

### Message from the Chair

*Our Board election process was conducted in January. Jim Johnston and Brenda Quinlan graciously agreed to run again and were returned to their positions. Maria Gitta from the Developmental Disabilities Program at the University of Western Ontario was elected to the position vacated by Dr. Bob King. Welcome Maria! To find out more about Maria, please read her bio in this newsletter.*

*At the March Board meeting, the officers were elected: Jo Anne Nugent, Chair; Naseema Siddiqui, Vice Chair; Jim Johnston, Treasurer; and Connie Zieren, Secretary.*

*On behalf of our Board, I would like to express our sincere thanks to Bob King for his stalwart participation as a Board member over the past 7 years. We have truly appreciated his dedication, expertise, and commitment to people with dual diagnosis.*

*Please plan to join us at our Annual General Meeting on June 21st for the preview of our new book - it promises to be an exciting event!*

**Jo Anne Nugent, President**

Habilitative Mental Health Resource Network  
(Ontario Chapter of NADD)

### Annual General Meeting

Friday, June 21st, 2002

9:30 am

Sam Malcolmson Theatre  
Administrative Building, 1st Floor  
Centre for Addiction and Mental Health  
1001 Queen Street West, Toronto

The meeting will be followed by a preview of the new book "An Introduction to the Mental Health Needs of Persons with Developmental Disabilities"

Including a free workshop by some of the authors!

For more information contact Jo Anne Nugent at 905-891-1790.

## Update from the Board of Directors

### Annual Meeting

Join us for our Annual Meeting June 21, 2002, 9:30 to 12:00 at the Centre for Addiction and Mental Health, Queen St. Site, 1001 Queen St. West (at Ossington) in Toronto. A preview of the new book *An Introduction to the Mental Health Needs of Persons with a Developmental Disability* will be provided by some of the authors.

### Meet A New Board Member

Maria Gitta began with the Developmental Disabilities Program, Department of Psychiatry, The University of Western Ontario, in January 1990 under the directorship of Dr. Ben Goldberg, a neurodevelopmental psychiatrist. Maria has a Masters in Social Experimental Psychology from the University of Western Ontario, and a great deal of research and considerable administrative experience as well. Originally she was a Research Associate and Program Administrator with the program and she is now a Coordinator. In 1995, Dr. Goldberg

retired and Dr. Tom Cheetham, a family physician, took on the medical directorship of the DDP. Over the years, Maria has conducted and/or collaborated with, and been advisor to many valuable research and educational projects. Together with a core of associates Maria created the Research Special Interest Group in the early 1990s which became closely affiliated with the Ontario Association on Developmental Disabilities. She has also developed the DDP website which now averages 50 user sessions per day, and increased the circulation of the Clinical Bulletin of the DDP to over 1,000 agencies, ministry offices, individuals, and support professionals. Maria says that the ongoing changes in governments, personnel, and other vagaries in this field has certainly created additional challenges to an already under serviced and undervalued field. However, she somewhat enjoys the reputation of being a bit of a "bulldog" and plans to hang on a little longer yet!

### Education Committee

Members of this committee held a joint meeting with representatives of the Academic Health Science Centre Developmental Disabilities Interest Group and the Ministries of Health and Community, Family and Children Services in early May. The discussion focused on providing NADD with advice regarding Phase II of the book project - implementation of training based on *An Introduction to the Mental Health Needs of Persons with Developmental Disabilities*. This was a very fruitful meeting, with support from the 5 Academic Health Science Centres (University of Ottawa, Queen's, Western, Chedoke and Toronto) offering to collaborate with local committees and Community Colleges to implement dual diagnosis training across the province. NADD Ontario will be submitting an updated proposal for project funding to Ministries shortly.

# A Partnership in Action

The North Bay and District Association for Community Living partnered with the Nipissing MCSS Case Resolution Committee to create a manual entitled, *Working With Developmentally Disabled Men Who Sexually Offend: A Treatment Guide*. The project emerged when pressures from a growing number of community referrals of adult males with a developmental disability who sexually offend were made to the North Bay and District ACL. The North Bay and District ACL set out to find community partnerships in order to establish a more responsive and cohesive community approach to supporting such individuals. There was a pervasive resistance to become involved at any level due to beliefs that such clinical work is too hard and that necessary skills are not in the repertoire of clinical supports already treating sex offenders without developmental delays. Given the "not my mandate" atmosphere in the community the North Bay and District ACL with the financial support of Nipissing Case Resolution Committee developed a comprehensive How to Treatment Guide outlining how to support such individuals within the community. The Guide is designed to attract other community professionals to join with our efforts in supporting Developmental Delayed individuals with a history of sex offending behavior by sharing our current knowledge with other community supports.

A conference entitled, "**Working With Developmentally Disabled Men Who Sexually Offend: A Workshop for Community Workers**", was organized in December 2001, by North Bay ACL. This conference provided an opportunity to disperse the Treatment Guide to 25 community professionals from our Region. The feedback from the conference requested a second conference that would provide more opportunity to share treatment activities/tools, train specific group facilitator skills and would allow opportunity to discuss assessment practices, etc. (over 3 or 4 days).

A second positive element to the project was the establishment of a supportive partnership between the Indian Friendship Center and the North Bay ACL. The Executive Director of the Indian Friendship Center along with their court support worker became a community volunteer

# 2002 Board of Directors

**Elizabeth Arnold**

Ontario Association for Community Living  
Port Elgin  
519-832-5554  
arnoldr@primeline.net

**Shelley Bishop**

Cochrane Temiskaming Resource Centre  
Kirkland Lake  
705-567-5379  
sbishop@ctrc.on.ca

**Maria Gitta**

Developmental Disabilities Program  
University of Western Ontario  
519-661-3804

**Dr. Dorothy Griffiths**

Brock University  
Welland  
905-688-5550 Ext.4069  
griffith@spartan.ac.brocku.ca

**Jim Hughes**

Behaviour Management Services  
Richmond Hill  
905-773-2362  
jim.huges@3web.net

**Jim Johnston**

Concerned Parents Association of Metro Toronto  
Toronto  
416-492-1468  
thejohnstons@attglobal.net  
Treasurer

**Susan Morris**

Centre For Addiction and Mental Health  
Toronto  
416-535-8501 Ext. 1136  
susan\_morris@camh.net  
Editor, NADD News

**Jo Anne Nugent**

Nugent Training & Consulting Services  
Mississauga  
905-891-1790  
jnugent@nugenttraining.com  
President

**Randy Secord**

Centre for Addiction and Mental Health  
Toronto  
416-535-8501, Ext. 2817  
randy\_secord@camh.net

**Naseema Siddiqui**

Rideau Regional Centre  
Smith Falls  
613-284-0123, Ext. 2770  
nsidd@falls.igs.net  
Vice President

**Dr. Chris Stavrakaki**

Children's Hospital Of Eastern Ontario  
Ottawa  
613-738-6990  
csgm91@rogers.com

**Brenda Quinlan**

Community Living Association  
South Simcoe  
705-435-4792, Ext. 229  
brenda@class.on.ca

**Glen Walker**

Regional Support Associates  
Woodstock  
519-421-4248  
rsa@execulink.com

**Connie Zieran**

Developmental Clinical Services  
Sudbury  
705-688-1120  
revjeffandconnie@yahoo.com  
Secretary

coach for treatment group run by the North Bay and District ACL. Each individual participating in the sex offender treatment group would attend weekly homework checks at the Indian Friendship Center. The co-therapists of the treatment group would guide the community coaches as to the issues being worked on for the week and the expected results.

The coaches attended the Workshop and shared their positive experience in working together with the North Bay and District Association for Community Living. The

coaches described their new found confidence in dealing with the subject area. The enthusiasm expressed in working with individuals with a dual diagnosis inspired several of those in attendance at the conference to apply to become a community coach for the treatment program. In 2002 an OPP officer and a clinician in private practice will be participating as community coaches for the offenders around their homework assignments. For information contact Shelly Delean-Dubeau at 705-476-3288 ext. 233.

# Interministerial News

## *A Look Back to Where We Are Now*

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The Ontario Government adopted a policy of deinstitutionalization in 1973, and in 1974 the Developmental Services Act moved the responsibility for individuals with developmental disabilities from the jurisdiction of Health to Community and Social Services. The last 15 years has seen particularly significant change in services and supports provided to individuals with developmental disabilities and dual diagnosis. In 1987 the closure of all 16 Ministry of Community and Social Service (now called the Ministry of Community, Family and Children Service) facilities for the developmentally disabled by 2012 was announced. Ten years short of that timeline and three facilities remain open. The Table included in this edition captures the most significant government decisions, policies and directions over the last 15 years.

So where are we now? The 2000 survey by NADD Ontario found that The Dual Diagnosis Guidelines and Implementation Work Plan of 1997 and 1998 influenced local and regional responses to dual diagnosis in a number of ways. New committees were initiated with links to local planning and funding bodies, best practice approaches to enhance local community response were utilized through cross sector co-chairing and membership, and there was a focus within the committees on training and cross sector protocols. In Ontario today there is certainly greater understanding that best practice service approaches include cross sector, integrated and comprehensive assessment of individuals, their environment and natural supports, and individualized services that are flexible, creative and seamless that bridge across professional and service boundaries. (Dart, Gapin & Morris, 2002) There are also excellent examples in pockets across the province of successfully implemented services that are responding to the specialized needs of individuals with developmental disabilities. Many of these examples have been documented in this newsletter. However those services are unevenly distributed and difficult to access across the province.

We are now also dealing with a number of different agendas than when this all started

in 1987. We have the cost saving agendas of Mental Health Reform and Making Services Work for People and recommendations of the Hospital Restructuring Commission regarding bed closures. (King and Barnett, Journal of Developmental Disabilities, July 2001, Vol. 8 No.1, p. 107-119) While there has been an increased emphasis on individualized supports, there is also a gap in focus on dual diagnosis within Making Services Work for People. All of these shifts have led to new and additional challenges in implementing best practices for individuals with a dual diagnosis.

King and Barnett point out in their article "A Tale of Two Sisters: Quality of Life Within Two Systems" that the government policy shift from institution to community based care has not always benefited or improved the quality of life of individuals with a developmental disability. (Ibid) To ensure the quality of life of individuals with developmental disabilities living in the community who are at significant risk of developing mental health concerns they have reminded us of the required elements of a successful service system:

1. Interministerial teams with experience in addressing both the mental health and primary needs of individuals with developmental disabilities
2. Dedicated beds within the continuum of community to hospital-based services to ensure safety for individuals who experience severe self-injurious or aggressive behaviour
3. A community-based rehabilitative support system with the capacity to provide varying degrees of support over lifetimes in recognition of fluctuating needs, relapsing and/or recurrent psychiatric disorders
4. Enhanced communication networks between community-based services and MCSS or MOH institutions are established in advance of discharge from an institution.

5. Financial commitment and endorsement from both MOH and MCSS of cross-sector reciprocating training initiatives, and
6. Acknowledgement by individuals working in both systems that they are supporting the same individuals whose quality of life is entitled to be best served than history has allowed.

This provides us with a very clear prescription for the next 10 years. The challenge is to engage all the stakeholders together, including research, academic, private and public interest groups and government to commit to working together toward these ends. NADD Ontario would like to suggest one further addition to King and Barnett's list. It is time to bridge the gap between the academic, research and community sectors if we are truly committed to implementing best practices. The publication of the book An Introduction to the

Mental Health Needs of Persons with Developmental Disabilities through a joint initiative between government, representatives from university affiliated programs and a cross sector community

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volunteer group like NADD is an example of how this can occur. This is a different and new partnership that will have its challenges to overcome e.g. establishing agreed to expectations and standards, but is necessary work. As NADD begins to look at how to roll out the training component of this book, it will provide an opportunity both locally and provincially to utilize this basic text to forge linkages between providers, community college and university programs. This will contribute to the establishment of a much-needed systematic approach to education and training of front line paraprofessional and professional staff.

# 1987-2002 Time Line of Government Policy Related to Dual Diagnosis

Year	Ministry of Health	Ministry of Community and Social Services
1987		Challenges and Opportunities, Ministry of Community and Social Services(MCSS). 25 year plan to close 16 facilities for the developmentally disabled
1988	Building Community Support for People: A Plan for Mental Health Reform, Ministry of Health (MOH). Dual Diagnosis included as part of the target group for mental health service development.	
1990	Ontario Interministerial Initiative on Dual Diagnosis - Funding to 5 time limited projects across the province to bridge the mental health and developmental sectors	
1993	Putting People First - Mental Health Reform - Focused on a shift from institution to community. Included Dual Diagnosis in Definition of Seriously Mentally Ill, the priority population for service.	
1996	Mental Health System Design Process to guide implementation of Mental Health Reform - lead by District Health Councils	4 Year plan to move 978 individuals from MCSS Facilities to communities.
1997		Making Services Work For People Policy guidelines and reinvestment strategy for developmental Services. Focus on proactive, coordinated and streamlined system. No mention of Dual Diagnosis or mental health needs.
1997	Joint Policy Guidelines For the Provision of Services for Persons With A Dual Diagnosis, MOH and MCSS. Purpose was to ensure access to service in either or both the developmental or mental health sectors. Identified collaborative cross sector approaches that support access. Defined the role of components of the health and social services sectors in meeting needs of individuals with a dual diagnosis.	
1998	Dual Diagnosis Joint Policy Guidelines Implementation Work Plan, MOH and MCSS - established expected outcomes at a provincial, regional and local level, including cross sector committees. Health Services Restructuring Commission (HSRC) Review of all general and psychiatric hospital bed based services across the province.	
1999	Making It Happen Implementation Plan for Mental Health Reform and Operational Framework for the Delivery of Mental Health Services and Supports, MOH. Focus on proactive, coordinated, streamlined system similar to Making Services Work For People.	
1999	Reports from DHCs/MCSS Regional Offices to Corporate MCSS and MOH re progress on Dual Diagnosis Implementation Work Plans	
2000		Planned closure of designated developmental service facilities completed.
	NADD Ontario Chapter Survey to DHC's re progress on implementation of Dual Diagnosis Implementation Work Plans	
2001	Mental Health Implementation Task Forces established in all regions of the province to develop recommendations for Ministry of Health on Provincial Psychiatric Hospital restructuring (from HSRC), community reinvestments and implementation of mental health reform. Dual Diagnosis included in the planning process	

## Support Resources

**CORRECTION: Exceptional Parent Magazine** includes an annual resource guide. Accessed through <http://www.eparent.com>

**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 residents to what they felt they most needed to know about developmental disability in their first year as trainee psychiatrists. Addresses assessment, treatment and triage issues. Can be accessed at this time on the web at <http://www/psychiatry.med.uwo.ca/ddp>, individual copies for educational purposes only. The guidelines will be published in full format in Spring 2002 by the Centre for Addiction and Mental Health.

**Supports and Services Resource Handbook, 2002.** 4th edition, Concerned Parents of Toronto Inc. This is an especially exciting version as it provides easy to understand information on how to navigate the developmental and mental health systems, e.g. how to get a case manager, what to do in a crisis, indicators of dual diagnosis, sample questions to ask when calling an agency. Concerned Parents is a not for profit organization consisting of parents, relatives and friends of individuals who have an intellectual disability and mental health needs. To obtain a hard copy or CD version, call 416-492-1468 or e-mail [thejohnstons@attglobal.net](mailto:thejohnstons@attglobal.net)

**Treatment for Developmentally Disabled Persons with Sexual Behaviour Problems: Community-Based Treatment, Management, and Supervision of Sexual Behaviour Problems among Developmentally Disabled Persons,** GD Blasingame.

For more information and to order see <http://www.woodnbarnes.com/titles/disabled.html>

**“Can I Catch It Like a Cold?”:** A storybook that helps children of depressed parents understand their parents disorder. To order: call 1-800-661-1111, or 416-595-6059, e-mail [marketing@camh.net](mailto:marketing@camh.net)

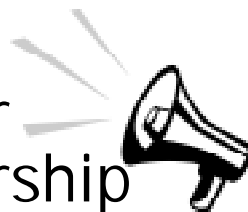
**“When a Parent is Depressed: What Kids Want to Know”:** A information pamphlet that outlines the key questions that children have about their parents' depression. To order: call 1-800-661-1111, or 416-595-6059, e-mail [marketing@camh.net](mailto:marketing@camh.net)

### Delay of Release of Dual Diagnosis Book and Training Curriculum

The Ministry of Health and Long-Term Care has informed the Board of the Habilitative Mental Health Resource Network that we will be receiving funding to translate our book, “An Introduction to the Mental Health Needs of Persons with Developmental Disabilities” and the accompanying trainer's video into French. However, as per provincial government policy, we are required to release the English and French versions of the materials simultaneously. Therefore, the release of the English version will be somewhat delayed while the French version is completed.

We hope to have both English and French materials available by September 2002.

### 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](mailto:susan_morris@camh.net).

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

## Information Resources

Interesting WEB Sites:

**<http://www.intellectualdisability.htm>**

This new website from the UK is jointly sponsored by the Down's Syndrome Association and Department of Psychiatry of Disability at St. George's Hospital Medical School. Covers diagnosis, causes, complex disabilities, mental and physical health, life stages, families and various developmental disabilities and syndromes.

**<http://www.mhaspectsofdd.com>**

The website of the Mental Health Aspects of Developmental Disabilities, a multi-disciplinary journal on clinical practice, research and community support. Abstracts of articles and order form for specific editions.

## Local Committee Update

The Peel Region Committee for Persons with a Dual Diagnosis has been concentrating its efforts on training and education. With funding received from the Ministry of Community and Social Services and the Ministry of Health and Long-Term Care, 3 workshops were offered in the Fall. Three more are scheduled for the Spring, with an emphasis on topics and authors in the newly published provincial training manual from NADD Ontario:

**April 29th:** Dual Diagnosis in Children with Dr. Bill Mahoney

**May 30th:** Concurrent morning sessions - An Introduction to Developmental Disabilities for Mental Health Providers with Dr. Fran Owen and An Introduction to Mental Illness for Development Services Providers with Dr. Bruce Menchions.

*Afternoon Plenary* - Practical Issues in Diagnosis with Dr. Nadine Nyhus

**June 27th:** Collaborative Approaches with Dr. Bob King

All workshops are free for residents of Peel and Halton Regions or staff who work in either Region. The Committee has also just received the exciting news that they have been approved for further education funding from both Ministries and will be busy planning training for the upcoming fall and winter. For more information contact Jo Anne Nugent.

# Upcomming Events

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. Summer Institute 2002 Demystifying the Mental Health Diagnostic Criteria for Persons who are Developmentally Disabled June 3-7, 2002 Faculty: Dr. Ruth Ryan \$650.00 Canadian/ \$450.00 US, 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

**Demystifying Syndromes: Implications for Treatment**, The Second Bi-Annual Conference of the Developmental Disabilities Program hosted by the North Bay Psychiatric Hospital, June 13th & 14th 2002, Best Western Hotel, North Bay. Sessions on Movement Disorders, Genetic issues and much more. \$130.00 per person. For information contact 705-494-3180.

**Supporting High Needs Individuals: A Toolkit**. RSA annual conference at Elmhurst Inn in Ingersoll, on October 24-25, 2002. The conference will focus on down-to-earth strategies that will be of practical value to front-line professionals and managers working in our field. For information contact Regional Support Associates at 519-421-4248.

## 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 the "NEWS" without joining NADD?

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

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P3E 6G6



### Letters to the Editor

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.

## Here & There

The field of developmental disabilities mourned the loss of Dr. Donald Zarfes, M.D., C.M., FRCPC in October 2001. His contributions to the field of developmental disabilities, particularly in Ontario between the 1960's to the late 1980's were highlighted in the December 2001 issue of the Clinical Bulletin of the Developmental Disabilities Program. See <http://www.psychiatry.med.ywo.ca/ddp>

**The Ontario Drug Programs Branch** reported in October 2001 that total Ontario Drug Benefit expenditures grew 16% in one year to exceed \$1.8 billion in 2000. The ten most reimbursed products represented over \$500 million and 30% of all expenditures. Of these, Olanzapine (Zyprexa) a treatment for schizophrenia, was the sixth most reimbursed at \$46.3 million (2.6% of all expenditures).

### We want to hear from other provinces

New Policy Initiatives, Unique Programs or Partnerships

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

A Twice Annual Bulletin of the Habilitative Mental Health Resource Network