

Profile This Week

Meet North Shore Community Mental Health Board

The quality of mental services along the North Shore has greatly improved since the formation of the North Shore Community Mental Health Programme, which has been in full operation since January of this year.

A 14 member board was appointed to oversee the programme, with full representation from Nipigon, Red Rock, Geraldton, Marathon, Longlac, Manitowadge and Terrace Bay. Local representatives from Terrace Bay are Dr. Bram Adey and Al Chisholm.

Investigation into such a programme took place due to surveys taken over the past years that demonstrated the absence of a designated mental health resource in the North Shore communities. After much hard work from some concerned individuals and agencies, the Board was officially formed and has received a mandate from the Ministry for a minimum of five years, and if proven successful this could possibly be expanded.

The programme is un-

ique in many ways - not only in the delivery of mental health services but also because it has been the first time in history that the Ministry of Health and the Ministry of Community and Social Services has worked together to provide both funding and services to both adults and children alike.

The Board is responsible for the implementation and the management of the programme, including the financial department. The Board has hired staff and arranged all clinical equipment and space for the on-call psychiatrist. The psychiatrist, Dr. Tim Turner of Terrace Bay, has a 'key-role' in this programme. He is playing a co-ordinating role and currently works out of McCausland Hospital.

The Community Health Board has established clinical services over the past year in six local offices in the district, including Terrace Bay, Geraldton, Nipigon, Longlac, Manitowadge and Marathon; this is where mental health assessment and treatment is offered to

both adults and children.

The function of the Mental Health worker is to interview clients and relatives, plus to prepare histories and to deal with simple everyday problems. More complex problems are dealt with by the Clinical Director, Dr. Thomas Lottman, when he makes his regular stops in those communities. Clients are referred by physicians, public health nurses, schools and also on a voluntary basis. Outpatient follow-ups are also provided for patients who have been discharged from psychiatric institutions.

Communities covered under this programme include from Dorion to Mobert and north to the C.N. line.

The programme was designed with many aims and objectives in focus. Two of those include actually working with the patients on a "one to one" basis with a primary focus set on secondary prevention - acute care - identifying and dealing with problems - plus dealing with discharged patients. Another focus is

to act as a resource base for the education of the communities involved.

This programme is designed to be an active service deliverer and its success rate is more than encouraging to the Board members and all those involved with the formation of the Board. Improvement of mental health is promoted through education, consultation and liaison. A crisis intervention service is also provided. This programme is not intended to replace existing services - but rather to compliment them.

On September 16th, the Board of Directors of the programme met in Terrace Bay. John Evans, President of the Board, chose that opportunity to announce that the negotiations with the Ministry of Community and Social Services had been completed and as requested by the Ministry, the Community Development Programme would be integrated with the Mental Health Programme on November 1, 1983.

In the early part of 1983, the Ministry of



Pictured above is the Board of the North Shore Community Mental Health Programme. Back row (l.-r.) Dr. Tom Lottman from Geraldton, Director of Programming and Administration; Rev. R. Klein, Nipigon - Vice President; Roxie Love of Manitowadge; Marilyn Gouthro of Red Rock; Dr. Bram Adey of Terrace Bay, Programme Chairman; and Gus Champagne of Marathon, Chairman of the Personnel Committee. Front row (l.-r.) Jane E. Greer of Marathon; Bessie Newman, Chairman of Finance; John O. Evans, President; and John Cosgrove, Director of the Thunder Bay District Community Development Programme.

Community and Social Services requested that the Mental Health Programme assume the sponsorship of the Community Development Programme. The Mental Health Board appointed a task group to review possible organizational models and to propose a detailed plan to the Ministry. It was felt that the best approach to sponsorship

was a total integration of the two programmes.

Under the new integration, the Mental Health Programme will continue its direct service role and the Community Development Programme will continue to develop programmes that are designed to prevent the buildup of stress and provide resources to groups and individuals

to cope with the stress they do experience.

Both programmes are innovative and unique in the province. It is hoped by the Board, that the melding of the two programmes will provide the opportunity to develop a comprehensive approach to the mental health needs of the district and the enhancement of more cost-effective services.

3 DAY

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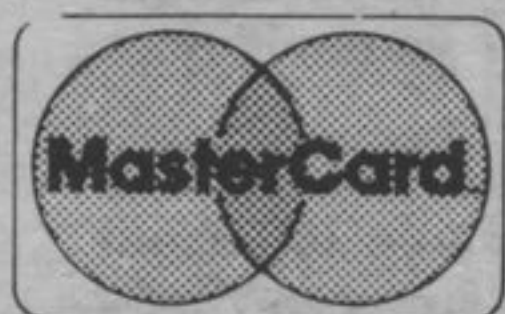
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