

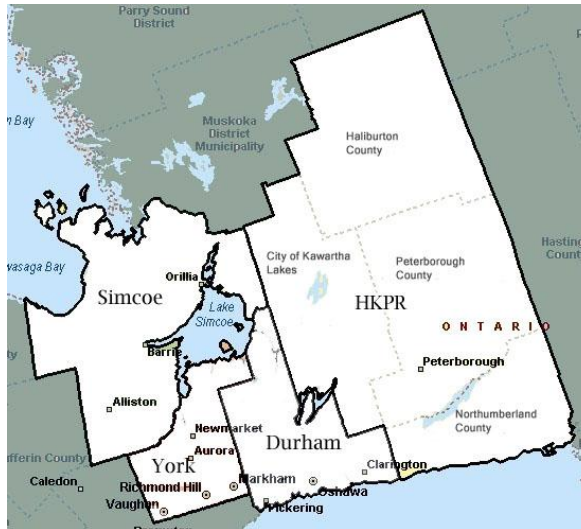


COMMUNITY LIVING HURONIA



**COMMUNITY NETWORKS
OF SPECIALIZED CARE
RÉSEAUX COMMUNAUTAIRES
DE SOINS SPÉCIALISÉS**

CENTRAL EAST COMMUNITY NETWORKS OF SPECIALIZED CARE



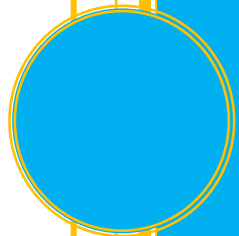
“Through collaboration and coordination, we build efficient and effective cross-sectoral specialized service systems that support individuals with developmental disabilities and mental health needs and/or challenging behaviours”.

Annual Report

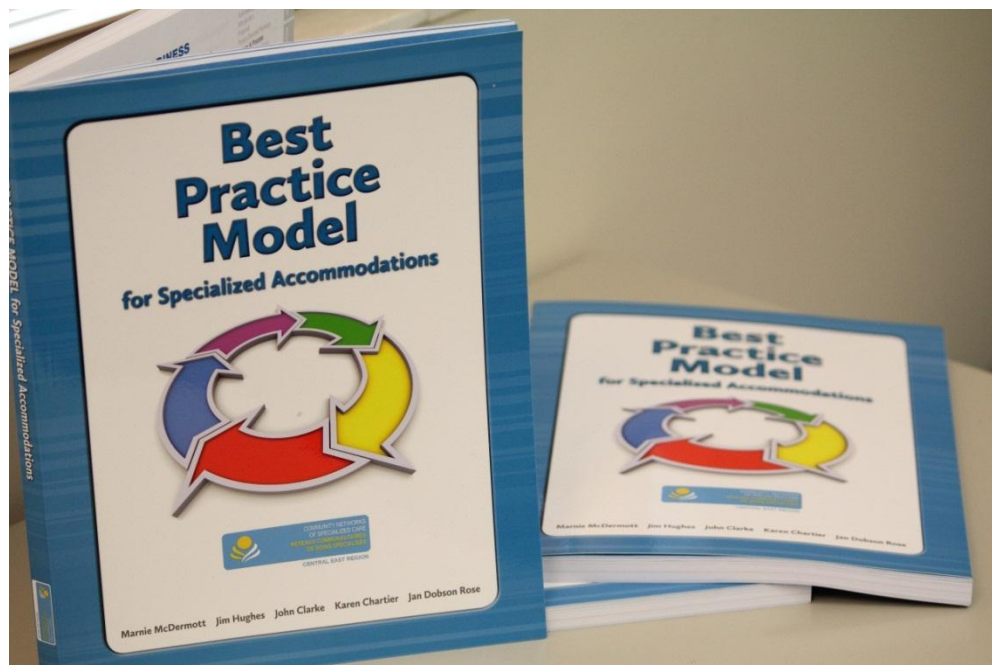
**2012
2013**

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BEST PRACTICE MODEL FOR SPECIALIZED ACCOMMODATIONS

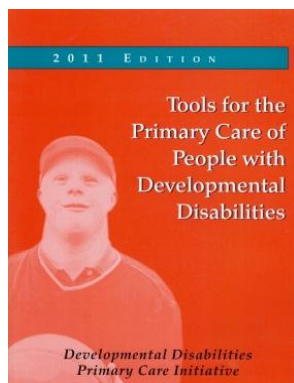


“Best Practice Model for Specialized Accommodations”, has been positively received at various conferences over the previous year and many requests have been received to get a hard copy of the manual. The bound version was completed in early 2012 and has now been distributed throughout the Central Region.

On June 15th, 2012, the authors of this amazing resource, partnered with the Central Videoconferencing Program to launch the Manual provincially using videoconferencing technology. Every participant received a copy of the manual, creating a more interactive event that focused on the different sections of the manual: Access and Process, Person Directed Planning, Discharge and Evaluation and Staffing and Operations.

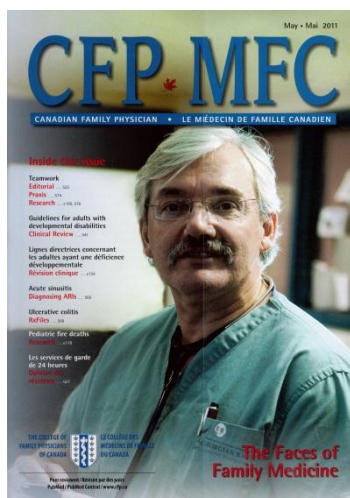
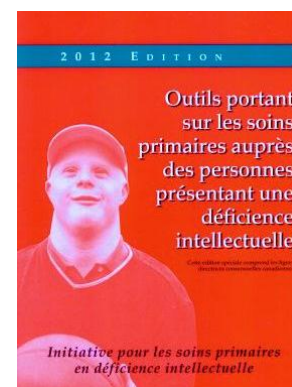
For a copy of this resource please contact
Marnie McDermott
Central East CNSC
Regional Coordinator

DEVELOPMENTAL DISABILITIES PRIMARY CARE INITIATIVE



The Developmental Disabilities Primary Care Initiative has brought together clinicians with expertise in the care of adults with developmental disabilities (DD) to improve primary care and quality of life for these people.

With leadership and coordinator from Surrey Place Centre, and funding from the Ontario Ministry of Community and Social Services, the Ontario Ministry of Health and Long-Term Care and Surrey Place Centre Foundation, Guidelines and Tools have been developed to help primary care providers to follow best practices in the care of these patients.


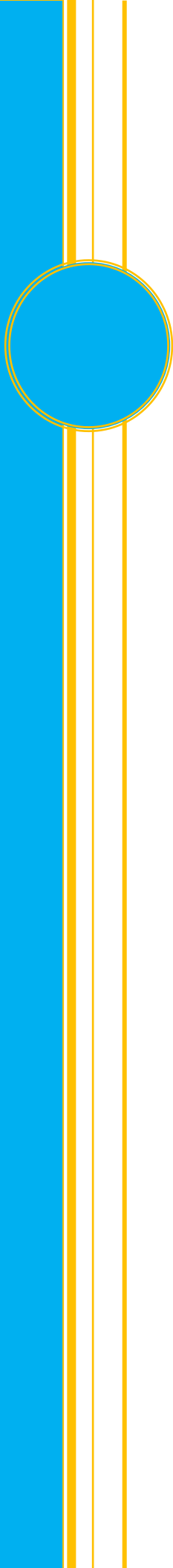


“The guidelines are formulated within an ethical framework that pays attention to issues such as informed consent and the assessment of health benefits in relation to risks of harm.”


- (Primary care of adults with developmental disabilities / Canadian consensus guidelines)

For a copy of these resources please contact
Bev Vaillancourt
 Central East CNSC
 Health Care Facilitator


COORDINATE THE LOCAL SPECIALIZED SERVICE SYSTEM



One of my roles as Regional Network Coordinator is Interim Chair for the Regional Case Resolution Committee in Central East Region. We are receiving very complex referrals from within the Central East Region and currently from other regions in the province. The requests have been to mobilize the Mobile Resource Outreach Team and the Treatment Team to assess the environment and staffing supports in the person's current environment.



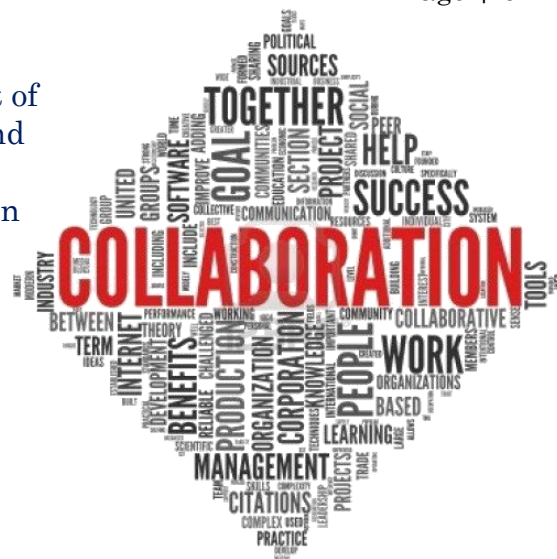
Clinical dollars have been used to hire a Behaviour Technician, Savana N. to provide behavioural support to the Mobile Resource Team. She was hired through Lake Ridge Community Support Services and is supervised by Karen Chartier, the Coordinator of the Mobile Resource Team.




Presented at the October 2012 N.A.D.D. conference in Denver Colorado. Central East Network collaborated with Ontario Shores Centre for Mental Health Sciences and Access Community Services Inc., to deliver a presentation on: "Innovation through Collaboration: The Journey from Hospital to a Home". The focus of the presentation was on transition planning for persons with a dual diagnosis who have been in tertiary care for a prolonged period of time.

We also presented a case study during the presentation, on one of the legacy patients who transitioned out of Ontario Shores into one of the treatment beds with Access Community Services Inc. (Port Hope). The response from participants was very positive. The session was very interactive and the participants found the 'Best Practice Model for Specialized Accommodations' to be a valuable resource to use.

Focusing on the development of collaborative partnerships and linkages with Community Health resources in the region has been extremely valuable in sharing the health resources that have been developed through the Primary Care initiative.




The Health Care Facilitator has been involved with three primary committees, which include:

-  The North Simcoe Muskoka Dementia Network, which includes health resources within Long Term Care and community health resources supporting seniors.

Great success was had in developing a number of partnerships through this network to support individuals with developmental disabilities and dual diagnosis (mental health/ challenging behaviours) who are aging.

Information and resource sharing between systems and individuals has been invaluable.

-  The Developmental Disabilities Ontario Nursing Network (DDONN), which includes nurses and other health care providers who work within the developmental service sector.

The team meets quarterly to address challenges and share new initiatives through professional development and educational sessions throughout the province.

This unique group is made up primarily of practitioners in the Health sector who have reached out to the field of Developmental Disabilities. While honored to be a member of this group the hope is to see the membership expand to include others from the Developmental Service sector.



The Central East Aging and Developmental Disabilities planning committee strives to create cross sector collaboration within its group and education /training component (i.e. U-First Training).

The committee is made up of members representing:

- Developmental Service agencies across the Central East Region
- Health resources which includes:
 - Psychogeriatric Resource Consultants
 - Alzheimer Society
 - Community Care Access Centre
 - 1-1 Rehab.

Through this group a number of cross sector, collaborative initiatives are developed.



In March 2013, through the Ministry of Community and Social Services Innovation Grant a series of one day conferences were funded to help develop linkages and partnerships between Developmental Services and the Seniors Services.

DID YOU KNOW?

The National Task Group shared their newly released Guidelines for Structuring Community Care and Supports for People with Intellectual Disabilities Affected by Dementia. The *Early Detection Screen for Dementia* Tool is just one example how participating in existing cross sector committees can support both sectors in their efforts.

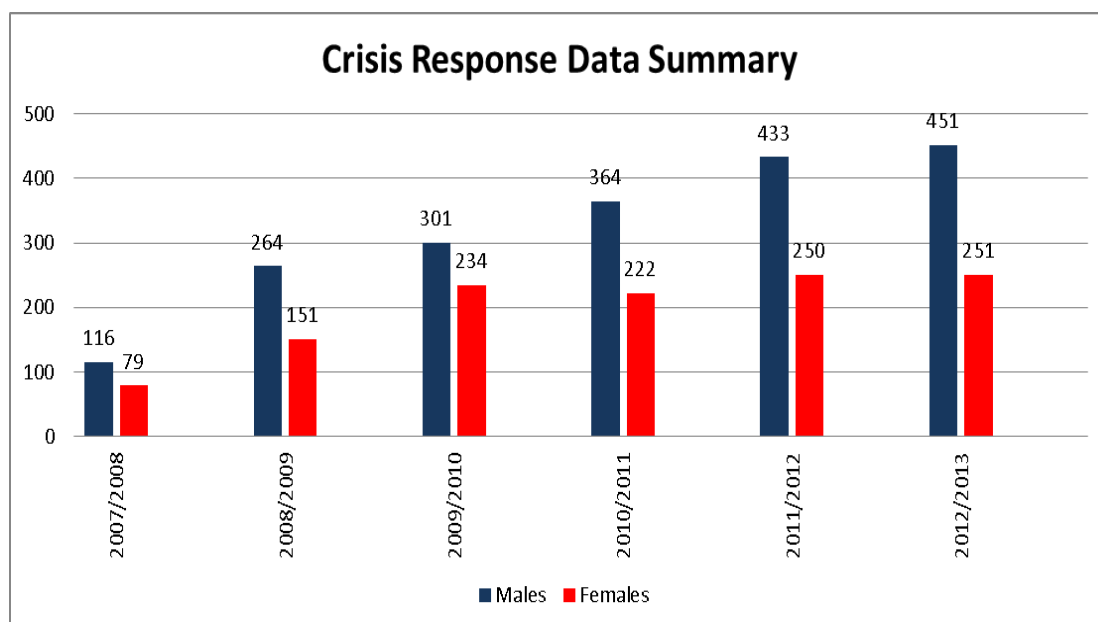
ENHANCE SPECIALIZED SERVICE DELIVERY

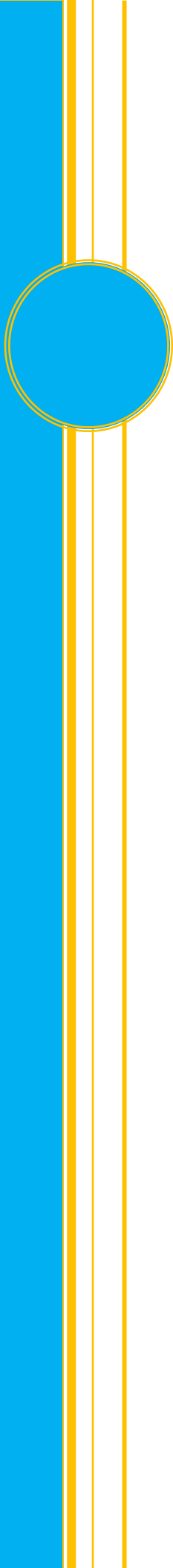


Dr. Susan Braedley presented her research findings of the Central East Crisis Response Network at the Central East Community Network of Specialized Care (CECNSC) meeting with the Crisis Response Coordinators.

The Community Crisis Response Network continues to be a very effective program. Crisis is defined as: “the onset of an emotional disturbance or situational distress, (which may be cumulative), involving a sudden breakdown of an individual’s ability to cope. The individual’s state of crisis or distress is not likely to change/improve and may worsen without immediate intervention.” The program was developed to provide timely, flexible and appropriate crisis response service to individuals, their families/caregivers, experiencing a psycho-social or situational crisis. The purpose is to intervene early and provide urgent supports to stabilize the person or situation and to avoid the need for more intensive interventions.

Throughout 2012-2013, the four Crisis Response Coordinators, located within the Central East Region, provided crisis support to 702 people (451 males / 251 females). Since its inception, in 2007/2008, this program has provided in excess of 15,151 of crisis response and intensive case management hours to 3116 people across Central East Region.



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- A common job description, business cards, and an integrated information grid has been developed and approved for the Crisis Response Coordinators. The Memorandum of Understanding has been developed between the lead agencies and the host agency and it has been signed by all of the partnering agencies.
 - On February 12, 2013, the Crisis Response Coordinators and I delivered training on the Crisis Response Network model to the Developmental Services Ontario Service Navigators and Service Assessors.
 - The safe bed at Community Living Huronia is now open to receive individuals 16 years of age and older. This is a six month pilot project for specialized respite. The safe bed was developed in response to an identified need for individuals between 16 and 18 years of age, who are involved with the justice system and are homeless. They were identified as a very high pressure within the Central East Crisis Response Network.
 - An undergraduate student from York University is collecting data on training / education and doing a comparative study amongst other regions in regards to the Central East Crisis Response Network.
 - The Program Standards are almost completed for the Central East Community Crisis Response Network. They will be presented to the Advisory Committee for approval.
 - Chair the Provincial Dual Diagnosis Justice Case Management Rounds. The committee is currently developing a template of housing and models of support across the province for persons with a dual diagnosis involved in the corrections system. A common data set and job description is being developed to highlight the work that is being done across the province and the pressures within the system.
 - The Central East Network Lead has co-chaired the Central LHIN's Complex Care committee.





- Central Community Care Access Centers
- Alzheimer's Societies in York and Simcoe
- Psychogeriatric Resource Consultants in North Simcoe Muskoka
- Advisor/Outreach Coordinator Primary Care for the North Simcoe Muskoka Local Health Integration Network in partnership to enhance the care, support and available resources, individuals with developmental disabilities can access in their communities.


Continuing professional development sessions for allied health professionals on a number of health related topic occur four times a year to support primary care providers and allied health professionals in their practices with individuals with developmental disabilities.

Clinical Support Networks have been established in collaboration with primary care mentors and health care facilitators to support primary care providers in their regions to find local resources and build on the Consensus Guidelines and Tools

TRAIN AND BUILD CAPACITY IN THE COMMUNITY

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Provided four Effective Specialized Responses training in Central East Region. We have one new faculty member, Susan Van Elswyk from the Crisis Response Network in York Region, who audited the course in the spring. She will be joining the faculty in the fall to provide the training across central east region.
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The Central East Community Networks of Specialized Care and York Support Services Network collaborated to bring Dr. Nirbhay Singh, from North Carolina, to conduct two full day trainings on the Soles of the Feet. The training was held on Monday, February 25th and Tuesday, February 26th, 2013 at the Courtyard Marriott in Vaughan. Dr. Singh trained 16 trainers from across central east region on a mindfulness-based treatment called the Soles of the Feet.
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The Central East Community Networks of Specialized Care and the Toronto Community Networks of Specialized Care have partnered to offer a one day behaviour training day for front line staff from the developmental services sector and the mental health sector. The event is called “Unlocking the Mysteries of Challenging Behaviours: Using the Science of Applied Behaviour Analysis”. The training event was in such high demand that we have offered it two times in the region with a wait list for both training days. Clinicians from Behaviour Management Services York and Simcoe, Surrey Place and the Centre for Addiction and Mental Health have been conducting the training.

Evaluation Feedback

“I think that today was a great information filled day; each presentation was entertaining and provided me with ideas and a drive to start things moving forward in my agency”.

(Dual Diagnosis Education)



The annual education event organized by the Dual Diagnosis Education Committee in Central East Region was held at the Jubilee Pavilion Banquet and Conference Centre in Oshawa.

The 'Sexuality Unplugged' conference was held on May 09, 2012 with Dave Hingsburger as the keynote speaker. Christa Outhwaite-Salmon and Sassha Loftman from Behaviour Management Service York and Simcoe's Sexuality Clinic and representatives from the Griffin Centre's sprOUT Project also presented during the day. The conference was very well received; 195 people attended the event from across the Central Region.

Evaluation Feedback

"Everything was great; I am honored and happy to be a part of such great, open-minded ideas. Thanks for making life accessible to all".

(Dual Diagnosis Education Event)



Dr. Lew from Nova Southeastern University (Florida) conducted another facilitator training for Adapted Dialectical Behaviour Therapy in Central East Region. He completed the training in York region for 30 facilitators representing all four quadrants in Central East Region and Toronto. The training was held at York Support Services Network in Newmarket on April 16th and 17th of 2012 for participants from the Central East Region. Monthly clinical consultations with all of the trained facilitators are being conducted with Dr. Lew using videoconference technology.



Provided an education on Adapted Dialectical Behaviour Therapy for Developmental Service Students at Georgian College.












The lecture was given as a requirement for the students' course on Dual Diagnosis.



Over the past year there have been great opportunities to collaborate with fellow health care facilitator's, members of the Central East Community Network of Specialized Care team, and other health care resources.

Several presentations have been delivered providing an overview of the Community Networks of Specialized Care; the 2011 Canadian Consensus Guidelines; and Tools.

Presentations were delivered to:

-  The Down Syndrome Society conference
-  Simcoe Strategic Operations Committee
-  York Regional Planning Committee
-  Georgian College DSW program
-  Community Living Association for South Simcoe
-  Community Living Huronia
-  York Support Service Network
-  North Simcoe Muskoka Local Health Integrated Network (NSMLHIN)
-  Care Connections Child and Adolescent Mental Health and Addictions Steering Committee
-  Central Community Care Access Centre (CCAC).
-  Central East Region Planning Committee

Evaluation Feedback

"A lot of information and knowledge was shared and explained".

(Downs Syndrome Education Session)

The Health Care Facilitator received very specific training requests from community agencies. The Primary Health Care program in partnerships with the Central Videoconferencing program delivered a variety of training sessions using videoconferencing technology as well as face to face training.

Sessions included:

- The Ins and Outs of Bowels
- Aging and Down Syndrome
- Diabetes
- Regulated Health Professions Act

Evaluation Feedback

"Was unaware of the close relationship between Developmental Services and Alzheimer's Disease".

(Villa Care Centre - Education Session)

Direct contacts from families has also been received; as well as from agencies within developmental services who are experiencing challenges around specific health issues, or community health resources to support individuals in their care.

Support has been provided to caregivers with the tools and guidelines in order to assist them with advocating for the person they are supporting. We've experienced great successes in being able to find resources that may be available to support their efforts.

Our biggest challenge, which we hear on a regular basis from health resources and professionals, are concerns regarding their lack of knowledge in the area of developmental disabilities.

Working in collaboration with established health and developmental services committees and new initiatives that are developed within Central East will provide increased knowledge and expertise in the area of health as it relates to individuals with developmental disabilities.



GAPS & CHALLENGES

Gaps in services identified within Central East:

- Long term placement in the community for individuals with a dual diagnosis who are ready for discharge and completed residential treatment.
- Accessing psychiatric support in the community.
- Accessing safe beds in the community when a person with a dual diagnosis is in crisis; there is a waitlist for accessing the regional safe beds.
- Once a person is in crisis in a schedule one hospital and they are no longer able to return to their home, there are no long term residential placements to be accessed in the community.
- Behaviourally trained staff in developmental service group homes to support persons with complex challenging behaviour.

Some key challenges often heard within Central East are:

- Aging
- Regulated Health Professions Act
- Consent & Capacity Issues



The Developmental Disabilities Primary Care Initiative has been instrumental in the development of the Canadian Consensus Guideline and Tools for the Primary Care of People with Developmental Disabilities, continuing professional development for health professionals, developing Clinical Support Networks to support primary care provider's and the development of new tools.

Although funding for this initiative ended March 31, 2013 we are working on developing a plan to identify how the Community Networks of Specialized Care will proceed with this effort.

CONTACT INFORMATION

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Networks of Specialized Care
Annual Report**

**2012
2013**