

**Provincial  
Mental Health and Addictions  
Advisory Council**

**Activity Plan**

**April 1, 2014 – March 31, 2017**

## MESSAGE FROM THE VICE-CHAIR

In accordance with the *Transparency and Accountability Act*, I am pleased to present the 2014 – 2017 Activity Plan for the Provincial Mental Health and Addictions Advisory Council (the Council). The Council is a Category three (3) Provincial Government entity under the *Transparency and Accountability Act* and plans and reports under these requirements.

This Activity Plan identifies the key objective to be accomplished during the planning period in an effort to provide sound advice that will inform policies and programs and enhance the understanding of mental health and addictions issues within Newfoundland and Labrador. In the development of this plan, careful consideration has been given to the strategic directions of the Provincial Government in the area of health and community services.

As interim Chairperson, my signature below acknowledges that the Provincial Mental Health and Addictions Advisory Council are accountable for the preparation of this plan and for the achievement of the objective contained herein.

Sincerely,



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Dr. Nizar Ladha, 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
- How to increase public awareness and education of addictions and mental health issues in NL

## **Membership**

The Council is a 12 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, 1<sup>st</sup> floor West Block, Confederation Building, St. John's.

## **Primary Client**

The primary client of the Council is the Minister of Health and Community Services.

## **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.*

## **Values**

The Council has chosen to adopt the following values of the Department of Health and Community Services, which are incorporated in daily activities and are present in the overall organizational climate.

### *Transparency and Accountability*

Each person carries out their responsibilities while contributing to a culture of openness in decision making.

### *Collaboration*

Each person will work together in a positive manner with co-workers, partners and stakeholders, sharing knowledge and resources to identify potential solutions to priority issues.

### *Innovation*

Each person actively seeks new ways to develop and implement more effective and efficient programs and services in an effort to achieve better health outcomes for the people of the province.

### *Privacy*

Each person manages and protects information related to persons/families/organizations/communities and the department appropriately while at the same time promoting an environment of openness with each other and our partners, including the public we serve.

### *Excellence*

Each person demonstrates high professional standards, takes pride in performing every task with openness and integrity and willingly supports others to fulfill their roles.

## **Mission**

The Provincial Mental Health and Addictions Advisory Council supports the Department of Health and Community Services' Strategic Plan 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 and mission statement, please contact the Department of Health and Community Services Tel: 709-729-4984 or email: [healthinfo@gov.nl.ca](mailto:healthinfo@gov.nl.ca) or visit <http://www.health.gov.nl.ca/health/>.

### **Objective 2014-2017**

The Provincial Mental Health and Addictions Advisory Council provide support to the Minister of Health and Community Services in an advisory capacity. As such, the following objective 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 experiences a mental health or addiction problem. In Newfoundland and Labrador, mental illness and addiction 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 next three years. The Council will also apply its expertise and make recommendations to Government-led initiatives related to mental health and addictions.

In the development of this plan the Council considered the strategic directions of the Provincial Government. In relation to addressing emerging issues in mental health and addictions, work in this area relates to the focus area of healthy living under the strategic direction of "Population Health" and mental health and addictions under "Access" (Appendix B).

### **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.

### **Indicators:**

- Obtained expert and group member expertise
- Invited community groups and other organizations to present information
- Prioritized advice provided to the Minister
- Identified target audience for government initiatives related to mental health and addiction
- Made recommendations to government-led mental health and addictions initiatives

## Appendix A: Provincial Mental Health and Addictions Advisory Membership 2013-2014

Name	Current Experience
<b>Dr. Nizar Ladha</b>	Vice Chair, General and Forensic Psychiatrist
<b>Jocelyn Greene</b>	Community Service Provider-Adults
<b>Sheldon Pollett</b>	Community Service Provider - Youth
<b>George Skinner</b>	Provincial- Mental Health Advocacy Regional community service provider
<b>Mary Walsh</b>	Actor/ Social Activist
<b>Peter Ralph</b>	Provincial MH Advocacy and Consumer Self Help/Peer support
<b>Des Coombs</b>	Central; RHA Service Provider and Psychologist
<b>Michelle Kinney</b>	Nunatsiavut govt; Northern region
<b>Ron Fitzpatrick</b>	Regional Community Service Provider- Supportive services to persons involved in criminal justice system
<b>Thelma Whelan</b>	Education Consultant; Western region
<b>Paul Thomey</b>	Executive Director of the Eating Disorder Foundation of NL, Local Business Owner
<b>Dr. Ted Callanan</b>	Professor, Discipline of Psychiatry, MUN Psychiatrist, START Clinic, Eastern Health

## Appendix B: Strategic Directions 2014-17

Strategic directions are the articulation of desired physical, social, or economic outcomes and normally require action by or involvement of, more than one government entity. These directions are generally communicated by government through platform documents, Throne and Budget Speeches, policy documents and other communiqués. They summarize the outcomes desired for the health sector and are communicated to entities that plan and report in collaboration with the Department. The directions and focus areas in the area of health and community services related to the work of the Provincial Advisory Council on Mental Health and Addictions for the planning period 2014-17 are as follows:

### Strategic Direction 1

**Title:** Population Health

**Outcome:** Strengthened population health and healthy living

Population health refers not just to the health “status” of the population, but to the ability of people to adapt and respond to various aspects of life. Health is affected by many factors such as social, economic, physical and environmental conditions. A population health approach encompasses a range of services and supports that can help individuals, families and communities experience the best outcomes possible.

Initiatives that focus on social and emotional well-being, the prevention of illness and injury, as well as initiatives to support people in managing and maintaining their own health and lifestyle, form a solid foundation for addressing population health.

Focus Areas of the Strategic Direction 2014-2017	Strategic Direction #1 is		
	Addressed by		
	activity plan	operational plan	work plan
Healthy Living	√		



Strategic Direction 2

**Title:** Access

**Outcome:** Improved accessibility to programs and services meeting the current and future needs of individuals, families and communities, particularly those most vulnerable.

Making the appropriate services available at the appropriate place and time is the defining feature of accessible health and community services. Striking the right balance between fiscal abilities and planning for equitable access is the key challenge. Together with stakeholders, the Department engages in reviews and consultations to determine how and what services should be delivered to maximize access.

Focus Areas of the Strategic Direction 2014-2017	Strategic Direction #2 is		
	Addressed by		
	Activity plan	operational plan	work plan of a branch/ division
Mental Health and Addictions	√		

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