

Our Voice



Volume 3, Issue 4
April 2015

Addictions and Mental Health Program, Central Zone

Heading Back to Our Roots

SUBMITTED BY the Back to Our Roots Steering Committee

The Nova Scotia Hospital will soon be blossoming with new opportunity and organic beauty.

However, greenery and gardening are nothing new for the Dartmouth facility. The Back to Our Roots Urban Farm, set to launch in May 2015, will build on The Nova Scotia Hospital's rich history of incorporating farming into therapy, foodservice, and site landscape, as far back as 1858 and as recently as the 1980s.

The Urban Farm will span the waterfront landscape alongside the (current) E.C. Purdy Building.

The Back to Our Roots Steering Committee has been working over the past several months to lay the groundwork for the successful edible landscape. The Steering Committee continues to grow as a partnership between The Nova Scotia Hospital and Nova Scotia Health Authority, Common Roots Halifax, the Mental Health Foundation of Nova Scotia, NSCC Waterfront Campus, and the City of Dartmouth.

The first phase of the farm will include creating a cover crop, traditionally plowing the soil using oxen and establishing garden plots. Plots will be designated for community members, a market garden, and Nova Scotia Hospital recreation therapy use.

The Urban Farm will be a welcoming environment blooming with healthy food and mental wellness for all community members. As it grows, the site will serve as a beautiful landscape for community collaboration and events.

We invite all Nova Scotia Health Authority staff to stay tuned for news of the upcoming Back to Our Roots Urban Farm launch event in May.

We hope to see you all there with your gardening gloves ready!

The Back to Our Roots Steering Committee members are:

Starr Dobson and Shauna Blundon, Co-chairs

Colleen Fraser

Brian Rankin

Paul Little (NSCC)

Maureen Wheller

Jayme Melrose

Norman Weigers

Vanessa Lea (NSCC)



Check out the next issue for our "new look".



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NOTICE from the Health Sciences Library

While most of our materials are for staff, we do have a self-help collection that anyone can borrow. Recently we've had a few clients borrow the material and not return it and we are unable to reach them. If you know that your clients have visited the library and may have borrowed materials, please ask them to return their books before they are discharged.

Thank you!

Quality Matters

SUBMITTED BY the Addictions and Mental Health Quality Council

"NEW" Family and Friends Experience Survey

You may have noticed a change in the surveys available in all Addictions and Mental Health service areas within the Central Zone. Most recently, the previous Inpatient and Outpatient versions of the Family and Friends Satisfaction Surveys have been replaced with one Family and Friend's Experience Survey, applicable to all service areas.

If you notice any of the surveys in your area with "Satisfaction" in the title, these will need to be replaced with the new versions. As a reminder, all surveys can be ordered from the Dalhousie Print Shop by referencing the following print numbers:

Family and Friends Experience Survey	PrinA1541_03_2015
Outpatient Experience Survey	PrinA1537_09_2014
Inpatient Experience Survey	PrinA1536_09_2014

Thank you again for your continued support!

If you have any questions, concerns or feedback regarding these surveys, please contact **Laura Ankcorn** at laura.ankcorn@nshealth.ca.

Experience Survey Blitz Week: May 4 - 10

A survey "blitz" week will be taking place beginning on Monday, May 4.

Each inpatient unit and outpatient service area is asked to offer a survey to *every* person using our services throughout the week. Every outpatient should be offered a survey at registration and every inpatient should be offered at a clinically appropriate time.

Please note, these surveys are available year-round. Blitz week happens twice a year; once in the Spring and again in the Fall. Having information on how people feel about the care they have received helps evaluate how effective our current strategies are and identify areas that need improvement.

Your assistance to ensure every client receives the opportunity to complete a survey during the week of May 4 is much appreciated.

Quality Program Annual Report

The Quality Program Annual Report is now available at:

<http://www.cdha.nshealth.ca/addictions-and-mental-health-program-chamhp/news-and-media/quality-annual-report>



Quality Team in Action: Recovery and Integration Services

The Recovery and Integration Quality Team includes representation from Connections Halifax, Connections Dartmouth, Connections Sackville, Simpson Landing, Transition Hall, East Coast Forensic Community Team, and the Community Transition Program (CTP).

Sylvie Gibeau, quality team chair for the Recovery and Integration Services Quality Team, shared some of the team's work at the March 26 meeting of the Addictions and Mental Health Quality Council. The highlights are outlined below:

1. **Spreading the Word About Recovery and Integration (R and I) Services:**
R and I have been working diligently to improve people's understanding of the services that they deliver. They have been developing information for clients and families, including welcome packages, rack cards, and updating the webpage. Also, they have met with other mental health service areas and outside agencies, and have submitted regular articles to *Our Voice* to share information about their services. A very exciting development is the creation of five 2-minute videos about the services available within R and I. The development of these videos was inclusive of clients and staff and should be ready for release this summer.
2. **Improving Safety in Recovery and Integration Services:**
Accomplishments in this area include the establishment of a safety committee, completion of the workplace violence assessment, prevention plan, and associated actions, and participation in the Central Zone Safety Line Pilot Project to improve the safety of staff when working in the community.
3. **Patient Safety Culture and Worklife Pulse Survey Action Plans:**
A highlight of the work accomplished here is the 'Working Differently' pilot project that won a Capital Health Quality Award. This project has enabled staff to experience firsthand the challenges that clients face when transitioning to R and I Services. This has led to a deeper understanding and clarity about the various service areas and roles within R and I and where improvements can be made.
4. **Central Intake:**
R and I Services have developed a central intake model and continue to refine the process to improve communication and patient flow.
5. **Documentation:**
A training manual and associated education was developed for R and I staff to streamline processes across the Program from intake to discharge. Ongoing revision.
6. **Program Evaluation:**
A report of the reorganization of R and I Services (July 2012—April 2015) is underway, which will include a number of performance evaluation indicators.
7. **Inter-Service Collaboration:**
The R and I Quality Team has been in partnership with the East Coast Forensic Services, Acute Care, and Community Mental Health Services to improve the transitions between these services. Ongoing discussion.

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.

Recovery and Integration Services Quality Team members include: Sylvie Gibeau, Maeve MacDougall, Alana Emin, Shelley Harvill, Norma Lewis, Karrie Scribner, Susan Kolesar, Kelly Murphy, Tanya Pellow, Jason Morrison, Dorothy Edem, Laura Ankcorn, Amanda Sabeau and Lisa Jeffers.

Two new members starting in May are Lorena Rose-Hines and Linda Daley.



Nursing Week: May 11—15

SUBMITTED BY Sandra Beumer, Kim Hiscock, Jane Hughes and Amy MacRae (Nurse Educators)

Theme: With you every step of the way

**The Jeanine Williams Award for Excellence in
Mental Health and Addictions Nursing Practice**

Date: Wednesday, May 6

Location: Hugh Bell Lecture Hall, NSH site

Refreshments and cake available between 9:30—11:30 am, with the award ceremony being held at 10:00 am. Everyone is welcome to attend the ceremony and celebrate nursing practice.

Nurse to Know

Watch your email each day during Nursing Week to read profiles of nurses who work in the Addictions and Mental Health Program. This is an opportunity to share the contributions, amazing work and care that nurses provide.

Nursing History Quiz

Each day a nursing history question will be sent out via email at 10:00 am. Nurses can send in their answers by 11:30 pm. Submissions with the correct response will be submitted for the daily prize draw. The winner will be announced the following day at 10:00 am.

Send your answers to: sandra.beumer@nshealth.ca.

*“When you’re a nurse you know that every day you will touch a life
or a life will touch yours.” (Author Unknown)*

Nurse Educators: Service Realignment

The goal of this realignment is to further support the important connection between frontline staff, their managers and nurse educators. Assignments are as follows:

- **Jane Hughes:** Addictions Services, 6 and 7 Lane
- **Kim Hiscock:** Simpson Landing, Transition Hall and Community Transition Program (CTP)
- **Sandra Beumer:** East Coast Forensic Hospital, Offender Health and Emerald Hall
- **Amy MacRae:** Mayflower Unit, Short Stay Unit and Willow Hall

Other areas not specifically identified can consult the nurse educators by contacting one of them and providing information about the request. The request will be reviewed and a nurse educator will be assigned based on best fit from a timing and experience perspective.

These changes will be reviewed after several months. We feel that these changes will enhance educational support.

Let's Keep Talking!

SUBMITTED BY the Mental Health Foundation of Nova Scotia

Michael Landsberg, Canadian sports journalist and host of TSN's "Off the Record", will be speaking to Nova Scotians about his battle with depression and sharing his #SickNotWeak mindset at an upcoming Mental Health Foundation of Nova Scotia event.

After the success of its "Let's Keep Talking for Clara's Big Ride" event in 2014 as a Bell Aliant Community Champion, the Mental Health Foundation of Nova Scotia is launching a legacy event with a similar framework. The May 6 event falls during Mental Health Week, which has a special focus this year on connecting with men and boys. TSN's Paul Hollingsworth will return as Emcee.

Landsberg will headline the event as keynote speaker, sponsored by Bell Aliant. The event, presented by North-West Healthcare Properties, will also feature stories of Nova Scotians living well with mental illness and an entertainment component.

Guests can expect entertainment, live art, and film, all centred around generating conversation and reducing stigma attached to mental illness. Lindsay Construction's Kirby Putnam, who performed as James Taylor and won the People's Choice Award at the Foundation's BMO Bank of Montreal A Different Stage of Mind event, will return to the stage to share his story and original tribute song.

Additionally, the 2015 event will honor Nova Scotians who have impacted the mental health community in the prov-

ince.

There will also be an opportunity to win a raffle prize and door prizes.

We encourage all Nova Scotia Health Authority staff to join us for this engaging, educational event—and help to spread the word. Keep the conversation going!

Let's Keep Talking with Michael Landsberg

Wednesday, May 6

Doors open at 5:30 pm, Show at 6:00 pm

Spatz Theatre, Citadel High School

1855 Trollope Street, Halifax, NS

Recommended for ages +12

Tickets: \$25 each

Available at:

<https://39647.thankyou4caring.org/lets-keep-talking>

or by calling 902-464-6000.



Let's Keep Talking

with

Michael Landsberg

May 6, 2015

Presenting Sponsor



Keynote Sponsor

BellAliant



Tobacco Cessation

SUBMITTED BY Carol Miller, Stop Smoking Services

The Addictions and Mental Health Program is continuing to increase its efforts to enhance capacity across the portfolio to address tobacco use with our clients. As part of this initiative, the Nova Scotia Health Authority's Central Zone hosted the Training Enhancement in Applied Cessation Counselling and Health (TEACH), a specialized training program addressing tobacco addiction. Staff from various areas of the Program participated, as well as several from other zones in the province.

We were pleased to welcome Rosa Dragonetti and Alexandra Andric (pictured right), co-facilitators from the Centre for Addiction and Mental Health in Toronto (Ontario), who provided an exceptional learning opportunity to enhance practice for clinicians working with clients for tobacco cessation. TEACH training provided comprehensive learning in the area of tobacco addiction and cessation counseling, including a specialized course focusing on concurrent disorders and tobacco addiction. The importance of tobacco use, particularly for clients with concurrent mental health and/or substance use disorders.



The Stop Smoking Services Team will be offering a new workshop entitled, "The Fundamentals of Tobacco", which will be available to all staff within Addictions and Mental Health. Stay tuned for dates!

The Power of Positive

SUBMITTED BY Sarah Bray, Beth Taylor and Carol Miller, Addictions Services

This past calendar season included the successful launch of Matrix Stop Smoking Program in Dartmouth North. This six-week program brought together the many strengths of Matrix Women's Services, Stop Smoking Services and Recreation Therapy in partnership with the Dartmouth Family Resource Centre.

Supports were offered from a women's centered perspective, recognizing that women have different or varying needs as well as motivations to change smoking behaviors. Participants were able to access onsite childcare and healthy snacks provided by the Dartmouth Family Re-

source Centre, which was a unique opportunity for women to access addictions programming.

Participants identified many positive outcomes, including significant reduction in tobacco use and increased connection to and awareness of alternative leisure and self-care resources.

Through participation, clients were able to focus on positive futures and can continue connection with ongoing addiction supports through our Matrix Community Outreach Worker at the Dartmouth Family Resource Centre.

We love to celebrate our staff!

If you have any staff news that you would like to share, please send an email to: patricia.dauphinee@cdha.nshealth.ca.

We would be happy to include it in the newsletter.

Our People

Retirements

After an illustrious 30+ year career as a mental health nurse, **Tina Pettipas** has retired. Tina worked most recently at the Cole Harbour Community Mental Health team and retired on March 31.

Also working at the Cole Harbour Community Mental Health team, **Jane Keeler**, who worked as an administrative assistant since 1975 retired on March 31.

Mary Pat Morash retired on March 31 from Willow Hall. Her career began and ended in Seniors Mental Health (N2 and Willow Hall). She will be missed dearly by her colleagues and patients.



Superintendent Certificate



Todd Henwood, captain, East Coast Forensic Hospital, would like to extend appreciation for positive team interaction, to CO **Troy Murphy**, who received a Superintendent Certificate from Paulette MacKinnon based on exceptional performance recognized at ECFH.

Troy was recognized for his gathering of intelligence which led to a seizure of contraband at Rehab.

National Volunteer Appreciation Week: April 12—18



Volunteers from across the Nova Scotia Health Authority's Central Zone were recognized at various events. Volunteers from the Nova Scotia Hospital and QEII Health Sciences Centre were celebrated at a breakfast which was held at the Westin on April 14. Volunteers with 10, 15, 20 and 25 years were recognized for their service.

At the Nova Scotia Hospital site, three volunteers received awards for their efforts over the past twenty years. **Eric Hurst** and **Carol Currie**, who both volunteer in the Patient Library received 20 year pins (in absentia) and **Laura Bezanson** (shown left receiving her award from Vickie Sullivan, Operations Executive Director for the Central Zone), who also volunteers in the Patient Library was presented with a 15 year pin.

Volunteer Services wishes to extend a thank you to all its volunteers during National Volunteer Week and throughout the year.

You make a difference in the lives of others!

Community Transition Program: 2nd Year Anniversary

SUBMITTED BY Kim Munroe, health services manager

The Community Transition Program (CTP) opened on April 29, 2013 on the second floor of 70 Memory Lane.

This 14-bed program is one of a kind in Nova Scotia and offers services to clients who have been identified to have complex health needs. The Addiction and Mental Health Program and Quest work collaboratively to provide integrated services in a comprehensive and efficient way.

Working collaboratively is what the Community Transition Program is about. Its inception is credited to the Departments of Health and Wellness (DHW) and Community Services (DCS). The program was designed to utilize an integrated care approach to transition individuals with complex health and social needs to a community living setting with appropriate levels of care and support.

The Addictions and Mental Health Program and Quest have been in a great partnership thanks to the support and commitment from leaders of both organizations.

Special thanks to CTP staff and physicians. Without you, there would be no program to offer. Your dedication and commitment to providing quality services has not gone unnoticed.

Finally, CTP would like to acknowledge all of its partners, for their support, knowledge and expertise.

Congratulations CTP on your 2nd year anniversary!



Mental Health Minute

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

March 24: Learn from Lyne Brun, peer support worker, about the importance of peer support when dealing with mental health issues.

March 31: This episode focuses on a trauma awareness skills course, *Bit by Bit Trauma Training*, that helps define what constitutes psychological trauma.

April 7: Learn about the Working Mind, a program designed to promote mental health in the workplace - Katrina Philopoulos-Gavas, interim director of Organization Health.

April 14: Lesley-Ann Kean, project coordinator (*Of Sound Faith*) explains about a peer-led initiative that explores different faiths, spiritualities, and traditions as a way of lending support to those who need it.

April 28: VP Dan McKeen (Bell Aliant) talks about the National Campaign, Bell Let's Talk.

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>.

Upcoming Events and Education Sessions

Mental Health Week

May 4—10, 2015

Wednesdays, 8:30—9:30 am

QEII Academic Rounds/Dalhousie University Rounds

Room 4074, AJL (available via Telehealth)

- May 6: Cancelled
- May 13: Dr. Scott Stuart, "Structuring Psychotherapy: Trust the Clinician and Patient" (University Rounds)
- May 20: Cancelled
- May 27: Dr. Margaret Rajda (Clinical Academic Rounds)

Saturday, May 2, noon—3:30 pm

7th Annual SSNS Road to Recovery Walk

Check in: noon—12:45 pm

5 km Walk: 1:00—2:30 pm

Refreshments: 2:30—3:30 pm

Location: St. Antonio's Community Hall, 6141 Chebucto Road, Halifax

For more information, go to www.roadtorecoverywalk.com.

Wednesday, May 13, 8:30 am—4:30 pm

Open House, Health Sciences Library (NSH)

Hugh Bell Building

Coffee and treats in the morning. Stop by and check out our great view and have a chat. Put your name in the draw for a door prize and consider adopting a plant for your office.

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

For more information, contact Kelly Murphy at 902-464-3133 or kelly.murphy@cdha.nshealth.ca.

Health Sciences Library Training Sessions

Monthly Core Sessions: Courses in literature searching, database essentials, RefWorks and computer skills are available.

May: PubMed Essentials

June: CINAHL Essentials

To register, go to:

<http://www.cdha.nshealth.ca/health-sciences-library/events>

To request a custom or group session, contact the library at cdhalib@cdha.nshealth.ca.

Online Learning at the Library: Check out our access to high-quality training videos from Lynda.com and learn new software, business and creative skills. To obtain a login, contact cdhalib@cdha.nshealth.ca.



Staff enjoy yummy carrot cake during the good-bye to Capital Health event held on March 31.



Newsletter Submissions

Our Voice provides a forum for the exchange of information, ideas and items of general interest to the staff of the Addictions and Mental Health Program, Central Zone, and our community partners. The next issue of Our Voice will be distributed on May 29, 2015 with the deadline for submissions to be May 19, 2015. Please send all submissions to patricia.dauphinee@cdha.nshealth.ca.