

## Encounters in Bioethics 2016-2017

### Encounters with Substance Use and Mental Health

Effectively addressing the challenges and complexity of care

Building capacity within health care

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# Understanding Mental Health and Substance Use

- One in five people in Canada will be affected by a mental health and/or substance use issue in the course of a year (Government of Canada, 2006)
- One in three people in Canada will experience a mental health or substance use issue in their life time (Slomp et al, 2007)
- Almost 50% of adults surveyed, report using cannabis at some time in their lives (Health Canada, 2012)
- Between 10% and 25% of seniors will experience significant mental health issues (Cole et al, 2006)
- Northwestern Ontario has the highest rates of heavy alcohol use and more than double the suicide rates, when compared to the rest of the province (Northwest LHIN, 2013)
- In Canada, 20% of all sick leaves are related to mental health issues (STATS CANADA, 2007)
- “Mental health and substance use issues affect people of all ages and stages of life, and in all settings in our communities – including our homes, schools, colleges and universities, workplaces, health care settings, social programs and the justice system .” (MOHLTC, 2010)

# The Changing Face of Mental Health and Substance Use

- Unprecedented increase in prevalence rates of concurrent mental health and substance use issues – “Concurrent Disorders”
- Escalating suicide rates among young people and earlier age
- Earlier age of onset for mental health and substance use issues
- Complex and acute trauma
- Introduction of new substances of abuse including the misuse of prescription and over the counter medication
- Economic hardships, homelessness
- Increasing community needs for health care, social services, criminal justice and child welfare
- Service pressures – increased wait times
- Provincial policy changes and accountability mechanisms

## Impact on Health Care

Increased pressures on emergency departments and inpatient services

Increasing pressures in caring for individuals with complex and concurrent medical issues

Increasing safety and security risks for clients/patients, family members, visitors and staff.

Capacity issues within community based services and supports

Long wait times for intensive and specialized services

Regional access to specialized programs for those living in rural and remote communities is challenging

# Current State of Affairs

## TBRHSC

- 2458 ED Visits for MH (2.3%)
- 3268 ED Visits for Intoxication (3%)
- AMH 112% Capacity

## SJCG

- Extensive wait times:  
Residential; housing
- Balmoral Centre  
2654 clients served  
(104% capacity)
- 20% increase in referrals per year

# Dispelling the Myths

**Certain people are more likely to develop a mental health or substance use issue**

- Mental illness and addiction crosses every level of society – age, socioeconomic status, and background

**Mental illness and addictions is a matter of personal weakness, questionable morals or poor choices**

- Mental illness, including addiction can be a progressive, chronic and potentially fatal health issue

**To recover, people just need to stop using or make better choices**

- Medically unsupervised cessation of some substances can be fatal. Medical intervention is often required to treat serious mental illness

**There is no point in asking questions because people won't tell the truth**

- Denial and minimization are an integral coping strategies for those living with mental health and substance use issues

**People don't die from mental health substance use issues**

- Left untreated mental health and substance use issues can be fatal.

**People just don't want to change their behaviour**

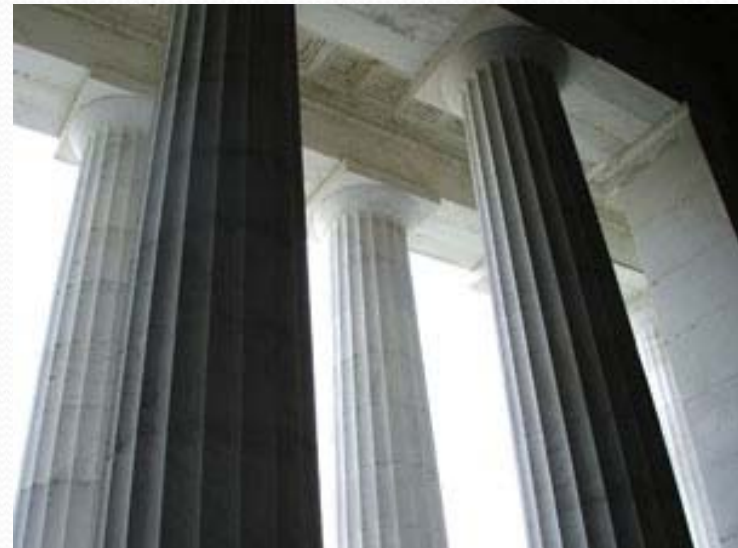
- Motivation for change lies on a continuum. Recognizing the stages of change is an integral component in the delivery of care

# The challenges ahead....

- People living with mental health and substance use issues experience stigma and discrimination every day.
- Some people are not able or willing to change their lives; they will continue to experience significant challenges and negative consequences
- The impact of mental health and substance use issues on individuals and families can be devastating
- Personal supports are often minimal
- Increased risks for both patients/clients and care providers
- Capacity issues with community based services and extensive wait times for intensive and specialized services
- Access to community services is limited, including housing, employment, as well as vocational and financial supports
- Many people who live with mental health and substance use issues have very poor health and are often unable to access primary care
- Service silos within and across health, social services, criminal justice cause fragmentation in service delivery

# What is being done....

- Federal Mental Health Commission
- Provincial 10 Year Mental Health and Addiction Strategy
- Thunder Bay Municipal Drug Strategy
- Integrated Access and Formalized Partnerships to provide coordinated care
- Building Capacity in health care







# Building Capacity SJCG – Strategic Priority

## AREAS OF FOCUS

- Creation of a corporate wide working group
- Corporate wide staff survey conducted to inform gap analysis
- Late career nursing initiatives to further engage staff in the identification of training needs
- Development and implementation of an eight part education series based on results of survey and staff engagement
- Service planning regarding access to specialized resources
- Client engagement
- Sustainability
- Mental Health First Aid training for all SJCG Managers

# TBRHSC – Strategic Plan 2020

## ACUTE MENTAL HEALTH

1. Mental health as an integral part of comprehensive acute care services
  1. Knowledge and Competency of all staff
  2. Respect Campaign
2. Enhance mental health care throughout hospital
  1. Mental Illness Screening
  2. Consultation Liaison
  3. Safe, quiet and respectful environment
3. Collaboration with System Partners
4. Enhance the delivery of Acute Mental Health Services
  1. Psychiatrist recruitment
  2. Mental Health Emergency Services

# Important first steps

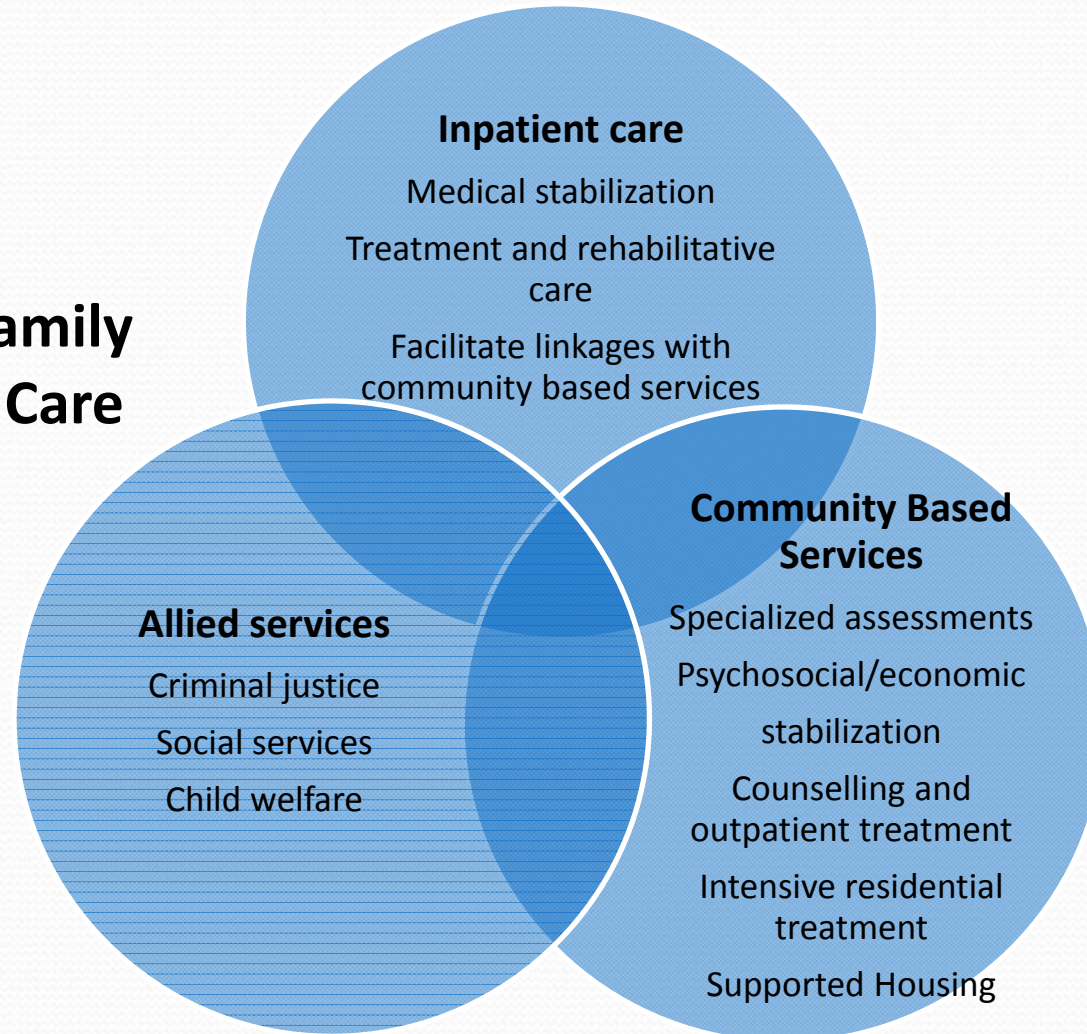
***Acknowledge mental health and substance use as a relevant and significant health issue***

***Universal screening:  
Asking the right questions***

***Develop program policies, procedures and care plans that are inclusive, non-judgmental and collaborative***

# A Collaborative Model of Care

## Client/Family Centred Care



# What can I do??

Examine your personal beliefs and values

Seek to understand

Learn more about mental health and substance use and local community resources

Be caring, compassionate and collaborative in providing care and support to those living with mental health and substance use issues

Support solution-focused planning

Advocate for .....

Patients and family members living with the effects of mental health and substance use

Community supports and improved access to treatment

A supportive, inclusive community





Thank you!!!