

## Concurrent Disorders - 2 Year Highlights

SUBMITTED BY Derek Leduc, manager, Concurrent Disorders Program

- CDHA co-led the development of the Provincial Core Competencies Toolkit for Concurrent Disorders with the Department of Health and Wellness. The toolkit, which has nine modules and will be available on LMS, will provide basic to intermediate level competencies for all clinical staff in Addictions and Mental Health throughout Nova Scotia. It can be used for group and individual learning. The toolkit, to be launched in September, will provide the cross-training that is needed to provide improved care for individuals with concurrent disorders, no matter where they enter our system.
- CDHA is also co-leading the development of the Advanced Competencies for Concurrent Disorders and has started working with provincial partners to ensure that high-level training is available for clinicians across Nova Scotia.
- One of the clinical initiatives recommended by the Concurrent Disorders report was to place addictions liaison positions to provide consults, assessments, brief interventions, and navigation and supportive transitions to clients who arrive at Emergency Departments or clients in inpatient units who are identified as having substance use disorders. These positions are in place and providing a wide range of services at both the Dartmouth General Hospital and Halifax Infirmary.
- An addictions liaison social worker also joined the Mental Health Urgent Care team last year to better meet the needs of concurrent disorders clients and to build the concurrent disorders capacity of this service.
- An addictions community outreach worker is devoted to liaison work at Connections Dartmouth, Halifax and Bedford/Sackville ("the Hubs"), as well as supporting concurrent disorders clients in Halifax's North End.
- An addictions community outreach worker works in partnership with a mental health nurse to support concurrent disorders clients at the Metro Turning Point shelter, Halifax's largest homeless shelter.
- Addictions and mental health staff are currently co-located at the following community teams: Bedford/Sackville, Bayers, Cole Harbour and Hants County.
- A mental health clinician spends dedicated time each week at the Addictions Program, Halifax Community-Based Services located at 1673 Bedford Row.
- The Addictions Program has increased its capacity to identify and respond to the mental health needs of our clients. A full-time psychologist joined the team in January 2013. As well, Dr. Ronald Fraser, psychiatrist, continues to provide complex case assessments one-day per week. Dr. Philip Mills, psychiatrist/clinical academic leader, is also available for psychiatric consults for both inpatient and outpatient services.
- The Addictions Program now ensures that Central Intake reviews the HPF file and highlights relevant mental health treatment histories and identifies those with active mental health clinicians at intake so that individuals with concurrent disorders can receive coordinated care.
- The Addictions Program has moved to integrate IT systems with the rest of CDHA, which will support improved information sharing and safety for concurrent disorders clients. The move to HPF, STAR and PHS will be phased during 2014, starting with the Inpatient Treatment Program in April. The Addictions Program is required to maintain ASsist at the present time, but the HPF file will replace the need for maintenance of a paper file.

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## Addictions Day Treatment Program moving to a Community Location!

As of May 5, 2014, the Addiction Program's Day Treatment Program will move from its current location at The Nova Scotia Hospital site to one of our community locations at 1673 Bedford Row in Halifax (click here for a map)

This move is intended to increase access and support clients in successfully transitioning from Intensive Treatment Services to longer-term recovery supports offered through Community-Based Services (CBS). CBS provides ongoing support for individuals in recovery, such as counselling, therapeutic groups, women's treatment services, recreation therapy and more.

The current four-week Day Treatment Program will shift to a two-week schedule to make the program more accessible to citizens whose employment or family commitments would have prevented them from being able to access the program previously.

Also added to the mix of supports at CBS will be a variety of women's-only intensive five and ten-day programs offered throughout the year.

The Day Treatment Program will continue as scheduled at The Nova Scotia Hospital site until the end of April.

For more information, or to refer a client or to register for a program, please call Central Intake at 424-8866.



Continued from front cover

## Concurrent Disorders Highlights

- The Addictions Program put in place a process whereby mental health clinicians at Simpson Landing and Mayflower Units at The Nova Scotia Hospital site can access addictions consults for clients. This support has been expanded to the Short Stay Unit, 6 Lane and 7 Lane at the Abbie J. Lane. We have also seen an increase in patients transitioning from acute care units into addictions treatment programs, which demonstrates excellent continuity of care.
  - Screening for concurrent disorders is ramping up in accordance with provincial standards. The Capital Health Addictions and Mental Health Program has decided to use the GAIN Short Screener across our entire Program. The tool will be used at specific entry points to appropriately identify clients who may need further assessment for potential concurrent disorders.
  - Our CHAMHP Concurrent Disorders Lecture Series continues to engage a wide variety of internal and external service providers. Topics covered over the past two years include: Alcohol and Depression, Cannabis and Psychosis, ADHD and Addiction and Problem Gambling.
  - A new educational series "Understanding Addictions and How We Can Help" has launched for community partners and focuses on increasing knowledge about substance use, addictions and concurrent disorders, and to explore ways in which our programs can help and support navigating services.
  - There have been a number of cross-training initiatives for addiction and mental health staff such as Structured Relapse Prevention, Brief Intervention, and Motivational Interview. This has resulted in an increase in staff capacity and the delivery of co-facilitated, evidence-based groups for clients.
  - A new revised Beyond the Label workshop which focuses on stigma and concurrent disorders was launched this year for staff working in addictions and mental health. The workshop explores the impact of negative attitudes and beliefs, highlight facts and dispel myths about concurrent disorders, and supports staff in their efforts to eliminate prejudice and discrimination.
  - Our Stop Smoking Services has transitioned to the Concurrent Disorders portfolio and will place a greater emphasis on ensuring evidence-based treatments are available, and that clients with concurrent disorders are a priority. This will include a commitment to enhanced training and capacity building for staff and increased programming across mental health programs.
- For more information, please contact Derek Leduc, manager, Concurrent Disorders Program, at 424-5250 or email [derek.leduc@cdha.nshealth.ca](mailto:derek.leduc@cdha.nshealth.ca).

## A Different Stage of Mind

SUBMITTED BY The Mental Health Foundation of Nova Scotia

On February 21, 2014, the World Trade and Convention Centre in Halifax played host to a range of entertaining characters. George Michael, Adele, James Bond, Neil Young, comedy duo 'Gladys and Mabel', and a men's choir took to the stage in the name of mental health advocacy, fundraising, and awareness. Proudly presented by BMO Bank of Montreal, the 11th Annual A Different Stage of Mind variety show raised a significant amount of funds for mental health programming and services in Nova Scotia.

Community leaders, Bernard Doucet (Director of Corporate Affairs, Sobeys Inc.), Jenna Conter (Editor at Optimyz Magazine), Adam Conter (Senior Sales Associate for CBRE Ltd.), Dan Merzetti (President, DSM Telecom Inc.), Barbara Hall (VP, CDHA, Person-Centered Health) and Paula Bond (VP, CDHA, Person-Centered Health, Acute Care), and 30 of Halifax's most



From left: Comedy duo, 'Gladys and Mabel' (CDHA's own), Barbara Hall and Paula Bond).

influential business people and decision-makers made up the show's cast.

Stars drew on their business contacts and communities to raise funds leading up to and during the event. Foundation partner, ISL Digital Marketing, created a live-stream voting app through Square reader technology that showcased the stars' fundraising levels throughout the show.

The Mental Health Foundation of Nova Scotia extends gratitude to all partners, and special thanks to presenting sponsors - BMO Bank of Montreal and platinum supporters—Compass Group Canada, CTV, The Conter Family, Egg Studios, ISL Digital Marketing, Janssen Pharmaceuticals, Revolve, Sound Systems Plus, and Zed Events for helping make this year's show a great success.

## Mental Health Minute

SUBMITTED BY The Mental Health Foundation of Nova Scotia

The Mental Health Foundation, in partnership with CTV News at 5, kicked off the Mental Health Minute series on January 28th.

Each Tuesday evening, CTV News at 5 airs a one-minute educational piece on mental illness and mental wellness tips.

So far, segments have focused on Maritime mental health statistics, the importance of physical activity and socialization, and recognizing signs of depression. Featuring mental health specialists such as recreational therapists, psychologists, and psychiatrists, the Mental Health Minute is a quick, accessible way to learn more about taking care of one's mental health and supporting others facing difficulties. Feedback has been extremely positive, and CTV has chosen to continue with the Mental Health Minute as a regular feature.

Stay tuned for upcoming segments on addictions, nutrition, stress reduction, early psychosis intervention, and more. Please feel free to contact the Foundation with your ideas or suggestions for future segment topics. Call 464-6000 or send an email to [info@mentalhealthns.ca](mailto:info@mentalhealthns.ca).

Visit <http://atlantic.ctvnews.ca/video?clipId=293646&binId=1.1145729&playlistPageNum=1> for the latest Mental Health Minute.



The staff at the Mental Health Foundation of Nova Scotia participating in the first Mental Health Minute.

## Quality Matters

SUBMITTED BY the CHAMHP Quality Council

Since the Addictions and Mental Health Programs came together to form CHAMHP in late 2012, the Quality Steering Committee has explored ways to streamline the quality framework: building on the excellent work of the quality teams and council over many years; aligning and fully integrating our structure with Capital Health's; and recognizing the advantage of a smaller, more agile council.

Recent announcements:

- The Morbidity and Mortality Committee will now be called the Quality Patient Safety Steering Committee (QPSSC), chaired by Mary Pyche and Dr. Scott Theriault, with Charlene Casey-Gomes, Laura Ankcorn and Sandra Mader. There will be four separate review teams pre-booked for regular review work. The QPSSC terms of references will reflect the Capital Health patient safety reporting structure and with a more formal accountability loop, and including recommendations brought forward by the Suicide Task Force and other issues noted in patient safety.
- The Feedback and Experience Action Team (FEAT) will begin publicly releasing qualitative results of the Mental Health program Satisfaction Surveys available for the past two years. Quality teams will receive quantitative results for their area. FEAT will review the results to make broader recommendations to CHAMHP leadership. Chair, Dani Himmelman, also participates in the Transitional Leadership Team.
- The Quality Council co-leads are Susan Hare and Dr. Phil Tibbo. Membership includes quality team chairs, FEAT chair, QPSSC chairs, quality supports, and citizens. The Council meets monthly and replaces the previous Quality Steering Committee and Council.
- Patient safety, transitions and collaboration are our shared, continued areas of focus.

For more information, feel free to contact Laura Ankcorn, quality leader, at [laura.ankcorn@cdha.nshealth.ca](mailto:laura.ankcorn@cdha.nshealth.ca).

## Library News



The iconic crescent-shaped couch located at Health Sciences Library at The Nova Scotia Hospital received a face lift recently!

The sturdy blue fabric on the historic couch that dates back to the '70s and was originally purchased for the Day Treatment Program which was located in Simpson Hall had finally started to wear out, so the library had the couch reupholstered in late 2013. In order to

move the couch to be repaired, Sinan Furniture & Repair had to cut it into three pieces.

The newly refurbished couch remains in three pieces, held together by brackets, so that it can be taken apart for a more flexible seating arrangement. Contact the library at 464-3255 if

you would like to book a meeting and try out the refurbished couch.



On Monday, February 24, the Health Sciences Library at The Nova Scotia Hospital participated in National Cupcake Day to benefit the Nova Scotia SPCA. Staff members baked cupcakes and muffins and served coffee and tea for donations to the cause. Whether you preferred double chocolate, red

velvet or lemon, there was a little something sweet for everyone. Anyone wishing to donate to our team effort can still find our donation page online: [http://support.ontariospca.ca/site/TR/CupcakeDay/Cupcake14?team\\_id=6660&pg=team&fr\\_id=1261](http://support.ontariospca.ca/site/TR/CupcakeDay/Cupcake14?team_id=6660&pg=team&fr_id=1261).

## THANK YOU

The Community Transition Program, located in Sackville, would like to express their sincere thanks to Konstantinos "Tino" Kilonomos and his team at PC Medic on Robie Street for their generous donation of a laptop to the clients of our program.

## Upcoming Events and Education Sessions

**Tuesdays, 12:15—1:30 pm**

**Inter-professional Education Sessions**

Hugh Bell Lecture Hall, NSH (available via Telehealth)

- ◆ March 4—Specialty Services: Seniors Mental Health
- ◆ March 11—Psychiatry: Drs. Miroslaw Bilski-Piotrowski and Daniel Toguri (resident)
- ◆ March 18—Social Work: Denise Marchand, Devota Ryan and Georgina Fraser
- ◆ March 25—Dietary: Nancy Ryan and Jane Palmer

**Wednesdays, 8:30—9:30 am**

**QEII Academic Rounds/Dalhousie University Rounds**

AJL, Room 4074 (available via Telehealth)

- ◆ March 5—Child and Adolescent: Dr. Sabina Abidi
- ◆ March 12—Global Psychiatry: Dr. Sonia Chehil
- ◆ March 19—University Rounds: Dr. John Peever, University of Toronto
- ◆ March 26—Psychiatry Debate

**Friday, April 25, 2014, 8:00 am—4:30 pm**

**XXV W.O. McCormick Academic Day**

**The Lord Nelson Hotel, 1515 South Park St., Halifax**

Theme: Addictions and Mental Health

For more information or to register, visit <https://www.esourceevent.com/McCormickAcademicDay>.

**Tuesday, April 15, 2014, 6:00—8:00 pm**

**Let's Keep Talking for Clara's Big Ride**

**Spatz Theatre, Citadel High School, Halifax**

Let's Keep Talking for Clara's Big Ride is a unique speaker's event designed to educate, and entertain. Join the Mental Health Foundation of Nova Scotia and emcee Paul Hollingsworth of TSN as we welcome Clara Hughes, six-time Olympic medalist, to Halifax on her cross-Canada journey for Bell Let's Talk. The event features live artist Ingrid Singing Grass, spoken word poet Laura Burke, and a performance by singer/songwriter Mo Kenney. Let's Keep Talking is set to be an evening of open con-

versation and exploration of mental illness. Tickets will be available at [www.mentalhealthns.ca](http://www.mentalhealthns.ca) the week of March 10th. Tickets are \$25.

**Saturday, May 3, 2014**

**Schizophrenia Society of Nova Scotia's (SSNS) 6th Annual Road to Recovery Walk**

This major event to raise awareness and much-needed funds for the SSNS will be held in locations throughout Nova Scotia. We ask that you consider approaching your workplace to organize a fundraising event. To support you in your efforts, we will provide you with a letter for your employer, and posters for your event. If you are interested in participating, please contact Donna Methot, chair, at [hrmchapterssns@accesswave.ca](mailto:hrmchapterssns@accesswave.ca) or 902-462-8658. For more information about the SSNS, go to their website at [www.ssns.ca](http://www.ssns.ca).

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*In support of the*  
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SAVE THE DATE  
**FRIDAY, MAY 2<sup>ND</sup> 7-11 P.M.**

WINE BY <b>BISHOP'S CELLAR</b>	WHERE Maritime Museum of the Atlantic 1675 Lower Water Street
TICKETS <b>\$75</b>	CONTACT Barb O'Neill 473-3571 <a href="mailto:Barbara.oneill@cdha.nshealth.ca">Barbara.oneill@cdha.nshealth.ca</a>

### 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 March 27, 2014 with the deadline for submissions to be March 17, 2014.

Please send all submissions to [patricia.dauphinee@cdha.nshealth.ca](mailto:patricia.dauphinee@cdha.nshealth.ca).