

New Space for Early Psychosis Intervention!

The Early Psychosis Intervention (EPI) Program has moved to a new location on Quadra St. The move brings the entire team together under one roof, enabling the program to continue delivering high-quality care to an increasing number of individuals seeking help.

The new facility has been thoughtfully designed to provide a warm and welcoming environment for patients, with engaging activities and ample natural light. The EPI Program is committed to providing ongoing support and guidance on wellness to ensure patients' experiences are positive.

About Early Intervention:

Early intervention in psychosis is crucial for promoting positive outcomes and supporting individuals on their journey towards wellness. Timely recognition and treatment of symptoms is essential, as it leads to better treatment responses and improved overall outcomes, especially within the crucial first five years after symptom onset. Early intervention helps manage the challenges of psychosis, minimizes its impact on various aspects of life, fosters a sense of hope and resilience, and promotes recovery, preventing further difficulties in the future.





Just Culture Training

The Just Culture training has finished for the first Cohort that included Directors and Medical Directors. Cohort 2 have begun for Managers and Medical Leads. Just Culture acknowledges that incidents in healthcare can result from organizational shortcomings rather than individual faults. It fosters an environment where learning from mistakes is prioritized over assigning blame. This 15-hour course, offered over 3 days, blends live instruction with e-learning and homework sessions. Completion leads to certification as a Just Culture Champion. The training employs both in-person and virtual methods to reach participants. Thanks to everyone who is investing time in taking this course during these busy times. The value to the organization, its staff and the clients we serve is invaluable.

Please welcome our new Indigenous Lead,
Travis Letondre!

Tansi and hello my name is Travis Letondre I am Nêhiyawak (Plains Cree) and Welsh. I grew up moving around a lot and have lived in Alberta, British Columbia, and Saskatchewan before making my home on Vancouver Island in 1995. Since moving to the Island I have lived and worked on the territories of the Lək̓ʷəŋən, W̱SÁNEĆ, Nuu-chah-nulth people.

I have worked in the mental health and substance use field since 1998, in various roles with both youth and adult services including Harm Reduction, Outreach, and Counseling. I joined Island Health 2016 and most recently have been working as a Single Session Walk in Counselor with the Western Communities hub. I look forward to engaging with both Community and other Island Health staff in helping to further the work that is already being done to improve the experience of both the Indigenous community and staff accessing mental health and substances use services either professional or privately with Island Health.

Goodluck

Saying Farewell

SARAH JOHNSON has dedicated much of the past year to serving as the Mental Health Act educator for Island Health. Her contributions have been immense, involving the update of educational materials and the development of new tools to navigate changes in Form 4.1 and 4.2, along with Director Delegation. Sarah has been an invaluable partner in educational activities supporting the implementation of new forms at various sites and providing ongoing education for physicians. Starting May 1st, she will bring her expertise to the team at Seven Oaks, where we are confident she will continue to excel. We extend our best wishes to Sarah in her new role and are certain that Seven Oaks will benefit greatly from having such a passionate Mental Health Act advocate on board!

Thank you

Acute MHSU Quality Improvement Huddles at RJH show impact



Over the past year, the Acute Psychiatry units at Royal Jubilee Hospital – including Psychiatry Emergency Services, Psychiatric Intensive Care, and the new Young Adult Mental Health Unit – have been holding Quality Improvement (QI) Huddles with the frontline team. These weekly gatherings include all members of the team – nurses, physicians, social workers, unit clerks, mental health workers, peer support workers, pharmacists, and leadership – to share ideas for improvement. To capture the impact of our QI Huddles, a formalized survey in March 2024 was completed with the help of Alisha Bains, our Pharmacy Resident. This survey showed that the QI Huddles have noticeably shifted job satisfaction and engagement for team members.

- **81% of respondents answered 'agree' or 'strongly agree' to the statement, "I feel that QI Huddles in my unit have positively impacted my job satisfaction with my work and organization."**
- **81% answered 'agree' or 'strongly agree' to the statement, "I feel that QI Huddles in my unit have contributed to an improved work environment and sense of belonging."**

The feedback is continuously shared through unit lunch presentations and using these results to improve our QI initiatives.

Psychiatric Nurse **May Sosa** transformed her son's drawings into a children's storybook to raise awareness about autism.

Through her self-published books, she aims to help neurodiverse children develop coping skills and ease parents' concerns about their children 'fitting in'. Inspired by her autistic son, Sosa emphasizes the importance of valuing differences and has received positive feedback from her coworkers and customers. She takes her son to local markets to expose him to different social situations and is working on writing four more books with a similar theme. What an inspiring idea! Thank you, Sosa, for your hard work and dedication.

