

Our Voice

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Capital Health Addictions and Mental Health Program

Concurrent Disorders Council paves the way for improved CD standards

SUBMITTED BY Charmaine Gaudet

The coordinated approach to treating Concurrent Disorders (CD) is a leading example of how CHAMHP is integrating addictions and mental health services to better serve patients, clients and their families.

Concurrent disorders refer to any combination of mental illness and substance use disorders. Bringing in the new provincial standards of treatment for CD is a major undertaking and a fundamental change in how care is delivered, says Dr. Philip Mills, a clinical psychiatrist and clinical academic leader for the Addictions Program at CHAMHP.

"The new standards strive to ensure adequate screening and evidence-based interventions by clinicians from across programs trained to the same standard of competency. It represents a culture shift for many," says Dr. Mills.

The task for guiding this transformation lies with the Concurrent Disorders Council, of which Dr. Mills is a member. The Council is a permanent body created in 2012 to implement the recommendations of the 2011 report by the Province of Nova Scotia, *A Collaborative Framework: Caring for Individuals Living with Concurrent Disorders* as well as the *Provincial System*



Concurrent Disorders Council members, pictured here from left (back): Susan Kilbride-Roper, Patryk Simon, Dr. Philip Mills, Derek Leduc, (front) Christine Babineau and Kim Hiscock. Missing from the photo: Trevor Briggs, Dr. Scott Theriault, Reynold Van Oord, Kelly Barry and Maureen Wheller (who was behind the camera!)

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Level Standards for Concurrent Disorders.

"The CD Council's role is crucial to ensuring the standards roll out across the province," says Dr. Mills. "With so many initiatives and clinical training required of frontline staff, it is easy to lose sight of certain goals if someone or some group is not effectively advocating for the importance of these standards in good clinical care."

To this end, the Council works to strengthen collaboration between addictions and mental health services throughout the Capital Health district. This facilitates the implementation of the new CD standards of care across all services, which in turn supports CHAMHP's aim of a closer working relationship between addictions and mental health services across the district.

Reynold Van Oord, a clinical therapist with CHAMHP, has been on the Concurrent Disorders Council since 2012. "It's an exciting time to be a council member because we are seeing initiatives that are going to have a huge impact on better treatment for individuals with CD," he says, citing the province-wide concurrent disorders toolkit and learning modules launched in September 2014.

Concurrent Disorders Council (continued from page 1)

"This toolkit ensures that those who work in mental health and addictions can do their work more effectively, providing a better quality of practice and ultimately, a better treatment experience for the client," says Van Oord.

Derek Leduc notes that evaluating the CD Toolkit and training modules is an important next step for the CD Council. "Currently we are asking staff across the province, as they take the training, to provide us with feedback on how easy and useful it is. This is critical information for the CD Council which is ultimately responsible for measuring and evaluating compliance against provincial standards."

Also longer-term, the CD Council will help to implement more advanced training which is currently being developed. "The CD Toolkit and learning modules launched in September are intended to provide basic information and learning for all clinical staff working in addictions and mental health. The more advanced training will offer higher level training to specific staff and require a greater investment of time and involve clinical supervision," Leduc explains, adding that the more advanced training is expected to be launched within the next two years.

Membership on the CD Council includes representatives from across the Addictions and Mental Health Program as well as client/family member representatives. This broad membership draws on knowledge, expertise and experiences from diverse areas and Council members have the opportunity to discuss and address challenges or barriers for clients. The result is a more comprehensive approach to implementing CD initiatives, training, and standards.

The CD Council's priorities for the coming year include ongoing support for the implementation of the core competencies training, expanding the implementation of standardized screening for Concurrent Disorders, and increasing clinical services and support for clients that focus on stopping or reducing the use of tobacco products.

For more information on Concurrent Disorders initiative and CD Council at CHAMHP, go to the CD website at www.cdha.nshealth.ca/addictions-program/concurrent-disorders.

A Different Stage of Mind

SUBMITTED BY the Mental Health Foundation of Nova Scotia

On February 20, the Mental Health Foundation of Nova Scotia is **heading to Vegas** for this year's A Different Stage of Mind fundraiser—and we hope you can come along!

Proudly presented by BMO Bank of Montreal, A Different Stage of Mind is a show like no other. Local community leaders step out of their comfort zones to perform as well-known stars, raising funds for the Mental Health Foundation of Nova Scotia and competing for the coveted Top Fundraiser and People's Choice Awards.

This year's event features: Copacabana, The Grease Group, James Taylor, The Old Spice Girls and a 40-member Woman for Mental Health Choir. With over 60 participants, you likely know one of our stars! Each group has committed to raising \$50,000 for the Foundation, and they are going above and beyond to make this happen.

Join us for a night full of fun, laughter and some special surprises. It's a wonderful way to spend an evening with co-workers and friends—all in the name of standing up and speaking out for mental health.

To purchase your tickets and learn more now, go to www.mentalhealthns.ca/a-different-stage-of-mind.



Quality Matters

SUBMITTED BY the CHAMHP Quality Council

Addictions Quality Team in Action!

The Addictions Quality Team is a recent addition to the CHAMHP Quality Program and has made significant achievements over the past year. This team includes representation from Community-Based Services and Intensive Treatment Services, including the Inpatient Treatment Program.

Quality Team member, Alison Zwaagstra, shared some of the team's work at the January 22 meeting of the CHAMHP Quality Council.

1. Ordering and Dispensing Medications

The process of ordering medications on the inpatient unit has been streamlined to meet best practice and comply with standards. In addition, *Methameasure* (a computerized dispensing system for methadone) has been implemented, which has improved the timelines, accuracy, safety and cost effectiveness of dispensing methadone.

2. Health Records—STAR (admission, discharge, transfer)/Horizon Patient Folder (HPF)

Addictions health records were historically separate from the Capital Health record. The Addictions Program has been working to register all clients in STAR and transfer records to HPF. This process is complete for the Inpatient Treatment Program and the Opioid Treatment Program. Community-Based Services will launch STAR/HPF in February 2015.

3. Treatment Matching/Clinician on Duty

Treatment Matching was implemented in September 2014 to ensure clients are receiving the most appropriate level of service. This has significantly reduced the inpatient wait list and should positively impact wait times for inpatient treatment. Clinician on Duty was also introduced at Community-Based Services to provide clients with an opportunity to reach a clinician for same day intervention.

4. Interdisciplinary team communication

The mix of staff on the inpatient unit has changed to include a broader range of disciplines with the implementation of a new clinical model of care. Expectations for inter-professional collaboration and communication were established and staff participated in the 'Building a Better Tomorrow' workshops, promoted by Department of Health and Wellness and led by staff from Primary Health Care.

5. Family Visits

A family room has been set-up on the Inpatient Unit to accommodate visits from family members of clients currently admitted.

Thank you for the great work of this quality team and for sharing it with the Quality Council.

We will continue to learn and share our successes and challenges as we move forward in our collective efforts to improve quality of care across the Addictions and Mental Health Program.

The Addictions Quality Team members are: **Rachel Boehm** (chair), **Dr. Philip Mills**, **Nancy Snow**, **Alison Zwaagstra**, **Dr. Samuel Hickcox**, **Charlene Casey-Gomes**, **Patryk Daigle**, **Laura Ankcorn**, **Peter Brown** and **Katherine Coyle**.

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

**"Quality means doing it right when no one is looking." ~
Henry Ford**

Christmas Gift Program

SUBMITTED BY Dachia Joudrey, coordinator, Volunteer Services



From left: Jim King and Father Eric Theriault.

This year, and for the past 35 years, Father Eric Theriault (retired Catholic Priest and former Nova Scotia Hospital Chaplain) organized the Christmas Gift Program.

Father Theriault and his faithful driver, Jim King, collected over 124 large green bags of items, donated by parishioners of Catholic churches throughout the HRM.

The items were brought to our 'Santa Shop' at The Nova Scotia Hospital (NSH) where staff sorted and categorized the items so that unit staff could drop by and select appropriate items for the patients/clients in their areas. As in past years, Volunteer Services partnered with the Occupational Therapy team at the NSH which ensured that this project ran smoothly.

The areas served by the project were The Nova Scotia Hospital (including the mental health and addictions inpatient units), the East Coast Forensic Hospital, the Abbie J. Lane Hospital and the Community Transition Program in Lower Sackville.

Items donated were wonderful, and due to everyone's efforts every patient was able to receive a gift on Christmas morning!

Volunteer Services would like to extend a big thanks to Father Theriault, Jim King, Sherran Henderson and everyone else who made this year's project so successful.

Workers' Compensation (Legal Services Division) has proven once again that volunteering is a time-honoured tradition at Christmas!

This year, the Christmas Gift Program was fortunate to be the recipient of another generous donation from the Workers' Compensation (Legal Services Division). A total of \$1,735 was raised during the WCB's huge annual bake, chili and chowder event which is held each year in early December at their offices on Fenwick Street, Halifax.

This group of employees started donating gifts for the Christmas Gift Program in 1999 and in those days they went out and actually bought items for clients receiving service in our programs. At that time, gifts were beautifully presented in gift bags for each individual on a particular unit. Willow Hall was the recipient of many lovely items kindly purchased and donated from monies raised at this bake/chili sale.

More recently this group has purchased items such as a large flat screen TV for the Mayflower Unit, a reclining chair for Willow Hall and a special chair for Coral Hall. One year they even provided a unit with living room furniture. In other years, the amount raised was divided between three inpatient units and used to buy special monitors for one unit and a special iPad for Emerald Hall. An estimate of close to \$20,000 has been raised by this group at Christmas to benefit individuals receiving care in the Addictions and Mental Health Program.

This year's amount has been earmarked for Simpson Landing and Transition Hall for music therapy and equestrian therapy. Both wonderful programs that the WCB is pleased to support.

Volunteer Services, on behalf of all staff and clients, would like to say an enormous thank you to the staff of the WCB's Legal Services Division for their dedication to this program over the past 15 years. This dedicated group of employees are proof that volunteering is a time-honoured tradition!



From left: Madeleine Hearn and Marishka Brown from the WCB.

Mental Health Minute

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

- January 6: Justina Dollard and Gavin Quinn (Outsider Insight) gives us a look into a peer-based support program for artists.
- January 13: Gail Kelly, care manager, Mindful Mango, explains about an initiative that creates work for people with barriers to employment, including mental health issues.
- January 20: Learn about an organization called LOVE (Leave Out Violence), that works with youth who have been impacted by violence.
- January 27: Martha Tuff, Mental Health Foundation of Nova Scotia, explains why giving is good for your mental health.

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

New Nova Scotia Health Authority: What does it mean for me?

On April 1, 2015, Nova Scotia will launch a new health authority structure to create a foundation for better health care.

Under this new structure, the nine current district health authorities will be consolidated into one unified provincial authority, which will work with the IWK Health Centre. The new name: **Nova Scotia Health Authority**.

The Nova Scotia Health Authority will allow us to work together as a province to continue to achieve excellence in health, healing and learning.

The new structure will build on the strength of local leadership teams in four management zones: Western Nova Scotia, Eastern Nova Scotia, Northern Nova Scotia and **Central Nova Scotia** (our zone). In addition, Community Health Boards will continue on with an enhanced role.

What does this mean for the Addictions and Mental Health Program? Here's what we know so far:

- On September 18, the President and CEO for the provincial health authority was named. Nova Scotia Health Authority will be led by **Janet Knox**, a Registered Nurse and senior health executive with leadership experience in Nova Scotia, Canada and overseas, starting April 1, 2015. Until then, she will act as CEO Designate and advise the province and health system as it continues the consolidation process.
- **Lindsay Peach**, VP Integrated Health Services – Community Support and Management will be accountable for Mental Health and Addictions across the province; **Paula Bond** will become VP Integrated Health Services – Program of Care 1B responsible for oversight of Central Management Zone operations.

Watch the CTV interview with Janet Knox: <http://atlantic.ctvnews.ca/video?clipId=536435&binId=1.1145518&playlistPageNum=1>.

As the transition process moves forward, visit <http://novascotia.ca/dhw/PeopleCentredHealthCare/> to learn more about what is happening.

Applications for the Capital Health Addictions and Mental Health Program Grants

The Mental Health Foundation of Nova Scotia is pleased to announce that we are now accepting applications for the Capital Health Addictions and Mental Health Program grants.

Deadline for applications is **Friday February 27, 2015 at 4:00 pm**. Late applications will not be accepted.

You can find full details, application forms and criteria online at www.mentalhealthns.ca/chamhp-apply.

We also have a helpful Frequently Asked Questions section available online: <http://www.mentalhealthns.ca/chamhp-faq>.

We ask that you try to conserve paper by downloading our 'Fillable' Application Form – saving it as a document and sending via email with supporting documents when ready to grants@mentalhealthns.ca.

However, if you prefer to print and complete by hand, we also have a 'Printable' form available you can scan or mail to us.

Upcoming Events and Education Sessions

Wednesdays, 8:30—9:30 am

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

- February 4: Dr. Suzanne Zinck, "Where did the formulation go? A CAPA case study in questions." (Child & Adolescent Psychiatry)
- February 11: Dr. Rudolf Uher, "Familial risk, developmental psychopathology and prevention of severe mental illness: FORBOW study report."
- February 18: Dr. Louise Arsenault, "Adult Health Outcomes of Childhood Bullying Victimization: Evidence from a 5-Decade Longitudinal Birth Cohort." (University Rounds)
- February 25: Dr. Rachel Bell, "ECT for agitation in dementia: What's the evidence?"

Thursday, February 5, 9:00 am—12 noon

The silent partners in health care: Creating a meaningful patient partnership

Weather Watch Room, 5th floor Dixon Building, 5820 University Avenue, Halifax

Whether at the policy and program level or the individual patient level, health care organizations everywhere are challenged to meaningfully engage patients and families in decision making. Join us for an interactive workshop with Dr. Nicolas Fernandez, professor, Université du Québec à Montreal. The workshop is for staff, physicians, patients, families and other health care leaders interested in learning more about mobilizing their strengths to create meaningful patient partnerships in a health care setting.

Seating is limited. To reserve your seat, contact Patient and Public Engagement, carol.hindle@cdha.nsealth.ca or 902-487-0565.

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.nsealth.ca.

Monday, March 30—Tuesday, March 31, 2015

**Outrage, Emotion and Public Participation
Halifax**

International Association for Public Participation Two-day Workshop: Patient and Public Engagement (Capital Health) is pleased to be partnering once again with Dialogue Partners to bring public participation training to Halifax. This is a two-day workshop developed by IAP2 in association with Dr. Peter Sandman, an internationally renowned risk communication specialist, about how to plan for and manage high emotion and outrage situations that may occur during public engagement initiatives. For more information, contact Dialogue Partners at 613-742-2450, ext 114 or erring@dialoguepartners.ca.



Congratulations to the Mindful Mango Café who celebrated their 5th Anniversary on January 6, 2015!

Mindful Mango is located in the food court at the Bayers Road Centre in Halifax.

Interesting Tidbits

January is Alzheimer's Awareness month. The First Link® program gives you the tools to directly refer persons with dementia and their family partners in care to the Alzheimer Society of Nova Scotia. You fax a referral form, with the patient's consent, then an Alzheimer Society representative makes initial contact, and stays in touch with patients throughout their journey with the disease; providing information, referral, timely support and strategies that can improve their quality of life.

First Link® is currently available in the Halifax region and will be rolled out in regions across the province. For information on how First Link® works, and the benefits for you and your patients, go to our website at <http://www.alzheimer.ca/en/ns> or see our First Link® video at <http://youtu.be/e94hV6dQjK0>.

Contact Donna McLean, coordinator, First Link®, at donna.mclean@asns.ca or 902-422-7961, ext. 244.

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 February 27, 2015 with the deadline for submissions to be February 17, 2015. Please send all submissions to patricia.dauphinee@cdha.nsealth.ca.