

connections

MAY • 2015

Leaving a Legacy on Waterfall 1

Leaving behind a legacy of kindness and hope is something that many people don't have an opportunity to do in their lifetime. However, on the Mood Disorders Inpatient Unit at the West 5th Campus, clients have the opportunity to do just that – leave behind a legacy.

The idea of the legacy box came from Sharon Simons, Nurse Manager of the Mood Disorders program, and once the seed was planted with art therapist Laura Bromwich, the possibilities of creative expression were endless.

Each client admitted to the Mood Disorders Inpatient Program on Waterfall 1 has an opportunity to participate in creating a Legacy Box through the Art Therapy Program. Once these boxes are complete and assembled, they get placed on the clean bed of a newly admitted client.

"The goal of the [legacy] box is pass along kindness and compassion, to let new clients know they are not alone on their journey; that they are not the only ones who have ever gone through this";

explains Jennifer Lowe, Team Leader of the Mood Disorders Inpatient Program.

Three components go into a box – creating and decorating a box, writing a letter of hope and creating a mindfulness object.

Each component that goes into a box is made by a separate person, and it's up to the client who is being discharged to put together a package; to create and leave their legacy. Feelings of kindness, encouragement for the future and self-reflection resonate within these boxes and during a time when clients

may feel they are the ones being cared for, they have the opportunity and empowerment to pass the gesture of goodwill and mindfulness forward.

The legacy boxes allow collaboration between staff and clients to share a positive legacy of support and recovery. ●



Accreditation Week at St. Joe's!



**ACCREDITATION
CANADA**
Better Quality. Better Health.

Congratulations and thank you to all those who participated in this year's accreditation that took place during May 4 - May 8, 2015. This year's accreditation focused on improving quality and safety as part of the organization's strategic plan.

Accreditations assist healthcare organizations to review their programs, services, policies, and procedures against national standards of excellence with a view to improving the quality of care and service they provide. Accreditation is recognition for how we meet and exceed national standards of care every day.

We are pleased to report that out of 2,716 standards of assessment, our organization achieved a score of 99% compliance. This was very rewarding to hear. Our final Accreditation rating will be finalized by Accreditation Canada in the near future.

Results for this year's accreditation can be found on MyStJoes and www.stjoes.ca when available. ●

Call for Nominations

2015 Mission Legacy Awards Nominations

The Sisters of St. Joseph of Hamilton's Mission Legacy Awards are the highest honour bestowed by our organization recognizing those who have contributed in an exceptional manner to the health care ministry of the Sisters of St. Joseph of Hamilton & St. Joseph's Healthcare Hamilton (SJHH) and our Foundation (SJH Foundation).

Any individual or group (internally or externally) is welcome to nominate a deserving individual as a candidate to receive this award. The nomination of posthumous candidates is also welcome. Nominations must include a summary explaining how this individual has contributed to the legacy and Mission of the Sisters of St. Joseph of Hamilton, SJHH and/or SJH Foundation, as well as the contact details of the nominator. Nominations received by Friday, May 29, 2015 will be considered for the 2015 Awards. ●

Those eligible are any of the following individuals:

- Sisters of St. Joseph of Hamilton
- Volunteer Board Members
- Employees at management and staff levels
- Volunteers
- Physicians

For more information and to obtain a nomination form and award brochure:

www.stjoes.ca/MissionLegacyAwards

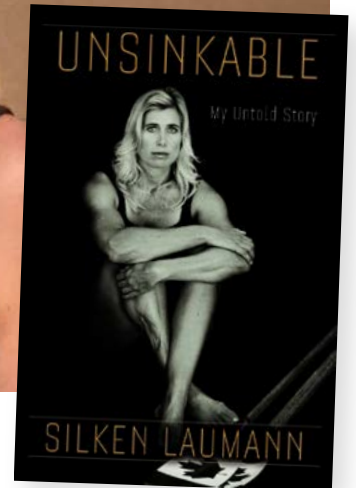


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A Mental Health MORNING



On Wednesday, May 6, 2015 more than 400 people gathered at Michelangelo Conference Centre for St. Joseph's Healthcare Foundation's third annual A Mental Health Morning--A breakfast supporting the mental health and addiction program at our Hospital. The breakfast featured a keynote address from four-time Olympian Silken Laumann.

Laumann spoke openly to the crowd about her difficult childhood, the challenges she faced, and how she found the strength to overcome them. Relatable and relaxed, she captivated the room. For those who were unable to attend the breakfast, Silken's story is available to read in a new book entitled *Unsinkable*.

At the breakfast, St. Joseph's Healthcare Foundation President & CEO, Sera Filice-Armenio announced the winners of the St. Joseph's Mental Health Spirit of Hope Awards for 2015.



INDIVIDUAL

Alex Lee

Alex is a survivor of mental illness, a leading researcher in the field of stigma, and a member of the youth advisory council that was integral to providing input into the creation of St. Joseph's new Youth Wellness Centre in the core of downtown Hamilton.

YOUTH

weMATTER

weMATTER is a student-led, teacher facilitated program designed to raise awareness and understanding of mental illness within the high school community. It is a partnership between Bishop Ryan and Cardinal Newman Secondary Schools.

ORGANIZATION

Steps to Health operated by Good Shepherd

Steps to Health is a health and lifestyle program designed to improve the physical fitness and health of individuals living with mental illness. Operated by Good Shepherd, this self-referral program has touched the lives of hundreds of people living with mental illness.

St. Joseph's Healthcare Foundation's third annual A Mental Health Morning is projected to raise almost \$40,000 to support the mental health and addiction program at St. Joseph's Healthcare Hamilton. ●

[Click here to listen to Silken's remarks](#)



ONE OF A KIND

St. Joe's Youth Wellness Centre

One out of every five young people in Hamilton will be affected by a mental illness and approximately 70% of mental health challenges have their onset in childhood or youth. However, research has demonstrated that the earlier mental illness is identified and treated, the better the outcome.

Inspired by this evidence, St. Joe's developed a first-of-its kind program in Ontario; a Youth Wellness Centre (YWC) providing expert care in early intervention for young people aged 17 to 25 experiencing mental health and addiction concerns. The YWC celebrated its Grand Opening on March 13th with an open house community event.

Kyle Park, a 23-year-old McMaster student always had feelings of anxiousness describing it like "the hum of a refrigerator, something always there in the background." As a visible minority, pressure of attending a private school, and demands to choose a career path all led to feelings of disconnectedness.

When Kyle arrived at McMaster University, his anxiety was overshadowed by depression. Attempting to cope and suppress his dark emotions, he began binge drinking. Kyle had the motivation to search online for ways to help overcome his depressing thoughts. He then began to test theories advocating exercise, clean eating and socializing.

"Unfortunately, Kyle's story is not out of the ordinary," says Lisa Jeffs, Manager of St. Joseph's Healthcare Hamilton's YWC. "We know adolescence is a time of increased vulnerability to mental health and addiction difficulties, impacting as many as 20% of young people. One of the goals of the new Youth Wellness Centre is to make that step – that reach for help – easier."

The YWC is strategically built in the downtown core based on feedback from those it will serve - the community's

youth and families with lived experience. Jeffs mentions that strong community feedback suggested the need for access of this type of programming outside of the walls of a clinical or hospital setting.

The Centre offers one-on-one counselling, peer support, family support, psychiatric consultation, and brief individual therapy.

Although Kyle Park didn't have access to the YWC at the height of his mental health struggle, he is already an advocate for the centre. "The Youth Wellness Centre will provide support for young people during a critical phase," says Kyle, "I'm still growing. It's still a journey, there's no such thing as a finish line to depression." ●

For more information:

www.ReachOutHamilton.ca

@ReachOutHam or #ReachOut

@ReachOutHamilton





MEET Mindfulness

In January 2014 Time Magazine released an issue called, "The Mindful Revolution" touting this ancient practice as something that was truly revolutionary in how we think about, well... thinking. Many other news outlets called last year, The Year of Mindfulness, so it's entirely possible that if you haven't yet practiced, you have probably heard of Mindfulness. According to John Kabat-Zinn, founder of the Centre for Mindfulness in Massachusetts, Mindfulness is the practice of paying attention on purpose to the present moment in a non-judgmental way.

St. Joes conducted research on Mindfulness for patients in 2012 and found that it decreased levels of anxiety and depression and increased levels of resilience. With these findings, Dr. Peter Bieling, Director of Mental Health thought that the benefits of this practice could be shared with the employee population of the hospital in order to help people and teams develop a compassionate perspective for themselves, their colleagues, their patients and even their families.

The Mindfulness Based Stress Reduction (M.B.S.R.) and Discovering Resilience through Applied Mindfulness (D.R.A.M.) programs were introduced in 2013. Over the course of 8 weeks staff learned techniques such as breath regulation and body awareness to help regulate thinking patterns. At the culmination of the program, staff too indicated that they had experienced decreases in their own levels of anxiety and were better able to manage day to day stress.

Shortly after this research ended, an Employee Mental Health, Wellness and Engagement Committee was formed with the task of monitoring and implementing initiatives that support a Quality Healthcare Workplace. Last year, the group endorsed Mindfulness as the initiative that could best support all areas of Employee Wellness. Upon approval from senior leadership, the group began to work on opportunities to incorporate the practice into the work-day.

Currently Employee Wellness now offers weekly afternoon practice for staff to join. These 25 minute sessions are provided as an opportunity for staff to check-in with themselves and to take time to recharge and de-stress in a natural way. In addition to the practice spaces available to staff, senior leadership now starts Management Forum meetings with a three-minute breathing space, a time to still the body and mind before engaging in important discussions, they have encouraged managers to do the same with their teams.

There is no question that healthcare is an ever-changing and complex environment. Mindfulness gives an opportunity to place some silence into the day, which is in itself healing. ●

Check out the new video on Mindfulness

And join us; Online – Click on Mindfulness from the Wellness Intranet page for audio practices

Mindfulness classes are offered:
Charlton Campus G129
Mondays 1:00 p.m. & Fridays 2:00 p.m.

West 5th Campus HR Conference Room
Fridays 12:00 p.m.

St. Joseph's
Healthcare  Hamilton | Employee Wellness
Program

Occupational Safety & Health Week

Thank you to each of you for fostering and maintaining a safe and healthy workplace.

During the week of May 3-9, 2015, North American Occupational Safety & Health (NAOSH) Week focuses the attention of employers, employees, the general public and all partners of occupational safety and health on the importance of preventing injury and illness in the workplace, at home and in the community.

This week presents an excellent opportunity for us to:

- Refresh our knowledge of the Hazard Employee Incident Reporting (HEIR)
- See who represents you on the Joint Health and Safety Committee each month?
- Further develop our commitment to safety.
- Re-confirm the importance of safety and health
- Continue to nurture a safety minded culture
- Enhance communication between managers, employees, and safety committees.

The display tables at each campus last week were a great success, thank you to those who came out to support a safe work environment.

We will continue to work together for the maintenance and growth of a healthy and safe workplace! ●



May is Speech and Hearing Awareness Month

One in ten Canadians has a communications disorder – that means millions of Canadians face the daily challenge of having a communications disorder in a world that is all about communicating the exchange of information.

During Speech and Hearing Awareness Month, speech-language pathologists and audiologists come together to participate in a public awareness campaign – to increase public

awareness and sensitivities to the challenges of people managing communication difficulties. Here at St. Joseph's Healthcare Hamilton, our Speech and Language Pathology department are doing their part to raise awareness through many initiatives beginning in May. Keep an eye out for their tent cards on cafeteria tables, and the peel and win stickers on your morning Tim Horton's coffee. ●

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St. Joseph's Hospital Staff Branch
Room G1104 or call ext 32910

HOURS OF OPERATION
Mon, Tues, Thurs, Fri....8:30am to 4:30pm
Wed.....10:30am to 5:00pm
Closed Daily from 1:30pm to 2:30pm

HMECU Healthcare and Municipal Employees' Credit Union

National Volunteer Week Awards



This year's Sister Joan O'Sullivan Scholarship Recipient is Magdalena Kapron. With over 350 volunteer hours, Magdalena Kapron is living out the mission, vision and values of St. Joseph's Healthcare Hamilton. Magdalena has dedicated herself to providing excellent service and support to various clinics and programs at the King campus. Magdalena began volunteering at the King campus in 2012 and has volunteered in four placement areas; Women's Health, Urgent Care, Eye Clinic and most recently in Hemodialysis. Her commitment to the Hamilton community is demonstrated through her volunteer work outside of St. Joe's, contributing over 450 hours of additional volunteer service. Magdalena is currently in her last year of high school and looking forward to continuing her education in the medical sciences field. Congratulations Magdalena!

This year's National Volunteer Week Staff Partnership Award was presented to the Musculoskeletal Team (MSK) at the annual volunteer recognition lunch that was held on April 14, 2015. This award is in recognition of the team's support and contributions to the CARE program. The MSK team was the first patient care unit to implement this new unit-based volunteer model. Nancy Della Maestra, Nurse Manger, and her team have shown tremendous dedication to the program and can see the added value to the patient experience by having the volunteer CARE program on their unit. Congratulations! ●

For more information about Volunteering at St. Joe's, visit:

www.joinstjoes.ca/volunteer

St. Joe's Staff Walk A Mile for the YWCA

Beginning four years ago, your colleagues at St. Joseph's Hospital joined the battle to raise awareness and funding for vulnerable women in Hamilton. Walk a Mile in Her Shoes is an annual event hosted across the nation by the YWCA. Last year in Hamilton, the event raised over \$50,000. This fun, head-turning walk combines the efforts of corporate sponsors, nurses, doctors, police, firefighters, students, local media, and other professionals to march through our city with style and pride in women's shoes. The addition of YOUR effort will help vulnerable women in Hamilton re-establish lives free from violence, poverty, and homelessness. Walk a Mile in Her Shoes Hamilton is celebrating its 6th anniversary with a goal of \$100,000. As members of the St. Joseph's Healthcare Hamilton family, let's all unite to march on June 18th 2015 in Gore Park at 12 noon. ●



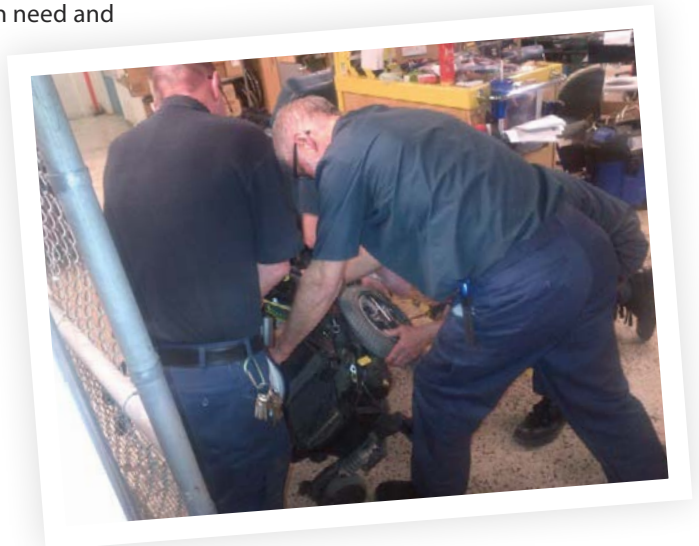
Building Services Staff Go Above and Beyond

No good deed should go unnoticed, and that's why Building Services should be getting the recognition they deserve when they took the initiative to help a patient in need. Four of Building Services finest, a plumber, an electrician, a mechanic, and a carpenter worked together to help a patient who was dealing with a broken wheel on his wheelchair.

"I was very proud of these men when I witnessed this story unfold," says MaryAnn Breitigam, the Manager of Planning and Development at St. Joe's. Building Services works very hard work to contribute to the key strategic priority to improve quality and patient safety. In this case these four men went above and beyond to uphold St. Joe's core mission and values and carry out the legacy of the Sisters of St. Joseph. They saw a patient in need and willingly did what they could to help him.

"It was just another day at Charlton Campus when the team noted one of our patients was experiencing some technical difficulties with his wheelchair,"

says MaryAnn, "and the patient was able to continue his day safely and effortlessly after the Building Services team intervened." It is through these types of experiences, that dignity, respect, service, justice, responsibility, and enquiry, are demonstrated by all employees at St. Joe's. ●



St. Joseph's
Healthcare Hamilton
FOUNDATION

A new season of the lottery is here with more tickets than ever before!

Visit stjoesfoundation.ca and click on 'Staff Programs' to download the enrollment form.

PAYDAY PAYOUT LOTTERY WINNERS

April 24, 2015

Kelley Scime
C.O.A.S.T
\$8,377.50

May 8, 2015

Terry Johnson
Human Resources
Charlton Campus
\$8,400.00

connections

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Send your comments,
suggestions or story ideas to:
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www.stjoes.ca

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Dream Out Loud

YOUTH MENTAL WELLNESS SUMMIT

On Thursday, May 7 the West 5th Campus welcomed more than 200 local high school students for a conference on mental wellness. As part of the Mental Health Commission of Canada's national Headstrong Anti-Stigma Initiative, students came together to discuss a variety of topics aimed at eliminating stigma and raising awareness of mental health resources available to youth in our community, including St. Joe's new Youth Wellness Centre.

The summit featured a wide range of workshops covering subjects including stress management, creating safe spaces for youth, and self-expression through music, art and poetry.

Some workshops were facilitated by St. Joe's experts, with our staff introducing concepts such as the role of physical activity in mental wellness, and the effects of language in perpetuating stigma, as well as leading activities including laughter yoga. ●

CMHA'S 64TH ANNUAL

Mental Health Week

MAY 4-10, 2015



The Canadian Mental Health Association (CMHA) annual Mental Health Week is a national event that takes place during the first week in May to encourage people from all walks of life to learn and engage with others about issues relating to mental health. The focus of this year's mental health week is raising awareness of the mental health challenges of boys and men.

According to the CMHA, men and boys are exposed to common messages in daily life that create barriers to accessing care. For example, societal expectations put pressure on men to be strong and successful, with success being measured by status and financial security.

These types of messages can make it difficult for men to recognize mental health and addiction issues within themselves and cause self-care and stress management – often seen as signs of weakness – to fall to the wayside.

Men are also more likely to describe their mental health concerns as physical symptoms, like chronic pain, exhaustion or headaches. The connection between indicators of mental illness and their physical manifestations is often unrecognized, and results in low rates of diagnosis and treatment among men.

What can be done to encourage men and boys to seek the help they need and place more importance on their mental wellness?

The CMHA advocates teaching boys healthy coping mechanisms and the importance of self-care early in life. This will better prepare them to recognize unhealthy thoughts and behaviours as adolescents and adults.

It is vitally important to let boys and men know that they can express their emotions without judgment, and that self-care and work-life balance are important parts of maintaining mental wellness. Remind yourself and the men in your life that they can define success on their own terms, including mental health and healthy relationships. We all have a role to play in supporting positive mental health among everyone – boys and girls, and men and women. ●



“I’m proud
to be a
nurse at
St. Joe’s.”

Patti Wilson, RN
Women’s and Infants’ Program
Charlton Campus
St. Joseph’s Healthcare Hamilton

Celebrating Our Nurses

Across St. Joseph’s Healthcare Hamilton our nurses are making a positive impact on our patients and our community.

During National Nursing Week, May 11th – 17th, we will proudly celebrate by recognizing our nurses’ outstanding commitment to high quality, evidence-based and compassionate care through a variety of appreciation events, including formal recognition of our Nursing Excellence Award nominees and winners.

Thank you to all of our nurses whose leadership and dedication to implementing nursing best practices has led to our ongoing recognition as a Registered Nurses Association of Ontario (RNAO) Best Practice Spotlight Organization.

Join us in celebrating exceptional nurses like Patti!

St. Joseph’s
Healthcare  **Hamilton**

Visit stjoes.ca for more information

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