

**Provincial
Mental Health and Addictions
Advisory Council**

Annual Report

April 1, 2014 – March 31, 2015

MESSAGE FROM THE INTERIM CHAIR

In accordance with the *Transparency and Accountability Act*, I am pleased to present the 2014 – 2015 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 are accountable for the actual results reported.

As a Council we are excited by the expanded membership which now includes additional representatives from the community and we are looking forward to the next stages of our work. With the establishment of the All-Party Committee on Mental Health and Addictions we also anticipate significant input from across the province as we continue to deliver on the work plan ahead.

I wish to extend a sincere thank you to the entire 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, Vice-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 17-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 and funded 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 2014-15 the Council met with the Minister of Health and Community Services on three occasions to provide commentary and recommendations/advice on priority mental health and addictions issues. Work undertaken by the Council during 2014-15 helped to contribute to the strategic directions of Government in the areas of "Population Health" and "Access", particularly with a focus on healthy living and access within mental health and addictions.

Annual Objective

By March 31, 2015, 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 2014-15, the Council obtained expertise from new group members and experts in the field. Council's membership grew to include six new members who have lived experience, and/or expertise in addictions, psychiatry, school guidance counselling, youth issues, and community advocacy.
Invited community groups and other organizations to present information	Information was presented by new Council members. As well, the Community Coalition 4 Mental Health presented their perspective on priority issues for mental health and addictions. Several presentations were also provided by Department of Health and Community Services officials.
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 on consultation process, including public and targeted consultations on mental health and addictions issues to inform the development of a new mental health and addictions strategy
Made recommendations to government-led mental health and addictions initiatives	Provided advice on several government-led initiatives including Understanding Changes Everything (Mental Health and Addictions awareness campaign), the Recovery project and the proposed mental health strategy.

Appendix A: Provincial Mental Health and Addictions Advisory Membership 2014-2015

Name	Current Experience
Sheldon Pollett	Interim Chair Community service provider - youth
Dr. Nizar Ladha	Vice Chair General and Forensic Psychiatrist
Dr. Ted Callanan	Professor, Discipline of Psychiatry, MUN Psychiatrist, START Clinic, Eastern Health
Paul Thomey	Executive Director, Eating Disorder Foundation of NL, local business owner
George Skinner	Advocate, Social Worker
Mary Walsh	Actor/Social Activist
Peter Ralph	Provincial MH Advocacy and Consumer Self help/peer support
Des Coombs	Central; RHA Service Provider and Psychologist
Michelle Kinney	Nunatsiavut Government; Northern Region
Ron Fitzpatrick	Regional Community Service Provider- Supportive services to persons involved in criminal justice system
Thelma Whelan	Education Consultant; Western Region
Rita Notarandrea	National Representative – Addictions Canadian Centre on Substance Abuse
Paula Corcoran-Jacobs	Lived experience, community service provider
Angie Wilmott	Registered Psychologist School guidance counselor
Mandy Tobin	Advocate, community volunteer with youth groups
Mark Gruchy	Eastern representative, Community Coalition 4 Mental Health
Greg Radu	Member at large, Community Coalition 4 Mental Health

Provincial Mental Health and Addictions Advisory Council
Secretariat Support and General Inquiries: Mental Health and Addictions Division
Department of Health and Community Services
P.O. Box 8700, 1st Floor, West Block
Confederation Building, St. John's, NL A1B 4J6
Tel: (709) 729-3658