

New Executive Leadership Team Announced for CHAMHP!

We are pleased to announce that in June, a new Executive Leadership Team will be in place for CHAMHP.

The appointment of this team is a significant milestone in the integration of addictions and mental health and marks the end of the Transitional Leadership Team that has guided us so well for the past year and a half. The new team will have its first meeting on Tuesday, June 17, and will meet twice monthly.

In addition to the Executive Leadership Team, we will be forming a new Public Advisory Group—the first of its kind for a clinical program at Capital Health. This group will bring the perspectives of our clients and community supports to the table and will report to the Executive Leadership Team.

Program leaders and psychiatry representatives (one each from addictions and mental health) will form a third group called the Clinical/Operations Team which will meet regularly and report to the Executive Leadership Team.

Each team will include representatives from the other two to ensure strong linkages.

Membership of the new teams are as follows:

Executive Leadership Team

Trevor Briggs, director, CHAMP (co-lead)

Dr. Nick Delva, head, Dalhousie University, Department of Psychiatry & chief, Department of Psychiatry, CDHA (co-lead)

Dr. Scott Theriault, clinical director, Dalhousie University, Department of Psychiatry/CHAMHP

Dr. Jason Morrison, deputy clinical director, Acute Care, Dalhousie University, Department of Psychiatry/CHAMHP

Maureen Wheller, senior communications advisor, CHAMHP

Cori Ferguson, business manager, CHAMHP

program leader (1 year appointment) - TBA

Public Advisory Group rep (1 year appointment) - TBA

program leader rep (to rotate from the Clinical/Operations Team*)

** One program leader will, in rotation or as required due to urgent matters in their portfolio, attend each Executive Leadership Team to focus on their portfolio agenda items. This will allow each program leader to bring forward important issues in their areas on a regular basis.*

Clinical/Operations Team

Co-leads will be a **program leader** and a **physician** (TBA)

Rachel Boehm, program leader, Addictions

Dorothy Edem, program leader, Recovery and Integration

Susan Hare, program leader, Community Mental Health

James MacLean, program leader, Forensic and Offender Health Services

Dr. David Pilon, program leader, Specialty MH Services

Mary Pyche, program leader, Acute Care and Crisis Support

Dr. Philip Mills, Clinical Academic Leader, Addictions

(physician rep for Addictions)

Physician rep for MH—TBA

Public Advisory Group rep—TBA

Public Advisory Group

Co-leads will consist of a CHAMHP staff member and a member of the public. **Cheryl Billard**, program leader, MH Strategy, has kindly agreed to be one of the co-leads. We are currently looking for a public representative to be the other co-lead, and we will announce that individual at a later date.

Membership of this group will include representation from first voice addictions and mental health, family and community supports. We are currently in the process of reaching out to individuals and organizations, and will be working with Geoff Wilson, director, Patient & Public Engagement, Capital Health, to

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New Executive Leadership Team... (continued from front cover)

develop a terms of reference.

Information and questions will be shared among the three groups through their members and reporting to the Executive Leadership Team. A co-lead from the Clinical/Operations Team and the Public Advisory Group will be on the Executive Leadership Team to ensure open lines of communications. Additionally, Shauna Blundon, senior project manager, will work with each group to ensure that the terms of reference are synchronized and that the groups work closely together.

We want to thank the Transitional Leadership Team (Dorothy Edem, Dr. David Pilon, Susan Hare, Rachel Boehm, Mary Pyche,

James MacLean, Cori Ferguson, Jo-Ann Arsenault, Amanda Crabtree, Vince Daigle, Dani Himmelman, Maureen Wheller, Dr. Jason Morrison and Dr. Philip Mills) for their guidance and commitment which has been invaluable to our Program and has helped to keep us focused on our goals and our course.

We will be reporting soon on the Core Business Redesign Project and the next steps in that process.

These changes are both profound and challenging, and we thank each one of you for the part you have played in bringing about positive change through the great work that you do every day!

Art and Healing

SUBMITTED BY Charmaine Gaudet, senior communications advisor

Starr Dobson *gets* that art therapy plays an important role in recovery from mental illness. As CEO of the Mental Health Foundation of Nova Scotia, she is committed to the Foundation's support of creative programs at Capital Health, to the tune of about \$7000 last year. But when she recently joined an art therapy class at the Abbie J. Lane, she saw first-hand just how beneficial these programs can be.

"Within five minutes, wonderful conversations started the people in the room. People were really connecting about what was important to them," she said. "In addition to encouraging creative expression, art therapy gives people a comfortable, safe environment for personal expression."

In the light-filled Art Room at the Abbie J. Lane where the class was held, art made by patients covers the walls and paint splatters the table. The art work conveys a range of emotions, each piece a snapshot along a personal journey to healing.

"Art, as creative expression, is part of the human condition. It should be integrated as part of the therapeutic approach as one of all the components we know are essential to being human," said Dr. Stan Kutcher at a recent event to explore art, mental health and recovery.

Both Dr. Kutcher and Ms. Dobson were part of a panel of speakers who offered perspectives on the role that art plays in the healing process for people with mental illness. The event, Intersections of Art, Mental Health and Recovery, was organized by <http://teenmentalhealth.org/> and held at the Nova Scotia Community College Waterfront Campus. The event filled the auditorium with engaged participants eager to share their stories of creativity and recovery.

"In therapy, we are so focused on doing things **to** people that we don't allow them to be part of their healing through art, music, diet and exercise. We know that all of these things are essential to mental health," says Dr. Kutcher.

Art is an important component of Capital Health's recreation therapy for the Mental Health Program. Art making is offered to clients at every stage of recover and regular sessions are held at the Abbie J. Lane, Recovery and Integration, Mayflower Unit and Willow Hall.

Dr. Kutcher says programs such as these offer patients a more active role in their own recovery. "Integrating art programs into therapy doesn't cost much but has an enormous impact."

On a wall in Dobson's office is a coloured drawing by a patient at Simpson Landing. "Not only does this mean a lot to me but it is also a source of pride for the person who gave it to me," she says.

Then she shares a recent insight about art-making from a woman going through therapy. "She told me that as a patient with a mental illness so much of her focus was on *losing* "bad things" that stood in the way of her becoming whole again. Art therapy, on the other hand, *gave* her something. She said, 'I get to bring this home with me.'"



For more information on recreation therapy for mental health, visit <http://www.cdha.nshealth.ca/recreation-therapy-mental-health>.

You might also want to check out an interesting video on the role of art therapy in the recovery process, at <http://atlantic.ctvnews.ca/art-therapy-painting-a-brighter-future-for-mental-health-1.1542104>.

Janine Williams Award for Excellence in Mental Health Nursing

SUBMITTED BY the nurse educators

This annual award was created by the Professional Nursing Council of the Capital Health Mental Health Program in Janine Williams' name to recognize excellence in mental health nursing. The purpose is to honour Janine and all her outstanding qualities as a compassionate and caring mental health nurse.

Janine was a registered nurse who graduated from Saint Martha's School of Nursing in the 1980s. She spent her entire career as a mental health nurse in various clinical areas throughout the Program. Janine died suddenly and tragically on April 13, 2006 at the age of 43.

Janine was a much loved person and a well-respected clinician. She was a true advocate for individuals living with severe and persistent mental illness. It was her passion!

In the words of a friend and colleague, "She was a quiet leader... she made people want to do better just by watching her work." In her quiet and unassuming way, Janine made the work of nursing visible to her patients and colleagues. She exemplified excellence in nursing.

AND THE WINNER IS.....



Congratulations to Heather Farwell, RN, Addictions Program, who is the 2014 award recipient!

Heather has worked for over 30 years in the fields of addictions and mental health. She personally mentors new staff, and consistently challenges nurses not only to meet but exceed their standards.

Heather's motto is "Nurse Power"!

She is an outstanding client advocate, and truly believes that the patient comes first.

Nursing, as a profession, has been made better because Heather has been a part of it.

She may not currently be in a leadership role but she is, and always will be, a leader in nursing and someone that her colleagues are proud to have worked with.

Congratulations are also extended to our other 2014 award nominees:

James MacLean, RN, BN (Forensic Services)

Valerie Lowe, RN, BScN (Community Mental Health)

Sherry Cluett, LPN—posthumously (Recovery & Integration)

Appointment of Dr. Samuel Hickcox, MD

We are pleased to announce the appointment of Dr. Samuel Hickcox, MD, as half-time hospitalist with the Addictions Program. Dr. Hickcox will be working with the Addiction Program's Inpatient Treatment Program full days on Mondays and Thursdays and half days every Friday.

Dr. Hickcox is an experienced mental health and acute care hospitalist. He brings with him a wealth of experience in dealing with complex, co-occurring health conditions, including mental health and addictions. Of special note is Dr. Hickcox's experience in developing and implementing interdisciplinary models of care to manage chronic illness. Dr. Hickcox has a special interest in working with vulnerable, marginalized populations.

Please join us in welcoming Dr. Hickcox to the Program!



10th Annual Inspiring Lives Luncheon

SUBMITTED BY the Mental Health Foundation of Nova Scotia



From left: Recipients—Medric, Parker, Sara, Jeannie, and Marc.

On Thursday, May 8, the Mental Health Foundation of Nova Scotia and the Canadian Mental Health Association (Nova Scotia Division) hosted the 10th Annual Inspiring Lives Luncheon, presented by NorthWest Healthcare Properties.

This celebration honoured five Nova Scotians who have made a difference in our province through sharing their personal mental health stories and using their experiences to support others and further societal understanding of mental illness and addictions.

Recipients —Medric Cousineau, Sara Goguen, Parker Jackson, Marc Serieys, and Jeannie Swinemar—were honoured at this year's ceremony. Please take time to learn about these incredible individuals at <http://www.mentalhealthns.ca/>.

Mental Health Minute

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

- April 29—Psychologist Dr. Yvette Scattolon talks about the two most common eating disorders—anorexia nervosa and bulimia nervosa
- May 6—Colleen Fraser of the Mental Health Foundation of Nova Scotia speaks about the importance of talking about mental health
- May 13—Donna Methot, president, Schizophrenia Society of Nova Scotia, talks about supporting a loved one with a mental illness
- May 20—Psychiatrist Dr. Claire O'Donovan, who specializes in mood disorders, speaks about bipolar disorder.
- May 27 - Psychiatrist Dr. Phillip Mills talks about concurrent disorders - when someone suffers from a mental illness and a substance abuse problem

To view the videos, go to the CTV News at 5 site at <http://atlantic.ctvnews.ca/ctv-news-at-5>. Search for *Mental Health Minute* on the search engine at the top of the page, and the episodes listed above will be there for you to watch.

Mental Health Minute is produced in partnership with the Mental Health Foundation of Nova Scotia and CTV News at 5 to provide information and tips for mental health and wellness. The segments air each Tuesday evening during CTV News at 5. If you have any suggestions for upcoming segments, please contact Charmaine Gaudet, senior communications advisor, at 464-3171 or charmaine.gaudet@cdha.nshealth.ca.

2nd Annual Open House - Health Sciences Library

SUBMITTED BY Lara Killian, librarian educator

On Wednesday, May 14, the Health Sciences Library at The Nova Scotia Hospital held its 2nd Annual Open House. A popular new feature was the “adopt an office plant” giveaway. Staff from around the site gathered to chat, see the newly reupholstered famous circular couch, and enjoy treats and coffee.

Congratulations to Shauna Blundon and Janet Rent on winning the gift basket draws. One gift basket featured a custom framed photograph by Kathy Keays, library technician and photographer on-the-side, who goes by the name “Surfing Mermaid”.



Upcoming Events and Education Sessions

Tuesdays, 12:15—1:30 pm

Inter-professional Education Sessions

Hugh Bell Lecture Hall, NSH (available via Telehealth)

- ◆ June 17: East Coast Forensic Hospital—James MacLean, program leader
- ◆ June 24: Jeopardy

Wednesdays, 8:30—9:30 am

QEII Academic Rounds/Dalhousie University Rounds

AJL, Room 4074 (available via Telehealth)

- ◆ June 11: Feeding Disorders, Dr. Ahmed Alwazeer, Child & Adolescent
- ◆ June 18: Dr. Claire O'Donovan

Friday, June 6, 10:00 am—noon

An Overview of Gambling

Hugh Bell Lecture Hall, The Nova Scotia Hospital (also available via Telehealth)

Presenter: Dr. Ronald Fraser, MD, CSPQ, FRCPC, head, Inpatient Detoxification Service, McGill University Health Centre, consulting psychiatrist with Capital Health Addictions and Mental Health Program, and assistant professor, Department of Psychiatry, McGill University and Dalhousie University. RSVP to Karen Landriault at karen.landriault@cdha.nshealth.ca.

Monday, June 7, 7:00—9:00 pm

Presentation, "Story of Recovery" & Schizophrenia Society of Nova Scotia, HRM Chapter Annual General Meeting

QEII, Halifax Infirmary, Room 1243A

Family education, support group and Annual General Meeting. For further information, contact Donna Methot at 462-8658 or hrmchapterssns@accesswaver.ca.

Monday, June 16, noon—1:00 pm

Health Promoters at Addictions: Who are they? What do they do?

Royal Bank Theatre, Halifax Infirmary

Topics for review: Current NS prevalence rates of tobacco, alcohol and cannabis use, impacts of substance use on a population, best evidence for reducing population substance use and key roles health promoters play in decreasing the population substance use. For more information, please contact Dan Steeves at 869-6123 or dan.steeves@cdha.nshealth.ca.

Thursday, June 19

Mental Health Foundation of Nova Scotia

Open House—4:00—4:45 pm

Suite 1120, Mount Hope Building, NSH

Annual General Meeting—5:00—6:30 pm

Health Sciences Library, Hugh Bell Building, NSH

Learn more about the work we do and look back on 2013-14. We'll also be honouring outstanding partners and volunteers. Please RSVP to susan.carrigan@cdha.nshealth.ca.

Wednesday, June 25, 8:30—10:30 am

Use of Suboxone in Treating Opioid Dependency

Room B117, Marshall Building, NSH
(also available via Telehealth)

Presenter: Dr. Ramm Hering, MD. Please RSVP to Karen Landriault at 464-3173 or karen.landriault@cdha.nshealth.ca.

Thursday, July 10—Friday, July 11

Academy

Halifax West High School, Bella Rose Arts Centre, Halifax
A mental health focused workshop for educators, counsellors, principals, administrators, clinicians, healthcare providers, advocates, parents and youth. For more information, visit <http://teachmentalhealth.org/academy/>.

Psychiatric Mental Health Nursing Program

For registered nurses interested in pursuing positions in this specialty area. Full or part-time studies offered. For more information, contact the Registered Nurses Professional Development Centre at 1-800-461-8766 or visit their website at <http://www.rnpdc.nshealth.ca/>.

September 11—December 19 (application deadline June 26)

Suicide Risk Assessment and Intervention Inter-professional Program

For mental health professionals and health care providers. Part-time study:

- 8 hours of independent study per week, on average
- 23 hours of lab time
- 4 online units, faculty supported

For more information, contact the Registered Nurses Professional Development Centre at 1-800-461-8766 or visit their website at www.rnpdc.nshealth.ca/.

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 June 26, 2014 with the deadline for submissions to be June 16, 2014.

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