



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

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FAMILIES in Residence

The Family Alliance on Mental Illness – Leaders in Involvement, Empowerment & Support (FAMILIES) in Residence program began in the fall of 2018 located in local hospitals and continues to be a success.

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).

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 ©.

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

PRINCE GEORGE

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

Dates: Drop by any Tuesday and Thursday continuing January 8, 2019

Times: Between 4 and 5:30 PM

Contact Kim Dixon at 250-561-8033 or email kimdixon@bcsspg.org

QUESNEL

Place: GR Baker Memorial Hospital – QUESST Unit

Dates: Drop by any Saturday continuing January 12, 2019

Times: Between 1 and 3:00 PM

Contact Gail Rutledge 250-9254145 or email Quesnel@bcss.org



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 or addiction

PRINCE GEORGE Meet 1st and 3rd Wednesday of month, 6:30-8 PM, University Hospital of Northern BC Room 410. Kim 250-561-8033 or email kimdixon@bcsspg.org

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

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

BURNS LAKE Family Support Group at the Hospital (#169 - 741 Centre Street), 3rd Wednesday each month from 6:30 - 7:30pm. Call Heather at 260-691-1132 or email lakesdistrict@bcss.org

FRASER LAKE Call Heather at 250-691-1132 or email lakes district@bcss.org

VANDERHOOF Meets 2nd Monday of month, 3:30 - 4:30 PM, Health Clinic Multipurpose Room, Heather 250-691-1132 or email lakesdistrict@bcss.org

QUESNEL Meet last Wednesday of month, 6:30 - 8 PM, Grace Young Activity Centre at 324 Hoy Street. Contact Gail at 250-925-4145 or email quesnel@bcss.org

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



Change and Motivation The addictive behaviour of someone you love can have an enormous impact on your emotional and physical well-being. It can be like living on a roller coaster, putting huge pressure and stress on your ability to cope. If you have *tried everything* and nothing is working you may have already decided that it's time for something to change.



Who Controls You? Part 1 In this workshop we will offer you some tools that can help you to remain calm and matter-of-fact in situations where you may previously have found yourself becoming frustrated or angry. Learn how you can use a tool called Rational Emotive Behaviour Therapy (REBT) in your daily life to help change unwanted emotions and behaviours. Take back control.



Who Controls You? Part 2 You've probably heard the serenity prayer: *God, grant me the serenity to accept the things I cannot change. The courage to change the things I can. And, the wisdom to know the difference.* This workshop will empower you to change those things that you can change - and empower you to accept those things that you cannot change - with more on Rational Emotive Behaviour Therapy (REBT).



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. Respectful behaviour you used to take for granted is often replaced by new, unacceptable behaviours in mental illness and addiction. Restoring healthy boundaries is a key to re-establishing mutual respect in your interactions with your Loved One.



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 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.

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.

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.

- PLACE:** PRINCE GEORGE, 1117 - 6th Avenue
- DETAILS:** Friday, May 3, 2019, 12:30 - 6 PM
- Saturday, May 4, 2019, 9 AM - 5 PM
- Sunday, May 5, 2019, 9 AM - 1 PM

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.

Lakes District



EDUCATOR

Heather Megchelsen, BA

Contact 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.

BURNS LAKE Family Support Group at the Hospital (#169 - 741 Centre Street), 3rd Wednesday each month from 6:30 - 7:30pm. Call Heather at 260-691-1132 or email lakesdistrict@bcss.org

BURNS LAKE Strengthening Families Together at the College of New Caledonia, 545 Hwy #16, starting Jan 22. Please contact Jenny Pirie (250-692-1700) or CNC website (under Continuing Education) to register for this free course.

BURNS LAKE SMART Recovery Family & Friends program, Elizabeth Fry, 347 Hwy#16, starting Jan 16

FRASER LAKE Call Heather at 250-691-1132 or email lakesdistrict@bcss.org

SCHOOL DISTRICT #91 Listen, Empathize, Agree, Partner (LEAP) & Public Education: 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 Wednesday of the month from 6:30 - 8pm

How you can help: a toolkit for families 6:30 - 8 pm (5 week course), Feb 20 & 27; Mar 6, 13, 20, 2019 Mar 6, 13, 20, 2019

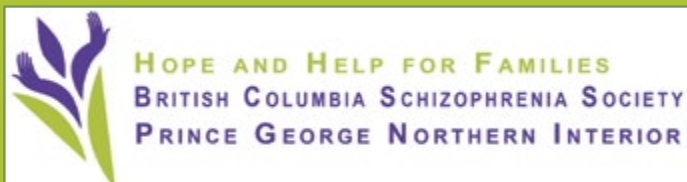
FAMILIES in Residence Drop by every Saturday between 1 - 3 pm beginning January 12, 2019, at GR Baker Memorial Hospital, QUESST Unit



EDUCATOR

Gail Rutledge, BA

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



Kim Dixon, BA, MSc, Area Manager
Heather Megchelsen, BA, Educator
Gail Rutledge, BA, Educator

Linda O'Connor, BA, Communications Specialist