

Our Voice



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

Let's Keep Talking with Margaret Trudeau

Submitted by the Mental Health Foundation of Nova Scotia

The Mental Health Foundation of Nova Scotia was thrilled to host Margaret Trudeau in Halifax this month for our third annual *Let's Keep Talking* event.

Let's Keep Talking with Margaret Trudeau took place on May 3rd at the Spatz Theatre in Halifax during Mental Health Week. The Canadian icon and author spoke candidly to the sold-out crowd about living with bipolar disorder, and shared personal stories to highlight the importance of nurturing the body, mind, and spirit.

Let's Keep Talking aims to open up a dialogue about mental health and mental illness, decreasing stigma. This year's event achieved this goal, demonstrated by positive feedback from the audience on Twitter:



The Mental Health Foundation of Nova Scotia team with Margaret Trudeau.

 **Morgyn**
@gardeningmouse



Amazing to see almost 1100 people come together for an evening all about mental health! #LKT2016

6:40 PM - 3 May 2016

  2  3

 **Anastasia Smallwood**
@AnaSmallwood



"The sun shines again. There's always hope in nature. There's always rebirth."-Margaret Trudeau #LKT2016

8:12 PM - 3 May 2016

  3  6

 **Denise Friars**
@DeniseFriars



Enjoying Margaret Trudeau's eloquent expression of wisdom and gratitude #LKT2016 #MargaretTrudeau @MentalHealthNS

7:01 PM - 3 May 2016

  3 

 **Morgan Atwater**
@morganatwater



Can't keep a dry eye while members of our community are being recognized. It's easy to forget how many people are truly affected #LKT2016

6:54 PM - 3 May 2016

   2

The event also featured the stories and talents of Nova Scotians living well with mental illness, including: Zac Crouse, singer-songwriter and PTSD advocate; an excerpt from *Redfish*, written by Rachel Hastings and Taylor Olson and presented by Halifax Theatre for Young People; Amanda MacLeod, live artist; and Shawntay Rose Dann, African Dance instructor. TSN's Paul Hollingsworth returned for his third year as emcee. Members of Dalhousie's Medical Campus Response Team were in the audience to offer Mental Health First Aid as needed.

Additionally, the event honoured Nova Scotians who have impacted the mental health community in the province. *Let's Keep Talking* Awards were awarded in five categories: Laurel Walker - Outstanding



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

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

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

Let's Keep Talking (from cover)

Individual; Brandon Highmore - Outstanding Youth; Trudie Helmke - Outstanding Senior; and Linden Gray - Outstanding Caregiver (sponsored by Emera).

We would like to extend a special congratulations to Dr. Emmanuel Aquino - Outstanding Healthcare Provider.



Award recipients (from left): Trudie Helmke, Brandon Highmore, Linden Gray, Dr. Emmanuel Aquino, and Laurel Walker.



WATCH our [Let's Keep Talking Award Panel Event Video](#).

Let's Keep Talking was a free event, made possible by the generous support of sponsors Bell Aliant, Northwest Healthcare Properties, Emera, St. John Ambulance, Blinkhorn Real Estate Ltd., and the Berkeley Retirement Residences.

Thank you to all who joined us for this event to help keep the conversation going.

We look forward to *Let's Keep Talking* 2017!

You are invited to attend



Annual General Meeting

June 23, 2016

4:00 pm-6:00 pm

Helen Creighton Room

Alderney Gate Library

RSVP by June 9, 2016 902-404-3504 ext 201or hmnavigator@eastlink.ca



Mental Health and Addictions LibGuide

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

Did you know there is a subject guide for Mental Health Addictions staff?

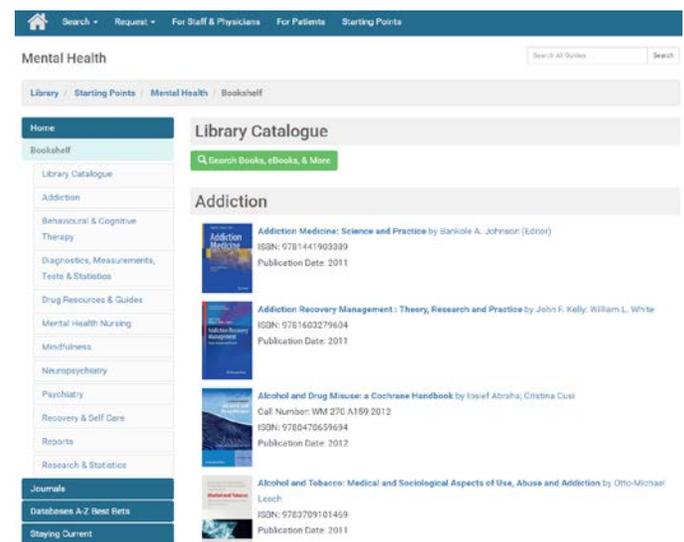
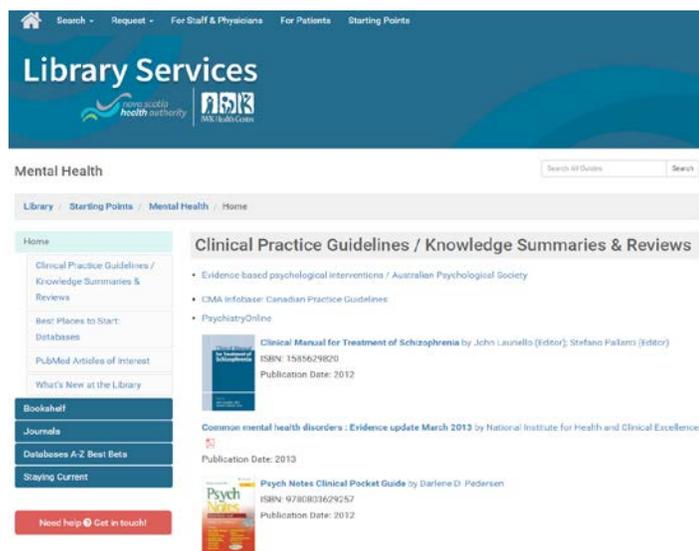
<http://libguides.cdha.nshealth.ca/MentalHealth>

Library Services have highlighted content and resources specifically for you!

A collection of books, eBooks, databases, journals and more are all at your fingertips. Stay current in your field by bookmarking and using the Mental Health and Addictions LibGuide.

We have books on addictions topics, behavioural and cognitive therapy, diagnostics, measurements, test and statistics, drug resources and guides, mental health nursing, mindfulness, neuropsychiatry, psychiatry, recovery and self-care and much more.

If you would like to suggest a resource to be added to the Mental Health and Addictions LibGuide, please forward an email to Carmen.Dorey@nshealth.ca.



MOSH-Housing First, Herring Cove Apartments- Housing First working to end homelessness in Halifax

Submitted by Jane Mitchell, Housing and Homelessness Partnership

MOSH-[Housing First](#) provides the necessary supports for people to acquire and sustain housing. Resources include an intensive case management team (ICM), mental health nurse, an occupational therapist and more. To date 30 people who were homeless have secured housing. A further 13 people are working with intensive case managers and actively looking for housing.

Herring Cove Apartments-Housing First provides stable, supported housing for people with alcohol dependency and who have a history of homelessness. There are currently 9 people living in Herring Cove Apartments with room for up to 12. Herring Cove Apartments is staffed full-time and provides onsite support.

The work of those at MOSH-Housing First and Herring Cove Apartments-Housing First has helped end more than 216 years of homelessness.



Our People

Submitted by Calley Stapleton on behalf of the staff at Cole Harbour Community Mental Health

Retirement

Susan Shaddick, health services manager at Cole Harbour/Eastern HRM Community Mental Health, retired at the end of May.

To list the numerous roles, committees, and initiatives in which Susan has been involved over her +30 years of service would be an impossible task. To call Susan simply a manager would be an immense understatement. Susan is a leader of the finest kind, someone who has the ability to keep her eye on a larger vision or philosophy and inspire others to work together to make it a reality.

Those who have worked with Susan the longest recall how her focus on client-centered and oriented care, informed and defined by communities themselves, and delivered to people where they live (novel ideas at the time) helped shape the Community Mental Health teams that exist today.

Susan also maintained an unwavering belief in the idea of a true multidisciplinary team, one where all members' voices and skills are equally valued, respected, and encouraged to achieve their full scope and potential.

As the Mental Health Program continued to evolve, Susan's ability to maintain focus on these fundamental philosophies has helped guide our team through the frustrations and uncertainties that often come with change. Susan was always willing to be directly involved and hands on, immersing herself right in the muck with the rest of us. Truth be told, nine times out of ten, she was the first one in the muck, which usually helped us to realize it was probably a good idea to jump in too.

Susan worked quietly and tirelessly in such a way that the full scope of her vision and depth of her impact is likely not fully realized, yet another sign of a great leader. Adding to this, Susan was always there to listen, trust, inspire, and empower each and every individual team member to do their best and be their best. She also didn't hesitate to laugh, cry, meltdown, pull a prank, be the butt of a joke, swipe a Christmas gift, dance, don a costume, sing karaoke, play charades, paddle a dragon boat, and toss a washer with the team at every opportunity. Now, how's that for inspired leadership?

They say the final test of a leader is that she leaves behind her, in others, the conviction and the will to carry on. Well, that test begins today, and we promise to do you proud!

On Friday, May 27th the Cole Harbour/Eastern HRM Community Mental Health team hosted a retirement party at Cole Harbour Place for both **Nancy Trenchard** (who retired in April) and **Susan Shaddick** (who retired on May 31st). The delicious cake was homemade by **Connie Tremblett**!





Interesting Tidbits

What's the [Prime Minister saying](#) about mental health? Statement by Prime Minister Justin Trudeau on Mental Health Week.

Check out our very own **Dr. Phil Tibbo**, psychiatrist/Janssen Chair in Psychotic Disorders, in this CBC News article, "[Marijuana research not reaching Canada's toking teens](#)" (by Chris Brown, Chris Corday; posted on May 18, 2016).

Janine Williams Award Ceremony

This year's Janine Williams Award for Excellence in Mental Health and Addictions Nursing Practice Awards took place on May 10th at the Cobequid Community Health Centre in the Bedford/Sackville Community Mental Health suite.

Photo #1: **Maureen Morrison**, RN (centre), winner of this year's Janine Williams Award, with **Sally Carvery**, RN (left) and **Kim Fleming**, health services manager, Bedford/Sackville Community Mental Health (right). Sally nominated Maureen for the award.



Photo #2: **Kim Munroe**, health services manager (left), and **Sandra Traynor**, RN (right), accept the award from **Kim Hiscock**, nurse educator (centre) on behalf of the clinical team at the Community Transition Program. The entire clinical team was nominated.



Annette Nicoletti, RN, Addictions Intensive Treatment Program, was also nominated. However, she was unable to attend the ceremony as she was on vacation.

Congratulations everyone!

Mental Health Week 2016



Mental Health Week - May 2nd to 8th

On Friday, May 6th, the NSHA Mental Health and Addictions, Central Zone, in collaboration with the Canadian Mental Health Association (Halifax-Dartmouth Branch), hosted a *Cake and Conversation* event at the Hugh Bell Lecture Hall.

We welcomed several guests from the public and various community organizations, and had a wonderful time socializing and eating treats.

This was one of the many events that happened throughout Nova Scotia in celebration of Mental Health Week 2016.



Pictured left are: Marg Murray, branch co-manager (CMHA); **Maureen Wheller**, senior communications advisor (NSHA); and Hilary Rankin, program manager (Laing House).