

**Provincial
Mental Health and Addictions
Advisory Council**

Annual Report

April 1, 2015 – March 31, 2016

MESSAGE FROM THE INTERIM CHAIR

In accordance with the *Transparency and Accountability Act*, I am pleased to present the 2015 – 2016 Annual Report for the Provincial Mental Health and Addictions Advisory Council (the Council). The Council is a Category three (3) government entity under the *Transparency and Accountability Act* and plans and reports under these requirements.

As interim Chair, my signature below acknowledges that the Provincial Mental Health and Addictions Advisory Council is accountable for the actual results reported.

As a Council we are excited by the expanded membership which includes additional representatives from the community. With the establishment of the All-Party Committee on Mental Health and Addictions and the significant input from public consultations, we look forward to advancing our work plan and providing input on a new strategy for mental health and addictions.

I wish to extend a sincere thank you to all members of the Council for their dedication to the issues of mental health and addictions. On behalf of the Council I would also like to extend our appreciation for the efforts of staff within the Department of Health and Community Services for their support in making our work possible.

Sincerely,



Sheldon Pollett, Interim-Chair
Provincial Mental Health and Addictions Advisory Council

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Overview

The Provincial Mental Health and Addictions Advisory Council (the Council) was established in June 2010 to advise the Minister of Health and Community Services on key mental health and addictions matters in order to enhance services and improve the lives of those living with mental health and addictions issues.

Mandate

The Council advises the Minister of Health and Community Services on key mental health and addictions matters needed to formulate effective policy and decision making. Specifically on matters related to:

- How government can best develop policy to improve and/or prevent mental health and addictions problems;
- The process and content of possible revisions to the provincial policy framework for addictions and mental health;
- The development, planning, delivery and evaluation of evolving mental health and addictions programs, services and support infrastructures;
- The establishment of a set of indicators to measure performance within the policy framework and for service provision throughout the province; and,
- How to increase public awareness and education of addictions and mental health issues in Newfoundland and Labrador.

Membership

The Council is a 22-member group representing persons/families affected by mental illness/addictions; service representation within regional health authorities and non-government organizations; and community agencies (see Appendix A for membership list). Membership is voluntary and appointments are made by the Minister of Health and Community Services.

Funding

The work of the Council is supported by the Mental Health and Addictions Division, Department of Health and Community Services.

Meetings are scheduled every two months or as required. The Council does not maintain a separate office; support and secretariat services are provided by the Mental Health and Addictions Division, 1st Floor, West Block, Confederation Building, St. John's.

Vision

The Council supports the vision of the Department of Health and Community Services:

The vision of the Department of Health and Community Services is for individuals, families and communities to achieve optimal health and well-being.

Mission

The Provincial Mental Health and Addictions Advisory Council supports the Department of Health and Community Services' 2011-2017 mission:

By March 31, 2017, the Department of Health and Community Services will have provided leadership to support an enhanced health care system that effectively serves the people of the province and helps them achieve optimal health and well-being.

The Council contributes to the above mission through the provision of advice and the collaborative efforts that are made individually and collectively by members to further positive mental health and well-being. The Council's contribution to achieving the mission will be limited to providing advice due to its advisory mandate.

Note: For a complete version of the department's strategic plan, please visit:

http://www.health.gov.nl.ca/health/publications/Department_of_Health_and_Community_Services_Strategic_Plan_2014-17.pdf

Objectives 2014-2017

The Provincial Mental Health and Addictions Advisory Council provides support to the Minister of Health and Community Services in an advisory capacity. As such, the following objective, measure and indicators will guide the direction of the Council for the period April 1, 2014, to March 31, 2017, and will be reported on in each year covered by the plan (2014-15, 2015-16 and 2016-17).

Issue: Addressing Emerging Issues in Mental Health and Addictions

According to the Centre for Addiction and Mental Health (CAMH), in any given year, one in five Canadians will experience a mental health or addiction problem. In Newfoundland and Labrador, mental illness and addictions continue to impact our communities and while the overall issue is constant, emerging issues tend to fluctuate. In the last few years for example, we have seen an increase in the demand for methadone maintenance treatment which historically was not a concern in Newfoundland and Labrador. Based on the changing needs of the population, the Council considers informing the Minister on emerging mental health and addictions issues a priority for the duration of the 2014-17 planning cycle. The Council will also apply its expertise and make recommendations to Government-led initiatives related to mental health and addictions.

During the 2015-16 year the Council met with the Minister of Health and Community Services on one occasion to provide commentary and recommendations/advice on priority mental health and addictions issues.

Annual Objective

By March 31, 2016, the Provincial Mental Health and Addictions Advisory Council will have provided commentary and recommendations to the Minister of Health and Community Services on addressing priority mental health and addictions issues.

Measure: Provided commentary and recommendations.

Indicator	Outcome
Obtained expert and group member expertise	During 2015-16, the Council obtained expertise from new group members and experts in the field of mental health and addictions. Council's membership grew to include five new members representing expertise in a variety of fields including community agencies, youth and emerging adult issues, and research. These experts contributed greatly to Council discussions via meetings, email and also by sharing documents for review to broaden thinking on key topics.
Invited community groups and other organizations to present information	Several presentations were provided by Department of Health and Community Services officials to the Council. Council member represent a number of community groups and organizations. By virtue of their position on the Council, Council members presented updates at Council meetings.
Prioritized advice provided to the Minister	Based on presentations from experts, community groups as well as others, the Council prioritized advice to provide to the Minister.
Identified target audience for government initiatives related to mental health and addiction	Provided advice to the Minister (chairperson of the All-Party Committee on Mental Health and Addictions) regarding identifying target audiences to be included in the consultation plan for the All-Party Committee.
Made recommendations to government-led mental health and addictions initiatives	The Council has provided advice and direction to enhance program development and implementation of the following government-led initiatives: Understanding Changes Everything (Mental Health and Addictions awareness campaign), the Recovery project and e-health (Strongest Families Institute, BreathingRoom™ and Bridge the gAPP). The Council has lent its formal support to these initiatives and offered ideas on how to promote these services broadly including taking ownership for their promotion within the Council member's respective organizations.

Appendix A: Provincial Mental Health and Addictions Advisory Membership 2015-2016

Name	Current Experience
Sheldon Pollett	Interim Chair; Community service provider: Choices for Youth
Dr. Nizar Ladha	Vice Chair; General and forensic psychiatrist
Angela Crockwell	Community service provider: Thrive
Angie Wilmott	Registered Psychologist; School guidance counselor
Dave Banko	Community service provider: Schizophrenia Society of NL
Des Coombs	RHA Service Provider and Psychologist, Central region
George Skinner	Advocate, Social Worker
Dr. Greg Radu	Community Coalition 4 Mental Health
Lisa Browne	Community service provider: Stella's Circle
Mandy Tobin	Advocate, community volunteer
Mark Gruchy	Community Coalition 4 Mental Health
Mary Walsh	Actor/Social Activist
Michelle Kinney	Nunatsiavut Government; Northern region
Patrick Hickey	Advocate
Paul Thomey	Community service provider: Eating Disorder Foundation of NL
Paula Corcoran-Jacobs	Lived experience, community service provider: CHANNAL
Dr. Peter Cornish	Director, MUN Counselling Centre
Peter Ralph	Advocate
Rita Notarandrea	National Representative – Addictions Canadian Centre on Substance Abuse
Ron Fitzpatrick	Community service provider: Turnings
Dr. Ted Callanan	Professor, Discipline of Psychiatry, MUN Psychiatrist, START Clinic, Eastern Health
Thelma Whelan	Education Consultant; Western region

Provincial Mental Health and Addictions Advisory Council
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