A Roadmap for Change Tipping the Scales in Favour of Positive Treatment Outcomes and Easing Caregiver Burden

The Challenge	\Longrightarrow	Initiation	\Longrightarrow	Engagement	\Longrightarrow	Implementation
Families working together in offering solutions to the challenges faced by their loved ones and in their role as caregivers		Quality of Life initiative - discussion forums and Family Summit involving family members and service providers focused on the impact of mental illness and/or addictions on quality of life of both the ill person and the caregiver		Families and service providers identify what really matters and agree to explore solutions		Families develop and implement action plans

The following initiatives are underway:

Mental Illness Caregivers Association (MICA)



Family Support and Education	Delivery of common family support and education programs across all regions in the Champlain district	Collaborating with Canadian Agency for Drugs and Technology in Health - workshop focused on evidence based research
Employment	Understanding the current situation	Sharing what was learned and addressing gaps
Housing	Building partnerships with other agencies in offering housing as "recovery centres"	Pilot housing project
Listening to families	Gauging the state of Mental Health Services in selected communities in the Champlain district and exploring ways to make the system welcoming of the family's contribution.	Addressing gaps including the need to formally accept families as an integral part of the patient's recovery process.
What happens when I die	Planning for the continuing support for family members with mental illness and/or addictions	Confirm links with housing, family support and education
Review of developments related to disability benefits	Understanding the impact of proposed changes and what more needs to be done	Report on results of review in consultation with other agencies advocating for change
Attending to the physical well- being and mental health of caregivers	Exploring the possibilities around promotion and prevention	Develop and distribute promotion material in collaboration with other agencies