



St. Joseph's Healthcare Hamilton Leads an Innovative Approach to the Care of Patients with Concurrent Mental Health and Addiction Issues

Individuals with co-occurring mental health and addiction issues - a condition referred to as "Concurrent Disorder," are among the most vulnerable and under-served group across the health care system. They have a more persistent illness course and higher rates of poorer treatment outcomes, including readmissions, in comparison to those with only a single disorder. Their care is often fragmented, requiring them to navigate through multiple service settings to access treatment for each condition separately and the services they need are sometimes disconnected.

It is estimated that between 20 – 80% of patients admitted to hospital for mental health reasons meet criteria for Concurrent Disorder. The evidence clearly indicates that these patients have the best opportunity for success when their treatment is integrated with coordinated mental health and substance abuse interventions offered simultaneously in the same setting.

The opening of the West 5th Campus provided an opportunity to better meet the needs of this population by developing the Concurrent Disorders program. This program led by Holly Raymond (Clinical Manager) and Jodi Younger (Clinical Director), includes an inpatient unit, outpatient program and a Capacity Building Team.

The Capacity Building Team aims to address the knowledge to practice gap and ensure that all patients with concurrent disorder receive integrated, holistic and evidence-informed care. Two Registered Nurses, Bradley Labuguen and Jennifer

Olarte-Godoy, have been instrumental to this team's success. They have worked closely with their interprofessional colleagues to advance the level of care for individuals with concurrent disorder. This has included mentoring referring practitioners by conducting side-by-side assessments, and identifying and implementing evidence-based interventions. In addition, they have facilitated educational events and provided consultations to support integrated treatment approaches and have developed an evaluation tool that could be used to monitor clinical progress in multiple practice settings. Their work to develop and implement this coordinated and systematic approach to care is a remarkable example of innovative clinical nursing leadership that is transforming care and improving outcomes for patients.

What were once two solitudes, mental health and addiction care, are now being replaced by an integrated, evidence-based approach to care and treatment. St. Joe's nurse leaders such as Bradley and Jennifer are proud to be part of this transformation. ●

Author: Holly Raymond, Manager, SJHH Concurrent Disorders Program



Bradley Labuguen, RN, St. Joseph's Healthcare Hamilton and Jennifer Olarte-Godoy, RN, St. Joseph's Healthcare Hamilton.

JEANS *for* ST. JOE'S

is now

EVERY FRIDAY

This July marks the one year anniversary of the launch of Jeans for St. Joe's! For the past 12 months St. Joe's staffers have been happily denim-clad on payday Fridays! In the Foundation's recent "The Goods on Staff Giving" survey, you said you wanted Jeans EVERY Friday...so we're pleased to deliver!

Beginning on Friday, July 17, 2015 you can wear jeans EVERY Friday with a \$2 donation each week to St. Joseph's Healthcare Foundation. While individual \$2 donations are not eligible for tax receipts, if you regularly participate in the Jeans for St. Joe's program, you may want to consider buying in bulk!

By making a lump-sum donation to the Foundation you'll receive the corresponding number of Jeans stickers AND a charitable tax receipt for income tax purposes. Donations can be made online at:

<https://stjoesfoundation.ca/jeans-for-st.-joes---donation>

DONATION DROP-OFF & STICKER PICK-UP LOCATIONS:

CHARLTON CAMPUS

Level 1 Information Desk,
Conveniently Yours and the
Gift Shop

KING CAMPUS

Level 1 Information Desk

WEST 5TH CAMPUS

Level 1 Welcome Centre

FOUNDATION OFFICE

Front Desk at 224 James Street South



Please continue to ensure that the top half of your outfit reflects the Professional Image Standard posted on MyStJoes. Also, wear your hospital ID badge for patient safety and your sticker to let everyone know that you are wearing jeans to support our hospital! (As a reminder, Jeans is a program built on the honour system and the integrity of our staff, so please ensure that if you are wearing jeans, you have made your donation and are prominently displaying your sticker.)

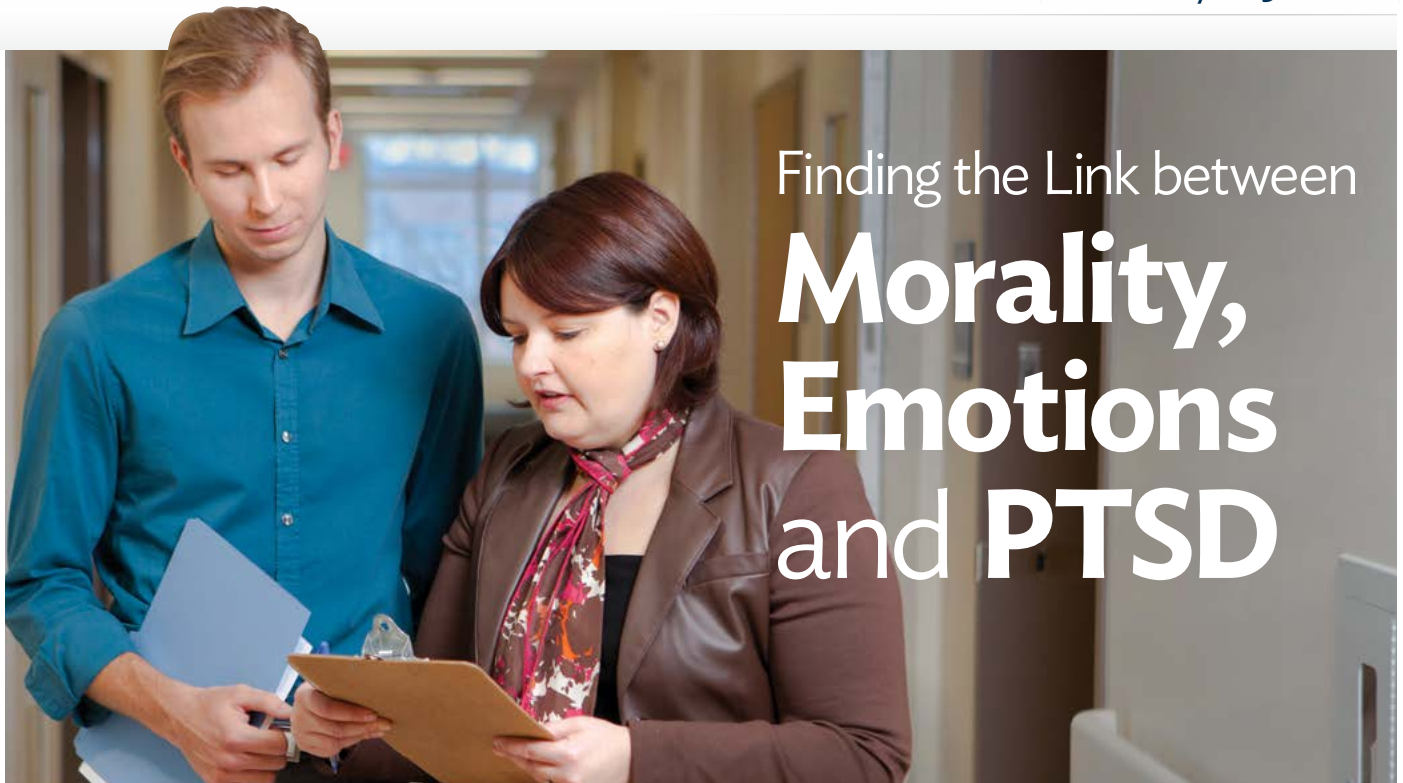
*If you are unsure if your work environment or role is suitable for jeans, please check with your manager prior to participating in the program. ●



Photo of Team Wellness which was pulled together from staff across the organization.

BATTER UP! *for St. Joe's*

What could be more fun than spending a beautiful Saturday outdoors playing softball with your colleagues and friends to support a good cause? Ten teams hit a home run for St. Joe's on Saturday, June 20, by raising \$1,200.00 at our 2nd Annual Charity Softball Tournament held in partnership with Average Joe Sports Club at McMaster University's ball diamonds. Proceeds from the event will support mental health and addiction services at our West 5th campus. Thank you to everyone who turned out to support the event. It's not too early to start scouting players for your team next year! ●



Finding the Link between **Morality, Emotions and PTSD**

Individuals diagnosed with post-traumatic stress disorder often face symptoms such as flashbacks, intrusive thoughts and anxiety following the experience of a traumatic event. Rates of PTSD have doubled among the Canadian Forces since 2002 – highlighting the need for mental health-related treatments for members of the military.

A study led by St. Joe's researchers Anthony Nazarov and Dr. Margaret McKinnon has demonstrated how witnessing or perceiving oneself to have taken part in events that go against moral standards results in feelings of shame and guilt. These feelings of shame and guilt can then drive the development of PTSD.

Shame and guilt are what mental health researchers call moral emotions – occurring once a person's moral standards have been transgressed.

“PTSD is often conceived as a fear-based disorder,” says Dr. McKinnon.

“The treatments that focus on these moral injuries are also expected to be beneficial for military members and veterans with chronic PTSD.”

The study was conducted in collaboration with Colonel Rakesh Jetly, who serves as the CF Brigadier Jonathan C. Meakins, CBE, RCAMC, Chair in Military Mental Health, Senior Psychiatric Advisor to the Surgeon General in the Canadian Armed Forces.

“Research of this kind is absolutely crucial as we strive to more deeply comprehend the full impact that trauma has on individuals,” states Col. Jetly. “Understanding the moral dimensions captured and expressed in feelings of guilt and shame are vital in treatment but also will impact the training that we give to our soldiers and leaders as we prepare them for the psychological challenges introduced through modern warfare.” ●



Anthony Nazarov & Dr. Margaret McKinnon

Pay Day Savings Plan

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Find out more at paydayplan.ca

St. Joseph's Hospital Staff Branch
Room G1104 or call ext 32910

HOURS OF OPERATION
Mon, Tues, Thurs, Fri...8:30am to 4:30pm
Wed.....10:30am to 5:00pm
Closed Daily from
1:30pm to 2:30pm

HMECU Healthcare and Municipal Employees' Credit Union™



2015 Pan Am Games and St. Joe's

Hamilton is proud to be a part of the Toronto 2015 Pan Am Games. The Games are July 10 to 26, 2015. Over 7,000 athletes, coaches and officials from 41 countries and 250,000 visitors will attend the Games. Hamilton will host all of the soccer (football) games, one of the premier events of the Pan Am Games at CIBC Pan Am Soccer Stadium.

EVENT OVERVIEW

Games will take place daily from Saturday, July 11 – Sunday, July 26, 2015

Location: CIBC Hamilton Pan Am Soccer Stadium (Tim Horton's Field)

Note: Gates open two hours prior to game, anticipate higher traffic during these times

IS THERE ANY IMPACT TO ST. JOE'S?

- Business- as- usual for St. Joe's during the Pan Am Games.
- There will be no impact to emergency services across the City.
- DARTS will continue to offer services for our patients and will have access to areas closed to traffic.
- During the Games, we will have heightened surveillance across the Games footprint, which will include a communication cycle with our LHIN and the Ministry of Health and Long Term Care Emergency Management Branch.

WHAT SHOULD I DO?

Plan ahead! Now is the right time to start thinking about how you will get around during the Games.

- Road closures and temporary traffic changes may affect your regular routine. Please plan accordingly and take steps to avoid delays. Your safety is of the utmost importance; please contact your Manager if you experience delays.
- Consider using the HSR or GO Transit instead of driving.
- Walk or cycle for short distance trips.
- If you have any questions about the Pan Am Games email: panam@hamilton.ca or phone 905-546-2424 ext. 2000 ●

To read the full message to all staff visit the News section on our website:

www.stjoes.ca

Support Registered Nurse, Rafal Tomzuk's 365 Day Journey Towards Ending Women's Violence

On June 18th, a large team from St. Joe's donned red high heels at Gore Park to take a step towards ending women's poverty, homelessness and violence for the YWCA's 6th annual Walk a Mile in Her Shoes event. Rafal Tomzuk, Registered Nurse in the Emergency Department at St. Joe's signed up for the initiative four years ago gaining tremendous support from his colleagues. Congratulations to Team St. Joe's for being a top fundraising team this year!

Sitting on the board and being a committee member, Rafal is always looking for new ways to raise awareness about the cause. As of July 11th, Rafal will cycle from his house to the ED using SOBI bikes while wearing red pumps for an entire year rain or shine. "I wanted to find a creative way to attract public awareness," shares Rafal.



"This creates a dialogue between the public and myself, it's another way of educating Hamiltonians about the issues affecting women in our community."

Rafal is looking for a sponsor to match his donation, "I'm going to save all of the money I would have spent on transportation and donate it to the YWCA Walk a Mile in Her shoes event next year," explains Rafal. "I'm challenging myself and someone else to match my donation." Understanding the challenges ahead of him, "I'm looking forward to 365 days of sunny weather and no snow," Rafal shares with a smile.

Active on social media, Rafal has already received huge support from the community, "I want people to honk their horn and cheer me on," exclaims Rafal. "Together we can conquer violence against women."

If you, or if you know someone who may be interested in sponsoring Rafal's journey please e-mail: rtomczuk@stjoes.ca Follow Rafal's journey on Twitter: @TomczukRafal ●

Is Happiness a Journey or a Destination?

Employee Wellness recently hosted a presentation on the topic of Happiness presented by Shepell-fgi. Listed below are some common beliefs about happiness and ways one can reframe them so you can have a more flexible mindset.

“It’s a question of fate”

Believing that happiness is predestined prevents us from taking responsibility for the choices in life. If we are happy, it is because we are responsible for our happiness.

“It’s freedom from problems”

We all have at least a few problems at any given time. Even as kids, we had problems!

“It’s when everything is easy”

Who said everything had to be easy? A bit like life’s problems, difficult patches are inevitable.

“It means having a perfect life”

Perfection doesn’t exist!

“It’s having everything under control”

The unexpected and change are part of our world. If we aren’t open to them, obviously we are going to be unhappy, because we’ll soon feel we are sinking.

“It makes you selfish”

Why should happiness make you selfish? It’s not about always thinking of yourself. Quite the opposite!

By changing our point of view toward happiness, we can “refocus” our life and discover the path to happiness. The perception we have of life plays an extremely important role in our capacity for happiness. This explains why some people who’ve had troubles are still happy.

The Employee Wellness Program is here to provide opportunities to bring inspiration to your day and support life-balance. Consider dropping in to any of the following classes; Boot-Camp, Spinning, Yoga, Zumba, Running or Walking, Mindfulness, Weightwatchers or our monthly Wellness School workshop. ●

For more information email wellness@stjoes.ca or call ext. 37689

Summer Sizzler SAVE THE DATE!

Mark your calendar for the annual Summer Sizzler Staff Appreciation BBQ; all staff, physicians and volunteers are invited to attend.

Charlton Campus

Thursday, August 6

11:30 a.m. to 2:00 p.m.

Cafeteria

West 5th Campus

Thursday, August 13

11:30 a.m. to 1:30 p.m.

Cafeteria

King Campus

Thursday, August 20

11:30 a.m. to 1:30 p.m.

Cafeteria



St. Joseph's Healthcare Hamilton Lifeline Celebrates **25 Years** of Supporting Seniors

The numbers related to older adults and falls are staggering. One in three Canadians over age 65 will experience a fall this year ¹, and older adults who fall once are two to three times as likely to fall again within a year ².

For over 40 years, Philips Lifeline has provided easy, fast access to help 24 hours a day, 365 days a year at the push of a button. Philips Lifeline is proud to be the leading medical alert provider in Canada, and the exclusive medical alert provider for St. Joseph's Healthcare Hamilton for 25 years.

"St. Joseph's Hospital Lifeline Program currently serves over 1,200 subscribers in the community. We provide peace of mind for the entire family," explains Sheley Harshaw of St. Joseph's Healthcare Hamilton Lifeline. "Independent living is a top priority for aging seniors. Family caregivers need to know their loved ones can access help quickly when they're not there."

Lifeline is an ideal solution for patients at risk for falls. Our Lifeline with AutoAlert* option automatically calls for help if someone can't push their button because they are disoriented, immobilized or unconscious. When seniors experience a fall or other emergency, every second counts. Delayed medical care can jeopardize their recovery and independence. In 2014 alone, 154 falls in subscribers' homes in the Hamilton area were detected by Lifeline with AutoAlert ³. 154 seniors could have been suffering needlessly if they did not have Lifeline with AutoAlert.

With Lifeline, seniors are less likely to rely on EMS for protection and care.

Over 1,700 calls were received by the Lifeline Response Centre from St. Joseph's Healthcare Hamilton Lifeline subscribers in 2014. Of those calls, almost 60% were resolved without involving Emergency Services ³. But for those who require emergency help, Lifeline provides the support they need, right away.

Your recommendation can give so much. Not only does your recommendation provide a peace of mind for seniors and their families, revenue from the Lifeline program is reinvested back to St. Joseph's Healthcare Hamilton. As the exclusive medical alarm provider in your community and as a result of this partnership, Philips Lifeline provides revenue which is reinvested back into the hospital for educational services. For nearly 40 years, Lifeline has reinvested more than 12 million dollars back into the Canadian healthcare system through exclusive partnership programs with hospitals and community agencies, like yours.

Referring to St. Joseph's Healthcare Hamilton Lifeline Program is easy. To refer a patient, contact Lifeline at St. Joseph's Healthcare Hamilton at 905-522-1660 and quote code xx763 for a FREE MONTH of service. We will then contact the patient to explain the benefits of the service and take care of everything. ●

*AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, users should always press their Lifeline button when they need help.

1. World Health Organization, 2008
2. O'Loughlin J et al. Incidence of and risk factors for falls and injurious falls among the community-dwelling elderly. American journal of epidemiology, 1993.
3. Philips Lifeline data

CHANGE CHAMPIONS



Championing Every Day Change and Planting for the Future!

In November of 2014, the QPPIP team has committed to only using reusable coffee mugs at work. Following the rules of the Coffee Cup ECO Challenge, the QPPIP team pays a fine of \$1 each time they use a disposable cup. The money raised from this “penalty jar” is used to plant trees in local Hamilton parks.

“QPPIP team member Lori Sealy promoted the initiative and registered us with the ECO Program’s Coffee Cup Challenge. Every time we entered the office with a disposable cup, we contributed a dollar to the penalty jar. Some of us switched to reusable cups easily, but the hard part was remembering to bring it into the office every day. Planting trees and giving back to the environment was a really fun thing to do as a team. We raised \$125 in the penalty jar and with that we planted 7 trees - all native species to Ontario - as well as numerous grasses.”

– Michelle Joyner, Director of Strategic Planning & Performance

Want to become or call attention to a Change Champion?

Email eco@stjoes.ca or visit
MyStJoes » Corporate Initiatives » ECO Program

Celebrating 25 Years of Service at St. Joe’s!



The Annual Quarter Century Service Award Dinner to honour St. Joseph’s employees who have recently completed 25 Years of Service was held on Monday, June 15th, 2015 at Carmen’s Banquet Centre. The award winners, along with their guests enjoyed a formal dinner, entertainment and an evening of celebration. They were also presented

with gifts in recognition of their dedication, commitment and service excellence to St. Joseph’s Healthcare Hamilton. Congratulations and our sincerest thank you to all 103 employees who are celebrating this year and have made a positive difference in “Living our Mission”, it truly is an outstanding achievement! ●

14th Annual Nursing Excellence Award Winners



Nursing Leadership: Heather Hobbs



Robertson Memorial Award: Nurse Educator Team

Micromedex: A Database to Answer Your Medication Questions

Drug Interactions – allows you to check for interacting drug ingredients, their effects and clinical significance.

IV Compatibility – pinpoints potentially dangerous IV drug combinations which enhances opportunities for patient safety. It also features Trissels data.

Drug Identification – finds drugs based on their physical description. You can identify medication by colour, shape or pattern.

Drug Comparison – provides a side by side comparison of various drugs.

Drug Toxicity – provides information on clinical effects, treatment and range of toxicity. This can be done by specifying an active ingredient, or by a specific code, or by the 7-digit product ID.

Calculators – includes information on dosing and lab values. It is arranged so that it is easy to find the calculator you need. Dosing tools include the Dopamine Dosing Calculator, Heparin Dosing Calculator and many others. There is a Metric Conversion Calculator as well as a Body Mass Index Calculator.

Searching Micromedex – You can insert terms as easily as you do a Google search. Searches can be done using a question, a single word or multiple terms.

St. Joseph's
Healthcare Hamilton
FOUNDATION

**A new season of the lottery is here
with more tickets than ever before!**

Visit stjoesfoundation.ca and click on 'Staff Programs' to download the enrollment form.

PAYDAY PAYOUT LOTTERY WINNERS

June 5, 2015

Shameeza Narayan
6 GI
Charlton Campus
\$8,377.00

June 19, 2015

Jacqueline Durlov
Public Affairs
Charlton Campus
\$8,444.00

connections

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Healthcare Hamilton Public Affairs Department

Send your comments,
suggestions or story ideas to:
Public Affairs Department
Tel: 905.522.1155 ext. 33423
Email: jdurlov@stjoes.ca

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