

Our Voice



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

2015 Christmas Gift Program: Another Successful Year!

Submitted by Dachia Joudrey, coordinator, Volunteer Services

This year, as for the past 36 years, Father Eric Theriault organized the Christmas Gift Program with his driver, Jim King (both pictured right). They collected over 90 large bags of items which were donated by the parishioners of the Catholic churches in the Halifax metro area.

The items were brought to the special "Santa Shop" at The Nova Scotia Hospital site where staff sorted and organized them so that unit staff could come and select special items for clients and individuals receiving care.

As in the past, Volunteer Services partnered with the Occupational Therapy team at The Nova Scotia Hospital site which ensured that the Gift Program ran smoothly.

The areas served by the Gift Program were: The Nova Scotia Hospital site (including all Mental Health and Addictions inpatient units), the East Coast Forensic Hospital, the Abbie J. Lane Hospital and the Community Transition Program in Lower Sackville.



Santa's Helpers, from left, are Andrew MacDonald, Sherran Henderson, Dawn Reid, Chris Reid, and Dave Kaulback.

Items donated this year were wonderful and due to everyone's participation every client will be able to receive a gift on Christmas morning.

Volunteer Services would like to extend a big thanks to Father Eric Theriault, Jim King, Sherran Henderson, Chris Reid, Andrew MacDonald and everyone who made this year's Gift Program so successful!

Worker's Compensation Board Donation

This year, we were fortunate to be the recipient of a generous donation from the Worker's Compensation Board (Legal Services Division). A total of \$1,550 was raised during their annual bake sale, chili and chowder event plus casual days. This wonderful event is held annually at the WCB offices in Halifax. This year's amount has been earmarked for Simpson Landing to benefit clients. Karrie Scribner, wellness and health promotion coordinator, says *"The donation will help provide community and on-site opportunities that enhance the self-efficacy and self-awareness of individuals working on recovery and wellness beyond symptom management and medical treatment."*

Volunteer Services, on behalf of all staff and clients, would like to say thank you to the staff of the WCB's Legal Services Division for their dedication to our program over the past 16 years.



Dachia Joudrey (far right), accepts a cheque from Madeleine Hearn, WCB.



INSIDE THIS ISSUE

1
2015 Christmas Gift Program: Another Successful Year!

Workers Compensation Board Donation

2
The 15-Minute Hour

Annual 6 and 7 Lane Christmas Brunch

3
A Resolution to be Proud of: The Power of Employee Giving

4
Importance of Families in Recovery

5
Directors Announced for NSHA Mental Health and Addictions

6
Our Staff

7
Upcoming Events and Education Sessions

Ornament Making Workshop: Health Sciences Library

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

The 15-Minute Hour

Submitted by Dr. Jackie Kinley, psychiatrist, MHDTP

On November 27th, **Dr. Jackie Kinley**, psychiatrist, presented at the Dalhousie University annual refresher for Family Physicians.

The session was titled "The 15-Minute Hour" and targeted how family physicians can make the most out of limited time with patients.

Participants learned how to use the BATHE technique to work efficiently and effectively with patients and leverage the relationship to strengthen patients. In a busy practice, family physicians need to have practice skills to help them to draw out the necessary information to help patients learn to help themselves.

The session introduced ways for doctors to structure their time most efficiently and to create more realistic expectations by realizing what therapeutic goals are reasonable given their scope of practice and realistic given their busy schedules.

For more information, please contact jackie.kinley@nshealth.ca.

Annual 6 and 7 Lane Christmas Brunch

Submitted by Maureen Wheller, senior communications advisor

Laughter and good food were shared on Friday, December 18th at the Annual 6 and 7 Lane Christmas Brunch for patients, families, friends and staff Short Stay Unit also joined in the fun.

Fluffy scrambled eggs, succulent baked ham and delicious homemade samosas were just some of the memorable treats.

Happy Holidays!





A Resolution to be Proud of: The Power of Employee Giving

Submitted by Colleen Fraser, communications coordinator, Mental Health Foundation of Nova Scotia

Happy New Year! 2016 is going to be a fantastic year for **changing the way people think** about mental illness in our province, and we hope Nova Scotia Health Authority employees will be part of this change.

Employee fundraising campaigns and dedicated giving to the Mental Health Foundation of Nova Scotia can have a huge impact on the programs the Foundation is able to support this year within the health system and beyond.

The Mental Health Foundation of Nova Scotia is a charity organization that strives to make a difference in the lives of Nova Scotians by supporting mental health initiatives in our communities. Our granting programs make this possible. It's likely you've worked with or alongside a Foundation grant program without even realizing it! For a full list of recently funded grants, visit <http://www.mentalhealthns.ca/>.

As employees within the health system, you've seen the need for increased mental health programming, and the impact one fantastic program can have. The Foundation's Community Grants and annual NSHA Mental Health and Addictions, Central Zone Grants support projects that

focus on recreation, creative expression, rehabilitation, reintegration, education, awareness and more.

One example of a grant made possible by the Foundation is Coffee Hour at Emerald Hall.

Coffee Hour provides participants with a safe, home-like environment where they can enjoy complimentary coffee or tea and snacks while socializing with peers. For Beth MacLean (pictured above), and some other clients of Emerald Hall, it also serves as a work-readiness program.

"I learned how to serve the coffee and I learned how to clean up", says Beth. But there's no disputing what she likes best... "Serving people and getting paid!"

Melissa Baker is an occupational therapist who has worked with Beth for eight years. She understands the true importance of a seemingly simple cup of coffee. *"This program, and other funded grants, provide Beth and other clients with opportunities*



to practice the skills of living in natural environments. They allow Beth to develop and enhance her fine motor skills, her thinking skills, and her social skills. Coffee

Hour and recreational outings motivate Beth. They give her something to look forward to, while also providing structure and routine in her life." "Beth's confidence, attention, and ability to complete tasks thoroughly have improved tremendously over the years. Without the continued generous support of the Mental Health Foundation of Nova Scotia, we simply would be unable to fund such initiatives."

Here's something amazing: Coffee Hour on Emerald Hall is funded for only \$500 a year. And it is changing lives!

You can be part of this change. Foundation grants help improve quality of life, provide an outlet for emotion, and grow self-esteem. Every dollar makes a difference. We hope you'll join us as we work to see Nova Scotians living with mental illness thriving in our communities.

Give Now: Employees can easily sign up to give through payroll deduction or by becoming a monthly donor. Visit us at <http://www.mentalhealthns.ca/donate> for the details.

Fundraise: Employees can also organize fundraisers! Bake sales, staff competitions, and Blue Nose Race Teams are just some of the many ways you can raise funds and have fun. Reach out to the Foundation (info@mentalhealthns.ca) and we can help get you started.



Get to know the Mental Health Foundation of Nova Scotia by visiting:

https://www.youtube.com/watch?v=S1f3Gq_dq6U



Importance of Families in Recovery

Submitted by Angela Naugle, Family Work Team

Working with families is an integral part of mental health and addictions care and is being supported in best practice discussions across the nation. It is our duty as providers in mental health and addictions to embrace family sensitive practice across all disciplines and promote working with families in our everyday practice to provide education, guidance, and support.

The Mental Health Commission of Canada has recently released Guidelines for Recovery Oriented practice that identify principles, values, knowledge, skills and behaviours that underlie recovery-oriented services and supports. Chapter 3 of these Guidelines is titled "Recovery Occurs in the Context of One's Life". We are all aware that for many people living with mental health and addictions problems and illnesses, that their family is their primary source of support. The Guidelines state that *"Families help recovery by expressing hope, building on people's ties to others, reminding them of strengths and capabilities, assisting them in accessing and navigating the mental health system and sustaining their involvement in community life."* (page 38)

It is important as health care providers that we invite our clients to involve their families in their care, as directed by them, and that we provide supports to build coping and communication within the family and be responsive to the needs of families in their caregiving role. Offering specific programs such as Behavioural Family Therapy and Families Matter in Mental Health education and support groups are one way we collaborate and support families to be better able to support the recovery of their loved one, however all of us as mental health and addictions care providers need to ask ourselves if we are being family-sensitive in our daily work. The Guidelines for Recovery Oriented Practice recognize the value of families, friends and community and direct us to reflect on our own values and attitudes, knowledge, skills and behaviours in acknowledging, collaboratively working with and responding to the needs of caregivers.

I encourage people to refer to the Guidelines at:

<http://www.mentalhealthcommission.ca/English/document/72756/guidelines-recovery-oriented-practice>

I leave you with a couple of points to reflect on that are taken directly from the Guidelines.

Do you as a mental health care provider:

- Acknowledge and affirm the ability of family members/friends to support a person's recovery?
- Respect the choice of the person experiencing the mental health problem regarding the involvement of their circle of support?
- Understand the impact of mental health problems and illnesses on close relationships?
- Have up-to-date knowledge of services and supports available to meet the needs of families?
- Assess the needs of family and caregivers and help them to navigate service systems?
- Support positive family communications and foster opportunities to maintain, establish or re-establish relationships?



Happy Holidays

from all of us at NSHA, Mental Health and Addictions, Central Zone



Directors Announced: NSHA Mental Health and Addictions

We are pleased to provide an update on our recent recruitment for the Mental Health and Addictions (MH&A) zone directors for the Eastern, Western and Northern zones. As you may recall, **Trevor Briggs** has been confirmed as director of MH&A for Central Zone.

The competitions for these roles began in November and were open to internal candidates from the NSHA. The directors will report to **Dr. Linda Courey**, senior director, MH&A. Each will have responsibility for MH&A leadership in relation to specific provincial projects/initiatives (yet to be determined) as well as for leadership within a zone. The three directors are:

- **Dr. Julie MacDonald**, MH&A director, Eastern Zone. Julie is currently acting director for MH&A in the Cape Breton area and was formerly the manager of Child and Adolescent MH&A Services there. She holds a PhD in Counselling Psychology and a Master of Education in Counselling Psychology from the University of Alberta, and a Bachelor of Arts from the University College of Cape Breton. She has led or participated in numerous local and provincial initiatives over the years, most recently leading the integration of mental health and addiction services within Child and Adolescent Services and Choice and Partnership Approach (CAPA) implementation across all MH&A programs in Cape Breton.
- **Dana Pulsifer**, MH&A director, Western Zone. Dana has more than 20 years of experience with MH&A. She is currently a manager and prior to that was a social worker with the team. She has Master of Social Work from the University of Toronto and two bachelor of arts degrees from Acadia University. She has strong leadership

skills and was responsible for CAPA implementation within the Child and Youth Mental Health and Addiction Program in the Valley area. She has presented at provincial and national conferences on health leadership and change management.

- **Sam Hodder**, MH&A director, Northern Region. Sam is currently the manager of health promotion and prevention for MH&A within the Cape Breton area. She has a Bachelor of Science in Nursing from Cape Breton University/St. Francis Xavier University, a Master of Arts in Health Promotion from Dalhousie University and is completing her requirements for the Certified Health Executive Program. She has worked in the healthcare sector in Nova Scotia since 2003 as a care provider and then as a manager with MH&A, and also worked as a bachelor of nursing program instructor in Medicine Hat. She has led and participated in numerous local, provincial and national initiatives, most recently acting as the Health Promotion project lead for MH&A provincial planning.

All directors will begin their roles by January 25, 2016. There are no immediate changes in reporting at this time. More information will be shared in the coming weeks.

The Mental Health and Addictions leadership team, which consists of the senior director and four directors working in co-leadership with four zone Psychiatry department heads, will work hard to develop a provincial service delivery model that supports safe, quality service provision based on evidence, best practice and the needs of Nova Scotians. We will continue to keep you informed as our model evolves.

TeenMentalHealth.Org Tool Box: A Hub for Evidence-Based Resources

To access, visit <http://www.teenmentalhealth.org/toolbox>.

Mental Health and High School Curriculum Guide: Updated Edition

To access the updated edition of the Guide, visit <http://www.teenmentalhealth.org/toolbox>. For more information on the evidence behind the resource, visit <http://www.teenmentalhealth.org/smh/reports>.



Our Staff

Appointment of Head and Chief

We are pleased to announce the appointment of **Dr. Michael Teehan** as head and chief of the Dalhousie Medical School - Nova Scotia Health Authority (Central Zone) Department of Psychiatry. The five-year appointment is effective July 1, 2016.

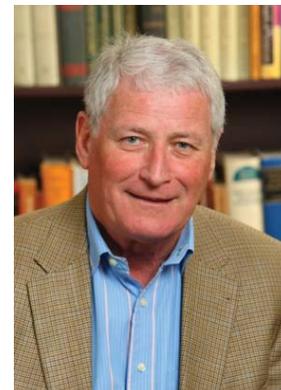
Since 2007, Dr. Teehan has been the Department of Psychiatry's deputy chief, and he was appointed Dalhousie Medical School's assistant dean of student affairs in 2010.

Dr. Teehan is a graduate of the Royal College of Surgeons in Ireland, and took post-graduate training in psychiatry at Trinity College and Dalhousie. He has been an active teacher and researcher in his area of clinical practice, psychotic disorders, for more than 30 years.

Dr. Teehan has served in a number of hospital and university roles, and continues to be an advisor to the Nova Scotia departments of Health & Wellness and Justice. He has played a key role in advancing mental health legislation in NS, and has been especially involved in the Canadian Psychiatric Association, serving as the president in 2013/14.

At the medical school, Dr. Teehan has been involved in undergraduate education as a COPS tutor and clinical skills instructor for many years. He has also held the position of postgraduate director for the Department of Psychiatry. His commitment to students and to the med school's academic mission has extended to serving on the Faculty's admissions committee, finance committee, and faculty council.

We know you'll join us in welcoming Dr. Teehan to his new post.



New Program Leader for ECFH

Congratulations to **Amanda Crabtree**, Masters in Health Services Administration, on being the successful candidate for the role of program leader for ECFH, effective December 15, 2015.

Welcome to New Staff

- Heather Arsenault, SW - Bedford/Sackville CMH&A (Community Mental Health and Addictions)
- Virginia Deeble, SW - 6 Lane
- Randy Dinan, RN - Short Stay Unit
- Christy Duncan, RN - Operational Stress Injury Clinic
- Faith Dunphy, RN - Community Transition Program
- Annie Fountaine, CTA - Transition Hall
- Sara Girard, LPN - Community Transition Program
- Adrienne Gorman, RN - Dartmouth CMH&A
- Elsie Harnish, RN - Willow Hall
- Anoop Matthew Peter, LPN - Community Transition Program
- Joan Shand, RN - Community Transition Program
- Robyn Smith, SW - Hants CMH&A
- Amanda Strang, SW - Operational Stress Injury Clinic
- Kimberley Terris, RN - Community Transition Program & Emerald Hall
- Jeff Toth, RN - 7 Lane





Events and Education Sessions

PSYCHIATRY ROUNDS

Wednesdays, 8:30 am to 9:30 am

In-person at AJL, Room 4074; Available online

For more information, go to:

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

THE JUNIOR HIGH CHATS

Thursday, January 7, 2106, 7 pm to 9 pm

Bicentennial Junior High School

At this Q&A style event, parents and educators are invited to ask questions regarding mental illness, mental health, and how to enhance mental health literacy. Dr. Stan Kutcher, psychiatrist, is joined by teachers who work in the IWK Mental Health and Addictions therapeutic classrooms, who will speak to any questions regarding students and school settings.

MENTAL HEALTH ON AIR: HEALTHY MINDS, RESILIENT COMMUNITIES

Saturday, January 23, 2016, 2 pm to 5 pm

Paul O'Regan Hall in Halifax Central Library

Depression and mental illness affect youth regardless of where they live. Youth mental health is an issue often left undiscussed – in Canada and in developing countries like Malawi and Tanzania, where malaria and malnutrition are often treated as more pressing public health concerns.

Two radio shows, along with school-based listening clubs, are helping to foster the next generation of leaders of Malawi and Tanzania by starting a discussion on the difficult topic of depression and mental health.

Journalist Omar Dabaghi-Pacheco took a leave of absence from CBC Ottawa to travel to Tanzania and Malawi and see just how an entertaining radio program can tackle the stigma of mental illness and engage youth in a discussion about depression. His documentary, *Mental Health on Air: Healthy minds, resilient communities*, will be launched at a TeenMentalHealth.Org event in Halifax on January 23.

Ornament Making Workshop at the Health Sciences Library

Submitted by Lara Killian, librarian educator

On December 4, 2015 the Health Sciences Library in the Hugh Bell Building hosted an ornament-making workshop in partnership with Recreation Therapy staff to get help creating some new and sparkly decorations for the Library Christmas tree. **Donna MacIntyre** liaised with other Recreation Therapy staff to bring interested clients from units including Mayflower and Simpson Landing, and we had some drop-in visitors as well

who spotted the large craft tables and joined in the fun of gluing snowflakes, twisting pipecleaners, colouring holiday scenes, and covering things with sparkles. Thank you to Housekeeping for setting up the tables and chairs, and thanks to everyone who stopped by to hang an ornament on our tree this year.

Happy holidays from Rob, Jackie, and Lara in the Library!

