

Fall, 2002

A Twice Annual Bulletin of the Habilitative Mental Health Resource Network.

This newsletter is available to members of NADD and subscribers in Ontario and across Canada. If you wish to receive two editions a year, please see the information on page 5.

Habilitative Mental Health Resource Network

To order more copies of the new Ontario Dual Diagnosis Book
See attached Forms in this Newsletter

See our first article from Sydney, Nova Scotia!
We want to hear from you – New Policy Initiatives, Programs or Partnerships

Check out our newly registered Website
<http://www.dualdiagnosisontario.org/>

Interministerial News

The **Ministry of Community, Family and Children Services** (MCFCS) released a new multi-year plan for 2001/02 to 2006/07. The stated goal is to support people with developmental disabilities to participate as fully as possible in community life. At the summer meeting of the Provincial Network of Developmental Services, representatives of MCFCS reported on the Year 1 accomplishments. The total investment in year one was \$55M (Operating) and \$5m (Capital), broken down as follows:

Agency Revitalization: 31.7M for recruitment and retention of staff including \$24.6M to fund salaries, benefits and training to agencies paying the lowest compensation.

Community Supports: 12.8M to address service pressures e.g. 1,400 new families received Special Services at Home funding, 320 new families received out-of-home respite care, 185 new participants in day programs. \$6M of this went to the transition from school through the Foundations program.

More Places to Live: 12.4M for 160 new places to live including group homes, associate living, independent community living.

System and Legislative Reform: initiatives included MIS plan, agency staffing and compensation data base, preliminary analysis for closure of remaining facilities, released Governance and Accountability Framework, amended Developmental

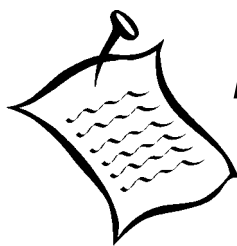
Services Act regulation to limit use of restraints.

On October 11, 2002, Brenda Elliott, Ontario's Minister of Community, Family and Children's Services, announced details of the 2002/03 investment: \$48.6million in funding for new developmental services and a \$15.4 million in capital investment.

The Provincial Forum of Mental Health Implementation Task Forces in September

2002 released a document summarizing the key themes for reforming Ontario's mental health system. Note that this is a timely report given that all Task Forces are expected to submit their 'local' reports by December 2002. This report proposes directions for system design, service integration, regional decision making, accountability, research, human resources

Continued on next page.



Message from the Chair

I am very pleased to report that our new book entitled "An Introduction to the Mental Health Needs of Persons with a Developmental Disability" has received final approval from both the Ministry of Community, Family, & Children's Services and the Ministry of Health and Long-Term Care.

Funding from the provincial government has financed the cost of printing approximately 1000 copies of the book in English and distributing one copy at no cost to agencies with in developmental and mental health service sectors across Ontario. By the time of this publication, your agency should've received a free copy. Additional copies can be purchased at very reasonable rates, as indicated elsewhere in this newsletter. A French translation is under way, also funded by the provincial government. Both the English and French versions of the book will be posted in their entirety on our new web site.

As well, the 3 editors of this book - Dr. Dorothy Griffiths, Dr. Chris Stavrakaki, and Dr. Jane Summers - have been chosen to receive the NADD Chapter Member Recognition Award for all the volunteer hours, which they dedicated to producing the book. They received this prestigious Award at the NADD Annual Conference in Denver on October 25th.

Next steps for our chapter will be to focus on provincial training initiatives.

Jo Anne Nugent, President

and public education. A few of the highlights relevant to dual diagnosis follow:

System Design: "System restructuring without investment to build full continuums of care is unsupportable.... Ontario's mental health system should be organized into a coherent whole with necessary supports available to anyone who needs them." (p. 4,5) To achieve this, divestment of provincial psychiatric hospitals is an urgent priority for completion.

Regional Decision Making is supported by the Provincial Forum. A regional model would assume funding, evaluation and accountability mechanisms to enable it to adjust funding and services, as population needs change. There must also be formal arrangements for planning, financing, coordinating, monitoring and evaluating local delivery systems.

Accountability: annual public report card on the progress of reform.

Human Resources: establish a "change team" reporting to the Deputy Minister to coordinate implementation of human resource strategies. Address the wage gap between institutional and community based mental health workers. New training for justice, social service and housing providers. Develop a mental health training agenda in partnership with Ontario's colleges and universities and assign responsibility for liaison and coordination among affected provincial ministries. The training agenda should include innovative approaches such as web-based courses, distance learning, and apprenticeship programs.

Building Community Capacity as part of mental health reform current gaps in mental health services for children, seniors, people in the forensic system as well as those who a dual diagnosis and/or concurrent disorder must be addressed. Also clear comprehensive mandates, roles and responsibilities for ministries in these areas must be addressed. For a copy of this report e-mail Susan_Morris@camh.net with your mailing address.

The Habilitative Resource Network Reserves the right to edit material submitted for publication.

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Update from the Board of Directors

Communication Committee

Our new website location is <http://www.dualdiagnosisontario.org/> It is not quite complete, but can now be accessed. It will include information about the chapter and newsletter as well as a complete version in English and French of the "An Introduction to the Mental Health Needs of Persons with a Developmental Disability". Thank you

to Garry Fay and Bob King of North Bay Psychiatric Hospital for donating and maintaining our previous site. Special thanks to Jesse Bishop for providing the technical consultation to the committee through the process of tendering for our new site. Northern Computer Services of North Bay, Ontario has been contracted to develop and maintain the site.

Local Committee Update

The Dual Diagnosis Committee of Sudbury and Manitoulin, in existence for about 1 year, approved new terms of reference in May 2002. The Committee believes that a person living with a dual diagnosis of mental illness and developmental disability has the same right to the full range of services and treatment that are available to the general community, and that services and treatment must be provided on the basis of individual need, informed consent, and/or assisted decision making.

The committee has a threefold purpose:

1. To identify the needs of the dully diagnosed population in Sudbury and Manitoulin.
2. To foster interagency co-operation between existing community agencies providing services to this population.
3. To provide information and advice to the Adult Developmental Services Board, the Northeast Mental Health Implementation Task Force, and the Joint MOHLTC and MCSS Regional Service System Management Committee.

They have also identified a number of objectives including: to define the current population and its Service gaps/inadequacies; to ensure that committee activities are carried out with representation from involved community agencies and service providers; to increase awareness of the existence and needs of this population through public education, and professional development; to create and/or maintain communication and linkages between existing service providers; to keep abreast of trends, such as the North Bay depopulation, and establish linkages as required and to ensure meaningful consumer input.

Membership includes the following: Sudbury Regional Hospital Emergency Services, Sudbury Regional Hospital Psychiatric Services, Northeast Mental Health Services - Community Mental Health Programs and Services, Northeast Mental Health Services - Developmental Clinical Services, Provincial Correctional Services, ACMS District Health Council, Medical representative from Psychiatry - Sudbury Regional Hospital, Canadian Mental Health

Association, Service Coordination Program (Sudbury YWCA), Developmental Services Working Group - Community Programs and Services, Developmental Services Working Group - Residential Programs and Services, Community Response Unit - Greater Sudbury Police Department, Ministry of Health and Long Term Care, Ministry of Community, Family and Children's Services, and Developmental Clinical Services. For more information contact Judy Kosmerly Judy.Kosmerly@css.gov.on.ca



Letters to the Editor

Dear Editor,

I work in a rehabilitation centre that provides residential and rehabilitative services to adults with developmental disabilities and/or psychiatric mental health needs. Many of our clients with dual diagnosis, particularly with mood disorders, have been overlooked and under serviced. Their difficulties have long been referred to as 'behavioural' and 'not a psychiatric concern.' We have also had limited access to psychiatric support for these individuals who present with very challenging behaviours. In recent years, we have made some progress toward a multidisciplinary approach in working with this population. The NADD newsletter has helped us to educate local mental health professionals and our staff. I look forward to hearing, via the newsletter, what is happening in other areas of the country and about the services provided.

Sincerely,
Arlene Whiffen, M.A.
Psychologist Braemore Home

Please tell us what do you think? About program, treatment or planning issues. Send your comments to Susan Morris. Fax: 416-463-4025. Email: Susan_morris@camh.net.

From Accross Canada

Braemore Home, located in Sydney, Nova Scotia, is a residential and rehabilitation centre licensed by the Department of Community Services for adults with developmental disabilities and mental health needs. The mission of the facility is to promote independence and personal growth by providing clients a broad range of multi-disciplinary services from a variety of professionals, including psychiatric, medical, psychological and social support.

Braemore Home promotes an individual-centered, biopsychosocial approach to rehabilitation which emphasizes non-aversive and educative strategies. The 'team' works together to develop a coordinated, comprehensive support plan for each client, which recognizes and promotes individual ability and potential. Programs and training are provided in the following key areas:

psychosocial skills (adaptive behaviour, problem solving, assertiveness, sexuality), daily living skills (personal routines, community awareness), education (language, academics) and vocational (work habits and skills). As well, a multi-sensory program provides opportunities for stimulation and relaxation, particularly for clients with very challenging needs.

The length of a clients' stay depends on several factors, including the nature and extent of disability and the availability of appropriate community placement. Access to suitable community options, with appropriate resources, is often the biggest hurdle to community placement. For more information about the services offered at Braemore Home, contact Arlene Whiffen, M.A. Registered Psychologist, at P. O. Box 515, Sydney, N.S. B1P 6H4 or e-mail at awhiffen@braemorehome.ns.ca

"The NADD newsletter has helped us to educate local mental health professionals and our staff."

Here & There

Use of Physical Restraint. In September 2001 Community and Social Services Minister John Baird Announced new regulations governing the use of physical restraint (defined as: use of physical control by one or more staff to safely restrict movement, and holding techniques with the least amount of force as is reasonably necessary to prevent the ability of the person to move freely). The announcement came in the wake of the Coroners Inquest into the death of William Edgar who was a 13 year old boy who died after being physically restrained

in a Peterborough group home in 1999.

Restraint may be carried out only to prevent a person

from physically injuring him/herself or others, only if there is a clear and imminent risk that the individual will injure him/herself or others and only after it is determined that less intrusive interventions are or would be ineffective. Physical restraint does not include restriction of movement, physical redirection or prompting, if this is brief, gentle and part of a behavioural teaching program. It also does not include the use of helmets, protective mitts or other equipment to prevent a person from physically injuring him/herself. Restraint can only be carried out by trained staff and with the least amount of force. These regulatory provisions come into effect April 2003 and can be found on line at <http://www.e-laws.gov.on.ca>. Training for children's services entitled Safeguards is well

Physical restraint does not include restriction of movement, physical redirection or prompting

underway and the training for adult service providers was set to begin in June 2002 but has been delayed. It remains unclear how the implementation of these safeguards will be monitored. There also remains a gap in the area of behavioural intervention within community settings. The last policy document entitled "Standards for the Use of Behavioural Training and Treatment Procedures in Settings for the Developmentally Handicapped" was circulated by the then Ministry of Community and Social Services in 1987 and was intended for facility use. While committees have met to devise revisions to these standards there has been no

intended for facility use. While committees have met to devise revisions to these standards there has been no

policy forthcoming and many agencies still rely on these standards as guides for their community behavioural management.

Toronto Residential/Day Program Statistics A September 2002 survey of residential resources in Toronto found that MCFCS funded 202 group homes, 181 supported independent living and approximately 26 family home program sites. This translated into 1,079 actual funded group home beds and 405 actual funded SIL beds. Between April 2001 and July 2002, 34 of these funded spaces became available to the community. It is estimated that there are approximately 2500 people on the residential waiting list within the city. (From "Opening The Door, Oct 2002, Vol. 1 Issue 2, Newsletter of the Residential/Day Cluster. Any agency in Toronto can be contacted for more information.

Support Resources

Guidelines for Managing the Patient with Developmental Disability in the Emergency Room. Prepared by the Developmental Disability Psychiatry Curriculum Planning Committee-Psychiatry Residency Year 1, University of Toronto as a response to feedback from Psychiatry Residents to what they felt they most needed to know about developmental disability in their early years as trainees in psychiatry. The guidelines review assessment, treatment and triage issues in the emergency room. Copies of the guidelines will be available shortly for a small cost from the Centre for Addiction and Mental Health. For more information contact: susan_morris@camh.net

Family Forum on Dual Diagnosis: Sponsored by Chatelaine and the Centre for Addiction and Mental Health. February 18, 2002, 7:00 to 9:00 PM. the Meeting Centre, Centre for Addiction and Mental Health - Addiction Research Foundation Site, 33 Russell St., Toronto (College St. and Spadina Ave). Family and sibling speakers as well as family education and resources will be available. For more information e-mail susan_morris@camh.net

An Introductory Guide to Assessments for Developmentally Disabled Males Who Sexually Offend. Prepared by Kirsten M. Schmidt, M.A. and published in February 2002, with funding through the North Bay & District Case Resolution Committee under the Ministry of Community, Family and Children Services. It can be obtained through the North Bay & District Association for Community Living, 161 Main St. East, North Bay, ON P1B 1A9, ph:705-476-3288.

Educational Events

TOOLS OF THE TRADE, RSA Workshop Series:

Introduction to Dual Diagnosis, January 17, 2003, Lamplighter Inn, London. \$30.00

Good Grief: Supporting People Through Life's Losses, January 31, 2003, Grosvenor Lodge, London, \$30.00

Behavioural Intervention: An Introduction, February 7, 2003, Lamplighter Inn, London \$30.00

Couple Counselling and Marriage: Making Relationships Work, February 14, 2003, Optimist Hall, Stratford, \$30.00

Team Building for Managers, February 28, 2003, Elmhurst Inn, Ingersoll. \$30.00

For information contact Regional Support Associates at 519-421-4248.

International Certificate Programme in Dual Diagnosis

Intensive training courses in habilitative mental health for persons with developmental disabilities. A certificate programme offered by Brock University, St. Catharines, Ontario, Canada, in association with Niagara University, New York, USA, and the NADD. For more information call: 905-688-5550 ext. 3740, fax 905-682-9020 (Janet Sackfie) or email the Registrar (Margaret Bernat) at mbernat@spartan.ac.brocku.ca

Information Resources

Interesting WEB Sites:

http://www.columbia.edu/cu/psychology/courses/2280/2280u/client_edit/course_webresources.html.

University of Columbia, Department of Psychology, web resource links.

<http://www.cdrcp.com>

Peel and Halton Region Dual Diagnosis web site. Provides information regarding services, events, case presentation process, resources, bulletin board and links.

<http://archive.uwdm.ac.up/cgi-bin/htsearch>
Health Evidence Bulletins Wales – documents related to 'learning disabilities' a.k.a. intellectual /developmental disabilities regarding epidemiology, risk factors, prevention, behavioural disturbance, etc.

<http://www.bris.ac.uk/Depts/NorahFry/>
Norah Fry Research Centre – research on services for people with learning difficulties. The Centre was established in 1988 as part

of the University of Bristol's Department of Mental Health. Its principal interests are the evaluation and development of services for people with learning difficulties. Other web sites and research information on learning disabilities.

<http://www.respiteservices.com/>

Comprised of agencies funded by the Ministry of Community, Family and Children's Services and the Ministry of Health. We are collaborating to develop a more dynamic respite network for both children and adults in Toronto. As well, participants include delegates from the Ministry of Community, Family and Children's Services, the Toronto District School Board and the Children's Aid Societies. Other organizations providing respite services for families in Toronto are invited to join. respiteservices.com is part of the Toronto Developmental Services Planning council.

Do you want to join NADD?

Call or write NADD at 132 Fair St, Kingston, New York 12401-4802. Telephone 845-331-4336, Fax 845-331-4569. E-mail: nadd@aol.com. Web site: <http://www.thenadd.org>

Inquire about family, student, individual and organizational memberships. Cost is paid in US dollars with 20% returned to support Ontario Chapter activities. With NADD membership you receive this bulletin free of charge.

Do you want to subscribe to this Newsletter without joining NADD?

Send ten dollars (fifteen dollars for residents outside Ontario) with your request to:

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c/o Plaza 69 Postal Outlet,
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Please make cheque payable to the
Habilitative Mental Health Resource Network.

Call for Partnership Ideas



Send us a one page description of effective approaches and/or programs and it will be published in this newsletter. Include the major characteristics of the individual(s) being served, the major issues, the various roles of those involved in the partnership and why it is working. Send your description to Susan Morris. Fax: 416-463-4025 Email: susan_morris@camh.net.

NADD Ontario Chapter **News**
Habilitative Mental Health Resource Network

MarketPlace

Advertising Feature

This is a new feature available to anyone with an interest in dual diagnosis. The Ontario circulation of the newsletter is about 150 individuals, families, professional and paraprofessional staff and organizations. Quarter (25\$), half (50\$) or full (100\$) page advertisements will pay for inclusion in the Fall and Spring editions. To submit, contact Susan Morris at 416-583-4353 ext. 1136 or susan_morris@camh.net.

Full and Part Time Employment Opportunities

RN's, RPN's and OCCUPATIONAL THERAPY

Dual Diagnosis Program, Centre for Addiction and Mental Health, Toronto, Ontario

The Dual Diagnosis Program is an innovative specialized tertiary services providing a continuum of inpatient, day treatment, community based and education services within an academic health science centre environment. The program has been developed with strong commitments to cross sector collaboration, co-operation and partnership. Working within a multidisciplinary team, you will provide inpatient or outpatient treatment and care inpatient. You will also will receive training and support to develop skills for working in this specialized field as well as have opportunities to attend other centre-wide training and participate in program development activities. Ability to work cross culturally and a second language an asset. For information regarding the specific position requirements, academic and financial benefits, please contact Randy Secord at 416-535-8501, ext. 2817 or randy_secord@camh.net