



The F.O.R.C.E.
Families Organized for Recognition and Care Equality
Society for Kids' Mental Health

As families, we've been there.

www.bckidsmentalhealth.org
604-878-3400 or 1-800-661-2121

Who we are...

We are parents whose children's lives are touched by mental disorders

When we learned we weren't alone...

January 2000....and every day since

Why we formed a society...

To ensure mental health care and services are provided to children and youth and to assist their families in finding information and support

What we've been doing...

2000

- ◆ Designed a brochure, newsletter and website
- ◆ Applied for, and received, a grant from VanCity Savings Credit Union to produce brochures, get website up and running and do newsletters
- ◆ Facilitated a presentation to School Board #42 on meeting the educational needs of kids with mental disorders
- ◆ Invited to appear on CKNW with Rafe Mair to discuss child & youth mental health

2001

- ◆ Joined the Special Education Advisory Committee in S.D. #42
- ◆ Designed, marketed, and hosted a 'Forum for Change' on child & youth mental health with speakers from BCCH, Child Youth & Family Advocates

office, the Children's Commission office, the MCF Opposition MLA, SD#42 School Superintendent, and a SD #42 School Trustee.

- ◆ Asked to submit an article to 'Lifenotes' by Mheccu UBC that was published in November 2001 issue
- ◆ Interviewed by The Vancouver Sun for article on mentally ill children
- ◆ Joined the Mental Health Community Advisory Committee at BCCH
- ◆ Met with Minister's Hogg and Cheema regarding a family's experience with a child with a mental disorder and to advocate for a child & youth mental health plan for BC
- ◆ Participated in the MCFD Joint Working Group on transitions from youth to adult
- ◆ Joined the MCFD External Advisory Committee for Child & Youth Mental Health to participate in the creation of their mental health plan

2002

- ◆ Hosted 2 Tele-Mental Health Conferences at UBC
- ◆ Participated in the UBC 1st Annual Dept. of Psychiatry Clinical Day
- ◆ Joined Board of Directors for K.I.D.S. Resource Center Society in Maple Ridge and helped start center
- ◆ Hosted a Child & Youth Mental Health information night in Maple Ridge for parents
- ◆ Participated in mental health film night at the Cinematique with Dr.Karlinsky from UBC
- ◆ Contacted other relevant websites to propose a link between sites
- ◆ Joined the Maples Adolescent Treatment Center Advisory Committee

2003

- ◆ Attended the Open Cabinet Meeting for the passing of Resolution for new Child & Youth Mental Health Plan
- ◆ Facilitated a teachers workshop on Child & Youth Mental Health and the role of educators in Maple Ridge
- ◆ Donated \$1,000.00 to SD #42 to purchase anxiety workbooks needed to run The FRIENDS school-based anxiety program
- ◆ Attended ground-breaking ceremony at BCCH for their new child & youth mental health center
- ◆ Gave speech on mental health at graduating class in SD #43
- ◆ Co-Sponsored the UBC 2nd Annual Dept. of Psychiatry Clinical Day
- ◆ Awarded 2 year contract with MCFD to provide parent support and information on child and youth mental health
- ◆ Received grant from BC Children's Hospital Foundation to co-host Anxiety Workshop for school educators, counselors, support workers, mental health clinicians, etc. in October 2003 and February 2004/05.
- ◆ Hosted Pro-D Day training to 250 teachers and parents on Anxiety with grant from BCCH Foundation on October 24/03.
- ◆ Participated in Anxiety Disorders Association of BC's Oct.16/03 information night
- ◆ Participated on the Provincial Expert Table for Anxiety, Depression & Dual Diagnoses

2004

- ◆ Promoted and participated in adding a child and youth mental health section to the BC Partners 1-800 Mental Health Line that went into service in early 2004.
- ◆ Joined the BC Child & Youth Mental Health Network Committee that reinforces inter-jurisdictional collaboration and problem solving in order to strengthen government's overall support to children with mental health problems.

- ◆ Co-facilitated the FRIENDS Parent Training in one of the 7 pilot sites
- ◆ Accepted as a member of the BC Partners for Mental Health & Addictions Information
- ◆ Hosted a Kites for Kids Mental Health event in Kelowna to raise awareness in child & youth mental health
- ◆ Facilitated workshop at the Surrey School District Special Education Conference on 'What we want you to know....Partnering with Parents'
- ◆ Partnered with BCSS in writing the Family Toolkit for the BC Partners for Mental Health & Addictions
- ◆ Participated and featured in the Knowledge Network documentaries for Anxiety and Depression
- ◆ Facilitated a training workshop in the Vancouver Coastal Region for Health and Mental Health service providers on working with families and their anxious children

2005

- ◆ Lobbied to have parent training of the FRIENDS anxiety prevention program offered to parents in BC
- ◆ Secured contract to deliver 2 night parent training of FRIENDS program to 15 school districts in BC
- ◆ Identified a parent contact in 4 of 5 regions in BC to build family capacity in child & youth mental health with plans on having a working session for development of a plan
- ◆ Did presentation to 150 parents at the BC Confederation of Parent Advisory Councils
- ◆ Held community information night in Quesnel with school district, Parent Advisory Council and mental health team
- ◆ Facilitated presentation to Interior CY Mental Health teams in Naramata
- ◆ Partnered with school district, mental health team on Sunshine Coast and Victoria Maxwell for 2 mental health information sessions; one for parents, one for teachers

- ◆ Provided input into Fraser Region's quality improvement study
- ◆ Joined the Fraser Region's CY Mental Health steering committee
- ◆ Attended CASP Conference in Alberta to provide workshop on 'one family's story' on suicide
- ◆ Co-edited the 'Families' Visions Journal
- ◆ Contracted by Interior Region to help build family capacity in 05-06
- ◆ Provided input into CMHA's Strengthening Families Project
- ◆ Assisted approximately 150 callers to our line
- ◆ Joined Critical Incidence Review Committee in Fraser
- ◆ Advocated for consultation with External Advisory Committee and others when Child & Youth Mental Health transferred from MCFD to Health Ministry

2006

- ◆ Expanding FORCE support sites to include a network in Gibsons/Sechelt, Victoria, Abbotsford & Squamish
- ◆ Asked to speak at BC's Mental Health & Addictions Forum with Senator Kirby
- ◆ Presented on family panel at the Maternal Child Youth Health Conference
- ◆ Received contract to set up office and support communities of Tri-Cities and Surrey.
- ◆ Held community information nights in Abbotsford, Sunshine Coast and Penticton with school district, Parent Advisory Council and MCFD Mental Health Team
- ◆ Contracted by team in Continuous Quality Improvement for Fraser Region to pull together families in focus groups, individual interviews and surveys to determine the best way to get feedback from families on CYMH services and what questions are important to ask

- ◆ Joined parent advisory committee (PIC) at BC Children’s Hospital as only representative of child & youth mental health
- ◆ Contracted to facilitate parent training of FRIENDS for Life Anxiety prevention program in 15 more school districts in BC
- ◆ Created 3 information sheets on “What to Expect from your GP”, “What to Expect from your Community Mental Health Team” and “What to Expect from your School” in Child & Youth Mental Health.
- ◆ Produced 2 tip sheets for families: (1) Questions Asked in CYMH and (2) Services in CYMH, that can be downloaded from FORCE website and other agency websites.
- ◆ Worked with The Family Support Institute to develop a resource for families of children with a dual diagnosis.
- ◆ Met with the Auditor General to discuss child & youth mental health plan
- ◆ Partnering with Vancouver Coastal Health Authority and MCFD to produce workshop on Effects of Transitions on Kids Mental Health
- ◆ Observe and participate in 10 week Connect Parent Group in Fraser Region

2007

- ◆ Partnered with Anxiety Disorders Association of BC for 5 community presentations on strategies for parents in managing children’s anxiety at home
- ◆ Opened first office space for FORCE located in Community Hub in Port Coquitlam
- ◆ Partnering with Parents for Children’s Mental Health in Ontario to host a conference on May 7, 2007 on “Professionals & Families Working together in Children’s Mental Health. Senator Michael Kirby providing key-note address.
- ◆ Added South Vancouver Island, Chilliwack, Penticton and Surrey sites where the F.O.R.C.E. offers a parent network group every month (meeting times/dates on website)

- ◆ Working with Parents for Children's Mental Health in Ontario to have May 7th declared Child & Youth Mental Health Day in Canada, with our conference on May 7th being the inaugural launch and further years to be hosted by other parent organizations across Canada
- ◆ Collaborating with Pre/Post Program at BC Children's Hospital
- ◆ Developing a Parent Orientation to Child & Youth Mental Health in the Vancouver Coastal region
- ◆ Developing an Orientation to Child & Youth Mental Health for schools
- ◆ Working with the working group at BC Children's Hospital on the new Mental Health Family Resource Library
- ◆ Opened second F.O.R.C.E. office space in Saanich, South Vancouver Island.
- ◆ Co-Presented 5 parent information nights with Anxiety BC that provides information on children's anxiety and how to manage it.
- ◆ Had 'What to Expect' sheets translated into Simplified Chinese, Traditional Chinese, and Punjabi
- ◆ Participating on 2 regional MCFD transformation planning committees (Fraser and Vancouver Island)
- ◆ Conducting scan in Tri-Cities for collaborative best practices in working with families in the community