



COMMUNITY FOUNDATION
FONDATION COMMUNAUTAIRE
OF NOVA SCOTIA
DE LA NOUVELLE-ÉCOSSE



Community Foundation of Nova Scotia

Mental Health Workshop – December 12 2018

Workshop Notes and Summary

Table of Contents

Introduction	3
Summary of Outcomes	3
Guest List.....	4
Agenda	4
Notes.....	5
Current Issues / Gaps.....	5
Priorities.....	5
Opportunities.....	6
Next Steps	7
Appendix A: Guest List	8
Appendix B: Agenda and Homework.....	9

Introduction

Green Shield Canada (GSC), to mark its 60th anniversary – and to celebrate its 60-year history of social responsibility and charitable giving, is donating a total of \$6 million dollars to priority projects across six Canadian communities. Those communities include Hamilton, Windsor Essex region, Calgary and the Atlantic region. The program, as GSC's new community granting initiative, is titled Six 4 Six.

Six 4 Six has allocated funds to support innovative solutions for mental health in the greater Halifax Region and will be working with the Community Foundation of Nova Scotia (CFNS) to ensure that the funds available address community priorities and have an impact in community. The CFNS hosted a workshop to have a conversation about mental health in the greater Halifax region. The participants represented researchers, practitioners, and leaders of organizations with expertise and knowledge of mental health providing mental health supports and services.

Representatives from the Hamilton Community Foundation, who are working as partners with Green Shield Canada, were in attendance to learn about the state of mental health in Halifax and hear the thoughts of local mental health leaders regarding issues and potential opportunities. Sheree Meredith, Vice President of Donor Services with HCF, provided a history of the GSC's social responsibility and reviewed the program's focus areas including mental health and oral health. Supporting capacity development of community foundations was profiled as a unique objective of the Six 4 Six program.

Summary of Outcomes

One of the key outcomes of the morning was the networking achieved. Many of the participants did not know each other or the mandates of each other's organizations. There was a strong desire to continue networking and to find ways to work together more and on an ongoing basis. Everyone felt that keeping the momentum going with more sessions together would be valuable.

The identification and definition of 4 key issues/gaps facing them is as follows:

1. Access: Awareness of what is available, and the ability to navigate barriers (systemic and individual) to receiving services.
 - a. Services: e.g. wait times, interpreter/language
 - b. Basic Needs: e.g. transportation, housing
 - c. Support: navigation

2. Navigation: Required supports ranged from person to person one-off support accessible at community-based service locations (e.g. drop ins) to more formal case management support. The advantages of technology (24/7 web site, text and voice support) increasing access was highlighted) was identified.
3. Collaboration: Working together in a formalized way toward a common goal to reduce duplication while increasing efficiency and efficacy based on a foundation of mutual trust.
4. Wait Times: Average length of time post-referral to receive access to appropriate services. Identification or realization of issue to when they can access/receive service.

In acknowledgement of the Six 4 Six initiative's identification of oral health as a funding priority, a number of participants identified the link between oral health and mental health. Existing programs that addressed the link were shared, including the work of the North End Community Health Centre's dental program and the Healthy Smiles initiatives of the Canadian Mental Health Foundation.

Potential areas of opportunity were discussed broadly and are listed on page 6 of the report.

Guest List

A list of participants and invitees is provided in Appendix A.

Agenda

After introductions from participants, CFNS and the Hamilton Community Foundation, the agenda took the group through a process to:

1. Identify Issues and Service and Systemic Gaps
2. Prioritize the Gaps and Issues
3. Brainstorm opportunities to address the key issues.

Participants were assigned homework to help prepare for the agenda.

A copy of the agenda and homework is provided in Appendix B.

Notes

Current Issues / Gaps

The group brainstormed issues and gaps.

The numbers indicate scores from the affinity exercise conducted following the brainstorming.

9 Access (including primary care)	Rural transportation
8 Navigation	Early intervention
7 Collaboration / Duplication	Food security
5 Housing security	Poverty
3 Emergency Response	Support for PTSD
2 Geography	Caregiver Education
2 Funding	Refugee issues (differences & understanding)
2 Reduction of services	Community Connection (loneliness)
2 Outreach	Services for Tier 1 & 2
2 Financial Security	Aging demographic
1 Access to disability tax credit	Safe Use Capacity
1 Stigma (judgement) (afraid to access)	Data / Measurement
1 Citizen Knowledge	Family Resources (including split families)
1 Seamless service (from patient view)	Government silos
1 Services for Trauma	Physical Health
1 Culturally Appropriate Services	Matching and appropriate support
Communications with those in crisis	Shared spaces
Use of technology	Hording
Traditional mental health Issues	Complexity
Capacity	Early discharge
Oral Health	Additions

Priorities

1. Access
2. Navigation
3. Collaboration
4. Wait times

Opportunities

The following list of opportunities was brainstormed by the group (in no particular order):

- Collaboration
 - Keep it going
 - Keep it up to date
 - Sharing information
 - Consolidation of service
- Profession Development
 - Connections
 - Competencies
- NS Mental Health Coalition (can it lobby?)
- Single 24/7 Help Line
 - Live / Text
 - Web presence that is search engine optimized (shows up at the top)
 - Challenges with 211
- Money
- School based curriculum
- Culturally specific programs
- Silos across government departments (lobbying)
- Link health clinicians to community groups
- Prevention and promotion
- Central directory of grants
- Integrated (youth hubs / seniors / moms)
- Joint NS cross-department program
- Performance / data / strategy
- User focus system design
- Best practice / jurisdictional research

Next Steps

This summary, along with contact names and emails of participants, will be shared with attendees.

In response to the overwhelming identified need and value of more networking and conversation, funds will be set aside to support gatherings of mental health professionals over the course of two years. The lead organization will have a plan for sustainability after the two-year period capacity development opportunity.

The learnings from the session will support the development of a granting program for the Green Shield Canada's Six 4 Six program to address priority areas. A call for proposals is expected by February 2019.

Participants will look at keeping the momentum going from the session on a collaborative basis.

Appendix A: Guest List

Name	Organization	Contact Email	Area Represented
Wenche Gausdal	ISANS	Wenche Gausdal wgausdal@isans.ca Jennifer Watts <jwatts@isans.ca>	New comer
Rob Morris	Phoenix House	902 422 3105 rmorris@phoenixyouth.ca	Youth
Janice Keefe	Centre for Aging, MSVU	Janice.keefe@msvu.ca Donna Fraser Donna.Fraser@msvu.ca	Seniors
Lorraine Birch	Our Health Centre	lburch@ourhealthcentre.ca	Seniors
Valerie Bobyk	Family Service Halifax Association	valerieb@fshalifax.com	Family/general
Marie France LeBlanc	North End Community Health Centre	mleblanc@nehc.com	Marginalized groups
Debbie Purves Carlye Higgins	Canadian Mental Health Association – Nova Scotia	pamela@novascotia.cmha.ca 902 466 6600	General
Melissa Hum	Dal Social Work Community Clinic	902 494 1193 melissahum@Dal.Ca	Youth and street involved community
Sheri Lecker	Adsum House	sheri.lecker@adsumforwomen.org	Women
Joanne Collins	Nova Scotia Health Authority	Strategist with NS Health	Strategist for Nova Scotia's health delivery
Starr Cunningham	Canadian Mental Health Foundation	Starr.cunningham@nshealth.ca 902 464 6000	General
Hilary Rankin	Laing House	hrankin@lainghouse.org (902) 425-9018 x 257	Youth
Margaret Casey	CFNS Board member/ NEHC Board Member		General
Pam Glode Desrochers	Friendship Centre	902-420-1576 Ext: 238	First Nations
Kathy Bourgeois and Christina Shaffer	Sea Star	Christina.Shaffer@iwk.nshealth.ca Kathy.bourgeois@iwk.nshealth.ca 902 470 7357	Children trauma
	United Way Halifax		
Dennice Dunn	Affirmative Ventures	Dennice@affirmativeventures.ca	
Sharon Charters	Hamilton Community Foundation		
Sheree Meredith	Hamilton Community Foundation		
Angela Bishop	Community Foundation of Nova Scotia		
Stacey McCarthy	Community Foundation of Nova Scotia		

Appendix B: Agenda and Homework

Objectives:

- *Develop relationships between the participants and their organizations.*
- *Learn about the Green Shield initiatives.*
- *Gather and share information on the current state of mental health in the Halifax Region, including issues, and gaps.*
- *For priority gaps, identify changes and opportunities that could lead to solutions*

Agenda

Time	Item	Comments
8:30 – 9:00	Coffee and Muffins	
9:00 – 9:10	Welcome	Angela Bishop
	Introduction to Green Shield Canada and Hamilton Community Foundation.	Sheree Meredith
9:10 – 9:15	Agenda and Process	Gerry Giffin
9:15 – 10:15	Participant Overviews	2-minute summaries from each participating organization
10:15 – 10:25	Break	
10:25 – 11:00	Service and Systemic Gaps	Small group discussions to identify gaps based on issues
11:00 – 11:55	Priorities and Opportunities	Present gaps, prioritize them and brainstorm opportunities.
11:55 – Noon	Wrap Up	Who else should be involved? Next steps.

Homework: (for each participating organization)

For no longer than 2-minutes prepare to speak about the following:	
Your organization's mandate	
Key mental health issues currently faced by your community	<ol style="list-style-type: none"> 1. 2. 3. 4.
Current and planned mental health initiatives	<ol style="list-style-type: none"> 1. 2. 3.
Think about the following:	
Key service and systemic gaps that create, exaggerate and complicate the issues	
In a perfect world, what would you change, create or remove to address gaps.	