



Welcome to Island Health's MHSU Update!

This communication is intended to connect Island Health staff and share developments and achievements across the MHSU portfolio.

Good News Stories . . .

Highlights:

- Appreciation for Medical Staff Contract Management Team
- Launch the New MHSU Services Regional Orientation Curriculum
- Cognitive Behavioural Therapy (CBT) Skills Groups
- MHA Tracking & Database Orientation eLearning Module



Appreciation for Medical Staff Contract Management Team

We wish to express gratitude and appreciation for Roxanne Broadbent, Linda Bidese, Barbara Hansen and the Medical Staff contract management team for ALL their hard work and support as we clarify and refine the variety of physician contracts in MHSU. Without their support, Island Health communities would not have dedicated physicians able to provide critically needed care.

In particular, we'd like to note the collaborative work on the Primary Care Outreach contracts and several Addiction Medicine contracts. Throughout COVID, Primary Care Outreach teams have been able to provide services to so many people on the island who previously did not receive care, often due to being unhoused or having fears of accessing services in traditional ways. The contracts that support the outreach teams have been complicated and ever-changing, yet the contract team have been by our side, amending and adjusting contracts as needed so clinical teams can continue their important work.

Contract management often goes unnoticed yet it is a critical piece of work in our system of care. The high standards they strive for is noticed by those who work alongside them. We thank them for being an integral part of the work we do! We would also like to wish Roxanne a very happy retirement coming up soon!

Amanda Chapman, Coordinator, Addiction Medicine Education

Launch the MHSU Services Regional Orientation Curriculum

The MHSU Regional Orientation Curriculum will be launched by the Clinical Practice Support Team on March 1, 2022. A regional orientation curriculum was identified by the MHSU Quality Council as a priority, and is a key deliverable in the 2021/2022 MHSU Strategic Plan.

The MHSU Regional Orientation Curriculum is intended to:

- Welcome new MHSU team members
- Build upon the New Employee Orientation curriculum
- Support job readiness for the MHSU system of care
- Intended to complement local program specific orientation
- Support team members to provide high quality service

The curriculum is organized into three key areas: providing care, safety, and employee wellness. Examples of topics are: Cultural Safety and Humility; Recovery Oriented Practice, and Harm Reduction.

This launch is a major milestone as the first regional practice support delivered by the Practice Support Team as part of the [Quality and Clinical Networks portfolio of the MHSU Strategic Clinical Network \(SCN\)](#).

The orientation will continue to revolve in response to collective feedback. Questions, comments, and feedback for the MHSU Services Regional Orientation Curriculum? mhsu.pst@islandhealth.ca

Cognitive Behavioural Therapy (CBT) Skills Groups



The CBT Skills Groups Society is a non-profit society formed by a team of family physicians and psychiatrists, the Board of Directors, and the staff. They operate with the ongoing support of the physician facilitators and a partnership with Island Health.

The Cognitive Behavioural Therapy (CBT) Skills Groups are an 8-week program open to all BC residents with a valid Canadian health card number. The course is designed for

adult patients (17.5 years and up) who want to learn practical tools to improve their mental health. Designed by psychiatrists and taught by physicians this course integrates neuroscience, mindfulness, and cognitive behavioural therapy skills and concepts.

Additionally, as of September 2021, they have partnered with the Shared Care Committee and the UBC Office of Continuing Professional Development to support physicians in BC to take the course, to better support their own health and those of their patients. They also train more physician facilitators as part of this program, so that physicians can offer the groups online and eventually in-person, across BC.

For more information, check out the [CBT Skills Groups website](#)!

MHA Tracking & Database Orientation eLearning Module

A new eLearning module for the Mental Health Act (MHA) Tracking & Database Orientation is now live! The MHA Tracking & Database work supports the patients who are receiving involuntary treatment under BC's *Mental Health Act*. This module will provide the necessary form review and database orientation support to the unit clerks and other roles that have been designated for this work by their Site Leadership. Over the course of one hour, the module guides learners through narrated slides and data entry video demonstrations.

At the end of the module, a quiz must be completed with a minimum grade of 80% to satisfy the course completion requirements. A PDF of the Record of Completion can be downloaded and sent to your unit or program leadership.

To take the MHA Tracking & Database Orientation (Course #27471) **one of the following** prerequisites need to be completed:

- Course #11716: Mental Health Act Online – Island Health **or**
- Course #24237: Mental Health Act – Information Session (MHA Overview Webinar) **and**
 - o Course #24238 – Overview Webinar Quiz **or**
- Course #22649: BC Mental Health Act Education – Pediatric Focus

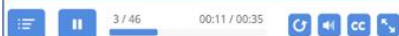
For more information email Susan.Kukuruzovic@islandhealth.ca

Mental Health Act – What is it?

Each country has some form of mental health legislation in place.

In Canada, each province has its own mental health legislation.

The *Mental Health Act* (MHA) is provincial legislation that was written to enable health authorities to provide assessment and treatment for persons who, because of a mental disorder, may not appreciate their need for diagnosis and care.



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QUESTIONS AND COMMENTS

The MHSU Leadership continues to encourage physician and staff engagement in generating transformational practices in our workplace. Please send questions or comments to Monica Flexhaug, Director, Special Projects (Monica.Flexhaug@islandhealth.ca)

