

Our Voice



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

NEWS from our Senior Director

Dr. Linda Courey, senior director, NSHA Mental Health and Addictions, recently announced her senior leadership team for the four zones:

- Eastern Zone: **Dr. Julie MacDonald**, director and **Dr. Faisal Rahman**, psychiatry co-lead
- Central Zone: **Trevor Briggs**, director and **Drs. Scott Theriault/Nick Delva**, psychiatry co-leads
- Northern Zone: **Samantha Hodder**, director and **Dr. Theresa Vienneau**, psychiatry co-lead
- Western Zone: **Dana Pulsifer**, director and **Dr. Jerry Gray**, psychiatry co-lead

The NSHA Mental Health and Addictions Senior Leadership Team met early in March and spent time getting a sense of the characteristics of each zone - population health, resources, utilization, operational issues, etc. - while interpreting all that through a provincial lens.

From here they will meet face-to-face monthly to collectively identify local and provincial improvement priorities, address strategic issues and generally learn to work effectively as a team. These meetings will include representation from the IWK to ensure that our work is closely aligned in relation to planning, managing and evaluating mental health and addictions promotion, prevention and treatment for children, youth and their families across the province.

Stay tuned for more updates in future issues.

Changes to the Peer Support Program

The Peer Support Program, previously managed by the Healthy Minds Cooperative, is now being managed by Mental Health Innovations Consulting (MHIC). This organization, led by Stephanie Grenier, is a leader in advancing peer support programs in Canada. As of April 1, NSHA Mental Health and Addictions will establish a contract with MHIC to continue to further develop the Nova Scotia peer support program and prepare it for eventual transfer to NSHA (sometime before the end of fiscal 2016/17).

To that end, MHIC has appointed **Andy Cox** (pictured right) to be the provincial program coordinator on an interim basis. Andy, who has been a strong advocate for peer support in Nova Scotia for many years, has been seconded from the IWK for 0.8 FTE of his full-time position, and will work for MHIC during this transition period. He will work with Stephanie Grenier and Leslie Bennett of MHIC to establish policies, protocols and job descriptions to help lay the ground work for a strong peer support program, using best practices that are

consistent with the Mental Health Commission of Canada's standards on peer support.

Andy will be spending the next few months visiting with our many programs meeting patients, staff and learning about our services.

Andy has an office on the main level of the E.C. Purdy Building at the Nova Scotia Hospital site (Dartmouth). His contact information is:

Andy.Cox@iwk.nshealth.ca or 902-324-2925





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

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Our Staff

New Appointments

Lee Mailman, RN

We welcome **Lee Mailman** to the role of health services manager, Mount Hope. In this new position, Lee is responsible for the Mount Hope facility, including inpatient units (Willow Hall, Emerald Hall, Transition Hall), ECT services, outreach programs for Seniors Mental Health (including the Halifax location), and the Dual Diagnosis Outreach Service - COAST.

With this newly merged portfolio within Mental Health and Addictions, it is our goal to work more collaboratively across disciplines and services at the Mount Hope facility and to target quality improvement initiatives that will be of benefit to all services, all of which serve patients with complex, recurring disorders and conditions. Improving patient flow will be a priority for Mount Hope leaders in the coming months and years.

Lee brings to this position a wealth of mental health and addictions experience, including child/adolescent mental health, acute care, forensics, short stay and assessment services. Most recently, he was a clinical leader at the Dartmouth General Hospital Emergency Department and clinical operations supervisor at Transition Hall at the Nova Scotia Hospital site. Lee brings a strong commitment to interprofessional practice and patient-centered care.

Amanda Nickerson, BScN, RN

We are pleased to announce the appointment of **Amanda Nickerson** to the position of clinical operations supervisor for Willow Hall, ECT and Seniors Mental Health.

Amanda's previous roles included charge RN, Willow Hall, as well as clinical practice team leader for Seniors Mental Health and Willow. Amanda most recently stepped into the interim health services manager role for Seniors/Willow Hall after the unexpected death of Joan Boniface last summer. Amanda brings to this position a wealth of knowledge and specialized training in geriatric mental health nursing leadership. She is passionate about seniors mental health and has proven experience in quality improvement initiatives.

In this role, Amanda will work closely with Lee Mailman (above) to manage and bring consistent practices to the newly merged Mount Hope portfolio within Mental Health and Addictions.

PLEASE JOIN US AS WE SAY GOODBYE TO

Dr. Nicholas Delva

as he ends his 10-year tenure as Head, Department of Psychiatry, Dalhousie and Chief, Department of Psychiatry, NSHA Central Zone

May 11, 5:00 pm to 7:30 pm (light refreshments)

Chrysler Canada Pavilion, Pier 21

1055 Marginal Road, Halifax

RSVP by April 29 to <http://doodle.com/poll/56e2ffxmxgkkgib5>



2016 Janine Williams Award

Submitted by the nurse educators, NSHA Mental Health and Addictions, Central Zone

Nominations are now open for the

2016 Janine Williams Award for Excellence in Mental Health and Addictions Nursing Practice

This annual award was created by the Professional Nursing Council of the (former) Capital Health Mental Health Program in Janine Williams' (pictured right) name to recognize excellence in mental health and addictions nursing. The purpose is to honor Janine and all her outstanding qualities as a compassionate, caring mental health nurse.

Janine was a registered nurse who graduated from Saint Martha's School of Nursing in the 1980s. She spent her entire career as a mental health nurse in various clinical areas throughout the program. Janine died suddenly and tragically on April 13, 2006, at the age of 43.

Janine was a much loved person and a well respected clinician. She was a true advocate for individuals living with severe and persistent mental illness. It was her passion. She gave her heart to her work and was truly an outstanding nurse. Janine was a generous person with a vibrant loving spirit and a deep understanding of the human condition. She demonstrated, on a daily basis, tremendous compassion and dedication toward those she served. She was a skilled listener, and consistently demonstrated respect, kindness and caring. She always worked "with" people. She was a deserving role model for the nursing profession.

One of Janine's greatest skills was the ability to connect, in a meaningful way, with everyone she met. For patients experiencing the hardship of mental illness, she made the impossible possible. She made a real difference in the quality of life for all persons in her care. It was often the little things she did that mattered so much. She believed that all patients deserved her best.

In the words of a friend and colleague, "She was a quiet leader. She made people want to do better just by watching her work." In her quiet and unassuming way, Janine made the work of nursing visible to her patients and co-workers. She exemplified excellence in nursing.

If you would like to nominate someone, please complete the nomination form (include as much information as possible to support your nomination, and provide specific examples).

Submissions are due by **noon on Monday, April 11**. To obtain a nomination form, please contact Denise LeBlanc at Denise.LeBlanc@nshealth.ca. All submissions may be forwarded either electronically to Denise or as a paper hard copy to:

Denise LeBlanc

Education and Training

NSHA Mental Health and Addictions, Central Zone

Abbie J. Lane, 6th floor

Suite 6101B

5909 Veterans Memorial Lane

Halifax, NS B3H 2E2





Information Sharing with the Circle of Support

Submitted by Laura Ankcorn, quality leader, NSHA Mental Health and Addictions, Central Zone

We know that when members of the circle of support (i.e. family and friends) are engaged in the care of their loved one that client outcomes are better, as is the overall experience of care for everyone involved including clients, families, and clinicians. However, in caring for those with mental health and/or addiction concerns sometimes sharing information with others is stymied due to stigma, the nature of the illness, or a misconception of confidentiality legislation such as the Personal Health Information Act (PHIA).

The Information Sharing Guidelines were developed to assist people in understanding what information can and cannot be shared either with or without consent. Some information, such as general and public information, can be shared without consent under certain circumstances while protecting the confidentiality of the client. Please refer to the Information Sharing Guidelines for details. It is important to note that these guidelines are compliant with current privacy legislation.

The Information Sharing Guidelines have recently been revised to make them easier to interpret and improve their alignment with PHIA. A new form has also been introduced called the *Consent to Share*

Information with Family and Friends – Your Circle of Support (CD2781MR_03_2106). This form will help enable the conversation about what information can be shared with whom and also serve as a quick reference for clinicians to determine who in the circle of support they have consent to share information with.

The Information Sharing Guidelines and the associated consent form are intended to support respect for confidentiality, while also supporting ongoing family involvement in care. The most recent version of these guidelines is available at:

<http://goo.gl/VykekW>

If you would like additional information or training for your service area, please contact Laura Ankcorn at Laura.Ancorn@nshealth.ca.

GOOD READ

The following US-based article, published in USA Today (Liz Szabo), illustrates the importance of involving families in care.

A Law's Unintended Consequences: Family Struggled to Save Son

<http://goo.gl/Hlth4m>

Housing and Homelessness Partnership: Engaging the Community

The mandate of the Housing and Homelessness Partnership (HHP) is to end homelessness and housing poverty in the Halifax region. With partners from all three levels of government, the private sector, and non-profit community, it is important that we engage the greater community every step of the way through consultation, direct involvement, and issue-specific committees.

Two working groups have been set-up by the Partnership - the Affordable Housing Working Group and the Homelessness Working Group. The purpose of the working groups is primarily to recommend options for advancing the vision, strategic directions and goals of the Partnership. They are made up of partner and community members and ensure that stakeholders have an opportunity for input into their respective processes.

Affordable Housing Working Group (AHWG)

The mandate of this working group is to put an end to housing poverty by leveraging the influence and capacity of each partner to upgrade, preserve and expand the existing stock in both market and non-market affordable housing.

Homelessness Working Group (HWG)

The mandate of this working group is to end homelessness in the Halifax region. By working with partners, service providers and the greater community the working group will work to move people out of homelessness and into their own homes as quickly and as safely as possible.

For a list of working group members, go to: <http://housingandhomelessness.ca/working-groups/>.



Events and Education Sessions

Orientation for Mental Health and Addictions

May 24 - 26, 8:30 am to 4:30 pm

NSH site, Dr. Clyde S. Marshall Building, B117

This orientation session is open to all new staff working in NSHA Mental Health and Addictions, Central Zone.

Non-Violent Crisis Intervention Recertification

7:30 to 11:30 am

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

Upcoming sessions are scheduled for:

- April 13: NSH site, Hugh Bell Lecture Hall
- May 18: NSH site, Hugh Bell Lecture Hall

Please register for all of the above sessions through LMS. If you have any questions about any of 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

XXVII W.O. McCormick Academic Day

"Psychotherapies in Clinical Practice: A Potpourri"

Friday, April 29, 8:00 am to 4:45 pm

REGISTRATION IS CLOSED!



Dalhousie University, Faculty of Health Professions - Graduate Certificate in Mental Health and Addictions

Enrolling now for May 2016

Dalhousie University is offering a new fully-online graduate level certificate for nurses, pharmacists, social workers, occupational therapists, clinical psychologists and others working in mental health and addictions services in Atlantic Canada. Applications are being accepted for the Graduate

Certificate's foundational course: Mental Health and Addictions Services and Systems. To learn more or register, go to: <http://goo.gl/DkLyHH>.

Also, here is a link to an article about the program: <http://goo.gl/zOjilA>.



Saturday, May 7, Check-in: noon - 12:45 pm

Walk: 1:00 - 2:00 pm; Celebration: 2:00 - 4:00 pm

Join the Schizophrenia Society of Nova Scotia in Halifax at the South Commons (the triangle) for their signature fundraising event. Do so as an individual, join a team, become a team captain and recruit your friends, family and colleagues for friendly competition. **Connection, Collaboration, Community:** Our theme reflects our intention to make this year's walk a strong representation of community and caring that reflects the heart and soul of what true recovery means for all those affected by schizophrenia and psychosis.

Stay tuned as we share our plans for a celebration of community with special guests, music, food and prizes for top fundraising teams and individuals! Join us! For more information or to register, contact Todd at todd@ssns.ca or 902-465-2601 or go to:

www.roadtorecoverywalk.com

Library Training Sessions Available for April

Sign up for classes in Searching Skills, Database Essentials, RefWorks Bootcamp, Computer Skills and more! Custom individual and group training sessions are also available. To request a session or a login, email the library at cdhalib@nshealth.ca.

The following session is available at the library located at The Nova Scotia Hospital site: Computer Skills Drop-in, March 31, 1:30 to 3:30 pm.

Online Learning at the Library: Check out our access to high quality training videos from Lynda.com and learn new software, business, and creative skills.



Interesting Tidbits

Addictions Community-Based Services Program Schedule

For information about programs and groups offered by our Addictions Community-Based Services, please see the *Spring 2016 Addictions Community-Based Services Program Schedule* on our webpage at:

<http://goo.gl/A7Kh2w>. This schedule is updated quarterly (per season).

Learning a New Sport May Be Good for the Brain

Learning in midlife to juggle, swim, ride a bicycle or, in my case, snowboard could change and strengthen the brain in ways that practicing other familiar pursuits such as crossword puzzles or marathon training will not, according to an accumulating body of research about the unique impacts of motor learning on the brain.

Learn more by reading an article published in the New York Times (March 2, written by Gretchen Reynolds) at: <http://goo.gl/pnCzkQ>.

Breaking Ground for Mental Wellness in Cape Breton

In 2013, for the first time in the history of the Cape Breton Regional Hospital Foundation, the foundation pioneered a mental health and addiction campaign. Learn more by reading the article published in the Cape Breton Post (March 3, 2016, written by Brad Jacobs) at: <http://goo.gl/LoCWva>.

National Cupcake Day 2016: A Big Success!

Submitted by Carmen Dorey, library technician, Health Sciences Library, NSH site



The Health Sciences Library, located at the NSH site, was bustling with people arriving to donate money to the SPCA and sample some delicious cupcakes. Donations raised a total of \$163.60.

A big thank you to **Shauna Blundon** for donating cupcakes and helping to decorate the Library for the event. THANK YOU to everyone who stopped in to donate in order to help the animals.

See you at next year's event!

Back to Our Roots Urban Farm: Garden Plots Available

It's hard to believe that Spring is here. It won't be long before it's time to wake up the soil and plant some seeds. Back to Our Roots Urban Farm has garden plots available. They are located between the E.C. Purdy and Hugh Bell Buildings with a beautiful view of the Halifax Harbour. Plots are 4 x 12 ft and cost \$40 for the growing season. If you are interested in learning more, please contact **Hillary Lindsay**, project coordinator, at:

Hillary.Lindsay@nshealth.ca.

Gardens Get Grants to Get Growing



The Back to Our Roots Urban Farm was one of 30 lucky recipients of a grant from Fiskars (a company selling home, garden and outdoors products). To learn more, go to the

article in the Dartmouth Tribune (March 21, written by Ben Cousins) at: <http://goo.gl/C8e7RI>.