

# Our Voice



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

## *Experience Survey Blitz Week: November 2<sup>nd</sup> - 8<sup>th</sup>*

**Feedback from our patients is important to us! We want them to tell us what they think...**

A survey blitz week will be taking place starting **Monday, November 2<sup>nd</sup>**, and ending **Sunday, November 8<sup>th</sup>**.

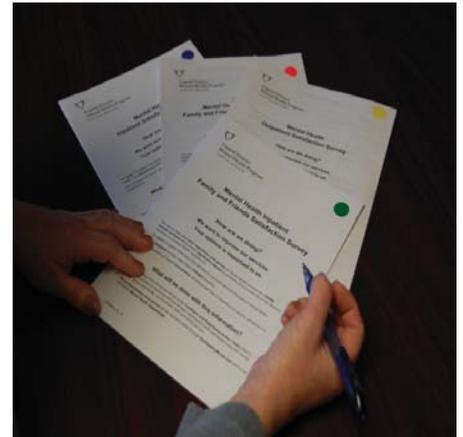
Each inpatient unit and outpatient service area is asked to offer a survey to every person using our services throughout the week. Every outpatient should be offered a survey upon registration and every inpatient should be offered a survey at a clinically appropriate time.

Please note, although surveys are available year-round, blitz week happens twice a year - May and November.

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.

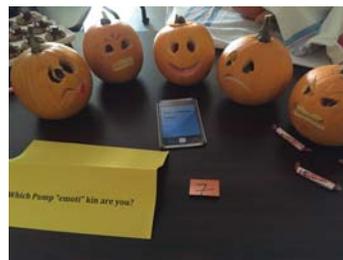
These surveys are brought to you by the Feedback and Experience Action Team (FEAT). FEAT is a group made up of people with lived experience, family members, and staff who are committed to making sure service areas know how people are experiencing care from NSHA Mental Health and Addictions, Central Zone.

Please visit <http://www.cdha.nshealth.ca/mental-health-and-addictions/news/satisfaction-surveys> for on-line surveys, results and recommendations.



***Wow.... these pumpkins are very creative!***

See page 7 for more...



***When witches go riding,  
and black cats are seen,  
the moon laughs and whispers,  
'tis near Halloween.***



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

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# "Grandfather's Hand"

Submitted by Shauna Blundon, senior project manager/admin site manager

Need a hand? Well, we have an extra one at the Urban Farm.

If you are looking for a spot to rest your bones, we have a new bench for you to relax on while you gaze upon the beautiful farm and incredible harbour view.

"Grandfather's Hand" is a sculpture carved out of solid granite by an artist working with the Sculpture Nova Scotia Team during the Waterfront Development's stone carving event held a few weeks ago.



*Hillary Lindsay, project coordinator, Back to Our Roots Urban Farm relaxes on the new bench, "Grandfather's Hand" located at the Farm.*

The artist, Mark Graff, was inspired by his granddaughter. She lives in a home near the NSH site, and misses her grandfather (Mark) as he lives a fair distance away. Mark sculpted "Grandfather's Hand" using a replica of his own hand. Now when his granddaughter misses him, she can visit the farm and sit in the palm of his hand for comfort and to be close to her grandfather.

We are very grateful to Mark and the Sculpture Nova Scotia Team for choosing us as the recipients of such a wonderful and inspiring gift! We can all relate to the strength of a grandparent's love. So, next time you want to enjoy the view, have a seat on the new bench and take comfort in "Grandfather's Hand".





## Quality Retreat 2015

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

The Mental Health and Addictions Annual Quality Retreat took place on September 24<sup>th</sup> at The Nova Scotia Hospital site with over 40 participants from across the program including physicians, managers, individuals representing a range of health disciplines, family members, and people with lived experience.

The purpose of the retreat was to take a look at the accomplishments and challenges of the past year, examine the current priority areas of the Mental Health and Addictions Quality Program, and discuss plans for the year ahead. One of the guest speakers, Helen Cameron, quality and patient safety leader with Performance Excellence, provided an interactive discussion on how to develop effective Quality Award Submissions and Poster Presentations. Each of the quality teams was challenged to develop a poster for the upcoming Quality Summit, which will be taking place from November 17<sup>th</sup> to 19<sup>th</sup>.

After a quick break, **Norma Lewis**, health services manager with Recovery and Integration, provided an overview of the Mental Health Commission of Canada's *Declaration of Recovery*. This declaration is reflective of best practice in Mental Health Services and has been signed by a number of healthcare organizations across the country. In order to look at the declaration from a quality lens, a subset of related criteria from the accreditation standards were selected for discussion. In small working groups, participants discussed this subset and if they felt the program was **not meeting**, **meeting** or **exceeding** these standards.

Results from these discussions were presented to the larger group where themes emerged that support a continued focus on Client, Family and Provider Collaboration and Transitions of Care. The Mental Health and Addictions Quality Council will discuss the results of the retreat in more detail at their upcoming meeting as the course for the 2015/16 quality year is formed.

Thank you to all who participated in this event.

If you want have any questions, please contact **Laura Ankcorn**, quality leader, at [laura.ankcorn@nshealth.ca](mailto:laura.ankcorn@nshealth.ca).

The link for the Mental Health Commission of Canada's *Declaration of Recovery*, is as follows:

<http://www.mentalhealthcommission.ca/English/document/25671/recovery-declaration-brochure>





## Opening Doors - End Family Violence Campaign

Submitted by the Mental Health Foundation of Nova Scotia

The Mental Health Foundation of Nova Scotia was pleased to launch its year-long Opening Doors - End Family Violence (ODEFV) Campaign this month, with the first event held in Pictou County. Made possible by a Department of Justice Canada grant and support from Lawtons, ODEFV will visit five rural communities in Nova Scotia throughout 2015 and 2016.

On October 21<sup>st</sup>, members of the Pictou County community and surrounding areas attended a free information session at Northumberland Regional High School. Leading up to the event, the Foundation consulted community leaders to gather input on the event theme. "Understanding Mental Illness" was the resounding choice.



The event featured a keynote address from Dr. Alexa Bagnell (pictured left), interim chief for IWK Child and Adolescent Psychiatry, and associate professor at Dalhousie University's Department of Psychiatry. Dr. Bagnell shared insight into various mental illnesses, particularly in relation to children and youth, and broke down common myths surrounding mental illness.

ODEFV Pictou County also featured remarks from 2015 Let's Keep Talking Outstanding Individual award recipient - Bob Ransom. local entertainment by Lance Pitts, information about a Summer Street Industries mental health grant funded by the Foundation, a question and answer period, and takeaway resources. It was emceed by Starr Dobson, President & CEO of the Mental Health Foundation of Nova Scotia.

Feedback from the community was extremely positive.

"We look forward to connecting with more Nova Scotians in rural communities through Opening Doors in the coming months," says Starr Dobson. "Together, we're **changing the way people think** about mental illness."

Opening Doors - End Family Violence will also visit Cape Breton, Annapolis Valley, Digby and a First Nations community in 2015 and 2016.

To learn more, please visit [www.mentalhealthns.ca/openingdoors](http://www.mentalhealthns.ca/openingdoors).

## 5th Annual Pumpkin Carving Contest



Cole Harbour Community Mental Health held its 5<sup>th</sup> Annual Pumpkin Carving Contest. All of the pumpkins were amazing and the competition was tough! Winners were:

1<sup>st</sup> Place - **Melanie Barret** and **Devota Ryan** for "Easy Bake Pumpkin" (far left)

2<sup>nd</sup> Place - It was a tie! Amy (student) and Angela Smith for "Birthing Pumpkin" (middle) and **Liz Pienkos** for "Unidentified Pie-ing Object" (far right).

Photo credit: Mark Smith



## Our People

### Healthy Minds Cooperative: 10 Year Anniversary

Submitted by Karen Gilmore, executive director, Healthy Minds Cooperative

In 2004, as the director of the Capital District Mental Health Program, Louise Bradley led the Strategic Planning that was the beginning of the Healthy Minds Initiative to create a mental health community of excellence. After months of planning, the Healthy Minds Cooperative was brought to life officially on June 13, 2005. Since that time, the Cooperative has grown in membership to 435.

Meaningful involvement in the continued improvement of mental health and addictions services is important to our members and remains as essential today as it was 10 years ago. Our Memorandum of Understanding with the NSHA Mental Health and Addictions, Central Zone, gives us the opportunity to support a diverse and courageous group of 20 people who participate on nine quality committees and a number of working groups. As we continue to support this work, we do so with a new reporting framework in place that provides accountability and demonstrates the accomplishments of the essential work that we were founded to do.

The celebration of the Cooperative's 10 year anniversary was the ideal opportunity to acknowledge the commitment of the NSHA Mental Health and Addictions, Central Zone, for their invaluable support of our work and to pay tribute to **Trevor Briggs**, director of the NSHA Mental Health and Addictions, Central Zone.

Trevor played a key role in the development of the Cooperative in those early days and continues in this role today. His unwavering belief in the value of having individuals who access mental health and addictions services and their families sitting as equals with service providers and sharing their knowledge and expertise to improve services has been an essential part of sustaining citizen engagement.

What began as an initiative is now firmly embedded in practice. This work would not happen without the steadfast commitment of the leaders of the NSHA Mental Health and Addictions, Central Zone.



*Trevor Briggs, director, NSHA Mental Health and Addictions, Central Zone, accepting plaques (With gratitude for your vision and dedication to meaningful citizen engagement, June 2015).*



**Kelinda Sloan**, admitting clerk, at The Nova Scotia Hospital site receiving her flu shot.

Don't forget to get your flu shot!

To view the schedule, please go to:

<http://intra.nshealth.ca/stoptheflu/SitePages/Home.aspx>

*Photo credit: Shauna Blundon*



### *Our People (cont...)*

## Laurie Butler Retires

Submitted by Sylvie Gibeau, health services manager, Connections Dartmouth

**Laura Butler** started her journey as an RN at The Nova Scotia Hospital in 1986. She worked on various units and services such as the Forensics Unit (when it was located in the Purdy Building), the Supportive Community Outreach Team (SCOT) and the East Coast Forensic Hospital. Her most recent position has been with Connections Dartmouth.

Laurie has a wealth of experience and incredible wisdom that will be greatly missed. She is caring, genuine, and attentive to the needs of everyone who knows her.

Laurie, enjoy your new adventure and have lots of fun!



## New Staff

Welcome to all new staff who started in September and October!

**Kristyn Anderson**, social worker - Hants CMH

**Mylene Boisvert**, occupational therapist - Bedford/Sackville CMH

**Devon Bundy**, developmental worker - Emerald Hall

**Doug Coldwell**, developmental worker - Emerald Hall

**Marie-Eve Couture**, psychology resident

**Christy Duncan**, registered nurse - Addictions Inpatient Treatment Services

**Jeremy Goodwin**, social worker - Cole Harbour CMH

**Melissa Hamilton**, licensed practical nurse - Addictions Inpatient Treatment Services

**Reshma Laisamma-Raj**, licensed practical nurse - Addictions Inpatient Treatment Services

**Amber McConnell**, psychologist - Addictions Community-Based Services

**Dallas Ning**, registered nurse - Willow Hall

**Joshua Profitt**, registered nurse - ECFH Offender Health

**Kay Silver**, licensed practical nurse - Mayflower Unit

**Crystal Steele**, registered nurse - Addictions Inpatient Treatment Services

**Adrian Tansley**, developmental worker - Emerald Hall

**Margaret Tilt**, developmental worker - Emerald Hall

**Shannon Van Mol**, social worker - Addictions Community-Based Services

**Holly Wilson**, psychology resident





## Upcoming Events and Education Sessions

Wednesday, November 4 - 3:30 to 4:45 pm

### Municipal Alcohol Policy Guide to Reduce Alcohol-Related Community Harms

Westin Nova Scotian Hotel, Halifax

Manager Samantha Hodder, Health Promotion and Prevention, NSHA Mental Health and Addictions (Eastern Zone) and Chief Public Health Officer Dr. Robert Strang are presenting at the Union of Nova Scotia Municipalities (UNSM) conference.

For more information, please visit:

<http://www.unsm.ca/annual-conference-2015.html>

1<sup>st</sup> Tuesdays of each month, 10:00 to 11:30 am

### Seniors Mental Health Provincial Education Series

Abbie J. Lane Building, Room 4074

Nova Scotia has the second 'oldest' provincial population in Canada. With a growing need for more clinicians skilled in seniors mental health care, the Central Zone Seniors Mental Health team is offering this monthly education session. Teaching primarily provided by geriatric psychiatrists, geriatricians, neurologists, pharmacologists, community mental health nurses and social workers.

For more information, please contact Debra Antonescul at [debra.antonescul@nshealth.ca](mailto:debra.antonescul@nshealth.ca).

Wednesdays, 8:30 to 9:30 am

### University Rounds, Clinical Academic Rounds, and Child & Adolescent Psychiatry Academic Rounds

Abbie J. Lane Building, Room 4047

Distance sites can join online at:

<http://dal.adobeconnect.com/dalpsychiatryrounds/>

Visit the Psychiatry Rounds Information webpage for more information:

<http://medicine.dal.ca/departments/department-sites/psychiatry/education/continuing-education/psychiatry-rounds-information.html>

January and February 2016

### Mental Health Courses

The following upcoming courses are offered through the Registered Nurses Professional Development Centre:

- Suicide Risk Assessment and Intervention (Interprofessional Part-time Program), January 6 to April 15, 2016
- Promoting Recovery in Mental Health (Interprofessional Part-time Program), January 11 to July 1, 2016
- Psychiatric Mental Health Nursing Program (Full-time), February 22 to May 27, 2016

For more information, please go to:

[www.rnpdc.nshealth.ca](http://www.rnpdc.nshealth.ca)

