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Standing Committee  
on Health & Wellness

# Health PEI, Mental Health & Addiction Service

Highlights of initiatives presented to the Standing Committee on Health and Wellness, September 2014-today

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Health PEI

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The Mental Health and Addictions Program of Health PEI last attended the Standing Committee on Health and Wellness to provide an update in September 2014. The following are some highlights of work undertaken since that time to improve our services.

### **Themes and focus of efforts:**

1. Use resources more effectively and efficiently
2. Increase collaborative partnerships
3. Seek opportunities to incorporate best practices and national guidance, that fit PEI context and needs, both at a clinical level and at a systems level
4. Manage scale and amount of change

### **Initiatives:**

- Continued work to **better integrate service and system level Mental Health and Addiction Services** through a best practice quality improvement framework- Comprehensive Continuous Integrated System of Care.
  - Resulting in: increased collaboration between Mental Health and Addiction Services, more partnerships to problem solve, increased information exchange and access to needed clinical information, shared system and care planning, integration of mental health care in addictions, more focus on trauma informed care, person centered and recovery focused care
  - [www.ziapartners.com/resources/comprehensive-continuous-integrated-system-of-care-ccisc/](http://www.ziapartners.com/resources/comprehensive-continuous-integrated-system-of-care-ccisc/)
  - Mental Health Commission of Canada, Canadian Centre on Substance Abuse, Canadian Executive Council on Addictions  
<http://www.mentalhealthcommission.ca/English/system/files/private/document/Collaboration%2520for%2520Addiction%2520and%2520Mental%2520Health%2520Care-technical-report-en.pdf>
- **Collaborative Mental Health expansion** to Montague Health Center in partnership with Primary Care, bringing mental health availability closer to the location where service is most frequently sought.
  - Collaborative services are currently offered in O'Leary, Tyne Valley, and satellite clinics in Hunter River, Cornwall, and Rustico. Next phase of expansion will occur in East Prince Primary Care Network. Provincial health centers are the initial focus.
  - Includes direct service, linkage to more specialized services capacity development, support for self management
  - Based on a stepped care model- providing the least intrusive and cost efficient response based on needs and adjusting that care based on response to treatment and changing needs
  - Position Paper College of Family Physicians <http://www.cfpc.ca/mental/> ,

- Increased availability of services in the community to children through a pilot of an innovative model of service delivery, affiliated with Dalhousie University- **Strongest Families**
  - Strongest Families Institute is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. We provide timely care to families by teaching skills through our unique distance coaching approach – supporting families over the phone and Internet in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to their needs.
  - <http://strongestfamilies.com/>
  - [http://www.mentalhealthcommission.ca/English/system/files/private/document/MHAward\\_s\\_Strongest\\_Families\\_Institute\\_Case\\_Study\\_ENG.pdf](http://www.mentalhealthcommission.ca/English/system/files/private/document/MHAward_s_Strongest_Families_Institute_Case_Study_ENG.pdf)
- Increased availability of mental health outreach treatment services to seniors, allowing seniors to stay in their home longer by expanding services to Prince County. This expansion allows for increased treatment for complex mental health conditions; enhance collaboration with other health services (Adult Protection, Long Term Care public and private, Provincial Geriatrician Program, and Primary Care).
  - The impact of this service is expected to be approximately 140 clients annually once fully operational in Prince County
  - This type of service is recommended as a part of the comprehensive continuum of services recommended by the Mental Health Commission of Canada  
[http://www.mentalhealthcommission.ca/English/system/files/private/document/mhcc\\_seniors\\_guidelines.pdf](http://www.mentalhealthcommission.ca/English/system/files/private/document/mhcc_seniors_guidelines.pdf)
- Continued expansion of the Changeways Program throughout the province for depression treatment and management. The Core Program is a manualized depression treatment program. Most often offered in a group format, the program can also be tailored for individual therapy.
- Provincial standardization and access to the Adult Coping Skills Program in Community Mental Health to provide practical strategies to deal with chronic stress and distress.
- Partnership work with Public Health Programs, Pediatric, and Inpatient Units to increase access to stepped care for new mothers and their children, who are at risk of mental health problems and harms associated with substance use. To date:
  - In 2015 over 40 mental health and addictions and public health nursing staff were trained in the use of the Mothers Mental Health Toolkit, work will continue to expand screening and linkage to needed services
  - <http://www.iwk.nshealth.ca/mmh>
  - Targeted training in 2015 to Public Health Nursing and Community Mental Health and Addictions from the IWK Reproductive Health Program

- Currently we are working to develop clear guidelines and service paths for expecting and new mothers and their babies impacted by substance use
- Re-launch of the Island Helpline with CMHA to increase awareness of this underutilized support service.
  - <http://www.theislandhelpline.com/>
  - The Island Helpline provides free, confidential emotional support and crisis intervention to Islanders of all ages.
- Development and continued improvement of the Transition Unit at Provincial Addiction Treatment facility to provide transitional support and programming for people in early stages of recovery who need a more intensive period of support. Currently working to develop a more flexible and responsive approach to the use of Inpatient Withdrawal and Transition Unit beds to match changing needs and trends.
- Improvement work for Extended Care Homes for Addiction, working to standardize and develop daily programming.

**Progress on initiatives arising from recommendations from the Chief Mental Health and Addictions Office:**

- Strength expansion, to allow for longer treatment when needed, include a residential component, provide increased aftercare support developed and implemented 2015.
- Youth Day Treatment- in development, academically supported intensive day treatment for severe mental health conditions, which will include inter-disciplinary care, support for families and better transitional support .
- Stabilized staffing for inpatient adolescent mental health beds at the QEH to increased specialist and focused treatment and programming for adolescents admitted to hospital, in development.
- Partner in offering the Triple P parenting program, continued training for staff and services provided to the public, beginning in first phase implementation in 2015, and continuing in 2016.