

Addiction and Mental Health Provincial Advisory Council 2018-19 Annual Report



Message from Alberta Health Services Board of Directors



Dr. Brenda Hemmelgarn

Alberta Health Services values Advisory Council members as volunteers, leaders and partners in healthcare planning. With every year that passes, I see how our Councils continue to grow and expand. They challenge us and ask really great questions, they share the AHS story with their communities, their families and neighbours – helping Albertans everywhere to better understand our complex healthcare system – and they advise AHS on our planning, programs and services.

We have a number of long-time members leaving Councils in 2019-20 and we would like to acknowledge their hard work, dedication and passion. While we will miss them, we also know it's important for new voices to join the conversation and we look forward to building new partnerships, relationships and connections. We hope our departing members will continue to share their advice as members of the public and share their knowledge of the healthcare system.

This year, we added 23 new members to the Advisory Council family, and we also added a new Council. We were pleased to support and nurture the development of the Sexual Orientation Gender Identity & Expression (SOGIE) Provincial Advisory Council.

Members have made many contributions in their local areas, and you'll learn more about them in this report. Here are a few general examples from across the province over the past year:

- **Evolution of the Wisdom Council:** new Terms of Reference will guide the work of the Wisdom Council and includes creation of an Elder Circle which gives an enhanced role to Elders in helping to advise AHS on programs and services to best meet the needs of Indigenous people.
- **Connect Care:** a number of members have joined the patient advisory committees.
- **Supporting more addiction and mental health services:** many Councils held information sessions and highlighted the importance of services; their efforts helped support the development of Edmonton's new Access 24/7 Addiction and Mental Health Clinic and enhance awareness on services and access.
- **Expanding relationships:** connecting with the LGBTQ2S+ community through the new SOGIE PAC, meeting with municipal leaders, and holding meetings at Métis Settlements.
- **Connecting with Albertans through [Community Conversations](#):** Health Advisory Councils partnered with AHS to host 12 events across the province, where Albertans shared their views about challenges and solutions to healthcare issues.
- **Highlighting top concerns:** based on feedback from their communities, all Councils advised us on local concerns. AHS tracks and responds to concerns at each Council meeting.
- **Participation in Community Engagement Committee of the Board meetings:** various Council Chairs joined the conversation and shared ideas.

Member satisfaction is important to us, and it was gratifying to learn through the Annual Satisfaction Survey that our members are feeling generally satisfied in their roles. They've also said there's a need for more clarity on their role, and we're listening. We have begun work on an overarching Health Advisory Council review to address some of the gaps, and to ensure all our members fully understand their role.

On behalf of the AHS Board of Directors, our leadership team, and our workforce, thank you for your passion and time. We look forward to continuing to work with you on improving healthcare for Albertans.

Sincerely,

Dr. Brenda Hemmelgarn
Vice Chair, Board of Directors; Chair, AHS Community Engagement Committee of the Board

Message from the Chair, Addiction and Mental Health Provincial Advisory Council



The Addiction and Mental Health Provincial Advisory Council (PAC) has enjoyed a busy and productive year, thanks in no small part to the fact that we have had no changes to membership this year. We are very appreciative of the support and involvement of our Council members, on Alberta Health Services (AHS) committees, and in their own communities. Your willingness to give of your precious time and invaluable talents has made such a difference. We don't always see it immediately or in quantifiable terms, but we know it is there, and that you are playing an important advisory role in making recommendations and suggestions on policies and practices relating to addiction and mental health. A number of things are elaborated on in this report.

In many ways, the past year has been one of celebration. As AHS approached its 10th year, we had tangible evidence that the tide had turned in a number of important respects. We are seeing important advances regarding stigma, as more and more people from all walks of life are finding ways to acknowledge their own, or their family's needs, and express willingness to become a part of the search for meaningful solutions.

The very first issue this Council addressed and made recommendations on was 24/7 access to addiction and mental health services for those who need them, regardless of who they are, where they live, and what their circumstances may be. While we acknowledge that there is an enormously long road ahead, there are indications that at least we are on the right track. We see great strides with respect to services for children and youth; the opening of new facilities on the horizon in Edmonton and Calgary are but two examples. We see heightened awareness of the significant issues affecting Indigenous people in our province. Providing appropriate service to those living in rural areas continues to be a challenge, but one which the province seeks to address.

The *Valuing Mental Health* Report of 2016 resulted in the formation of a committee charged with finding ways to implement many of the critical recommendations contained therein. Our Council played an important and active part in the report and in the subsequent implementation of new ways of looking at old problems. More than 150 'projects' are currently underway – all outcomes of that landmark document. The critical work being done by the Strategic Clinical Networks (SCNs) to turn theory into practice is a group we are proud to be actively associated with.

For some time now AHS has acknowledged that adopting a "patient first" approach, rather than the historical approach offering top down solutions, is a preferred and more successful way of offering care. This Council recommended this approach. It took a while to get this message across in some circles, but we are proud to be able to say that, in many areas, we are now practicing what we have preached – to the benefit of all.

We have continued an active membership in the Advisory Council of Chairs which involves Chairs of all Health and Provincial Advisory Councils across the province. The one common issue shared by almost all is Addiction and Mental Health. As this Council increases in importance as another advisory body, we are pleased to play a part, and to support our colleagues whenever possible.

Sincerely,

Dr. Geoff Tagg
Chair, Addiction and Mental Health Provincial Advisory Council

About our Council

2018 - 2019 Council Members

Geoff	Tagg (Chair)	Red Deer
Karen	Andresen	Red Deer
Lindy	Fors	Slave Lake
Ariel	Haubrich	Wainwright
Candice	Horne	Calgary
Kaj	Korvela	Calgary
Denise	Lambert	Onoway
Diane	MacNaughton	Medicine Hat
Emily	Macphail	Calgary
Monique	Maisonneuve (Vice Chair)	Guy
Austin	Mardon	Edmonton
Barbara	Murray	Picture Butte
Terry	O'Riordan	Edmonton
Timena	Osborne	Calgary
Bavie	Sara	Edmonton



Back Row L-R:
Denise Lambert
Barbara Murray
Karen Andresen
Monique Maisonneuve
Timena Osborne
Ariel Haubrich
Terry O'Riordan

Front Row L-R:
Diane MacNaughton
Kaj Korvela
Geoff Tagg
Lindy Fors
Emily Macphail

Missing:
Austin Mardon
Bavie Sara
Candice Horne

Our priorities

- Child and youth mental health awareness: illness prevention, early identification and appropriate intervention
 - Council received a presentation from AHS Child, Youth and Family Initiatives on mental health supports for children and youth available through AHS
 - Council representative provided lived experience perspective to PolicyWise for Children & Families – *Supporting Child and Youth Mental Health Outcomes in School Settings Steering Committee* in support of a provincial collaborative approach to improve mental health outcomes for youth and children
- Patient voice, community perspective and engagement
 - Through the Council of Chairs, members of Health and Provincial Advisory Councils and Wisdom Council were invited to attend Addiction & Mental Health Provincial Advisory Council meetings
 - Addiction & Mental Health Provincial Advisory Council members participated in Tamarack, Lesser Slave Lake, and Palliser Triangle Health Advisory Councils

Access 24/7

Council toured new 'one door' program at Royal Alexandra Hospital campus that provides access to addiction and mental health services when needed – day or night.

Council received presentations from Carola Cunningham and Dr. Maggie Hodgson on Ambrose Place and from AHS Indigenous Health's Provincial Director, South, Chelsea Crowshoe on Truth and Reconciliation: Calls to Action.

Lived experience perspective provided to AHS Provincial AMH Policy Development resulted in positive patient-focused refinements to the AHS *Use of Video Monitoring of Patients in AMH* Guideline.



For more information about Provincial Advisory Councils, [visit ahs.ca](http://visit.ahs.ca)

Our activities

- Participated in *Rural Mental Health – Unique Challenges, Unique Solutions* conference in Brooks, November 12-14th, 2018
 - Co-sponsored by Alberta Urban Municipalities Association (AUMA) and Alberta Municipal Services Corporation (AMSC) this conference focused specifically on the unique challenges faced by mental healthcare providers in rural areas and the unique solutions employed to address challenges in rural Alberta
- Provided input and feedback to AHS Provincial addiction and mental health (AMH) *Video Monitoring on AMH Units Guideline Working Group* and hosted Clinical Business Solutions for *Guideline* review
 - Provided lived experience perspective to *Guideline* content through Working Group
 - *Guideline* document reviewed and supported in principle with feedback provided used by AHS Provincial AMH to inform subsequent versions
- Participated in AHS Community Conversation events in Wetaskiwin and Viking
 - Sessions focused on building partnerships in the communities AHS serves
- Participated in AHS *Addictions Recovery and Community Health (ARCH) at Peter Lougheed Centre (PLC) Working Group* and received presentation on activities
 - ARCH program initiated at Royal Alexandra Hospital Edmonton is being modified for spread to PLC Calgary
- Represented addiction mental health system-access perspective on:
 - AHS Patient Safety Quality & Policy Subcommittee
 - AHS AMH Policy Working Group on Residential and Addiction Services
 - AHS AMH Harm Reduction Policy Advisory Group
 - AHS AMH Strategic Clinical Network Core Committee
 - AHS Central Zone Long Range Planning Addiction Mental Health
 - Alberta Health (AH) Valuing Mental Health Advisory Committee
 - PolicyWise for Children & Families Supporting Child and Youth Mental Health Outcomes in Alberta School Settings
 - AHS Addictions Recovery and Community Health (ARCH) at Peter Lougheed Centre (PLC) Calgary
 - AHS AMH SCN Supporting Child and Youth Mental Health Outcomes in Alberta School Settings
 - Ad hoc groups participation as requested/required

A look ahead

In 2018-2019 efforts were undertaken to bring forward the patient voice and community perspective related to addiction and mental health services in Alberta.

In 2019-2020 we will focus activities on supporting AHS in expanding community-based services for Albertans affected by addictions and mental health (AMH), and will continue to create awareness and promote opportunities for AHS addiction and mental health services available across the province.

Council will receive presentations and share learnings; effectively engage with Advisory Councils and AHS subject matter experts to best inform recommendations; and actively participate on committees and working groups both current and as requested/required.

Council's top three priorities are:

- **Focus on social determinants of health related to addiction and mental health**
 - Support AHS AMH endeavours to increase availability of, and access to, community-based post-acute care for mental health and addiction clients
 - Enhance collaboration with AHS Wisdom Council to better understand Indigenous perspectives as they relate to addiction and mental health and to share AMH system access perspectives
 - Establish a strong connection with AHS Sexual Orientation, Gender Identity and Expression PAC to better understand LGBTQ2S+ perspectives as they relate to mental health and addiction and to share AMH system access perspectives
- **Improve awareness of AHS Addiction & Mental Health PAC**
 - Increase public awareness of available child and youth focused mental health programs and supports
 - Establish connection with AHS Provincial and Health Advisory Councils to share experiences and enable informed recommendations to AHS
- **Be flexible and adaptable: provide feedback on or participate in existing and/or emerging issues**
 - Provide feedback on and participate in existing and emerging issues or initiatives of relevance to AMH in Alberta

About the Addiction and Mental Health Provincial Advisory Council

Quick facts

- 15 volunteers with lived experience with addiction and mental health
- Meets quarterly alternating between Calgary and Edmonton
- Represents perspectives of urban and rural Albertans
- Studies issues related to the addiction and mental health community
- Responds to requests for stakeholder input and feedback from the system access perspective related to addiction and mental health
- Identifies opportunities to improve quality, access and sustainability of publicly funded addiction and mental health services in Alberta for AHS Board, CEO and Executive Leadership

Get involved

- Visit ahs.ca/advisorycouncils
- Email pac.amh@ahs.ca
- Check out our Twitter and Facebook accounts, by searching AHS Advisory Councils



Addiction & Mental
Health Provincial
Advisory Council

Healthy Albertans.
Healthy Communities.
Together.