



## MEDIA RELEASE

November 10, 2010

For Immediate Release

### Parents bring valuable real-life experience to Kelty Mental Health Resource Centre

Vancouver – Parents helping parents is an integral part of the unique and supportive service that is offered at the Kelty Mental Health Resource Centre. Since the inception of the Centre in 2008, the total number of contacts has significantly increased from 962 in 2008 to 2,669 in 2009, a 177 per cent increase. This growth has continued into 2010.

There is an increasing demand from parents requesting assistance from other parents to deal with mental health issues in their family. Over 50 per cent of callers seeking help from the Kelty Mental Health Resource Centre access the parent peer support worker for assistance.

"I would like to commend the Kelty Mental Health Resource Centre and parents who are bringing their real-life experience to helping other families with mental health issues," said Health Services Minister Kevin Falcon. "Our 10-year plan to address mental health and substance use in B.C. reflects the importance of supporting families in preventing mental illness problems and early intervention. Evidence shows that strengthening the capacity of families can help prevent and reduce inter-generational impacts of mental health and substance use on families."

The parent peer support worker position at the Kelty Mental Health Resource Centre is a partnership between the FORCE Society for Kids' Mental Health and BC Mental Health & Addiction Services

"Our relationship with the FORCE Society for Kids' Mental Health and the parent peer support worker is vital to helping children, youth and families with mental health issues," said Dr. Connie Coniglio, a registered psychologist and Director of Health Literacy for BC Mental Health & Addiction Services, an agency of the Provincial Health Services Authority.

"Having one of our FORCE parent peer support workers in the Kelty Mental Health Resource Centre is a true collaborative model that results in families having both resources and support from someone with lived experience available together," said Keli Anderson, Executive Director of the FORCE Society For Kids.

The goal of the Kelty Mental Health Resource Centre aligns perfectly with *Healthy Minds, Healthy People*, BC's 10-year plan to address mental health and substance use. With a focus on children and youth, the Centre aims to prevent and reduce the impact of mental health disorders on families through improved mental health literacy. The Centre is a free, one-stop virtual resource centre that links people to appropriate information and services. Family members simply contact the centre by phone or email, or visit in person at the Mental Health Building at BC Children's Hospital. Centre staff will ask questions, help identify the family member's needs, and outline possible options such as providing direction to community intake resources through the Ministry of Children and Family Development, and other services, useful websites, brochures, books, videos, and other information.

**Contact:**

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604-524-7160

**Contact or visit the Kelty Mental Health Resource Centre**

In Vancouver: 604-875-2084

Toll-free: 1-800-665-1822

Email: [kellycentre@bcmhs.bc.ca](mailto:kellycentre@bcmhs.bc.ca)

Web: [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

Hours: Mondays 10 a.m. to 3 p.m.

Thursday 10 a.m. to 7 p.m.

Tuesdays 9 a.m. to 5 p.m.

Fridays 10 a.m. to 3 p.m.

Wednesday 10 a.m. to 7 p.m.

Saturday/Sunday: Closed

Location: Mental Health Building at BC Children's Hospital  
(enter the site from Heather Street and 29<sup>th</sup> Avenue)

The Kelty Mental Health Resource Centre is funded with the generous support of the Kelty Patrick Dennehy Foundation in partnership with BC Mental Health & Addiction Services (BCMHAS), and BC Children's Hospital Foundation.

The Kelty Mental Health Resource Centre is part of an integrated provincial strategy—the Provincial Child and Youth Healthy Living Initiative—to improve health literacy in mental health and addiction in BC. The strategy was developed by BCMHAS in consultation with regional health authorities, Ministry of Health Services, Ministry of Children and Family Development, BC Partners for Mental Health & Addictions Information, and other non-governmental organizations. This initiative, which includes the development of the [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) website, was made possible through a generous donation from RBC as part of the RBC Children's Mental Health Project.

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