

Addiction & Mental Health Provincial Advisory Council 2017/18 Annual Report



Addiction & Mental
Health Provincial
Advisory Council

Healthy Albertans.
Healthy Communities.
Together.

Message from Alberta Health Services Board of Directors

Healthcare is a people business and Alberta Health Services (AHS) alone cannot build a healthier province. Through the work of our Advisory Councils, all Albertans have an opportunity to have a say in what we do at AHS; and that's vitally important to our organization.



Dr. Brenda Hemmelgarn

Council members bring the voices of Albertans to AHS whether through the geographically located Health Advisory Councils or the program-focused Provincial Advisory Councils and Wisdom Council. They build relationships with Albertans and keep the lines of communication open. They are our partners, and their feedback has helped us make the right decisions on how we care for Albertans and how we deliver health services. Their efforts continue to make a positive difference in people's lives every day.

As Chair of the Community Engagement Committee of the Board, I've had the pleasure to connect with many Council members and see their work evolve and expand over the past year. There are direct links between their efforts and the advancements we've made as a health system overall, and in communities across the province. Here are just a few examples:

- **Connect Care** - members offered insights about the system, and had opportunities to join three different committees to help shape what the system would look like.
- **Zone healthcare planning** - members participated in building Calgary and Central zone healthcare plans, and sharing specific needs for the communities they represent.
- **PCN governance committees** - members have been invited to join zone committees.
- **Continuing care** - through interviews, council chairs provided comments and suggestions to help build continuing care plans and solutions in the zones.
- **AHS Health Plan and Business Plan** - members offered perspectives and suggestions into the plan; their input shaped the goals, objectives and performance measures, particularly in the areas of long term care and mental health. They also actively shared the plan with communities across Alberta.
- **Special engagement meetings for Albertans** - many of the Councils had the opportunity to host engagement activities from Open Houses to forums to information sessions, both in person or by video conference.

Other milestones include adopting a new look and brand, carefully developed work plans, and attending the Annual Advisory Council Fall Forum to engage about healthcare issues and connect with each other.

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

Sincerely,

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

Message from the Chair Addiction & Mental Health Provincial Advisory Council



Dr. Geoff Tagg

The Annual Report is more than just a review of the past year's activities. It is a chance for reflection. It provides an opportunity to look back on what has changed and still needs to change, and what we, as a Council have done to fulfil our mandate of bringing to the fore recommendations for consideration by those who have the authority to effect change. We trust this is embodied within this document.

As a Council, we are at a pivotal point in our existence. Early in 2018 we will end our first six-year cycle as a Council, having been established in 2012. At that time, it was envisioned that all volunteers who were so inclined would have completed their maximum six years – and we would be into a new cycle of responsibilities, opportunities and challenges. We are pleased that, of the original 15 members, seven are still on Council, and the AHS Board has extended their appointments for a further two years. We cannot praise more highly the contributions of Dr. Austin Mardon, Bavié Sara, Karen Andresen, Barb Murray, Monique Maisonneuve and Denise Lambert. As well as those who have joined us more recently. This is an incredibly gifted, talented and dedicated group of individuals, who bring to the table not only their informed opinions, but frequently their very hearts and souls. Thank you. Each and every one.

Council is supported in full by some equally dedicated senior members of AHS staff who provide invaluable insight and direction to Council at our request. In one way or another, the supports through patient engagement are countless, but we would be remiss in not mentioning the contributions at the table and behind the scenes of Barry Andres, Dr. Nick Mitchell, David O'Brien and Alison Bichel, and perhaps most important of all, our Council secretary Crystal Stewart.

When they were appointed, the AHS Board pledged not just their support, but promised to listen, and to act. We are pleased to recognise that they have kept their promises in every respect. Our close relationship with the Addiction and Mental Health Strategic Clinical Network (SCN) has been both positive and rewarding, as has the involvement of several Council members on permanent or ad hoc committees. Again, a huge vote of thanks to those who have served, and for the opportunity to serve on bodies whose purpose is to bring about meaningful change.

This report reflects the areas of greatest concern to Council in the past year and how we feel we have been able to influence change. There are so many exciting things happening in the province, and it is gratifying to see that things we have discussed and brought forward are receiving a receptive ear. It makes our contributions worthwhile. Our success (if that is the right word) cannot be measured merely by how many formal recommendations we have made to the Board or to a committee on which we serve. We feel we are being asked for our input, and that we are being listened to with increasing frequency. That, we feel, is why so many Council members have given so much of their time and energy to improving addiction and mental health access.

Thank you to everyone for your continued support. We look forward to the challenges and opportunities that lie ahead with increasing optimism.

Sincerely,

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

About our Council

2017/2018 Council Members

Current Members

Dr. 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	Guy
Dr. Austin	Mardon	Edmonton
Barbara	Murray	Picture Butte
Terry	O'Riordan	Edmonton
Timena	Osborne	Calgary
Bavie	Sara	Edmonton

Past Members

Vivian	Lillico	Edmonton
Tanya	Richer	Calgary



Back row left to right: Dr. Austin Mardon, Denise Lambert, Dr. Geoff Tagg, Lindy Fors, Timena Osborne, Karen Andresen, Emily Macphail, Terry O'Riordan

Front row left to right: Kaj Korvela, Candice Horne, Ariel Haubrich, Diane MacNaughton

Missing: Monique Maisonneuve, Bavie Sara, Barbara Murray

Priorities for our Council

- Reduction of stigma around mental health and addiction through:
 - Enhancement of ongoing collaboration with AHS Addiction & Mental Health.
 - Enrichment of policy and program development through provision of system-access perspective to AHS via various committees and sub-committees.
 - Finding common approaches or solutions to change perceptions and open discussion with recognition that mental illness and addiction should be addressed rather than feared.
- Mental health awareness, including prevention and early identification of mental illness, and intervention for at-risk children and youth through:
 - Provision of input through development of AHS education material in the area of child and youth mental health.
 - Review of best practices and recommendations to better incorporate mental health into existing plans and practices.
- Flexibility and adaptability to enable response to mental health and addiction issues as they emerge.

In fall/winter 2017, we participated in reviewing research grant applications for the Valuing Mental Health Grant Steering Committee.

3 members reviewed and ranked research grant applications considering the perspective of and impact on individuals accessing and receiving services.



We provided input to redesign of *Finding Quality Addiction Care in Canada*, a document for the Canadian Centre on Substance Use and Addiction.

We provided input to development of Alberta Health Addiction & Mental Health *Performance Measurement Framework* principles, engagement plan and communication strategy.



For more information about Provincial Advisory Councils, visit ahs.ca

Highlights from the year

- Participated in *What's Your Story? Sharing Stories for Change* workshop in Calgary, May 27, 2017.
 - Sponsored by AHS Engagement & Patient Experience with AHS Addiction & Mental Health Calgary Zone, this workshop looked at the importance of sharing stories in healthcare.
 - Participated in *Finding Hope in the Opioid Crisis* workshop in Lethbridge, September 25, 2017.
 - Sponsored by the Mental Health Promotion Committee of Southern Alberta, this workshop sought to identify solutions by understanding conditions that contribute to and maintain the cycle of addiction.
 - Participated in *National Forum on Innovations in Infant, Child and Youth Mental Health* in Calgary, October 4 - 7, 2017.
 - Sponsored jointly by the Child Welfare League of Canada and the Alberta Government, this session looked at best practices, emerging evidence, and solutions and strategies to address developments in infant, child and youth mental health.
 - Provided input and feedback to AHS *Integrated Housing and Health Services Strategy and Action Plan*.
 - Received presentations and shared information related to identified priorities:
 - Canadian Mental Health Association Calgary's *Provincial Peer Support Action Strategy for Alberta*
 - AHS Wisdom Council
 - Alberta Children's Hospital Foundation *Mental Health Initiatives*
 - Alberta Health Addiction & Mental Health Branch *Valuing Mental Health: Next Step*.
 - Represented the addiction and mental health system-access perspective by participating in various AHS groups including:
 - Patient Safety Quality & Policy Subcommittee
 - AMH Policy Working Group on Residential and Addiction Services
 - AMH Harm Reduction Policy Advisory Group
 - AMH SCN Core Committee
- Other areas we provided feedback on include:
- Central Zone Long Range Planning Addiction Mental Health
 - Alberta Health Valuing Mental Health Advisory Committee and Grant Steering Committee
 - PolicyWise for Children & Families Supporting Child and Youth Mental Health Outcomes in Alberta School Settings
 - Ad hoc groups as requested/required

A look ahead

In 2017/2018 addiction and mental health services were identified as an important issue across many Advisory Councils.

In 2018/2019 we will focus on identified priorities while seeking to bring forward the patient voice and community perspective related to addiction and mental health services in Alberta.

Council will receive presentations and share learnings; effectively engage with AHS Wisdom Council, Health Advisory Councils, and other Provincial Advisory Councils; and continue to provide input through new and existing opportunities with AHS Addiction & Mental Health SCN and Community Seniors Addiction & Mental Health. This includes:

- Child and youth mental health awareness: illness prevention, early identification, and appropriate intervention; and increase public awareness of available child- and youth-focused mental health programs and supports:
 - Receive presentation from AHS Addiction Mental Health Child Youth & Family Initiatives on mental health supports for children and youth through schools and AHS.
 - Provide lived experience perspective to PolicyWise for Children & Families and participate in the *Supporting Child and Youth Mental Health Outcomes in School Settings Steering Committee*.
- Patient voice, community perspective and engagement: enhance collaboration with AHS Health Advisory Councils, Provincial Advisory Councils, and Wisdom Council:
 - Invite Advisory Councils' member(s) to attend Addiction & Mental Health Provincial Advisory Council meetings.
 - Identify shared priorities and work collaboratively to develop recommendations for improving and addressing common areas of concern.
- Flexibility and adaptability: provide feedback on and participate in emerging issues or initiatives.

About the Addiction and Mental Health Provincial Advisory Council

Quick facts

- Includes 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.
- Recommends to AHS Board and CEO opportunities to improve quality, access and sustainability of addiction and mental health services in Alberta.

Get involved

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



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