

Our Voice



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

Opening Doors - End Family Violence

Submitted by the Mental Health Foundation of Nova Scotia

Sponsored by Lawtons Drugs and the Department of Justice Canada, Opening Doors - End Family Violence is a free, traveling workshop presented by the Mental Health Foundation of Nova Scotia aimed at providing rural areas in Nova Scotia with information and resources to better understand mental illness and addictions and their link to family violence.

The workshops are designed to educate and entertain. They feature presentations by a mental health expert (on a range of topics as identified by each community), a first-voice speaker, an entertainment component, a Q&A opportunity and take-home resources.

So far this year, the Foundation has opened doors in Annapolis Valley and Millbrook First Nation.

"It's important to bring this event to the community with the issue of mental health being prevalent amongst community members," says Millbrook First Nation Chief, Bob Gloade. "It will provide support, assistance and direction to those who are looking for help."

The workshops include the input of community leaders, volunteers and mental health/family violence advocates in each location. The sessions are safe spaces and free of judgment.

There is a hunger for more information in our rural communities and Opening Doors feeds that need while making attendees feel comfortable and safe. Opening Doors gives people the tools and resources they need to make themselves, their families and their communities stronger and safer.



Upcoming workshops include:

Tuesday, October 4 (6:00 to 8:00 pm)

Digby Learning Centre, Digby

Mental Illness Awareness Week October 3 to 9, 2016

Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

The week was established in 1992 by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health in cooperation with all its member organizations and many other supporters across Canada.

Check out events listed throughout this issue.

SAVE THE DATE: Tuesday, October 4th, 2016



The 9th Annual
Mental Health Community
Festival of Hope

Alderney Landing
(Dartmouth Waterfront
2 Ochterloney Street)

2:00 p.m. - 4:00 p.m.

Please join the Mental Health
Community for a celebration
of hope and well-being.

Fun, Food, Entertainment,
Education & Awareness!
Free... Everyone Welcome



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Stay Connected Mental Health Project

Transition Aged Youth within Mental Health and Addictions

There is an increasing body of evidence showing us that Transitional Aged Youth, or Emerging Adults, are a distinct population of patients that require an adapted approach. We know that young people between the ages of 16-25 are more likely to continue in care, engage more meaningfully in care and to experience better outcomes if they are provided with developmentally informed care.

Within our current system, patients transition from the IWK to NSHA around the age of 19 which can challenge the already existing vulnerability associated with living with a mental illness.

The Stay Connected Mental Health Project endeavors to create a culture in which young people and their families experience this transition in a seamless manner. The Stay Connected Mental Health Project has undertaken a number of initiatives which are directed at facilitating a collaborative transition process and to removing barriers to care; barriers that have been identified by youth and their families, and by the clinicians working within our two Mental Health and Addictions Programs.

Directors Trevor Briggs (MH&A, Central Zone) and Ruth Carter (MH&A, IWK Health Centre) would like to take this opportunity to offer their continued support of the ongoing initiatives of the Stay Connected Mental Health Project. They advise staff to take full advantage of the various learning opportunities offered through the Stay Connected Mental Health Project, and be curious and open to new ways of helping our young patients succeed.

The history of this transition project lies with Alex Fountain, a 20-year old university student living with depression who took his own life. His parents, Fred and Elizabeth Fountain, have given us an extraordinarily generous gift by endowing the Stay Connected Mental Health Project and they are making it possible for us to help young people stay connected to the care that they require.

To learn more about SCMHP initiatives, or for guidance with the transition of emerging adults to adult mental health and addiction services in Central Zone, please don't hesitate to contact **Debbie Phillips**, project coordinator deborah.phillips@nshealth.ca.

This newsletter is published for NSHA Mental Health and Addictions, Central Zone. It may include submissions from our mental health and addictions community partners.

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Quality Matters: Quality Review in Mental Health and Addictions

Submitted by NSHA Mental Health and Addictions Quality Council

Quality Review, also known as M and M (Morbidity and Mortality) Review, is an integral component to improve quality and patient safety in health-care. As such, it is a requirement of Accreditation Canada and other governing bodies including the Nova Scotia Department of Health and Wellness. These reviews take place when there is a serious unexpected outcome of care, such as death or disability. The purpose of these reviews is to improve education, and to cultivate improvement in medical and hospital care or practice with a focus on the systems in which we work.

Cases for review are most often identified from the patient safety events entered in SIMS (Safety Improvement and Management System), or by issues brought forward by physicians, management or staff. Event types listed in the Nova Scotia Health and Wellness Serious Reportable Event Interim Reporting Policy are all reviewed; the most common across Mental Health and Addictions being suicide while in receipt of care (includes inpatient or outpatient care in the past 3 months).

After a case has been identified for review, it is scheduled for the next available timeslot. Quality Reviews are usually scheduled every two weeks on Thursday afternoons. The service manager(s), program leader(s), and clinicians/staff involved in the case will be asked to attend the review. The review itself is facilitated by one of four teams of clinicians skilled and experienced in the review process.

The review begins with a standardized introduction as to the purpose of the review and includes statements that allow the information discussed to be protected under the Quality-improvement Information Protection Act. Under this act, the review remains confidential and the information cannot be used against any individual or in court. The people in the room are then asked to introduce themselves and their involvement in the case. A short case history is presented using the information available on HPF and SIMS, followed by a discussion period to support both the clinical and review team to make appropriate and relevant recommendations.

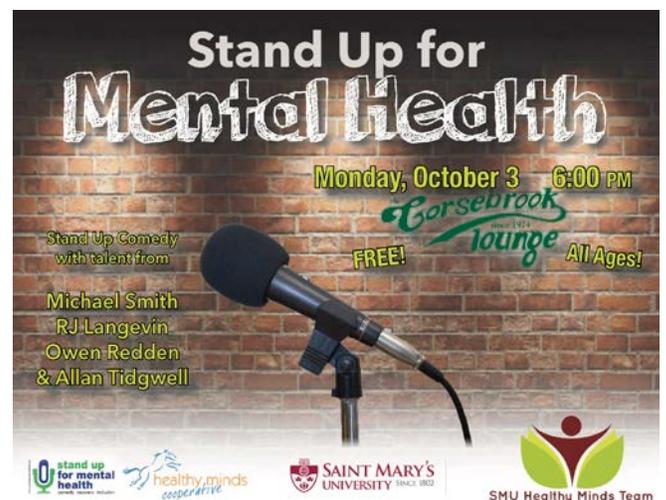
The only documentation to be kept at the end of

the review is the list of recommendations should the review result in any (there are times when there are no recommendations following a review). Recommendations are forwarded to the Patient Safety Steering Committee (PSSC) where they are reviewed, accountability assigned, and progress is monitored. The PSSC is responsible for the quality review process across Mental Health and Addictions and reports to the Central Zone Mental Health and Addictions Quality Council.

Reviewing patient safety events using this process facilitates discussion on improving the systems in which we work, ultimately leading to safer patient care. This routine process is guided by peer review with a focus on fact finding and not fault finding. As such, discussion is focussed on the policies and procedures that guide how care is delivered, potential gaps in the care process, or education that may be required to prevent future patient safety events from occurring. Ongoing participation in this process is vital in our continued efforts to improve patient safety across Mental Health and Addictions.

If you would like any additional information, please contact **Laura Ankcorn** at

laura.ankcorn@nshealth.ca.





Our People

Award

Dr. Scott Theriault (left), clinical director, NSHA Mental Health and Addictions Central Zone and deputy department head, Department of Psychiatry, Dalhousie University, presented the Long Service Award for 30 years of service to **Dr. Saravana Muthu** (right), psychiatrist.

The event, organized and hosted by the Medical Staff Association (MSA), was held in the Weather Watch Cafeteria on the evening of Thursday, September 15. It was hosted by Dr. Ken West, president, MSA.

This is an event for physicians only and separate from the event put on by NSHA.

Congratulations, Dr. Muthu!



Welcome New Staff

- Jessica Cottreau, LPN - Willow Hall, Emerald Hall & ECT
- Cindy Duval, clerk - Cole Harbour Community Mental Health
- Erinn Helwig, clerk - Cole Harbour Community Mental Health
- Mary-Ellen Henneberry, RN - Willow Hall
- Jennie-Mae MacEachern, RN - Transition Hall
- Lily MacKinnon, RN - Community Transition Program
- Melissa Mackereth, SW - Addictions Inpatient
- Katie McGraw, RN - ECFH
- Carolyn Murphy, RN - 6 Lane
- Gregor Nielson, SW - Addictions Central Intake
- Sarah Resky-Blinn, OT - Seniors Mental Health
- Sarah Robertson, grad nurse - 7 Lane
- Rebecca Savage, LPN - Community Transition Program
- Shernette Smith, CTA - Willow Hall
- Maggie Surette, SW - Addictions Community-Based Services (Dartmouth)
- Lindsay Taylor, RN - Addictions Inpatient
- Kevin Wong, RN - Transition Hall
- Tia Wormell, OT - Connections Halifax

PSYCHOSIS: NEW PERSPECTIVES, BRIGHT HORIZONS
Schizophrenia Society of Canada National Conference

Presenting Sponsors: Otsuka, [Logo]

Keynote Speakers:
Dr. Anne Bassett
Dr. Ashok Malla
William J. Walsh, PhD

Featured Content:
Legal Panel
Theatrical Performances
Breakout Sessions
Workshops

Hosted by the Schizophrenia Society of Nova Scotia
OCTOBER 27 & 28, 2016 • SSC2016.CA
World Trade & Convention Centre • Halifax, Nova Scotia

Gold Sponsor: Janssen
Bronze Sponsors: Blinkhorn, [Logo]
Community Partners: Nova Scotia, Dalhousie University, [Logo]

In-Kind: basil, HaCraft, metr



Upcoming Events and Education Sessions

Move for Mental Health
Dalhousie Defeat Depression Walk/Run
Halifax

FRIDAY, OCTOBER 7 2016 | Noon-3

Please join us for a run or walk through Dalhousie as we raise awareness for mental health! Proceeds will be donated to the Dalhousie Prosocial Project and other student mental health organizations on campus and around Halifax.

REGISTER | DONATE | INFO
<http://mdsc.akaraisin.com/Dalhousie2016>

Event Coordinator – Craig Moore
dalhousie@defeatdepression.ca
(902) 494-3793

Community Host

DefeatDepression.ca
@DefDepression
Halifax.DefeatDepression
YouTube.com/DefeatDepression

Orientation for Mental Health and Addictions

8:30 am to 4:30 pm

Upcoming sessions are scheduled for:

- Nov 22 - 25: NSH site, Hugh Bell Lecture Hall

Orientation sessions are open to all new staff working in NSHA Mental Health and Addictions, Central Zone. To register for a session, please contact **Heidi Wolfe** at heidi.wolfe@nshealth.ca or 902-460-7353. For any questions regarding orientation, please contact **Amy MacRae** at amy.macrae@nshealth.ca or 902-464-3062.

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:

- Dec 7: NSH site, Hugh Bell Lecture Hall (**LIMITED SPACE AVAILABLE**)

Please register for these sessions through LMS. If you have any questions about any of the sessions listed above, please contact one of the clinical nurse educators below:

- Sandra Beumer** - 902-464-3351
- Kim Hiscock**: 902-464-3120
- Amy MacRae**: 902-464-3062
- Jennifer Mason**: 902-464-3168

RN-PDC Mental Health Education Programs

- Suicide Risk Assessment & Intervention Inter-professional Part-time Program** starts January 4 to April 9, 2017. Registration deadline is November 14, 2016, or until the program is full.
- Promoting Recovery in Mental Health** starts January 9, 2017, and runs to June 30, 2017. This is a part-time interprofessional program open to all health care providers. Registration deadline is November 14, 2016, or until the program is full.

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

Cathy Stevens - cathy.stevens@nshealth.ca

Loretta Whitehorn - loretta.whitehorn@nshealth.ca

Mosaic for Mental Health
18th Art Exhibition & Sale: "Journey"
October 13th - 30th, 2016

The Craig Gallery at Alderney Landing

Opening Thursday, October 13th
Advance Showing 5:30p.m. - 6:30p.m.
Exhibition Opening 6:30p.m. - 8:30p.m.

Artists donate 100s of original 6"x6" paintings.
All proceeds support the vision and social programs of CMHA Halifax-Dartmouth.

mentally healthy people in a healthy society

Mosaic for Mental Health

The Craig Gallery Hours
Tues-Thurs.: 12 noon - 5:30p.m.
Friday: 12 noon—7:00 p.m.
Saturday: 9:00a.m. - 5:00p.m.
Sunday: 11:00a.m. - 3:00p.m.

Exhibition & Sale
Original 6"x6" Tiles: \$25
Assortment of Frames & Cards
Silent Auction

Nocturne October 15th, 2016 6:00p.m. - midnight

CMHA HalDart: 902-455-5445 The Craig Gallery: 902-461-4698

www.cmhahaldart.ca