



# SOUTHERN NETWORK OF SPECIALIZED CARE NETWORK HIGHLIGHTS

SPRING 2014

## Free Trauma Training Now Available to Service Providers Across the SNSC Region

The Southern Network of Specialized Care and its network partners have launched a Trauma Initiative in our region, working to build a trauma informed system of support for people with developmental disabilities/ Dual Diagnosis across our region. Our membership includes Regional Support Associates, RMHC –London, DDP, Hamilton Brant Behaviour Services, RMHC –Hamilton, DDP, and Bethesda Services and a variety of sexual assault, women's shelter, community mental health and developmental service agencies. Research demonstrates that people with developmental disabilities are at higher risk of physical, emotional and sexual abuse and neglect than the general population. (Cottis, 2009; Mansell, Sobsey & Moskal, 1998; Ryan, 1994; Doyle & Mitchell, 2003; and Pitonyak, 2005). Many factors lead to increased vulnerability in the community. Behavioural manifestations of trauma in people with developmental disabilities can include: aggression, self-harm, suicidal ideation, risk-taking, elopement, emotional dysregulation, regression, panic attacks, and substance abuse. Adopting a trauma-informed framework for care can help caregivers/service providers respond more positively and effectively to these symptoms.



*Lara Palay presenting at the SNSC Clinician's  
networking day held this past March 21<sup>st</sup> in Brantford*

### We are working toward our goal by –

- Providing free training for cross sector professionals across the South West – we have presented to Community Living Agencies, Boards of Education, Second Stage Housing and Domiciliary Hostels, Women's Shelter
- Lara Palay, an internationally recognized expert on Trauma and People with Developmental Disabilities will provide training to our clinicians (pictured here)
- Augmenting resources/tools and best-practice techniques to support and improve interventions for people with disabilities,
- Presenting at provincial conferences within the mental health, addictions and developmental sectors

We would like to take this opportunity to thank Laura Winter, Co-Chair, for her leadership, passion and commitment to this initiative over the last two years. Congratulations on your retirement Laura! We also welcome Keith Anderson as the new Co-Chair.

Please contact any Facilitator with the Southern Network of Specialized Care if you would like to access this specialized training at no cost to your agency!

## A message from our Network's Coordinator Liz Froese

The Southern Network has been active locally, regionally and provincially to promote the wellbeing of people with a dual diagnosis and/or challenging behaviour. On March 27, 2014, the Community Networks of Specialized Care hosted a provincial symposium that brought experts from across many sectors together to inform the process of developing "Guidelines for the Care, Support and Treatment of Adults with Developmental Disabilities that Exhibit Problem Behaviours". In Fall 2014, there will be regional focused groups meeting to inform this process as well. The guidelines will bring together a series of recommendations based on contemporary informed practice and clinical research to help caregivers and clinicians understand, support, care for and treat this population.

The evaluation of the CNSC-ON by MCSS is currently underway. Key informant interviews are taking place with key partners in the Southern Network; an online survey of service providers and practitioners is in progress; and a data collection template on the accomplishments and outcomes of the SNSC has been sent to MCSS. The Ministry hopes to collate all the data in May with a report going to the Leads of CNSC-ON by June or July 2014. Special thanks to all of you who participated and gave input into the evaluation.

You will remember that there was an evaluation of the implementation of the Joint Guidelines for Dual Diagnosis in 2013. Currently, CNSC-ON has been asked to lead the development of the Dual Diagnosis Framework in consultation with the MCSS/MoHLTC steering committee and other provincial experts. CNSC-ON will assist with the framework development, broader consultations and with implementation efforts. In the near future, there will be four planned sessions across the province to develop the framework to implement the Joint Dual Diagnosis Guideline.

If you have any questions on these CNSC-ON provincial initiatives or the work of the Southern Network, please contact me at [froese.network@sympatico.ca](mailto:froese.network@sympatico.ca) or 1-866-486-1651.

## RSA Annual Conference on "Trauma"



*Juanita St. Croix, SNSC Facilitator*

On October 24<sup>th</sup> and 25<sup>th</sup>, 2013, Regional Support Associates hosted their annual conference in London. This year's conference was titled "Hope and Healing – Supporting Adults who have experienced Abuse and Trauma". The conference was attended by over 150 professionals. The keynote speakers for the two days were among the most prominent specialists related to Trauma and ID in North America, Lara Palay and Dr. Karen Harvey. The focus of the presentations was on understanding the complexities of trauma experiences and how to provide effective supports for people in consideration of the neurobiological and physiological changes trauma causes for a person. Lara stated in her presentation "....treat everyone as if trauma has possibly occurred...making someone feel safe and in control of their own lives will help someone with trauma, and will not hurt anyone who does NOT have a history of trauma." In brief, trauma informed care is a universal precaution.

The Southern Network of Specialized Care had the pleasure of contributing to the conference, providing presentations from the Trauma Working Group and offering MC services from Juanita St.Croix. Feedback on the conference was exceptional with evaluations clearly indicating high motivation in furthering informed supports for people who have an ID and have experienced trauma across any service sector the



## Health and Wellbeing Conference



*CNSC Coordinators Lisa Holmes, Sandy Bricker, Rosanne Stein and Liz Froese at the Conference*

The Annual Health and Wellbeing in Developmental Disabilities conference is an opportunity for stakeholders from across the world to get together, sharing information about best practices in education, prevention, assessment and treatment of health care issues for the population. Most recently the conference was held in Toronto on November 12<sup>th</sup> and 13<sup>th</sup> of 2013.

The Southern Network of Specialized Care (SNSC) was well represented at the conference. Nancy Hall, Facilitator for the Haldimand /Norfolk and Niagara areas gave a presentation titled "Increasing the Wellbeing of Individuals with Fetal Alcohol Spectrum Disorder". Liz Froese, Coordinator

of the SNSC, co-presented with other Coordinators a session titled "It Takes a Community: Establishing Community Collaborations to Improve Service Delivery and Streamline Transitions for People with a Dual Diagnosis and Other Complex Needs". Tom Archer, Health Care Facilitator for the Hamilton Niagara Region, co-presented a session titled "Community Engagements that Enable Effective Partnerships to Proactive Health Care Practices for people with Developmental Disabilities" with a Paula Komenda, Supervisor from Community Living – Grimsby, Lincoln and West Lincoln, and Dr. Morrison, a family physician who works closely with the organization to ensure quality health care services for residents who have more complex health care needs.

For more info visit <http://www.healthandwellbeingindd.ca>



*Tom Archer pictured here with Paula Komenda and Dr. Douglas Morrison*

## Network Research presented at the Provincial HSJCC Conference

The 2013 Human Service Justice Coordinating Committee Conference was hosted in Toronto on Nov. 24-27<sup>th</sup>. It was a fantastic conference with diverse and knowledgeable speakers. Highlights included; Mr. Howard Sapers, the Correctional Investigator of Canada, who spoke about the increasingly complex offender profile in federal corrections. The Provincial HSJCC coordinated a project to assist police services and hospitals in Ontario to reduce emergency room wait times for police officers who are accompanying individuals experiencing a mental health crisis. A diverse panel of justice professionals summarized the findings and focused on a discussion of two case examples of effective protocols that have been proven to reduce emergency room wait times for police in Ontario.

The Southern Network of Specialized Care was pleased to showcase results from a community research collaboration including Lynda Legge, Facilitator for Grey Bruce, Huron-Perth and Beth Anne Currie, Research Facilitator, Jane Hoy, supervisor at Kincardine & District Community Living, and Dr. Valerie Temple, Clinical Psychologist at Surrey Place. Lynda and Beth Anne highlighted findings from their Grey Bruce/Surrey Place FASD research that explored relationships between effective support practices for adults with FASD and their rate of contact with the criminal justice system. The effectiveness of CMHA Court Support programs in Niagara, Hamilton, Brant and Haldimand Norfolk was also highlighted in the poster presentations.



*Beth Anne Currie and Lynda Legge, of the SNSC*





## Crisis Collaboration That Really Works!



*Kelly Falconer, CMHA Safe Beds Manager with Leah Jeffery, Behaviour Therapist for Bethesda*

In 2011, after an initial partnership between Nancy Hall of The Southern Network of Specialized Care and Kelly Falconer, CMHA Niagara's Safe Bed Manager, it was identified that Safe Beds needed to develop capacity to better serve individuals with challenging behaviours, including those with Dual Diagnosis. As a result, in 2011, annualized funding was received from the Ministry of Community and Social Services (MCSS) to support a collaborative project between CMHA Safe Beds and Bethesda's Behavioural Supports Services in the creation of an Enhanced Safe Beds Program. This project provides ongoing part time behavioural supports in exchange for a designated bed for individuals with a Dual Diagnosis, allowing for a longer stay of up to 30 days as required.

The Enhanced Safe Beds Program uses a strengths/recovery based approach encouraging self-direction, empowerment and responsibility while using a Bio-psycho-social approach to determine the cause of challenging behaviours. This Niagara based project was the first of its kind.

The goals of the project included; increase the number of Dual Diagnosis referrals, to provide an alternative to hospitalization in a crisis situation, to provide an alternative to incarceration, to increase client skills to effectively manage a crisis situation and to increase the effectiveness of the program to decrease crisis situations.

The project has been successful, experiencing many positive outcomes, which include:

- Referrals to Safe Beds have risen from 6 people in 2011-12 to 18 in 2013-14,
- an increase in staff skills such as: their awareness of potential cognitive issues, improved communication skills, and the ability to generalize behavioural strategies to other clients of the Safe Beds program,
- an increase in the therapeutic impact of the program with the blending of the two populations and the resulting relationship development between individuals in the program, and,
- better understanding of the Developmental sector and the Mental Health sector for Safe Beds staff and the Behaviour Therapist

News of this collaborative project and its positive outcomes has been shared across the region. As a result, a similar collaborative project has been created in Hamilton between the Barrett Centre and Hamilton Brant Behaviour Services! (Please see page 5 for more information)



## New Collaborative Partnership Formed in Hamilton

In January, 2014, a partnership between Hamilton Brant Behaviour Services and the Good Shepherd Barrett Centre was launched. The Barrett Centre is funded by the Ministry of Health and Long Term Care and responds to people experiencing a mental health crisis, but who aren't requiring a hospital admission. Hamilton Brant Behaviour Services is funded by the Ministry of Community and Social Services to provide behaviour consultation and supports to individuals with developmental disabilities in the Hamilton and Brant communities. It has been identified that people with a Dual Diagnosis (developmental disability and mental health issue or challenging behaviour) create unique challenges, particularly when they are experiencing a crisis. This unique cross-sectorial partnership will blend the best practices in Applied Behaviour Analysis with best practices in Health, Community Mental Health, Addictions, Recovery, Harm Reduction and Crisis Counselling.

The overall goal of the program is to achieve a higher quality of life for people with a Dual Diagnosis through crisis intervention, post-vention, and diversion from unnecessary Emergency Room visits. More specifically, we anticipate a reduction in hospital admissions, contact with the justice system, better engagement with other community supports, and development of individual coping skills. Hamilton Brant Behaviour Services (HBBS) will have two Behaviour Consultants available on site at the Barrett Centre for an equivalent of three days a week to provide direct support, consultation, brief follow up, phone outreach and training to both staff and consumers accessing the Barrett Centre crisis bed.

Our thanks go to Linda Smith from the Southern Network of Specialized Care who was instrumental in bringing this new partnership together. She made us aware of a similar collaborative model at the Niagara Safe Bed Program in the Niagara Region which sparked the idea for this collaboration. Regular meetings are scheduled with the Niagara Safe Bed Program staff to share experiences and ideas and coordinate some projects and resources. This is an exciting opportunity and we anticipate it will build capacity in both sectors. Perhaps more importantly we are confident and committed to building respectful and enduring relationships which will endure the pressures and tensions that often arise when people with complex needs experience difficult times.

*Article submitted by Peter Kibor, Director, Good Shepherd Barrett Centre and Keith Anderson, Manager, Hamilton Brant Behaviour Services*



*Peter and Keith pictured here with Tracey Miles, Barrett Centre Manager, Lisa Whittingham and Heather Gravel, Behaviour Therapists at HBBS*



## Training in Partnerships Gains Momentum



*Sue Benko, TIP Training Coordinator*

Otherwise known as “TIP” training, the Southern Network continues to provide Dual Diagnosis education to both the Developmental Services (DS) and Mental Health (MH) sectors. Bringing both sectors together to learn from each other has proven to be a valuable endeavor.

Originally developed by the Dual Diagnosis Implementation Committee in Toronto and in partnership with the Centre for Addictions and Mental Health (CAMH) and George Brown College, the goal for TIP is to increase the capacity of providers and to facilitate better connections between mental health and developmental services.

TIP training is geared to supervisors and managers and designed for the adult learner. Given that both developmental services and mental health have a shared responsibility to serve people with a Dual Diagnosis, it is intended that participants will share their expertise and learn from one another. The training also provides an environment for supervisors and managers to meet and network with their cross sector partners. In order to provide the most effective learning, each group is kept to a maximum of 22 participants, a sufficient number of “students” from each sector is required and support to attend from their agencies.

To date the Southern Network has hosted five Training in Partnership series, the most recent held in Chatham-Kent this past fall. Twenty participants from various DS & MH agencies throughout the Tri-counties of Windsor-Essex, Chatham-Kent and Sarnia-Lambton, came together in Wallaceburg. This session included two justice participants from the OPP Mental Health Response Unit in Essex County. Thanks to Community Living Wallaceburg, we were able use one of their training rooms at no cost to the Network. Poor weather required one session to be re-scheduled, however it did not dampen the spirit of the group who enjoyed lively and energetic discussion each time they came together.

We are currently hosting another TIP training, this time in Stratford for the sectors in Huron-Perth, and Grey-Bruce. We just held our first session and it appears that once again we have a room full of knowledgeable and enthusiastic participants.

### What participants said...

I liked... “the opportunity to network and learn from the other service providers”

I learned... “how to better utilize different agencies/processes in my area to better support individuals”

I still need to know... “how to use Appreciative Inquiry on a regular basis – takes practice”



*A “class picture” taken on the final day of TIP training in Wallaceburg , January 2014*





## Training Now Available for Increased Capacity to Serve Persons with FASD!

One year ago the Southern Network of Specialized Care announced that they were working to increase their capacity to assist service providers in the support of persons with FASD, by sending their Facilitator, Nancy Hall, for a specialized training in The Neurobehavioural Model (NB Model). The NB Model is considered emerging best practice for persons with Fetal Alcohol Spectrum Disorder. The NB Model answers the questions, "What is FA/NB?" and "What do we do?" by linking brain function with behaviours and by providing both a conceptual framework and an approach for implementing a neurobehavioural approach. This approach considers the person and the fit within environments, providing a structure for systematically developing person-centred interventions for people with FASD and other NB conditions. Diane Malbin, MSW, from FASCETS in Portland, Oregon, developed this model and a 'Train the Trainer' curriculum to provide individual professionals, working in the field, an opportunity to become Facilitators to deliver this model to local communities. The training included; and initial 3 day training, an extended four day in-person training in Oregon in March of 2013, continued with one year of mentorship, from Diane Malbin, and was completed with a 2 day session and graduation, in March 2014 in Portland, Oregon.

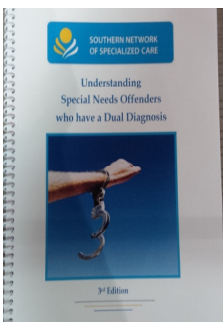
Nancy Hall, Facilitator for Niagara, Haldimand and Norfolk, has successfully graduated this intensive training program. She now holds a Mastery Facilitator Certificate in the Neurobehavioural Model and is available to provide this specialized training **now**! Currently, she is providing this training to providers in the London community and is booked to provide this training to the Niagara community during the Spring and Summer of 2014. For more information contact Nancy at [nhall@bethesdaservices.com](mailto:nhall@bethesdaservices.com).



*Diane Malbin (centre front) with Training Graduates, including Nancy Hall, 3rd from the left in the back row.*

## Special Needs Offender Manual

Special needs offenders are particularly vulnerable in detention centres and prisons. For a number of reasons, their proportions in the Criminal Justice System (CJS) have been growing in recent years. In April 2013, the SNSC completed the 3<sup>rd</sup> edition of "Understanding Special Needs Offenders who have a Dual Diagnosis". The 1<sup>st</sup> edition came from a request from Elgin Middlesex Detention Centre to provide a resource that would help the CJS gain insight into the population of special needs offenders they were seeing in increasing numbers.



The 3<sup>rd</sup> edition was developed based on the collaborative efforts of the Dual Diagnosis Justice Case Managers with review and feedback from a multi-disciplinary expert panel. This edition provides information and tips for helping to identify, understand the challenges of and interact more effectively with an offender who has a Dual Diagnosis. To date, feedback on the manual has been positive with frequent requests for additional copies from Police Services, Court Support Services, and specialized community services for offenders with special needs.

Thanks to Juanita St. Croix for her efforts on this project!!



## PROFILING: MARY GREGG

Mary works as a Social Worker on the Inpatient Psychiatric Unit of Alexandra Marine and General Hospital in Goderich. There she provides support to individuals and their families who are experiencing acute mental health concerns.

Mary has worked in Mental Health and Addiction Services in Huron County for over 30 years. She has a keen sense of social justice and commitment to her community.

Over the years she has been an active member of numerous community committees. As well she has done extensive work in the community to end violence against women and suicide prevention.

Mary lives in Goderich with her artist/blacksmith husband Jim Wallace. They have two adult children.

In her spare time she avoids gardening whenever she can and enjoys yoga, walking and the arts.

### Upcoming Events

**May 8<sup>th</sup> & June 16<sup>th</sup>—FASD Workshop in Windsor**

hosted by the Tri-County Staff Training & Development Committee—“Trauma Informed Supports”;  
contact Sue Benko: [sbenko@wgh.on.ca](mailto:sbenko@wgh.on.ca)

**June 18<sup>th</sup>—“Care for People with Dual Diagnosis when Dementia is part of the Picture”, and “Managing Behaviour: Start with Yourself” - Presented by Teepa Snow; contact Lynda Legge: [llegge@wgh.on.ca](mailto:llegge@wgh.on.ca)**

**Sept 12<sup>th</sup>, 26<sup>th</sup>, Oct 17<sup>th</sup>, 31<sup>st</sup>— A 4-Part training series to better support people with FASD; contact Nancy Hall: [nhall@bethesdaservices.com](mailto:nhall@bethesdaservices.com)**



[www.community-networks.ca](http://www.community-networks.ca)

### SNSC ADVISORY COMMITTEE

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