

MEMO

DATE: 2011/03/30
TO: THE MENTAL HEALTH PROGRAM, ADDICTION PREVENTION AND TREATMENT SERVICES, COMMUNITY SUPPORT GROUPS, DEPARTMENT OF HEALTH
FROM: DOROTHY EDEM, SANDRA HENNIGAR AND DR. SCOTT THERIAULT
RE: RECOVERY AND INTEGRATION

Recovery and Integration Portfolio continues to reorganize the services they offer. They are designing new methods of service delivery, and changing how they intersect with other areas of the Mental Health Program.

Their work is being guided by a steering committee and working groups made up of individuals living with mental illness, family members, front line staff, physicians, health services managers, community partners, project managers and administration. Supportive Community Outreach Team (SCOTeam), Connections Halifax, New Beginnings Dartmouth, Maritime Hall, Coral Hall and Laurel Unit are leading the planned changes.

Here are some of the vision statements that guide our work:

- Individuals have unlimited potential.
- Recovery means different things to different people.
- We encourage individuals to take control of their own wellness.
- Family and friends are a wealth of knowledge and support.
- Communities have untapped resources.
- Each person deserves respect, dignity and understanding.



These principles incorporate evidence-based, contemporary views of recovery, community support development, engagement and leadership. We work with individuals who have at least one serious mental illness and experience significant functional impairment that prevents them from living successfully in the community.

These services will be integrated into a new service structure.

Community Living Initiative (Bungalows) on The Nova Scotia Hospital site is scheduled to be finished October 2011. The buildings are designed for individuals who fit into the following description:

- adults living with severe and persistent mental illness;
- people who have significant challenges that prevent them from living successfully in the community;
- individuals able and willing to engage in recovery-focused planning and activities; and
- individuals who can live safely in the community with no threat to themselves or others.

Individuals will stay in the Bungalows during the time it takes to help them move into the community. They will be encouraged to participate in services and activities provided in the community, whenever possible.

Staff will support individuals in the following activities:

- Life management– budgeting and managing a home
- how to find a job – identifying skills and contacting employers
- Relationship building – healthy life choices
- Managing addiction – education, information and counseling
- Clinical care – recognizing and managing mental and physical needs



The Bungalows will be staffed 24 hours a day, seven days a week with trained clinicians who specialize in recovery-focused support.

There will be three **Recovery and Wellness Centres (Hubs)** located in the communities of Bedford/Sackville, Dartmouth and Halifax. They will support individuals and their families. The Hubs will provide services offered in different settings that help people in the recovery process.

Transitional Living Services is another part of the service structure. Within this service, there is a **Step Up/Step Down** component intended to support individuals living with complex mental illness, physical and behavioural challenges and cannot be supported with the existing community resources. Other departments and agencies are important partners in supporting community reintegration for these individuals.

Next steps

- The Transitional Living Service and Recovery and Wellness Centres (Hubs) working groups present their recommendations in April.
- From there, the other three working groups – inter-professional team, evaluation and research – will use the recommendations to develop a comprehensive implementation plan, identify staffing requirements, and evaluate the effectiveness and efficiencies of the service delivery.

For more information please email Dorothy Edem at Dorothy.edem@cdha.nshealth.ca

