

Mental Health & Addictions Program

Our Mission

To enable people experiencing mental disorders, including addictions, to manage their conditions and work towards recovery.

Provincial intake service

1-855-922-1122



In April 2019, we launched an intake service accessible to all Nova Scotians who are seeking mental health and addictions services

21,993 inbound calls were answered by intake teams

6,366 of those were answered directly by a clinician

14,503 intake assessments were completed

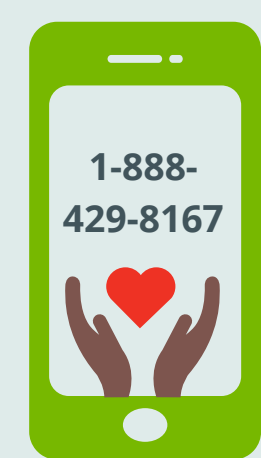
Across all of our services, we had:

4,145 Inpatient discharges

378,309 Outpatient visits



46,080 Total clients served
↳ a 3% increase from the year before



20,074 Calls to the Provincial Mental Health Crisis line

Which is available 24 hours a day, 7 days a week for anyone experiencing a mental health crisis

We launched the Provincial Center for Training Education and Learning

The PCTEL team completed a full NSHA MHA Environmental Scan of educational needs meeting with over 300 staff across the program and developed a Framework for MHA Provincial Education and Training.

October 2019 through March 2020 we offered:

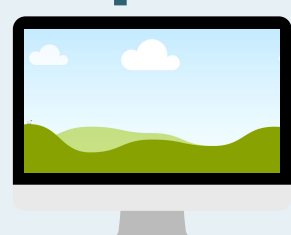
21 training courses and modules

340 attendees

3 TeleMental Health sessions (open to all MHA and Primary Health Care staff)

- Cognitive Behavioural Therapy
- Cognitive Processing Therapy
- DSM-5 Psychopathology
- Core Counselling Skills
- Brief Intervention
- Single Session Therapy
- Assessment Training
- Leadership & Evidence Based Management

Expanding virtual care



737 appointments were done via virtual care platforms such as Zoom, Telehealth and Medeo

This volume has already increased by 500% for **April and May 2020 alone** (4300 virtual care visits) as we adapted to provide services to our clients during the COVID-19 pandemic.



Wait times to Community Mental Health and Addictions services

Child & Adolescent Services

Urgent cases

Remained at 5 days, below our 7-day target

Non-urgent cases

Decreased by 47%, from 36 days to 19 days

Adult Services

Urgent cases

Decreased by 40%, from 5 days to 3 days

Non-urgent cases

Decreased by 53%, from 45 days to 21 days

Median wait times comparing January-March 2019 to January-March 2020
For more wait-time information, please visit: <https://waittimes.novascotia.ca/>

Opioid Treatment and Recovery Program & Naloxone Program

We've worked towards expanding access to Opioid Use Disorder Treatment and Recovery Programs, with **2,080 clients** actively receiving services

	March 2018	March 2020
Wait list for the program	148 clients	less than 30 clients
Median wait time to admission to the program	10 - 250 days	0 - 40 days

As part of our harm reduction strategy,

6,027 naloxone kits were distributed by the Take Home Naloxone Program
That's 1700 more than the previous year



We helped

1,411

clients who required support for substance use through our **wellness clinics** and **withdrawal management services**, totaling 8,169 visits.



We launched three eMental Health tools

I-CAN
Conquer Anxiety and Nervousness

Educates adults about anxiety and guides them as they learn skills to overcome their anxiety and cope with major life stressors.

MINDWELL·U

Mindwell U is a free online mindfulness challenge that take just five minutes a day.

TAO
Therapy Assistance Online

TAO offers interactive activities and videos for people having challenges with their mental health.