

HELP FOR THE HARD TIMES WORKSHOP

A Workshop for Richmond and Vancouver families whose child or youth is or has been a patient in a psychiatric unit and/or had an ER visit because of their mental health.

"Hearing from parents who have navigated these challenges themselves, was a real gift. The information was practical, but it also seemed more believable because it came from experienced parents. I wanted to BELIEVE that things would be OK, and that I will find a way to support my daughter. The workshop gave me this belief ... as well as the practical resources." – Parent

The Help for the Hard Times workshop series provides a framework for parents/caregivers to consider as they support their child after a crisis. The workshops include practical strategies, tips and tools that support caring, connected relationships. Help for the Hard Times was created by parents with lived experience, working in a clinical setting on the integrated team at Surrey Hospital's Child and Adolescent Psychiatric Stabilization Unit (CAPSU).

- Help for the Hard Times is offered monthly
- Each session is one hour long (4 session in total), is hosted online and facilitated by parents with lived experience
- Includes a 1-1 call with the facilitator
- There is no cost to families.
- There is no referral needed, but we do need your help with spreading the word.
- Registration is required. www.familysmart.ca/workshops

Session 1 & 2: How to Support a Safety Plan at Home

The goals of the Safety Planning sessions:

- To increase parents/caregivers' understanding of how to use/adapt a safety plan.
- To increase awareness of what to do when things become unsafe.
- To offer parents practical ideas and examples that support conversations between young people and parents.

Why it's important: Families can feel overwhelmed and unprepared to care for their child or youth after a crisis or hospitalization. By sharing helpful information along with practical tips and strategies, we offer the support they need, while recognizing that each family is the expert on their own experiences and relationships.



Session 3: How to Take Care of Yourself and Family After a Crisis

The goals of the Self-Care session:

- To increase awareness of the importance of self-care and how it impacts our ability to care for others.
- To support confidence that self-care is manageable and not another burden.
- To provide awareness of activities and resources that support self-care.

Why it's important: Parents/caregivers are under a great deal of stress when supporting a child or youth who has been a patient in a psychiatric unit. It can be difficult for them to find the time or energy to take care of themselves and if they are depleted, the job of supporting their kids becomes even more difficult. This workshop helps them connect to the importance of managing stress and provides an opportunity to create their own self-care plan.

Session 4: How to Find the Resources You Need

The goals of the Resources session:

- To provide a greater awareness of the community resources, how to access them and the scope/limitations of resources most used.
- To provide awareness of Parent Peer Support Worker role in the community
- To provide information on accessing peer support and connection with other families through FamilySmart.

Why it's important: Parents and caregivers often feel overwhelmed by how much they need to absorb when their kids have had to be hospitalized. They may not understand the resources that are available to them, or misunderstand what a service can provide. This workshop helps explain the scope and purpose of the most commonly accessed resources, so that parents are better prepared when connecting with services for their child/family.

If you have questions, want to hear more or would be helped by a presentation so you feel comfortable referring families, please contact Michelle.Goetz@familysmart.ca

