

Our Voice



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

New OSI Clinic for the Halifax Area

Submitted by Maureen Wheller, Senior Communications Advisor



The Honourable Erin O'Toole, Minister of Veterans Affairs Canada, announced on July 17th about the progress made on the new Operational Stress Injury Clinic (OSI) to be established this fall in the Halifax area.

Vice President **Lindsay Peach**,

Nova Scotia Health Authority (NSHA), pictured above with Minister O'Toole at Juno Tower, Canada Forces Base Stadacona, praised the fruitful partnership developing between the NSHA and Veterans Affairs Canada and the importance of working together for the benefit of military veterans and the RCMP in her speech.

Ms. Peach also highlighted the efforts that have been undertaken to ensure a suitable location is found for the clinic and competent, dedicated clinic staff are hired.

The OSI Clinic will be fully funded by Veterans Affairs Canada and operationally managed by the NSHA Mental Health and Addictions, Central Zone.

Do you have someone close to you with a mental health problem or illness?

FAMILIES MATTER IN MENTAL HEALTH

An 11-week program, including Education, Support and Coping Strategies for Family and Friends. Offered at Bayers Road Community Mental Health, 7071 Bayers Road on Tuesdays, October 6th to December 15th, 6 - 8 pm.

To register, please call Healthy Minds Cooperative: 902-404-3504 or hmnavigator@eastlink.ca

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This newsletter is published for the NSHA Mental Health and Addictions, Central Zone

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Quality Matters: Accreditation Standards *Updated*

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

Accreditation Canada has recently released their most up-to-date standards of care. NSHA Mental Health and Addictions, Central Zone, uses the following three sets of standards:

- Community-Based Mental Health Services and Supports (Outpatient Services)
- Mental Health Services (Inpatient Services)
- Substance Abuse and Problem Gambling (Addictions Services)

Our goal as an organization is to meet or exceed these standards of care in all areas, and each and every one of us has a role in doing so.

The standards listed above can be downloaded at:

<http://chdintracdha.nshealth.ca/departmentservices/accreditation/programStandards.html>

For more information, please contact Laura Ankcorn, quality lead, at Laura.Ankcorn@nshealth.ca.

The following excerpt introduces the standards:

"Accreditation Canada's sector and service-based standards help organizations assess quality at the point of service delivery and embed a culture of quality, safety, and client and family-centred care into all aspects of service delivery. The standards are based on five key elements of service excellence: Clinical leadership, people, process, information, and performance."

"Accreditation is one of the most effective ways for organizations to regularly and consistently examine and improve the quality of their services. The standards provide a tool for organizations to embed accreditation and quality improvement activities into their daily operations with the primary focus being on including the client and family as true partners in service delivery."

- Accreditation Canada, 2015

Changes in Access to Clinical Academic Rounds and University Rounds

Submitted by Dr. Heather Milliken, director, Continuing Professional Development

Important Announcement!

As the Nova Scotia Hospital Health Authority no longer provides Telehealth for education purposes, a new more accessible system has been implemented.

Rounds will still be hosted in Room 4074 at the Abbie J. Lane Building, however, those who attend at a distance will no longer have to go to a designated room to participate in Clinical Academic and University Rounds. Adobe Connect provides the convenience of participating in rounds using your own computer from a location of your choice.

A link will be provided to join the weekly web conference. It will be published in TWIP ("This Week in Psychiatry") and will also be found on the Department of Psychiatry website: www.psych.dal.ca.

If you have any questions, please contact Tracy Fraser at Tracy.Fraser@nshealth.ca or Dr. Heather Milliken at Heather.Milliken@dal.ca.

We hope that everyone will plan to participate in our first Clinical Academic Rounds of 2015-16:

DATE

September 9th

PRESENTERS

Dr. David Pilon

Dr. Rudolf Uher

Joanne Brothers

TOPIC

"Conducting Depression Research in Partnership with Individuals with Lived Experience: The CDRIN Experience"



24th Annual Compass Group Canada Festival of Trees

Submitted by The Mental Health Foundation of Nova Scotia



The 24th annual Compass Group Canada Festival of Trees is on track to become one of your favourite holiday memories!

This year, we invite you to **BELIEVE**: Together, we can make an incredible difference in the lives of Nova Scotians living with mental illness and their loved ones.

The Mental Health Foundation of Nova Scotia has a fantastic team of volunteer committee members working to bring Festival of Trees 2015 to life. Filled with magical moments, top-notch entertainment, and exciting prizes, you won't want to miss this ride!

Purchase your tickets, tables, and hero tables now!

Shannex Holiday Luncheon

Friday, November 20th, 11:30 am

RBC Black Tie Gala

Saturday, November 21st, 7:00 pm

There are many additional opportunities for you to help us change the way people think this holiday season: Live and Silent Auction donations, raffle item donations, Forest of Trees, sponsorship, and sharing with your networks.

If you have any questions, please email festival@mentalhealthns.ca or call Kate Udle, event coordinator, at 902-464-3099.

Purchase tickets and stay up-to-date with the latest Festival news at www.mentalhealthns.ca/festival-of-trees.

We look forward to sharing the Festival express experience with you!





Interesting Tidbits

Housing First

North End Community Health Centre's Mobile Outreach Street Health (MOSH) was named the local service provider chosen to implement the Housing First - Phase One Initiative. This means they are responsible for setting up and managing Housing First - Phase One with a plan to house 50 - 60 of Halifax's most repeatedly homeless individuals. The first people will move into housing in Fall 2015.

Nova Scotia Health Authority (NSHA) is one of eight organizations that formed a coalition committed to collaborating to end homelessness and housing poverty in the Halifax region. Partners besides NSHA include: Affordable Housing Association of Nova Scotia, Canada Mortgage and Housing Corporation, Halifax Regional Municipality, Housing Nova Scotia, Investment Property Owners Association of Nova Scotia, IWK Health Centre and United Way of Halifax.



A media event was held on July 31st to mark the announcement. The Honourable Peter MacKay represented the federal government's role in the Housing First - Phase One, a project funded in part by the Government of Canada's Homelessness Partnering Strategy. Minister MacKay is pictured left with the Honourable Joanne Bernard, Minister responsible for Housing Nova Scotia, Mayor Mike Savage, Sue LaPierre of United Way and Dr. Rod Wilson of the North End Community Health Centre. Pattie Melanson of MOSH was unable to attend.

Shelter Nova Scotia

We are now accepting referrals to Herring Cove Apartments and are scheduled to open September 2015!

Herring Cove Apartments is a supportive living environment for individuals who are experiencing long-term alcohol dependence and have a history of chronic homelessness. The facility offers 24-hour on-site staff to help monitor individual safety and security. Herring Cove Apartments offers minimal barrier, high tolerance housing in a harm reduction environment. We provide a non-coercive harm reduction approach that promotes self-determination. With a goal of eviction prevention, staff work with individuals with long-term alcohol addictions, in cases where traditional recovery methods have not been successful in the past.

Some of the supports offered are on-site case management services, brokerage of medical services as required, crisis intervention, supervision of self-administration of medications and assistance with basic daily living skills.

We are pleased to welcome Nicole Nearing as the new house director of Herring Cove Apartments.

Stay tuned for our open house announcement.

To learn more, please contact Nicole at nicoleneering@shelternovascotia.com.



Back to Our Roots Urban Farm

Submitted by Tricia Dauphinee, project assistant

I wandered over to the *Pop Up Market Stand* last Thursday to take a few photos. When I arrived, I was met by the smiling faces of Amy and Caroline (pictured top right), volunteers from the Urban Farm.

The display of vegetables and pretty bouquets of flowers were very enticing! I ended up purchasing a small bouquet of flowers to brighten up my office, and a bag of yellow beans that I thought would make a delicious side dish for my family's supper that evening.

While I walked back to my office, I opened up the bag of beans just to take a few to munch on, and I had a few more later that afternoon and then more on my drive home that evening. Before I knew it, I had eaten the entire bag. Sshh.... don't tell my family!

The *Pop Up Market Stand* is open every Thursday, 3 - 5 pm and is located just inside the main door of the Mount Hope Building at The Nova Scotia Hospital (NSH) site. The farm is located on the grounds of the NSH site, overlooking the beautiful Halifax Harbour.

Stop by and check out the gorgeous flowers and the bounty of the garden. I highly recommend the yellow beans!

For more information, contact Hillary Lindsay, project coordinator, at Hillary.Lindsay@nshealth.ca.



Mental Health Minute

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

- **August 4:** Learn about a charity aimed at inspiring youth to be role models in their communities
- Brandon Taylor, Unity Charity.
- **August 11:** Dr. Keri-Leigh Cassidy, psychiatrist, talks about The Fountain of Health, a new national program that aims to change how we think about getting older.
- **August 18:** Learn about a pharmacy based initiative that gives pharmacists a more active role when caring for patients with mental health issues - David Gardner, Bloom Program.
- **August 25:** Youth Health Centre Coordinator Sheila Lane talks about a high school youth centre, where teens can talk about their concerns in a safe environment.

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.

Yellow cards are going electronic!

We are very excited to announce that beginning September 2015, yellow evaluation cards used to evaluate the Wednesday Clinical Academic Rounds and University Rounds will be electronic!

Here is what you need to know:

Dalhousie psychiatrists and residents will complete their evaluations using One45 in order to have MOC credits recorded.

Non-psychiatrists will access the evaluation forms by going to www.psych.dal.ca

For more information, contact:

Tracy Fraser

Tracy.Fraser@nshealth.ca

902-473-5664



Upcoming Events and Education Sessions

Health Sciences Library Training

Scheduled Library Training Sessions resume in September: 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>.

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.

Sunday, September 13th, 11 am

Halifax Walk for World Suicide Prevention Day Victoria Park, Halifax

This is a family friendly event. Memory pins will be available by donation before Walk begins. No registration fee - donations accepted. Walk begins at Victoria Park (corner of South Park Street and Spring Garden Road), Halifax, and ends inside of City Hall, Grand Parade. Information booths, survivor speaker, refreshments. For more information, contact halifaxwalk@yahoo.ca.

Thursday, October 8th, 1:30 - 4:30 pm

Festival of Hope Alderney Landing, 2 Ochterloney Street

Please join the mental health community for a celebration of hope and well-being. Fun, food, entertainment, education and awareness. Free! Everyone welcome.

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.

October 19th and 20th

Atlantic Nursing Informatics Conference

QEII Camp Hill Veterans Memorial, Rm 1613 A/B
5955 Veterans Memorial Lane, Halifax

Looking Back & Moving Forward, Celebrating 20 Years of NSNIG - Presented by the Nova Scotia Nursing Informatics Group

A conference for all nurses, student nurses and other health care providers. For more information, please go to www.nsnig.ca.

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.

Creative Collaborative Communities presents:

C3 DAY

See three ways of putting people in the center

Join us for a FREE day of Creativity, Collaboration, and Community! Network, experience recreation and creativity, and discover ways to work together for a mentally healthy community.

Friday, September 25, 2015
10:00 am - 4:00 pm
Farrell Hall, 276 Windmill Road, Dartmouth, NS

Doors will open at 9am for registration. Lunch will be provided.
To register please visit: cmhahaldart.ca/ccc-c3-registration-form/ or contact (902) 455-5445

The goal of Creative Collaborative Communities is to increase collaboration through the use of innovative creative processes and positive recreation experiences with a purpose of improving the mental health of the community.

Canadian Mental Health Association
Halifax-Dartmouth
Mental health for all

Self Help Connection

DALHOUSIE UNIVERSITY

NOVA SCOTIA
Health and Wellness