

SUMMER 2023:

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Planting seeds for *The Royal's* future

In the ever-changing field of mental health care, it's important we are adaptable and flexible to stay ahead of the curve.

That is precisely the philosophy that has guided Dr. Marie des Anges Loyer throughout her life, as she improves patient care through nursing education, leadership and philanthropy.

Loyer was born in 1933 during the Great Depression, a time when mental health care looked very different. Equipped with graduate degrees from Columbia University and the University of Ottawa—and alarmed by the state of community-level mental health care—she became a trailblazer, tirelessly advocating for progress and research to improve patient care and outcomes.

DONATIONS^{at}work

*Marie des Anges Loyer,
DStJ, BScN, MA, MPH, MEd, PhD*

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Become a *leader* for mental health today

As a lead collaborator in the mental health system in eastern Ontario, The Royal combines the delivery of specialized mental health care, advocacy, research, and education, alongside community partners to transform the lives of people with complex and treatment-resistant mental illnesses.

Our mandate is simple: to get more people living with mental illness into recovery faster.

On October 4, for the 16th consecutive year, The Royal is hosting the Leaders for Mental Health Breakfast. Held live at the EY Centre, this inspirational and aspirational event gives guests an inside look into the real-life experiences of those impacted by mental illness and substance use disorders. Guests will also hear from The Royal's leaders—some of the world's brightest minds in mental and substance use health care—about life-saving innovations, enabled by philanthropy, which drive improved diagnostics and treatments.

Are you interested in supporting mental health and networking with 750 other like-minded professionals? Join The Royal at the Leaders for Mental Health Breakfast, and help us continue the proud legacy of hosting the largest fundraising breakfast in the nation's capital! As a table captain, you can illustrate your commitment to helping improve the mental health system for generations.

If you are interested in this role and would like to learn more, please visit theroyal.ca/breakfast or email events@theroyal.ca.

THE LE HUB CARREFOUR

CLIENT AND FAMILY RESOURCE HUB :: RESSOURCE POUR LES CLIENTS ET FAMILLES

By patients and donors, for patients – and their families

The Royal recently opened a donor-enabled **Client and Family Resource Hub** (The Hub). The Hub was thoughtfully designed by patients and families, and it embodies The Royal's commitment to delivering client and family-centred care.

Located conveniently in the front lobby of The Royal Ottawa Mental Health Centre, The Hub provides a safe and welcoming space for clients and families to connect with in-person and virtual resources.

As a supporter of The Royal, thank you for your generosity and dedication to patients and families, enriching their journey to recovery and providing hope.

Johannes Ziebarth, President & CEO of Ziebarth Electrical Contractors Ltd. felt inspired to support The Hub after helping a loved one navigate the mental health care system. "Mental health challenges are a universal experience that impact all of us in some way. My hope is that The Royal's Client & Family Resource Hub will provide individuals and families with comfort and support throughout their recovery," shares Ziebarth.

"We are so lucky to have access to the specialized care that only The Royal can provide, and The Hub will enhance their already significant impact within our community."



Leaders for mental health *breakfast*

The mental health care system was broken. **So we started a revolution.** Now we need your help.

October 4, 2023 www.theroyal.ca/breakfast



BMO donation opened a new clinic for novel depression treatment



Dr. Florence Dzierszynski, Victor Pellegrino, Marion Beckett, Dr. Jennifer Phillips and Chris Ide.

The number of people in Canada who struggle with mental health issues, particularly depression, is alarming. Even more concerning is that some individuals with depression do not experience improvement even after multiple treatment trials.

However, there is hope for those who face depression.

The Bank of Montreal (BMO) has made a significant donation to The Royal to establish a new clinic for difficult-to-treat depression using esketamine, a non-invasive and easier-to-administer form of ketamine that recently received Health Canada approval as a nasal spray.

The BMO Innovative Clinic for Depression will provide treatment opportunities to individuals living with severe depression who have not responded to other treatments.

Esketamine can lead to a therapeutic response, even remission, in patients who have failed to respond to other commonly prescribed medications. The treatment elicits rapid therapeutic effects and rapid reduction of suicidal ideation, often within just a few hours of the first treatment.

“At BMO, we are deeply committed to our corporate value of Boldly Grow the Good in business and life,” says Victor Pellegrino, BMO Regional President, Personal Banking.

“By supporting the new BMO Innovative Clinic for Depression, we can ensure more people in eastern Ontario receive a fast-acting medication which will positively transform their lives. BMO is proud to continue supporting the innovative research and compassionate care delivered at The Royal.”

The BMO Innovative Clinic for Depression is a positive step forward in improving mental health care in Canada. The use of esketamine provides hope for those who have not responded to other treatments and can lead to remission in patients. BMO’s commitment to driving proven, novel treatments is commendable and will undoubtedly transform lives.

“BMO and The Royal are cornerstones of the Ottawa community, with many people depending on both of our institutions,” says Chris Ide, President, Royal Ottawa Foundation. “We share a commitment to service, stability, integrity and trust. These shared values have led the bank and its leadership to support and advocate for mental health care and research at The Royal generously over the last 10 years. We are deeply grateful.”



COVER STORY: CONTINUED

“Being awarded the Marie Loyer/Judith Wilkins Professional Development Bursary was invaluable to completing my Master of Arts in Leadership (Health) especially during the height of the pandemic when nurses, including myself, were facing unprecedented challenges. Thank you Marie, and The Royal’s donors for your remarkable generosity. Your impact is shining bright through the resilience and determination of patients in their mental health recovery journey.”

~ Tom Korosi, RN, Manager, Patient Care Services, Community Mental Health Program, The Royal

Loyer has had an outstanding career in nursing and academics. She served at the University of Ottawa for 29 years, holding various leadership positions such as a professor, dean of the School of Nursing, and associate dean of the Faculty of Health Sciences.

Her expertise in community health led her to join The Royal’s Board of Trustees in 1975, where she served on the Finance Committee, the Personnel and Public Relations Committee and the Task Force on Bilingualism Project. She was elected chair of the Executive committee and became chairperson for the Board of Trustees from 1982 to 1985.

Springing back to action in 1994, Loyer took action by bringing together patients from across The Royal to incorporate patient voices into leadership and care. This effort resulted in the establishment of the Client Advisory Council, which is still in existence today.

When Loyer approached retirement, her passion for bettering the future of those often overlooked, was far from over. Her personal motto, ‘Sowing seeds to help others/ Ensemencer pour aider les autres’ is representative of her life-long commitment to shaping the future of mental health care, and inspiring others to create a better, brighter future for all.

Loyer decided to set up a life insurance policy with The Royal as the sole beneficiary in 1999, creating the Dr. Marie A. Loyer Professional Endowment Fund to support the future careers of nurses. And to make an immediate impact, she also established the Marie Loyer/Judith Wilkins Professional Development Bursary. This is a true testament to her commitment to bettering the future of healthcare.

“Continuously seeking better ways to provide care is essential to our nursing practice. We must strive for the best possible outcomes for our patients,” explains Loyer. “During my career, I was fortunate to pursue advanced education, and it became my time to give back to other nurses who look to do the same.”

It’s amazing to see the positive impact of Loyer’s dedication to mental health care. Her thoughtful contributions have created opportunities for registered nurses at The Royal to pursue higher education and conduct valuable research to enhance nursing practice and patient care. It’s clear that her commitment to the future of healthcare will have a lasting impact.

To build your legacy by including The Royal in your will, contact Ann Symington at ann.symington@theroyal.ca or 613-722.6521 ext. 6874.



There are many ways to stay connected to the Royal Ottawa Foundation and learn about the care and research you support.

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ONLINE: [THEROYAL.CA/GETINVOLVED](https://www.theroyal.ca/getinvolved)
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