

# **Pan Territorial Health Investment Fund**

## **Annual Activity Report for Nunavut, NWT and the Yukon**

### **Executive Summary**

Nunavut has committed to running three eMental Health Projects and one other Emerging Technology Project that will improve availability of mental health and addictions treatment and care. Another project is to build service capacity by hiring front line staff, specifically Land Claims Beneficiaries, in order to support clinical trials and Emergent eMental Health Projects, as well address service delivery demands for Nunavummiut with acute mental health and addictions treatment needs.

### SPARX

The SPARX pilot project is in partnership with LaMarsh Centre for Children and Youth Research, York University, and the Government of Nunavut (GN). The Mental Health and Addictions Team has completed its preparations for clinical trials of SPARX, which is a game-like computer program developed in New Zealand. It is a cognitive behavioral intervention for youth that has been proven to be effective among Maori youth suffering from depression and anxiety. It is educational and teaches social emotional life skills to help change stressful, negative life thoughts—all in a video format. The clinical trials are ready to begin in the spring of 2015.

### 211Nunavut

211 Nunavut is a service directory that is being developed in partnership with United Way Centraide Canada. Over 1,100 Nunavut service and program records have been entered into a database that will be used as a directory for Nunavummiut. Examples of these records include government offices, churches, daycares, hockey associations, and soup kitchens. United Way Centraide Canada will launch and curate the directory as part of the <http://www.211.ca/> national data base in 2015/16. Not only will this directory make it easier for Nunavummiut to access services and programs available in their community, but it will also serve as a tool for the GN to map service capacity and identify gaps and overlaps in programming and service delivery.

### Population Modelling

As Nunavut moves forward with its strategies to deal with mental health and addictions issues, Population Modelling is a good tool to utilize for two purposes. One is to determine the impact that immediate projects and initiatives have on mental health and addictions outcomes in Nunavut. Second, is to support the decision-making process regarding investment of resources. Population modelling is useful in this regard and may help inform decisions relating to where to invest limited resources for optimal benefits in improving mental health and reducing the rates of addictions and suicide across Nunavut. This project will commence in 2015/16.

### Mental Health & Addictions Expansion of Service Capacity

Mental Health and Addictions Expansion of Service Capacity is an important project since its focus is to hire additional mental health and addictions front line staff to prepare for and support the SPARX clinical trial and the other emergent e-mental health projects (Telepsychiatry). The groundwork to develop a supporting business plan is underway.

### **Funding Received**

The Government of Nunavut received \$1,200,000 in 2014/15 from the Pan Territorial Health Investment Fund (Pan THIF) for the development of innovative and emerging e-mental health projects in northern and remote communities. The Government of Nunavut is managing the distribution of the funds to the Northwest Territories and the Yukon. (See the table 1 below for the 2014/15 breakdown).

Nunavut's allocation was \$650,000 which was used to fund territorial e-mental health projects. Since the funding arrived late in the year several projects had a delayed start. As a result not all the funds were spent in year one. Nunavut has carried forward \$581,277 into the 2015/16 fiscal year from 2014/15. (See Table 3 at the end of the report for the Nunavut's Expenses to Budget and 2014/15 carry forward).

The Pan THIF Agreement between Nunavut and the Yukon took effect on March 15, 2015. Due to the late signing the \$500,000 was distributed to the Yukon, in accordance with the terms of the agreement, before April 15, 2015. A separate Annual Activity Report for Yukon is included in this report in Appendix A. Yukon spent \$24,000 on project delivery leaving a carried-forward of \$476,000 from 2014/15 to 2015/16

The signed Pan Territorial Health Investment Fund Conditional Contributions Agreement was received from the Northwest Territories by Nunavut on July 21, 2015. As result the \$50,000 that NWT budgeted for their e-mental health projects for fiscal year 2014/15 has only recently been released. The carry-forward for the NWT from 2014/15 to 2015/16 is \$50,000.

The total carry-forward from 2014/15 to 2015/16 for all three territories is \$1,107,277. (See Table 2)  
The total budget for 2015/16 for all three territories is \$2,787,277. (See Table 2)

| <b>Table 1: 2014/15 DISTRIBUTION OF PAN THIF FUNDING</b> |                   |   |
|--|-------------------|---|
| <b>Pan THIF Fund Distribution</b>                        | <b>Amount</b>     | <b>Comments</b>   |
| Yukon  | \$500,000         | Completed April 2015                                      |
| Northwest Territories                                    | \$ 50,000         | Accrued to 2015/16 for payment – recently released to NWT |
| Nunavut  | \$ 650,000        | Detail expenditures to budget Table 2                     |
| <b>TOTAL FUND RECEIPT</b>                                | <b>\$1,200,00</b> |   |

| <b>Table 2: 2015/16 PAN THIF BUDGET FORECAST</b> |                              |                        |                             |
|--|------------------------------|------------------------|-----------------------------|
| <b>Pan THIF Fund Distribution</b>                | <b>2014/15 Carry-Forward</b> | <b>2015/16 Funding</b> | <b>2015/16 Total Budget</b> |
| Yukon  | \$ 476,000                   | \$ 500,000             | \$ 976,000                  |
| Northwest Territories                            | \$ 50,000                    | \$ 150,000             | \$ 200,000                  |
| Nunavut  | \$ 581,277                   | \$1,030,000            | \$1,611,277                 |
| <b>TOTAL FUND RECEIPT</b>                        | <b>\$1,107,277</b>           | <b>\$ 1,680,000</b>    | <b>\$2,787,277</b>          |

**Pan THIF Progress Report  
Assessment of Territorial Projects and Activities  
2014/15**

| Activity Title      | Project & Objectives  | Actions  | Relevance & Performance   | Performance Measurement  |
|---------------------|---|--|---|--|
| <p><b>SPARX</b></p> | <p><b>SPARX Pilot Project</b></p> <p>Undertake clinical trial and adaptation of the SPARX video game for youth at risk for depression.</p> <p><b>Objectives for the Project:</b></p> <p>1) Establish if the SPARX-N (Maori version) of the computer game is effective among Nunavummiut/Inuit youth, who live in remote communities, in boosting resiliency against depression by December 31, 2015.</p> <p>2) If effectiveness is established, then develop an Inuit culturally adapted version of SPARX by May 31, 2016.</p> <p>3) Determine if the culturally adapted SPARX game is effective in a larger, randomized trial by March 31, 2017.</p> | <p>-2014/15 was a year of preparation for the roll-out of the SPARX-N clinical trial which will begin in the spring of 2015.</p> <p>-The GN worked with the LaMarsh Centre for Child and Youth Research, (Faculty of Health, York University) to plan and secure materials for a clinical trial, developed a research proposal and obtained approvals for the SPARX-N clinical trial.</p> <p>-The trial will run in three phases: pilot evaluation, design a culturally (Inuit) adapted SPARX version, and finally run a large (500 minimum) randomized trial of the SPARX Inuit Version.</p> <p>-Communication and training manuals were developed and customized to meet the needs of the various stakeholders which include mental health managers and frontline clinical staff, youth, parents and teachers.</p> | <p>SPARX is a game-like computer program developed in New Zealand that is a cognitive behavioral intervention for youth which has been proven to be effective among Maori youth.</p> <p>SPARX is educational and teaches youth strategies to help change stressful, negative life thoughts – all in a video format.</p> <p>Rates of youth and adolescent depression have been steadily on the rise over the last few decades. Aboriginal/Inuit youth have multiple risk factors that affect resiliency, self-esteem and optimism. This project aims to underscore the important factors by promoting and nurturing youth’s resilience. Nunavut has made it a key priority to address the needs of its youth by building on cultural strengths. This is in sync with SPARX’s emphasis on building protective factors and fostering resilience.</p> | <p>Phase 1 of the clinical trial is ready to begin April 15, 2015.</p> <p>“All About SPARX-N” training manuals Part 1 and Part 2 are complete for training regional managers and frontline clinical staff.</p> <p>Trial protocol, forms, questionnaires, and computers are complete.</p> <p>Clinical trial report(s) detailing methodology and clinical trial outcomes will be complete by March 31, 2017.</p> |

| Activity Title            | Project & Objectives   | Actions   | Relevance & Performance   | Performance Measurement   |
|---------------------------|--|---|---|---|
| <p><b>211 Nunavut</b></p> | <p><b>Nunavut Service Directory</b></p> <p><b>Objectives for the Project:</b></p> <p>1) Nunavummiut will have ready access to information regarding available community services August 31, 2015.</p> <p>2) Government departments will have ready access to an inventory of community services for use in service system planning by August 31, 2015.</p> | <p>-Worked with United Way Centraide Canada - the leading experts for the Canada 211 project to plan and develop Nunavut's Service Directory.</p> <p>-Over 1,100 Nunavut service and program records have been entered into a data base.</p> <p>-Data conversion<br/>Configure database for both public and private uses.</p> <p>-Deployed public facing website – Nunavut Service Directory.</p> <ul style="list-style-type: none"> <li>•Secure new domain name</li> <li>•Site design and set-up</li> <li>•Service provider self-updating functionality</li> <li>•Link Nunavut Service Directory to 211.ca and related sites</li> </ul> <p>-Service record self-updating implementation.</p> | <p>Initiated out of a need to create a web-based directory of services that are available to Nunavummiut.</p> <p>211 Nunavut makes it easier for Nunavummiut to access services and programs at the community level so individual and community wellness are enhanced.</p> <p>It serves as a tool for the GN to map service capacity, identify gaps and overlaps in programming and service delivery.</p> <p>The service directory can be found at <a href="http://nu.211.ca">nu.211.ca</a></p> | <p>On track to launch 211 Nunavut by August 31, 2015.</p> <p>Number of website hits. This measurement has been built into the reporting from United Way Centraide Canada and will be provided on a monthly basis.</p> <p>Annual survey of GN departments regarding use of service database for planning purposes.</p> |

| Activity Title                     | Project & Objectives  | Actions  | Relevance & Performance  | Performance Measurement  |
|------------------------------------|---|--|--|--|
| <p><b>Population Modelling</b></p> | <p><b>Explore the use of population modelling and simulation to support mental health service planning.</b></p> <p><b>Objectives for the Project:</b></p> <p>1) Test the feasibility of using population modelling and simulation to support mental health service planning and evaluation.</p> | <p>-Due to the late start of the Pan THIF project the Population Modelling Project has been delayed.</p> <p>- Basic research, reports and resource materials regarding population modelling have been collected.</p> <p>-Reviewed the Mental Health Commission’s study “Making the Case for Investing In Mental Health In Canada”. This has provided a starting point for a Nunavut specific study to determine which factors will have the greatest impact on achieving the mandate of the Mental Health and Addictions Division as outlined in the department’s business plan.</p> | <p>As Nunavut moves forward with its strategies to deal with mental health and addictions issues, population modelling is a good tool to utilize in two ways.</p> <p>One is to determine the impact that immediate projects and initiatives have on mental health and addictions outcomes in Nunavut.</p> <p>Second, population modelling is useful in making decisions about where to invest limited resources for optimal benefits in improving mental health and reducing the rates of addictions and suicide across Nunavut.</p> | <p>Development of an initial Nunavut population model and first run simulation.</p> <p>If "go ahead" decision is made, subsequent updates to the population model and simulation runs -- with evidence that the outcomes have been used for planning and/or evaluation purposes.</p> |

| Activity Title                         | Project & Objectives  | Actions   | Relevance & Performance  | Performance Measurement   |
|--|---|---|--|---|
| <p><b>Emergent E-Mental Health</b></p> | <p>1) Identify and pilot other e-mental health service innovations with promise within the Nunavut context.</p> | <p>-Collection of reports and ideas regarding e-mental health options was undertaken in 2014/15.</p> <p>-Pilot expansion of Nunavut Help Line to provide 24/7 services.</p> | <p>The Government of Nunavut has placed a focus on mental health as a vital part of the overall well-being of communities, families and individuals. The delivery of mental health and addiction services in remote communities is challenging. E-mental health and other innovative methods of service delivery provide new ways of bridging this gap.</p> <p>When integrated properly e-mental health is proving to be just as effective as face-to-face services. Technologies continue to improve so more Nunavummiut will be able to receive the mental health and addictions care that they need. E-mental health also improves the quality of care delivered, reduces cost and overcomes challenges that are present in the current care system in remote and rural communities.</p> <p>The focus of this project will be on successful tools and practices that work well for small remote populations while strengthening the mental health care continuum.</p> | <p>One or more other e-mental health pilot projects are undertaken and evaluated.</p> <p>Evaluation of Nunavut Help Line expansion will be undertaken in 2015/16.</p> |

| Activity Title                                 | Project & Objectives  | Actions   | Relevance & Performance  | Performance Measurement   |
|--|---|---|--|---|
| <p><b>Mental Health Frontline Staffing</b></p> | <p>Hire additional mental health and addictions front line staff to prepare for and support the SPARX clinical trial and the other emergent e-mental health projects.</p> | <p>A review as conducted to identify communities in which mental health and addictions acuity and service demands require additional mental health staffing in order for the local team to have capacity to support clinical trials and other e-mental health projects.</p> <p>A business case for additional staffing and program capacity was started.</p> <p>No additional staff was hired in 2014/15.</p> | <p>Anticipating the need for additional front line staff to support clinical trials and emergent e-mental health projects, as well as deliver services to Nunavummiut with acute mental health and addictions treatment needs.</p> | <p>Each Nunavut community is assessed as to service demands.</p> <p>Additional casual staff is hired.</p> <p>Business case developed and submitted for ongoing staff funding.</p> |

| Activity Title                              | Project & Objectives   | Actions   | Relevance & Performance  | Performance Measurement   |
|---|--|---|--|---|
| <p><b>Project Evaluation and Report</b></p> | <p>Provide Health Canada with required reporting and undertake overall project evaluation.</p> | <p>-A position of project lead was created and the job description developed.</p> <p>-Hired a THIF and Pan THIF project lead, with a start date of April 1, 2015.</p> <p>-Developed a draft evaluation plan for the Pan THIF project.</p> | <p>The project lead works with the Mental Health and Addictions Resource Team (MHART) members, external health service providers and community groups in order to develop and coordinate projects that will deliver best-in-class mental health and addictions services, suicide prevention initiatives and community capacity development support across Nunavut under Health Canada's THIF and Pan THIF funding projects.</p> <p>This includes supporting the process of identifying, prioritizing and reporting territorial needs in the area of mental health and addictions, the development of business cases, briefing notes and promotional materials and the coordination of special events and activities.</p> | <p>-Pan THIF Annual Activity Report Annual Financial Report was completed and delivered before July 30, 2015.</p> <p>A draft evaluation plan for the Pan THIF project was developed.</p> <p>Required financial and project reports are submitted.</p> <p>Final project evaluation report developed and submitted.</p> |



**Table 3: Pan THIF e-Mental Health Budget and Expenditures 2014/15**

| Activity Title                           | Total Budget   |               |                | Administration (cap of 15%/year) |              | Project Travel (cap of 10%/year) |              | Project Delivery (minimum of 70% / year) |               | Project Evaluation (cap of 5% of total) |               |
|--|----------------|---------------|----------------|----------------------------------|--------------|----------------------------------|--------------|--|---------------|---|---------------|
|  | Budget         | Expenditures  | Variance       | Budget                           | Expenditures | Budget                           | Expenditures | Budget                                   | Expenditures  | Budget                                  | Expenditures  |
| <b>SPARX</b>                             | \$20,000       | \$325         | \$19,675       | \$3,000                          | \$0          | \$2,000                          | \$0          | \$14,000                                 | \$0           | \$1,000                                 | \$325         |
| <b>211 Nunavut</b>                       | \$80,000       | \$39,198      | \$40,802       | \$12,000                         | \$1,000      | \$8,000                          | \$0          | \$56,000                                 | \$36,900      | \$4,000                                 | \$1,298       |
| <b>Population Modelling</b>              | \$40,000       | \$649         | \$39,351       | \$6,000                          | \$0          | \$4,000                          | \$0          | \$28,000                                 | \$0           | \$2,000                                 | \$649         |
| <b>Emergent E-Mental Health Projects</b> | \$0            | \$19,008      | -\$19,008      | \$0                              | \$0          | \$0                              | \$0          | \$0                                      | \$19,008      | \$0                                     | \$0           |
| <b>Mental Health Front Line Staffing</b> | \$500,000      | \$9,328       | \$490,672      | \$75,000                         | \$1,000      | \$50,000                         | \$0          | \$350,000                                | \$0           | \$25,000                                | \$8,328       |
| <b>Project Evaluation and Reporting</b>  | \$10,000       | \$216         | \$9,784        | \$1,500                          | \$0          | \$1,000                          | \$0          | \$7,000                                  | \$0           | \$500                                   | \$216         |
| <b>Total 2014/15</b>                     | <b>650,000</b> | <b>68,723</b> | <b>581,277</b> | <b>97,500</b>                    | <b>2,000</b> | <b>65,000</b>                    | <b>0</b>     | <b>455,000</b>                           | <b>55,908</b> | <b>32,500</b>                           | <b>10,815</b> |

## **Appendix A**

### **Yukon Pan-Territorial Stream Annual Activity Report 2014/15**

#### **3.1.1.1 Executive Summary**

The focus of the Pan-Territorial project is innovative and emerging practices in e-mental health. The three territories are exploring a variety of initiatives designed to bolster mental health services across the North, with funding administration managed by Government of Nunavut.

Yukon is undertaking two pilot projects, eMental Health Supports and Yukon Telepsychiatry, to test the feasibility and efficacy of selected e-mental health service innovations in remote Northern communities. eMental Health Supports is a project to provide client electronic devices to increase access to mental health supports for youth and young adults. Yukon Telepsychiatry is testing the use of teleconferencing technology to deliver psychiatry services in Dawson City.

As the contribution agreement between Nunavut and Yukon was not signed until March 27, 2015, project activities did not commence beyond the planning phase in 2014/15. However, Yukon delegated some staff time in 2014/15 to planning for project delivery in the following years. In addition, Yukon has hired a full-time term project coordinator who is dedicated to implementing the two Pan-Territorial pilot projects.

#### **3.1.1.2 Funding Received**

In 2014/15, Yukon received \$375,000 towards eMental Health Supports pilot project and \$125,000 towards Yukon Telepsychiatry. This funding was rolled forward to the 15/16 fiscal year with the exception of some staff salary dedicated to planning (see annual financial report below).

**3.1.1.3 An assessment of territorial projects and activities in terms of relevance and performance (including baseline data and achievement of immediate results) for each funded project and expected impact on the sustainability of health systems in future years.** As the contribution agreement between Nunavut and Yukon was not signed until March 27, 2015, project activities did not commence beyond the planning phase in 2014/15. However, Yukon delegated some staff time in 14/15 to planning for project delivery in the following years. Yukon has hired a full-time term Project Coordinator who is dedicated to implementing the two Pan-Territorial pilot projects.

**3.1.1.4 Activity specific indicator results. A minimum of one performance measurement indicator per activity is required.**

As the contribution agreement between Nunavut and Yukon was not signed until March 27, 2015, project activities were not undertaken in fiscal year 2014/15 aside from staff time dedicated to planning for subsequent years of the project. Once the project commences, e-mental health performance measurement indicators will be the number of identified technology applications to treat mental health in rural and remote settings through jurisdictional scan, and reduction in episodic and crisis intervention with use of electronic device. The indicators for Yukon Telepsychiatry are the number of psychiatric intake assessments and the number of telepsychiatry appointments in Dawson City (pilot community).

**Pan-Territorial Stream Annual Financial Report 2014/15**  
**June 20, 2015**

**3.1.2.1 Expenditures by spending cap area (i.e. Administration, travel related to project delivery, project evaluation and project delivery).**

| <b>eMental Health Supports – Total Budget \$375,000</b> |                 |
|---|-----------------|
| Administration  | \$0.00          |
| Project Travel  | \$0.00          |
| Project Evaluation                                      | \$0.00          |
| Project Delivery  | \$12,000        |
| <b>Sub-Total</b>  | <b>\$12,000</b> |
| <b>Telepsychiatry – Total Budget \$125,000</b>          |                 |
| Administration  | \$0.00          |
| Project Travel  | \$0.00          |
| Project Evaluation                                      | \$0.00          |
| Project Delivery  | \$12,000        |
| <b>Sub-Total</b>  | <b>\$12,000</b> |
| <b>Total Expenditures</b>                               | <b>\$24,000</b> |