

Good News Stories . . .

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.

Highlights:

- Island Health Launches Overdose Prevention Campaign Aimed at Men
- Nanaimo Team Highlights
 - Baron's Road – Counselling Services
 - Primary Care Outreach
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- Launch of the ACT Clinical Network
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Island Health Launches Overdose Prevention Campaign Aimed at Men

The drug poisoning crisis has claimed the lives of more than 1,417 Island Health residents since this public health emergency was declared in 2016. Tragically, the devastating and preventable loss of lives due to drug poisoning continues and disproportionately impacts men aged 30-59.

On April 4, Island Health is launching a three-week overdose prevention campaign aimed at men who are at-risk of injury and death caused by the toxic drug supply. The goal of this campaign is to increase awareness about the range of harm reduction services that can help people stay safer when using substances. These include drug checking, substance use safety apps such as Lifeguard and Brave, Take Home Naloxone and supervised consumption and overdose prevention sites. More information on overdose prevention services can found on the [Island Health website](https://www.islandhealth.ca/StopOverdose).

Together we can promote services that keep people safer.
Together we can help save lives.

Too many men have
been lost to overdose.

We're here for you
because we want you
to be here too.

[IslandHealth.ca/StopOverdose](https://www.IslandHealth.ca/StopOverdose)



Nanaimo Team Highlights:

➤ Baron's Road – Counselling Services

The Adult Short Term Assessment and Treatment Team and the Substance Use Team at Baron's Road in Nanaimo have been busy with program development. Over recent months, the team has assessed gaps in services and developed working groups to address these gaps. They have revamped their group counselling program and are providing in-service training to partnering teams within MHSU to highlight the current and upcoming changes, and to seek feedback regarding client needs. Kudos to the Baron's Road team for taking initiative and driving change!



Pictured: The Adult Short Term Assessment and Treatment Team and the Substance Use Team at Baron's Road in Nanaimo.

➤ Primary Care Outreach

After over a year in service, the Nanaimo Primary Care Outreach team is seeing the value of providing consistent, kind, and non judgemental care to the unsheltered and underserved in the city. With the overlapping goals of providing primary care services and building trust in health care, the team is receiving positive feedback from those they serve. One of these individuals recently presented the team with a letter which was read aloud. Here is an excerpt of what was shared:

"I would love to commemorate, commend, and honour those of you that put your lives out there to help [those] in dire need of help... mentally and physically... the unfortunate, the hurt, and sometimes the forgotten.

Everyone who "works" on the team is here because they themselves care... it has been an absolute treasure and honour to have met and talked with those of you I now know.

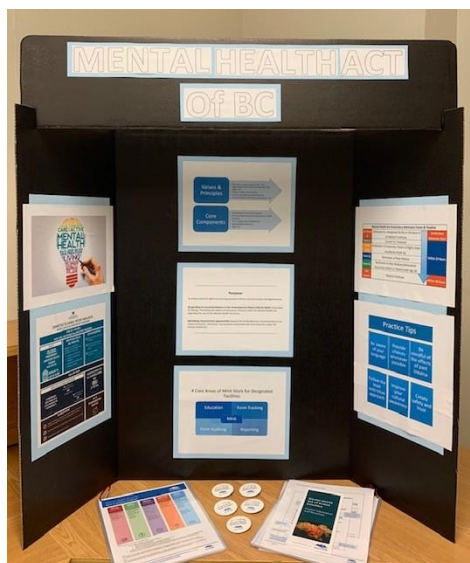
I myself do not believe in the bible ... but I do believe in angels and angels walk among us and you are them, with hidden wings, halos and hearts. I thank you for being the wonderful you that you are and I believe in you. Thank you! I now have another story to tell because of the angels among us."



Pictured: The Nanaimo Primary Care Outreach team.

MHA Project Team Attended RJH's Spring Fair

During the first week of March, RJH's "Spring Fair" took place. The fair is a week of education for nursing. The Mental Health Act Project Team attended and talked to nurses about the *Mental Health Act* and shared resources to help improve practice, and provide better care to patients.



Pictured: The Mental Health Act Project Team's booth at the RJH "Spring Fair".

Launch of the ACT Clinical Network

The ACT Clinical Network launched in February 2022!

Clinical Networks are one of the core functions of the MHSU Quality Clinical Network. Clinical Networks bring together staff with expertise and experience in key subject and service areas, and serve three purposes:

1. Identify and inform quality initiatives, service evaluation, and practice standards;
2. Support knowledge exchange; and
3. Create a community of practice and through a standardized and transparent process.

Participants of the ACT Clinical Network shared appreciation of networking with their regional colleagues. Early ideas for how the network will influence quality include: standardization around rent subsidies, money management, and documentation practices.

Every Clinical Network meeting closes with a brief but important survey to ensure the network is meeting the needs of participants. The ACT survey indicates participants felt that the group is launching in a way that supports learning, connections, and adds value to work!

Interested in Research? Join the Ethics Board!

Island Health's Research Ethics Board continues to see exciting growth in the volume and diversity of research related to mental health and substance use, led both by clinician and academic teams. This includes leaps in perinatal mental health, safe consumption, clinician experiences and emerging interest in psychedelics. If you would like to learn more about joining the board for a 1-year term, please contact E. Sarah Bennett, Manager, Research Ethics & Compliance, at elizabeth.bennet@islandhealth.ca or visit [our website](#).



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)

