

Our Voice

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Capital Health Addictions and Mental Health Program

Concurrent Disorders by Derek Leduc

Concurrent disorders describes a condition in which a person has both a mental illness and is experiencing harmful involvement with alcohol, other drugs and/or gambling.

Concurrent disorders can refer to a wide range of mental illnesses and addictions. Anywhere from 20—80 per cent of clients in addictions and mental health have concurrent disorders, depending on the setting.

In 2007, a provincial health services operating review was conducted, which highlighted gaps in the treatment for people with concurrent disorders.

The Department of Health and Wellness, District Health Authorities, and the IWK Health Centre, committed to improving services and to ensuring the provision of comprehensive quality care for individuals experiencing concurrent disorders and their concerned significant others.

The System Level Standards for Concurrent Disorders were developed following an in-depth consultative process with representatives from Mental Health and Addictions Services from across the province.

The new standards are focused in several key areas including:

- Screening
- Referral
- Assessment, Treatment Planning and Discharge Planning
- Continuity of Care
- Capacity Building
- Organizational and Staff Competencies
- Monitoring

The Standards will be implemented over the next 3—5 years and impact all areas of the Capital Health Addictions and Mental Health Program. Information regarding specific Standards will be featured in upcoming issues of Our Voice, as well as stories about some of the new and exciting initiatives focused on concurrent disorders taking place across the district.

For more information regarding the Concurrent Disorders Standards or current initiatives, please contact:

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Patient Safety Reporting (PSRS)

If someone on a unit or in a clinic area falls and they are not a patient (e.g. a member of the visiting public) and they will not give you their name, can you complete it anonymously in PSRS?

No, the fall cannot be reported in the system without the name of the individual who fell. If there is on-site security, make sure they are aware.

If an inpatient falls in the hallway of their unit, who completes the report—the clinic close to where the fall occurred or the unit where the patient is staying?

It would be completed by the person who found the patient. It can be reported against the inpatient unit for location.



Accreditation: The Basics

What is Accreditation?

The Accreditation Canada Qmentum program is used by Capital Health to assess and promote continuous improvement of quality care. Accreditation provides recognition that an organization's services are meeting national standards of quality.

Why do we do Accreditation?

Accreditation is a requirement of the Department of Health and Wellness. It helps us maintain status as a teaching hospital, and allows us to meet, or exceed, national standards related to quality.

What is happening and when?

A team of surveyors will visit various areas of CDHA, including the Addictions and Mental Health Program, between **October 27, 2013—November 1, 2013**. They will speak to a variety of people from leadership, clinical, administrative and support staff, physicians and patients. Surveyors assess compliance with accreditation standards, ROPs and provide a final report outlining the outcome of their visit.

What is a 'Standard'?

Accreditation Canada standards are sets of best practice expectations that help organizations assess quality at the point of service delivery. Addictions have their own set of standards, as does Mental Health Inpatients and Mental Health Outpatient service areas.

What is an 'ROP'?

ROP stands for Required Organizational Practice. They are evidence-based practices that mitigate risk and contribute to improving the quality and safety of health services that organizations must have in place. Addictions and Mental Health each have their own unique ROPs.

What should I be doing to be prepared?

Engage with your quality team to become aware of the practices that are expected to be preset within your service.

Celebrate the great work you do every day and tell the surveyors your story when they come!

For additional questions related to Accreditation, please contact your manager or Jessica MacDougall, MH Quality Leader at jessica.macdougall@cdha.nshealth.ca.

Quality Week Poster Fair Winners

Over 57 posters were submitted in this year's Quality Summit. Six of those entries were from our own Addictions and Mental Health services/teams:

- **Five Pilot Projects in Mental Health Recovery & Integration** - Dorothy Edem, Norma Lewis, Nancy Beck, Sylvie Gibeau, Heather Spencer, Benjie Nycum and R&I Team **(WINNING POSTER)**
- **Supporting Families in Recovery**—Cheryl Billard, Jenna MacKinnon, Angela Naugle, Lianne Nixon, Jamie Lee Liddell, Patricia Dauphinee, Linda McCormick, Ginny Arsenault **(WINNING POSTER)**
- **Guidelines for Transition of Youth to Adult Mental Health and Addictions Services** - David Pilon, Cheryl Billard and Wendy Brunt (IWK)

- **The Role of Health Informatics Professionals within Addictions Agencies in the Health Care System**—Alison Zwaagstra, Shauna Black and Patryk Simon
- **Cooking Together in Simpson Landing**—Dorothy Edem & Team Simpson Landing (including residents and staff)
- **East Coast Forensic Hospital Leadership Community of Practice**—Brenda Mate, Heather Thompson, Angela Conrad, Karen O'Brien, Elaine Butt, Lisa Jeffers, Candy Miller, Ken Bowes, James MacLean, Sarah Young, Barb McKellar, Stephanie Goulding and Annie Quinlivan-Hall

Congratulations to the winners (indicated in red)! All winning teams were acknowledged during the Quality Summit Awards Celebration.

What are the areas of focus for our new integrated Program?

The Transitional Leadership Team (TLT) was formed in December 2012 to ensure a smooth integration of the Addictions and Mental Health Program. The goal of this group is to build on the expertise and synergies of both programs to improve the outcomes for the individuals and families that we serve. The TLT is setting the vision, direction and goals of the Program.

After careful consideration and much discussion, the TLT have developed three major areas of focus for the next 12 months:

- Synergies—Building on the skills and expertise in both addictions and mental health, modeling the areas where integration and collaboration for improved patient/client outcomes are already in practice and developing shared learning opportunities to support excellence in models of care.

Co-leads: Susan Hare & Rachel Boehm

- Budget/Financials—Balance the budget! 'Get back to black' by creating a culture of financial disciplines across all levels of our Program and identifying and working with cost pressures to reduce expenditures.

Co-leads: Trevor Briggs, Drs. Nick Delva & Scott Theriault

- Patient Flow/Service Delivery—How to best serve individuals and families who come to us for care, examining the ways patients/ clients access and navigate our services and what are the evidence-based models that fully utilize areas such as primary care for the best service delivery.

Co-leads: Dorothy Edem & Dr. Jason Morrison

The co-leaders mentioned are facilitating this work. They will ask for, and need, the help of many people across CHAMHP to make this a success. **We encourage you to participate.**

Our work is guided by key principles, such as:

- The intent of our work is to improve the lives of the people that we serve.
- We are a health sciences academic centre that embeds learning, research and excellence in our work.
- Collaboration with individuals and family members is fundamental to our growth and improvement.
- Our decisions need to advance effective outcomes through efficient processes that are sustainable.

Introducing... the new CHAMHP Quality and Evaluation Team

The former Addictions Research, Evaluation and Quality and the Mental Health Decision Support and Quality Teams have now been integrated into the new CHAMHP Quality and Evaluation Team.

Shaun Black is the manager, and the team includes:

- Sally Alshazly, Decision Support Analyst
- Jessica MacDougall, Quality Leader/Decision Support Analyst
- Ian MacInnis, Research and Statistical Officer
- Shirley MacNeill-Cragg, Administrative Assistant
- Christy Perrin, Knowledge Exchange Facilitator
- Alison Zwaagstra, Research and Statistical Officer, Quality

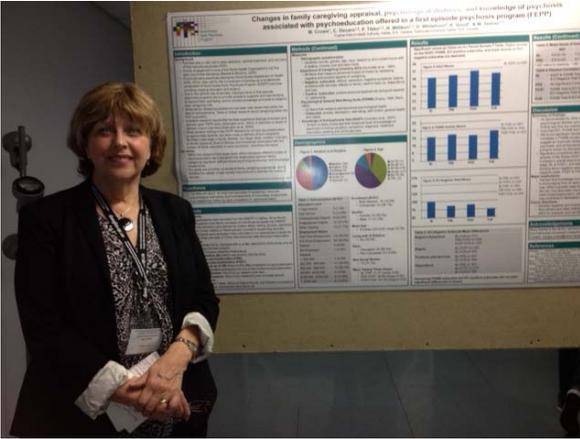
The team will meet over the next few months to design a new structure for their work together. They are working towards increased collaboration and consistency and will provide regular updates as their progresses. The new Quality and Evaluation Team will, over time, align their work to support CHAMHP core business.



From left (back): Alison Zwaagstra, Jessica MacDougall, Ian MacInnis, (front) Shirley MacNeill-Cragg and Christy Perrin. Missing from photo are Sally Alshazly, Laura Ankcorn and Shaun Black.

Laura Ankcorn will return from her maternity leave in mid-September.

Event Highlights



Margie Crown, Education Coordinator with the Nova Scotia Early Psychosis Program, was awarded a best scientific poster prize; one of three awarded at the 10th Anniversary Conference—Early Intervention in Psychosis: Current Knowledge and Future Directions sponsored by the PEPP Montreal, Douglas Mental Health University

Institute, McGill University on May 27 & 28 in Montreal, Quebec.

The team collaborators for the poster titled, *Changes in Family Caregiving Appraisal, Psychological Distress, and Knowledge of Psychosis Associated with Psycho-education Offered in a First Episode Psychosis Program (FEPP)*, above, were Margie Crown, C. Denario, Dr. Phil Tibbo, Dr. Heather Milliken, David Whitehorn, Dr. Kim Good and Dr. Michael Teehan.

Congratulations Margie and team!

“Somewhere” by Maureen Wheller

Stella Ducklow, artist in residence for the Sunlife Chair of Adolescent Mental Health and university student, is completing her “Somewhere” photography project for her studies at the Nova Scotia College of Art and Design (NSCAD), and a National Gallery exhibit. Stella was at the East Coast Forensic Hospital on June 24 taking photos of places within the hospital.



Stella has already photographed rooms, hallways and other locations on The Nova Scotia Hospital site, the IWK’s 4 South, and at the Abbie J. Lane. She works in black and white film and then hand-colours and applies other artistic techniques to the images. The artistic goal of the series is to create anonymous portraits of institutions and to reduce stigma by questioning the way we use language when speaking about mental health.

The photographs do not feature any identifiable images of patients or staff, or any signs of landmarks that would reveal where the photos were actually taken. Anonymity is an essential part of Stella’s artistic concept.

Upcoming Events



Monday, July 1, 9:00 am—3:00 pm

Art on the Boardwalk: Mosaic for Mental Health Hidden Gems & Card Sale Alderney Landing, Dartmouth

First showing of this year’s additions to the Hidden Gems Tiles (\$10 each), plus new greeting cards and old favourites. CMHA is a participant in “Art on the Boardwalk”. For more information, call CMHA at 455-5445, www.haldart.cmha.ca.

A reminder that the 15th Annual Mosaic for Mental Health is from October 17—November 3 at the Craig Gallery, Alderney Landing.

Wednesday, July 10, 7:00—8:30 pm

Public Talk by Susan Inman Royal Bank Theatre, HI Site

How Can We Help Families Respond to the Challenges of Psychotic Disorders?

Susan Inman is the author of *After Her Brain Broke, Helping My Daughter Recover Her Sanity*. Susan’s presentation will describe the unique challenges confronting family caregivers for people living with psychotic disorders. Presented by the HRM Chapter of the Schizophrenia Society of Nova Scotia. Admission is free.

Thursday, July 11,

Advantage Golf for Mental Health Granite Springs Golf Club, Prospect Road

Advantage Wireless is pleased to announce the First Annual Golf for Mental Health in support of the Mental Health Foundation of Nova Scotia. To register a team or an individual, please visit www.advantagewireless.ca/GFMHregistration. Registration is \$150 per player.



The Windows to Recovery Project

Brian Cooper, Occupational Therapist with the Nova Scotia Early Psychosis Program, asked patients to be participants in a project to capture some of their experience. Participants were given a camera and asked to take pictures that answered three questions: What has helped your recovery? What has hurt your recovery? What are your hopes for recovery? Brian hoped that these “windows” would create a reflection, share wisdom and provide hope to clients, their families and clinicians.

If you are interested in viewing the entire collection of photos and patient writings, they are on display at the Nova Scotia Early Psychosis Program located at the Abbie J. Lane, 3rd floor.



Staff News

New Staff

Welcome to the following new staff who started with the Program in June:

- Terri Buckland, RN—7 Lane
- Linda Foroughi, RN—7 Lane
- Sandra Ogunrinde, RN—ECFH
- Jody Sawchyn, RN—Short Stay Unit
- Dawn McColman, RN—Intensive Treatment Services, Addictions
- Tara Lee, RN, Counsellor—Intensive Treatment Services, Addictions
- Stacy O’Toole, GN* — Emerald Hall
- Brigette Harlow, GN— Emerald Hall
- Oluseye Akinkunmi, GN—Willow Hall
- Lindsay Turner, GN —7 Lane
- Jenn Aucoin, GN —7 Lane
- Jessica Reeves, GN—6 Lane
- Thomas Broskey, GN—Mayflower Unit
- Sandra Traynor, GN—6 Lane
- Melissa Jannex, GN—ECFH
- Vidhay Muthu, GN—7 Lane
- Jennifer Banks, GN—Short Stay Unit

Welcome to Kevin Fraser, Health Services Manager, Community-Based Services, Addictions, who started on May 13.

* GN = Grad Nurse

Staff Changes

Charlene Casey-Gomes started her new position as Health Services Manager for the Intensive Treatment Service, Addictions, on April 15. Charlene formerly worked at the ECFH.

Amy MacRae, RN, has moved from Bayers Community Mental

Health to start her new position as Nurse Educator. Amy started on June 3.

Congratulations to Denise Marchand who will be taking on the role of professional practice leader for social work. Denise has worked with the Mental Health Program for seven years in various roles.

Topics of Interest

Tourette’s Syndrome, an often misunderstood condition: <http://www.theglobeandmail.com/life/health-and-fitness/health/getting-a-real-sense-of-tourette-syndrome/article1265815/#dashboard/follows/>.

More than Meds, read the story at <http://www.cdha.nshealth.ca/media-centre/news/more-meds-pharmacists-and-communities-partner-better-mental-health>.

Glenn Close regrets ignorance of mental illness for hit role... co-founder of **BringChange2Mind**, read the interview at <http://www.cbc.ca/news/health/story/2013/06/13/glenn-close-mental-health-the-current-interview.html>.

John Devlin’s Utopia... Nova Scotia artist, living with a mental illness, whose art is now on display in Paris. Read the article at <http://m.thecoast.a/TheScene/archives/2013/05/17/john-devlins-utopia?topic+1139497@section=957805>.

Newsletter Submissions

Our Voice provides a forum for the exchange of information, ideas and items of general interest to the staff of the Capital Health Addictions and Mental Health Program.

The next issue of Our Voice will be distributed on July 25, with the deadline for submissions to be July 15.

Please send all submissions to patricia.dauphinee@cdha.nshealth.ca.