

F.A.M.I.L.I.E.S.

Supporting Friends & Family Members of a Loved One With Mental Illness in Prince George & the Northern Interior



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

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Reflections on Wellness & Spirituality

What is spirituality? Does it have a role to play in mental health and/or addiction wellness and recovery?

There is a recent mental health model that takes into account we are biological, psychological, social and spiritual beings. This approach suggests mental health and addiction problems involve more than just one aspect of our being. For example, depression may involve genetics (biological), loss of a loved one (psychological), and a tendency to be overly self-critical (social/spiritual). You might change one part of this model by taking meds to improve your mood, but the diagnosis will likely persist until you address the other areas as well. For instance, you might decide to interact with more people to also improve your mood, but what does spirituality involve?

Spirituality for many is linked to a religious framework, but modern definitions tend to apply the term more broadly. Spirituality can refer to a sense of connection to something greater than us and a desire to make our life experiences meaningful in that context.

Four Explorations for Spiritual Wellness

Meaning Making by understanding how we fit into the bigger picture and knowing what ideas help us find hope. It involves introspection, beginning with discovering where you feel empowered and where you give up your personal power. Taking responsibility for this by becoming more self-aware connects you to yourself, to others and to your life, opening up new possibilities.



Spiritual Experience is a personal interpretation of how you make sense of unusual experiences. This can involve a sense of connection to your heritage and ancestors, or an experience so significant it has shifted your world view, for example. It is important to feel safe and honoured in this experience, which often leads to some kind of

awakening, or sense of inner peace or knowing.

Community Engagement is sharing activities with others that provide you with a sense of comfort. By just "being" in these activities, you can give support and in just being/accepting yourself as you are you also receive support. Nourishing yourself with activities that give you sustainable support also benefits those you care about in their recovery. (Ct'd Page 2)



TOLL FREE

1-888-888-0029

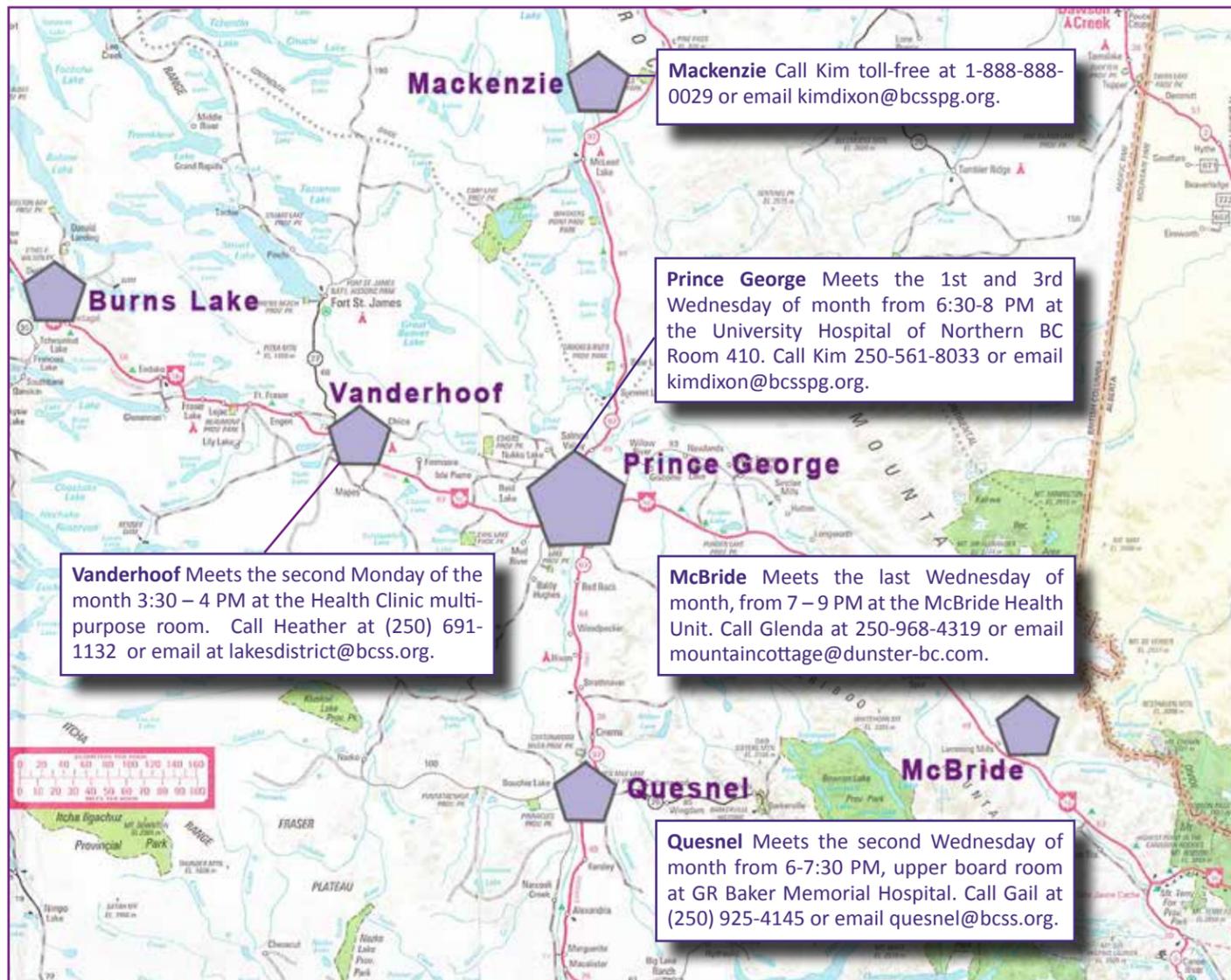
No referral needed to access individual or group services
All services are sponsored by BCSS and are FREE

Details at bcsspg.org

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



Support Groups for ALL FAMILY MEMBERS Affected by ANY Mental Illness



Reflections on Wellness & Spirituality (Cont'd from Page 1)

Spiritual Activities are those outlooks and values that shift you into feeling joy; they are a source of inner strength helping you cope when the going gets tough. These may involve meditation and prayer; reading sacred texts; walking in nature; listening to soothing music; creating art and taking the time to reflect.

You and Your Love One's Spirituality

Sometimes when confronted with the mental illness and/or addiction of a loved one there is a desire to fix things or a belief that only professionals can interact with them. Still others may turn away because of the stigma or because they don't know what to do. If we were to consult our inner wisdom, perhaps we would find all that is needed is a commitment to just BE there. It is a choice to not fix, but rather to show compassion and acceptance. In this way, we can all create a listening space that encourages connection and healing.

Spirit of Recovery

Check out our website at bcsspg.org to find more information about self-empowerment and to take the Spiritual Wellness Inventory Checklist.



BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help in an emergency.

People can also have mental health emergencies, and it is important that more Canadians know how to provide help in these situations too.



*If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.*

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

Register now to become certified in Mental Health First Aid:

COURSE NAME: PRINCE GEORGE Mental Health First Aid

DESCRIPTION: Basic introduction to substance use, mood, anxiety, trauma induced and psychotic disorders. Mental Health First Aid for overdose, suicide, panic attacks, acute stress reaction and psychosis.

DATE AND TIMES: Saturday & Sunday, January 20 & 21, 2018, 8:30 AM - 4:30 PM each day

VENUE AND ADDRESS: Prince George, 1117 - 6th Avenue

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

TO REGISTER, CONTACT: Kim Dixon at 250-561-8033 or kimdixon@bcsspg.org

What you can expect from this course:

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.



Mental Health Commission of Canada

Commission de la santé mentale du Canada



Mental Health First Aid Canada
Premiers soins en santé mentale

Wednesday Workshops

Prince George FAMILIES Office 1117 - 6th Avenue

All workshops run from 6:30 – 9 PM. Sign UP for one or more on a first-come basis – seating limited – by calling Kim Dixon at 250-561-8033 or email kimdixon@bcspg.org

27 SEP 17

Health Within Illness The words mental health and mental illness are often used interchangeably, but it is helpful to understand the differences. Learn how our thoughts, emotions, behaviours and body reactions all affect our mental health. Learn how our brains can become mentally ill. And learn how we can achieve health within illness.

11 OCT 17

A Break From Reality Three in 100 individuals will experience psychosis. Psychosis is a cluster of symptoms that can occur in the following patterns: once i.e. with high fever; periodically i.e. drug use; or ongoing i.e. schizophrenia. Learn more about how this break from reality affects thoughts, feelings and behaviours and how we can help support someone who may be experiencing psychosis.

25 OCT 17

Learn to L.E.A.P. How many of you have heard "I AM NOT SICK. I Don't Need Help!" and then proceeded to rationalize and argue with your Loved One that they are sick and they do need help – with little or no success. Dr. Xavier Amador has created the Listen Empathize Agree Partner (LEAP) communication tool to help someone with mental illness accept treatment. Learn more about the LEAP tool at this workshop.

08 NOV 17

3 of a Kind When does sadness become a mood disorder? When does fear become an anxiety disorder? When does using a substance or engaging in a behaviour become an addiction? Learn how to recognize common signs and symptoms of mood, anxiety and addiction disorders and how we can help support someone who may be experiencing them.

22 NOV 17

safeTALK (6 PM start time) safeTALK prepares helpers to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide, whether directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning.

24 JAN 18

The IN'S 'n OUT'S of Self-Care Mental illness and addiction has a way of quickly throwing lives out of balance. This workshop provides tools to help you restore balance to your life; the balance you need in order to calmly and effectively manage the challenges you face. These tools can help you to remain calm and matter-of-fact in situations where you may previously have found yourself becoming frustrated or angry.

14 FEB 18

The new ABC's Emotional self-control is a valuable life-skill to possess, and it is one that is often seriously challenged in a relationship with someone who has a mental illness and/or addiction. In this workshop we explore some of the more common ways of thinking that lead to unnecessary emotional upset and distress. By learning to challenge unhelpful and self-defeating beliefs you can achieve a greater level of self-awareness and a greater level of emotional self-management.

28 FEB 18

SMART Boundaries We are each responsible for "making" and "protecting" our own boundaries. Clear boundaries can minimize miscommunication and free us to enjoy a healthier relationship with our Loved One. Mental illness and addictive behaviours are often in direct conflict with healthy boundaries. In mental illness and addiction, respectful behaviour that you used to take for granted is often replaced by new unacceptable behaviours. Restoring healthy boundaries is a key to re-establishing mutual respect in your interactions with your Loved One.

14 MAR 18

Disable the Enabling As you have tried to help your Loved One toward recovery, you may have found yourself taking on the role of "Manager", attempting to manage the mental illness or addiction in various ways. It can be helpful to gain awareness and insight about how certain strategies which you intended as helpful are actually counter-productive. From there you can better explore the choices available to you for changing any unhelpful strategies to more helpful ones.

28 MAR 18

Setting SMART Goals SMART goals are an excellent tool for planning how to regain lifestyle balance, how to get back in touch with those things you really value, and how to shift your focus back on to yourself. Our goal is to achieve a healthy, positive and balanced lifestyle while supporting our Loved One in a meaningful and truly helpful way. Discover the power of choice.

Quesnel

Lakes District



EDUCATOR

Gail Rutledge, BA

Contact at 250-925-4145 or quesnel@bcss.org. See bcsspg.org for updated info on programs and services in the Quesnel area.

One to One Support Please call Gail @ 250-925-4145 if you would like individual/family support.



EDUCATOR

Heather Megchelsen, BA

Contact at 250-691-1132 or lakesdistrict@bcss.org. I am always open to starting an additional support group or program in any area within the district expressing interest. See bcsspg.org for updated info on programs and services in the Lakes District.

One to One Support Please call Heather @ 250-691-1132 if you would like individual/family support.



Strengthening Families Together

September 25th to November 27th 2017, every Monday from 6-8pm, at the upper board room at GR Baker Memorial Hospital

Monthly Family Support Group

(confidential, encouraging, helpful, discover potential options—You are not alone!)

Vanderhoof Health Clinic (multi-purpose room), 2nd Monday each month, from 3:30-4:30 pm

HereToHelp Beyond the Blues Oct 2017

Heather is coordinating a Mental Health education & screening event for a Women's Luncheon at the Cheslatta Carrier Nation Band office (Southside) on November 30, from 12 noon - 2pm.

FAMILIES is partnering with the Elizabeth Fry Society and the Cheslatta Carrier Nation.

Smart RECOVERY Family & Friends

Are you a family member or friend of someone with an addiction? Help yourself and help your loved one. SMART Recovery Family & Friends is a science-based, secular alternative or supplement to Al-Anon.

Burns Lake, Tuesdays (6:30-8:00 pm) in room #16g, Lakes District Hospital (741 Centre St), Oct 3 - Dec 19., 2017

SPIRIT

Your Recovery Journey

February 19th to April 16th 2018, every Monday from 6-8pm at Books and Co Quesnel

WELLNESS

REFLECTION



Listen, Empathize, Agree, Partner (LEAP)

LEAP teaches us a set of evidence-based practices to help individuals affected by mental illness that are experiencing denial or poor insight (anosognosia), become fully engaged and adhere to recommended treatment.

Date/Time TBA
Place: BURNS LAKE/FRASER LAKE (Autumn Centre)

PUBLIC EDUCATION School District #91

Call us to book a Partnership presentation of Schizophrenia (or Bipolar Disorder) to gr 10 C.A.P.P. classes

"What are Friends For?" PUPPET PLAY describes mental illness as a physical illness of the brain and explains how to help for grades 4 to 6.

"Hey there's Hope and Help!" PUPPET TALK about mental illness for grades 1 to 3.

SPIRIT

SMART Recovery (consumer) last Thursday of the month from 6-7:30pm at upper board room in GR Baker Memorial Hospital



KIDS IN CONTROL (KIC)

An educational support group for children ages 8 to 12 who have a parent or sibling living with a mental illness.

Wednesdays starting Oct 18, 2017, 1:15 PM at William Konkin Elementary School.

Closed group (grade 6 & 7 classroom).

Families Support Group
Second Tuesday of the month from 6-7:30 in the upper board room at GR Baker Memorial Hospital

JOURNEY



Strengthening Families Together community & families supportive education program on mental illnesses & how to help for more understanding, strength and hope. Each session is a stand-alone topic but please feel free to attend as many as possible. Free handbook provided.

Tuesdays, 6:30-8:00 pm in Room #16g, Lakes District Hospital (741 Centre St), Oct 3 - Dec 19

JOY

Smart RECOVERY Family & Friends

Are you a family member or friend of someone with an addiction? Help yourself and help your loved one. SMART Recovery Family & Friends is a science-based, secular alternative or supplement to Al-Anon.

Date/Time: TBA
Place: Books and Co. in Quesnel

Teacher Training May 25 - 27, 2018

PRINCE GEORGE TRAINING

Starts 12 PM - 6 PM Fri, May 25

Cont'd 8:30 AM - 6 PM Sat, May 26

Ends 8:30 AM - 1 PM Sun, May 27

For more information and
to PRE-REGISTER before
April 27, 2018 CONTACT:

Kim Dixon at 250-561-8033 or email kimdixon@bcssp.org OR
Christina Draegen at 1-877-811-1190 ext 320 or email cdraegen@nccabc.com

Are you living with a family member
struggling with mental illness?
YOU ARE NOT ALONE

OUR STORY

Our personal stories are the fabric of who we are, where we come from and how we walk in this world. Everyone has a story to tell and families living with mental illness are no exception. When share, Our Stories provide us with the opportunity to understand, learn and grow together. The Strengthening Families Together education program provides families a safe and caring place of hope, learning and sharing.

OUR JOURNEY

Many people can get lost in the choppy water of mental illness. The journey is often long and lonely. The Strengthening Families Together education program provides an opportunity for families to walk together seeking support, guidance and understanding. The program helps families gather information about mental illnesses, share personal experiences and challenges and learn to cope. Together our stories can be heard and Our Journeys become easier. Together we grow stronger.

OUR STRENGTH

The Strengthening Families Together education program is family centered and founded in the belief that experience family members are best suited to guide and support other families in their healing. We are inviting family members who have lived experience, wisdom, and knowledge to share to become trained Strengthening Families Together education program teachers. We are all walking this path to wellness.

OUR POSSIBILITY

Teacher training will be provided to teams of at least two (2) family members living throughout the BC Northern Interior who are committed to teaching the education program in their respective communities. Family members DO NOT need any previous teaching experience. All program materials are provided and the participants have the opportunity to practice the lecture and activities found in each module of the education program curriculum

Training and materials, transportation to and from training, accommodation and meals are all provided FREE of charge for out of town participants. Registration is limited and participants must PRE-REGISTER.