

New programs begin soon! See p. 4

SHARE & CARE

THE RECOVERY OF HOPE ~ THE HOPE OF RECOVERY

HEAD OF NATIONAL INSTITUTE ON DRUG ABUSE TO SPEAK AT LOW-BEER MEMORIAL LECTURE



Dr. Nora Volkow will be the keynote speaker at the 2017 Edith and John Hans Low-Beer Memorial lecture, titled **Mental Illness & Drug Addiction: Common Developmental Risks & Brain Pathways**.

Director of the National Institute on Drug Abuse at the US National Institutes of Health, Nora Volkow is a world leader in the neurobiology of diseases of reward

and self-control such as addiction and obesity. Dr. Volkow was born in Mexico City, where she lived until she completed medical school. While training as a psychiatrist in New York City, she started doing research with brain imaging technologies to study how drugs affect the human brain. Nora's research has been instrumental in demonstrating that addiction is a brain disease that undermines the function of circuits that underlie reward, motivation, and self-control—and in identifying overlapping circuitry disruptions in obesity.

Dr. Volkow has published more than 600 peer-reviewed articles and written more than 95 book chapters and non-peer-reviewed manuscripts, and has also edited three books on neuroimaging for mental and addictive disorders. She has been the recipient of multiple awards and was inducted into the Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) Hall of Fame. Dr. Volkow has been named one of *Time* magazine's "Top 100 People Who Shape Our World," "One of the 20 People to Watch" by *Newsweek* magazine, *Washingtonian* magazine's "100 Most Powerful Women" and "Innovator of the Year" by *U.S. News & World Report*.

You don't want to miss it. □

Thursday, September 28, 2017, 7 pm
At Oscar Peterson Concert Hall
7141 Sherbrooke West, Montreal

Free admission: Lecture will be presented in English
Information: 514.486.1448 or amiquebec.org/LB17

What's in a Word?

For the longest time AMI-Quebec has used the term 'caregivers' in reference to family members and friends who provide unpaid care to loved ones with mental illness or other health challenges. In countries such as the UK, Australia and New Zealand — and increasingly in Canada — the common expression is 'carer'. While we are accustomed to our terminology, we came to realize that 'carer' might be a better choice.

While 'caregiving' may suggest the provision of concrete care, 'caring' appears to be a softer and more inclusive expression. For various reasons and at certain times a family member may not be providing actual help, but he/she is still a carer – someone who cares about a loved one. Moreover, some family members feel uncomfortable being called caregivers for the very reason that they are not always involved in actual caregiving. Additionally, caregiving is often associated with the professional provision of services and 'caregivers' are often confused with 'service providers.'

For all these reasons, we have agreed to join the trend and increase the use of 'carer' instead of 'caregivers'. As these terms are interchangeable, we will continue to use both; however, we hope that as we become more comfortable we can integrate carer as our expression of choice. □

We would like to know what you think! Please share your opinion and drop us a line at info@amiquebec.org.

DUNHAM HOUSE



A new home and new hope for mental illness and addiction

Nestled in the magnificent hills of the Eastern Townships one hour away from Montreal is a new residential mental health facility, catering especially to the English-speaking

continued on page 2

Dunham ... continued from page 1

community. Dunham House is the culmination of several years of effort to establish a program that addresses the needs of individuals struggling with mental health



and substance use issues. The focus is on developing and strengthening life skills, which are necessary as people with mental health challenges progress on their journey of recovery. Residents are encouraged to discover their interests and strengths and are helped to develop their abilities and make informed choices.

The residential program (usually 26 weeks) includes the development of an intervention plan tailored to each individual, information sessions, group activities, readings, counseling, and weekly progress evaluations. Activities include horticulture (kitchen garden, flower beds, propaga-

tion and seedling, ground management); sports and leisure (soccer, volleyball, basketball and yoga); assisted equine (horse) therapy; and arts and crafts (drawing, painting, music).

The program is guided by a strength-based approach, with a special emphasis on what the person can do, rather than on the vulnerabilities associated with mental illness or addiction. While challenges are certainly addressed, it is believed that by capitalizing on the strengths and wishes of the person, some of the weaknesses are likely to be reduced.

Altogether the goal of the program is firstly to restore proper health and cultivate good habits, then modify behaviour and empower participants to create their own realistic future plans so when they leave the program they can enjoy a secured life, prevent relapse, and achieve psychological safety through self awareness and self acceptance. Individuals age 18 and older can be self-referred or referred by a service provider.

No words could describe this undertaking better than those of Daniel Colson, Vice-Chairman of

the Advisory Board and the engine behind the fundraising efforts to secure the program: "Dunham House is a dream come true and will only get better with each month that passes...the English-speaking population of Quebec is seriously underserved when it comes to mental health and we want Dunham House to be a wonderful resource and residential facility for people who need help as well as for their families. We also want to help the medical community in and around Montreal who have very limited options to recommend to their patients who need a safe, peaceful, healthy, and welcoming place to go, especially those people who are leaving the hospital."

AMI visited Dunham House and we were thoroughly impressed! You will be too! Learn more and/or arrange a visit by calling Murray Brohman, General Manager of Dunham House, at 450-263-3434 or by email at m.brohman@dunhamhouse.ca. Visit their website at dunhamhouse.ca. □



Virtual Reality: Helping Reduce the Hardship of Schizophrenia

Schizophrenia has long been addressed through psychiatric drugs and therapy, but now a revolutionary method to treat the disorder is being tested at Phillippe-Pinel's Institute in Montreal. Created by researcher and psychiatrist Alexandre Dumais, this method entails the use of Virtual Reality technology, giving patients an opportunity to confront the images and voices that torment them.

Dumais' team created a virtual reality headset that presents patients with virtual demons developed according to the patient's specifications about their hallucinations. While patients are looking at the VR demons, Dumais recites phrases that the patient would typically experience in conjunction with the hallucinations.

Although this scenario might sound frightening, it is the exposure to such intense stimuli that has improved the lives of people

like Richard Breton. Breton was the first participant in Dumais' project. Previously, he used a combination of medications and therapy, and still experienced intense hallucinations that at times made him fear for his life. But with Virtual Reality, he and others have learned how to cope with their demons and voices in a controlled and safe space.

The process includes a psychiatrist guiding patients during several treatment sessions on how to use defense and coping mechanisms to attack symptoms. For Breton, the results have been so positive his symptoms are down by about 90 percent. But he is not the only one seeing positive results; fifteen other patients have experienced a dramatic decrease.

These scenarios usher in the opportunity for Virtual Reality. Dumais and the Pinel Institute have now partnered with Montreal Virtual Reality Company to develop more realistic looking avatars, which would aid in making the therapy more effective. It's a pilot project, technologically building for the future. □

– Alejandra Vergara

Source: cbc.ca (<http://bit.ly/2rXZLJ7>)

WHAT DOES RECOVERY IN MENTAL HEALTH MEAN?

Is it possible to recover from mental illness?

Yes, it is! Many people who suffer from a mental illness do recover. And although symptoms may continue, having a mental illness does not mean that you can't live a healthy, happy life.

The concept of "recovery" originally began in the addictions field, referring to a person recovering from a substance use disorder. The term has more recently been adopted in the mental health field as people realize that, similar to recovery from an addiction, recovery from a mental illness is also possible.

After many years of viewing mental illness as a condition that deprives people from having fulfilled lives, a new vision emerged. Called the **Recovery Vision**, it suggests that **every person, as sick as he/she may be**, can embark on a journey of healing and transformation and **can live a meaningful life** while striving to achieve his/her maximum potential.

Personal Recovery is different from Clinical Recovery. While Clinical Recovery stipulates rigid conditions to consider a person 'recovered', Personal Recovery is a unique process for each individual. It refers to the changing of one's attitudes, values, feelings, goals, skills, and roles; it is a way of living a satisfying, hopeful, and contributing life even with limitations caused by an illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the sometimes catastrophic effects of mental illness.*

AMI's programs and activities are guided by a vision of recovery. We believe that while it is important to seek medical advice and treatment (which is commonly focused on the illness), it is paramount to embrace a whole person approach, taking into consideration one's dreams, wishes, strengths, and abilities. While the Recovery Vision refers to people with mental illness, families also need to go through their own recovery journey so they can facilitate the recovery of their loved ones while sustaining their own wellbeing. Mental illness is a family affair; all members of the family deserve whatever support they need to cope and thrive.

An Introduction to Recovery workshop will be offered periodically (see p.4); to gain the maximum from other workshops we offer, it is recommended that you first inform yourself about the Recovery Vision either by joining an Introduction to Recovery session, or by reading about it. □

For more information on recovery visit amiquebec.org/what-is-recovery

*Anthony WA (1993) *Recovery from mental illness: the guiding vision of the mental health service system in the 1990s*, *Psychosocial Rehabilitation Journal*, 16,11-23

Navigating Crisis: From Isolation to Peer Support

AMI-Quebec offers information and support to families arriving at the Emergency room of the Douglas Institute and the Jewish General Hospital with a relative or friend in crisis. A family peer support worker (FPSW) with caregiving experience meets one-on-one to listen and support families in time of crisis.

Depending on the needs of the caregiver, the FPSW may share coping skills or guide the caregiver toward resources in their community that may help. Based on their own experience and on their knowledge of the hospital organization the FPSW can also provide information about the hospital treatment units, the role of an emergency ward, privacy laws, rights of patients, and court order procedures.



Dahlia Eldaly, AMI-Quebec FPSW at the Douglas Mental Health University Institute

Fear, hopelessness, anxiety, and distress are common emotions caregivers experience. The unknown triggers constant worry that looms like a permanent dark cloud over a caregiver's head. Even during a period of calm and relative stability, the worrying thoughts may linger.

A crisis is a time of intense difficulty shaped by uncertainty and internal chaos. For a caregiver, navigating the murky waters of a crisis can feel overwhelming and unsurmountable. A caregiver might attempt to conceal certain feelings from their ill loved one for fear of causing further concern. Despite their good intentions, they might express frustration given the bewildering and perplex nature of the situation. Or, most incapacitating, they might surrender to severe guilt. Whether a caregiver displays an air of calm or a state of panic, below the surface may lay turmoil and a sense of disorientation.

Once the decision is made to walk through the doors of a psychiatric emergency room, there may be a series of complex and conflicting emotions and thoughts that arise, especially for a first-time episode. Was it the right choice? Will I finally experience some respite? Will my loved one consent to emergency treatment? Is recovery forthcoming?

It is important to remember that a caregiver is allowed to be vulnerable and scared despite their responsibilities.

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PROGRAMS ADDED TO OUR EDUCATION AND SUPPORT IN 2017-18

New workshops, new videos, and old favourites

To maximize the benefits of programs to our members, we evaluate them on a regular basis and adjust as necessary. In the past year we noticed a decreased attendance in our distance-learning programs (teleworkshops), but at the same time a rise in workshop participation that focused on coping skills and stress reduction.

As a result, we introduce new one-time

workshops, including Recovery, Types Of Mental Illness, Treatments For Mental Illness, and expanded our Mindfulness series to a weekly Fall workshop. We have also created a YouTube page and SoundCloud page to provide valuable video and audio content online 24 hours per day.

Our workshops will provide you with information and hands-on experience and are likely to help reduce stress and increase

confidence. Read through the information below and you're sure to find something that suits you.

But if you live outside Montreal, don't despair! We can still support you through Teleworkshops, YouTube videos, SoundCloud podcasts, counseling by phone or Skype, and if you give us a call we can help guide you to services in your area.

SUPPORT GROUPS

Open-agenda sessions facilitated by people who have experience, either as a caregiver or having lived with mental illness. No registration necessary. All our Montreal support groups start at 6:30 pm. We also have a support group on the South Shore. See Calendar, page 6, for dates and locations or visit amiquebec.org/support

ONE-TIME WORKSHOPS

for caregivers

Please note: space is limited for all workshops and registration is required.

INTRODUCTION TO BPD

for caregivers

This introduction session for carers will provide basic knowledge on Borderline Personality Disorder: what it is, what are some of the challenges, and what can be done to reduce conflicts.

At AMI. 6:00-8:00pm. Registration: amiquebec.org/BPDintro or **514-486-1448**.

September 12, 2017, with Sylvie Bouchard

RECOVERY

for caregivers

The Recovery workshop for carers will introduce you to what you can do as you help your relative manage his illness, and what you can do to sustain your own health. Since Recovery is one of the building blocks of our work, you may consider attending an Introduction to Recovery before joining other workshops. For more information about recovery, see page 3.

At AMI. 6:00-8:00pm. Registration: amiquebec.org/RecoveryWorkshop or **514-486-1448**.

September 14, 2017, with Ella Amir.

COMMUNICATION

for caregivers

Effective communication can strengthen mutual respect and

trust, thereby allowing people with diverse attitudes and opinions to develop constructive partnerships. It's the type of approach that can help reduce stress and improve your relationship with your ill loved one.

At AMI. 6:00-8:00pm. Registration: amiquebec.org/communication or **514-486-1448**.

October 5, 2017, with Melanie Hughes

TYPES OF MENTAL ILLNESS

for caregivers

There is a wide spectrum of mental illnesses from depression to hoarding to bipolar disorder. This workshop goes over the various diagnoses and characteristics of each mental illness and includes a question and answer period. Facilitated by doctors in McGill University's Psychiatry Postgraduate Program.

At AMI. 6:00-8:00pm. Registration: amiquebec.org/McGill-workshops or **514-486-1448**.

October 19, 2017.

COPING SKILLS

for caregivers

Dedicated to solving one of the stickiest worries for caregivers: how to deal with stressful situations and keep harmony in the family.

At AMI, 6:00-8:00pm. Registration: amiquebec.org/skills or **514-486-1448**.

November 1, 2017, with Melanie Hughes

CREATIVE EXPRESSION

for caregivers

This workshop is an innovative and creative way to explore your own challenges and how they can be overcome. You will use your intuition to create small collage cards with magazine images, scissors, and glue. You will then learn how to 'read' your cards to discover what personal and hidden meanings your card reveals to you.

No art experience is required — yes, you are naturally creative! If you are a caregiver struggling to maintain your balance while

caring for a loved one touched by mental illness, you may find the experience of self-discovery and respite rewarding.

At AMI, 6:00-8:00pm. Registration: amiquebec.org/creative or 514-486-1448.

November 15, 2017, with Joyce Cohen

TREATMENTS FOR MENTAL ILLNESS

for caregivers

A variety of treatments exist for mental illnesses. This workshop focuses on both pharmaceutical and alternative treatments. The workshop is followed by a question and answer period. Facilitated by doctors in McGill University's Psychiatry Postgraduate Program.

At AMI, 6:00-8:00pm. Registration: amiquebec.org/McGill-workshops or 514-486-1448.

November 23, 2017

RESILIENCE

for caregivers

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. Everyone can benefit from enhancing his or her resiliency! Participants will be given space to learn and think, and then reflect collectively as a group.

At AMI, 6:00-8:00pm. Registration: amiquebec.org/resilience or 514-486-1448.

November 29, 2017, with Melanie Hughes

MINDFULNESS

for caregivers and individuals with mental illness

Mindfulness is a mental state you can achieve by focusing your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations. An introduction workshop will be followed by a weekly session on Tuesday mornings. Here you will be taught a simple meditation practice that could impact your life and give you insight into your thinking patterns.

At AMI, 10-11:30am. Registration necessary for Introduction session only. amiquebec.org/mindfulness or 514-486-1448.

September 12, 2017 Mindfulness Introduction Workshop with Julia Brochocka.

September 19, 2017 – December 12, 2017 Weekly Tuesday Mindfulness sessions.

BPD FAMILY CONNECTIONS

for caregivers

Theory and skills to cope with challenging situations and improve communication with a loved one suffering from emotional dysregulation. This skills-based program will also help caregivers recognize and sustain their own well-being. It is a peer led program, with trained facilitators who are themselves family members of people with Borderline Personality Disorder (BPD) or Emotional Dysregulation (ED).

At AMI. Must attend all sessions. Registration: amiquebec.org/BPD or 514-486-1448.

September 16 (Saturday 9am to 5pm)

September 20, 27 and October 4, 11 (Wednesdays 6pm to 8:30pm)

October 15 (Sunday 9am to 5pm)

With Sylvie Bouchard and Laura MacMartin

TELEWORKSHOPS

for all

Use your phone to spend some rewarding time learning about mental illness and mental health. Hosted live by specialists in their field, the presentations are followed by an interactive Q&A period. Registration necessary.

7:00-8:15pm. Registration: amiquebec.org/teleworkshops or 514-486-1448 (1-877-303-0264 toll-free outside Montreal).

October 24, 2017 **Mental Illness and Treatments**. Speaker TBD.

December 5, 2017 **Addiction and Mental Illness**. With Rabbi Benyamin Bresinger, Chabad Lifeline.

HOARD NO MORE!

A 22-week program for individuals facing the challenges of hoarding; aimed at learning and practicing strategies to minimize the problem and reduce its impact on one's life. Participation in the entire program is required. With Gail Adams and Joanne Smith; starting **September 6, 2017** from 1 to 3pm, at AMI. For more information: amiquebec.org/hoardnomore or 514-486-1448.

Registration Full.

INDIVIDUAL COUNSELING

for caregivers

Should you need a personalized one-on-one for a particular problem or situation where a family member with mental illness is concerned, we're here for you. If you're a resident of Montreal, call our office to book an appointment with **SOS-Famille**. For those who live outside the city or in a remote area, who are house-bound or having difficulty accessing English-language services, there's help by telephone or Skype. For further information, visit amiquebec.org/counselling or call 514-486-1448 or 1-877-303-0264 (outside Montreal, toll-free).

STAY INFORMED

Want the latest news about our programs, services, and upcoming events?

Sign up for our **emails**:

www.amiquebec.org/email

Visit our **website**: www.amiquebec.org

Follow us on



Or **call us**: 514-486-1448 (1-877-303-0264 outside Montreal)

YOU can make a difference!

Walk Towards a World Without Stigma

Join us for the 9th annual Montreal Walks for Mental Health on October 15th, 2017, at 11 a.m. in Phillips Square (corner of Ste. Catherine and Union)

Every fall, walkers take to the streets of downtown Montreal to help increase public awareness about mental health and eliminate stigma and discrimination towards people living with mental illness. The Walk also provides funds to organizations that provide mental health services.

Stand up and be counted — the bigger the crowd, the bigger the impact. ☐

Save time! Register or donate online at www.mtlwalks.com



40th Anniversary Gala — Buy your tickets today!

Join us at our gala in celebration of AMI-Quebec's 40th Anniversary on October 12, 2017 at Local 514.

Andrew Carter, CJAD's "Morning Man," is our Gala honouree for raising awareness and advocating for mental health.

The evening will be filled with music from all four decades, a silent auction, an exquisite raffle, open bar, Java U catered cocktail dînatoire and much more....

Tickets: **\$140.00 per person** (includes a \$100.00 tax receipt)

Visit amiquebec.org/Gala or call 514-486-1448 to buy your tickets today! ☐

FALL 2017

September 28: Low-Beer Memorial Lecture. **Mental Illness & Drug Addiction: Common Developmental Risks & Brain Pathways.** Oscar Peterson Concert Hall, Concordia University, 7141 Sherbrooke St. West, 7:00pm.

SUPPORT GROUPS

For family, friends and people with mental illness unless otherwise indicated.

For details visit amiquebec.org/support

Mondays 6:30pm 4333 Côte Ste-Catherine Road (near Cote-Sainte-Catherine metro) unless otherwise indicated. No registration necessary

FAMILY for relatives and friends

September 11, 18, 25; October 2, 16, 23; November 6, 13, 20; December 4, 11, 18

BPD for relatives and friends

September 18; October 16; November 13; December 11

ANXIETY

September 11; October 2; November 6; December 4

BIPOLAR DISORDER

September 18; October 16; November 13; December 11

DEPRESSION

September 18; October 16; November 13; December 11

HOARDING

September 25; October 23; November 20; December 18

OBSESSIVE COMPULSIVE DISORDER

September 11; October 2; November 6; December 4

KALEIDOSCOPE for people living with mental illness

September 25; October 23; November 20; December 18

SOUTH SHORE for relatives

Wednesdays 6:30pm

*Greenfield Park Baptist Church, 598 Bellevue North, Greenfield Park
September 6, 20; October 4, 18; November 1, 15, 29; December 13, 27*

LIFELINE for people living with mental illness

*Alternative Centregens, 3820 Montée St-Hubert in St-Hubert.
Call 450-651-0651 for dates and times..*

BOARD MEETINGS

Tuesdays 7:00pm at AMI

September 5; October 3; November 7; December 5

Registration required for programs below. See pages 4-5 for descriptions. Call 514-486-1448 or visit amiquebec.org/programs for details or to register.

One-Time Workshops
for caregivers

Introduction to BPD
September 12

Recovery *September 14*

Communication *October 5*

Types of Mental Illness
October 19

Coping Skills *November 1*

Creative Expression *November 15*

Treatments for Mental Illness
November 23

Resilience *November 29*

Mindfulness for all
*Introduction September 12
Every Tuesday from
September 19-December 12*

BPD Family Connections
6 sessions; starts September 16

Teleworkshops
Treatments for Mental Illness
October 24

Addiction and Mental Illness
December 5

YouTube Spotlight: Navigating Quebec's Healthcare System

AMI-Quebec has leaped into the digital world with a dynamic YouTube Page; we have videos covering our workshops, services, and conversations with mental health professionals. These videos are accessible 24 hours a day around the globe from any computer or smartphone.



Our latest video series is called "Navigating Quebec's Healthcare System" where AMI's Marc Griffin sits down with Lisa Westaway, Head of Program Administration at the CIUSSS du-Centre-Ouest-de-l'Île-de-Montréal.

The series is divided into short, simple videos covering frequently asked questions like *How To Find A Psychiatrist in Quebec?* *What Is A Court Order?* and *When Someone Is Suicidal What Do I Do?*

Here is an excerpt from the series:

Marc Griffin: If my friend is thinking of killing himself, what do I do?

Lisa Westaway: There are some helplines available 24/7 such as Info-Social (811) or Tele-Aide. There are community organizations that are available such as Tracom — they provide crisis intervention. And another possibility is the emergency rooms of the different hospitals.

Marc Griffin: If someone is having a psychological breakdown or is acting suicidal — where in Montreal would I bring them?

Lisa Westaway: All of the emergency rooms have psychiatric representation from either a mental health nurse or

What a beautiful day we had for our first ever Volunteer Appreciation picnic! Our guests enjoyed food, music, a fun atmosphere, and a lovely evening in the park. Thank you to all our volunteers!



a psychiatrist who can be called upon as needed. So the ER is probably the best bet. The CLSCs are available in times of crisis, but they don't specialize in crisis intervention. They may be able to guide you and then orient you back to emergency or to another resource if necessary.

To watch this and other videos, including a series with Dr. David Bloom on Mood Disorders, visit our YouTube Page at <http://bit.ly/YouTubeAMIQuebec>.

Subscribe and return back often; new videos will be released all year long. □

TRIBUTES & MEMORIALS

In honour of Cheryl Goffman
Marian and Ron Levy

In honour of Marilyn Silverman
Gloria and Steve Kadonoff

In honour of Annie and Sharleen
Young

Mannie and Charna Young

In memory of Gertrude Kerbel
Marylin and Jeffrey Block
Norma Block and Family

AMI-Québec extends sympathy to the bereaved and appreciation to all donors for their generosity.
If you wish to honour someone with a donation, please phone 514-486-1448 or visit amiquebec.org/donate.

AMI-Québec Donation & Membership Form

NAME _____

ADDRESS _____ APT.# _____

CITY _____ PROVINCE _____

POSTAL CODE _____ TELEPHONE _____

E-MAIL _____

Donations

Tax receipts given for donations of \$10 and over. Vist amiquebec.org/donate

I wish to support your work with a donation

- \$50 Sponsor \$100 Sustaining Donor
 \$250 Patron \$500 Benefactor Other _____

I wish to make this donation in honour of: in memory of:

FOR US TO ACKNOWLEDGE YOUR GENEROSITY, SUPPLY DONEE'S NAME AND ADDRESS

I wish to become a monthly donor

Our monthly giving program is an easy and effective way of ensuring regular support. (By Visa or MasterCard only.)

- \$5 \$10 \$20 Other _____
 (minimum \$5/month)

Monthly donations will be deducted from your credit card the 15th of every month. You can change or cancel your monthly donation by calling 514-486-1448.

New Membership

Membership includes the quarterly *Share&Care*, other mailings and lecture announcements, access to the AMI library and all other activities. Complimentary membership is available for people with limited incomes.

Existing members receive their renewal notices in the mail

Membership (\$25 annual): \$ _____

Donation: \$ _____

Total amount enclosed: \$ _____

Payment may be made by cheque, VISA, MASTERCARD or by phoning 514-486-1448

- VISA MASTERCARD Cheque

Card number _____

Name on card _____ Exp. date _____

Send payment to **AMI-Québec**,
 5800 Décarie, Montréal, Québec H3X 2J5
 We never share, trade or sell donor information.



Peer Support ... continued from page 3

Denying those feelings can lead to increased isolation and amplified anguish. For this reason, the Family Peer Support Worker at the emergency is available to meet with family members in order to create a space for them to talk openly, without judgment, and receive information on available community resources that could help during and after an emergency room visit.

The support offered by the peer is guided by beliefs in hope, healing, empowerment, and recovery. The FPSW holds a safe place for family members to express their concerns and inquiries. She provides empathetic validation and reassurance. The support provided by the FPSW within the fast-paced dynamic of the emergency can be instrumental in helping families to sail across a crisis as smoothly as possible.

Since the FPSW has lived experience as a caregiver, there is mutuality and solidarity that is established--a powerful bond, however brief. While the FPSW can provide momentary relief or more, the goal is to plant a seed of hope for family members to better cope with their situation. □

– *Dahlia Eldaly*



This issue of *Share&Care* has been made possible by a grant from Janssen Inc.



AMI-Québec, a grassroots organization, is committed to helping family caregivers* manage the effects of mental illness through support, education, guidance and advocacy. By promoting understanding, we work to dispel the stigma still surrounding mental illness, thereby helping to create communities that offer new hope for meaningful lives.

* Family caregivers are those in the circle of care, including family members and other significant people, who provide unpaid support to a person living with mental illness.

- Norman Segalowitz, *President*
 Donna Sharpe, *Vice President*
 Joanne Smith, *Secretary*
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SHARE&CARE

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- Ella Amir, *Editor*
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 Marc Griffin, *Associate Editor*
 Liane Keightley, *Designer*

Articles and comments are invited. Anonymity will be respected if requested. Guest articles reflect the opinions of the authors and do not necessarily reflect the views of AMI-Québec.
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Member of La Fédération des familles et amis de la personne atteinte de maladie mentale (Québec)