

Student Placements: A Win-Win Opportunity

BY Karrie Scribner, wellness and health promotion coordinator

Savannah Squires, a fourth year therapeutic recreation student from Dalhousie University, is completing her internship with our Program. She is working at Simpson Landing, and the clients and staff there feel fortunate to have her on their team.

"Refreshing and helpful" is how Michael, a Simpson Landing client, describes Savannah's approach. Michael regularly participates in the popular *Coffee Group*, one of the many opportunities that Savannah has been able to offer in Simpson Landing. He comments that "Savannah makes the exchange of information between clients about upcoming events in metro an activity that is both informative and pleasant. It helps many of us stay on top of what is happening while at the same time we get to practice our social skills through interesting conversation".

Kate MacPherson, team recreation therapist (and Savannah's supervisor), says that clients benefit from our clinical staff's willingness to supervise student placements. "We can run more programming, and it allows us to support clients who have unique needs on a one-on-one basis".

Throughout her internship, Savannah sees the changes that people have made that she has been able to be a part of. She describes her experience as very gratifying and much different than being in a sterile class environment. She describes it as a great way for her to become confident in using her abilities beyond what she has learned in the classroom.

Art Therapy in Acute Care

Two of our recreation therapists, Jacqueline Connors and Megan Turetzek-Windsor, were featured on CTV News at 5 on November 13. They were talking about art therapy in acute care.

View here: <http://atlantic.ctvnews.ca/art-therapy-painting-a-brighter-future-for-mental-health-1.1542104>.

As a part of the team at Simpson Landing, who assist clients to transition from the hospital to the community, Savannah was able to help one of our clients who had never taken the bus before to develop the confidence to access a community-based resource and to be able to use the bus system before he was discharged from Simpson Landing.

Savannah appreciates the joining of community and clinical practice and feels that it is one of the most beneficial aspects of being a part of the close-knit team of inter-professionals who work together at Simpson Landing, helping clients transition from the 24/7 component of our service to the community.

After her internship comes to an end in December, Savannah will wrap-up her final course work, papers and presentations at Dalhousie University. By January 2014, she will have written her certification exam.

We wish her good luck, and know that any employer fortunate enough to recruit her will be making an excellent investment in the future well-being of their clients.



Inside this issue:

Outstanding Clinician Award	2
Festival of Trees	3
2014 Quality Team Award Submissions	3
Accreditation 2013: The Results	4
Event Highlights	4
Upcoming Events and Education Sessions	5
Staff News	5

Outstanding Clinician Award for 2013

Congratulations to Dr. Tom MacKay who has been awarded the Department of Psychiatry's Outstanding Clinician Award for 2013. The award recognizes members of the department who have made outstanding contributions to the department's mandate of providing excellence in clinical care.

Dr. MacKay has been a dedicated member of the Department of Psychiatry for many years and made monumental contributions, not only through his superior clinical care and educational guidance, but operationally through the establishment of both the Short Stay Unit and the Psychiatry Assessment Unit (PAU), which both changed the landscape of psychiatry at Capital Health. These services changed how people in the community accessed care, and improved the care they accessed. The PAU provided 12 hours each day of dedicated, expert, and compassionate specialty nursing and psychiatric care to the Infirmity Emergency Department. The establishment of the PAU in 1994 was truly innovative, as this was one of the first services of its kind in the country. The SSU was trailblazing as well, and filled a gap in the system for a specific group of patients who, when traditionally admitted to an acute care unit, often experienced worsening symptoms, and waited a lengthy amount of time for treatment and discharge planning.

Dr. MacKay ran both of these services, and also saw every patient admitted through the ER as the bed manager at the time. These days, two separate psychiatrists working full time, and one RN as a portion of her job, are all needed to provide the same service. Tom did this without complaint or protest; such was his commitment to the success of the fledgling services.

The success of both services can be attributed in large part to Tom's passionate efforts to foster a healthy work environment and well-functioning team. Each and every clinical member had equal voice in treatment planning (a system which persists to this day), and Tom was again ahead of his time with his inclusion of patient and family in that planning. His flexible and open approach laid a solid foundation to what were truly patient centered and multidisciplinary services. As a testament to the culture Tom fostered within these two fast paced and demanding services, 75 per cent of the fulltime nursing staff who were hired in 1994 continue to work with the services.

Dr. MacKay has also been an extraordinary proponent for community psychiatry, providing the psychiatric back-up to the Supportive Community Outreach Team, when it existed, with a clear belief that, if possible and medically responsible, patients are best treated in their community, not an institution.

Tom is a clinician with a rare level of dedication to both patients and colleagues. Driven by limitless energy and heartfelt commitment to both patient care and education, he consis-



Dr. Nick Delva, Department Chief, Dalhousie University, Department of Psychiatry, presents Dr. Tom MacKay with the Outstanding Clinician Award for 2013.

tently puts his patients and the services ahead of personal concerns and comforts. He has taken this commitment to an extreme recently, continuing to work almost full time doing bed management, providing extra coverage for the SSU, and doing emergency psychiatry education for the residents, despite the fact that his contract with the department has run out and he is no longer being paid. In addition to setting this extraordinary example, he has provided close mentorship for a number of the young psychiatrists in the department, being fully available to them at any time of day, and taking a consistently encouraging, non-judgmental, and very wise and realistic stance.

Thank you to Dr. Tom MacKay who is an ideal example of the qualities embodied in the Outstanding Clinician Award. Thank you also to Drs. Nichole Herschenhous and Jason Morrison, Mr. Gregg Lambert, Ms. Sue Perkins and Ms. Debbie Phillips, for their heartfelt nomination.



Festival of Trees

BY COLLEEN FRASER, communications coordinator, Mental Health Foundation of Nova Scotia

The Mental Health Foundation of Nova Scotia's Compass Group Canada Festival of Trees kicked off the holiday season with the Shannex Holiday Luncheon on November 22nd and the Black Tie Gala November 23rd at the World Trade and Convention Centre. The Mental Health Foundation team, and dedicated partners, sponsors, and volunteers worked to bring this signature event to a new high.

The Foundation was pleased and honoured to welcome Louise Bradley, President & CEO of the Mental Health Commission of Canada, as our Honourary Chair for our 2013 Black Tie Gala! Louise is a talented speaker and well-informed advocate for the cause. The Foundation was incredibly fortunate to have Louise's profile and support!

Amidst the holiday spirits of Festival, the Foundation also celebrated the support of our sponsors. This year marked Compass Group Canada's 15th year of presenting sponsorship for Festival of Trees. The Mental Health Foundation of Nova Scotia is forever grateful for Compass Group's commitment to our cause. Just as it delivers superior service in the food industry, Compass Group serves up an ongoing legacy of giving for mental health. Shannex is celebrating their own corporate anniversary: 25 years of service to Maritimers! As our dedicated Luncheon sponsor, we offer sincere congratulations to all at Shannex on this milestone achievement.

The RBC Forest of Trees and Gallery of contemporary 'cone' trees lit up this year with contributions from some very special businesses, organizations, and artists. In fact, participants of the Mayflower Unit's Art Therapy Program at The Nova Scotia Hospital have contributed two beautifully painted cones for auction at this year's events. Earlier this month, CTV News at 5 featured a story on this initiative. You can watch the full story

here: <http://atlantic.ctvnews.ca/art-therapy-painting-a-brighter-future-for-mental-health-1.1542104>.

The Festival wouldn't be complete without some amazing prizes. Through the kindness of Steele Auto Group, Santa Steele stopped by our Black Tie Gala with one very big gift! Guests had a 1 in 200 chance to 'drive away in style' in a brand new Subaru BRZ. We were also thrilled to once again welcome Frida Jewellery as our exclusive jewellery sponsor. One Luncheon guest was the winner of sparkling diamond hoop earrings, and one lucky Gala attendee took home an exquisite diamond 'snowflake' ring. Of course, our Live Auction was filled with even more exciting items, including an exclusive tour and dinner aboard the HMCS Montreal!

We extend a warm thank you to all CDHA staff who joined us in celebrating Festival 2013! We look forward to sharing more success stories with you all in December!



Photo credit: Jacqueline Connors, Recreation Therapist

2014 Quality Team Award Submissions

It is that time of year to consider your Quality Initiative(s) for a Capital Health Quality Team Award!

The deadline is Monday, December 2, 2013 at 4:00 pm.

The categories are:

- Acute Care Hospital
- The Non-Acute Care Environment
- Excellence in Addictions and Mental Health Quality Improvement (*NEW*)

If your submission falls within the new Excellence in Addictions

and Mental Health Quality Improvement category, there is a different template to complete.

Last year, the Mental Health Program received the Bronze Award for the "Consumer, Family, Provider Collaboration in Individual Treatment, Program and Policy Planning, and Evaluation" initiative!

This is a wonderful opportunity to share and celebrate the innovative ways we are improving care.

For further information, or to obtain a copy of the criteria/templates, please contact Laura Ankcorn, Quality Leader, at laura.ankcorn@cdha.nshealth.ca.



Accreditation 2013: The Results

Accreditation Canada has provided us with its final report, and we all have reason to be very proud!

During the week of October 27, 2013, 12 surveyors visited more than 20 Capital Health sites to evaluate both clinical and administrative services against 34 sets of standards of care.

From the moment the surveyors arrived, their feedback was overwhelmingly positive.

They have now awarded Capital Health with the following decision:

Accredited: The organization succeeds in meeting the fundamental requirements of the accreditation program.

The Capital Health Addictions and Mental Health Program was evaluated against 3 different sets of standards and collectively had more than 10 different services visited by a surveyor. Countless staff, physicians and managers worked together to show the surveyors the high quality care we provide to our clients and our dedication to patient safety.

The results from the survey for each set of standards are as follows:

Community-Based Mental Health Services	130 Met Criteria (100%)	0 Unmet Criteria (0%)
Mental Health Services	98 Met Criteria (96.1%)	4 Unmet Criteria (3.9%)
Substance Abuse and Problem Gambling Services	94 Met Criteria (93.1%)	7 Unmet Criteria (6.9%)

The next steps are to review the unmet standards and implement plans to address them. More detailed information will be available in the coming weeks.

Event Highlights



Just a few of the creative pumpkins at the Cole Harbour Community Mental Health team's yearly pumpkin carving event. This little bunny hopped by while we were taking photos of the pumpkins (Nadine LeBlanc, administrative assistant).

Upcoming Events and Education Sessions



Tuesdays, 12:15—1:30 pm

Inter-professional Education Sessions

Hugh Bell Lecture Hall, NSH (available via Telehealth)

- ◆ December 3—Addictions Program, Dr. Ramm Hering
- ◆ December 10—Psychiatry, Dr. Ian Sarty
- ◆ December 17—Psychiatry, Dr. Jason Morrison

Wednesdays, 8:30—9:30 am

QEII Academic Rounds/Dalhousie University Rounds

AJL, Room 4074 (available via Telehealth)

- ◆ December 4—Child & Adolescent, Dr. Normand Carrey
- ◆ December 11—Seniors Mental Health/Geriatrics Medicine, Joint Rounds
- ◆ December 18—University Rounds, Dr. Gary Chaimowitz, McMaster University

Friday, December 6, 10:00—11:30 am

Addictions: Disease or Choice?

Royal Bank Theatre, HI (available via Telehealth)

This session will explore some common questions people have about addictions: Are addictions simply people making poor choices? Are addictions a legal problem, a moral problem, a social problem or a medical problem? Given what we know about addictions, how should this inform decision-making around interventions? *Presented by Dr. Ron Fraser, MD, CSPQ, FRCPC, Consulting Psychiatrist.* RSVP to Patricia Dauphinee at patricia.dauphinee@cdha.nshealth.ca or 464-4100. Please specify which site you will attend at.

Staff News

Welcome to the new staff/students who started with the Program, July—November:

- Roberta Austen, social work student, Addictions
- Danielle Childes, LPN, COAST/Emerald Hall
- Linda Crouse, RN, Community Transition
- Kathy Fifield, RN, Community Transition
- Kelly Hunt, social work student, ECFH
- Janet Lussier, RN, Community Transition
- Ryan MacDougall, DW, COAST/Emerald Hall
- Tyler Meldrum, RN, Community Transition
- Adam Myatt, DW, COAST/Emerald Hall
- Terrance O'Callaghan, DW, COAST/Emerald Hall
- Meagan Parnell, LPN, Community Transition
- Christy Perrin, knowledge exchange facilitator, CHAMHP
- Jessica Smith, housekeeping

Thursday, December 12, 1:15—2:30 pm

Christmas Open House for Patients

The Health Sciences Library located at The Nova Scotia Hospital, in partnership with Recreational and Occupational Therapy, is holding a Christmas Open House for patients. Craft materials will be provided for patients to create new decorations for our tree. There will be holiday music and refreshments. Drop in for a little holiday cheer!

May 7—10, 2014

2014 Canadian Group Psychotherapy Association Annual Conference

89 Chestnut Residence & Conference Centre, Toronto, ON

Theme: Resilience: Bouncing Back in Groups

Workshop, paper and poster submission **deadline is November 30, 2014**. For more information, go to www.cgpa.ca.

Nursing Education

January 9—April 8, 2014

Suicide Risk Assessment and Intervention Inter-professional Program

This program is a three-month, part-time, guided learning experience requiring approximately 8 hours of study per week for a total of 104 hours of study time. It has been designed with four comprehensive units describing the concepts of risk, coping, crisis, and chronicity, as they relate to suicide risk assessment and intervention. *Presented by the Registered Nurses Professional Development Centre, Faculty, Susan Charlton.*

Deadline for application is December 13, 2014. For more information, please go to mpdc.nshealth.ca.

- David Specht, plumber
- Justin Thornton, social work student, Connections Dart
- Noella Whelan, RN, Community Transition

Congratulations to Kelly Lyedee, housekeeping, on the birth of her baby girl, Elena, born on November 13!

Newsletter Submissions

The next issue of Our Voice will be distributed on December 19, with the deadline for submissions to be December 9.

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