

Our Voice

Volume 2, Issue 9
September 2014

Capital Health Addictions and Mental Health Program

Clinical Pathways Working Groups: The Work Begins

SUBMITTED BY the CHAMHP Redesign Steering Committee

We are very pleased to announce that the five clinical pathways working groups have been assembled: Anxiety, Depression, Psychosis, Bipolar Disorder and Personality Disorders.

This was the next major step in our core business redesign work to improve the care we provide to our patients and support their loved ones. Thank you to the people from across CHAMHP who responded. You have set the stage for us to build on the experience, wisdom and passion of individuals that know our system from different perspectives.

The CHAMHP Redesign Steering Committee made the decision early on to keep the clinical pathways groups smaller for two reasons: to work effectively and efficiently with an aggressive timeline and to complement the process with intentional input from content experts. The two co-leads assigned to each clinical pathways working group have ensured there is a balance of skills, perspectives and first voice representation in each of their groups.

Members of each working group are:

Anxiety: Sreenivasa Bhaskara (co-lead), Paul Freeman (co-lead), Michael Ross, Megan Horner, Karen Neville, Nicole Herschenhous, Kathy Black, Kimberlee Dowe, Marg Murray

Depression: Rudolf Uher (co-lead), Joel Town (co-lead), Raylene MacDonald, Kim Fleming, James Malone, Sonia Chehil, Lyne Brun, Bianca Horner

Psychosis: Phil Tibbo (co-lead), Norma Lewis (co-lead), Shelley Harvill, Esther MacInnis, Laura Burke, Ben Hirtle, Ezio Dini, Philip Mills

Bipolar Disorder: Claire O'Donovan (co-lead), Trilby Sylvain (co-lead), Steve Ayer, Tina Pettipas, Jennifer Barnes, Julie Garnham, Abigail Ortiz, Christina LeBlanc

Personality Disorders: Deborah Parker (co-lead), Jacquie Cohen (co-lead), Mary Jensen, Marlena Szpunar, Mary Clare Bauld, Matt White

Work has already begun!

In an effort to ensure that staff within the Program have the opportunity to ask questions or comment on the work of each group, we have created the following email addresses. These will be monitored by a member of each working group. Feel

free to submit questions, comments or provide feedback during the process.

AnxietyClinicalPathwayFeedback@cdha.nshealth.ca

PsychosisClinicalPathwayFeedback@cdha.nshealth.ca

DepressionClinicalPathwayFeedback@cdha.nshealth.ca

BipolarClinicalPathwayFeedback@cdha.nshealth.ca

PersonalityClinicalPathwayFeedback@cdha.nshealth.ca

For more information about the project, please contact Shauna Blundon, Senior Project Manager, at 902-464-6093 or shauna.blundon@cdha.nshealth.ca.



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Quality Matters

SUBMITTED BY the CHAMHP Quality Council

NEW Client Experience Surveys

The Addictions and Mental Health Program has launched a new set of client experience surveys, which will replace the existing Inpatient and Outpatient Satisfaction Surveys. The new surveys were developed in part by Accreditation Canada and are currently used in several addictions and mental health hospitals in Ontario.

You will see the surveys change over in your service area over the next week. The process for distributing the surveys will remain the same using the existing envelopes. To order additional supplies, please send a requisition to the Dalhousie Print Shop citing the following document numbers:

Inpatient Client Experience Survey	PrinA1536_09_2014
Outpatient Client Experience Survey	PrinA1537_09_2014

The Family Satisfaction Surveys are currently under review and will be replaced this fall, so stay tuned!

Thank you very much for your support in making these surveys available to our clients and their families. Receiving feedback on their experience of care is vital to focus our efforts to improve our services and to identify if our current strategies, such as those related to collaboration and transitions of care, are effective.

If you have any questions or concerns regarding the surveys or comment cards, please contact Laura Ankcorn at laura.ankcorn@cdha.nshealth.ca.

2015 Quality Team Award Competition - Call for Submissions

Once again, it is time for the Capital Health Quality Team Award Competition.

Individuals and teams throughout the district are making tremendous efforts to improve quality in all aspects of our programs, processes and services. Quality Teams are designed to celebrate these efforts, and to encourage others to embrace our commitment to quality.

The Quality Team Awards are given annually to teams of three or more people who have worked together on a quality improvement project that is aligned with at least one of Capital Health's strategic priorities and resulted in positive changes.

The criteria document on which to base your submission can be obtained by contacting Sabrina MacKenzie at sabrina.mackenzie@cdha.nshealth.ca. It is important to note that all sections and each bullet should be addressed in your submission, with particular attention to outcomes and implementation, as these sections are awarded the most

points.

Timeline: The Capital Health Quality Team Awards Competition **submission deadline** is **November 24, 2014 at 4 p.m.** Sorry, extensions cannot be granted. The judging panel needs to complete their review and make recommendations by mid-December to give us time to prepare our winning submission(s) for the national 3M Award.

All awards submissions should be sent electronically to Sabrina MacKenzie. Your entire submission should be in **one electronic pdf file**, including any attachments, appendices, etc. Please ensure you keep the word version of your document for future editing purposes.

The Capital Health Gold Quality Team Award submission(s) will be sent to the 3M Health Care Quality Team Award competition for the February 2, 2015 deadline. Quality Award winners will be asked to present during the 2015 Quality Summit in the spring.



The SPOT, a free music & art program for youth under 30, is starting up again. We will be at the Pavilion (5816 Cogswell Street on the Halifax Commons) starting Tuesday, September 23rd, running Tuesday and Thursday nights 5:30-7:30 until December 4th 2014. We have snacks, art supplies and instruments, though encourage youth to bring their own instruments if they have them. Please refer any patients, clients, family members who may be interested.

For more information contact, Barb McLean or Mike Nahirnak at thespothalifax@gmail.com or Mike at 902-266-9362.

R&I Orientation Video Project

SUBMITTED BY Karrie Scribner, Health and Wellness Coordinator, Simpson Landing

Quiet on the set everyone! Cameras rolling..... We are connecting hope, recovery, opportunity, community and access on video.

Wow...what a learning curve and an enjoyable challenge for a group of Recovery and Integration (R&I) participants and staff working in collaboration with Robyn Badger, videographer and owner of "Creative Badger Studio", on what has been dubbed the "R&I Orientation Video Project".

With the professional support of Robyn's collaborative guidance and inspirational direction, the budding group of video makers (including a family member, peer support workers, and participants and staff from Connections Sackville, Dartmouth, Halifax and Simpson Landing) are creating a series of five videos of two minute duration (each).

The five videos will promote key messages that are important to the R&I participants working on the video project. The scripts of the videos are being created from the conversations and input of the participants who describe how they experience recovery, hope and being a part of a community while accessing services and supports from the R&I Services.

A few of the key messages for the video project are that recovery from mental illness is possible and it is different for everyone, R&I Services has opportunities that can help you to decide what recovery means for you, and how connecting with others

and feeling a sense of community is often a big part of how people navigate recovery.

The benefits of connecting and community is being experienced by the participants and staff as we move through the various stages of creating this orientation video. One example was a video making workshop that was held on September 9. Participants, staff and others helping out on the project all came together for a day of learning at Alderney Landing.

After being introduced to crew members from "Creative Badger Studios" and reviewing our project goals, participants learned what it means to be working on camera (on and off), about lighting and sound, how to do interviews, the role of the assistant director, etc.

On September 24, participants, staff and our wonderful videographer Robyn and her crew (who became part of our crew during this project) will get together again to film a video on location at Connections Dartmouth. We have other shoots planned for the coming months at Connections Sackville, Halifax and Simpson Landing as well as with a few of our community partners.

Stay tuned for the release date!



This video project is being generously supported by Janssen.

Upcoming Events and Education Sessions

Tuesdays, 12:15—1:30 pm

Inter-professional Education Sessions

Hugh Bell Lecture Hall, NSH (available via Telehealth)

- October 7: Cancelled
- October 14: Acute Care Services
- October 21: Occupational Therapy—Alana Emin, Joanne Delnegro, Joseph Lower
- October 28: CHAMHP Morbidity & Mortality Committee/Patient Safety

Wednesdays, 8:30—9:30 am

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

- October 1: Cancelled
- October 8: “7th Psychiatry Debate”, Topic—This house believes that extended detention of individuals found not criminally responsible (NCR) for their offences compared to those not found NCR is ethical/appropriate, Drs. Ahmed Saleh & Anita Hickey, residents/Drs. Aileen Brunet & Josa Mejia, faculty
- October 15: Youth at Clinical High Risk for Psychosis, Dr. Jean Addington
- October 22: Borderline Personality Disorder Treatment Program, Drs. Deborah Parker, Jacquie Cohen & Shelley Harvill
- October 29: The Effects of Culturally-Relevant Stressors on First Nations Well-Being, Dr. Amy Bombay

**September 30, October 14 & 28, November 25, 1—2 pm
(with the exception of Sept 30, 1:00—2:30 pm)**

Rapid-Cycle Evaluation for Healthcare Improvement

Bethune Building, Room 44

Hosted by the Institute for Healthcare Improvement.

Upon completion of this program, participants will be able to:

- Understand the importance of applying formative evaluation approaches;
- Identify five components of any improvement program needed to maximize learning and results;
- Identify and describe realistic aims for your improvement project;
- Describe the program theory of an improvement project; and
- Develop rapid-cycle learning and evaluation systems for amending a program theory during the course of the improvement project

Complete the brief survey at the link below to confirm your registration:

<https://survey.nshealth.ca/TakeSurvey.aspx?SurveyID=I2037pk>

For more information, contact:

Kim Ryan at kim.ryan@cdha.nshealth.ca or

Amanda Creelman at amanda.creelman@cdha.nshealth.ca

Tuesday, October 7, 11:00 am—4:00 pm

The Mental Health Coalition of Nova Scotia Presents: Forum 2104, Progress and Challenges in Mental Health and Addiction

Holiday Inn Hotel & Conf. Centre, 437 Prince St., Truro

Admission is free but spaces are limited. Please RSVP to mhc2014forum@gmail.com to reserve your seat. There is also a limited amount of bus seats available should you need transportation from Halifax to Truro return. Please indicate this need in your email. Doors open at 10:00 am for booths.

Thursday, October 9, 2:00—5:30 pm

FESTIVAL OF HOPE

Alderney Landing, 2 Ochteroney St., Dartmouth

Join community members to raise mental health awareness. The festival is free to attend. All are welcome!

Please Join Us

For the Launch of the

Im/migrant Community Mental Health Assessment REPORT

Prepared by the Newcomer Community Wellness Project funded by the Nova Scotia Department of Health & Wellness, with the financial support of the IWK Health Centre Mental Health & Addictions Program

**Wednesday
October 22
10am - 12pm**

hosted by

**Immigrant Settlement
& Integration Services**
— NOVA SCOTIA —

6960 Mumford Road, Suite 2120
(Mumford Professional Centre, second floor),
Halifax, NS, B3L 4P1

Upcoming Events and Education Sessions

Free six-week program

Your Way to Wellness

Have an ongoing health issue? Sign-up for **Your Way to Wellness** at www.yourwaytowellness.ca – a free, six-week program for people living with chronic conditions to learn and develop new skills to help maintain an active and fulfilling life. Spots are available in Halifax, Dartmouth, Bedford, Sackville, and Musquodoboit Harbour. Call 902-473-7709.

2nd Tuesday of each month, 1:00 pm (ET)

Suicide Prevention Webinars

Suicide prevention, intervention, and postvention webinars are available to watch through webinars. Webinars are hosted by people with lived experience, researchers, and service providers: experts who are dedicated to saving lives and preventing deaths by suicide. Participants will also have the opportunity to engage in conversation with the presenter or share their thoughts through **Collaborative Spaces** at <http://www.mentalhealthcommission.ca/English>. The MHCC is always looking for new speakers. If you would like to suggest a speaker, please email, suicideprevention@mentalhealthcommission.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 October 23, 2014 with the deadline for submissions to be October 13, 2014.

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



Derek Leduc, manager, Concurrent Disorders Program, presents the Concurrent Disorders Toolkit at the official provincial launch on September 19.

Mental Health Minute

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

- August 26: Psychiatrist Dr. Malgorzata Rajda talks about a sleep disorder that affects one in every 2,000 people.
- September 2: Learn about Nova Scotia's mental health mobile crisis team from Matt White, health services manager.
- September 9: Anna Quon, author, talks about how a creative outlet can be a rewarding and constructive way to cope with mental illness.
- September 16: Cooking can be a difficult task for people coping with mental illness, but experts say putting a meal on the table can make you feel better, Carol Nelson, community mental health nurse.
- September 23: Psychologist Dr. Joel Town discusses how our mental health is closely linked to our physical health. Learn how stress can impact how you feel physically.

To view the videos, go to the homepage of CTV News at 5: <http://atlantic.ctvnews.ca/> and enter Mental Health Minute on the search engine (box at the top of the page). You will be able to view all of the episodes.

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.