

Mental Health & Substance Use Update

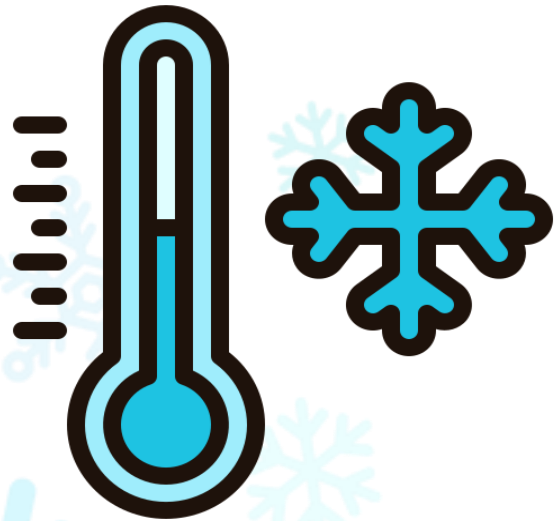
Strengthening Allyship in the MHSU: Round Table

MHSU is seeking to learn and grow in the provision of culturally safe care. This includes a need to establish and improve clinical practice, create safety for Indigenous recruitment and retention, promote Allyship and increase the understanding of both the history and current issues for Indigenous, Metis and Inuit clients, families, staff and volunteers in health care. The goal of the Allyship table is to provide a space for the education required to challenge the legacy of colonialism in health care. This includes a commitment to acknowledge white fragility and address the impact of racism, stigma, bias and micro-aggression. Initially, meetings are expected to run for 60 minutes monthly over 5-6 months and will evolve as required.

The first virtual gathering saw 58 MHSU leaders in attendance and we were privileged to hear from Sekwan Wabasca and Benedict Leonard on the concept of Allyship. We wish to thank all those who presented and attended for their ongoing commitment to this work.

A special thanks to Sandra Twin for her ongoing guidance and feedback and Ryan Tschirhart for the planning and organization leading up to the first event.

Do you have an exciting MHSU update? Have you heard about some really good news lately? Are you interested in sharing something with your MHSU team? Send your submissions to the current MHSU co-op student for inclusion in the next MHSU update!



Cold Weather Protocols Reminder!

As we move into the winter season, it is important to stay safe in and out of work—especially whilst commuting to and from work. There is a fantastic Facebook group that may be able to help out health care staff commute during treacherous and dangerous weather periods. As a Vancouver Island volunteer-ran group, members may provide rides to health care staff in safe and capable vehicles during snow storms and ice road conditions. If the cabs are not responding and the buses are not running, give this group a try!

[VI Toyota 4x4 & Island Health Staff Transportation | Facebook](#)

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Island Health's 2023 Department of Psychiatry Retreat

The 3rd annual 'Department of Psychiatry Retreat' took place on November 3rd and 4th at Bear Mountain and was a resounding success! Dr. Wei- Yi Song, Head of Department of Psychiatry and Executive Medical Director gracefully emceed the entire event from start to finish. Among the 80 guests were Department of Psychiatry Division Heads, Medical Directors, Clinical Leads and Psychiatrists from South, Central and North Island along with the MHSU Executive Director and Director level Leadership. The retreat featured a balanced program with a mixture of relevant and engaging sessions focused on academic learning, department updates, professional development, and teamwork.



The highlights included:

- Leadership Panel session with Dr. Wei Song, Department Head and Executive Medical Director, and his administrative counterpart - Sheila Leadbetter, MHSU Executive Director speaking to the achievements of the Department and MHSU over the last year and plans for the future followed by Q & A
- Special Award Ceremony recognizing Psychiatrists for their outstanding contributions in areas of Community Psychiatry, Scholarly Activity, Clinical Excellence and Years of Great Service
- "Recent Advances in Management of Bipolar Disorders" presentation by a renowned guest speaker - Dr. Lakshmi Yatham, Professor and Head of UBC Department of Psychiatry
- "Making Conflict Productive at Work" - an interactive teambuilding workshop that was customized for the Department members by Hone Consulting
- "Competence by Design in Psychiatry" by Dr. Alison Gregson with an overview of the Residency program and implementation of CBD
- "Hot topic: MHA Changes" by Dr. Lonn Myronuk with important updates on the Form 4

Department of Psychiatry 2023 Recognition Awards



Dr. Anna Crawford – Community Psychiatry Award

Dr. Tatiana Gregoryanz – Scholarly Activity award

Dr. Grant Halischuk – Years of Great Service

Dr. Joris Wiggers – Clinical Excellence Award

Dr. Alison Gregson – Clinical Excellence Award

Stay tuned for the dates of the next 2024 retreat – you do not want to miss it!

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Recognizing a MHSU Patient Safety Supervisor



SUSAN KUKURUZOVIC

Mental Health Records QA Lead, MHA Resource Team
- Nominated by: Monica Flexhaug

We often don't think of how our care under legislative requirements impacts the safety of patients, particularly their psychological safety and experience of stigma. Taking away someone's fundamental rights is a huge deal, and a big responsibility for health authority staff and physicians to provide necessary care under the terms of the Mental Health Act (MHA). Susan has been a consistent, foundational presence in the organization, supporting staff and physicians to understand their practice implications, support their learning and ensure auditing of the forms associated with the MHA helps guide us to improved practice, care safety, and experiences of respect and dignity. She is an advocate for patient rights and compassionate care when those rights need to be taken away to ensure the care and safety of patients.

Substance Use Contracted Beds Highlights

Since the expansion of bed-based treatment services on Vancouver Island earlier this year, early highlights are beginning to emerge, including:

- ⇒ The newly contracted treatment beds have occupancy rates (**currently 95%**) exceeding the benchmark target set for six months.
- ⇒ Indigenous-led treatment beds are seeing progress, with 10 beds at Kaackamin in Port Alberni admitting new clients and soliciting positive feedback from clients and community members; five new beds will open at Tsow Tun Le Lum in Cowichan early in 2024.
- ⇒ Roughly **100 unique clients** (excluding carryover) have been served in the new beds over the last six months across the 10 Kackaamin beds, five Tsow Tun Le Lum beds, 10 beds at Edgewood, 15 beds at Cedars, and five beds at Ravensview.
- ⇒ Following months of hard work by the MHSU team, Parksville City Council approved a rezoning amendment, which will see a 19 bed regional treatment site, owned and operated by Island Health, opening in this community in 2024. Together with 47 beds at the therapeutic Recovery Centre in View Royal, six beds at Coastal Sage, and a number of publicly funded beds contracted by the Canadian Mental Health Association, access to publicly funded treatment services on Vancouver Island is being significantly expanded!

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Recognizing Cowichan Lodge Adult Unit Staff as MHSU Trailblazers

This fall, Cowichan Lodge staff were extra busy! In addition to their regular daily operations, The Cowichan Lodge - Adult Unit agreed to pilot two initiatives focused on supporting LPN MHSU practice.

One initiative had the Cowichan Lodge leadership team supporting their valued LPNs through a self-assessment focused on MHSU competency. The self-assessment process provided an opportunity for those LPNs to self-reflect on and document the rich education, skills, and experience that they have acquired over their careers in MHSU and access additional self-directed learning activities to further develop their practice.

ADULT UNIT NORTH CARE STATION



The other initiative was participating as the pilot site for the provincial rollout of an MHSU LPN additional education program. The additional education program seats were posted as an Island Health sponsored education opportunity and filled by two LPNs who are new to MHSU practice. The sponsored learners will soon be welcomed to the team as regular staff at Cowichan Lodge.

The initiative team is incredibly grateful to the operational leaders and clinical staff of Cowichan Lodge for helping to build, test drive, and revise the variety of tools and processes required for successful implementation of the two pilot initiatives. Trailblazing new initiatives is exciting but also hard work!

Hence, many thanks are due to all involved, and especially to the Cowichan Lodge LPNs for the above investments to strengthening practice, our teams, the care we provide, and the ultimate health of the people we serve.

Continued...

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Recognizing Cowichan Lodge Adult Unit Staff as MHSU Trailblazers Continued...

A little Bit about Cowichan Lodge

Cowichan Lodge is a 51-bed Tertiary Mental Health facility set in Duncan, on the traditional lands of the Cowichan Tribes, and specializing in tertiary-level mental health services to Vancouver Island clients, including pharmacological, biophysical and psychosocial treatments.

There are two wings:

- 24-bed Seniors Tertiary MH unit
- 27-bed Adult Tertiary MH unit

Holistic care is provided by an interdisciplinary care teams including LPNs, RNs, RPNs, Social Workers, Mental Health Support Workers, and Psychiatrists.

DINING & REC ROOM



“Fundamentals of Clinical Documentation” Module Update

The MHSU Practice Support Team has published an updated version of the e-learning module, “Fundamentals of Clinical Documentation” to the LearningHub (LMS Course #32258). This course is suitable for all staff working in Island Health MHSU programs. It was first published by the PST in 2012 and builds on the purposes, principles, and rules of documentation; highlighting differences between structured vs unstructured charting. It discusses how exploring our own biases and assumptions influences our writing and the importance of using non-stigmatizing and person-centered language. Learners will gain understanding of how quality documentation improves the outcomes for clients and families using our services.



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Cowichan Addiction Medicine Consultation Service

Like many communities across Island Health, the Cowichan Valley has a visible population struggling with substance use. All levels of government have identified the crisis that has been making headlines over the last decade. Change is hard, and the Cowichan Valley Mental Health and Substance Use teams strive to meet the needs of the community—both in and out of hospital—as they connect with the supports required to meet their recovery goals.

In early 2023, a revamped version of the Addictions Medicine Consultation Service (AMCS) was relaunched. As the end of 2023 draws near, it is vital to continue expanding conversations and actions on how best to help those ready to brave the pathway towards recovery. One of the goals of Cowichan AMCS is to meet clients “where they are at.” By hearing directly from clients about their needs, support is offered to them in the most appropriate way to help them reach these goals. Cowichan AMCS divides their time equally between hospital and community. Since February 15th of 2023, over 125 clients and families have been supported and further connected with treatment centres, the Cowichan Valley MHSU Recovery Day Program, counselling, and other community resources.

In addition to supporting people struggling with substance use, training, education, and support is provided to Island Health staff by the Cowichan AMCS to reduce stigma and offer the best patient centered care. In April, the new Recovery Day Program was launched, offering supports, tools, and connections. This on-going, four day-a-week, drop-in program is designed to help people develop tools for early recovery and relapse prevention. With attendance steadily increasing, over 180 hours of groups have been provided to date. The Cowichan AMCS program is ever evolving—it will continue to be available to support community members, Island Health staff, and primary care physicians to assist those who are ready for change.