

Our Voice



News from the NSHA Mental Health and Addictions, Central Zone (Halifax area, Eastern Shore, and West Hants)

Acute Care Collaborative Care Initiative: Update

Submitted by Mary Pyche, program leader

The Mental Health Acute Care Service is continuing its work on the Collaborative Care Initiative (CCI) and the recommendations for implementation that came out of the *appreciative inquiry** work.

We have initiated the white board concept on each unit. This provides a visual in real time of what has been accomplished and what tasks are outstanding in preparation for discharge readiness. This has worked well in conjunction with the “new to us” Bed Utilization Management Program started by our inpatient units in February 2015.

We have also incorporated daily huddles into our morning routine, and moved to mini-rounds a few times a week. We hope to eventually replace the longer once-a-week rounds. These mini-rounds keep the team informed and focused and can provide early identification of any factors impacting ongoing wellness.

We are fortunate to now have our nurse educators dedicated to specific areas of the Program. With their assistance, we want to begin tackling the recommendation of having one assessment form with inter-professional documentation.

Another of the recommendations, currently a challenge to us, is the shift to “unit scheduling” - planning what works best for the unit, the team and the patient/family versus what is good singularly for each service provider. It is tough because of the longer rounds that still happen, daily groups that are run by the service and trying to carve out a schedule that addresses everything systemically. **Krista Ross**, an MHA student working with the Program for the summer, has been tasked to do a literature search

and scan on this evidence-based practice. We are guessing that other organizations have struggled with the same barriers, and we are interested to know if there are any suggestions to overcome these challenges.

One of our health service managers is currently taking the Masters in Leadership from Royal Roads in BC and will be entering the second year in the fall. She is interested in doing her final year’s research project on the CCI implementation work as it is something that she is passionate about and lends itself well to the academic work being done. This dedicated attention will greatly benefit our service.

With this championship, nurse educator support and the support from our Quality Council with the evaluation pieces, the CCI implementation will continue to thrive. All of this work keeps us true to the principles of the CCI, keeps us patient and family centered and focused on the pathway to wellness and recovery.

The health service managers have been remarkable leaders in this work, along with the charge nurses and inter-professional care teams. It has been a positive experience so far, and we look forward to carrying on with much enthusiasm.

**Appreciative Inquiry (AI): Is a change management approach that focuses on identifying what is working well, analyzing why it is working well and then doing more of it. The process of AI requires a particular way of asking guided questions that encourages positive thinking and staff interaction. Questions focus on four key areas: discover, imag-*

Coming together is a beginning.

Staying together is progress,

and working together success!



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Quality Matters: Quality Team in Action!

Submitted by the Mental Health and Addictions Quality Council, Central Zone

The Dual Diagnosis Quality Team includes representation from the Emerald Hall inpatient unit at The Nova Scotia Hospital site and the Community Outreach Assessment Support and Treatment team (COAST).

The Dual Diagnosis Program provides tertiary services for persons living with an intellectual or developmental disability and complex mental health or behavioural difficulties. Community-based services are provided through COAST and acute inpatient services are provided on Emerald Hall.

The program leader, **Dr. David Pilon**, shared some of the team’s work at the June 25th meeting of the Mental Health and Addictions Quality Council. Highlights are as follows:

1. **Role Clarity and Enhanced Interdisciplinary Collaboration:** There are a number of disciplines at work on this unit, including RNs, LPNs, occupational therapists, social workers, developmental workers, a physician and a psychologist. Unit programming and discipline specific pathways have been implemented to clarify roles and responsibilities of staff, and provide day-to-day continuity for all.
2. **Recruiting a Board Certified Behaviour Analyst (BCBA):** Recruiting for this specialty is particularly challenging in Canada and through patience and perseverance, the program has been successful in recruiting a BCBA to the program to support improved outcomes for clients.
3. **COAST:** Has examined how they can improve their partner-

ships with community organizations, so that clients and their caregivers can live comfortably and safely in their home environment with support from outreach staff.

4. **Workplace Safety:** Concerns regarding workplace safety on Emerald Hall have generated a number of improvement initiatives, including the implementation of video monitoring and emergency response buttons and the revision of safe work practices and procedures documentation.
5. **Provincial Network:** COAST and Emerald Hall are active participants on The Nova Scotia Intellectual and Developmental Disability Network. The network brings together expertise from across the province to better address the needs and concerns of people living with these disabilities and those who care for them.

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 Mental Health and Addictions Program.

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

The Dual Diagnosis Quality Team members are: Jackie Clark (chair), Erin Wilson, Lois Renken, Chris Weaver, Mandy Murphy, Dr. Mai Riives, Melissa Baker, Dr. Ana Ortiz, and Dr. Mutiat Sulyman.



Regional Distribution for Family Mental Health Resources Underway

Submitted by Dr. Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health

Thanks to the Mental Health Foundation of Nova Scotia, clinicians in Nova Scotia will now have better access to hard copies of the Family Pack mental health resource to share with their patients, clients and their own families.

Created by **Dr. Stan Kutcher** with assistance from the team at TeenMentalHealth.Org, the Family Pack is a unique collection of 15 related materials that provide information to youth on how to support themselves and family members in better understanding mental disorders. Available to download, free of charge, at <http://teenmentalhealth.org/> the pack includes materials designed for youth living with a mental disorder, youth living with a friend, parent or sibling with a mental disorder, and information on improving the parent-teenager relationship.

Recently, TeenMentalHealth.Org received a Central Zone Mental Health and Addictions grant from the Mental Health Foundation of Nova Scotia. The aim of this project is to help provide evidence-based information and useful resources to Nova Scotian families so that they may gain a better understanding about mental health and mental illness, reduce stigma against mental illness, and encourage help-seeking behaviours.

The grant will be used to distribute the Family Pack and other key mental health resources to clinicians to help them support families to whom they are providing care. Materials will be delivered to the three Community Mental Health and Addictions clinics - Halifax (Young Street), Dartmouth (Wyse Road) and Sackville (Cobequid Community Health Centre), the Garron Centre for Child & Adolescent Mental Health at the IWK, IWK Emergency Services, and the IWK Family Resource Library.

Information sessions will be held at each location for staff to become acquainted with the resources (both print and web-based) and to determine which hard-copy resources would be the most useful for their client base. The rollout of this project will begin in the early fall.

TeenMentalHealth.Org would like to express our appreciation to the Mental Health Foundation of Nova Scotia for their support in distributing this unique mental health resource, and to Sun Life Financial for their support in its development.

COULD MY PARENT HAVE A MENTAL ILLNESS?
A series of 6 books to support adolescents with information & resources should they have questions on their parents illnesses.

COULD MY SIBLING HAVE A MENTAL ILLNESS?
A resource to support adolescents with information & resources should they have questions on their siblings mental illness.

HOW DO I...?
HOW DO I...? HOW DO I...?

PARENT MY TEEN & TEEN MY PARENT
Two resources that highlight opposite worlds from opposite perspectives.

imTEEN
Taking charge of your health

- ASSESSMENTS
- HEALTH DIARY
- CALENDAR
- VISUAL REPORTS

imTEEN empowers youth to track and take care of their health on a daily basis. It supports self-monitoring of signs and symptoms of common mental & physical illnesses. In addition to facilitating communication of their health status & longitudinal trends with a healthcare provider, family member or friend.

TEEN MENTAL HEALTH SPEAKS ...
A series of 6 magazines as a quick read on teen mental illnesses, along with associated supports & resources.

Available on the App Store



Our People

Dr. Ron Fraser Receives the C.A. Roberts Award for Clinical Leadership

Congratulations to **Dr. Ron Fraser**, psychiatrist, on being awarded the C.A. Roberts Award for Clinical Leadership by the Canadian Psychiatric Association's (CPA) Professional Standards and Practice Committee.

This award, dedicated to the memory of Dr. C.A. Roberts, is presented annually to a psychiatrist-clinician who has contributed significantly to improving patient care.

The recipients are outstanding CPA member clinicians who have been instrumental in developing new treatment approaches, creative program design or administrative innovations, or who have been recognized for consistently providing superior quality psychiatric care to patients.

Dr. Fraser will receive his award at the CPA's President Gala on Friday, October 2nd which will be held at The Fairmont Hotel Vancouver.

Congratulations Dr. Fraser!

Staff Announcements

New Health Services Manager, Psychiatric Emergency Services (PES)

We have been very fortunate to have **Heika Sarty-Boutilier** join the Mental Health Crisis/Emergency portfolio as health services manager for the PES and the Short Stay Unit (both located at the AJL site).

Heika has been with us for a few weeks now and some of you may have already met her. You can reach her at her office at 902-473-5243 or on her cell at 902-478-3543.

New Bed Coordinator, PES

We are also pleased to announce that we now have a new Bed Coordinator to support bed management and patient flow from the PES. **Cynthia Legacy-Turcotte** is filling this role and works Monday to Friday, 8:30 am to 4:30 pm. You can reach her at 902-225-5462. After hours, weekends and vacation coverage will, as always, be provided by the PES at the usual number which is 902-473-3104.

We welcome them both to their new roles!

Retirements

Marshie Stubbert-Myers

It is with fondness that staff and management of Transition Hall wish **Marshie Stubbert-Myers** a happy retirement. She will be retiring from her position as team support clerk on August 1st.

Marshie has been an integral part of the Mental Health and Addictions Program providing 38 years of devoted service at The Nova Scotia Hospital site.

Marshie's attention to detail and willingness to put in extra time and effort to support the team have been invaluable. We owe her a debt of gratitude for all the times she has helped keep us on track and supported the team in addressing the unit needs and demand. Marshie's retirement is our loss, but a well-deserved break from work for her.

Best wishes from your Transition Hall colleagues!

Cheryl Billard

Cheryl Billard, program leader, Mental Health Strategy, retires on July 30th.

Cheryl began work at The Nova Scotia Hospital in April 1994 and worked in various management roles throughout the Program. She played an instrumental role in creating the five Community Mental Health teams. Her diversity work earned her an award, and she worked tirelessly to bring Family Work (Meriden Family Programme) to the province.

We wish Cheryl well in her retirement!





In Memory Of...

Our Program was sad to lose a number of dear friends and colleagues this month. They will be missed by everyone, and we will never forget them.

Joan Boniface

We were saddened by the news of the sudden passing of **Joan Boniface**, health services manager for Seniors Mental Health/Willow Hall, ECT and the Sleep Disorders Clinic, after a short battle with cancer.

Joan passed away on July 11th in the Victoria General Hospital.

Joan completed the registered nursing program at Dalhousie University, and also obtained degrees from St. FX. She dedicated her life to helping others, giving over 25 years of service at The Nova Scotia Hospital site. Joan truly loved her job, and was very proud of the collective work and high quality of care provided to patients and families by the staff/teams under her purview. She was a strong leader who ran a tight ship and gained the esteem of many in and outside of our teams for her knowledge of policy and process as well as her fiscal responsibility. Joan was a fair-minded, good person with a kind heart who always put the needs of patients and their families first.



When not working, Joan could be found with her children and grandchildren, her "Barbie Girls", or her cats. She was devoted to her faith, and was a proud member of the Catholic Women's League at the Our Lady of Assumption Chapel in Shearwater.

Together, we will continue to do what Joan always expected, and that is to take the best care of those individuals whom we are privileged to serve. She would want nothing less.

Joan, you will be missed.

Cindy Riggs

It is also with great sadness that we share the news the passing of **Cythia (Cindy) Riggs**, RN, on the weekend of July 11th.

Cindy came to work at The Nova Scotia Hospital in 1986, and for the next 25 years she devoted her career to caring for patients with developmental disabilities and mental illness on Emerald Hall. She was a strong advocate for the patients and also an excellent role model for staff. Cindy was well respected by all who had the pleasure of working with her in her roles as staff RN, interim manager and team leader.

In 2011, Cindy retired to her "paradise" in Mosher River - her haven which gave her much joy.

She will be sadly missed by all who knew her.

Claudette Cottreau-Sheppard

We are also sad to share the news of the passing of **Claudette (Claud) Cottreau-Sheppard**, administrative support for Connections Sackville, on July 22nd.

Claud starting work at The Nova Scotia Hospital many years ago in the Dietary Department while she was still in high school.



She went on to become trained as a secretary and has since held various positions in the former SCOT Team and most recently with Connections Sackville.

She was a kind, thoughtful and warm person with a wonderful sense of humor. Claud loved spending time with her family and friends and, when given the opportunity,

she was always ready to travel South and (of course) shop.

When she wasn't busy baking her famous chocolate cake for everyone, she was either walking her fur-baby, Riley, or at the gym - always enticing so many friends and clients to join her.

Claud will be missed by all who knew her, especially her colleagues and clients. Everyone always appreciated her compassion; she was always someone you could turn to.

Bye for now Claud!



Food 4 Thought

Calling all families who love to cook!

The Mental Health Foundation of Nova Scotia is pleased to announce an exciting upcoming event and opportunity for families across Nova Scotia. We hope you can help promote this among your networks - or even get involved with your own family!

This World Mental Health Day, October 10th, Rodd Hotels & Resorts and the Mental Health Foundation of Nova Scotia are proud to host Food 4 Thought. The event is centred on four courses, prepared by four families, with four fundamentals of mental health support in mind: family and friends, community, peers, and healthcare providers. All proceeds support the Mental Health Foundation of Nova Scotia.

Food 4 Thought will be an evening of fine food and fun. Leading up to the event, Rodd is inviting families who love to cook, spend time together, and have a mental health connection to take part. Four families will be chosen to receive transportation and a one-night stay at the Rodd Grand Yarmouth on October 10th. These families will join chefs in the kitchen to prepare one of four gourmet

courses: soup, salad, main, or desert. Each family will also have the opportunity to share their mental health story with guests. Applications are due on September 11th, and can be downloaded at www.mentalhealthns.ca/food4thought.

Please consider circulating this information and/or posting it in your office or community. We hope to engage families across the province in this exciting competition. If you would like a poster to help advertise, please contact colleen.fraser@nshealth.ca.



Back to Our Roots Urban Farm

In the the kitchen....

Massaged Kale Salad

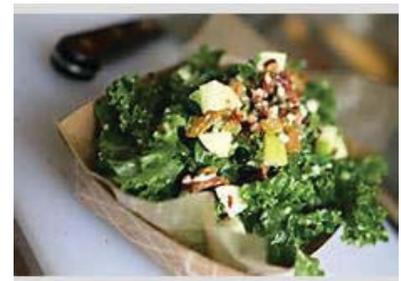
"Massaging" the kale sweetens it and makes it tender!

Ingredients:

- 1 large bunch, kale, de-stemmed and torn or chopped into pieces
- ¼ teaspoon, fine sea salt
- 1 tablespoon, fresh lemon juice
- 1 tablespoon, olive oil
- 1 teaspoon, maple syrup or honey
- Any desired toppings (including seeds, dried fruit, feta cheese)

Directions:

1. Add the kale to a medium mixing bowl along with salt, sweetener and lemon juice.
2. "Massage" kale for five minutes, or until leaves are sweet and tender.
3. Add the olive oil and give one more quick "massage" and then add toppings, as desired.





Upcoming Events and Education Sessions

Health Sciences Library Training

Scheduled Library Training Sessions Taking a Break for July and August: Classes in Searching Skills, RefWorks, Database Essentials, Computer Skills and more will resume in September. Custom individual and group training sessions are still available. For more information, go to <http://www.cdha.nshealth.ca/health-sciences-library>.

Also available: Online Learning @ the Library. Check out our access to high-quality training videos from Lynda.com and learn new software, business, and creative skills. Courses include Microsoft Excel, Word, and Outlook, Typing and Grammar Fundamentals, Managing Small Projects, Adobe InDesign, and many more. To obtain a login, contact the library.

October 13th to 16th

ISSPD XIV Personality Disorders Across the Lifespan Montreal, Canada

Sponsored by the International Society for the Study of Personality Disorders. Early bird registration deadline is August 3rd.

Go to <http://isspd2015.org/> for more details.

Friday, November 13th, 9 am to 4 pm

Schizophrenia Society of Nova Scotia, 27th Annual Conference: Thriving in Recovery

Dalhousie University, McInnes Room

For more information, go to www.SSNS.ca.

Friday, April 29, 2016

XXVII W.O. McCormick Academic Day

Theme: Psychotherapies in Clinical Practice

Send any suggestions for topics and speakers to tracy.fraser@nshealth.ca or heather.milliken@dal.ca.

Psychiatry Clinical Academic Rounds

Electronic Evaluations: Yellow cards are going electronic!

We are very excited to announce that beginning September 2015, yellow evaluation cards will be electronic!

Here is what you need to know:

- Dalhousie psychiatrists and residents will complete their evaluations via One45
- Non-psychiatrists will access the evaluations by going to www.psych.dal.ca

If you have any questions, please contact

tracy.fraser@nshealth.ca or
heather.milliken@dal.ca

Mental Health Minute

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

- **July 7:** Learn about a therapeutic technique, Mindfulness, used to calmly acknowledge your thoughts and feelings from Molly Deshong, psychotherapist.
- **July 14:** Dave Graham, executive director of Brigadoon Village, talks about a summer camp for children living with chronic illnesses, conditions, and special needs.
- **July 21:** President, Heather Power (The Association of Psychologists of Nova Scotia) discusses the association of psychologists that are available as a resource for families and individuals seeking treatment.
- **July 28:** Learn about a new program from the Mental Health Foundation of Nova Scotia that aims to help fight the isolation of mental illness. **Alison Davidson**, MHFNS, talks about the iPad Lending Library.

To view all the videos from the Mental Health Minute, go to <http://www.cdha.nshealth.ca/mental-health-and-addictions-program/news-and-media/videos-and-mental-health-minute> and click on CTV News at 5.