



# OPENDOORS



## BPH COUNTRY HARVEST FALL FAIR A HUGE SUCCESS

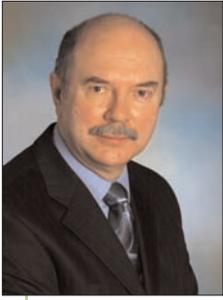
Despite an ominous weather forecast, organizers estimate over 500 guests attended this year's Country Harvest Fall Fair, including a busload of clients and staff from the Ottawa campus! Hosted by the Brockville Psychiatric Hospital for clients and family members, staff and community partners, participants were rewarded with blue skies, sunshine and a full afternoon of feasting, music and fun-filled activities.

## WALLY AND EWEN'S WORLD OF GOLF

**R**ecreational therapists Wally Adamson and Ewen Hunt are well aware of the therapeutic benefits gained from combining physical activity with socialization. After all, it's their job.

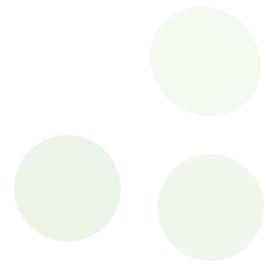
Seeing first-hand the positive impact that fresh air, exercise and camaraderie have on quality of life for clients, Wally and Ewen saw an opportunity to do the same for co-workers. Six years ago, they organized the first Forensic Invitational Golf Tournament with 16 participants. This tournament, open to all

*Continued on page 5...*



Bruce Swan

# FROM THE DESK OF *Bruce Swan*



## AMAZING NEW BEGINNINGS

It seems like we've been talking about November 1st forever — anticipating all of the changes that will take place on this milestone day. Now that day is almost here and we're ready for the many changes ahead.

Everyone has worked very hard to realize this wonderful dream and I want to say thank you. Despite all the work left to do, I hope that each of you can take a moment to celebrate all of these important first steps and new beginnings that we are achieving together.

Here are just a few:

- Our move to a beautiful facility designed with care to help us provide the very best care;
- A new name for the ROH — the Royal Ottawa Mental Health Centre;
- A new name for the BPH — the Brockville Mental Health Centre;
- A new name for our Foundation as well — the Royal Ottawa Foundation for Mental Health;
- A new logo providing us with a refreshed look and feel;
- Technology advances including wireless capability;

- A brand new web site to tell our story world-wide;
- A re-designed intranet to help us talk to each other;
- And finally, a new mandate to provide tertiary mental health services throughout Eastern Ontario.

It's a time of incredible change and incredible opportunity. Let's celebrate our success and everything that lies ahead for each of us.

Sincerely,

Bruce H. Swan, FCCHSE  
President and CEO, ROHCG

## JOIN THE CELEBRATION TO OPEN THE NEW ROH – october 30

All staff, patients and volunteers are invited to attend the Grand Opening Celebration of the new Royal Ottawa Hospital on Monday, October 30 from 6 to 9 p.m. in the Winter Garden.

This is an evening that many community members, staff and volunteers have worked toward with determination and commitment over the last seven years. Please join us as we mark the beginning of an exciting new chapter in the history of the Royal Ottawa Hospital.

We hope that staff and colleagues from Brockville will join in the celebration, and if so, transportation can be arranged.

Tickets are \$50 each and can be purchased online through the ROHCG website or by contacting Sue Riley at extension 6349. Please note that this is not a fundraising event but a celebration that features wonderful food, entertainment and camaraderie. The ticket price covers the cost of the event.

If you are unable to make the opening celebration, there will be other events for staff, volunteers and patients during the month of November.



WILLIAM McELLIOTT

# MAKE THE MOVE TO THE NEW ROH

**T**he move deadline is looming — have you dealt with the piles in your office? If you're a classic procrastinator, creating a "To Do" list might be the best method to get the project kick started.

Starting a "To Do" list is the easy part. All you really need is a pen and paper.

- Start by assessing your mess — what is it that needs to be done.
- Write down all the tasks as they come to mind (e.g. recycle all old newspapers, return overdue books to the library, purge old files, etc.).

- Include the smallest of tasks (e.g. sort through pencil and pen holder).

Once all the tasks have been itemized, sort them by area:

- File cabinet
- Top of Desk
- Desk drawers
- Bookcase
- Pile of "stuff" under the table
- Personal items on walls and/or shelves

Next, assign specific dates and times when you will perform the task:

- Week 1

- Monday at 2:30 pm — File cabinet
- Tuesday at 11:00 am — Bookcase

and so on until you have assigned a deadline to all the tasks at hand.

Breaking the tasks down into achievable goals not only helps with scheduling the time to get organized but also provides you with a daily series of success. Don't forget to check off each task as you complete it. In no time, your "To Do" list will be destined for the recycle bin and you'll be off to our brand new facility.

## MOVING TO A HEALTHIER WORKPLACE

**A**s the Vice President of Communications and Public Affairs, Kathryn

Hendrick recognizes how the Organizational Health Initiative is supporting ROHCG values in our day-to-day operations.

"We are using the ROHCG Values statement as the basis of our relationships with each other and of those individuals we are trying to help," she explained. "Our guiding principle is that everyone deserves respect and recognition for their contribution to the work environment. This project supports efforts to work together as a team trying on a daily basis to follow the values set out in the Values Statement."

The ROHCG value statement emphasizes that as an organization, "we are guided by innovation and a

passionate commitment to collaboration, honesty, integrity and respect."

As a reflection of the value statement, responsibilities within the organization have been broken down into five key areas, each of which with an equally significant role in the success of day-to-day operations. Each one is aimed at improving the quality of mental health services provided to Eastern and Southeastern Ontario. Communications & Public Affairs, along with Finance and Administration, Integration, Professional Practice and Chief Nursing Practices, Integration, and People and Learning, all have an essential role to ensure the ROHCG vision, mission and values are achievable for staff and clients alike.

"In the Communications department,, we help each other if there is difficulty with any issue, and there is no hierarchy," Kathryn emphasized, "We are just a team of people who believe fully in our organi-

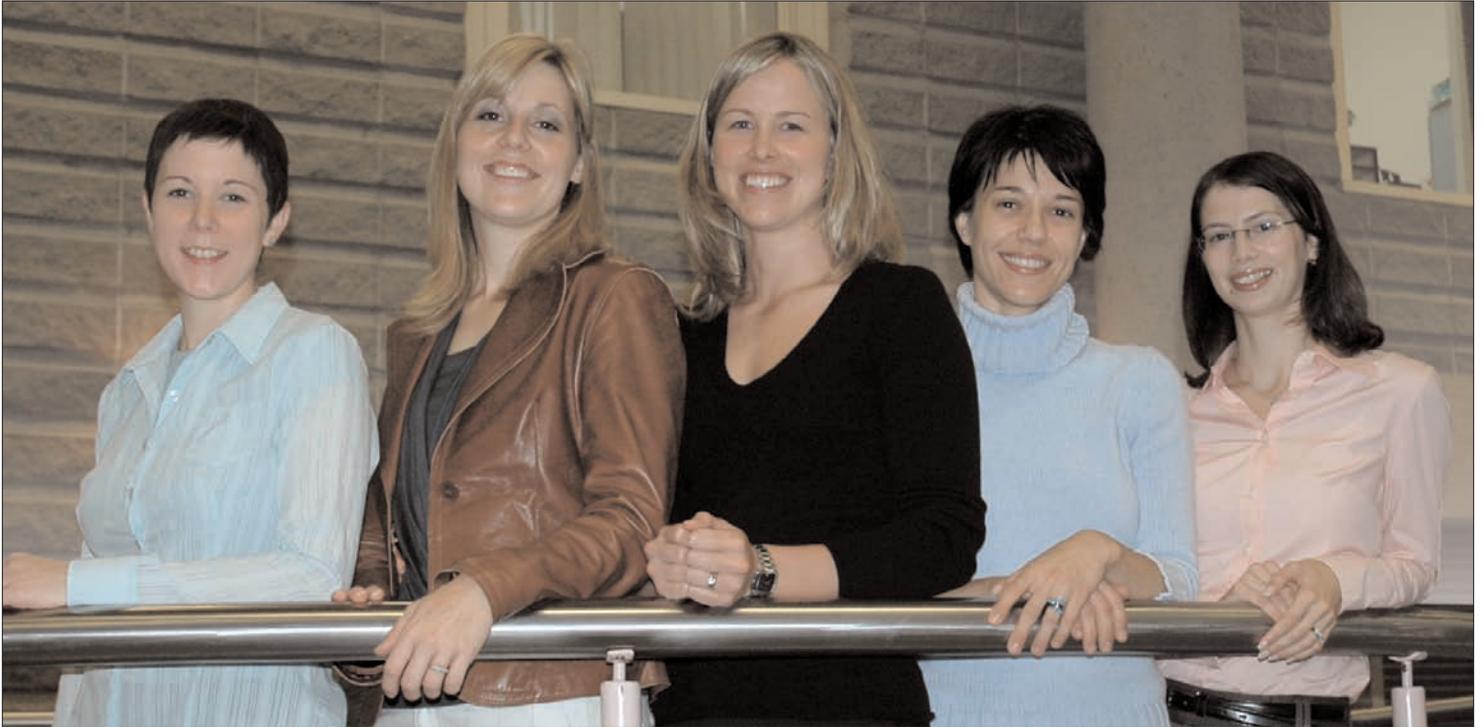


**Kathryn Hendrick**

zation and value above all, the patients and families we serve."

For more information on the Organizational Health Initiative, look for the electronic "Health Matters" newsletter every month or contact Susan Turner, OHI Project Manager, at [sturner@rohcg.on.ca](mailto:sturner@rohcg.on.ca) or ext. 6830.

# WELCOME TO OUR PSYCHOLOGY RESIDENTS



Welcome to the 2006/07 ROHCG Predoctoral Residents in Clinical Psychology. From left to right: Sarah Bertrim, Kelty Berardi, Jill Firestone, Natasha Ballen and Marcie Dudeck.

**T**he Psychology Residents bring a wealth of experience in clinical care and research to programs across the ROH and BPH. Psychology Residents are employed full-time by the ROHCG from September to August. They enhance ROHCG's clinical capacity and expertise, learning and research environment and the programs in which they work. Through *Open Doors*, we hope you can get to know them a little better.

**Marcie Dudeck** is a doctoral candidate in clinical psychology at Concordia University and has completed 2200 supervised hours of clinical experience. Clinical interests include anxiety disorders, mood disorders, psychodiagnostic assessments and geropsychology. Marcie's doctoral research investigates the role of attachment quality in the relationship between stressful life events and adjustment outcomes in adolescents over time. She has been awarded a

NSERC grant, a FQRSC (Fonds québécois de la recherche sur la société et la culture) grant as well as Concordia graduate scholarships.

**Natasha Ballen** is a doctoral candidate in clinical psychology at the University of Montreal, with 2600 hours of clinical experience in adult assessment and psychotherapy. Areas of clinical interest include clinical assessment, personality disorders, trauma, and attachment. Natasha will complete her primary rotations at the BPH in the Acute Care and Outpatient/Outreach programs. Natasha's doctoral research examines the development of atypical attachment relationships in foster-care mothers and infants. Her most recent publication is an article in press in the *Journal of Aggression, Maltreatment and Trauma*. Awards include a SSHRC Doctoral Fellowship, as well as several University of Montreal grants.

**Sarah Bertrim** is a doctoral candidate in clinical psychology at the

University of Windsor, with 6500 hours of clinical assessment, psychotherapy, and consultation with adults and youth. Areas of clinical interest include post traumatic stress, adjustment, schizophrenia, personality disorders, and clinical assessment. Sarah's doctoral research examines impulsive and compulsive features of non-suicidal deliberate self-harm in a young adult community population. In addition to University of Windsor scholarships, Sarah has been awarded four Ontario Graduate Scholarships to support her studies.

**Kelty Berardi** is a doctoral candidate in clinical psychology at the University of Windsor, with 6000 hours of psychotherapy, assessment and consultation with adults and youth in several outpatient settings. Areas of clinical interest include eating disorders, body image and substance abuse. Kelty's doctoral research is an evaluation of the effectiveness of cognitive behavioural therapy for body image disturbance in women previously diag-

...WALLY & EWEN *continued*

ROHCG staff, as well as community partners, has grown in popularity. On September 7, over 100 players participated!

A resounding success, Wally and Ewen decided to create a new event this year with the first Royal Ryder Cup held in July. A great way for staff from both Brockville and Ottawa to socialize, this tournament includes teams of four with two people from each site. Held in Athens, the central location allows for a fun, challenging and friendly competition where staff can get to know one another better.



Ewen Hunt, Recreation Therapist, ROH Campus and Wally Adamson, Recreation Therapist, BPH Campus



Having fun! The first ever Royal Ryder Golf Tournament (left) in Athens and the hugely popular Forensic Invitational Golf Tournament (right) hosted in Prescott.

...PSYCHOLOGY RESIDENTS *continued*

nosed with an eating disorder. She has collaborated on various research projects in the area of eating disorders and substance use. Kelty has been awarded University of Windsor scholarships and recently published a review article in the journal *Body Image*.

**Jill Firestone** is a doctoral candidate in clinical psychology at York University, with 3000 supervised hours of clinical experience, working at the Anxiety Disorders Clinic at the Centre for Addiction and Mental Health, inpatient and outpatient units of the North York General Hospital, York University's Psychotherapy Clinic, and a private eating disorders clinic in Ottawa. Her rota-

tions this year include Youth Psychiatry, Mood Disorders, and the IAIP. Jill's doctoral research is a randomized controlled trial of a psychosocial intervention for cardiac patients. Jill has been awarded SSHRC and OGS scholarships and is a co-investigator for a Heart and Stroke Foundation grant entitled, "Psychological Support for Patients with an Implantable Cardioverter Defibrillator". Recent publications include an Abnormal Psychology textbook chapter and an American Heart Journal article.

The ROH has been a part of an accredited Internship program with The Rehabilitation Centre from 1991-2005. The ROHCG Predoctoral Residency

Program in Clinical Psychology has been enhanced to include BPH. Recently, accreditation site visits were completed with the Canadian Psychological Association and the American Psychological Association. The Residency program is led by Dr. Nicola Wright, Director of Training, Dr. Susan Farrell, Assistant Director of Training, Dr. Marilen Gerber (BPH) and Dr. Judy Makinen (ROH), Training Coordinators and Dr. John Telner (ROH) and Dr. Terry Wapshall (acting BPH), Psychology Professional Practice Leaders. Cathie Massel provides much-appreciated administrative support.

# VOLUNTEER CONNECTIONS

training day for volunteers on november 18

**T**he 16th annual Training Day for volunteers is changing its format to a half day this year. On Saturday, November 18, registrants will be privileged to hear Marion Balla talk about Improving Communications Between Volunteers and Staff. Marion is well-known as an energetic and knowledgeable speaker, so registrants are in for a treat.

Paid staff and volunteers working together can be a very rewarding experience because they are working toward a common goal. In order to minimize tensions and to strengthen these relationships, roles and expectations need to be well-defined and understood. Differing perceptions or

interpretations can lead to confusion and misunderstandings. In her keynote address, Marion Balla will share some tips and techniques on how to effectively communicate so that the volunteering experience is successful and meaningful for all.

Following Marion's presentation, the audience will be divided into four groups for the breakout sessions: grassroots volunteers, volunteers who sit on Boards or Executives, people who manage or supervise volunteers, and a group who will discuss the topic in French.

This conference originally started as a training day for ROH volunteers. It then expanded to include all volunteers working in the mental health area and

now welcomes all types of volunteers from any kind of organization. The ROHCG Director of Volunteer Services serves as the Chair of the organizing committee. Thanks to a partnership with the City of Ottawa, the cost is kept to a minimum. Before November 3, the fee is \$20 per person or \$15 if two or more people from the same organization attend. The event is held at Ben Franklin Place.

More information is available from Volunteer Services or from the Volunteer Ottawa website [www.volunteerottawa.ca](http://www.volunteerottawa.ca). The ROH Volunteer Association will cover the registration fee for any ROHCG volunteers from either site.

## UPDATE ON ROH PARKING

**A**s we all prepare to move to the new building, many are wondering what is happening to parking. The simple answer is status quo until further notice, which will likely be near the completion of Phase 2 next spring.

### STAFF and Validated Parking

- After November 1, the Main Parking Lot will continue to operate with an attendant at the booth.
- The Rear Lot will continue to operate using the proximity cards but will be reduced in size to accommodate the construction of the Youth Wing.
- Monthly passes will continue to be purchased either through the cashier of Human Resources or through payroll deduction.

- Validated parking passes will continue to be distributed in the same manner they are today. Use of these passes will be restricted to the Main Parking Lot.

### Visitors

- There will be Pay and Display parking at the front of the New Building (63 spots), and along the west side of the Ring Road (10 spots) and the ROP lot.
- New Pay and Display machines will be installed – one at the front of the New Building and one along the Ring Road
- The new machines will accept cash, Visa and MasterCard.
- There will be no Pay and Display parking along the rear of the Ring Road until after completion of Phase 2.

Should you have any questions related to Parking Services, please contact

Tom Briglia, Manager of Safety, Security and Parking Services at extension 6460.

# CANADA SAVINGS BONDS NOW ON SALE

sign up before october 25

**I**t's Canada Savings Bonds time and saving for your goals doesn't have to be challenging. Purchase safe, secure Canada Savings Bonds through the Payroll Savings Program. It's the easiest way to put money away for the things you want the most.

With the Payroll Savings Program you can make easy automatic deductions that come off your pay before you get your cheque. Your savings add up before you even realize you're putting money away. For as little as \$4

bi-weekly you can purchase secure Canada Savings Bonds. By putting a little money away at a time, your savings will grow quickly and safely thanks to compound interest and the Government of Canada guarantee. You can access your money online at [www.mybonds.gc.ca](http://www.mybonds.gc.ca), or by phone (1-877-899-3599), virtually anytime.

It's easy to start. Simply complete an application form (either CSB or RSP), available at your Human Resources Department, and return it by October 25. Your automatic deductions will start

with your first pay in December and continue until you decide to make a change or discontinue your purchases.

If you are already participating, your deductions will continue as is. To make any changes, simply complete the Payroll Deduction Change Form attached to the brochure.

Enroll today!!



## BMO OTTAWA CHALLENGES YOU TO GET INVOLVED

Taking the challenge from left to right Jim Watson, Minister of Health Promotion, Tim Kluge, CEO Royal Ottawa Health Care Foundation, Bruce Swan, CEO Royal Ottawa Health Care Group and David Coffey, Chair Royal Ottawa Health Care Foundation. The goal of the challenge is to encourage each participant to log 10,000 steps a day. Proceeds will support three Ottawa area hospitals including the ROH.

## ROYAL OTTAWA HOSPITAL FURNITURE SALE!

**I**f you're looking to purchase your office furniture, look no further! The Royal Ottawa Health Care Foundation and Ottawa Business Interiors have teamed up to sell the existing surplus furniture at the Royal Ottawa Hospital with proceeds supporting the Foundation.

This is a wonderful opportunity to add to your home office or child's work space. Watch for more details coming soon. For more information please contact Trista Lynch-Black at extension 6763 or via email

[tlynch@rohcg.on.ca](mailto:tlynch@rohcg.on.ca)



# ROYAL WATCH

## A Day in the Life inspiration for a promising career

In 2004, pharmacist Dina Glaser brought her teenage son Jared to the Brockville Psychiatric Hospital to take part in the Take Your Kid to Work program. The experience had a great affect on Jared and he began volunteering as a porter at the ROH. Today, he is enrolled in McMaster University – one of the best psychiatry programs in North America – to pursue a professional career.



Jared Glaser

“I think it is a fantastic program,” Dina stated. Though her son had always had a strong interest in human behaviour, the Take Your Kid to Work program had a definite impact on his goals. “Even if it only inspires one participant to pursue a challenging new career direction, it is a great chance for youths to see first hand the opportunities waiting for them and become inspired.”



## In the Swim of Things

Our thanks to a wonderful outpatient from the Vocational program who takes care of the beautiful fish tanks dotting the BPH campus. Her work is admired and enjoyed by many. While she didn't want us to make a big deal, we want her to know how much we appreciate her dedication!



# HAPPY THANKSGIVING!

## OPENDOORS

**OPENDOORS** is the internal newsletter for the staff and volunteers of the Royal Ottawa Health Care Group and is published on the first of each month, except during July and August.

Any information for submission must be received by the 15th of each month.

You can contact members of the Communications team:

**Kathryn Hendrick** at ext. 6755

**Carol MacLeod** at ext. 6761

**Joanna Fillion** at ext. 6767

**Kim Kattouw** at ext. 2140