

Our Voice



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

Coming to a Screen Near You!

Submitted by Karrie Scribner, Simpson Landing team member (on behalf of Recovery and Integration Services)



What is a creative way to spread the word about Recovery and Integration Services (R&I)?

Connect the people with lived experience who access R&I Services to a videographer for some hands on learning about making videos. Add into the

mix family members, volunteers, staff, managers and peer supporters plus financial support from Janssen and ask them to create a series of orientation videos.

That's exactly what the R&I Quality Team did from Spring to Fall 2014 through the collaboration of the R&I Orientation Video Project Working Group. The group members came from Simpson Landing, Connections Dartmouth, Connections Sackville, and Connections Halifax.

Over the course of several months, movie-making magic took place filming on location at each of the four R&I Service locations. We were lucky to have the expertise of the owner (Robyn Badger) and crew (Ann Verrall and Daniel Boos) of *Creative Badger Studio*. The working group discussed how to capture the heart, body and spirit of R&I Services, and five themes emerged - Hope, Recovery, Opportunity, Employment and Community. These themes created the basis for each video.

On October 1, 2015, everyone who assisted in the making of the five 2-minute videos was invited to celebrate the completion of the videos at a video viewing party held at Connections Dartmouth.

These videos will provide persons with lived experience, their circles of support, staff, physicians, and members of the broader community.

We hope that you enjoy the videos!

PLAYBILL[®]
WORLD TRADE AND CONVENTION CENTRE
FEBRUARY 19TH, 2016 | 7:00PM

BMO Bank of Montreal
PROUDLY PRESENTS

A different
Stage
of Mind

OFF BROADWAY

AN EVENT OF
Mental Health
Foundation
of Nova Scotia

WWW.MENTALHEALTHNS.CA

Go to page #3 for more event information.

To view the videos, go to:

<http://www.cdha.nshealth.ca/mental-health-and-addictions/news-and-media/videos>.



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

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Quality Matters

Submitted by the NSHA Mental Health and Addictions, Central Zone

Accreditation Standards

The updated version of the accreditation standards, which will be assessed during the survey in October 2017, are available at:

<http://intra.nshealth.ca/accreditation/SitePages/Standards.aspx>.

Quality Summit Presentations

If you missed the presentations, you can view them online at:

<http://intra.nshealth.ca/summit2015/SitePages/Home.aspx>.

If you have any questions or for more information, please contact **Laura Ankcorn**, quality lead, at Laura.Ankcorn@nshealth.ca.

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

TeenMentalHealth.Org Tool Box: A Hub For Evidence-based Resources

TeenMentalHealth.org uses the best evidence-based research available to develop application-ready training programs, publications, tools and resources to enhance the understanding of adolescent mental health and mental illness.

Created by Dr. Kutcher with assistance from the team at TeenMentalHealth.Org, the Tool Box is a user-friendly online hub where resources, reports and publications are available to youth, parents, educators and healthcare providers. To ensure accessibility for all, nearly all of the materials are available to download free of charge.

To access TeenMentalHealth.Org's evidence-based materials, visit <http://teenmentalhealth.org/toolbox/>.

Mental Health and High School Curriculum Guide: Updated Edition

The updated edition of the Mental Health and High School Curriculum Guide has recently been released (free to download) on the TeenMentalHealth.Org website and has been made available for purchase online through Amazon. Recognized as the only Canadian evidence-based mental health literacy curriculum resource, the Guide is used by both educators and students in junior high and secondary schools.

Following the international success of the original edition of the Guide, the updated edition provides up-to-date and relevant information based on the DSM-5 update that was released in 2013.

Since the hard copy release of the Guide in 2009, the online modules found on teenmentalhealth.org have been updated periodically to remain current. Along with many visual changes and updated activities, the updated edition now provides consistency between the revised online modules and the hard copy of the Guide. For more information on the evidence behind the resource, visit <http://teenmentalhealth.org/smh/reports/>.



A Different Stage of Mind heads "Off Broadway"

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

Start spreading the news: Mental Health Foundation of Nova Scotia's BMO Bank of Montreal A Different Stage of Mind heads "Off Broadway".

Tickets are on sale for the Mental Health Foundation of Nova Scotia's popular *A Different Stage of Mind* fundraiser. This event will raise money for mental health programs and services across the province.

Presented by BMO Bank of Montreal, *A Different Stage of Mind* is a variety show featuring Nova Scotian community leaders performing in the roles of musical stars. This year's event will take guests "Off Broadway" in New York City on Friday, February 19th, 7:00 pm at the World Trade and Convention Centre, Halifax.

This year's show features five performances. Each group is committed to raising \$50,000 for the Mental Health Foundation of Nova Scotia in the weeks leading up to the event through ticket sales, fundraisers, and corporate supporters. Stars are competing for the People's Choice and Top Fundraising Awards.

"We're super excited with this year's talented line-up of stars", says **Starr Dobson**, president & CEO. "We encourage everyone to buy their tickets early, as last year's event sold out in record time. This event truly puts mental health at centre stage, raising much-needed awareness and funds."

Mayor Mike Savage will return to host the event again this year. Those in attendance will be treated to performances from:

- **"Bob Dylan"**: Matt Bugar, student, Dalhousie University
- **"Stevie Nicks"**: Sharon Resky, VP, Atlantic Business Magazine
- **"Adele and Jimmy Fallon and the Roots"**: Jennifer Gillivan, president & CEO, IWK Health Centre Foundation, and Tracey Kitch, president & CEO, IWK Health Centre
- **Women for Mental Health Chorus**: Composed of volunteers from the Halifax business community
- **Spotlight on Mental Health**: Kevin Davison, first responder, musician, and PTSD advocate

To support a star and/or purchase tickets or tables, visit www.mentalhealthns.ca.





February is Therapeutic Recreation Month

Submitted by Jacqueline Connors, recreation therapist, Abbie J. Lane

February is Therapeutic Recreation Month, and a great time to celebrate our own recreation and those around us who provide us with those opportunities. Leisure is a vital component of a balanced and healthy lifestyle.

Leisure plays an important role in social, emotional, physical, cognitive, and spiritual wellbeing. Having leisure interests add meaning to life, contributes to people's overall quality of life, and encourages personal growth and self-expression through the life span.

Research shows increased leisure activity can lead to fewer health problems, higher productivity, reduction of anxiety and is a key to happiness. Enjoy nature, connect with a friend, bond playing games, participate in a sport, practice a musical instrument, be creative, complete a puzzle, or volunteer in your community. The benefits of leisure are endless!

For more information about the impact of leisure on health and wellness, visit www.traac.ca.

To find out what Therapeutic Recreation is, view our video at: <https://goo.gl/0c47w7>.

For more information about Therapeutic Recreation in the NSHA, Central Zone, you can go to:

- Mental Health: <http://www.cdha.nshealth.ca/recreation-therapy-mental-health>
- Physical Medicine: <http://www.cdha.nshealth.ca/recreation-therapy>

Interesting Tidbits

A Canadian Hero for Mental Health

Twenty years ago, Michael Wilson witnessed the terrible impact of stigma around mental illness. He's been working tirelessly to erase it ever since. For the full story, go to: <http://goo.gl/ClgSHM>.

Panel warning of marijuana's effects on young people begins tour in Halifax

The Canadian Centre on Substance Abuse embarks on a four-city tour to spread warnings about the effects of marijuana on young people. There are a lot of misconceptions out there amongst youth.

On January 15, **Dr. Philip Tibbo** and **Dr. Sherry Stewart** of Dalhousie University's Department of Psychiatry took part in the Halifax panel along with Dr. Selene Etches, a child and adolescent psychiatrist at the IWK Health Centre.

The panel generated widespread coverage in top tier national media outlets. Broadcast exposure was excellent with numerous radio stations across the country publicizing the panel's findings.

Check out articles at:

Metronews.ca: <http://goo.gl/UyP0wH>

GlobalNews.ca: <http://goo.gl/F0M4z7>

GlobeandMail.com: <http://goo.gl/1CddWM>

CTV.ca: <http://goo.gl/aWlO3>

Le Devoir: <http://goo.gl/9sgwDD>

Future discussions are scheduled for February 3 in Toronto, February 12 in Vancouver, and February 22 in Ottawa.

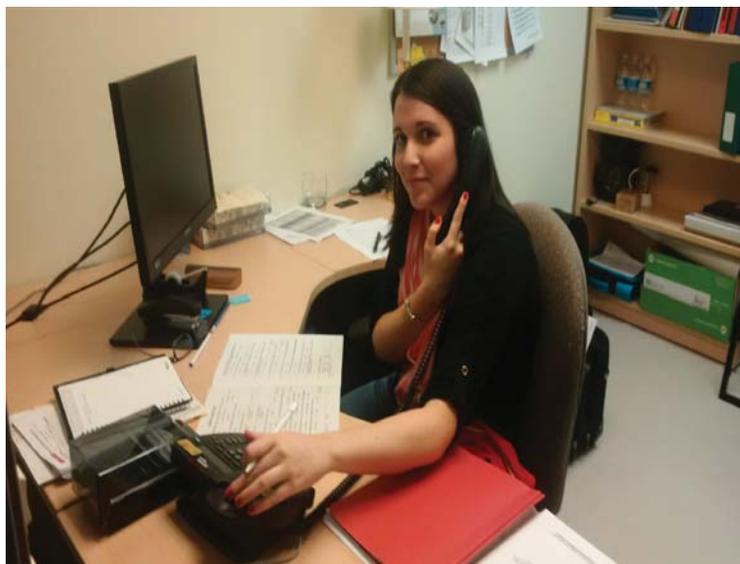


R&I Quality Team: An Innovative Approach for Experience Surveys

Submitted by Karrie Scribner, Simpson Landing team member (on behalf of Recovery and Integration Services)

Like many health service areas, Recovery and Integration (R&I) Services has struggled for years to get responses to the “Mental Health and Addictions Family and Friends Experience Survey”. Feedback from family and friends of people who access our services is very important to ensure quality care. This fall, the R&I Quality Team decided to try a new approach to help family members and friends have a voice by completing this survey over the telephone.

With some help from Brad Rowe, the Navigator for Healthy Minds Co-op, the R&I Quality Team partnered with **Dachia Joudrey** and Michele McDonald of Volunteer Services on this initiative. A volunteer job description was created and two wonderful volunteers were brought on board to help. They participated in detailed training (including a mini workshop on essential telephone communication skills facilitated by company owner Mary Jane Cops - aka The Phone Lady). On October 17, 2015, the volunteers began to make phone calls. Family members are initially approached by staff and asked if they are willing to receive a phone call from an impartial, trained volunteer, for the purposes of completing the survey. The first name and phone number of each family member or friend who agrees is provided to the volunteers. The volunteers then make the phone calls



Emily Layland, R&I Quality Team volunteer survey assistant.

and complete the survey forms, which are submitted anonymously to Quality and Decision Support.

It has been only three months and we already experienced a significant increase in the number of completed surveys. In the calendar year prior to this initiative, a total of four R&I Friends and Family Surveys were received by Quality and Decision Support. Since the first phone call on October 17th, 29 completed surveys have been received.

In addition to completed surveys rolling in (providing valued input from friends and families), very positive verbal feedback about this new approach is being generated. One family member described how “empowered” it made her feel to be personally contacted by phone to give her opinion about her experience with the service. She told other family members the confidential phone survey was

a comfortable experience that did not take long and she will do again - if invited.

We hope to expand this approach in the months ahead by bringing on additional volunteers and offering the opportunity to clients of our services.

Our Staff

Welcome to New Staff - CORRECTION

In the December 2015 issue, we noted that **Virginia Deeble**, SW, started working on 6 Lane. Virginia is actually an RN and not a SW. Our apologies for the confusion.



Events and Education Sessions

MENTAL HEALTH AND ADDICTIONS (MHA) ORIENTATION PROGRAM

3 days, 8:30 am to 4:30 pm

The upcoming session is scheduled for:

- February 2 to 4: NSH site, Marshall Building, Room B117

Please register for the orientation program by contacting **Heidi Wolfe** at Heidi.Wolfe@nshealth.ca.

NON-VIOLENT CRISIS INTERVENTION CERTIFICATION

1½ days for initial certification

NSH site, Marshall Building, Room B117

These sessions coincide with the MHA Orientation Program.

PINEL CERTIFICATION AND RECERTIFICATION SESSIONS

Recertification: Will now be site specific (ECFH, NSH and AJL). Schedules are pending.

Certification (4 hour initial training): These sessions coincide with the MHA Orientation Program.

NON-VIOLENT CRISIS INTERVENTION RECERTIFICATION

4 hours, 7:30 to 11:30 am

These sessions are open to all inpatient clinical staff in Mental Health and Addictions. These replace any of the Blitz sessions previously offered.

Upcoming sessions are scheduled for:

- February 17: NSH site, Hugh Bell Lecture Hall
- March 9: NSH site, Marshall Building, Room B117

If you have any questions about the sessions listed above, please contact one of nurse educators below:

- **Kim Hiscock:** 902-464-3120
- **Jane Hughes:** 902-464-3168
- **Amy MacRae:** 902-464-3062
- **Laura White:** 902-464-3351

PSYCHIATRY ROUNDS

Wednesdays, 8:30 am to 9:30 am

In-person at AJL, Room 4074; Available online

For more information, go to:

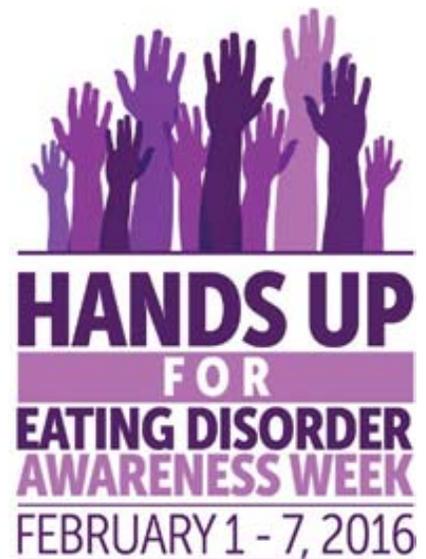
<http://goo.gl/Sys1dT>

Communicate with HEART®

- **START with Heart®** introduces employees, physicians, learners and volunteers to nine expected service behaviours that patients and families have said contribute to an exceptional experience.
- **Respond with HEART®** focuses on restoring confidence when patients or families are unhappy with service. Staff must first complete START with Heart® prior to attending this module.

To register, log onto LMS and register for a session that fits your schedule.

* All employees, physicians, learners and volunteers are expected to complete both modules.



Events and activities are taking place across Nova Scotia. Go to <http://eatingdisordersns.ca/> to see the full line up.