

Our Voice



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

Quality Team in Action: Recovery and Integration

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

The Recovery and Integration Quality Team includes representation from the following service areas: Connections Halifax, Connections Dartmouth, Connections Sackville, Simpson Landing, and the Community Transition Program. There is also cross representation with the East Coast Forensic Hospital Quality Team.

The Quality Team Chair, **Sylvie Gibeau**, provided an overview of the team's work at the May 26th meeting of the Mental Health and Addictions Quality Council. This team has a broad array of initiatives at various stages of implementation. Themes include improving information on what is provided by Recovery and Integration Services; safety for patients and staff; documentation; patient flow; individuals, family and provider collaboration; and program evaluation.

Highlights are as follows:

1. **Improving Safety:** Several initiatives were implemented as a result of the workplace violence assessment and a small working group was formed to address them. Initiatives included the development of guidelines for a car safety kit, emergency protocols, clarifying training requirements, and the implementation of workplace safety teams at each site.
2. **Centralized Intake:** This initiative is not new to the team, but remains on the agenda as they continue to make adjustments to improve the service. Forms have been finalized including referral and transfer of care forms and guidelines. The intake process continues to be refined and the latest updates will be in place by June 2016.
3. **Family Engagement:** Includes engagement in the orientation process; developing welcome packages; regular family "fun" get togethers; and ongoing support for Family Work and Families Matter, including regular skill development and identification of people in the service who would benefit.
4. **Program Evaluation:** An evaluation team was established and works closely with Quality and Evaluation Services on an evaluation framework with appropriate indicators to monitor service use and effectiveness.

For more information, please contact Laura Ankcorn, quality leader, at Laura.Ancorn@nshealth.ca.

The Recovery and Integration Quality Team members are: **Sylvie Gibeau** (Chair), **Alana Emin**, **Norma Lewis**, **Karrie Scribner**, **Lisa Jeffers**, **Susan Kolesar**, **Kelly Murphy**, **Tanya Pellow**, **Jason Morrison**, **Lorena Rose-Hines**, **Candy Miller**, **Kerry Shore**, **Sandra Traynor**, **Jenna MacKinnon**, **Rebecca Dukeshire**, and **Elizabeth Pienkos**.

Interesting Tidbits

Wilderness Wellness Camp

"Nature is a healing environment", Jacqueline Connors, recreational therapist. Listen to an interview by Starr Dobson. Go to the [website](#) and find "Change of Scenery" Ep 49, 05.20.2016.

Also, read the full story about the program in an upcoming issue of Our Voice.



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Road to Recovery Walk

Submitted by the Schizophrenia Society of Nova Scotia

On Saturday, May 7th the Schizophrenia Society of Nova Scotia held their 8th Annual Road to Recovery Walk in Antigonish, New Glasgow, Wolfville and Halifax.

The walk in Halifax was a great success and helped to raise not only funds but public awareness about schizophrenia and psychosis, and increased community collaboration.

Many thanks to our partners, CMHA Halifax-Dartmouth, our wonderful volunteers, our President Donna Methot and Christian Herridge, our photographer.



Affordable Housing Working Group Launches Strategic Plan

Submitted by Jane Mitchell, Housing and Homelessness Partnership

The Affordable Housing Working Group (AHWG) of the Housing and Homelessness Partnership recently launched their Strategic Plan to guide the work of the Partnership in the area of affordable housing over the upcoming five years.

The plan is the result of more than a year of community engagement and consultation.

The three goals of the Strategic Plan are to:

1. Increase the supply of affordable housing;
2. Reduce the number of residents living in core housing need;
3. Strengthen and build capacity for increased effectiveness.

For more information, or to see a copy of the plan, go to our **website**.

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



Our People

Retirement

Farewell from Ken Bowes, health services manager, ECFH

I am writing this note to the many staff, physicians and volunteers who have been an incredible part of my 30-year forensic nursing experience. As June 30th draws near, I have been reflecting on my career which has led me, with fondness, to remember an incredible number of people that will provide me with many years of memories.

I came to the Forensic Unit, then located at The Nova Scotia Hospital, in January 1987, and have been with the service ever since. I did leave for four years to work with Addictions Prevention and Treatment Services but I continued to work as a casual with Forensics during that time.

There have been many changes over my years with the service. In 1987, we had a small unit where there were limited activities for patients. In 2001, we moved to our new facility in Burnside which provides full psycho-social rehabilitation to upwards of 70 patients. Of course, the assessment unit will always be special to me because of the many years I have worked in the service, the last seven as health services manager.

There have been so many wonderful folks and it is hard to name them all, but I do want to take a moment to honour a few who have been a great influence on me over the years. Some names you may recognize and some you may not.

Louise Bradley, former director, was a great leadership mentor. I will always appreciate her contributions to our service and the wisdom that she passed onto us. Drs. Aquino and Akhtar, who I was so afraid of at first but that fear vanished long ago; Dr. Kronfli, we started off rocky but I have come to appreciate your softer side and your profound knowledge; Dr. Neilson, classy and intelligent; Dr. Pottle, who knew a biologist could turn into such a psychiatrist; Dr. Brunet, I will miss your stubbornness; and Dr. Theriault, who is one of the most revered psychiatrists that I have ever worked with. I can't think of another group of psychiatrists who are so passionate about their patients!

To the multitude of nurses, I will miss you all (Lindsey, Cheryl, Chantal, Todd, Kathy, Scott, Donna, Cathy, Leah, Michelle and the many others who I have worked with over the years). Of course, I can't forget Gerry who raised my pool game to incredible levels. I only beat you three times and I am sure that I must have cheated a little each time. To Brad and Andy, two great friends who I will miss terribly - thanks for the wit and sharing of knowledge and, of course, the basketball games. Sorry about your nose, Andy.

There have been many funny moments and a few sad ones, all helping to shape me in some way and I am so grateful for them all.

Certainly, I would be remiss if I didn't mention our unsung heroes, the various non-clinical staff in house-keeping, clerical, porter services and corrections who often work behind the scenes to make this a better place to be.

Finally, to the most recent management team that I have had the privilege to be part of - Jim, Amanda, Todd, Trevor and Brenda. I thank you all from the bottom of my heart for allowing me to grow through this management experience. Your tutelage and wisdom made a tough job a lot less tough!

Until I see you all again.

Ken





New Staff

- Tessa Barrett, MSW (Dart CMH)
- Jessica Croll, OT (Connections Hlfx)
- Shaindl Diamond, psychologist (Bed/Sack CMH)
- Alice Embree, clerk (Emerald)
- Amber Foley, CTA (Willow)
- Jenny Jellow, RN (Connections Hlfx)
- Karen MacDonald, LPN (Mayflower)
- Michelle MacDonald, RN (ITS)
- Anna Marie MacLean, RN (CTP)
- Jennifer Madigan, RN (7 Lane)
- Rachel Millet, COW (Addictions CBS)
- Carolyn Murphy, RN (6 Lane)
- Igor Oleynick, RN (CTP)
- Ashley Smith, RN (7 Lane)
- Rhonda Stirling, RN (CTP)
- Andrew Welch, OT (Bed/Sack CMH)



Events and Education Sessions

The **Registered Nurses Professional Development Centre** (RN-PDC) will be offering the following mental health performance based certification programs this fall:

- 1. Suicide Risk Assessment & Intervention Interprofessional Part-time Program** starts September 1 to December 16, 2016. Application deadline is July 4, 2016, or until the program is full.
- 2. Part-time Psychiatric-Mental Health Nursing Program** for registered nurses starts September 9, 2016, to October 2, 2017. Application deadline is July 4, 2016, or until program is full.
- 3. Promoting Recovery in Mental Health** starts January 9 and runs to June 30, 2017. This is a part-time interprofessional program open to all health care providers. Application deadline is November 14, 2017, or until the program is full.

For more information on these programs, please visit our [website](#) or contact:

Loretta Whitehorne, 902-473-5530

Loretta.Whitehorne@nshealth.ca

Cathy Stevens, 902-473-8442

Cathy.Stevens@nshealth.ca

Videos now available for the XXVII W.O. McCormick Academic Day!

The video recording of the XXVII W.O. McCormick Academic Day Conference presentations are now available on our [website](#).

Families Matter in Mental Health: An Education and Support Program

Proposed Fall 2016 to Spring 2017 Schedule, Central Zone:

- Week of September 5 to November 14, 2016
Bedford/Sackville (**Lianne Nixon**)
- Week of September 19 to November 28, 2016
Halifax (**Chris McWilliams**)
- Week of October 3 to December 12, 2016
Musquodoboit Harbour (**Jenna MacKinnon**)
- Week of January 16 to March 27, 2017
Dartmouth/daytime (**Karrie Scribner**)
- Week of April 10 to June 19, 2017
Halifax (TBA)
- Week of April 25 to July 3, 2017
Dartmouth/Cole Harbour, East Dartmouth Community Centre (**Angela Naugle**)

Interested family members should contact Brad Rowe, navigator, Healthy Minds Cooperative, 902-404-3504 to register for a group.