

WHAT'S UP?

at The Royal

a newsletter for staff and volunteers



[Good news for coffee lovers](#)

2



[Bakeology is back](#)

4



[Baking a difference](#)

7



Feel good about forgetting your lunch New lunch options “a big win” at the Winter Café

Soups and sandwiches from Krackers Katering are now available at the Winter Garden Café. Pictured here are: Café manager Janet McFall, volunteer Lorna Feehan, and Annmarie Nicholson, director of volunteer services.

How does a chicken club sandwich with provolone and pesto mayo sound right about now? Or a Thai sweet potato soup to warm you up on this fall afternoon?

Fresh sandwiches and soups made by Krackers Katering are now in regular rotation at the Winter

Garden Café, located at the Ottawa campus of The Royal.

Krackers Katering is a member of the Causeway Group of Social Businesses, a network of socially minded, not-for-profit initiatives that focus on training and employment for people who have

experienced barriers to finding work.

Before COVID-19, Krackers regularly provided catering services to The Royal, and like many organizations, had to make some changes when the pandemic hit. So with the cancellation of in-person

Continued on page 2...

FEEL GOOD continued

events, the social enterprise moved from catering to wholesale food supply. The result of this “pandemic pivot,” is that fresh food made by Krackers is now available at the volunteer-run Winter Garden Café.

Fresh sandwich varieties rotate on a weekly basis and are available for lunch every day. If it's Tuesday, Wednesday or Thursday, you can add some “chef inspired” soup to your order. Everything is made from scratch, using fresh ingredients.

“The quality of the food, the freshness of their products is absolutely head

and shoulders over any of their competitors... I've had lots of interaction with other wholesale suppliers for this type of product in the private sector and none of it has come even close to comparing with the quality that we've received from Krackers,” says Annmarie Nicholson, director of volunteer services at The Royal.

Annmarie hopes the relationship between the two organizations will expand over the coming months as more staff return to working on site.

“What's really beautiful about this – and it's something that [Café manager]

Janet McFall and I are extremely proud of – is the fact that we're a social enterprise who is supporting another social enterprise,” she says.

As it turns out, forgetting your lunch is actually a good thing for everyone involved, including clients and families.

“Every time someone purchases a product from the café – including coffee – they're helping raise money that goes right back into supporting family- and client-centered care at The Royal,” she says. “It's a big win for everyone.”



THE RETURN OF THE SPECIALS AT THE ATRIUM CAFÉ

(PLUS NEWS FOR COFFEE LOVERS)

The café is an important part of our organization,” says Nathan McFarlane, nutrition and food supervisor with EllisDon. “Food makes a difference in people's days, and people's lives.”

Staff members who frequented the Ottawa campus before the pandemic will likely recall what lunchtime looked like at the Atrium Café: a menu of burgers, sandwiches, and salads punctuated by lunch specials you could scope out on OREO before sauntering down to place your order.

“Sometimes we'd have people lined up all the way out to the front,” reflects Nathan McFarlane, the nutrition and food supervisor with EllisDon.

But as we all know, COVID-19 hit, and with a high number of people working from home and few customers, the café

menu was pared way back and specials were put on hold... until now.

Lunchtime specials are now being served up two or three times a week, most weeks, at the Atrium Café. Ahi tuna salad, pot roast, ham and swiss panini, and chicken pot pie with a

Continued on page 3...

FEED YOUR INNER COOKIE MONSTER FOR A GOOD CAUSE

BAKEOLOGY IS BACK! Before the pandemic, Bakeology was an initiative at the Ottawa campus that invited a group of individuals in the forensic and schizophrenia programs to bake up a variety of treats for the Winter Garden Café.

Bakeology 2022 is batter, er, *better* than before. For starters, it is more streamlined, with a laser focus on one item: gourmet cookies.

"We do one thing and do it well," laughs Lori McGuire, a vocational rehabilitation specialist who's taken on the role of Bakeology business operations manager. "We do gourmet cookies and we're pretty proud of that."

"We use all natural ingredients, quality ingredients. We make a quality cookie just like you could get in any fine bakery here in Ottawa, or at grandma's house... but I think that we could even give grandma a run for her money!"

Bakeology is a vocational program that operates as a social enterprise for clients in The Royal's forensic program. What hasn't changed since the original incarnation of the program is the process: Orders are received, supplies are purchased, and a team works together to make sure the order is baked, professionally packaged, and delivered on time while keeping to the budget.

More important than ever, it still gives clients valuable real-world experience in the baking and food service industry.

Bakeology provides a work environment that replicates an entry-level position in a bakery or other food services setting, and as such, meets an important need for a group of people who often struggle to find work.

"Data shows there are clients who want to work but don't have a lot of experience,

or very broken experience, and so they're not quite ready for employment in the community," says Lori.

Clients in the forensic program often describe feeling a "double stigma" as they deal with mental health challenges in addition to their involvement with the justice system.

Bakeology provides a supportive work environment that is geared to the needs of clients. Understanding work etiquette, for example, is an important part of getting and keeping a job.

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“ We use all natural ingredients, quality ingredients. We make a quality cookie just like you could get in any fine bakery here in Ottawa, or at grandma's house.”

"After everything they've gone through they've lost pretty much all confidence... So it takes a long time for them to rebuild the trust and also rebuild the confidence in themselves and their ability to work," says Lori.

"Many of our clients don't have a lot of experience, so how can they possibly know what work etiquette is if they've never worked? *I don't know how to talk to my employer. I don't know how to ask for time off. I don't know what happens if I'm late or call in sick.* You and I might take this knowledge for granted but this is an opportunity for them to be aware of what all those little nuances are," she says.

Bakeology currently employs four clients at four workstations in the Central Services Occupational Therapy Kitchen.



(A space that was transformed into a modern and well-appointed kitchen by the [Astro Design Centre in 2018](#).) The hope is that more people will join as pandemic restrictions loosen.

Bakeology bakers (minus the staff) receive a small stipend.

"It's a profit share social enterprise model that really simulates what employment is like," describes Lori. "That means they earn a little bit of money, which motivates them to work harder and to bridge that gap to move on. We're their springboard between recovery and actual competitive employment."

Bakeology cookies are priced very competitively when compared to similar products at local bakeries and coffee shops, and are currently available in the Winter Garden Café. Monthly bake sales are in the works. The group is also taking orders from Royal staff for upcoming coffee pots, meetings and corporate functions, or even personal events. A dozen gourmet cookies can also make a nice corporate gift or thank you.

Bakeology might be "just" a social enterprise but to the staff and clients, it is so much more.

"They take it very seriously and they're quite proud. I see them packaging the cookies and putting the labels on. They keep it super professional and they're really proud of that tray at the end of the day. And so they should be, they did good work."

For a menu and price list, send an email to Lori.McGuire@theroyal.ca.

BAKING IN BROCKVILLE

At the Brockville Mental Health Centre, the River Café sets the stage for vocational training. “These baking sessions are included in our high level vocational program, which uses a place-train model for development and assessment of competitive employment skills in the food industry,” says Erin Brunner, an occupational therapy assistant at BMHC. Goals are to promote development of skills for competitive employment in the community,

specifically in the food industry, promote an active routine and engagement in meaningful productive activities, and develop social skills.

There are currently two clients working as bakers at BMHC, explains Erin. Once a week they each bake one healthy item for the River Café. “We try to ensure that each baking session creates a different item and also be mindful of the seasons,” says Erin.



MY MUM'S IRISH APPLE CAKE RECIPE

This recipe was submitted by Heather Tarnai-Feely. Thank you Heather!

It doesn't get much better than my mum's Irish Apple Cake recipe — authentically Irish with tart Granny Smith apples and a streusel topping.

Ingredients

Streusel topping

- 3/4 cup (3 3/4oz/105g) all-purpose flour
- 1/4 cup (3/4oz/21g) rolled oats
- 1/2 cup (4oz/115g) sugar
- 1/16 teaspoon salt
- 6 tablespoons (3oz/85g) butter

Irish Apple Cake

- 1/2 cup (4oz/115g) butter (at room temperature)
- 1/2 cup (4oz/115g) sugar
- 2 teaspoons vanilla extract
- 2 large eggs
- 1 1/4 cups (6 1/4oz/177g) all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/8 teaspoon salt
- 3 tablespoons milk
- 3 granny smith apples (peeled and sliced thin)

Instructions

Preheat your oven to 350°F (180°C) then butter and line a 9" bake pan. Set aside.

For the streusel topping: In a medium bowl, combine the flour, oats, sugar, and salt. Next rub in the cold butter until fully incorporated and you've reached the texture of coarse breadcrumbs. Set aside in the fridge while you make the cake.

For the Irish Apple Cake: Cream the butter and the sugar together in a large bowl until light and fluffy. Next, add in the vanilla then beat in the eggs one at a time.

In a separate medium bowl, combine the flour, baking powder, cinnamon, and salt.

Fold the dry ingredients into the wet along with the milk.

Once the batter has formed, transfer it to the prepared cake pan and lay on the sliced apples, making sure they are arranged in one even layer.

Cover the apples with all the streusel topping.



Bake for roughly 65-75 minutes, or until the top is golden brown all over and crisp.

Remove from oven and allow it to cool slightly.

When ready to serve, dust the cake with powdered sugar, slice and enjoy. Store the cake in an airtight container at room temperature for up to four days.

By Natalie Lalande
Dietician, Brockville Mental Health
Centre

Throughout the pandemic, I've heard many people say they slipped into patterns of overeating and excessive drinking that lasted for months. When gyms were closed and people were encouraged to stay at home, many people stopped being physically active.

In a survey of nearly 10,000 Canadians, 74 per cent reported that the pandemic influenced their eating habits. Many reported a greater consumption of unhealthy food. Nearly 25 per cent reported increased alcohol consumption and a decline in physical activity. 42.3 per cent reported unintentional weight gain with 39 per cent reporting a weight gain of 11 lbs. (Fro. Oncology, 2022,12: 872765)

Now that we are learning to live with COVID-19 and life is slowly getting back to normal, I wanted to share nine healthy tips to support a return to a healthier lifestyle. Can't do all nine? Choose one and go from there.

- 1. Add more veggies to your plate** – Vegetables are filling and low in calories. They are loaded with vitamins, minerals, fiber, antioxidants and other protective bioactive compounds. Incorporating more veggies into each meal may also displace other higher calorie foods. Fiber and fluid in veggies is also filling – so you stay fuller for longer.
- 2. Eat on a regular schedule** – Eating on a regular schedule supports appetite regulation. Choose specific meal times that are spaced evenly apart. For example, breakfast at 8 a.m., lunch at noon, snack at 3 p.m., supper at 6 p.m. After about a week, your body will adjust to the new pattern. This may help you tune into actual hunger cues and improve your ability to distinguish between hunger and cravings.
- 3. Swap out processed foods for whole foods** – Whole foods are more nutritious and are more filling. Grab some oats topped with fruit and nuts instead of a bagel or muffin. Replace spaghetti with spaghetti squash. Swap cookies or chips with fresh veggies and hummus or fruit with nuts or nut butter.
- 4. Up your fiber intake** – Fiber rich foods are filling because they are slower to break down during the digestive process. They also support good digestive health and feed beneficial gut bacteria tied to immune function and anti-inflammation. Eating more fibre has proven weight loss benefits. (Journal of Nutrition, 2019). Aim for 25-30 grams per day. (Most Canadians are only consuming about 11 grams per day!)
- 5. Eat more plant-based meals** – Choose whole foods rather than processed foods such as French fries, vegan pepperoni pizza or vegan faux fried chicken. Great options include: smoothies made with veggies, fruit, plant protein and nut butter; grain bowls made with greens and veggies, topped with lentils, quinoa and tahini; and platters loaded with veggies, salsa and paired with black beans, roasted corn and avocado.
- 6. Drink more water** – Every process in the body, including healthy circulation, digestion and waste elimination need water. Making water a priority can also squeeze out less healthy drinks including those with too much sugar.
- 7. Eat more mindfully** – This can help you tune in to your body's hunger and fullness cues, boost the enjoyment of eating and reduce the numbers of calories you're taking in. A 2019 meta-analysis and systemic review in Obesity Reviews found that mindful eating reduces Body Mass Index and waist measurements similarly to diet programs. Try to eat at least one meal without multitasking (no phone, no computer, no TV etc.) Take five minutes a day to listen to a guided meditation, preferably before you eat. (Download a free app or search YouTube to find one you like.) Mindfulness can transform how you eat and help you feel revived.
- 8. Curb alcohol consumption** – Alcohol can be high in calories. It also tends to lower inhibitions and stimulate the appetite. If you've been drinking wine with dinner most nights during the pandemic or participating in Zoom happy hours, cutting back immediately can cut your calorie intake and curb your appetite. Choose lower calorie alcoholic beverages like spiked seltzer, dry wines, ultra low carb beer, or distilled spirits mixed with sparkling water and garnished with citrus and herbs in place of soda or juice.
- 9. Increase your activity** – Being active can reduce stress, elevate energy and mood, improve sleep and build metabolism. Choose a fun activity you look forward to doing and you're more likely to do it.

Baking a difference

Some Royal staffers are already familiar with Sandra Tenger's reputation for her excellent baked goods, but if you're not, consider this a heads up for future reference.

Sandra, who has been with The Royal since 2000, works as an admin in the Sleep Clinic.

Before the pandemic, Sleep Clinic coffee pots featured lineups that extended down the hall, thanks almost entirely to the popularity of Sandra's baking. According to Carol MacLeod, creative and web specialist in corporate communications, Sandra's flair for baked goods is an open secret among Team Royal.

"If you know, you go," laughs Carol. "Everything she makes is amazing."

Sandra says she inherited her love of baking from her mother, although as she explains it, it actually sounds like her kitchen skills originated with her father.

"When my parents got married, my mother didn't know how to cook so my dad did all the cooking," recalls Sandra with a smile.

Her mother eventually learned how to cook, and what's more, made sure the kids knew how to cook and bake as well.

Sandra's baked goods began migrating from her home kitchen to The Royal when she worked in accounting. It was 2004 and she volunteered to bring dessert for a dinner and dance for ACTT clients. Sandra transferred to the Sleep Clinic in 2008 and her baking came with her. Since then she's been baking up treats for Sleep Week events, coffee



Sandra Tenger has been baking up treats for departmental events, coffee pots, birthdays, and other special events and milestones at The Royal since 2004.

pots, departmental birthdays, and other special events and milestones.

Dr. Elliott Lee, director of the Sleep Clinic, confirms their departmental coffee pots were legendary for their attendance and hopes for their return someday soon. One of his favourite baked goods made by Sandra is her Amish Sweet Bread. (The recipe is too detailed to publish here but [click here](#)

[for a good explanation and place to start](#). It takes ten days to make but the results are worth the wait.)

Many staff members at the Ottawa campus may have sampled some of Sandra's baking and not even known it. Sandra baked the cake layer of the strawberry shortcake served at this year's strawberry social, and did so for

Continued on page 8..

BAKING A DIFFERENCE continued

many strawberry socials before the pandemic as well.

Whether or not you have a sweet tooth, one can certainly appreciate the benefits of coming together with colleagues over strawberry shortcake. It's a social activity that builds comradery among co-workers and gives

us a chance to step away from work and recharge our batteries – something that's especially important in a work environment that can be stressful and fast-paced.

As for Sandra, baking is something she truly enjoys. "It's very calming," she says. "It's my happy place."



WE ASKED SANDRA TENGER'S COLLEAGUES ABOUT HER BAKING. HERE'S WHAT A FEW OF THEM SAID

Sandra not only pours her whole heart into her baking, but it is evident that she does this for her work here at The Royal as well. ~ *Naomi Spitale*

Sandra is so thoughtful and brings people together with her baking and kindness. From past coffee pots, to birthdays and special occasions she always wants to do something special for someone. Her treats and baked goods are amazing! There are too many favourites for me to narrow it down. For those who had the pleasure of attending past coffee pots, I would say the line up to the sleep lab would tell you how popular her treats are! Aside from her baking her personality also shines through. She is so well liked by many and is always a pleasure to talk to. I don't know what we would do without her! She is truly amazing! ~ *Angie O'Connor*

One thing I've missed most about Covid is our regular work related celebrations (birthdays, milestones, accomplishments, Christmas, etc.), and Sandra's baking was at the heart of every one. She even makes baskets for individual team members for momentous occasions and at Christmas has made TRAYS of baked goods for other departments like admitting, clinical records.

She is the most thoughtful and kind person. I am vegan and she even tweaks recipes for me! There is no end to her generosity. But really WE should be baking for HER. She is the glue that holds the Sleep Disorders Clinic together. She's at the heart of everything within the clinic. And the patients love her too. And it's hard in the Sleep Disorders Clinic when the team works different shifts but she always makes sure to feed everyone. Many nights the sleep technologists come in and they have a note to check the fridge because Sandra has left them something! I can't say enough good things about her. We are truly truly blessed. ~ *Lisa Kis*

Sandra's baking is truly excellent. She should be a Bake Off contestant! However, I would also like to say her work for us here in the lab is even better than her baking! Her Amish bread/cake is my favorite and she never fails to make it for my birthday. This was one of the great hardships of Covid restrictions and working from home, not getting to enjoy the wonderful creations of Sandra's kitchen. Thanks so much to Sandra for everything she does for us here in the sleep lab. ~ *Louis Soucy*

Thank you, Sandra, for how incredibly generous, patient, thoughtful, and kind

you always are. You are always thinking of others, and always eager to help in any way you can, whether that means re-explaining some convoluted EMR thing to me for the millionth time that I can't seem to get through my thick skull, or teaching yourself to make laminated pastries just because you know that I love Danish sweets! You're always going so far above and beyond with everything you do, and you're always raising the bar higher for all of us, culinarily and otherwise. It's always been impossible for me to answer when you ask "what would you like me to make you for your birthday," firstly because, how on earth can I choose when everything you make is so fantastic, but also because of how overwhelmingly moving it is to have someone ask such a thing. To have someone in my life like you, who wants to share your wonderful talent and all the sweetness in in your heart with the people around you, is such an amazing gift. I know how wonderful you are because I get to see it every day, but I also know that the appreciation and recognition of how wonderful you are is nowhere near as frequent and full-throated as I feel it should be. But hopefully this message of gratitude helps to make up for at least some of the deficit. ~ *Brad BuJáki*

Continued on page 8...

SANDRA'S AMAZING BAKING continued

Sandra and her baking have been a staple of the SDC for almost as long as I can remember, going back at least the last 10+ years. Not only is her baking amazing (the Amish sweet bread in particular is my favorite!!! 10 (!) days to make though), it has also become part of the identity of the SDC. When the SDC had coffee pots, the lineups to enter would start hours before opening, and extend into other units, as people waited patiently to get in to sample the baked goods here. The cookies, the

pretzels, the other cakes she makes that I know how to eat but don't know how to name, are all so amazing and an expression of kindness and family that Sandra has helped to create in our clinic. Every year Sandra also kindly prepares a Christmas package for the staff that at least in our household, has become a tradition to enjoy in the post holiday break (our kids bicker over rights to the trail mix). Every time a new learner comes, or a new staff member joins us, or there is a birthday, or sometimes

it's just a Tuesday, Sandra just makes everyone's day here so much brighter with her delicious delights that she kindly prepares for all of us. These gestures are so appreciated by all the staff and they have become part of our culture here in the SDC. The only thing that perhaps rivals her baking is the care she offers to our patients, and we can't thank Sandra enough for all the things she has done for our clinic.

~ Dr. Elliott Lee

SOWING SEEDS OF HOPE

You may have noticed raised garden beds overflowing with produce at the back of the Ottawa campus this summer. Groups across the organization cultivated a variety of herbs and vegetables – including a prize-winning watermelon.

Royal Ottawa Place, the Geriatric Psychiatry Program, the Integrated Schizophrenia Recovery Program, and the Integrated Forensics Program also have dedicated raised garden beds.

“Since the easing of pandemic restrictions and the recent construction of new raised garden beds, clients loved the new-found freedom to once again access the gardens and enjoy all the benefits,” explains Dale Patterson, a recreation therapist in the Substance Use and Concurrent Disorders Program. “Gardening programs bring a whole new meaning to ‘grounding’ strategies for our clients to use and benefit from.”

In August, Amy Leroy, an RT in the Mood and Anxiety Program, submitted a watermelon and a pair of zucchini her group cultivated to the Vankleek Hill Fair. “We won first place for our watermelon



Dale Patterson, Kathy Sager, Amy LeRoy, and Carlo Verdicchio are just a few members of Team Royal who tended raised garden beds with clients at the Ottawa campus this past summer.

and zucchinis... there were a lot of zucchini entries,” laughs Amy.

Carlo Verdicchio, a mental health and peer support worker who has taken part in several recovery and community gardens says the act of planting and tending a garden provides clients with a unique opportunity. It is grounding, and at the same time it has an element of hope built in.

“You don't plant a garden unless you have some hope that it's gonna grow something,” says Carlo. “You're both in the moment and forward looking at the same time – something that is hugely beneficial

for people who are struggling with the current state of their mental health and the challenge of seeing past this moment into a better future.”

Gardening also provides many helpful metaphors for personal growth: planting, watering, weeding, waiting, and celebrating the harvest – to name but a few.

Next summer, Dale hopes to help her clients design a new Indigenous garden. They'll be sowing the seeds for that project in early 2023 in collaboration with knowledgeable partners in the community.



Quality ACADEMY SHOWCASE

On September 23, 2022, The Royal hosted its inaugural Quality Academy showcase. The showcase was the culminating event for the first cohort of the new Quality Academy. As part of the Academy, Quality Champions have been leading quality improvement projects across the organization and the showcase was an opportunity for the Quality Champions to share their work as both a celebration and also as a way of spreading great ideas.

The first cohort of the Academy began in 2021 with two aims: to equip staff with the knowledge and tools required to lead quality improvement work and to use measurement and data effectively. Participants of the Academy completed seven 90-minute lectures, several coaching calls with the facilitators, and multiple hours leading their quality improvement project teams through the stages of their improvement project. The Quality Champions are now well versed in a multitude of quality

improvement skills including but not limited to:

- Building and leading QI projects
- Building measurement plans & run charts
- Enacting Plan Do Study Act cycles to test and spread improvements
- Presenting data effectively

The Quality Academy graduates and their projects are as follows:

Nick Downs

Improving wait times at OSI

Melissa McFadden

Improving recovery plan of care documentation in the Recovery Program

Kate Hunter & Beth Muir

BMHC RN vacation planner process review

Kate Baker, Tom Korosi, Haley Ashe

Documentation standards for CMHP

Beth Muir

Improving CAPS completion at the STU

Carrie Robertson

Improving care planning in Schizophrenia

Sarah Telford, Steve Michael, and Robert Konecki

Understanding client engagement in Forensic Rehab

Chris Curry

Access to community addiction treatment for STU residents

Nelson Pearce

Optimizing E.H.R. change request process

If you are interested in learning more about any of these improvement projects and how they might be useful within your program or service, reach out to the Quality Champions directly to learn more.

The facilitators, Danielle Simpson and Katelyn Lepinskie, want to congratulate The Royal's first graduates of the Quality Academy for their hard work and dedication to improving the programs and services that they work in, especially during COVID.

THE ROYAL OPEN GOLF TOURNAMENT 2022

On Friday, September 23, the Royal Ottawa Foundation hosted the 31st Royal Open golf tournament at the prestigious Hunt and Golf Club. The sold out tournament was an incredible success, bringing together over 140 golfers on a sunny, albeit chilly day. Through sponsorships, donations, a silent auction, and a raffle, together we raised \$280,000 for client care and research at The Royal. We are grateful to this fantastic group of mental health champions, many of whom have been supporting The Royal for decades.

"This sold out event is a testament to the support and the need to do better and go further with advances in mental health. We are truly thankful," said Chris Ide, president, Royal Ottawa Foundation. "Thank you as well to all of the staff from The Royal who volunteered their time to help make this event such a great success."



2022 winning foursome

New hope for clients and families living with schizophrenia



(L-R) Elgin Ozerdinc, Nadia Mian, Ersin Ozerdinc, Kathleen Grimes, Joanne Bezzubetz, Dr. David Attwood, and Chris Ide.

On September 14, The Royal announced the opening of the Ozerdinc Grimes Family Regional Psychosis Clinic at 250 City Centre Ave.

The Ozerdinc Grimes Family Regional Psychosis Clinic provides secondary level care and support for individuals who experience psychosis due to a schizophrenia spectrum disorder.

In Ottawa alone, as many as 12,000 people are living with schizophrenia and 300 more people will develop it this year. One in 100 people are living with schizophrenia, which is more common than juvenile diabetes. That said, the majority of people living with schizophrenia do respond well to treatment and are able to achieve some form of functional recovery. This clinic fills a gap in the continuum of care by providing treatment to people with who have mild to moderate symptoms related to schizophrenia spectrum disorder, and it has been more than 10 years in the making.

At this time, admission to the clinic is a phased process for existing clients of The Royal, but will expand to include referrals from other hospitals and primary care providers in mid to late 2023. By 2025, the clinic is expected to help more than 1,000 people living with schizophrenia and their families.

This clinic was made possible thanks to a generous donation of \$2.5 million from the Ozerdinc Grimes family (the second largest donation in the history of The Royal's Foundation!) and other community partners such as Shoppers Drug Mart.

Big kudos as well to the development team led by Dr. David Attwood and Domenic Ielo, and many dedicated staff and client and family advisors.

For questions about the clinic, please reach out to clinic manager Melissa McFadden at melissa.mcfadden@theroyal.ca or Lisa Murata, clinical nurse specialist at lisa.murata@theroyal.ca.

MEET OUR PSYCHOLOGY RESIDENTS

Psychology residents compete annually across Canada and the U.S. for positions in The Royal's residency program in clinical psychology. Each resident typically brings 1,000 to 7,000 hours of supervised experience in clinical care and research to The Royal's programs.

The residency program is led by Dr. Philip Grandia, director of training, psychology, and Dr. Gretchen Conrad, assistant director of training, psychology, in consultation with psychology training committee members.



Mario Ferrari is a doctoral candidate in clinical psychology at the University of British Columbia.

He is completing a primary rotation in the Substance Use and Concurrent Disorders Program, and secondary rotations in the Operational Stress Injury Clinic and the Community Mental Health Program.

He is broadly interested in the study of gambling behaviour and his doctoral research focuses on identifying behavioural expressions of habit formation during slot machine gambling.



Raha Hassan is a PhD Candidate in the Child Emotion Laboratory at McMaster University's Research

and Clinical Training program under the supervision of Dr. Louis Schmidt. Her research program broadly focuses on children's socioemotional development, with an emphasis on the correlates and consequences of temperament

and self-regulatory processes. Her dissertation clarifies the contexts in which self-regulatory processes act as a resiliency versus a risk factor during infancy and the preschool period, and she successfully defended her dissertation in June 2022. Outside of her program of research, Raha is guided by a cognitive-behavioral framework in her treatment of adults and adolescents with anxiety and mood-related difficulties. She will be completing her primary rotation in Mood and Anxiety, and her secondary rotations in the Transitional Aged Youth Service and Youth.



Kate Kysow is a doctoral candidate in clinical psychology at the University of British Columbia.

She is completing a primary rotation in the Community Mental Health Program, and secondary rotations in the Transitional Aged Youth Service and the Mood and Anxiety Program. Her dissertation research seeks to determine the degree to which community-based interventions for hoarding result in desired outcomes, and to provide guidelines for how to conduct clean-out interventions using a client-centered approach.



Keltie Pratt is a doctoral candidate in clinical psychology at Memorial University of Newfoundland.

She is completing a primary rotation in the Integrated Forensics Program, and secondary rotations in the Transitional Aged Youth Service and the Operational

Stress Injury Clinic. Her dissertation explores the relationship between adverse childhood experiences, insomnia symptoms, and suicidal ideation.



H. Wolf Steger is a doctoral candidate in clinical psychology at The Chicago School of Professional

Psychology. He is completing a primary rotation in the Operational Stress Injury (OSI) Clinic, and secondary rotations in the Forensics and Substance Use and Concurrent Disorders Programs.

His program of research has focused in the field of police psychology, specifically regarding pre-employment psychological assessment and fitness-for-duty evaluations. For his dissertation, he investigated the predictive relationship between test scale scores on the CPI, PAI, and MMPI-2-RF and the decision (Suitable/Unsuitable) of the police psychologist in pre-employment psychological appeal evaluations for law enforcement.



Deanna Walker is a doctoral candidate in clinical science and psychopathology at Western University.

She is completing a primary rotation in the Operational Stress Injury Clinic (OSI), and secondary rotations in the Integrated Forensic Program and Substance Use and Concurrent Disorders Program. Her dissertation research focused on the development and psychometric validation of a novel measure of impostor phenomenon. Additionally, her research interests are focused on the intersection between psychological trauma and well-being, including factors impacting mental health outcomes associated with PTSD in veterans and first responders.

PAYROLL GIVING

If you're looking for an easy way to support the Foundation that makes a BIG impact, sign up for payroll giving!

Your investment in mental health care and research at The Royal helps provide flexibility to use funds wherever the need is greatest, from supporting core services to investing in innovative new programs. What's more, it gives your colleagues on Team Royal steady and reliable support that is much needed and appreciated.

Signing up is simple and convenient!

For more information about payroll giving, please connect directly with [Michelle Tribe](#).

"I choose to support care and research at The Royal through payroll giving for a number of reasons, all of which lead back to making a difference in our community. Growing up in an environment where mental health challenges were very prominent, mental health is very important to me and I know firsthand how much of an impact mental illness can have on those living with it and their loved ones. When I started working at The Royal, I was taken aback by all of the incredible work being done by our colleagues and I am so inspired by the difference this work is making in the community. Payroll giving helps me feel more connected to the work that we're doing, and makes me feel like I'm part of something bigger. There have been so many advancements in mental health care and research over the years, many of which are made possible by donations. Had these resources been around when I was growing up, they may have significantly helped my family and I can only imagine where the future will take us. Through payroll giving, I'm proud to play my part in helping families of today and the future, and it couldn't be easier to do. Even a small amount each pay can make a huge difference for those who need it."

~ Michaela Berniquez, payroll-giving participant



LEADERS FOR MENTAL HEALTH BREAKFAST 2022



Thank you to everyone who attended and/or supported the Leaders for Mental Health Breakfast on October 4. It was an inspiring morning that raised more than \$600,000 in support of mental health care and research at The Royal. Read more about the Leaders for Mental Health Breakfast 2022 in the [Ottawa Citizen](#) and [Ottawa Business Journal](#).

QUALITY It matters every day



Accreditation Update

Since the last accreditation update, a lot of key accreditation activities have occurred thanks to many of you!

We have received our on-site survey dates from Accreditation Canada: October 16-19, 2023. Please mark these dates in your calendar. This will be our last fulsome on-site survey in the traditional model many of you are used to before we shift to the new Continuous Assessment Model.

In September, we launched the clinical program self-assessments. Self-assessments help us understand where we are succeeding and where there are opportunities for improvement as indicated by Accreditation Canada standards. The timeline below shows the clinical self-assessments we've completed and the ones remaining.

Program	✓ Sept-22		✓ Oct-22 Mental Health (inpatient)	Nov-22	
	Service Excellence	Community Mental Health		Ambulatory Care	Telehealth
Community Mental Health Program	Completed	Completed	Completed	Completed	Completed
Geriatric Psychiatry Program	Completed	Completed	Completed	Completed	Completed
Integrated Forensic Program Ottawa	Completed	Completed	Completed	Completed	Completed
Integrated Forensic Program Brockville	Completed	Completed	Completed	Completed	Completed
Integrated Schizophrenia & Recovery Program	Completed	Completed	Completed	Completed	Completed
Long Term Care Program	Completed	Completed	Completed	Completed	Completed
Mood & Anxiety Program	Completed	Completed	Completed	Completed	Completed
Occupational Stress Injury Clinic	Completed	Completed	Completed	Completed	Completed
Secure Treatment Unit	Completed	Completed	Completed	Completed	Completed
Substance Use and Concurrent Disorders	Completed	Completed	Completed	Completed	Completed
Youth Program	Completed	Completed	Completed	Completed	Completed

We launched the Canadian Patient Safety Culture Survey (Can-PSCS) on October 24 as part of Patient Safety Week. The Can-PSCS measures key safety culture components that can help inform our safety practices. It also evaluates staff member perceptions of how The Royal approaches patient safety and reports safety incidents.

Accreditation relies on your participation. Here are ways in which you can support accreditation 2023:

Front-line staff

- Review ROP spotlights
- Review the standards
- Complete the self-assessments
- Review the results and create action plans

Leadership

- Share ROP spotlights
- Share and review the standards with your team
- Complete the self-assessments
- Review the results and create action plans

If you have any questions please send them to accreditation@theroyal.ca



Congratulations Dr. Kim Corace! In September she was awarded the Working On Wellness Festival Award in recognition of her commitment and perseverance in supporting substance use health. We are proud of her work to reduce stigma and her collaborative approach to community partnerships.

The WOW festival features speakers, musical performances, and a community wellness fair in support of the #StigmaEndsWithMe campaign. For more information, go to rop.ca.

Read about it!



We asked our friends at The Royal's library to suggest some resources about the connection between food and mental health and here's what they suggested.

Articles

Głabska D, Guzek D, Groele B, Gutkowska K. [Fruit and Vegetable Intake and Mental Health in Adults: A Systematic Review. *Nutrients*](#). (*Nutrients*) 2020 Jan 1;12(1):115. doi: 10.3390/nu12010115.

Loughman A, Staudacher HM, Rocks T, Ruusunen A, Marx W, O Apos Neil A, Jacka FN. [Diet and Mental Health. *Mod Trends Psychiatry*](#). (*Mod Trends Psychiatry*) 2021;32:100-112. doi: 10.1159/000510422.

Adan RAH, van der Beek EM, Buitelaar JK, Cryan JF, Hebebrand J, Higgs S, Schellekens H, Dickson SL. [Nutritional psychiatry: Towards improving mental health by what you eat. \(*Eur Neuropsychopharmacol.*\)](#) 2019 Dec;29(12):1321-1332. doi: 10.1016/j.euroneuro.2019.10.011.

Gibson-Smith D, Bot M, Brouwer IA, Visser M, Giltay EJ, Penninx BWJH. [Association of food groups with depression and anxiety disorders. \(*Eur J Nutr.*\)](#) 2020 Mar;59(2):767-778. doi: 10.1007/s00394-019-01943-4.

Resources from the Ottawa Public Library

Anxiety Free With Food - Natural, Science-backed Strategies to Relieve Stress and Support Your Mental Health (c. 2020)

The Healthy Brain - Optimize Brain Power at Any Age (c. 2017)

The Healthy Mind Cookbook - Big-flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity (c. 2015)

The Mind-gut Connection - How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health (c. 2016)

This Is Your Brain on Food - An Indispensable Guide to the Surprising Foods That Fight Depression, Anxiety, PTSD, OCD, ADHD, and More (c. 2020)

Websites

[Nutritional psychiatry: Your brain on food](#)

[The emerging link between food and mental health](#)

[The link between food and mental health](#)

TedTalks

[The link between nutrition & mental health – Julia J. Pucklidge, PhD.](#)

[Feed your mental health – Dr. Drew Ramsey](#)

SUMMER Moments



(L to R) Andrea Tomkins, Michele Langlois, Blaire McKim, Tony DeBono, George Schoenhofer, Jennifer Senger, Bella Pistilli and Andrea MacLean.



(L to R) Danielle Simpson, Dr. Raj Bhatla, Katelyn Lepinskie, Meghan Perkins, and Karine te Riele.



This year's staff appreciation BBQ at ROMHC took place on September 15. Thanks to all who attended, and thank you to The Royal Boosters for another great event!



Dr. Elliott Lee

WOW! Physicians from The Royal were front and centre when the Canadian Psychiatric Association Awards presented its annual awards in September. Congratulations to **Dr. Pierre Blier** for receiving the J.M. Cleghorn Award for Excellence and Leadership in Clinical Leadership; to **Dr. Naista Zhand** for receiving the Early Career Achievement in Psychiatry Award; **Dr. Brad Booth** for being named a Distinguished Fellow of the CPA; and **Dr. Elliott Lee** who received the ACPC Award for Excellence in Education. Dr. Lee was also recently named the University of Ottawa Dept of Psychiatry, Best Lecturer, Clerkship. Congratulations to all and thank you for your dedication to excellence in your fields.

Congratulations to **Dr. Rebecca Gomez**, **Dr. Jakov Shlik** and **Celia Geck**, as well as **Dr. Clifford Cassidy**, who recently won the Journal of Military, Veteran and Family Health Editors' Choice Award with respect to their research on Stellate Ganglion Block for Posttraumatic Stress Disorder. They recently presented at the Canadian Institute for Military and Veteran Health Research Forum in Halifax.

NEW RESOURCE AVAILABLE for Royal nurses

Our nurses are dedicated to providing our clients with the best care possible. As the population we serve here at The Royal continues to age and acquire medical comorbidities, the need to provide a broader range of nursing skills in physical health assessment and intervention grows. To meet this need, nurses have been relying on the hard copy of the Perry and Potter 8th edition textbook published in 2014 available on each unit. Now there is a new online resource available: Elsevier Clinical Skills!

How did we choose this resource? Beginning in 2021, the professional practice department consulted nursing staff and management for feedback related to the availability of resources to support their practice. Staff reported a preference for searching for information online rather than in

a textbook, and also reported they learned well with instructional videos or demonstrations.

[Elsevier Nursing Clinical Skills](#) is a web-based platform with information on nursing skills and competencies. The focus of the Elsevier site is physical health assessment skills and instructions on various medical procedures. The resource includes checklists, written explanations, illustrations, videos, and self-tests to enhance learning. In future, we are hoping we can integrate this resource into our corporate learning management system, PALMS.

The Elsevier resource is easily accessible from OREO or from the icon installed on nursing desktops. It is searchable, making it easier to find the information nurses need quickly at the point of care. It is also continually

updated and reviewed by nursing experts, so nurses can be sure they are using information that is current and evidence-based.



In April 2022, Royal nurses at all sites had this icon added to their work computer desktops. It's a quick way to access Elsevier Clinical Skills, a new online resource to support their practice. A link to Elsevier is also available on OREO for anyone to access.

Thank you

Team Royal for all you have done to support our clients and our community throughout 2022. Wishing you and your families happiness and good health throughout the holiday season and the New Year.



Dr. Gail Beck, Carol MacLeod, Carol-Anne Cumming and Sally Burrows.



Chantal Séguin and Santa Claus aka Richard Cottingham.

Easy homemade granola

Mom was right. Breakfast is the most important meal of the day! And for the record, Natalie Lalande, the dietician at BMHC, agrees.

“Eating a good breakfast in the morning helps jumpstart our metabolism,” says Natalie. “If we have a balanced breakfast, including a protein or carbohydrate like fruit or milk, that usually sets us up for a good eating pattern for the rest of day.”

Natalie says a bowl of granola is a great way to start your morning. Sprinkle it on Greek yogurt and top with fruit for a healthy breakfast or snack.

For this recipe you will need:

- 4 cups rolled oats
- 1 cup pecan pieces
- 1 cup almonds
- 1 cup shredded unsweetened coconut
- 1 cup pumpkin seeds
- 1/3 to 1/2 cup maple syrup

- 2 tbsp. canola oil
- 1/2 tsp kosher salt
- 1 cup dried fruit, such as cranberries or raisins

Preheat the oven to 350°F. In a large mixing bowl, combine everything except the dried fruit. Divide evenly between two baking sheets. Bake for 25 minutes, stirring once. Add the dried fruit after it cools. Store in a sealed container.

Let us know

What's Up

at The Royal!

We are looking for your story ideas and suggestions!

Send us an email at communications@theroyal.ca

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