

Our Voice



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

The Power of Believing

Submitted by Colleen Fraser, Mental Health Foundation Of Nova Scotia



November 20th and 21st marked the 24th annual Compass Group Canada Festival of Trees in support of the Mental Health Foundation of Nova Scotia. A tribute to the classic holiday book and film, *The Polar Express*, Festival of Trees highlighted the innocence of Christmas from a child's perspective to create a hopeful and festive atmosphere for the Shannex Holiday Luncheon and the RBC Black Tie Gala. *Believe* was a key theme for both events.

The World Trade and Convention Centre hosted 660 guests for Friday's Luncheon, and 675 for Saturday evening's Gala. The events were made possible by the support of committees and over 40 volunteers at each event.

Shannex has been the Luncheon sponsor for seven years, delighting guests with their first taste of the holiday season. Each year, Shannex partners with clients of Kings Regional Rehabilitation Centre to create ornaments for guests. The 2015 ornament was a wooden train, hand-painted with the word *Believe*.

Guests truly *believed* in the power of the Luncheon this year, bidding on over forty cakes and fifty wreaths to raise over \$6,500 from these two auctions alone. The 12 Days of Christmas Raffle was another crowd favourite, featuring 12 unique prizes for lucky winners - the top being \$2,500.

This year was RBC's first sponsoring the Black Tie Gala event, and it was a great success. Alyssa

Howard, committee member and trained Soprano, performed the Josh Groban song "Believe", written for the *Polar Express* movie, to kick off the event. Daniel Matto provided dinner entertainment, and the event closed out with a dance party with The Mellotones.

The Gala featured a silent auction, live auction, and three big-ticket raffles: Santa Steele, for a 2015 Lincoln MKC; Touch of Gold, for a men's Rolex Datejust 2; and Christmas Cash, for \$5,000 cash donated by Tim and Bernie Moore. The raffles raised over \$35,000, inclusive of the Christmas Cash prize being generously donated back. The Forest of Trees was a sparkling backdrop for both events, featuring 25 corporate and individual contributions.

The Foundation also launched a new partnership with Brigadoon Village at the Black Tie Gala. Camp BELIEVE aims to send children whose families are impacted by mental illness to a one-week camp to connect with other children experiencing similar challenges, and supportive resources. The Foundation is continuing to raise funds for this initiative. More details and donation information about Camp BELIEVE, including a video, are available online at <http://www.mentalhealthns.ca/>.

The Mental Health Foundation of Nova Scotia would like to extend gratitude to its Festival Event Sponsors: Compass Group Canada, Shannex, and RBC; Media Sponsor, CTV; Branding Sponsor, Revolve; and A/V Sponsor, Sound Systems Plus. A full list of sponsors, partners, donors and volunteers can be found on our website.

Funds raised at the Festival of Trees, support mental health programs and services across Nova Scotia.

Photo credit: Scott Munn





INSIDE THIS ISSUE

- 1**
The Power of Believing
- 2**
Quality Matters
- 3**
A Panel Discussion for Family Members: Medication

1st Family and Friends BBQ: Simpson Landing
- 4**
NSHA Mental Health and Addictions: Leadership Structure

Interesting Tidbits
- 5**
Interesting Tidbits (cont...)

Schizophrenia Society of NS: A Successful Conference
- 6**
Upcoming Events and Education Sessions

Cole Harbour CMH shows their Christmas Spirit

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

Editor: Maureen Wheller
Creation, layout and design: Patricia Dauphinee

Please send submissions to: Patricia.Dauphinee@nshealth.ca

Quality Matters

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

Quality Program Annual Report 2014/15

The Annual Report for the Mental Health and Addictions Quality Program is now available on our webpage. This report outlines the work of the quality program for the most recent quality year, which includes the timeframe September 2014 to August 2015. An overview of progress made by Quality Council, the two subcommittees, and each of the nine Quality Teams is included.

The dedication of the multidisciplinary quality teams and representatives with lived experience who carry out this work is outstanding. The progress made to improve care in Mental Health and Addictions would not be possible without their unwavering support. A big thank you to everyone who makes this possible!

The annual report is available at:

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

If you have any questions or would like more information on the Quality Program or any aspect of the annual report, please contact Laura Ankcorn at Laura.Ankcorn@nshealth.ca.

Experience Survey Blitz Week: Thank You!

A survey blitz week took place across NSHA Mental Health and Addictions, Central Zone, from November 2nd to 8th. During this week, every client was asked to complete a survey on their experience of our services. The results are in: 133 outpatient surveys and 14 inpatient surveys were received from your efforts during the week for a grand total of 880 outpatient, 253 inpatient, and 95 family and friends surveys!

The feedback received from these surveys will help guide quality improvement efforts and evaluate the programs, services, and initiatives already in place. In the case of survey response, the more we have, the more confident we can be in interpreting and applying the results to our service areas.

A report on results will be available in the spring. Thank you for your continued efforts to increase response rates and provide clients, families and friends the opportunity to let us know what they think.



According to the Farmers Almanac...

ATLANTIC CANADA: Winter temperatures will be above normal, on average, with the coldest periods in early and late January and other cold periods in early and mid-December, mid-January and mid-to late February. Precipitation and snowfall will be below normal, with the snowiest periods in early and mid-December and mid and late January. April and May will be a bit warmer than normal.



A Panel Discussion for Family Members: Medication

Submitted by Karrie Scribner, team member, Simpson Landing (on behalf of R&I Services)

Simpson Landing hosted a 3-person discussion panel, consisting of a peer supporter, psychiatrist, and parent, on the topic of medication. The topic was chosen (in advance) by family members/friends who completed a Family and Friends Input Survey. The survey gathered information about topics of interest and activities that the family members/friends, along with their loved ones and staff, would like to participate in once a month.

The atmosphere was made comfortable by arranging the seating in an open manner conducive to sharing and learning.

Family members were glued to their seats, listening to the personal experiences shared by Mike Smith, peer supporter, and Donna Methot, parent of a daughter with lived experience. Dr. Jason Morrison, psychiatrist, rounded out the panel. The combination was powerful and relevant.

The panel spoke for 90 minutes, and a Q&A period followed which led to an open discussion.

Everyone mutually gained during the experience. In addition to sharing information about medication, there was a shared sense of hope and belief in recovery for individuals.

Thanks to clients and care team assistance at Simpson Landing for organizing the snacks, tea and coffee.

Upcoming family engagement opportunity at Simpson Landing:

- December 3, 2015 - Annual Christmas/Holiday Tea
- January 12, 2015 - a presentation for family members/friends about Schizophrenia
- February 2016 - Open Mike/Coffee House

1st Family and Friends BBQ: Simpson Landing

Submitted by Carolyn Albright (RN), team member, Simpson Landing

Families and friends play an important role in supporting the recovery of someone living with mental illness. Simpson Landing is committed to improving family involvement! To thank family members and friends for this support, we held our 1st Family and Friends BBQ on Tuesday, October 5th.

It was a cool, but pleasant, day for a BBQ and the turnout was wonderful with folks taking the time to sit and chat, participate in a game of washer toss and enjoy some delicious hamburgers, hotdogs and cake.

Thanks to Dawn Reid and Nancy Power for the food preparation, Chris Reid for organizing the washer toss game, Karen Lushman, Kelly Wood and Dr. Sapieha for welcoming our guests, Dorothy Edem and Norma Lewis for their BBQing skills, and Sherran Henderson for shopping for the food. Also, a big thanks to the clients who helped with the set-up and clean-up for the event.

It was an outstanding success! We all enjoyed many laughs, shared stories and spent time getting to know one another.



From left: Norma Lewis (acting HSM), Diamond Love (LPN), Dorothy Edem (program leader, R&I Services).



NSHA Mental Health and Addictions: Leadership Structure

Summary:

- NSHA will be establishing a new provincial model for the management and delivery of Mental Health and Addictions services.
- In the spring of 2015, Dr. Linda Courey was recruited to the role of senior director of NSHA Mental Health and Addictions.
- The recruitment of directors is an important next step in the overall restructuring of these services and we have confirmed that the leadership model will include four directors, each with responsibility for services within a zone (Eastern, Northern, Central and Western).
- These roles will provide strong leadership, helping us focus on the current service delivery within each of our zones, while leading further planning needed to develop a responsive and consistent provincial approach to these services.
- Recognizing that the geographic area of responsibility and scope of the Central Zone director role will remain relatively unchanged, **Trevor Briggs**, director of Mental Health and Addictions, has been confirmed as the director for the Central Zone.
- Recruitment for the three remaining zone directors will begin on November 13th through a posting open to any internal candidates from NSHA. These positions will be posted for a period of one week. We expect to finalize recruitment for these director roles in December 2015.

If you have questions, please speak with your manager.

Interesting Tidbits

New Executive Director

The Schizophrenia Society of Nova Scotia (SSNS) welcomes our new Executive Director, Diane MacDougall. We take pleasure in introducing Diane to our members and colleagues who have assisted and partnered with us over the years.

Diane comes to us with a wealth of experience and ideas to ensure we continue to broaden our horizons and deepen our influence in the mental health community. With Diane's leadership, we are confident the SSNS will move forward in achieving our mission to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, influencing public policy, and encouraging research.

Welcome Diane!



Changing the Way People Think with Starr Dobson

Changing the Way People Think with Starr Dobson airs Friday mornings at 10:30 on Cobequid Community Radio, 97.5FM. The half hour show features the Foundation's President and CEO as host. It works to increase listeners' awareness and understanding of mental health and mental illness through interviews with experts, Q & A periods, and sharing relevant support information.



Interesting Tidbits (CONT...)

Music Therapy Program

The Mental Health Foundation of Nova Scotia's music therapy pilot project started in September 2015 at the NSHA Mental Health and Addictions, the Nova Scotia Hospital site. See more on CTV's Housecall at: <http://atlantic.ctvnews.ca/video?clipId=753134>.

Back to Our Roots Urban Farm

Even though the growing season is wrapped up, we'd still love to get your feedback. Please take the time to complete a survey at:

www.mentalhealthns.ca/btor-survey

www.mentalhealthns.ca/market-survey

Schizophrenia Society of NS: A Successful Conference

Submitted by Diane MacDougall, executive director, Schizophrenia Society of Nova Scotia

The Schizophrenia Society of Nova Scotia (SSNS) held a successful conference in Halifax on Friday, November 13, 2015.

Laura Burke started the day off on the right note with her poignant story telling and spoken word, she sparked the interest for the day. Our keynote speaker, Dr. Frederick Frese, a psychologist with over 40 years' experience working with people living with mental illnesses and shared his own experience and history of mental illness. Sharing knowledge and insight with a passion for change in the way we think and perceive people living with mental illness, all with a bit of humour keeping everyone engaged.

Keith Anderson, a lawyer who experienced devastating life changing depression, found his voice, and spoke to enjoying the simple things in life and above all the importance of kindness.

The afternoon of our 27th Annual conference, Thriving in Recovery, was special - a farewell to the former executive director, Stephen Ayer. John Murphy, **Dr. Emmanuel Aquino**, and Maureen MacDonald, interim leader of the NDP, spoke to Stephen's years of work with the SSNS and his dedication to the cause.

Caroline Stratford and Kadence Ellis (pictured below) were each presented with the Janine Williams Memorial Bursary and Kadence surprised the delegates with a spontaneous speech about not being defined by his illness and inclusion. Chris Summerville, CEO of Schizophrenia Society of Canada and executive director of Manitoba SS, shared his personal story and his passion for advocacy. Chris believes mental illness is not just a health issue but a social justice issue that addresses the inequities, inequalities, and injustices towards people living with mental illness and their families. Chris believes in recovery!

The past president of SSNS, Cecilia McRae, spoke to her personal family story with her son (John) and her family struggle with the system, the struggle as a family, the need for advocacy, and the sweet appreciation of recovery.

These stories strengthen the cause and deepen the need to support and care for people living with the diagnosis of mental illness and for their families. Stay tuned as the SSNS will host the Schizophrenia Society of Canada's National Conference in our province on October 27 and 28, 2016. Join the cause and support the SSNS at www.ssns.ca.





Upcoming Events and Education Sessions

Mosaic Pop-Up Sale!

Tuesday, December 1st, 12 noon to 6 pm

2020 Gottingen Street, Halifax, NS

Mosaic tiles, hidden gems and cards. All proceeds will support our social programs. Sponsored by the Canadian Mental Health Association (Halifax-Dartmouth).

For more information or to give a donation, please visit: www.cmhahaldart.ca.

The Junior High Chats

Thursday, January 7, 7 to 9 pm

Dartmouth High School

The chats are your opportunity as parents and educators to ask any question you may have regarding mental illness, mental health, and how to use this information to enhance your own mental health literacy.

At these Q&A style events, Dr. Stan Kutcher (psychiatrist) will be joined by one or two teachers who work in IWK Mental Health and Addictions therapeutic classrooms, who will speak to any questions you may have regarding students and school settings.

For more information on this event, contact your school administrator.

"When we talk about health and mental health, we should be talking about the same thing."

Sponsored by IWK Health Centre, teenmentalhealth.org and the Halifax Regional School Board.



Cole Harbour CMH shows their Christmas Spirit

Submitted by Deborah Macumber, team member, Cole Harbour CMH



The Cole Harbour Community Mental Health team (including Kim Fleming and Scott Janssen) helped to make the lives of several impoverished children a little bit brighter.

We filled 18 shoe boxes for the *Operation Christmas Child Samaritan's Purse* project.

Great work team!