

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

- Effective and ongoing communication between family members and staff
- Families as full partners in treatment, discharge planning and continuing care in the community
- The best possible quality of life, care and treatment for both in-patients and ambulatory care patients

Membership

Council membership consists of community members whose lives have been touched and/or support b a loved one with a mental illness.

Family Advisory Council Liaison

Laurel Lamarre ext. 47440

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

Location: Family Resource Centre
Room F2-191
Parkwood Institute
Mental Health Care Building
550 Wellington Road
London, ON N6C 0A7
Phone: 519 455-5110 ext. 47440

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

Website: sjhc.london.on.ca

Assistance for Families

Family Advisory Council

St. Joseph's Mental Health Care Programs

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 you and staff is vital to the well-being of your family member and your own peace of mind. Feel free to introduce yourself to members of your loved one's care team.

- 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 the medication being given to your family member, possible side-effects, and the changes that you might notice in their behaviour
- Your family member must give permission to allow the doctor and the staff to discuss his/her case with you. You, however, may provide information about your family member without his/her consent

- Keep a record of questions, concerns, or observations you may have and discuss them with the doctor or other care team members.

WORKING TOGETHER

Treatment Team

There will be a treatment team setting up a treatment program for your loved one. Key members of the team are: the attending psychiatrist; the primary worker; the social worker; you and the patient. You might want to make note of the phone extensions of these individuals.

Family Advisory Council

The Family Advisory Council is made up of family members, like yourself, working in partnership with both hospitals to ensure quality care for our mentally ill relatives. We are here to speak with you and for you. You can call us at 519-455-5110 ext. 47440.

Family Resource Centre

The Family Resource Centre is located at the Mental Health Care Building at Parkwood Institute in London. The library resources are available at both London and 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. Speakers include: family members, people with lived experience and professionals.

COMMUNITY RESOURCES

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

Canadian Mental Health Association Middlesex

London: 519 434-9191

St. Thomas: 519 633-1781

Mental Health Crisis Services

519 433-2023

CMHA Middlesex –Family Support

519 518-2436

London and Middlesex Crisis Service for Children and Youth

519 433-0334

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