

Island Health

# Mental Health & Substance Use Update

## WESTSHORE HUB OPEN



Designed to serve individuals with moderate to less severe support needs, the Westshore Hub brings together staff from a variety of fields including psychiatry, addiction, medicine, nursing, counselling, occupational therapy, and peer support to provide a variety of care under one roof as of September 4th.



Clients requiring ongoing care will be matched with a care coordinator who will serve as their point person, assisting them in navigating MHSU services and assuring continuity in care.



This greatly expands the system of care for Westshore residents, who previously had access to MHSU services through St. Andrew's Primary Care Facility or in Victoria. The implementation of the Westshore Hub model is a major step towards improving accessibility and increasing co-location across the MHSU system.



The Westshore Hub is open five days a week, offering same day walk in or call-in counselling and assessment.



**Find more information on how to access Westshore Hub services [here](#).**

We would like to remind MHSU leadership of the Indigenous Environmental scan that was sent out in early August. This survey will provide important information to help guide us in meeting the goals identified in our strategic plan and provide the opportunity to share the amazing work programs we are engaged in with Indigenous communities, patients, and staff. Thank you to everyone who has already completed the survey, if you do not have Indigenous specific roles or programs in your portfolio, please email us stating this, and you will not take the survey.

As a follow up as well as an opportunity for you to share your ideas or work you are doing that may not be captured in the survey, we will be conducting in-person meetings across the Island. If you have not been contacted and would like to meet, please feel free to reach out to arrange a time.

- Travis Letondre & Sandra Twin

## UNDERSTANDING MHSU INDIGENOUS SERVICES

### AWARD NOMINATION

The Bridging Care Program team was nominated in the 'Excellence in Quality: Returning to Health and Wellness' category. The nomination focused on both the exceptional process of establishing the Bridging Care Program in consultation with patient and caregiver partners, as well as notable outcomes in support of the program's goal to create a timely, viable alternative to hospitalization for people facing acute psychiatric illness in the Greater Victoria area.

The nomination also highlighted existing feedback on the program from clients which showed strong support for the program model and for the team's collaborative and caring approach. In the words of one client: "You saved my life. You gave me the skills to save myself in the future".

Congratulations to the team on the good work and recognition!

# TRUTH AND RECONCILIATION DAY



I approach Truth and Reconciliation Day as a White settler who has lived and learned uninvited on the lands of the Lekwungen, Songhees, and W̱SÁNEĆ peoples for the last two years. I am also lucky to have grown up on the lands of the Syilx people of the Okanagan Nation. As I grew up, but particularly since the pandemic, the Nation is making a strong effort to revitalize the Syilx language, nsyilxcən. These efforts have produced educational cohorts in the community, learning classes in elementary schools, and the introduction of an nsyilxcən undergraduate degree at UBC-Okanagan.

While it is incredible to see the language revitalization efforts, it is impossible to ignore the backdrop of colonization and the residential school system that endangered the language in the first place. There are only twelve elders fluent in nsyilxcən, a result of the establishment and continuation of a system designed to destroy Indigenous culture, knowledge, and community.

Truth and Reconciliation to me requires settlers to confront the violent and ongoing system of colonization and mourn the lives and culture lost, while simultaneously honouring the incredible resistance and hope shown by Indigenous communities in the face of it. It also is a day of recommitting myself to work towards learning and unlearning and standing in solidarity with Indigenous peoples in this resistance.

This year, I visited the Royal BC Museum, where I was able to view their audiovisual collection documenting and commemorating portions of the history of the Coast Salish people through film. As well, I got to view the film, “The Keepers Of The Land” which tells the story of the conservation efforts of the Kitsoo Xai’xais Nation in the Great Bear rainforest.

- Isabella Harmel

## MENTAL HEALTH ACT MINUTES

Join the Mental Health Act resource team for a 45 min webinar to introduce the team, answer FAQs and scenario-based learning. Learn the changes key to patient care in order to better support your clients and your team members working with the Mental Health Act!

**October 10th, 2024 | 2:00-2:45PM**

**JOIN HERE!**