



FAMILIES

Family Alliance on Mental Illness - Leaders in Involvement, Empowerment and Support™

Volume 19, No 1 Summer/Fall 2016

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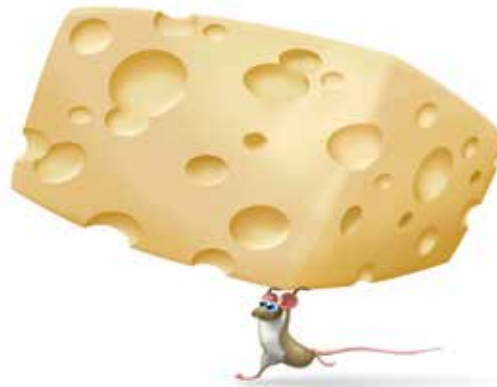
"Who Moved My Cheese?" - AGAIN

I originally printed this cover story in the fall of 2010 – and if you are reading it for the second time – then congratulations – you are successfully following the cheese. If you are reading this story for the first time – keep "sniffing."

I received a copy of "Who Moved My Cheese?" in 2002 from the Northern Health Director of MHAS at the time, Elizabeth Tovey. In view of the changes happening both within Northern Health and the BC Schizophrenia Society this past year I am reminded – again – that "change happens" because they keep moving the cheese and we can view it as a crisis – or as an opportunity. Spencer Johnson (1998) describes how we act when the cheese is moved through his mice characters "sniff", "scurry", "hem," and "haw." He suggests we are a combination of each character because sometimes we can "sniff" out the change early and "scurry" into action. At other times we deny and resist change by "hemming" because we fear change will lead to something worse, but eventually we can learn to adapt as change can lead to something better – "haw."

As I find myself chasing cheese I thought I would explore pairing possibilities. Typically, we read articles on the pairing of wine and cheese. But, according to the "all you need is cheese" website we can pair cheese with fruit and vegetables to produce many surprising and tasty combinations. I like a toasted cheddar cheese sandwich with a dollop of marmalade (yes this constitutes a fruit).

If we are able to keep our conversation open to infinite possibilities then "sniffing" and "scurrying" after change can produce surprising combinations. The Prince George Mental Health & Addictions Advisory Committee (MHAAC) "sniffed" the possibility of a Family Involvement in Mental Health policy in early 2014 and today Northern Health is "scurrying" after the possibility of a much broader Family Involvement in Patient Care policy for the entire north.



Spencer Johnson (1998) describes how we act when the cheese is moved through his mice characters "sniff", "scurry", "hem," and "haw."

EnJOY some cheese – and pairing possibilities.

Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work & in Your Life by Spencer Johnson, M.D. 1998

 **TOLL FREE**
1-888-888-0029

No referral needed to access individual or group services
All services are sponsored by BCSS and are FREE

Details at bccspg.org

Kim Dixon, BA, MSc, Area Manager
(250) 561-8033; kimdixon@bccspg.org



Support Groups for ALL FAMILY MEMBERS Affected by ANY Mental Illness

Mackenzie Call Kim toll-free at 1-888-888-0029 or email kimdixon@bcsspg.org.

NEW Prince George Day/Location Change Meets 1st and 3rd Wednesday of month beginning August 17th from 6:30-8 PM at University Hospital of Northern BC; Room 418. Kim (250) 561-8033 or email kimdixon@bcsspg.org

Vanderhoof meets the second Monday of every month 1-3 PM at the Health Clinic multi-purpose room. Call Heather at (250) 691-1132 or email at lakedistrict@bcss.org.

Robson Valley Call Kim toll-free at 1-888-888-0029 or email kimdixon@bcsspg.org.

NEW Quesnel Location Change meets the first Thursday of every month from 6-8 PM at Books & Co, 371 Reid Street. Call Gail at (250) 925-4145 or email quesnel@bcss.org.

FAMILIES Specialists

Supporting, Educating, Advocating

FAMILIES Specialists also provide personal and confidential individual support for ALL family members (parents, partners, siblings, adult children) affected by ANY mental illness (schizophrenia, psychosis, bipolar, depression, anxiety and addiction). It is important for family members to have the opportunity to work through their thoughts and feelings through conversation. FAMILIES Specialists use the trauma model of stress, coping and adaptation in conversation to help family members affected by mental illness deal with immediate crisis, learn to cope with daily challenges and successfully adapt over the long term.

Connect with the FAMILIES Specialist in your area for more information or to make an appointment:

Kim Dixon in Prince George at (250) 561-8033 or email kimdixon@bcsspg.org
 Heather Megchelsen in Burns Lake at (250) 691-1132 or email lakedistrict@bcss.org
 Gail Rutledge in Quesnel at (250) 925-4145 or email quesnel@bcss.org



Strengthening Families Together – Family Education Groups

Original Edition



More than education – SFT is about strengthening families by providing support, awareness and tools – for ALL family members (parents, partners, siblings, adult children) affected by ANY mental illness (psychosis, schizophrenia, depression, bipolar, anxiety and addictions).

PRINCE GEORGE, 1117 – 6th Avenue

Thursdays, Sep 29 – Dec 1, 2016

6:30 – 8:30 PM

Contact Kim Dixon at (250) 561-8033 or kimdixon@bcssp.org

QUESNEL, 371 Reid St (Books & Co)

Mondays, Oct 3 – Dec 12, 2016

6 – 8 PM

Contact Gail Rutledge at (250) 925-4145 or quesnel@bcss.org



STRENGTHENING FAMILIES TOGETHER FIRST NATIONS EDITION
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

Are you living with a family member struggling with mental illness ?

YOU ARE NOT ALONE

Strengthening Families Together First Nations Edition Program will help

This 10-session group for families and friends, provides information, coping skills, and support. You will learn:

- the different types of mental illnesses
- the medications and treatments for mental illness
- how to cope with and support your loved one living with a mental illness

Together our stories can be heard
 Our journeys become easier
 Together we grow stronger

OUR STORY . OUR JOURNEY . OUR STRENGTH

Place: FORT ST. JAMES
 Dates: TBD
 Time: TBD (snacks & refreshments provided)

This program is **FREE** for participants

Contact Heather Megchelsen at (250) 691-1132 or lakesdistrict@bcss.org
 Family Alliance on Mental Illness-Leaders in Involvement, Empowerment & Support

In partnership with:



Funded by:





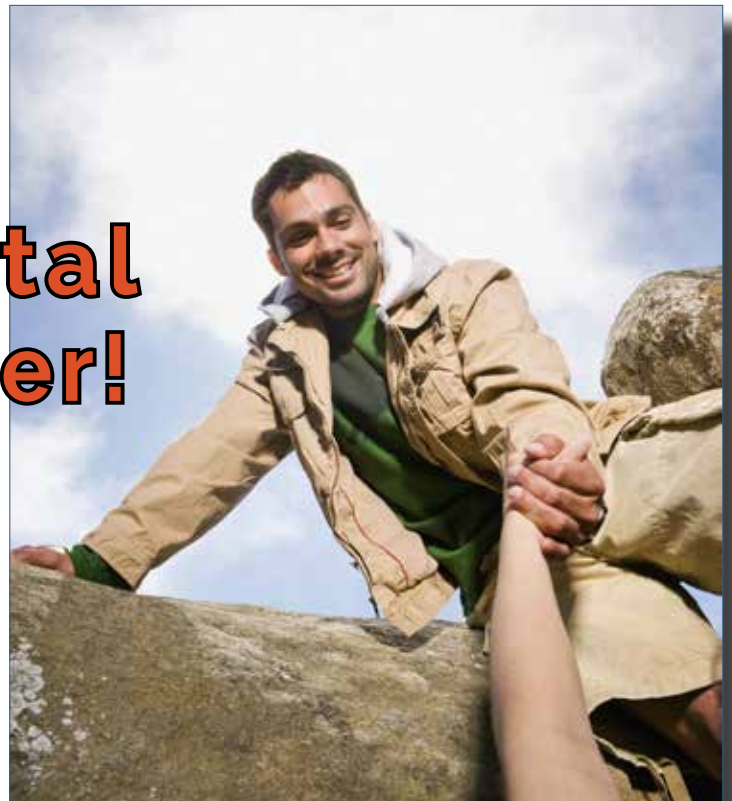
MENTAL HEALTH COMMISSION OF CANADA

Mental Health First Aid

Become a Mental Health First Aider!

Would You Know What To Do?

- ✓ MEDICAL FIRST AID
- ✓ CPR
- ? MENTAL HEALTH FIRST AID



FREE for individuals and family members affected by mental illness or addiction

PRINCE GEORGE

Dates: Sat & Sun, Nov 5-6, 2016
 Times: 8:30 AM – 4:30 PM daily
 Location: 1117 – 6th Avenue
 Contact: Kim Dixon (250) 561-8033
 or email kimdixon@bcsspg.org
 before October 21st

ROBSON VALLEY

Dates: Sat & Sun, Oct 1-2, 2016
 Times: 8:30 AM – 4:30 PM daily
 Location: 1117 – 6th Avenue
 Contact: Kim Dixon (250) 561-8033
 or email kimdixon@bcsspg.org
 before September 15th

FULL

www.mentalhealthfirstaid.ca

www.mentalhealthcommission.ca

- ✓ Mental Health First Aid Canada is a program of the Mental Health Commission of Canada.
- ✓ In Canada, one person in three will experience a mental health problem in their life time.
- ✓ One in five will experience some problem with their mental health in the course of a year.
- ✓ Half of all mental disorders begin by age 14 and 75% begin by age 24.
- ✓ Join over 38,500 mental health first aiders across Canada and get involved.



HOPE AND HELP FOR FAMILIES
 BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY
 PRINCE GEORGE NORTHERN INTERIOR

Kim Dixon, BA, MSc, Area Manager
 Heather Megchelsen, BA, Educator
 Gail Rutledge, BA, Educator
 Linda O'Connor, BA, Communications Consultant