



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

F.A.M.I.L.I.E.S.™

NEWSLETTER Volume 26, No 1 Winter/Spring 2020

What's Inside

Family Support Groups

Page 2

Mental Health First Aid

Page 3

2020 Teens In Control - Lakes District

Page 4

2020 Wednesday Workshops - PG
Involuntary Admissions - Legal Advice

Page 5

Lakes District Programs & Services

Page 6

Quesnel Programs & Services

Page 7

Strengthening Families Together - Teachers' Training

Page 8

FAMILIES™ Pioneers New Family Peer Support Training

What is Peer Support?

Peer Support is distinct from other forms of support in that the relationship is one of equality, where a peer can offer support by virtue of a similar experience. It's someone who has "been there, done that" and can relate to others who are now in a similar situation. If you have been struggling alone to manage mental illness and/or addiction for yourself or a loved one, a trained peer supporter can be a lifeline providing knowledge, experience, emotional, social and practical help. Above all, it's important to know you're not alone.



Consistent Quality of Care

FAMILIES™ has successfully led peer groups and individual supports in northern communities since 1997, and is now improving its programs by aligning all training with national standards of practice set out by Peer Support Canada (PSC).

PSC includes measurement and evaluation of Family Peer Supporters' experience, knowledge and competencies. These encompass several skills, values and qualities including interpersonal

relations, demeanor, communication, critical thinking, hope, self-management and resiliency, flexibility and adaptability, self-awareness and confidence, initiative and commitment, teamwork, and continuous learning and development.

Pioneering Family Peer Support Training

In fact, the Mental Health Commission of Canada recognizes FAMILIES™ as an example of promising practice in engaging family caregivers, including Family Peer Support training free of charge for interested volunteers. Once mastered, you can go on to Peer Support Mentor training and a third level learning how to train trainers. FAMILIES™

peer supporters currently operate in one-on-one and group settings, and also help patients in some hospitals in our FAMILIES™ in Residence program. Looking ahead, FAMILIES™ is working toward eventual certification of all Family Peer Supporters and our commitment is to continue to be on the forefront of supporting all standards of best practices in quality of care for you and your loved ones. To that end we will be participating in the Peer Support Canada National Conference in Burnaby June 25 to 26 this year.

If you're interested, please contact Kim Dixon.

 bcsspg.org

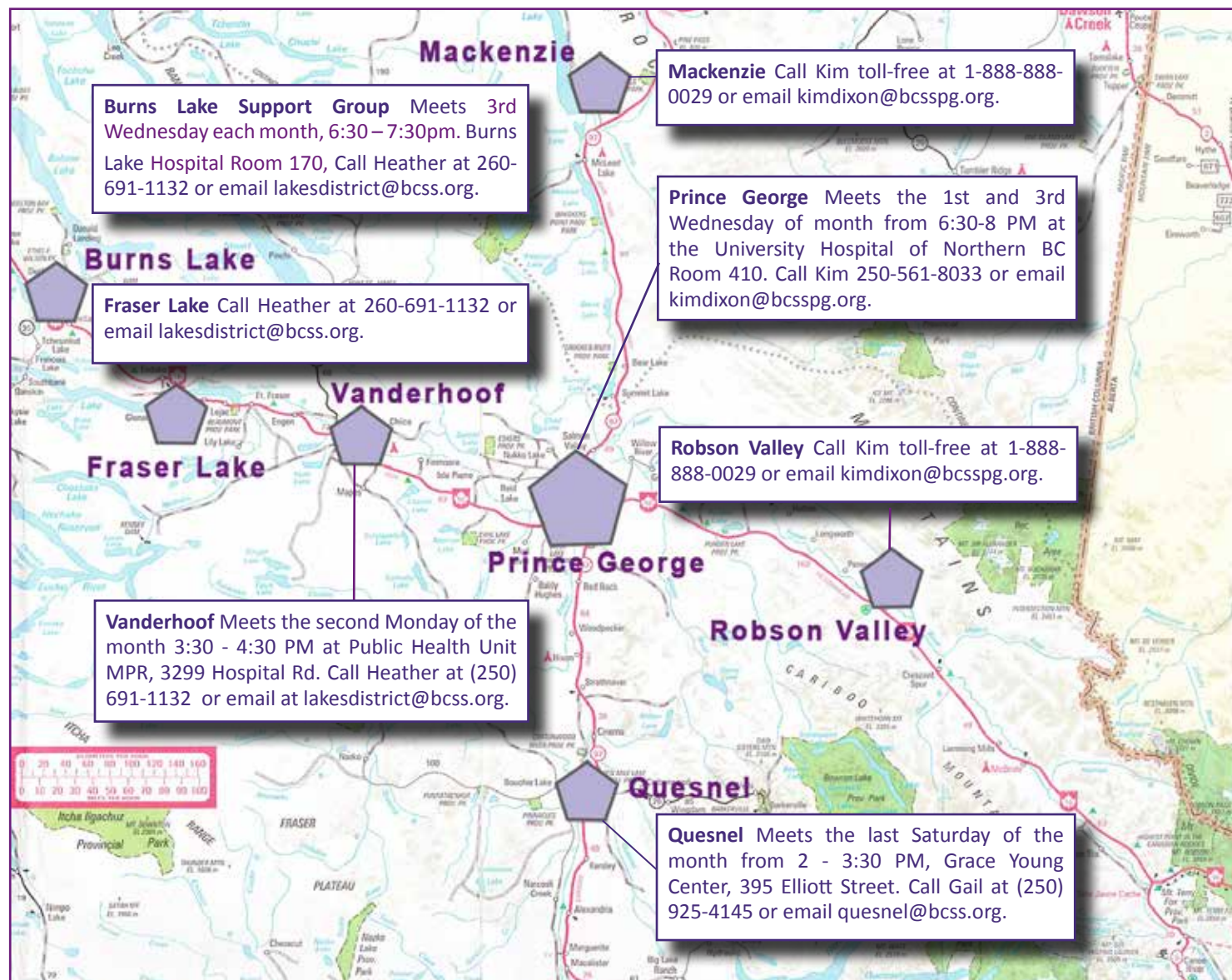
1-888-888-0029

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

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



Support Groups for ALL FAMILY MEMBERS Affected by ANY Mental Illness



FAMILIES™ Peer Specialists Supporting, Educating, Advocating

FAMILIES™ is excited to introduce our newest Prince George Educator, Michelle Ellerton starting April, 2020 – welcome Michelle!

Our Peer Specialists provide personal and confidential individual support for ALL family members (parents, partners, siblings, adult children) affected by ANY mental illness (psychosis, schizophrenia, bipolar, depression, anxiety, trauma-related, substance use and addiction disorders). It is important for family members to have the opportunity to work through their thoughts and feelings through conversation. FAMILIES Peer 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™ Peer 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
- Michelle Ellerton in Prince George at michelleellerton@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



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 18 & Sun, Jan 19, 2020
8:30 AM - 4:30 PM each day

WHERE: 1117 - 6th Avenue

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

PLACE: QUESNEL

WHEN: Sat, Jun 13 & Sun, Jun 14, 2020,
8:30 AM - 4:30 PM each day

WHERE: Grace Young Centre

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

TEENS IN CONTROL



COMING SOON TO LAKES DISTRICT

Call 250-691-1132 or email lakesdistrict@bcss.org for details and to save your seat.



Your legal rights & responsibilities in plain language

SPECIAL Friday Night presentation with guest presenter Hardeep Thind

Most of us know that our loved one may be admitted to the hospital involuntarily if we are able to get them to emergency with or without police assistance. There is a third option – an application to court. Hardeep has had good success in supporting families to get help for their loved one with a court application. Come find out

more about this third option for involuntary admission.

As a family member Hardeep brings almost 20 years of experience supporting families affected by mental illness in the Lower Mainland. Welcome to the warmth of the North, Hardeep (bring your snow pants)!

Date: Friday, November 1, 2019 (Halloween costumes optional)

Time: 6:30 – 9 PM (Treats provided)

Place: 1117 – 6th Avenue (FAMILIES office)

Seating limited. Call Kim Dixon at 250-561-8033 or email kimdixon@bcssp.org to save your seat.

2020 Sign Up Wednesday Workshops

Starting January 22, 2019, 6:30 – 9 PM

Sign UP for one or more on a first-come basis – seating limited. Call Kim Dixon at 250-561-8033 or email kimdixon@bcssp.org

22 JAN 20

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.

12 FEB 20

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.

26 FEB 20

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).

11 MAR 20

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. healthy boundaries is a key to reestablishing mutual respect in your interactions with your Loved One.

25 MAR 20

Disable the Enabling You may have found yourself taking on the role of "Manager" as you have tried to help your Loved One toward recovery, 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.

Lakes District Programs & Services



**Heather Megchelsen, BA
EDUCATOR**

My name is Heather Megchelsen. I work with BCSS FAMILIES™. I am available for one to one support for individuals or family support. Please feel free to call me at 250-691-1132 or email lakesdistrict@bcss.org if you have any questions or concerns for your family or friends' mental wellbeing. I can visit you at your home or pick up the tab for a coffee visit.

For individual/family support one-to-one please call Heather at 250-691-1132 or email at lakesdistrict@bcss.org



Quesnel Programs & Services



**Gail Rutledge, BA
EDUCATOR**

Hi, I'm Gail Rutledge with BCSS FAMILIES™. I am available for one-to-one support for individuals or family support. Please feel free to call me at 250-691-1132 or email quesnel@bcss.org if you have any questions or concerns for your family or friends' mental wellbeing. See bcsspg.org for updated info on programs and services in Quesnel.

For individual/family support one-to-one please call Gail at 250-925-4145 or email at quesnel@bcss.org



FAMILIES™ Programs & Services for Adults and Children in Lakes District

Hope & help managing a family member with mental illness and/or addiction one family at a time

FAMILIES™ Programs & Services for Adults and Teens in Quesnel

Hope & help managing a family member with mental illness and/or addiction one family at a time

Vanderhoof Family Peer Support Group: Public Health Unit MPR, 3299 Hospital Rd, 2nd Monday each month from 3:30-4:30 pm.

Kids in Control helping children in families with mental illness and/or addiction.

Burns Lake Family Support Group: Rm 170, Lakes District Hospital, Burns Lake, 3rd Wednesday each month from 6:30 - 7:30pm.



Partnership presentation of Schizophrenia (or Bipolar Disorder) to gr 10 C.A.P.P. classes,

"What are Friends For?" PUPPET PLAY Grades 4 - 6,

"Hey there's Hope and Help!" PUPPET TALK Grades 1 - 3.

Smart RECOVERY Family & Friends; Family WRAPS; Listen, Empathize, Agree, Partner

Strengthening Families Together Program & Peer Support Women's Group: Elizabeth Fry Society & Cheslatta Band, FN Band Office, 1215 Keefes Landing Rd, Grassy Plains, 3rd Tuesday of month starting Sept 17/19, 10 am - 1:30 pm (lunch included). Open to all women on the Southside.

(LEAP), Family Wellness Chats for Parents; Beyond the Blues; Health Fairs: programs ongoing. See bcsspg.org for details or call Heather 250-691-1132 for more information.

Public Education School District #91 Fraser Lake: Programs below are ongoing. Call Heather Megchelsen at 250-691-1132 for more information.

Teens in Control - Coming Soon in 2020, Check with Heather for details

Programs will be held at the Grace Young Activity Centre on 395 Elliott street in Quesnel unless otherwise specified. For more information or to register contact Gail Rutledge at 250-925-4145 or quesnel@bcsspg.org

GROUPS & PROGRAMS

Quesnel Family Support Group Every last Saturday of the month from 2 - 3:30 pm

Mental Health First Aid Saturday and Sunday, October 19 & 20, 2019, 8:30 AM - 4:30 PM each day. -

Families in Residence Saturdays, 1 - 3 pm, GR Baker Memorial Hospital, QUESST Unit

SATURDAY WORKSHOPS

Healthy Boundaries Part 1 1 - 3 pm, Jan 11, 2020

Healthy Boundaries Part 2 1 - 3 pm, Feb 8, 2020

Self care and self rewards 1 - 3 pm, Mar 14, 2020



FAMILIES™

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.

DATES:

May 1 – 3, 2020

Training starts at noon of Friday, May 1st

Training continues all day Saturday, May 2nd

Training ends at noon on Sunday, May 3rd

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.

Strengthening Families Together Teachers' Training



Supporting You With the Tools You Need

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

**OUR STRENGTH**

The Strengthening Families Together education program is family-centered and founded in the belief that experienced 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 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.

HOW TO REGISTER

For more information and to PRE-REGISTER before April 10, 2020, call Kim Dixon at 250-561-8033 or email kimdixon@bccspg.org

