

Mental Health & Substance Use Update

Introducing the Bridging Care Program

Bridging Care is a recovery-oriented psychosocial rehabilitation program. A multi-disciplinary team offers groups access to psychiatry and consistent one-to-one recovery coaching for clients with acute mental health challenges.

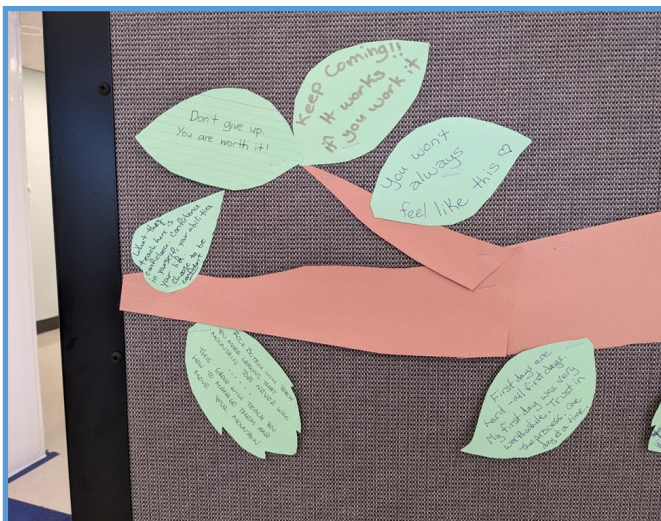
The program was created for clients who would benefit from a short-term, daily, skill-based program to bridge their transition from crisis to independence, all while maintaining their connections in their community. The program runs Monday through Friday from 09:00-15:00 and includes groups for goal setting, mindfulness practice, movement, and skill development.

The purpose of this program is to provide assessment and treatment for individuals to build skills to improve their mental health in the community. Skill development is focused in areas of CBT and DBT to promote greater independence in coping with anxiety, depression, crisis, emotion regulation and interpersonal effectiveness. The average length of participation in the program is 4 weeks.



Hey! 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 Steve Anderson for inclusion in the next MHSU update!

Email: stephen.anderson@islandhealth.ca



Since January 2023, 120 participants have been admitted and finished the program. In 2022, 37 participants completed the program. Client feedback has been positive and staff had had phone calls from clients after they leave saying skills such as emotion regulation have been useful in their day-to-day lives. Future plans for the program include an increase in peer support and a graduate program to help participants transition to community supports while strengthening skills.

[MHSU Bridging Care Program \(islandhealth.ca\)](https://islandhealth.ca)

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SI MHSU Staff Appreciation BBQ



On September 11, the South Island (SI) MHSU team put on an appreciation BBQ to thank staff for their hard work, dedication, and contributions to the MHSU. Many new faces have joined the team recently, so this was also a great opportunity to network and connect with other Island Health staff.



At the welcome table, all attendees could enter to win a new Island Health water bottle or the grand prize: a deliciously packed gift basket! Tending to the grills were some of the leaders and directors for the SI MHSU, giving all staff a chance to chat, say hi, or even just to meet their leads in person! The event was a resounding success with good food, great people, and a fantastic turnout.

Thanks to all MHSU staff for everything that you do!

Strategic Plan Tour Update — What's Next?

Over the summer, managers and coordinators discussed the updated plan with and within teams, leading up to the Fall 2023 Strategic Plan Tour. Starting in October, MHSU senior leadership will visit communities across the Island to meet with local teams for an open dialogue session, highlighting the local teams' roles, accomplishments, priorities, and how these are reflected in the MHSU Strategic Plan. Currently, the locations for the Tour are Campbell River, the Comox Valley, Port Alberni, Nanaimo, Duncan, and several areas in the Greater Victoria region.



Should you have any questions about the Strategic Plan Tour, please reach out to Monica Flexhaug at monica.flexhaug@islandhealth.ca.

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New Training: Enhanced Overdose Response — Train the Trainer

The Island Health Toxic Drug Crisis Response team is providing **Enhanced Overdose Response train-the-trainer education** with Island Health clinical nurse educators or nurse team leads that work in community settings (e.g. Island Health complex care housing, MHSU outreach).

Interested Island Health teams can submit this [intake form](#) to inquire.

Enhanced overdose response train-the-trainer education is in-person training intended to equip your **team educators*** with the skills and knowledge needed to provide their teams with training that:

- Builds on and expands on the basic “SAVE ME overdose response” skills
- Utilizes simulation so staff can practice skills
- Teaches staff how to use equipment like pulse oximeters, bag-valve masks, oral airways, oxygen and automated external defibrillators (AED)
- Helps staff recognize and respond to complex overdose presentations like fentanyl-induced chest rigidity and prolonged sedation
- Promotes teams to create site-specific overdose response procedures
- Encourages practices for psychological wellness for responders

*For teams that do not have educators, this training may be available through one of our trained clinical nurse educators for programs with an urgent training need. Nurse team leads would be eligible for train-the-trainer as well.

Please complete **an intake form** to inquire or email Alexandra.vrzal@islandhealth.ca with any questions.

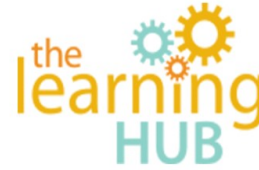
MHSU Update — SCN / QCN

A New QI Module is Here!

The MHSU Practice Support Team has added a new Quality Improvement e-learning module! Find it on the Learning Management System:

[“An Introduction to Quality Improvement in Mental Health and Substance Use Services: Linking Quality Improvement to Accreditation Canada and Evidence-Based Best Practice in Mental Health and Substance Use Programs”](#)

The learner will describe how Mental Health and Substance Use teams can use Accreditation, Canada’s continuous quality improvement processes, and research-based best practices for quality improvement initiatives. This e-module has been added to the Clinical Practice Supports page under Current Educational Offerings. It follows the commitment that in Island Health’s MHSU programs, everyone will provide the safest and best care possible for clients and families. Doing great work makes Island Health a great place to work!



Motivational Interviewing Attendance

The Practice Support Team (PST) is pleased to be offering more in person education this fall and going forward. Our staff are very excited to be able to offer Motivational Interviewing, Safetalk, and ASIST trainings. It provides a wonderful opportunity for the PST to interact with clinical staff throughout MHSU, creating partnerships and developing a collaborative learning event.

We are thrilled at the interest in the programs, particularly Motivational Interviewing. At present, all four remaining MI trainings for this fall are full with a robust number of folks on the waitlist. One of the things that is popping up however are staff who have enrolled and then do not show up. We understand things come up for people but if you have signed up for a training and can no longer attend, please remove yourself from the course on LMS. This allows for as many people to get the training as possible.

For current offerings, please have a look at our calendar: [Calendar - Default \(islandhealth.ca\)](#)

MHSU Update — SCN / QCN

Bringing the Patient Safety Respond to Harm (R2H) Huddle to MHSU

With Canadian Patient Safety Week just around the corner (October 23-27), health care organizations across the country are preparing to showcase their innovations to advance safer care and reduce health care harm.

Here at Island Health, we are also improving the way we respond to reports of health care harm. The Patient Safety team has trialed and implemented an evidence-based model to respond to patient safety reports of health care harm: the Responding to Harm (R2H) Huddle. The initial pilot used plan-do-study-act (PDSA) cycles to integrate feedback and improve the process in thoughtful manner.

R2H huddles bring key staff together soon after an incident occurs in order to create a common understanding of what happened, review actions to-date, and decide the most appropriate next steps and who is responsible to action those steps. In response to MHSU engagement feedback, the Patient Safety team is bringing the R2H Huddle to MHSU starting in September and will continue to evaluate this service over the next several months. This process primarily applies to level 4 or 5 and select level 1-3 degree of harm events.



While we all have a role to play in reporting health care harm, this change will be most noticeable to designated handlers and handler delegates who will be invited to R2H Huddles. Information on how to prepare will be included in R2H huddle invite.

Thanks to all for your ongoing commitment to safe, accountable and quality care.