

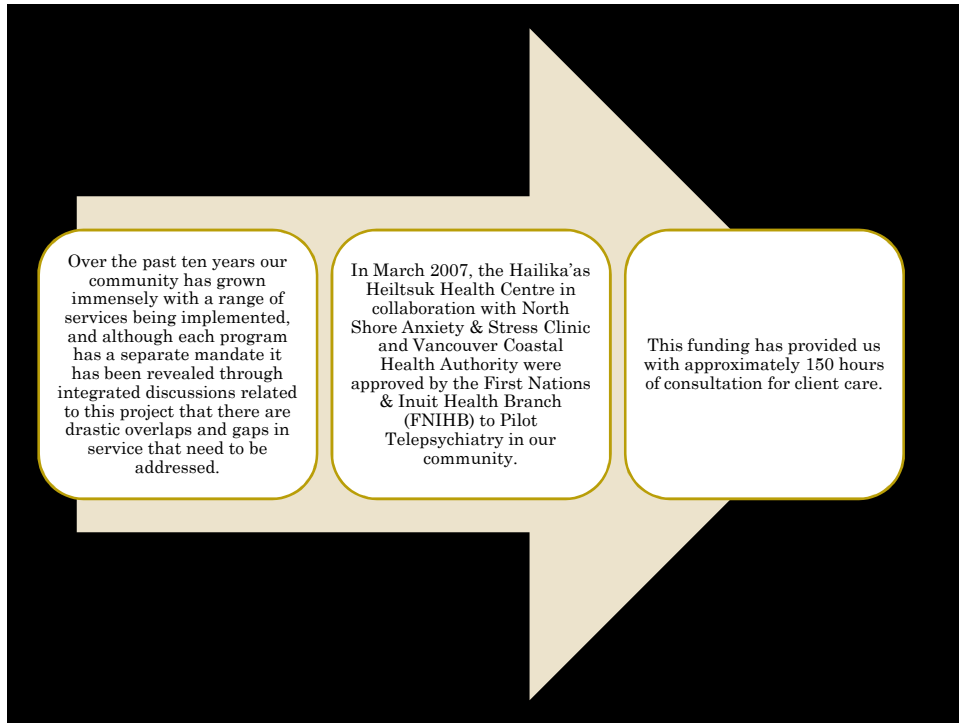
MENTAL HEALTH

Hailika'as Heiltsuk Health Centre – Telehealth Initiative
2008 ICT Summit – Pre-Conference
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Presenter: Bo Reid – Telehealth Coordinator

What is Mental Health?

Mental health problems cover a wide spectrum, from distress to depression and loss of touch with reality, and may interfere with the ability to cope on a day to day basis.

The Mental Health Program is an essential component of the Hailika'as Heiltsuk Health Center and is guided by the Mental Health program operational and practice standards based on a needs assessment from the Heiltsuk Community.



- To date, we have managed to support clients who have greater needs than the counselors available, seek additional support by working with common clients and maintain a more thorough care plan for high risk clients who are in need of intensive support systems.
- But with remoteness of Bella Bella we had to find a solution that would be cost effective and immediate...



Aside from the needs done by the Hailika'as Heiltsuk Health Centre, there have been a number of other efforts to address these same issues around mental health, such as the Central Coast Mental Wellness Model and the Heiltsuk Wellness: A Shared Vision. What has been revealed through review of these initiatives is that two major components have been missing that need to occur in order to achieve implementation of the various recommendations. One, healing between the service providers themselves, at a personal and professional level and two, the creation of an actual model developed through a holistic approach to be implemented.

•The project goal is to focus on social needs of the community and to provide healing processes so that the community once again becomes a place where our children are safe, families are healthy and pride in cultural traditions and values can again flourish.

•With the implementation of Telehealth in our community ~ it was evident that this initiative would be beneficial for our community as a whole.



With a secure ISDN connection established in our local hospital we were able to establish a direct connection with Lions Gate Hospital.

Establishment of a referral process for clients had to be put in place to ensure Dr. Brasfield and his team of Psychiatrists were prepared.

Introduction of Video Conferencing and ensuring overall privacy was important in community buy-in.

Successes of Telepsychiatry

- High Risk Community members gaining a much needed support through Telepsychiatry.
- An Inter-agency approach to better meet the needs of our community.
- Access to clinicians that fully support Telehealth Initiatives in remote communities like ours.
- On-going need for Telepsychiatry becomes visible to our Support Workers and Organization.
- Immediate usage of our Video Conferencing Equipment indicates both the need for Telehealth and a cost effective solution to bringing related services to remote First Nation Communities.

Challenges of Telepsychiatry

- High demand of clientele it is difficult to ensure that there will be enough sessions to accommodate everyone.
- Connectivity between our Health Centre and Vancouver Coastal Health Authority Video Conference Sites limits and restricts our overall usage.
- With our Pilot Project ending it has been uncertain whether or not Health Canada will continue to support this particular initiative. However, in recognizing the importance of Telepsychiatry our Health Board has continued to support this initiative.
- Scheduling has also become a minor problem that has been addressed.



Questions ...