

Family Advisory Council

The mission of the Family Advisory Council is to promote a cooperative, mutually supportive and caring environment from which people with a mental illness will benefit...a voice for all family members.

Goals

- Facilitate effective and ongoing communication between family members and staff
- Integrating families as full partners in treatment, discharge planning and continuing care in the community
- Helping to ensure the best possible quality of life, care and treatment for both inpatients and outpatients

Membership

Council membership consists of community members whose lives have been touched by a loved one with a mental illness.

Family Advisory Council Liaison Laurel Lamarre

Hours: 8am to 4pm
Monday to Friday
Unless otherwise posted

Location: Regional Mental Health Care London
Tillmann Family Resource Centre
Room A 117
850 Highbury Avenue
London, ON N6A 4H1
Phone: 519 455-5110 Ext. 47440

Location: Southwest Centre for Forensic
Mental Health Care
Family Advisory Council Office
Room C2-413
401 Sunset Drive
St. Thomas, Ontario N5R 3C6
Phone: 519-646-6000 Ext. 49692

Website: www.sjhc.london.on.ca/mentalhealth

Regional Mental Health Care London
and
Southwest Centre for Forensic Mental Health Care

Assistance for Families

Family Advisory Council

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



YOU ARE NOT ALONE

HELPING YOURSELF AND YOUR FAMILY MEMBER

Communication between family and staff is vital to the well-being of your loved one and your own peace of mind. Feel free to introduce yourself to the nurse in charge.

- Indicate that you want to be part of the treatment process and would like to be kept fully informed about your family member's condition.
- Discuss visiting times with staff
- Ask about medication being given to your family member, possible side-effects, and any changes you might notice in their behaviour.
- Your loved one must give permission to allow the doctor and staff to discuss his/her case with a family member. You, however, may provide information about your family member without his/her consent.
- Keep a record of questions, concerns, or observations you may have so you may discuss them with the doctor and staff.

WORKING TOGETHER

Treatment Team

A team of mental health professionals will set up a treatment program for your loved one. Key members of the team include the attending psychiatrist, the primary worker, the social worker, yourself and the patient. You may wish to make note of the phone extensions of these individuals.

Family Advisory Council

The Family Advisory Council (FAC) is made up of family members like yourself, working in partnership with both of St. Joseph's mental health facilities to ensure quality of care for their relatives. The FAC is here to speak with you and for you. We welcome your calls:
RMHC London 519-455-5110 Ext. 47440,
Southwest Centre: 519 646-6000 Ext. 49692

Family Resource Centre

The centre (located at RMHC London) provides a place where families can obtain current information about a particular illness, knowledge about navigating the mental health care system, support and coping strategies. Library resources are also available at Southwest Centre for Forensic Mental Health Care.

Services for families include:

Library resources, individual and group support and an educational program are provided free for family members, by family members, people with lived experience and professionals for people supporting a loved one with a mental health concern.

COMMUNITY RESOURCES

There are many community services and support groups that can provide you with further information:

Canadian Mental Health Association

London: 519 434-9191

St. Thomas: 519 633-1781

Mental Health Service Information Ontario

1- 886-531-2600

London and Middlesex Crisis Service for Children and Youth

519 433-0334

CMHA - Mental Health Crisis Service

519 433-2023

WOTCH

519 668-0624

WOTCH –Family Support

519 518-2436

"The Family Advisory Council has empowered me. I feel I have a voice regarding the treatment of my loved one and can act as a parent and advocate for positive change within the mental health care system."

-Sandy, mother of a former patient and council member for over 14 years