



Volume 23, No 1 Fall/Winter 2018/19

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## Row, Row, Row Your Boat

I've always enjoyed rowing – surprised to discover that I can gaze backward while still be gliding forward. As I reflect back on my twenty years with the BC Schizophrenia Society (BCSS), I still need to continue moving forward with the FAMILIES™ I serve. I want to continue to evolve through self-awareness and reflection. Reflection is a process of discovering knowledge we hold because of our experiences. It allows us to assess, understand and learn through our experiences. **That is, we examine the experience rather than just living it.**



BCSS is guided by a set of core values; family centred, partnership and respect, innovation and improvement, plus accountability and transparency. I would like to share some of my personal reflections on how these core values are woven into my work with FAMILIES and what I have learned.

FAMILIES™ has always been at the centre of

my work with BCSS. My definition of family-centred includes the entire family unit – not only the individual living with a mental illness – but the parents, partners, siblings and adult children who care. My experience is that there has been a shift from a singular focus on the patient to a broadening view of the entire circle of care – Person and Family Centred Care. I believe we are still missing an equally important member – the provider. Perhaps the way forward is what FamilySMART™ calls Together-Centred® where everyone – patients, FAMILIES™ and providers – are considered assets in moving us

forward.

My colleagues and I have created a culture of radical acceptance among all peer staff, volunteers and the family members we serve with RESPECT and VALUE (RAV). I believe respect is more than simply being polite or sharing words of appreciation. Respectful valuing recognizes every ...

(Cont'd Page 2)



TOLL FREE

1-888-888-0029

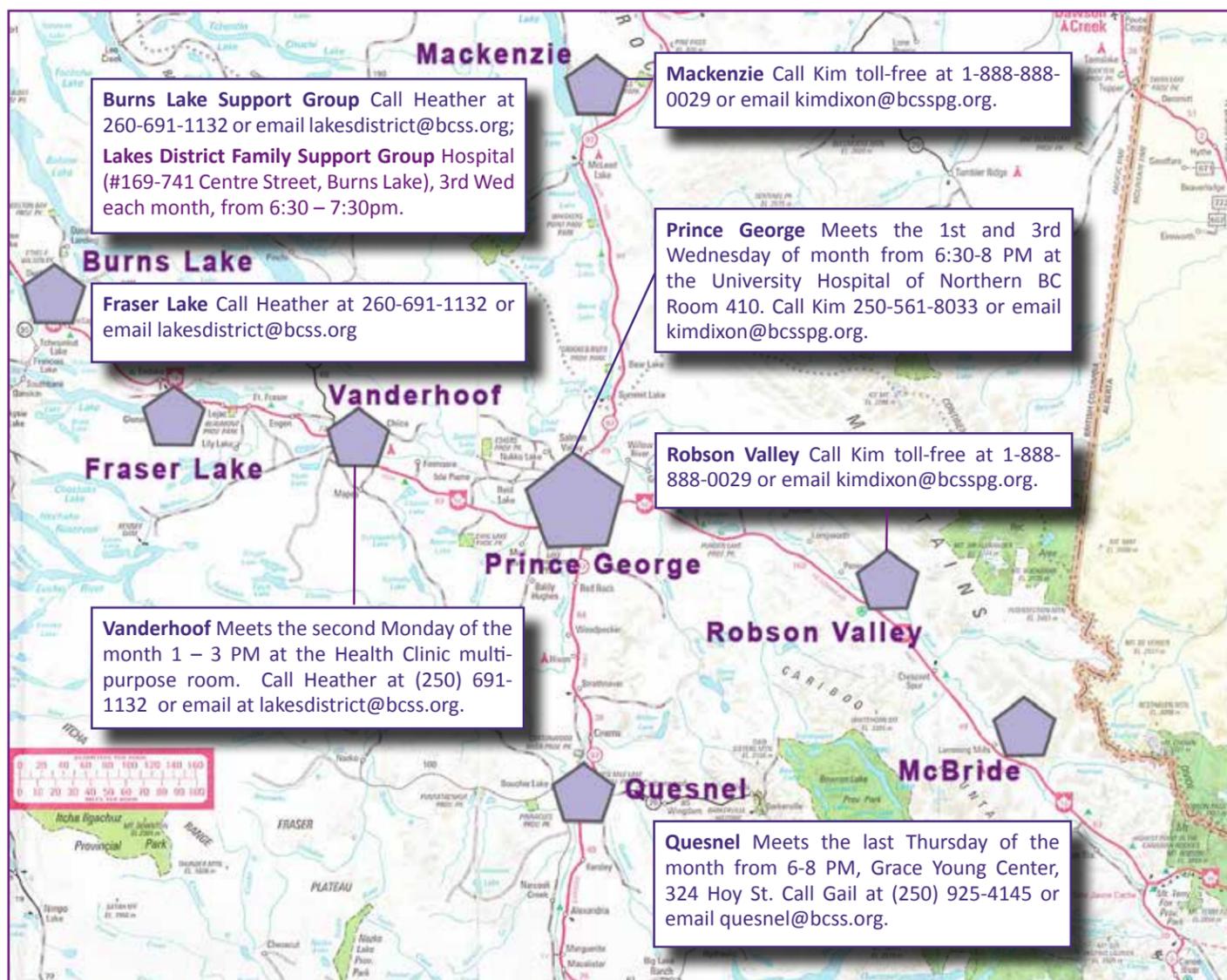
No referral needed to access individual or group services  
All services are sponsored by BCSS and are FREE

Details at [bcsspg.org](http://bcsspg.org)

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



## Support Groups for ALL FAMILY MEMBERS Affected by ANY Mental Illness



## Row, Row, Row Your Boat (Cont'd)

individual's unique skills and links these strengths to the goals of emotional healing, plus power and action in our journey of adaptation to the trauma of mental illness. Our partnership recognizes everyone as having the capacity to be a leader in moving us forward.

Have I mentioned that I am a FREE SPIRIT? At a recent workshop I discovered that I am motivated by autonomy. I love to explore and create. Innovation that leads to improvement has always been my carrot. In the area of family support I introduced the National Alliance on Mental Illness (NAMI) support group model in 2002. And, today I am creating Guidelines for the Practice of Family [Peer] Support® for one on one support for FAMILIES™ affected by mental illness. When the Strengthening Families Together (SFT) family education program was introduced in 2005, I took five years to study the SFT effect on reducing burden and increasing resiliency among FAMILIES™ which also supports the last BCSS core value of accountability and transparency.

I have learnt through this ongoing process of reflection on my actions, both personally and professionally, that my way forward is to row my own boat while being guided by the values I hold true for me. As the childhood rhyme reminds us: Row, row, row your boat, Gently down the stream, Merrily, merrily, merrily, Life is but a dream.



## 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: FREE & NO Test!**

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.

**PLACE:** PRINCE GEORGE

**WHEN:** Sat, Jan 19 & Sun, Jan 20, 2019, 8:30 AM - 4:30 PM each day

**WHERE:** 1117 - 6th Avenue

**CONTACT:** Kim Dixon at 250-561-8033 or email kimdixon@bcssp.org

**PLACE:** QUESNEL

**WHEN:** Sat, Oct 13 & Sun, Oct 14, 2018, 8:30 AM - 4:30 PM each day

**WHERE:** TBD

**CONTACT:** Gail Rutledge at 250-925-4145 or quesnel@bcss.org

**PLACE:** LAKES DISTRICT

**WHEN:** Wed. Oct 17 & Thu. Oct 18, 2018, 9am-4pm

**WHERE:** CNC (545 Hwy #16)

**CONTACT:** Jenny Pirie 250-692-1700

### 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.

# 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@bcsspg.org](mailto:kimdixon@bcsspg.org)



26 SEP 18

**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 brain can become mentally ill and how we can achieve health within illness.

10 OCT 18

**Understanding Mental and Substance Use Disorders** When a family member suffers from a mental illness, one of the most important things to do is to take the time to learn about the disorder. In this workshop, we present an overview of common mental and substance use disorders, and how to seek help if you suspect your family member is experiencing mental health problems.

24 OCT 18

**Supporting Recovery from a Mental or Substance Use Disorder** By educating yourself as much as you can about the mental or substance use disorder, you can take an active role in your family member's recovery. This workshop provides information and practical resources that can help families and their family member effectively manage their mental illness on a day-to-day basis and prevent a relapse of symptoms.

14 NOV 18

**Communication and Problem-Solving Skills** Wednesday workshops are designed to assist families in caring for a family member with a mental illness by providing information and practical resources. In this workshop we provide practical skills training in effective communication and problem solving.

28 NOV 18

**Caring for Yourself and Other Family Members** This workshop provides information on how a family member's illness impacts the rest of the family (parents, partners, siblings, adult children) and suggestions for coping including taking care of yourself.

## National Alliance on Mental Illness®

### Regional FACILITATOR Training for PEERS



PEER education programs like Strengthening Families Together, Your Recovery Journey and ongoing PEER support groups, provide individuals living with mental illness and their family members with education, support, awareness and tools.

The discussions in BOTH education programs and support groups are an opportunity for individuals to share fears, insecurities, success, approaches to problems, and to reinforce good and appropriate coping skills.

**PLACE:** PRINCE GEORGE, 1117 – 6<sup>th</sup> Avenue

**DATE/TIME:** Friday, May 3, 2019, 12:30 – 6 PM

Saturday, May 4, 2019, 9 AM – 5 PM

Sunday, May 5, 2019, 9 AM – 1 PM

The FACILITATOR training for PEERS is suitable for Strengthening Families Together and Your Recovery Journey education program teachers who want to learn how to facilitate more meaningful discussions in their classes, and for PEERS interested in facilitating a safe and effective family or consumer support group in their community.

The regional FACILITATOR training for PEERS offers a set of key structures and group processes for facilitators to use in common group discussions. These structures come with clear guidelines to follow; used together, they encourage full and meaningful group participation.

Training and materials, transportation to and from training, accommodation for two nights and meals for three days are all provided FREE of charge for participants.

Seating is limited and participants must PRE-REGISTER before April 18, 2019, by calling Kim Dixon in Prince George at 250-561-8033 or toll-free from out of tow, 1-888-888-0029 or email [kimdixon@bcsspg.org](mailto:kimdixon@bcsspg.org).

NAMI®

# SMART Recovery



## 4 steps to recovery, along with added peer mental health support to:

Build and maintain motivation

Cope with urges

Manage thoughts, feelings and behaviours

Live a balanced life

## SMART Recovery

Discover the power of choice

Make a choice, strengthen your beliefs, make recovery possible

Stop self-sabotage and understand your choices

Achieve your goals for a positive and healthy lifestyle

## Program information

Dates: TBA

Time: 3:30 – 5:30 PM

Place: 1117 – 6th Avenue, Prince George

Contact: Leanne, call or text 250-981-2472

We all have  
something  
to recover  
from

# Lakes District



## 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.

**Vanderhoof Family Support Group:** Health Clinic (Room 3299 Hospital Rd), 2nd Monday each month, from 3:30-4:30 pm.

**Lakes District Family Support Group:** Hospital (#169-741 Centre Street, Burns Lake), 3rd Wed each month, from 6:30 – 7:30pm.

**Mental Health First Aid Burns Lake:** CNC (545 Hwy #16), Oct 17 & 18, 9am-4pm. Contact Jenny Pirie (250-692-1700) to register.

**Strengthening Families Together:** Woman's group, Elizabeth Fry Society (347, Hwy #16, Burns Lake) Sept or Oct details TBD.

**NEW Smart RECOVERY Family & Friends:** Oct., Grassy Plains, time & location TBD. Call Heather 250-691-1132 or Aileen Serle, 250-694-3270 for more details.

**NEW Family WRAPS:** Starting Oct. TBD @ the Southside Health & Wellness Centre (27920 Wellness Way). Call Heather 250-691-1132 or Aileen Serle, 250-694-3270 for more details.

**Listen, Empathize, Agree, Partner (LEAP) & Public Education School District #91:** programs ongoing. See bcsspg.org for details.

# Quesnel

**Programs will be held at the Grace Young Activity Centre at 324 Hoy Street in Quesnel unless otherwise indicated.**

**Quesnel FAMILIES support group:** Every last Thursday of the month from 6 – 8pm

**Healthy Boundaries Part 1** 6 – 8pm, Oct 17, 2018

**Healthy Boundaries Part 2** 6 – 8pm, Nov 14, 2018

**Self care and self rewards** 6-8pm, Dec 5, 2018

**How you can help: a toolkit for families** 6 – 8 pm (5 week course), Feb 20 & 27, 2018; Mar 6, 13, 20, 2019

**FAMILIES in Residence** Every Tuesday from 1-3 pm beginning Sept 4, 2018 at GR Baker Memorial Hospital, QUESST Unit



## 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.

# FAMILIES in Residence



The Family Alliance on Mental Illness – Leaders in Involvement, Empowerment & Support™ (FAMILIES™) in Residence program starts September 2018.

FAMILIES™ in Residence provides support and education to ALL family members (parents, partners, siblings, adult children) affected by ANY mental illness (schizophrenia, psychosis, bipolar, depression, anxiety and addiction).

FAMILIES™ in Residence will ease the family member's journey through crisis, learning to cope and moving into action.

All FAMILIES™ in Residence have lived experience as family members. They know what it feels like to have a loved one with a mental illness. They also know what to say to other family members when faced with a mental health crisis, what to do to cope with daily challenges and role model healthy living following extensive experience and training in the Guidelines for the Practice of Family Peer Support.®

## PRINCE GEORGE

Dates: Drop by any Tuesday and Thursday beginning Sept 4, 2018

Times: Between 4:00 and 5:30 PM

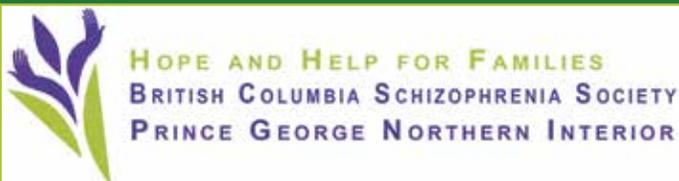
Place: University Hospital of Northern BC – Adult Acute Psychiatry Unit

## QUESNEL

Dates: Drop by any Tuesday beginning Sept 4, 2018

Times: Between 1:00 and 3:00 PM

Place: GR Baker Memorial Hospital, QUESST Unit



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