey alone.

### Variety of Educational Tools:

#### **Self Compassion by Kristin Neff**

- **Website:** <https://self-compassion.org/>
- **Description:** Self-compassion is an agreement to yourself to appreciate, validate, accept, and support who you are at this very moment, even the parts of yourself that you'd like to change.

#### **NIDUS BC**

- **Website:** <https://nidus.ca/>
- **Description:** Nidus BC has a wealth of information (including templates) about creating British Columbia specific future planning tools including, wills, Representation Agreements, and advance directives.

#### **Compassionate Boundaries**

- **Website:** <https://www.mindful.org/compassionate-boundaries-say-no-heart/>
- **Description:** In talking about the boundaries, we realized that maybe the most important work around boundaries is internal. What keeps us from allowing ourselves to set boundaries? What do we need to reflect on to even realize that a boundary has been crossed?

### Book Suggestions:

#### **Difficult—Mothering Challenging Adult Children Through Conflict and Change by Judith R Smith**

- **Website:** <https://www.difficultmothering.com/book>
- **Description:** This book explores a relationship that is rarely examined: that between mothers and their adult children who, for various reasons, have not reached independence. Smith chose "difficult" as the descriptor of these relationships because it encompasses not only the issues the adult children are facing, but also the experiences of the women who are called upon to provide maternal support in these situations.

*Websites,  
Resources,  
Books, rec-  
ommended  
reads!*



## 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 co-facilitated by a Family Support & Involvement Coordinator and a family member.

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 has a small educational component. Participants also receive twice-monthly emails with the contents of the educational part.

Like many other resources during COVID, we have moved our groups to ZOOM meetings. Family and supporters are free to attend on a regular basis or drop in as needed, like in our regular meetings. If you would like to receive an invite to our Support Group, please contact us and we will happily add you to our invite list!

We meet online on the following days & times:

**DATE:** Every first Thursday and third Monday of the month

**TIME:** 6:00 – 8:00 p.m.

**PLACE:** In the comfort of you own home

*\*We do not meet on STAT holidays.*

*Contact the Family Support and Involvement Team for the Zoom link at:  
familyconnections@vch.ca*

**“Whatever you are struggling with, there are others out there who understand.”**

## MORE FAMILY SUPPORT GROUPS



**PLEASE CALL/EMAIL AHEAD TO**

**CONFIRM DATES AND TIMES**

**Parents Forever** – Support group for families of adults living with addiction. Group meets weekly via Zoom on Friday evenings. Contact Frances Kenny, 604-524-4230 or [fkenny@uniserve.com](mailto:fkenny@uniserve.com)

**SMART Recovery** meetings for families are back! Tuesdays 6:00-7:00pm, <https://smartrecovery.zoom.us/j/91012011101> Meeting ID: 910 1201 1101; Also search for a local meeting here: <https://meetings.smartrecovery.org/meetings/location/>

**BC Schizophrenia Society Family Support Groups** - for family members supporting someone with serious mental illness. Local listings of BCSS support groups across B.C. regions can be found here: <https://www.bcss.org/support/bcss-programs/family-support-groups/>. You can also contact the Coastal Manager @ 604-787-1814 or [coastmanager@bcss.org](mailto:coastmanager@bcss.org) for more details on the groups and to register.

**VCH Eating Disorder Program – Family & Friends Support Group** – for friends and family members of individuals living with an eating disorder. Contact Colleen @ 604-675-2531.

**Borderline Talks** - for individuals living with Borderline Personality Disorder (BPD) or Traits, and their loved ones. Zoom group every Sunday at 4pm. Check <https://bpdsupportgroup.wordpress.com/finding-help/>

**Pathways Serious Mental Illness** (formerly Northshore Schizophrenia Society) - weekly online support groups, and family to family education sessions. For more information on the next support group: <https://pathwayssmi.org/weekly-support-groups/>

**Pathways Clubhouse Chinese Family Support Group** – Catered to Chinese-speaking (Cantonese and Mandarin) individuals and families, who are caring for a loved one with mental health issues. 2nd Saturday of each month from 1:00pm to 4:00pm via Zoom. Part 1 (1:00pm-2:30pm) is a free talk delivered by a guest speaker and Part 2 (2:45pm-4:00pm) is a Heart to Heart Support Group Sharing. Additionally the 4th Saturday of each month has a face to face support group at the Pathways Clubhouse. Contact Lee Ma at [Lee.Ma@pathwaysclubhouse.com](mailto:Lee.Ma@pathwaysclubhouse.com) or 604-761-3723 for details.

**Alcoholics Anonymous**— Support groups for individuals looking to stop problem drinking. Local meeting locations can be found here: <https://www.aa.org/find-aa>