



Mental Health and Addictions Action Plan Newsletter

V3 June 2018

In 2014, the Government of Saskatchewan accepted the 10-year *Mental Health and Addictions Action Plan* as a guide for improvements and investments in mental health and addictions. This newsletter provides updates on the progress on the Action Plan, and highlights improvement activities currently underway.

The Government of Saskatchewan is committed to improving the response and services provided to individuals in need of mental health and addictions services, wherever they live in the province.

The Ministry of Health is spending \$284M on mental health in the 2018-19 budget. In total, Saskatchewan will spend \$367M in 18-19 across all of government on mental health services and support.

Through this newsletter, we are pleased to have the opportunity to provide an update on the initiatives being supported through select targeted investments in 2018-19, as well as information on programs supporting individuals with mental health and addictions needs, and their families. The 10-year Mental Health and Addiction Action Plan continues to guide and help set the priority areas for mental health and addictions investments in Saskatchewan.

To learn more about the [Mental Health and Addictions Action Plan](#), and to read past volumes of the newsletter, visit the [Mental Health and Addictions Action Plan page on saskatchewan.ca](#).

Page 2 – New funding to address the MHAAP recommendations supports innovative programming

Page 3 – 2018-19 Investment Details

Page 5 – Saskatchewan provides mental health treatment for jurors and their families

Page 6 – Teachers have another tool in their kit for promoting mental wellness of their students

Page 7 – Increasing access to mental health and addictions supports for youth leaving custody

Page 8 – Improvements Implemented

New funding to address the MHAAP supports innovative programming

Using the Mental Health and Addictions Action plan as a framework, investments are being made in innovative approaches to service delivery. These investments will result in:

- improved access to community mental health supports;
- enhanced delivery of evidence-based services; and,
- increased mental health and addictions service capacity for children and youth.

The 18-19 budget will see a variety of new initiatives being launched.

We are targeting a total investment of \$11.4M to improve mental health services, including services and supports for children, youth and families.

Close to \$4.7M will be invested to improve mental health and addictions services for children and youth.

Another \$5.2M in funding will aim to enhance access to community mental health and addictions supports.

In addition, our government is investing \$1.5M to improve mental health service delivery.

As these initiatives are launched, we look forward to sharing more details about how they positively impact the people living in our province.



Saskatchewan Health Minister Jim Reiter (left) and Public Safety Minister and Member of Parliament Ralph Goodale [signing the Canada-Saskatchewan Home and Community Care and Mental Health and Addictions Services Funding Agreement on May 14, 2018.](#)

2018-19 Investment Details

Improved access to community mental health and addictions supports - \$5.24M

- Hire new FTEs for multi-disciplinary Community Recovery Teams in eight communities (Saskatoon, Regina, Prince Albert, North Battleford, Moose Jaw, Swift Current, Yorkton, and Weyburn) that will provide client-centered support to individuals with complex and persistent mental illness.
- Improve the response to individuals with crisis mental health needs through the expansion of Police and Crisis Teams (PACT) into the communities of North Battleford, Moose Jaw and Yorkton.
- Increase access to Mental Health First Aid courses in communities across Saskatchewan, and better equip individuals to recognize and respond to mental health crises.

Supporting MHAAP recommendation 5 – Increase community capacity to support people living with persistent and complex mental health and addictions issues, including housing and team-based supports.

Supporting MHAAP recommendation 7 – Improve the response to the growing number of people with mental health and addictions issues coming into contact with police, courts and corrections.

Supporting MHAAP recommendation 11.1 – Provide front line providers across sectors with targeted and relevant education about mental health and addictions issues and improving responses to individuals dealing with mental health and addictions issues.



Enhanced mental health and addiction services for children and youth - \$4.67M

- Funding for new child and adolescent clinicians and specialist positions to reduce wait times, increase capacity for diagnosis and treatment, and improve services and supports for children, youth and families.
- Implement a pilot project modeled after the Mental Health Capacity Building (MHCB) initiative currently operating in Alberta to better engage high-risk youth in prevention and intervention programming, as recommended by Saskatchewan's Advocate for Children and Youth.
- Implementation of a targeted physician training program to improve the capacity to assess and treat child and youth mental health conditions in Saskatchewan.
- Expand community-led suicide prevention efforts in partnership with the Mental Health Commission of Canada.

Supporting MHAAP recommendation 2 – Decrease wait times for mental health and addictions treatments, services and supports to meet or exceed public expectations, with early focus on counseling and psychiatry supports for children and youth.

Supporting MHAAP recommendation 9 – Deliver programs and services that promote better emotional health for children and youth in schools and other places where they spend time.

Supporting MHAAP recommendation 3 – Help primary care providers fulfil their vital role as first contact and ongoing support for individuals with mental health and addictions issues.

Supporting MHAAP recommendation 8 – Build on existing programs that recognize the importance of healthy families and communities and positive environments for emotional development.

Improved mental health service delivery - \$1.5M

- Further expansion of online mental health services across the province through dedicated clinical positions and development of new online supports.
- Improve outcomes through the implementation of a provincial mental health and addictions client record and clinical planning tool.
- Provincial implementation of outcome management tools to improve client outcomes and support clinical supervision and community needs planning.

Supporting MHAAP recommendation 2.2 – Provide online clinical treatments for depression and anxiety to increase accessibility to treatment.

Supporting MHAAP recommendation 2.1 – Adopt innovations and changes in practice to reduce wait lists, and increase resources where needed.

Supporting MHAAP recommendation 10 – Change the service culture to one which is person- and family-centered and that promotes the fullest recovery possible.

Saskatchewan provides mental health treatment for jurors and their families

In November 2017, the Government of Saskatchewan was proud to launch a permanent program aimed at providing emotional support to people after they've served jury duty.

Funded by the Ministry of Justice, the Juror Support Program is available to anyone experiencing difficulties after serving as a juror during a criminal or civil trial, or a coroner's inquest.

This program supports the MHAAP recommendation 7 "Improve response to the growing number of people with mental health and addictions issues coming into contact with police, courts and corrections" and recommendation 11 "improve coordination of services with and across services sectors so that any door is the right door for people with mental health and addictions issues."

Jurors have access to four treatment sessions with a health care professional, with additional sessions provided as needed. Supports for a spouse, life partner or family member may also be permitted if recommended by the healthcare provider.

This service is available across the province including rural and remote areas, with counselors available in 24 communities.

To access the program, call 1-866-294-5035.

To read more about the launch of the program, read the Government of Saskatchewan news release: <https://www.saskatchewan.ca/government/news-and-media/2017/november/30/support-to-jurors>



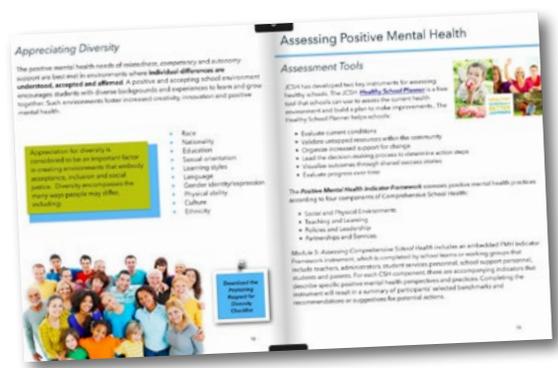
"We are grateful to everyone who acts as a juror, and greatly respect the vital role they play in the administration of justice. Jurors are often called upon to witness horrific and gruesome evidence in fulfillment of this role, and we're dedicated to providing them with the support they need to move on once their responsibility is fulfilled."

~Justice Minister and Attorney General, Honourable Don Morgan

Teachers have another tool in their kit for promoting mental wellness of their students

Teachers are a vital part of their students' lives; they inspire and encourage young people to strive to reach their full potential, and see the best in themselves. They also play a key role in supporting their students' mental well-being.

The Joint Consortium for School Health (JCSH) Positive Mental Health Toolkit, 2nd ed. is a free, online resource that can help teachers create a positive mental health environment.



The toolkit offers a series of flexible modules that support learning in the classroom, including:

1. Introduction to Positive Mental Health;
2. School Connectedness;
3. Resiliency in School Environments;
4. School Team Relationships; and,
5. Assessing Comprehensive School Health (CSH).

In addition, the toolkit provides a means of measuring positive mental health practices, with results generating a series of individualized strategies for enhancing healthy school environments for students, educators and staff members.

When educators use the toolkit, it can lead to increased awareness of mental health and addictions issues in children and youth, including the development of skills for life-long emotional health.

This resource supports the MHAAP recommendation 9.1 “Increase awareness of mental health and addictions issues in children and youth through schools, including development of skills for lifelong emotional and social health.”

The Saskatchewan Ministries of Health and Education were pleased to participate in the revision and review of the toolkit. The 2nd edition (released in 2017) has been updated to be more user-friendly, and the content has been refreshed to reflect recent Canadian research and identify promising practices occurring in diverse contexts across the country.

Positive mental health approaches lead to enhanced student engagement and learning. They also foster healthy and productive school workplaces.

The toolkit was first developed by the Joint Consortium for School Health (www.jcsh-cces.ca), a national partnership that brings Education and Health sectors together to promote comprehensive school health. To access the Positive Mental Health Toolkit, and for more information, visit: <http://wmaproducts.com/JCSH/>.

The Ministries of Health and Education are also exploring opportunities for introducing mental health supports in schools. The 2018-19 budget includes an investment of \$1.2M to pilot a prevention and health promotion initiative, modeled after a similar program in Alberta and recommended by Saskatchewan's Advocate for Children and Youth in Saskatchewan.



**Pan-Canadian
Joint Consortium for School Health**
Governments Working Across the Health and Education Sectors

Increasing access to mental health and addictions supports for youth leaving custody

Addressing the mental health and addictions needs of youth is a priority; it's vital that services find ways to collaborate and work together to address the unique needs and situations of the children they serve.

The Government of Saskatchewan has endorsed the Transitional Classroom pilot, a series of online educational resources allows youth in custody to continue their learning.

Through an Integrated Classroom pilot in Regina, youth can work on earning high school credits, access vocational programs, and eventually transition to school in a community setting while receiving the supports they need.

Child and Youth Services are providing weekly sessions based on the assessed need, and youth are provided with mental health, addictions, social services and other supports as needed to help smooth their transition back into the community.

This program supports the MHAAP recommendation 11.2 "Improve transitions within and across services."

Since September 2017, 12 students have been enrolled in the Integrated Classroom. This classroom operates through a collaboration between the Ministries of Education, Corrections and Policing, Social Services, Regina Public Schools, Regina Catholic Schools, Regina Area Child and Youth Mental Health services, and the Regina Work Prep Centre.

The Integrated Classroom is providing supports and services to youth who need it most; allowing them to return to the community stronger and more able to re-enter school, or enter the workforce.

Youth participating in the the Integrated Classroom Project may experience barriers to accessing school for a variety of reasons.

The integrated classroom aims to accommodate youth at any point of the school year, continuing the educational plan the youth followed in custody, and providing other supports such as mental health, addictions, and recreational activities.



Improvements Implemented

- BUDGET**
 The Ministry of Health has increased funding for mental health and addictions by 52 per cent since 2007-08. In 2018-19, we will spend \$367M across government and ministries on mental health services and support.
- MENTAL HEALTH FIRST AID TRAINING**
 In 2017-18, provincially trained Mental Health First Aid (MHFA) facilitators have given MHFA training to **1,190** people across Saskatchewan. (**646** - MHFA Basic, **201** – MHFA First Nations, **343** – MHFA Adults who Interact with Youth).

Since 2015-16, 2,726 people have received MHFA training from provincially trained facilitators. This includes emergency service workers (fire, police, EMS); education employees (teachers, administrators); housing and Community Living Services division staff; and other service providers and CBO employees.

Number of Provincially Funded Facilitators (as of March 3, 2018)	Total
Mental Health First Aid - Basic	9
Mental Health First Aid - First Nations	14
Mental Health First Aid - Adults Who Interact with Youth	10
Total	33

- TAKE HOME NALOXONE PROGRAM**
 Saskatchewan’s publically-funded Take Home Naloxone (THN) program has been expanded to provide free THN kits to people who may witness an overdose, including friends and family members of those at risk.

THN kits, education and training are currently available through the Saskatchewan Health Authority (SHA). To date, almost 600 THN kits have been provided to individuals through this program with 1,700 individuals receiving education and training. Thanks to the individuals who have completed this program, we know several overdoses have been successfully reversed.

In May, [Saskatchewan became the third province to deschedule naloxone](#), allowing the lifesaving drug to be more widely available.

For a list of sites where THN kits can be provided for free to those who are likely to witness an overdose, and for more information on opioids, visit saskatchewan.ca/opioids.

For more information on mental health and addictions, including how to access supports, visit:

- saskatchewan.ca/health
- HealthLine Online at healthlineonline.ca
- Or call HealthLine 811. Specially trained staff are available 24 hours a day to provide mental health and addictions crisis support, in a safe and confidential manner.