

*With Hope In Mind* is an international program provided through the Center of Understanding, a non-profit organization. The Center of Understanding has a highly distinguished Board representative of family members, family member professionals and family member consumers who care about individuals affected with mental illness.

The mission of the Center of Understanding is to develop and disseminate support, education and advocacy materials to families and friends, the corporate world, the person with a mental illness as well as professionals and others who need assistance in coping with the effects of serious mental illness.

All materials and programs are reviewed by the Oversight Committee prior to publication and distribution. Other educational programs are being reviewed for distribution through the Center of Understanding.



Participant evaluations of the program have been extremely positive. Family members have stated:

*"I have learned to be more understanding of my son's moods and to realize what he goes through. I have talked with him and it has opened the doors to how he feels."*

*"I found the course helpful as I knew little about mental illness before I came to Journey of Hope (With Hope In Mind) which I found helpful in all aspects of mental illness."*



## *With Hope In Mind*

provides ...



- A place to confront fears
- A place for validation
- A place to learn and practice skills related to dealing with real-life issues impacting families
- A place to exchange information about mental illness



*With Hope In Mind* is provided free of charge by the **Canadian Mental Health Association/PEI Division** in partnership with **Health P.E.I.**



Canadian Mental Health  
Association  
**PEI Division**

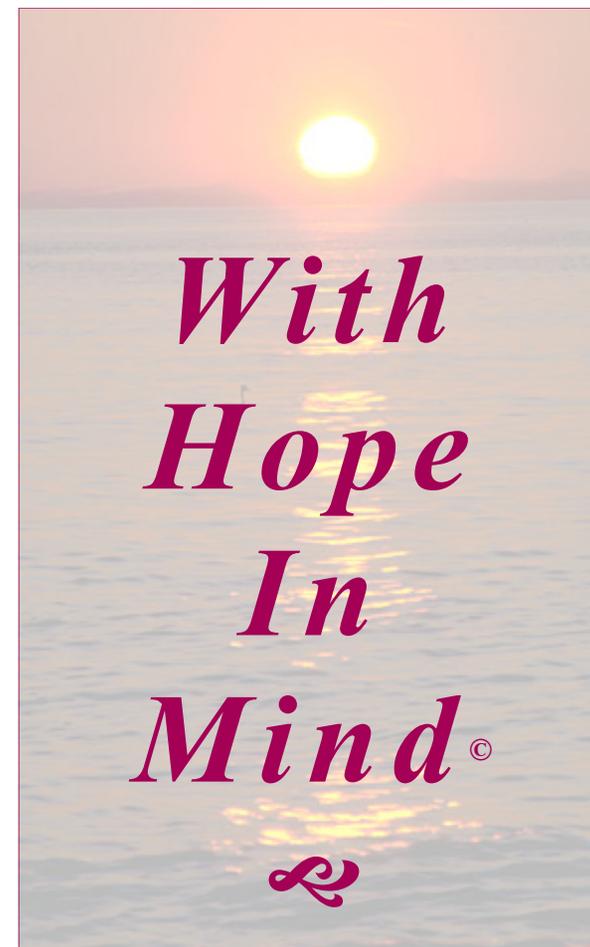
*working together with ...*



*'Mental illness education for family members by family members'*



For more information about this and other CMHA programs, please visit our website at [www.cmha.pe.ca](http://www.cmha.pe.ca).



### **Consumer & Family Support Program**

- 178 Fitzroy Street  
Charlottetown, PE C1A 7L9  
628-1648 or toll free: 1 800 682-1648
- 61 Duke Street  
Summerside, PE C1N 3R9  
436-7399
- 1 College Street  
Alberton, PE C0B 1B0  
853-4180



Canadian Mental Health  
Association  
**PEI Division**

## *With Hope In Mind...*

Welcome to *With Hope In Mind*. We are glad that you have found us. We are a group of families who share a common experience. We all have someone we love who has been diagnosed with a mental illness. We know the devastation of the illness on the person we love, on ourselves, on our entire family. We know what you are going through and we are here to offer our help.

In this family-to-family program, you will learn that you are not alone. Friends and family may have tried to help but their help may have been misdirected. Meeting others who have similar situations can help make what is happening seem less unusual and extraordinary.

You will be offered hope. You will see other family members coping and surviving. You will see other families taking positive steps to deal with mental illness.

*With Hope In Mind* will provide you with information. You will get timely information on the latest services in your community, new medications and treatments. You will see how other families have coped and survived.

You will have a chance to be helpful to other families. Individual family experiences are a powerful tool for help when shared with others.

## *For Families ...*

*With Hope In Mind* is more than a program. It is the coming together of many families to help each other deal more effectively with the turmoil caused by a mental illness. Through *With Hope In Mind*, these family members are offered:

- ♦ **An eight week, education, course (meeting once/week) covering:**
  - Mood Disorders: Depression, Bipolar Disorder
  - Thought Disorders: Schizophrenia, Schizoaffective Disorder
  - Additional and Associated Disorders including: Eating Disorders, Concurrent Disorders, Post Traumatic Stress, Phobias
  - Medications, Recovery, Coping Skills
  - Communications & Self-Care
  - Creative Problem Management
  - Next Steps in the Journey: Advocacy, Community Services & Transition.
- ♦ **Ongoing support groups are available to family members in some areas.**

*With Hope In Mind* for health service providers may be offered separately, using a different course setup, under the leadership of PEI's mental health professionals.

## *From Families ...*

### ***Ten Principles of Support***

1. *We acknowledge and accept the fact that someone we love has a mental illness.*
2. *We accept that we have no control over this illness or the individual with the illness.*
3. *We release all feeling of guilt concerning this mental illness for we are not to blame for the illness or its effects.*
4. *We understand and acknowledge that the mental illness has had an impact on all our relationships.*
5. *We forgive ourselves for mistakes we have made and we forgive others for wrongs we feel have been committed against us.*
6. *We choose to be happy and healthy. We choose to return to a healthy focus on ourselves.*
7. *We keep our expectations for ourselves and our mentally ill loved one at realistic levels.*
8. *We believe that we have inner resources that will help us with our own growth and will sustain us through crisis.*
9. *We acknowledge the strength and value of this support system and we commit ourselves to sustaining it for our benefit and the benefit of other families.*
10. *We acknowledge that there is help beyond ourselves to whom/which we can turn to nurture and strengthen our ability to release those things we cannot control.*

