

An e-learning event hosted by



Support for Families Affected by Mental Illness

Presented by Dr. Charmaine C. Williams & Joelleann Forbes



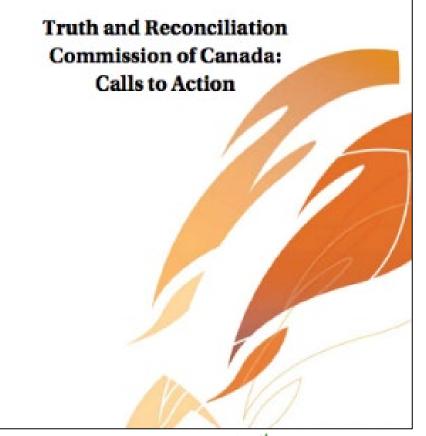
NOVEMBER 30, 2023 12PM-1PM ET



Call to Action #21

"We call upon the federal government to provide sustainable funding for existing and new Aboriginal healing centres to address the physical, mental, emotional, and spiritual harms caused by residential schools, and to ensure that the funding of healing centres in Nunavut and the Northwest Territories is a priority.







Agenda



Opening



Presentation



Q&A



Closing



Presenters



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Dean & Professor

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"Moving the Dial" on: Support for Families Affected by Mental Illness

Charmaine Williams & Joelleann Forbes November 30, 2023







The Family Caregiving Project

Three components:

- A series of family mental health café experiences that were held in Ontario (2018-2019)
- An online survey of caregiving families in Ontario (2019-2020)
- In-depth interviews with families (2021)









Research Questions

- What are the meanings that families give to the care (giving, receiving, sharing, exchanging) that is carried out in a family affected by long-term, unpredictable chronic illness?
- How do those meanings inform family discourses surrounding family identity and the role the family plays in society?
- What can caregiving families teach us about navigating social and institutional spaces as a family, and the impact that has on family stress and resilience?





Family Mental Health Cafés

- Community gatherings hosted in five locations across Ontario: Toronto, London, Ottawa, Kenora, Brampton
- Recruited by contacting community agencies in each town/city
- Local Canadian Mental Health Association (CMHA) branches were collaborators in the recruitment and hosted the event
- Local community stakeholders and word of mouth were pivotal to recruitment process





Café Methodology

- Invited people in families affected by mental illness to share experiences, discuss challenges, strategies, and hopes for themselves and other families
 - Included people diagnosed with mental illness and caregivers in the same gathering
 - People occupying multiple roles
- Designed based on World Café method where people with a shared concern are brought together to discuss perspectives on a few carefully chosen questions
 - Goal: Tap into the collective wisdom of the group, use group energy to generate new ideas for solutions to shared problems





Experiences of Family Mental Health Cafés

- Met with 67 family members across the five sites
- Generated videotaped presentations, videotaped interviews, and audiotaped group conversations
- 88% would recommend the Café to others
 - Decreased isolation, desire to continue having conversations
- Importance of building connections
 - 86% met people they would like to connect with again
- Qualitative feedback highlighted value of:
 - Being with others who had similar experiences
 - Sharing resources with each other
 - Hearing perspectives of diagnosed individuals, family members, and service providers in the same conversations





Participatory Research

- Community experience and feedback influencing research design and recruitment
- Accountability to participants and community members
- Stakeholder (service providers, service users) participation at all stages
 - Recruitment
 - Participants in the café process
 - Collaborators in the knowledge mobilization
- Participant categories: service providers, people with diagnosis, caregivers
 - False division, many occupied multiple roles





Action-Oriented Research

- Engagement with local groups and services, and their involvement in Cafés
- Building relationships with hosts and local attendees, hearing about what's going on in their region, and advocating for what's useful for them
- New relationships and ideas relevant to local contexts





Things That Continue Beyond a Project

- Knowledge sharing, building capacity
- Reducing social isolation
- Accessible tools and resources for community members to host their own Cafés
- Tools, resources, and educational materials for facilitating reflections and conversations about caregiving and mental illness
 - For families
 - For healthcare providers
 - For educators
 - For the public









Available resources include:

- An <u>educator's guide</u> to support training of healthcare students and providers supporting families
- A <u>facilitation toolkit</u> to host your own Family Mental Health Café
- A <u>YouTube channel</u> of all of our available videos
- A <u>discussion guide</u> for community groups
- A <u>workbook</u> to help families discuss caregiving issues



Family Day includes Families affected by Mental Illness: They need your help



Started February 3, 2023
Petition to Sylvia Jones (Ontario Minister of Health) and <u>1 other</u>

Why this petition matters



Started by The Family Caregiving Project

As people who are caregivers for people diagnosed with mental illness, people with mental health diagnoses, and people who are service providers in the mental health care system, we are acutely aware of the urgent need for additional support for families impacted by mental illness. In any given year, 1 in 5 Canadians experiences a mental illness and 1 in 2 adults over the age of 40 has a history of mental illness. For each person, there is a family doing their best to support and care for their loved one.



Questions We've Been Considering

- How do we become even more participatory in participatory research?
 - Involving community stakeholders across the spectrum, from developing research questions and methodology to disseminating research
- How do we leave the community, or do we? What is ethical engagement and how far does that go?
- How do we, as a community of people invested in CBPR, leverage CBPR strengths into effective methods for making system and structural change?
 - What do we do with our frustrations that this work isn't immediately changing the system?
 - What do policy makers need to hear to actually get families the support they need?





The Family Caregiving Project For more resources and information about the project, please go to:

www.familyguidetomentalhealth.com/family-caregivingproject

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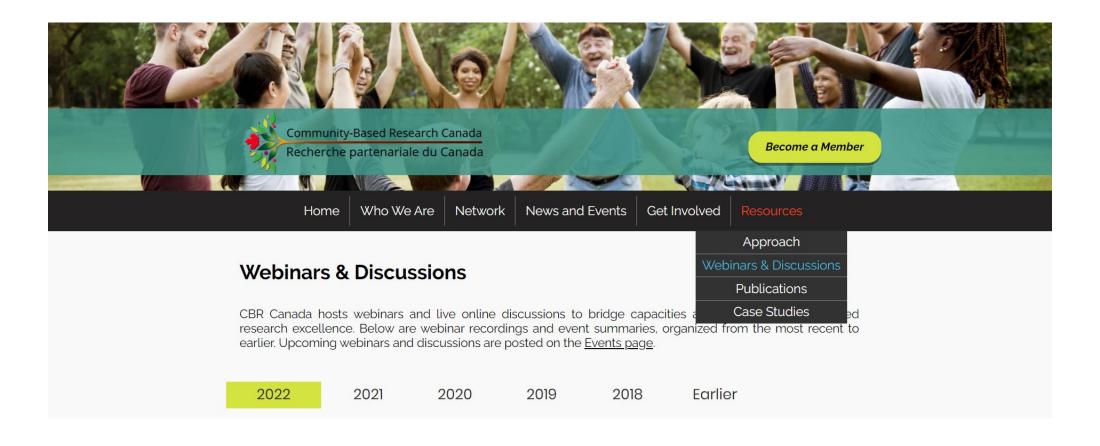
joelleann.forbes@mail.utoronto.ca

Questions?



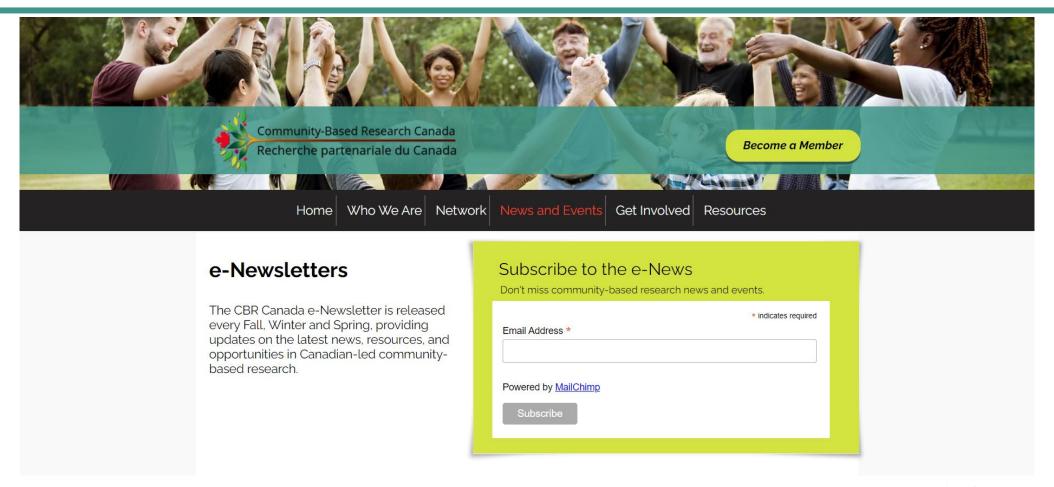


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