

Concurrent Disorders Core Competencies Training Update

SUBMITTED BY Derek Leduc, health services manager, Concurrent Disorders

Since the provincial launch of the Concurrent Disorders Core Competencies (CD Toolkit) on September 19, hundreds of staff from across the province have started the training.

The Toolkit includes nine training modules that are available on LMS which you can complete at your own pace.

Simply log on at <http://elearning.nshealth.ca> and begin the training! The training time required ranges from 15 minutes to 1.5 hours per module, depending on the content, and completed modules are tracked.

The Toolkit and corresponding LMS modules provide basic level competencies for all clinical staff in addictions and mental health. They were developed with the help of content experts from across the province and are based on the best evidence available on concurrent disorders.

All addictions and mental health staff are encouraged to get started on the training as soon as possible. Timelines for required completion may vary by DHA/IWK.

If you would like to view the launch, simply click on:

<http://www.cdha.nshealth.ca/addictions-and-mental-health-program/concurrent-disorders>

which is located on the Addictions Program webpage under Concurrent Disorders. The PowerPoint presentation from the launch is also downloadable from the site (located on the same webpage, under Other Resources—Concurrent Disorders Core Competencies Training PowerPoint Presentation).

The Concurrent Disorders Toolkit and training modules will equip staff with the skills to create a more positive and effective treatment experience for our clients and patients. Thank you for your continued commitment to this goal.

If you require further information regarding the project, please contact **Derek Leduc** at derek.leduc@cdha.nshealth.ca.

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Are you a father?

Many fathers live with schizophrenia or other severe mental illness.

Fathers are as important as mothers are for their children, but the fact that they are also parents gets more easily overlooked.

The FORBOW study invites fathers living with mental illness and their children to participate. In FORBOW we want to find out what helps young people grow up to be strong and resilient. We include children at any age up to 24 years. Participation includes a visit to our team, talking with a psychologist, answering questions and doing puzzles.

Taking part in the study does not cost you anything – we reimburse participants' time and travel expenses.

The FORBOW team makes sure that your information remains confidential.

Over 100 families from Nova Scotia are taking part in FORBOW and they keep coming back. You can find out more at: www.forbow.org

Are you a father?

Call Jill at 902-473-1781 to discuss FORBOW and schedule an appointment.

Concurrent Disorders - Core Competencies Classroom Sessions

A number of classroom sessions are being offered to accommodate staff working in areas with limited access to computers, or operational demands that make completing online modules difficult.

These sessions are open to all staff and registration is required. Please contact laura.appleton@cdha.nshealth.ca to register.

Session	Hugh Bell Lecture Hall, NSH site	Room 4072, Abbie J. Lane
Competency 1 Training: Understanding Concurrent Disorders	Thursday, December 4, 2014 10:30 am – 12:00 noon	Thursday, December 11, 2014 2 – 3 pm
Competency 2 Training: Identifying Concurrent Disorders	Thursday, January 8, 2015 10:30 am – 12:30 pm	Thursday, January 15, 2015 2 – 4 pm
Competency 3 Training: Screening and Assessing Next Steps in Treatment	Thursday, February 5, 2015 10:30 – 11:30 am	Thursday, February 12, 2015 2 – 3 pm
Competency 4 Training: Understanding Medications and Substances of Abuse and Interactions	Thursday, March 5, 2015 10:30 am – 12:30 pm	Thursday, March 12, 2015 2 – 4 pm
Competency 5 Training: Recovery, Harm Reduction, Peer Support and Motivational Interviewing/Engagement	Thursday, April 16, 2015 10:30 am – 12:00 noon	Thursday, April 9, 2015 2 – 3:30 pm
Competency 6 Training: Best Practices	Thursday, May 7, 2015 10:30 – 11:30 am	Thursday, May 14, 2015 2 – 3 pm
Competency 7 Training: Preventing Relapse and Maintaining Optimal Health	Thursday, June 4, 2015 10:30 am – 12:00 noon	Thursday, June 11, 2015 2 – 3:30 pm
Competency 8 Training: Assessing Risk and Intervening in Crisis	Thursday, July 16, 2015 10:30 – 11:30 am	Thursday, July 9, 2015 2 – 3 pm
Competency 9 Training: Information Sharing and the Circle of Support	Thursday, August 6, 2015 10:30 – 11:30 am	Thursday, August 13, 2015 2 – 3 pm

CHAMHP Core Business Redesign Project Update

SUBMITTED BY the CHAMHP Core Business Redesign Steering Committee

Core Business Redesign continues to move forward. The five clinical pathways working groups—*anxiety, depression, psychosis, bipolar disorder, and personality disorders*—are close to completing their mapping of the desired future state of continuums of care that best serve patients and clients and support their loved ones.

Already, the groups have mapped the current state for each of the five pathways, including service successes and gaps. Based on this, the groups are deep into designing the desired future states, including all phases of patient and client flow, and the support needed to deliver excellent, evidence-based care that can be evaluated regularly. This stage will take until January to finish.

In the meanwhile, the five clinical pathways working groups plan to meet as a larger group on December 11 to share their findings.

Thank you to all of the members and the content experts involved in each pathway for their great work and continued dedication.

The Education and Training Working Group has started meeting. Their goal is to ensure staff and teams have the training

and clinical resources to meet ongoing patient and client needs. Co-leads for the group will join the full-day Clinical Pathways meeting on December 11.

If you have any questions or comments for the Clinical Pathways Working Groups, feel free to send along an email to:

AnxietyClinicalPathwayFeedback@cdha.nshealth.ca

PsychosisClinicalPathwayFeedback@cdha.nshealth.ca

DepressionClinicalPathwayFeedback@cdha.nshealth.ca

BipolarClinicalPathwayFeedback@cdha.nshealth.ca

PersonalityClinicalPathwayFeedback@cdha.nshealth.ca

For more information about this project, please contact **Shauna Blundon**, senior project manager, at 902-464-6098 or shauna.blundon@cdha.nshealth.ca.

Quality Matters

SUBMITTED BY the CHAMHP Quality Council

Quality Retreat 2014

Each year, the Quality Council holds a retreat to bring together the physicians, staff, consumers and families who are involved in the CHAMHP Quality Program. This year's retreat was held on October 17th and focused on integrating quality work with operations, with a particular focus on Core Business Redesign.

Dr. Jason Morrison from the CHAMHP Core Business Redesign Steering Committee provided an overview of the Core Business Redesign process, which includes the work of the clinical pathways groups. Small discussion groups were tasked to determine what key aspects of quality work should be taken into consideration in the development of clinical pathways and the Core Business Redesign process.

The discussion groups determined that all of the Quality Domains (access; consumer, family and provider collaboration; continuity of care; safety; evidence-based practice; service effectiveness; consumer and family satisfaction; and staff satisfaction) are important for consideration in the design of new clinical pathways.

There were three main areas of quality work identified for special attention. They are as follows:

1. Consumer, Family and Provider Collaboration
 - Improving collaboration between consumers, families and providers has been a priority area for the Quality Program since 2009. A number of key initiatives have changed the way in which consumers and their families are involved in all aspects of care from planning to delivery. Special considera-

tion to consumer and family engagement on the pathways themselves was emphasized.

2. Continuity of Care/Transitions
 - Improving transitions of care is another priority area that was identified by Quality Council. Efforts are ongoing to improve how patients experience transitions into, between, and out of CHAMHP services. Special consideration for the clinical pathways was noted to ensure seamless movement both within and between pathways.
3. Outcome, Evaluation, and Research
 - Evaluation of clinical outcomes across CHAMHP continues to be an area for development and the Core Business Redesign process presents an opportunity to focus in on key outcome measures relevant both to the program as a whole and each individual clinical pathway. Emphasis was placed on evaluating Core Business Redesign from the outset.

Laura Anckorn and Patryk Simon from the Quality and Evaluation Team presented this information to the Clinical Pathways Working Groups on November 12, 2014.

Quality teams and committees will continue their work on the priority areas of collaboration, transitions and safety and provide input and feedback to Core Business Redesign as needed.

For more information, please contact **Laura Anckorn** at laura.ankcorn@cdha.nshealth.ca.

Mental Health Minute

The following segments of the Mental Health Minute aired on CTV News at 5:

- October 28: Stewart Zaun, Family SOS Program coordinator, speaks about a program designed to teach young people about online dangers.
- November 4: Executive Director, Schizophrenia Society of Nova Scotia, Dr. Stephen Ayer, talks about the support that is available for people living with psychotic disorders and their families.
- November 18: Robin Williams' death helped shed some light on the link between Parkinson's Disease and depression—Bob Shaw, Parkinson Society Regional CEO.
- November 25: Clinical addiction therapist Elizabeth Stephen speaks about gambling addiction.

To view all Mental Health Minute videos, click on the link below and go to the CTV News :

<http://www.cdha.nshealth.ca/addictions-mental-health-program-chamhp/videos-mental-health-minute>

Mental Health Minute is produced in partnership with the Mental Health Foundation of Nova Scotia and CTV News at 5 to provide

The Compass Group Canada Festival of Trees Continues to Inspire

SUBMITTED BY The Mental Health Foundation of Nova Scotia



The Mental Health Foundation of Nova Scotia would like to extend sincere gratitude to all sponsors, guests and volunteers who helped make the 23rd annual Compass Group Canada Festival of Trees a wonderful success.

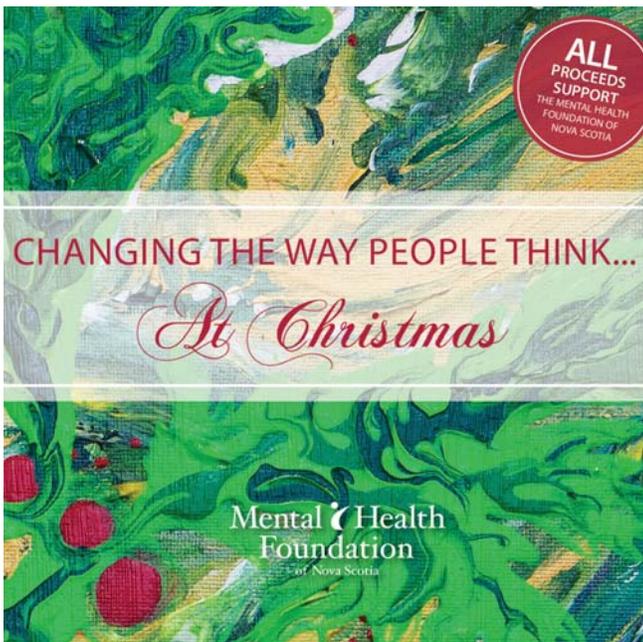
The RBC Forest of Trees was full of over 25 sparkling Christmas trees – a beautiful backdrop for both events. The Shannex Holiday Luncheon on November 21st featured stunning cakes and wreaths, and a touching performance of the Mental Health Foundation's 'Changing the Way People Think' Christmas song.

There were many special moments at the IMP Group Gala Night on November 22nd, including spontaneous donations and guests gifting prizes back to the Mental Health Foundation of

Nova Scotia. The evening became truly magical after a video played featuring Military Veteran and PTSD Service Dog advocate Medic Cousineau and his Service Dog, Thai. The Mental Health Foundation called on guests to make donations in support of matching Service Dogs with First-Responders (\$3,500 per match). The crowd responded with incredible generosity and 23 matches were made. All in attendance were moved by Medic's story and the powerful impact these animals can have on the mental health of those in need. This gift will truly save lives. If you'd like to learn more, you can go to our website at www.mentalhealthns.ca.

This year's Compass Group Canada Festival of Trees was an inspiring kick-off to the 2014 Holiday Season. The Mental Health Foundation of Nova Scotia looks forward to announcing total funds netted from this event in the coming weeks on our website.

Photographs by Scott Munn, Photo Munn.



The Mental Health Foundation of Nova Scotia is pleased to launch a new holiday project designed to inspire a province. "Changing the Way People Think... At Christmas" is a CD with an important message of hope and understanding for Nova Scotians who are touched by mental illness and their families.

Twelve Nova Scotia artists have come together to sing the title song, "Changing the Way People Think" in perfect harmony. Under the leadership of Executive Producer Lana Grant and Music Producer Chris Iannetti, this song has grown into an amazing collaboration that touches on several genres of music and vocal styles.

"Changing the Way People Think... At Christmas" is generously funded by well-known Nova Scotia philanthropists and friends of the Foundation, Fred and Elizabeth Fountain. The CD can be purchased at Lawtons Drug Stores throughout the province and Needs Convenience in the HRM.

The CDs are \$20 each, with ALL proceeds going directly to the Mental Health Foundation of Nova Scotia. They are also available at www.mentalhealthns.ca/christmas-cd for digital download at a price point of \$9.99. The single is available online for \$1.99.

Acute Care BFT Training Comes to Nova Scotia

SUBMITTED BY Cheryl Billard, Program Leader, Strategy

From October 20—25, eighteen delegates took part in the Acute Care Behavioural Family Therapy (BFT) Training Course in Truro, NS. This training was a first for Nova Scotia and was generously supported by the Nova Scotia Mental Health Foundation of Nova Scotia through the Hope and Legacy fund. The group of delegates included acute care staff—nurses, social workers, psychiatrists, and recreation therapists—from the Capital Health Addictions and Mental Health Program (11) and Colchester Mental Health and Addictions Program (7).



The training focused on engaging families in acute care, and offering components of Family Work during the acute admission. Of particular interest was the application of the approach in acute care to information sharing, relapse prevention and problem solving which is collaborative with families/ circle of support. The program was facilitated by Meriden clinical specialists with experience in acute care settings and two local advanced trainers.

“Changes to practice is needed and this BFT training was well done and go toward the work ahead.”

“This has been one of the best training events I have attended.”

“Thanks for increasing our awareness and giving us the confidence to move forward.”

“I enjoyed this and felt very lucky to have been chosen to learn this and bring my clinical game up.”

Topics of Interest



A number of community pharmacists across Nova Scotia are offering mental health and addictions patients the opportunity to participate in a new program designed to provide them with increased support for mental and physical health needs and medication-related issues.

The Bloom Program is the Mental Health and Addictions Community Pharmacy Partnership Program of Nova Scotia. The program's goal is to improve the health and quality of life of Nova Scotians living with mental health and addictions problems. Currently, there are 20 pharmacies across the Province, including seven within CDHA, which are participating in the demonstration project.

Community pharmacies in the Bloom Program will provide care to registered patients with mental health and/or addictions problems and medication-related issues, including navigation, triage, and in-depth medication therapy management. Patients are eligible for the program if they have a diagnosis of a selected mental illness (e.g. mood disorder, psychotic disorder, substance use disorder) that is causing functional impairment and a current medication therapy issue. Enrollment does not require a formal referral. However, it is expected that many people will learn of the program via informal referrals from their health providers. These pharmacy services are free of charge to the patients registered with the program.

For more information about the Bloom Program, visit <http://bloomprogram.ca/>.

Immigrant Settlement & Integration Services (ISIS) is now called the:
Immigrant Services Association of Nova Scotia (ISANS)

Hope & Help for anyone affected by a loved ones' problem drinking:

www.freewebs.com/alanonmaritimes, 902-466-7077, ais.hfx.ns.area91@gmail.com (manned by volunteers so will be replied to within 24 hours of email or phone message).

Sleepwell Nova Scotia: This program makes it easier to access pre-existing effective treatments for insomnia without the need for sleeping pills. Visit <http://sleepwellns.ca> for more information.

Upcoming Events and Education Sessions

Tuesdays, 12:15—1:30 pm

Inter-professional Education Sessions

Hugh Bell Lecture Hall, NSH (available via Telehealth)

- December 2: Session cancelled
- December 9: "The Health Promotion Shift: Bringing Quality to our Substance Abuse Prevention Efforts", Dan Steeves, Addictions Program
- December 16: "Claymation Art Therapy in Early Psychosis: A Pilot Study", Dr. Z. Ursuliak, Dr. C. Crocker, Jane Hughes and Amy MacKenzie, NS Early Psychosis Program

Wednesdays, 8:30—9:30 am

**QEII Academic Rounds/Dalhousie University Rounds
Room 4074, AJL (available via Telehealth)**

- December 3: "Differential Diagnosis of Psychopathology in the Early Years: Recent Advances and Challenges", Dr. Normand Carrey, Child & Adolescent Psychiatry
- December 10: "Guilt is an Engine to Treatment Resistance in Diverse Psychiatric Disorders: Videotape Demonstrations of Direct Approaches and Treatment Approaches", Dr. Allan Abbass
- December 17: "10 Hot Topics on Child and Youth Mental Health", Dr. Ian Manion

Friday, December 19, 2014, 11:30 am—2:00 pm

14th Annual Holiday Community Christmas Party

2158 Gottingen Street, 2nd Floor

Mic Mac Native Friendship Centre

Hosted by Direction 180. Donations welcome. If you wish to contribute, please contact Cindy at 902-420-0567 or direction180@ns.aliantzinc.ca.

Tuesdays, January 13—March 24, 2015, 6:30—8:30 pm

Families Matter in Mental Health

7071 Bayers Road, Suite 109

Do you have someone close to you with a mental health problem or illness? 11-week program: education, support, coping strategies for family and friends. For further information and to register, please call Healthy Minds Cooperative at 902-404-3504 or hmnavigator@eastlink.ca.

Wednesday, May 20—Thursday, May 21, 2015

Psychosocial Rehabilitation Nova Scotia Chapter 2015 Biennial Conference

Branching Out for Recovery: Reaching New Shores

The Pictou Lodge Beach Resort, Braeshore

Pictou, Nova Scotia

Call for abstract for workshop presentations. Submission deadline is December 12, 2014. For more information, contact Kelly Murphy at 902-464-3133 or kelly.murphy@cdha.nshealth.ca.



CORRECTION

In the October 2014 issue, in Our People, it was noted that **Dr. Nicole Herschenhous** worked in Seniors Mental Health Services. Dr. Herschenhous actually works in the Short Stay Unit at the AJL. She is currently on maternity leave.

We apologize for this error.

"Alone we can do so little; together we can do so much."

- Helen Keller

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 and our community partners. The next issue of Our Voice will be distributed on December 19, 2014 with the deadline for submissions to be December 12, 2014.

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