

Innovative Mental Health Programs Highlighted at North East LHIN Meeting

November 1, 2016 -- Mental health developments across the region were highlighted at a recent meeting of the North East LHIN's Health Professionals Advisory Committee.

The group of senior health care leaders learned about the Sault Area Hospital's Mental Health and Addictions Program which now offers an innovative group treatment using Cognitive Behaviour Therapy (CBT).

Dr. David MacPhee, Chief Psychologist at the Sault Area Hospital talked about the benefits of CBT which uses evidence-based interventions to help people better manage their symptoms. Designed to help with a wide range of mental disorders, CBT helps people to develop skills and strategies for becoming and staying healthy.

"We will likely see an increase in transdiagnostic group treatment in mental health. This is a good example of people from different diagnostic groups using skills and supporting each other," said Dr. MacPhee.

The Brief, Transdiagnostic, Evidence-Informed, Symptom Management Group was developed by both Dr. MacPhee, and Elysia Peattie, a social worker at Sault Area Hospital.

Shana Calixte with the North East LHIN also presented on the work of the LHIN to improve access and increase coordination of mental health services for Northerners. Some of the work includes:

- The introduction of a standardized regional mental health and addictions referral form and on-line information mental health and addictions mini-site (northeasthealthline.ca).
- Implementation of the provincial mental health bed registry across the North East.
- Encouraging the use of screening and assessment tools (GAIN) and the Ontario Perception of Care tool among providers.
- Developing the Telepsychiatry Outreach Program among Family Health Teams.
- Working on the recommendations of the [Innovative Housing with Health Supports in Northeastern Ontario Strategic Plan: 2016-2019](#).



Dr. David MacPhee, Chief Psychologist with the Sault Area Hospital, and member of the NE LHIN's Health Professional Advisory Committee, along with, Shana Calixte, NE LHIN Mental Health, Addictions and Housing Officer.

FACTS:

- The Health Professionals Advisory Committee is an advisory committee to the NE LHIN's board of directors providing advice to the LHIN on how to achieve patient-centred health care. Members represent different health professions, health sectors, and geographical areas of Northeastern Ontario.
- North East LHIN CEO Louise Paquette is a member of the province's Mental Health and Addictions Advisory Leadership Council.

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