

Alex Morra, Registered Nurse, Psychiatric Emergency Services (PES), St. Joseph's Healthcare Hamilton

Reject Stigma //

Internal Campaign to Eradicate Stigma at St. Joe's Begins During Mental Illness Awareness Week

What does the stigma that is often associated with mental illness or addiction look like? What does it sound like? Would you be able to spot it if it was happening to another, or if it was within you? While in nursing school Alex Morra experienced stigma associated with mental illness in two distinct ways. Acknowledging that stigma is real, that it does exist in the workplace and in our community, she decided to become an advocate for mental health.

First, stigma appeared in some of the comments made by her school peers, who wondered why such a bright student would want to specialize in mental health care. "You're going to lose all of your skills," she was told. Then, for a short time stigma came from within when Alex experienced depression while balancing a demanding school load and 12 hour shifts on clinical rotations at the hospital. "On my breaks during my clinical rotation, it was difficult to muster the energy to get back in there with a smile, give 100% and pretend everything was alright. Then one day it occurred to me that I can't be the only one feeling this way."

As valedictorian of her pinning ceremony Alex provided support to other nurses who were experiencing mental illness in her speech. "I wanted to share my own story to help others and open the discussion for people to feel comfortable talking about mental illness," recalls Alex.

After completing her summer clinical rotation for school at St. Joe's in acute mental health Alex realized this is where she wanted to begin her career. Declining offers to work in Toronto, "I chose St. Joe's because it is such a friendly and inviting environment," says Alex, who begins her first shift in Emergency Psychiatry this fall. Acknowledging the time she spent as a student at the new West 5th Campus, "I wanted to become a part of something new and continue to work towards eradicating stigma."

As a leader in mental health awareness St. Joseph's Healthcare Hamilton has a responsibility to help end stigma. The first step in the St. Joe's journey to end stigma will be to measure the extent to which it exists in the organization. On October 6th, the hospital will launch the "Opening Minds Survey for Health Care Providers," a survey designed by the Mental Health Commission of Canada that can help determine how we define stigma as an organization so we can challenge it internally, ultimately improving the experience of those we care for with mental illness and addiction.

Opening Minds Survey for Health Care Providers opens on Monday, October 6th

The survey can be found on: *MyStJoes / Information and Events / Opening Minds Survey for Health Care Providers*

PARTICIPATE FOR A CHANCE TO WIN AN iPAD!



Monty Dinally, Mental Health Professional, St. Joseph's Healthcare Hamilton's C.O.A.S.T. Program

All medical professionals, staff and volunteers can take the Engagement Survey between October 21st and November 14th.

Visit the MyStJoes homepage to find out more!

MyStJoes

Re•define Engagement //

Together we're building a workplace that is fulfilling, exciting and meaningful

Monty Dinally steps out of the police car beside the Emergency Department with a big smile on his face. He is only a few hours into a vigorous and challenging twelve hour shift as part of St. Joe's COAST Program's new Mobile Crisis Rapid Response Team. The MCRRT has a mental health professional (like Monty) and uniformed police officer responding to 9-1-1 calls involving a mental health crisis in the downtown area of Hamilton to provide expert, immediate care when people need it most.

Like many of St. Joe's staff, Monty is passionate about his work. However, he knows that his passion alone can't be the only thing that fuels his long days in the field. It's not simply about arriving for his shift ready to work that day and everyday. It's about a supportive team and the freedom to build on his professional skills in a new role. For him, engagement can be described in two words: "Dedication and enthusiasm."

Every two years St. Joe's asks our staff, volunteers and medical professionals to participate in an Engagement Survey. By participating, your voice helps shape our organization's strategic directions.

In fact, this time around our leadership team is counting on our collective voices to redefine what engagement looks and sounds like across our organization. While the survey is live, you'll meet friendly faces from St. Joe's that you might not have otherwise had the chance to meet, sharing how they define engagement in their workplace. Look for these messages from volunteers, physicians and staff in the elevators and on your computer screen – and then remember to make your voice heard by taking the survey.

"We're listening to what our people want. We've heard that work-life balance is a priority for our people. Since our last survey we have worked to incorporate wellness into the workday for employees across our organization through yoga and spinning classes, guided mindfulness meditation, seated massage chairs and more," says Deb Schubert, Vice President, People and Organizational Effectiveness. "Understanding what motivates people to become more engaged at St. Joe's is a key priority for our leadership team. We hope everyone will take the time to tell us what they think."



30 Days of Green Action

in Food Services & the Emergency Department

In the first 30 days of the 365 Days of Green campaign, St. Joe's realized some big changes to our physical waste footprint. For example, St. Joe's Charlton Campus produced 96 metric tonnes of land filled waste in April. By comparison, Charlton Campus produced 76 metric tonnes of land filled waste in August. This 20 tonnes reduction in waste marks our lowest historic level of land filled waste! What caused this change? Who can we give the credit to?

In July the Food Services department at Charlton Campus began a comprehensive waste sorting process when disposing of patient food waste. This process resulted in doubling our monthly organics diversion and increasing our recycling output by two tonnes per month. Taking up the 365 Days of Green challenge, the Emergency Department began recycling in August increasing our recycling levels by one tonne per month. These departments show us how a little education and a lot of passion can create real environmental impacts for our organization.

For more information visit:

MyStJoes / Corporate Initiatives / Environmental Co-Operative (ECO) Program

eco@stjoes.ca

St. Joseph's Healthcare Hamilton | Environmental Co-Operative (ECO) Program

365 DAYS OF GREEN

Welcome to St. Joe's West 5th Campus!

The following clinics and services are now open at St. Joe's West 5th Campus:

Community Psychiatry Clinic	Level 0
Borderline Personality Disorders	
Bridge to Recovery	
Rapid Consultation Clinic	
The Cleghorn Early Intervention Clinic	Level 0
Medical Outpatient Clinics	Level 0
Bariatric Surgical and Medical Clinic	
Community Internal Medicine Clinic	
Diabetes Education and Care Clinic	
Stay Well Program	Level 0
Diagnostic Imaging	Level 0
Electro Convulsive Therapy (ECT)	
Transcranial Magnetic Stimulation (TMS)	
Anxiety Treatment and Research Clinic	Level 1
Mental Health Speciality Clinics	Level 1
Eating Disorders Clinic	
Psychotherapy Clinic	Level 2
Schizophrenia Outpatient Clinic	Level 2



Visit **MyStJoes / Information and Events** for clinic dates and locations.

Happening at St. Joe's



The Employee Christmas Dinner & Dance is coming up!

Get into the Christmas spirit with some of your closet colleagues for the 13th annual holiday dinner and dance taking place at Michelangelo's Banquet Centre on Saturday, November 15th.

For tickets and more information contact Nancy McGregor:

905.522.1155 ext. 32042

StarryNight@stjoes.ca

A starry night

Nominations are now open!

It's time to nominate your colleagues who go above and beyond their call of duty and make our mission of achieving excellence in health care a reality for the 7th Annual Professional Advisory Committee (PAC) Excellence in Practice Awards. The awards ceremony will be taking place on Tuesday, November 4th from 2:00 p.m. - 4:00 p.m. in the Lower Auditorium at the West 5th Campus.

The nomination form can be found on:

MyStJoes / Information and Events / Health Professional Excellence in Practice Award Nomination Form

For more information contact Monica Alderson:

905.522.1155 ext. 34127

malderson@stjoes.ca

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

August 29, 2014
Melissa Ross
General Internal Medicine
Charlton Campus
$7,920.00

September 12, 2014
Jennifer McKay
Nephrology
Charlton Campus
$7,981.50

connections

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

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