

Expanding Services in Mental Health and Addiction

As a leader in mental health and addiction care, and with the opening of the new West 5th Campus less than six months away, St. Joe's is pleased to be launching two new programs that will help to change the way that mental illness and addiction is prevented, diagnosed and treated.

These two services, the Youth Wellness Clinic and Concurrent Disorders, will complement the hospital's existing mental health and addiction services by bridging gaps, increasing access, and better connecting these services with our community.

Youth Wellness Clinic

Research show that roughly 15-20% of Canadian youth experience mental health and addiction difficulties at one time or another, but most of them do not access the vital services designed to help and support their specific needs.

That's why St. Joe's proposed and is implementing a new service – one focused entirely on youth and young adults experiencing emerging mental health challenges. According to Lisa Jeffs, Project Manager of the Youth Wellness Clinic (YWC), the goal of this service is to provide rapid assessment, treatment and recovery to this unique population. When it opens in the spring of 2014, the YWC will serve people between the ages of 17 and 24 years.

"Engaging youth is an important part of expanding and improving mental health services," says Lisa. "Having early intervention services that are youth-centered increases use, helps reduce distress for our clients and decreases the long term impact of mental illness," she explains. "By helping reduce the negative impacts associated with mental illness, it also improves the experience for youth and their families, and can actually reduce costs to the health care system."

The YWC is also intended to improve pathways to treatment by expediting access to services and resources. The clinic will be linked with primary care, secondary and post-secondary institutions, community referral sources, and to specialized mental health services. Partnerships and collaboration will be crucial to the success of the clinic.

"Youth who come here for help will receive services that are tailored to their individual needs," says Lisa. "It's also important for us to engage youth in discussions about mental health in order to raise awareness about issues that they or their peers may encounter. They need to know where and who to ask for help, and they need to feel comfortable when they do."

Recently, Lisa and her colleagues have been engaging local youth in the design and implementation of the new program to ensure an environment and service delivery model that is age-appropriate, welcoming, and community-based.

To learn more about the Youth Wellness Clinic, contact Lisa Jeffs at ljeffs@stjoes.ca.



The new West 5th Campus Grand Opening will be January 22, 2014

Read about the Concurrent Disorders program – Page 6

President's Message

Believing that we are Better Together

As a resident of the region we serve, I believe deeply in the work of the United Way of Burlington and Greater Hamilton and the essential community programs and services it funds. And as a physician and administrator at St. Joe's, I also believe in the mission of our own charitable Foundation who helps us to raise funds to purchase new equipment like the DaVinci Robot, to support leading research like the CHILD Study, or to build incredible patient care facilities like the West 5th Campus.

That's why I was delighted to learn that this year, the United Way of of Burlington and Greater Hamilton and St. Joseph's Healthcare Foundation have joined forces to create a campaign that has the power to enhance the lives of hundreds of thousands of people who live, work, and are cared for in our region.

Very soon, we will launch the Better Together Campaign. This 6-week initiative will feature the engaging events that our staff has come to know and love, paired with a fundraising campaign that will offer all of us the opportunity to support the causes that align with our hearts and minds. For me, this means splitting my gift between the two organizations that I feel have the ability to enhance so many lives in our region.

I hope you will join me in supporting the Better Together Campaign. Every gift is important. Every dollar can make a difference to our Hospital, to the patients we serve, and to the greater Hamilton community.





Dr. David Higgins

Ask David

and the Leadership Team

- Q What is the status of the new CUPE collective agreement that should be in place on September 29?
- A The negotiations for the new CUPE collective agreement occur at both a provincial and local level. The Provincial negotiations are currently underway between the Ontario Hospital Association and CUPE. Historically, Local negotiations between the CUPE Local 786 and the Hospital do not begin until the provincial negotiations are complete. At the present time it is unknown when provincial negotiations will be complete. Any of the existing terms and conditions currently in effect will carry on past September 28, 2013 until a new agreement is negotiated.

Please contact the ER/LR representative for your unit department or your Union representative if you require further information.



St. Joe's Hamilton @STJOESHAMILTON

Today, 175 days from the 1st day of operation in the new West 5th Campus. We celebrate by introducing the items to place in a time capsule. 16 Aug 2013



St. Joe's Hamilton @STJOESHAMILTON

"This moment in time is especially important to preserve as we sit on the brink of a new era in metal health care" -Dr. Higgins, President. 16 Aug 2013



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We're Better Together!





This fall, for the first time, St. Joseph's Healthcare Foundation and the United Way of Burlington and Greater Hamilton will be joining forces for the betterment of our community! Now there will be one campaign that benefits two organizations!

While St. Joseph's Healthcare Foundation raises funds that help our Hospital to purchase life-saving equipment, fund groundbreaking research, and improve our patient care facilities, the United Way is aligned with our organizational mission to help and support the poor and marginalized in our community. So no matter how or where you choose to give, you can rest assured that your donation will make a difference in the lives of the residents of our region and the patients we're honoured to serve.

Dr. David Higgins, President of St. Joseph's Healthcare Hamilton, is very excited about this new initiative. "We've historically had a strong showing of support for the United Way, but since our Hospital is also in need of funds for equipment renewals and other emerging needs, we felt that we owed our staff the chance to support both the United Way and the Foundation. Having a joint campaign provides the option to split their giving between the two organizations for maximum impact!"

Foundation President Sera Filice-Armenio agrees. "The new campaign is an ideal way for staff to view their gift as part of a much bigger picture than either organization can offer alone. There is a great need within the region to help improve people's lives and donations to the Foundation and the United Way will help the community become a better, healthier place for all of us to live and work."

This is the first time the United Way of Burlington and Greater Hamilton and St. Joseph's Healthcare Foundation have partnered, but this joint-fundraising model has been successfully piloted at several Hospitals including Sick Kids and the University Health Network (UHN). Rest assured that our new Better Together Campaign will still boast fun and fabulous staff engagement events, frequent giving updates, and feedback on how our Hospital's giving is having a tremendous impact on the community we work and live in.

The Better Together Campaign will officially kick off this fall - watch for more details soon!

St. Joseph's Healthcare **Foundation** & United Way Join **Forces**



Volunteering Runs in the **Family**

If you're anything like Mary-Lou Martin, a Clinical Nurse Specialist at St. Joseph's Healthcare's West 5th Campus, your days are spent wearing many different hats.

Mary-Lou is a healthcare practitioner, researcher, University educator, consultant and leader at work. Over the past few years, she's noticed the lines between her work life and her family life have been blurring and this couldn't make her happier. Mary-Lou is also the daughter and a mother of two very passionate volunteers.

When Mary-Lou's mother, 80-year-old Flo Martin, heard about the volunteers

making a difference at St. Joe's from her daughter, she knew that she wanted to contribute.

"Volunteering has helped me by giving me a broader view of mental health and addiction issues. I'm hoping to help reduce the stigma that many patients experience," says Flo Martin, a retired shop owner and grandmother of four. "In return, I'm rewarded with satisfying relationships that I've built with other volunteers, patients and families."

In the summer of 2012 Mary-Lou's daughter, 18 year old Sierra Martin, began taking after her grandmother's penchant for volunteerism.

"It's increased my self-confidence," says Sierra. "Volunteering at the Take a Break Café at the West 5th Campus allowed me to learn more about mental

health and our healthcare system. I'll be able to apply this knowledge to future employment."

Mary-Lou has volunteers in her department at West 5th and knows that when the new facility is built, more opportunities to give back to the community and make a difference in the lives of our patients will open up.

"I encouraged and supported my mother and my daughter to be volunteers at St. Joe's," says Mary-Lou. "I believe in their capacity to contribute something of value to the organization and I believe the experience they have will give them great value."



Let your family and friends know about new volunteering opportunities.

Contact Anne Lech, Recruitment Coordinator by calling 905.522.1155 ext. 36265 or emailing alech@stjoes.ca.



Wellness at St. Joes

Happy New Year!

The St. Joe's Wellness Program likes to celebrate new beginnings more than just once a year and we think September is a great time to do so. We see wellness as a comprehensive way to approach caring for ourselves through six pillars of health; environmental, emotional, intellectual, social, spiritual and physical health. Each month we will be looking at one of these pillars to understand how a small amount of effort in one area can make a big difference overall.

This month we are focusing on our intellectual health. September is a time when we head back to school, back to learning, back to our commitments at work and our health. Our Inspiration at Work this month is about getting informed, exposing myths and challenging yourself to ask what your view of wellness is. We know that wellness and communication go hand in hand and that's making a difference here at St. Joe's.



You Asked ... We Delivered!

We are pleased to announce our Wellness Centre at the Charlton Campus has just added 20 new bikes for our spin classes last month. Come out and join us on Tuesdays at 4:00 & 5:00 p.m. & Thursdays at 12:00 p.m. & 1:00 p.m. These classes are a rigorous workout set to some lively tunes and lots of encouragement.

To celebrate the addition of these bikes and the growth of the Wellness program we are offering a new trial spin class to our calendar! As of September 17th beginning at 7:15 p.m. within the Wellness Centre at the Charlton Campus, join us for "Cycle and Strength" which combines indoor cycling and total body conditioning.



Save the Date: Tuesday September 25th 12:00p.m.

To support the season of change and routine, we are offering a free seminar to all employees through our Employee Assistance Program called, "Make Time Work For You." Bring your lunch to the Wellness Centre and learn how to set up a healthy schedule to ensure a productive and satisfying year..

For a detailed calendar of programs and sessions available, great tips and additional information regarding the Wellness Program at St. Joe's, please visit MyStJoes and click on the Engagement icon for Employee Wellness found on the landing page.







Find **Quality** Here



Coming Soon to a Screen Near You:

The launch of the new, patient centred stjoes.ca!

St. Joseph's Healthcare Hamilton is in the process of revitalizing and relaunching our externally facing website, www.stjoes.ca. Since April, we have worked through a number of behind the scenes processes, including a situation audit, focus group sessions, concept presentations, 'persona testing' and finally gaining approval of a final concept from senior leadership.

We are now in the process of working on and finalizing the site navigation and architecture, and our internal colleauges are working hard to create up to date content for our new site. If you have not been contacted regarding your content of the new website, please contact Maria Visocchi, Website Content Project Coordinator at mvisocch@stjoes.ca as soon as possible – content not received by September 30th will not be included in the site launch.

Rebuilding a website from the ground up is a difficult and time consuming task. Thank you to all who have been working with Public Affairs to ensure that the revitalization of stjoes.ca will achieve our aim of providing an accessible, informative, user-friendly site.

Summer Sizzler!

Another reason why we're one of...



More great reasons to work at St. Joe's....The Summer Sizzler. the annual staff appreciation BBQ. The Summer Sizzler BBQ is a highly anticipated annual employee event where staff, volunteers and physicians enjoy a free BBQ and entertainment provided by local musicians. The Summer Sizzler is held at all three sites - Charlton, King and West 5th during the sunny month of August. Attendees have the opportunity to win prizes (generously donated by the local business community!) Booths are set up for education and awareness purposes such as work life balance, hand hygiene, our Foundation partners and the Credit

Union. The Summer Sizzler BBQ is always a well-received event with great turnout of staff. This year, St. Joe's staff not only came out for the BBQ – they gave back to the community in record numbers by generously donating money and non-perishable food to the local charity, Neighbour to Neighbour. THANK YOU St. Joe's for contributing \$617.85 in cash donations and 1,358 pounds of non-perishable food to this very important cause. Food donations this year doubled from last year's total of 650 pounds!

Visit MyStJoes/Information and Events page for a listing of the staff winners of the door prizes from each of this year's BBQ's.

















It's time for more adorable faces to join the St. Joe's Baby Face Photo Wall!

We need your photo by October 15, 2013 so it can be included in the unveiling event in November.

Help support the Foundation and bring a smile to staff and visitors!



Visit stjoesfoundation.ca/baby-wall-donation-form Questions? Call Robyne at extension 35949

Patient Story: Jenny's Journey

Jenny Brown's inspirational story doesn't begin with an uphill struggle battling a shoulder that would not stay in its socket. It begins as a child when she was told her knees were incapable of sports competition. Later, her shoulder joint began to show signs of weakness. The pain of dislocating her shoulder started ruining her newfound dreams of pursuing sport and cycling as a profession.

After seven shoulder dislocations up until 2008, Jenny had rehabilitated her shoulder. However, in 2012, the clean four -year record became broken. Jenny experienced three consecutive dislocations that year as well as discovering a blood clot in her arm. However, as strange luck would have it, during treatment for this clot at St. Joseph's, Jenny met Dr. Mark Crowther – an avid cyclist and racer himself. Dr. Crowther not only looked after her blood clot but made the referral to another doctor at St. Joseph's who could help with her shoulder.

Dr. Jaydeep Moro provided perspective around Jenny's injury, diagnosing her

shoulder with joint hypermobility and loss of considerable bone that inhibited normal stabilization. He explained to Jenny that the best option now was invasive surgery that took replaced soft tissue into the bone gap of the shoulder joint along with two other surgical procedures.

"Since meeting Dr. Crowther and Dr. Moro, I've made it a priority to seek and trust the advice of experts before believing that there are limitations to our bodies when it comes to physical performance," says Jenny.

Not only did St. Joseph's Healthcare Hamilton help break down barriers for Jenny's recovery, her racing team also gained an honourary member in Dr. Mark Crowther. Seven months after surgery with Jenny making a full and miraculous recovery, both her and Crowther raced in the Lake to Lake 29er bike race that spans 29 km ending at Lake Ontario. Jenny Brown placed first.

"It was amazing to see Jenny's progress," says
Dr. Crowther. "I'm hoping others can become
inspired by her story to persevere and continue
to keep their eyes on the finish line. She's helped
me do that too."



Continued from Page 1

Concurrent Disorders

Concurrent Disorders services, designed for individuals with simultaneous addiction and mental health diagnosis, will soon be integrated into both hospital and community-based programs. Research shows that the most effective way of treating concurrent disorders is to provide treatment for both conditions simultaneously and, with a number of new initiatives, St. Joe's will do just that.

"Between 45-65% of patients discharged from within our mental health beds have been diagnosed with concurrent disorders," says Holly Raymond, Manager for Concurrent Disorders. "Compared to individuals with mental illness alone, concurrent disorders can mean poorer treatment outcomes, including higher rates of

readmission and lower rates of adherence with follow-up appointments after discharge."

Within the acute psychiatry program at the new West 5th facility, there will be a 20-bed specialized inpatient unit that will serve individuals with high mental health and high addiction needs. The unit will provide evidence-based, integrated mental health and addiction care. The care model will include standardized assessment and intervention, specialized care paths, and diagnostically-based treatment.

According to Holly, services for individuals with concurrent disorders will also be extended beyond inpatient programming. "We will be enhancing our concurrent disorders

outpatient capacity and, since clients with concurrent disorders can be found throughout all of the programs at West 5th, we will be developing an expert team that will provide consultation to other programs within the hospital."

Holly and the Concurrent Disorders team are in the process of finishing their educational plan, and have recently posted the nursing positions for the Concurrent Disorders inpatient unit.

For more information about the Concurrent Disorders program, contact Holly Raymond at hraymond@stjoes.ca.

Maureen Weatherston Believes that No One Should Miss Out on the Magic of Christmas

Maureen Weatherston is a warm and much recognized face in the hallways of St. Joseph's Healthcare Hamilton...after all she's been working here for 23 years, and currently supports Winnie Doyle, Vice-President of Clinical Programs and Chief Nursing Officer.

When she started her career, Maureen's schedule was just two days a week, and yet she enrolled right away to make a small donation through payroll deduction in order to support the Hospital she was so proud to work at.

Over the past two decades, Maureen has continued to support St. Joseph's Healthcare Foundation through her bi-weekly gifts, by attending fundraising events for the Hospital, and by being an advocate for the importance community support can play in St. Joseph's ability to provide exceptional care for all those in need.

More recently, Maureen decided to make an incredibly kind gift through her Will. Her estate has been designed to help future patients of the Mental Health and Addiction Program at St. Joseph's West 5th Campus to enjoy annual Christmas dinners and gifts of basic personal necessities through a new patient comfort fund. Her new gift was inspired by the time Maureen spent working at the West 5th Campus, when Winnie Doyle was the Vice-President of Mental Health for the Hospital.

"I learned so much from working at the West 5th Campus. In society, there is a strange belief that people living with mental illness somehow chose that path...but it's

not the case at all. People who think this simply don't understand, and they are deeply mistaken." Maureen credits Winnie for teaching her a great deal about mental health care over the years. "I remember Winnie saying to me one day, 'Some of our clients really don't have a lot...even basic personal items that you and I take for granted every day,' explains Maureen.

Winnie's statement became very clear during Maureen's first Christmas at West 5th. The Patient Council was asking for donations in order to provide patients a 'present' of basic personal items. Maureen quickly became a champion for this program when she learned of the idea. Colleagues in Public Affairs found a few local corporations who were kind enough to donate funds to buy items such as socks, toothpaste, soap and deodorant for clients. There were even enough funds to organize a special dinner and dance for the inpatients at West 5th...and she even enlisted the help of her father-in-law who is a professional Santa Claus impersonator!

"Christmas is a sentimental time of year and if you are isolated from your family, like many of our clients at the West 5th Campus often are, you miss the traditional celebrations. No one should have to miss the magic of Christmas," explains Maureen. During that client Christmas party, she and her then teenage children were watching a man open his gift of a pair of winter gloves. 'Oh, thank goodness!' exclaimed the man,



Find **Philanthropy** Here



who was very emotional. "Seeing the difference that such a small act of kindness can make for an individual is a lesson that me and my children will never forget, and one that we hope inspires others to consider what their philanthropy can do," said Maureen.

To find out more about planned giving opportunities through our Foundation, please feel free to call Lisa Gonnering at extension 35978.

Health Professionals Excellence in Practice Awards

Want to recognize your peer, a team or someone who reports to you for their outstanding work!

Take the time to complete a nomination for the Health Professionals Excellence in Practice Awards for disciplines represented by the Professional Advisory Committee (PAC).

You can nominate individuals or teams of health professionals in the following categories:

- > Clinical Service Award
- > Teaching Award
- > Research Award
- > Leadership Award
- > Innovation in Professional Practice Award

Nominations are open beginning September 9th until October 4th 2013.

For more detailed information click on the 'Professional Advisory Committee' button located on the landing page of MyStJoes or contact Monica Alderson at ext. 34127.



Mental Illness Awareness Week October 6 -12

Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

Visit MyStJoes/Information and Events page for full details of what is taking place within and around the St. Joe's community to help support and address important issues associated with mental illness.



One in five Canadians will experience a mental illness. Stigma often keeps people from seeking help and speaking out. Talk to your friends, family and co-workers because recovery is possible.



Would you, your family and friends consider joining our volunteer team? Attend an Information Session within the month of September to learn more. Contact Anne Lech, Recruitment Coordinator, 905.522.1155 ext. 36265 or email alech@stjoes.ca.

lottery vinners

St. Joseph's
Healthcare Hamilton
FOUNDATION

August 2, 2013

Jennifer Joseph Acute Mental Health Charlton Campus \$7,284.00

August 16, 2013

Monika Mandziej Gastrointenstinal Charlton Campus \$7,404.00

August 30, 2013

Melissa Nie Respiratory Health Charlton Campus \$7,507.50

connections

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Send your comments, suggestions, story ideas or submissions to:

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All submissions are subject to approval and must be received by the $15^{\rm th}$ of the month prior.

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Research and Education



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Engaged People



Find Interconnection Here

Breaking Down Barriers

WHAT YOU NEED TO KNOW ABOUT THE WEST 5TH REDEVELOPMENT

ISSUE -

SEPTEMBER 2013

West 5th Time Capsule

On August 16, staff, clients and volunteers gathered in the Cafeteria to celebrate another milestone in the redevelopment of the West 5th Campus.

In February, the Redevelopment team put out a call for suggested items to include in a time capsule for the new building. Staff helped develop a long list of ideas for interesting artifacts that represent our organization, and would stand the test of time.

From these ideas, it became clear that two themes were most important to our staff.

First, the rich history of care at St. Joe's and, second, our vision to transform health care in our community by breaking down barriers between mental and medical health care while eliminating the stigma associated with mental illness and addiction.

Connecting our history with our future is an important part of the time capsule. One great example of this is the brick that was a piece of the original St. Joseph's Hospital, founded in 1890 by the Sisters of St. Joseph. This history is also highlighted by a decades-old metal insignia given to a staff member by the Sisters, which represents the philosophy of care we maintain today.

As a last-minute addition to the capsule, a key was contributed from the old Barton Building.

A significant piece of our history, the Barton Building was constructed in 1874 as the first and main building for the site which, at the time, was known as the Hamilton Asylum. The building stood for 100 years until it was demolished in 1974.

Many of the items also reflect the hard work that has gone into making our new facility come to life. From key documents such as timelines and budgets, media clippings, and detailed building plans – the time capsule will reflect the years of effort that have helped make this building a reality.

At our August 16 event, Dr. David Higgins, President of SJHH, was joined by Dr. Joseph Ferencz, Interim Chief of Psychiatry, and Karen Langstaff, Chief Planning Officer, as he filled the capsule and it was placed behind a wall of our new hospital.

When the new facility opens in February 2014, you will notice a plaque on the wall beside the main elevator bank on Level 2 where the time capsule rests. In fifty years from now, when the capsule is unsealed, it will tell a story about who we are today and about how our

history has shaped the vision and values of our organization.



Brick from the original St. Joseph's Hospital, constructed in 1890



Sisters of St. Joseph, metal insignia

Time Capsule Contents:

- 1890's building brick
- Sisters of St. Joseph metal insignia
- Bottle of clozapine
- Timeless Care, Tomorrow's Discoveries campaign materials
- 2012 penny
- Issue of Hamilton Spectator
- Issue of Globe & Mail
- Media clippings about the new building

- Issue of Connections newsletter
- Patient Bill of Rights
- Mapping our Future strategic plan
- Reference plans of the new building
- 2013 staff breakdown
- Proiect budget
- Screenshot of St. Joe's website
- List of current political leaders
- Annual budget

- 2013 organizational chart
- 2013 vital statistics
- Construction photos
- Key to the Barton Building
- Speeches by Dr. David Higgins and Dr. Joseph Ferencz from Shaping our Future Together event held February 14

Hamilton Museum of Mental Health Care

Since the early 1870's, the West 5th Campus has been known by many names and has seen several buildings come and go.

One thing that has remained consistent, however, is that this site has been dedicated to the care of individuals with mental illness. The site has played a significant role in the evolution of mental health care, and our museum is dedicated to sharing and maintaining that important history.

There are over 4,000 artifacts and documents tucked away in the Beckfield Building, at the recently renamed Hamilton Museum of Mental Health Care. As the hospital move approaches volunteers are working to inventory, digitize and pack up the museum's collection – some of which dates back to the late 1800's.

Artifacts have been photographed, documents and photos have been carefully scanned, and each piece has been researched to ensure it fits within the museum's mandate of collecting, interpreting, and preserving the history of mental health care at this location.

In the new building the museum will be located off the second floor Atrium, beside the library, and will be complemented by a display window on the main floor. These two spaces will provide the museum with a place to share the knowledge and history of mental health care. The museum's staff and volunteers will continue to focus on education and interpretation, by providing guided tours of the site and a variety of rotating exhibits.

Displays will concentrate on themes such as the former nursing school, occupational therapy, treatments from different time periods, and changing attitudes towards mental health care. A new online database of artifacts for research purposes is also being created with the help of the library staff.

As the move to the new building gets closer and staff are starting

to think about cleaning out their spaces, the museum team asks that everyone keep the museum in mind when sorting through files and folders. If you feel you have any items or documents that are significant in telling the story of the history of this site, please get in touch with Katrina Peredun, Museum Coordinator at extension 35512 or kperedun@stjoes.ca.



Museum volunteers Mary Ann Macnamara, Karen Doherty and Elizabeth Todd with Museum Coordinator Katrina Peredun in front of one of the nursing displays that will soon be packed up for the move.

MARK YOUR CALENDAR:

December 6, 2013 – Phase One construction is complete; SJHH gets the keys to the building

January 11, 2014 – Staff & Family Open House: Staff are encouraged to invite their families to tour the new building. More details to come.

January 18 & 19, 2014 – Community Open House: The new building will be open to the general public for guided tours. More details to come.

January 22, 2014 - Grand Opening

Fall 2014 - Completion of Grounds/Parking & Final Move

WHAT'S HAPPENING NOW?

- Gazebos are being constructed in the courtyards, and garden landscaping is well underway
- Installation of workstations, private
 office furniture, and living room and
 lounge furniture has begun