

NEWSLETTER

Spring 2008

A Note From the President

It gives me great pleasure to introduce you to Susan Allen, our new coordinator at Family Council. Susan is a Social Worker with an extensive background working with families, youth and program development. She has lots to tell you, what we're up to and what we plan along the way.

Ann Orr – President of the Board of Directors

Family Centred Care

Two Board members, Ann Orr and Maureen Foy along with two staff members of CAMH attended the Family Centred Care Conference at The Institute for Family Centred Care in Atlanta, Georgia this March. Everyone came back energized about the ideas presented and look forward to sharing the ideas with the Family Centred Care Initiative at CAMH. Some ideas they brought back include.

- All clients and families have strengths.
- Clients and families are the experts on the experience of being service consumers
- Respect client and family knowledge about their own health needs.
- Honour natural supports.
- Develop roles for clients and family members as consultants.
- Acknowledge that the word "family" is variously defined.
- Acknowledge the expertise of clients and families.
- Explicitly encourage clients' and families' participation in health care decision-making.

Family Policy

The Family Centred Care Initiative Committee is in the process of finalizing a Family Policy. The Objectives of the Policy are as follows.

- Family Involvement in Client Care
- Professional Services for Families
- Families Helping Families

Much thought and hard work has gone into this endeavour and the members of the sub-committee who worked on this need to be congratulated. Once finalized the committee will determine what the next steps are.

Manual for Family Members and Caregivers

Hong Fook Mental Health Association has produced a manual for family members and caregivers, titled Understanding, Support and Self Care. It is very comprehensive and informative. You can access it by contacting Hong Fook at 416-493-4242 or www.hongfook.ca.

Up-coming Events

Schizophrenia Society of Ontario Fundraiser – Yoga-thon at The Distillery – Saturday May 10.

A union of karma and hatha yoga to raise funds for the Schizophrenia Society of Ontario's Early Intervention Program.

All are welcome from beginners to advanced yoga enthusiasts.

For more information go to www.yogathon.ca or contact Yvonne_parti@camh.net.

Family Members Party

A special date to mark on your calendar. We're having a Family Members Party and we would like you to join us on Thursday, May 29 from 6-9 pm. An invitation will follow soon with more details.

Looking forward to meeting you then. It will be a chance to get to know you, and remember, if I can be of help just give me a call at 416-535-8501 ext 6499 or email at susan_allen@camh.net

Mental illness is nothing to be ashamed of, but stigma and bias shame us all. -Bill Clinton