



# OPENDOORS

## THE ROYAL'S STRATEGIC PLAN FOR 2012-2015

In April, we launched our new Strategic Plan to guide us in delivering excellence in specialized mental health care, advocacy, research and education. In order for us to succeed, we must work together towards a common set of clear and measurable objectives. The Strategic Plan provides us with a framework to focus our efforts.

"We need to focus on engaging our staff at all levels, demonstrate improved client outcomes and experience as well as continue our advocacy efforts. We need to establish our leadership role towards integrating mental health services in our region through partnerships and community engagement," says Dr. Pamela Prince PhD, Director,



From left to right, back row: George Weber, AG Ahmed, Wendy Stewart, Pamela Prince, Evelyn Sparks, and Cal Crocker. From left to right, front row: Nicole Loreto, Raj Bathla, Zul Merali and Andrée Steel.

Strategic Planning and Evaluation at The Royal.

The 3-year Strategic Plan includes five strategic directions: care, discovery, partnerships, engagement, and sustainability. Under each direction is a set of objectives

to achieve that will define our success. Everything we do should be guided by the strategic plan and supportive of the objectives set out within.

Along the journey towards accomplishing our goals, we are going to face challenges such as continuing to break the stigma surrounding mental illness, building the right partnerships and processes to provide the most efficient and effective care, and raising enough funds to

complete our campaign for mental health goal of \$25-million. However, working together, we can reach our vision, which is "Mental Health Care Transformed Through Partnerships, Innovation and Discovery."

Continued on page 2...

### CARE >

We will lead a culture of recovery, quality and patient safety.

**Success means:**

- Creating a safe and positive environment for clients and families
- Providing timely access to services
- Achieving positive client outcomes and experiences

### DISCOVERY >

We will become a leading academic centre.

**Success means:**

- Creating new knowledge
- Promoting depression research
- Promoting inter-professional and community-focused knowledge exchange

### PARTNERSHIPS >

We will provide leadership in integrating our mental health system.

**Success means:**

- Developing partnerships and processes to improve patient flow throughout the system
- Enhancing our profile as a centre of mental health advocacy and excellence

# RACHEL SCOTT-MIGNON:

## Advocate for 'hope' receives Queen Elizabeth Diamond Jubilee Award

**T**here really is barely a need to introduce Rachel Scott-Mignon. As a spokesperson for The Royal's *You Know Who I Am* campaign, Rachel has spoken at Women for Mental Health events and to local high schools as part of The Royal's "Is It Just Me?" program, and she also conducts regular interviews with media. This winter she added a new credit to her list of accomplishments. She recently joined 59 other Canadians to receive the Queen Elizabeth Diamond Jubilee Award for helping to raise awareness of mental health issues.

For Rachel, it was a bittersweet moment: "My immediate reaction was one of disbelief. As the news began to sink in, I felt joy but also

sadness — sadness for all that I had been through and doubt as to whether I deserved the award. You see, I was going through a deep depression at the time."

Although Rachel continues to battle with her own issues, she is determined to continue to share her experiences. "I was silent for the first 23 years of my life due to shame and fear. I don't want others to feel the same way or live the same experience. I want to bring mental illness out from the shadows and into the light. I want to create a dialogue for people who are feeling shame about their mental illness," she says, "If I can help one person, it will be worth it."



Rachel Scott-Mignon

...Strategic Plan continued

### ENGAGEMENT >

We will become an employer of choice.

#### Success means:

- Creating a safe and positive work environment
- Creating an achievement-oriented culture
- Building leadership capacity

### SUSTAINABILITY >

We will ensure organizational efficiency, effectiveness and financial strength.

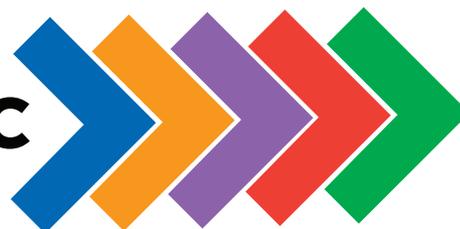
#### Success means:

- Pursuing new funding opportunities and partnerships
- Enhancing the utility of IT systems for decision making
- Meeting our responsibilities under the Hospital Service Accountability Agreement

Visit OREO for more details about the plan. You can also talk to your manager or contact Pamela Prince.



The Royal's  
**STRATEGIC  
Plan**



# YOUNG RESEARCHERS' CONFERENCE HIGHLIGHTS COLLABORATIVE MENTAL HEALTH RESEARCH

**C**ollaborations for Change, the 4th annual Young Researchers' Forum at the Royal was held on March 23 and highlighted the important role of collaborative mental health research with various disciplines. It was a full house with over 230 participants from various institutes and universities in Ontario and Quebec.

Guest speaker, Chris Curry, author of *Mental Illness: My Story*, shared his personal experiences with mental health issues and addictions. Joined by acclaimed public speaker Dr. Gabor Maté, Chris challenged audience members to think in new ways regarding the impact of early childhood adversity on developmental outcomes and stayed long after his talk to sign books and answer questions.

"This conference is unique because it offers an opportunity for young researchers to come together and showcase their work. By holding it free of charge we ensure that our conference is accessible to everyone. We also



**Craig Anderson, University of Ottawa reviews a poster at the forum.**

gain ample feedback each year to ensure that our events are tailored to meet the specific needs of young researchers," says Lisa Batten, Chair, Young Researchers.

The forum included three workshops, Mindfulness with Dr. Norman Farb; Working with Diverse Clinical Populations, with Drs. Robert Milin and Catherine Kyeremanteng;

and Animal Models in Psychiatry, with Drs. David Hayes and Michael Verwey.

The conference came to a close with a discussion panel on ethical issues in research and clinical work, where audience members could ask questions to panel experts, Catherine Paquet and Wendy Burgess.

The young researchers' forum provides the opportunity to exchange knowledge and ideas between young researchers. The forum is open to any researcher in training affiliated with the University Of Ottawa Institute Of Mental Health Research at The Royal including medical residents, clinical fellows, undergraduate and graduate students, postdoctoral fellows, research coordinators, associates, assistants and volunteers. Continued success of this event came from securing a Meetings and Dissemination grant from Canadian Institutes of Health Research.

## REVISED RISK CHECKLIST ensures staff safety

**A** shorter and easier to use version of the Brockville Risk Checklist (BRC) has been created and implemented at the FTU. The original BRC was developed in the early 2000s following an incident in which an assault occurred during a staff-supervised outing. "Version 4" was designed for use during regular multi-disciplinary team meetings to organize the discussion around changes in risk for harm to others or harm to self. Changes in scores on the BRC are used to make decisions about treatment and other interventions (e.g., changing supervision levels, changing privilege

levels). As well, research has been conducted showing that BRC scores can predict the likelihood of aggression from the subsequent period to the next case conference in a sample of forensic patients followed for approximately a year. This research has been submitted as a manuscript for publication in an international forensic journal.

In discussing the benefits of the BRC, Michael Seto, Ph.D., Director of Forensic Rehabilitation Research, says "When someone is identified at higher risk, the clinical team is required to document what steps they will take to reduce the likelihood of harm to self

or others. This would likely include closer monitoring, reviewing the care plan, and adjusting medication."

Current psychology resident, Carol Wong, is doing an evaluation of the implementation in terms of staff reaction and comparing BRC scores to other risk scales. Research coordinators Nicole Rodrigues and Erika Jansman-Hart will be looking at follow-up data to see how the new version of the Checklist performs in predicting incidents.

# THE ROYAL'S FOUNDATION

## news & updates

### Campaign for Mental Health

*"The future you see is the future you get."*

Robert G Allen

We hope you're ready – a big challenge is coming our way and there's strength in numbers! Our new Campaign for Mental Health requires us to make big strides of change as a team.

Within the last couple of years, The Royal has made great progress in the areas of women's mental health, depression research, telepsychiatry, advocacy and youth mental health. However, we still have a long way to go.

Our ambitious five-year Campaign for Mental Health will lead us in building on the progress made in the areas of research, education, care and advocacy. The campaign will be led by our Honorary Chair, well-known business leader and philanthropist, John Ruddy, President of Trinity Development Group.

Our target amount is \$25-million and will be divided between our four areas of need:

### Research \$18 M

*PET-MRI System.*

The PET-MRI system is a state-of-the-art diagnostic tool that will replace purely subjective interview-based methods. This tool will enable us to unlock the mysteries of the brain, transform the way depression research is conducted, and put The Royal at the forefront of Research in Canada.

### Care \$4.9 M

*Women's mental health, cultural psychiatry, telepsychiatry, and web interactive programs.*

Key priorities have been identified to help The Royal improve patient outcomes and ensure that our services continue to respond to the needs of our target population.

Philanthropy will support:

- Women's Mental Health Program: Specialized care & research programs
- Cultural Psychiatry: improving the effects of culture on mental health, illness and recovery
- Information Technology in Psychiatry
- Telepsychiatry Program – equipment & human capital to expand care to rural and remote communities
- Web Based Mental Health – clinically sound interactive online self-help programs

### Education \$1.55M

*Professional bursaries, fellowship, public education and family support services.*

Education is crucial to keep up with constantly evolving tools, techniques and protocols. We want to become the leading expert and educational resource to external agencies and the community. This will fund the professional education bursary, fellowships to attract and retain world-class fellows, workplace and community public education programs, and family support services.

### Advocacy \$550,000

*Awareness and anti-stigma campaigns.*

In order to reach our goals, we will need the support of the community. By promoting our awareness campaigns such as You Know Who I Am, Do it for Daron (D.I.F.D.), and Women for Mental Health, we are transforming the way mental health is talked about and we are attracting new leaders for mental health including mental health survivors, business leaders, and donors.

Advocacy includes promoting The Royal's campaigns, viral web marketing, social networking, advertising, media, and awareness events.

## JOIN US IN WELCOMING

Andrée Steel as  
new president & CEO

### About Andrée



Andrée has directed the Foundation's development and marketing programs for close to eight years and has led The Royal's success in sponsorship and corporate philanthropy. She

was actively involved in managing The Royals' last Open Minds Open Doors Campaign to build the new Royal Ottawa Mental Health Centre which raised in excess of \$10-million at a time when stigma surrounding mental illness kept both volunteers and donors from engaging in the cause.

"What a gift it has been to be part of the exciting journey and evolution of the Foundation these past nine years and to now have the opportunity to continue building momentum for our cause. Mental illness has affected people I love, which is why I am so passionate about ensuring the success of our efforts. I am inspired each and every day to make a difference in the lives of the patients and family members I meet. Thanks to an outstanding team, amazing volunteers and the philanthropic support of our community, their future will be brighter," says Steel.

We are delighted to have Andree as our guide and role model in advocating for our cause. We are confident that with Andree as our President and CEO, that we will continue to break the stigma surrounding mental illness and reach our target fundraising goal.

# POWER TO THE PURPLE

Seeing purple lately? For the month of February, Ottawa took on the Power to the Purple Challenge, which engaged schools, corporations and individuals in the community to raise awareness and funds in support of D.I.F.D. (Do it for Daron).

D.I.F.D. is a youth-driven initiative focused on raising awareness and inspiring conversations about youth mental health. Created by friends and family of Daron Richardson who lost her life to suicide at the young age of 14, D.I.F.D. is inspired by hope for a future where young people will reach out for help without fear or shame. D.I.F.D. supports research and initiatives aimed at transforming youth mental health.

## Our New Champion



Ottawa Senator and 2012 NHL All Star player, Colin Greening, is championing Power to the Purple by encouraging young people to talk about mental health and to ask for help when they need it.

“Mental health is not always easy to talk about but it’s definitely worth talking about,” says Colin Greening. “We don’t talk about mental health the same way we do physical health – I want to help change that. We need to discuss mental health openly and encourage young people to do the same. The earlier a mental illness is recognized and treated, the better the chances for recovery.” he adds.

Greening was approached for the campaign by Ottawa Senators assistant coach Luke Richardson and wife Stephanie.

“Power to the Purple is all about inspiring conversations. By talking openly about mental health, we can remove the fear, the judgment

and the stigma... We can create a community where young people feel comfortable asking for help,” says Stephanie Richardson.

## They painted the town purple



Several fundraising events were held throughout the month in support of D.I.F.D., raising funds and awareness. A pizza lunch fundraiser was held at City Hall by councillors Hubley and McRae, bringing in over \$3000 for youth mental health initiatives. Gabriel’s Pizza



also donated a dollar from every pizza sold throughout the day.

A mental health awareness video screening was held at Bell High School and several D.I.F.D. days were held at local schools. On D.I.F.D. days, students sold merchandise, wore purple and hosted booths, giving out pamphlets and selling purple cupcakes.



## D.I.F.D.’s progress: One year later

By opening up about their daughter’s suicide, Luke and Stephanie Richardson inspired a movement within the community and have helped countless people to talk openly about mental health. Since its inception, D.I.F.D. has raised in excess of \$1-million towards youth mental health research and initiatives at The Royal; \$115,000 of that was raised in February, better known as Power to the Purple month. In total over 50 community-led D.I.F.D. events have been held and thousands of D.I.F.D. bracelets can be seen on wrists around the city and beyond.



# SHARING STORIES OF STRUGGLE, HOPE AND TRANSFORMATION

**M**arch 2, 2012 marked a night of inspiration, story-telling, and talking openly about mental health. The Inspiration Awards Gala, annually held at the Canadian Aviation and Space Museum, highlights the tremendous achievements of mental health advocates within the community.

"The Royal's Inspiration Awards Gala is our way of celebrating people who have educated and inspired others as a result of their own experiences of mental illness. The gala is also a successful fundraiser for The Royal, with net revenues of \$260,000 to support life-changing research and patient care," says Andrée Steel, President and CEO, The Royal Ottawa Foundation for Mental Health.

In addition, The Royal also received a \$1-million dollar donation from our honorary chair of the Campaign for Mental Health, John Ruddy of Trinity Development Group.

We are so grateful to the organizers and volunteers for making this year's awards a huge success.

This year, we had four categories of recipients: personal, community, youth and leader for mental health. Here are their inspirational stories.

## PERSONAL

### Nathalie Holmes

contribution to de-stigmatizing mental illness has encompassed the majority of her life.

She suffered from mental illness for years and then completed therapy at Empathy House of Recovery. Nathalie later returned to Empathy House as a relief worker and on the Board of Directors. She recently wrote a book based on her experiences titled *Anna's Tears*.



**Kristin Shannon** has accepted the challenge of speaking openly about her mental illness by



approaching discussions with a bright spirit. Kristin has struggled with bipolar disorder. She has shared her story at multiple events, including to high school students as part of The Royal's 'Is It Just Me?' program.

It was during a hospitalization that **Chris Curry** realized his 'calling': to help others who also experienced mental illness and addictions. Chris suffered from depression which led to drug addiction and attempts at suicide. He is now an addictions counselor, a mental health blogger and songwriter, and a volunteer correspondent for Evoke Magazine writing articles on mental illness.



## COMMUNITY

The **Orleans Bengal Football Club** encourages youth to 'Be a Bengal, Not a Bully'. Bengal players, coaches, parents and managers have been united in their fight against bullying both on and off the field. The program identifies young leaders from within the team, providing them with mentorship training that includes discussion about dealing with bullies, controlling aggression and building positive relationships.



## YOUTH

**Hannah Brunsdon** has suffered from anxiety and depression since she was eight. Now 17, she has combined her theatrical talent and considerable passion for others to write and direct a play titled 'Voices' about a young girl's struggle with depression, grief and thoughts of suicide. Hannah has also developed a student club at Canterbury High School called 'Use Your Voice: A Mental Health and Wellness Initiative'.



## LEADER FOR MENTAL HEALTH

When **General Roméo Dallaire's** memoir, 'Shake Hands with the Devil: The Failure of Humanity in Rwanda', was published in the United States, the cover noted that he had been medically released from the Canadian Forces with a diagnosis of Post Traumatic Stress Disorder (PTSD). When asked why this information has been included, the US publisher explained that no General in the US armed forces had ever admitted to succumbing to such an injury. By openly discussing his condition, General Dallaire has reduced the stigma associated with mental illness and advocated for better support of soldiers with Operational Stress Injuries.



## CONGRATS:

we're not only smoke free,  
we're smoke free  
champions!

Members of The Royal's smoke free policy implementation team accept the Smoke Free Champion Award from Ottawa Public Health on January 18. The team was recognized as a leader in the campaign for smoke-free environments by Ottawa Public Health. The Smoke-Free Champion Award was presented at The Royal by Ottawa's Medical Officer of Health, Dr. Isra Levy; Vice-Chair of the Ottawa Board of Health, Dr. Atul Kapur; and Kitchissippi Ward Councillor, Katherine Hobbs. The Royal became 100 per cent smoke-free on January 3, 2012.

# FILM HELPS TO IMPROVE THE HEALTH OF PEOPLE WITH DISABILITIES

**S**tudent Nurses from the University of Ottawa's Community Health course, along with staff at The Royal, have completed a project to improve the health of people with developmental disability living in and around Ottawa. Last September, fourth-year student nurses Carly Wilson, Michaila Aitcheson, Laura Moores, and Noha Zaghjol came to the Dual Diagnosis Consultation Outreach Team (DDCOT) to work with community mental health nurses, Sandra Campbell and Debbie Champ, to learn about nursing in the community.

The problem The Royal nurses identified was that people with developmental disability who were referred to DDCOT for psychiatric assessment often presented with co morbid or unidentified health problems that impacted their health and confounded their presentation of mental health symptoms. The literature points to people with developmental disability having poorer health and poorer outcomes in part due to their inability to report their



**From left to right: Sandra Campbell, Carly Wilson, Laura Moores, Marting Manseau, Michailia Aitcheson, Noha Zaghjol, and Debbie Champ.**

concerns and in part due to fear and anxiety related to the physical exam.

After surveying family doctors and talking to care providers about their experiences with the physical exam, the student nurses reasoned that if the person with developmental disability understood

what would happen in the doctor's office and had opportunity to practice, they would be better able to manage the exam. The plan was hatched to develop a teaching video directed at care providers of people with developmental disability that could be used to practice having a person's vitals taken as part of the physical exam.

Martin Manseau, producer-technician, Education Technology and Telemedicine with Learning Development at The Royal, taught the student nurses how to plan out what they wanted to do and how to develop a story board and a script. Laura Moores, student nurse, joked about the making of the video, "We have collectively decided that if nursing doesn't work out we will not go into acting."

The five minute video entitled, The Primary Care of People with Developmental Disability, was completed and debuted to the Community Health Nursing course class. To obtain a copy of the DVD, contact DDCOT.

## FINAL ACTIONS COMPLETE ELMGROVE TRANSFER

**W**e are glad to announce the completion of the Elmgrove transfer after more than a decade of planning and hard work. In 1997, the Hospital Services Restructuring Commission set out a plan to realign hospital services in Brockville. The latest — and final — piece of the realignment puzzle took place on April 1, when the governance of acute mental health care for the Brockville area transferred from the Royal Ottawa Health Care Group to the Brockville General Hospital.

"We are grateful to our staff members who have maintained excellent patient care during this lengthy transition period, and thank those staff who are now employees of the Brockville General Hospital. You truly have the needs of our clients at heart," says George Weber, President and CEO, The Royal.

The transfer involved 66 staff members at the Brockville Mental Health Centre. As well, the hospital is hiring 31 new staff. "The transfer meant a lot of changes to the community and the end of a long standing uncertainty," says Mary-Lou Macfarlane, Past Director of Patient Care, Elmgrove Unit.

This transfer arrangement includes the Assertive Community Treatment Team of Leeds, Grenville & South Lanark, as well as Elmgrove's inpatient and outpatient services. These units are now operating under the BGH's umbrella of services.

The majority of services now at Elmgrove will remain there while the BGH Charles Street Site will be renovated to accommodate them.

The Royal continues to operate the STU, the FTU and specialized community teams at the Brockville Mental Health Centre.



**George Weber, CEO & President, The Royal hands over the Elmgrove keys to Ray Marshall, President & CEO, Brockville General Hospital**

# IMPROVING PATIENT CARE

one good deed at a time

**P**atient safety is crucial to keeping with our goal of providing excellent, patient-centered care. Following our very successful accreditation last year, and in the spirit of supporting staff on our quality improvement journey, we would like to highlight two specific quality improvements initiated by our staff.

As a result of a day patient receiving an incorrect meal, it was realized that no diet tickets were produced for our day patients in the Schizophrenia and Meadowcreek programs. This was identified as a possible patient safety risk and subsequently Sandra Padbury, Food Services Manager, took the initiative to create a process whereby all patients now require a diet order from a physician in order for any patient in the hospital to receive a meal. This includes the day programs on Schizophrenia and Meadowcreek who will now receive a lunch meal from dietary. This will ensure that patients not only receive a meal while they are in our day program but that it is appropriate for them.

Josée Lavoie, a Social Worker in the Geriatrics Program, working with other



Dr. Jinny Shaw and Josée Lavoie



Sandra Padbury

members of the Geriatrics team, successfully advocated on behalf of a Chinese patient who spoke no English, to receive special food from home. Arrangements were made for the food to be appropriately stored on the unit, and to be handled only by nursing staff. Further, Dr. Jinny Shaw developed cue cards for staff to communicate with the patient and assisted with translation in order to ensure the patient received the best care possible.

Kudos to Sandra, Josée and Jinny for providing patient-centered care and for being role models to all staff!

Send us your stories of quality improvement and patient safety successes in order that we can share the many great initiatives that are occurring at The Royal. **Joan Fernandez**, Manager Quality Improvement & Accreditation ext. 6795 and **Luba Shumsky**, Manager Patient Safety & Clinical Risk Management ext. 6434

## CONGRATULATIONS!

**“Debbie Champ and Sandra Campbell**, nurses on the dual diagnosis consultation team, have become the first nurses at The Royal to achieve designation as Certified Developmental Disability Nurses. Sandra and Debbie, both Certified Psychiatric Mental Health Nurses, have been working to sensitize health care professionals to the particular health care needs specific to persons with developmental disabilities.

Persons with Developmental Disability (DD) are called the hidden 3% because of the lack of understanding of their unique health needs. They experience higher rates of mental illness especially if problem behaviours are included. When compared with the general population, adults with DD have a lower life expectancy and higher rates of unmet health needs.

This CDDN designation, conferred upon Sandra and Debbie, by the Developmental Disability Nurses Association, is a formal acknowledgement of the status that they have attained as professionals in their field of expertise.”

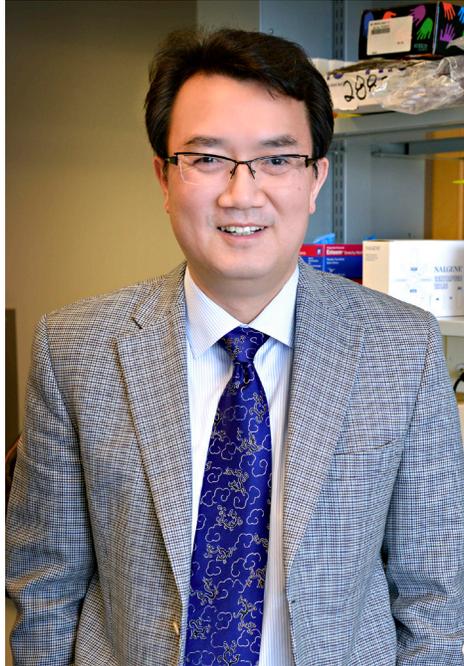


# INTERNATIONALLY-RENOUNDED SCIENTIFIC JOURNAL PUBLISHES RESEARCH THE ROYAL

**T**he talents and hard work of a team of doctors and scientists from the University of Ottawa Institute of Mental Health Research at The Royal have been recognized by Cell, a scientific journal that receives over one millions visitors a month.

The major international study led by Dr. Xia Zhang, sheds new insight into how our memory is affected by marijuana and may lead to the treatment of pain, seizures and other ailments without hurting memory.

The findings provide the first evidence that astrocytes or astroglia cells, a major type of brain cell, play a key role in regulating the memory and controlling neurons. This dispels a century of scientific belief that neurons are the sole actor in weakening the memory under the effects of marijuana.



Dr. Xia Zhang

In addition, the evidence that astroglial cells can be leading actors in working memory impairment opens up new possibilities to explore and potentially treat memory problems in people with Alzheimer's or Schizophrenia.

Dr. Xia Zhang, Director of IMHR Translational Neuroscience Laboratory, in partnership with Giovanni Marsciano of INSERM in France led the study along with a team of 17 scientists from North America, Asia and Europe.

Drs. Zhang and Giovanni were both attending a scientific meeting when Dr. Zhang received an e-mail that the paper had been accepted for publication. "It was unbelievable. We were so ecstatic," he recalls.

## ASSOCIATE CHIEF, INTEGRATED FORENSIC PROGRAM



In December, **Dr. AG Ahmed** assumed the role of Associate Chief, Integrated Forensic Program (IFP) at The Royal. The Associate Chief, IFP is responsible for ensuring that the IFP's planning, development and delivery of patient care, coordination of research and education activities are consistent with the vision, mission and values of The Royal. Prior to assuming the new role, Dr. Ahmed was the

Clinical Director of the Forensic Treatment Unit at the BMHC and the Director of the Anger Disorders Clinic at the Royal Ottawa Mental Health Centre. He is also an Associate Professor in the Department

of Psychiatry at the University of Ottawa and has a cross appointment in the Department of Criminology, University of Ottawa.

Dr. Ahmed's research interests and clinical practice include the assessment and treatment of patients with major mental disorder, psychopathy, dysfunctional anger and aggression. He has authored peer-reviewed articles and has presented both nationally and internationally in his areas of special interest and mental health in general. He is a member of the Ontario Review Board and Nunavut Review Board, an examiner for the Royal College of Physicians and Surgeons of Canada and Medical Council of Canada, a supervisor at the Albert Ellis Institute of Rational Emotive Behavior Therapy and a consultant for the Correctional Service of Canada.

# PROFILING OUR PSYCHOLOGY RESIDENTS

**P** sychology Residents compete annually across Canada and the U.S. for positions in The Royal's Residency Program in Clinical Psychology, accredited by both the Canadian and American Psychological Associations. Each resident typically brings 1,000 to 7,000 hours of supervised experience in clinical care and research to The Royal's programs in both Ottawa and Brockville.

The Residency Program is led by Dr. David Davies, Director of Training; Dr. Susan Farrell, Assistant Director of Training; Training Coordinators Dr. Michael Seto and Dr. Judy Makinen; as well as the Training Committee Members. Ms. Cathie Massel provides administrative support.

Let's meet our outstanding Psychology Residents.



## Amanda Epp

Amanda Epp is a doctoral candidate in Clinical Psychology at the University of Calgary. She is completing rotations in the Anxiety Disorders,

Mood Disorders and Schizophrenia Programs. Her clinical experience to date has been both hospital and community-clinic based, covering a wide variety of clinical presentations. She has particular clinical interests in the assessment and treatment of complex, persistent and severe mental health concerns, with a focus on anxiety, mood and psychotic spectrum disorders. In addition, she has a particular interest in working with individuals from diverse backgrounds.

Her research interests lie primarily in understanding the role of culture in the experience and expression of mental disorders. Specifically, the focus of her doctoral research is on unpacking the role of culture on cognition related to depression.



## Carol Wong

Carol Wong is a doctoral candidate in clinical psychology (forensic specialization) at Simon Fraser University (SFU). Her clinical experience and interests include

psychodiagnostic and neuropsychological assessment with forensic / correctional populations. Carol is completing rotations at the Forensic Treatment Unit and Secure Treatment Unit in Brockville and the Integrated Forensic Program in Ottawa.

In addition to receiving several institutional scholarships from SFU, Carol received funding from the Social Sciences and Health Research Council (SSHRC) for her Master's and Doctoral research. She has also been awarded a Michael Smith Foreign Study Supplement (MSFSS) by SSHRC, and a fellowship from the Michael Smith Foundation for Health Research. She has published and presented numerous papers relating to (mental) health, forensic issues, and eyewitness testimony.



## Erin Eadie

Erin Eadie is a doctoral candidate in clinical lifespan psychology at the University of Victoria. Her clinical interests include trauma-exposed populations,

posttraumatic stress disorder (PTSD), comorbid presentations, and a special interest working with youth and young adults. Erin's SSHRC-awarded doctoral dissertation examines the important links between interpersonal trauma, PTSD, health risk behaviours, and physical health outcomes among adult women. She also conducts research looking at attachment, depression, complex trauma, and the therapeutic process of meaning-making following a traumatic experience. Erin is completing rotations in the Mood Disorders Program, Youth Psychiatry, and the Operational Stress Injury Clinic.



## Felicia Meyer

Felicia Meyer is a doctoral candidate in clinical psychology at Concordia University. She is completing rotations in the Youth Psychiatry, Community

Mental Health and Schizophrenia Programs. Her clinical experience and interests include the treatment of mood disorders and psychosis in adults and adolescents, using a recovery framework. Aside from her clinical work, Felicia has had several teaching experiences with youth, both in Canada (Montreal) and abroad (Bogotá, Colombia). Felicia's doctoral research examines youth's conceptions of mental illness and its implications for peer relationships. Her dissertation investigates adolescents' beliefs about the causes of psychopathology, as well as their attitudes and behavioural intentions (e.g. help giving) towards peers displaying psychological problems. Through her research, Felicia hopes to gain a better understanding of the origins and consequences of stigma in adolescence. She has presented her research at numerous conferences, including the World Psychiatric Association's International Stigma Conference. Felicia has been involved with the Mental Health Commission of Canada and has a keen interest in policy initiatives promoting mental health awareness, particularly within the school context.



## Heather Fulton

Heather Fulton is a doctoral candidate in clinical psychology at Dalhousie University. Her clinical and research interests are in concurrent substance

use and psychiatric disorders, pain and homelessness. Her dissertation research examined initiation to prescription opioid use

*Continued on page 12...*

# SPRING PROGRAMS AT BROCKVILLE BOOST CLIENTS' HEALTH AND HAPPINESS

It's time to get outside and smell the flowers, go on a stroll, and enjoy spring's harvest. With our spring programs on the Brockville site, you can do all of that and more. We're celebrating the change of season with three client-engaging programs: the Greenhouse program, the Ladies Walking Group, and the Healthy Options Treats Snack Cart (H.O.T. Wheels program). Our goal is to enrich our clients' lives, provide a sense of purpose, engage our clients in fun, exciting activities and create a stronger attachment to our community. That community bond and community integration is a major focus of our programs going forward.

The Greenhouse program offers clients the opportunity to grow produce and plants in the greenhouse on hospital grounds. They then sell flowers, produce and preservatives from the program at a booth at the local farmers' market.



"The clients really look forward to this time of year. The greenhouse program provides an enjoyable and therapeutic experience to the clients. We have already started some plants from seed and are working on preparing the garden for planting," says Marilyn Douglas-Jones, Vocational Rehabilitation Counsellor Assistant.

The program generates funds to help provide the clients of the program with some extra incentive allowance, and additional funds are rolled back into programming. These additional funds help pay for admissions into movie matinees, dinner outings as a group at local Brockville restaurants, and ice cream treats on the hot summer days.

Not only do the clients benefit but so do the organizers: "The constant 'thanks' received from clients is rewarding," says Jason Rice, Occupational Therapist,.

The Ladies Walking Group provides the female residents of the FTU with the opportunity to engage in physical leisure to benefit their overall health and wellness. The female residents receive support from each other and the group can help to improve each participant's overall self-image.



"The girls are very enthusiastic to join each other on their walk. We've set a goal and they're working hard to reach it," Marilyn happily said. The ladies are supported to achieve their goals by a few enticing incentives. They will receive new shoes if they have excellent attendance and will participate

in a challenge to reach a certain number of steps walked resulting in a group meal. Their long-term goal is to participate in a community fundraiser walk in the summertime.

You'd be surprised to know that our H.O.T. Wheels program actually has nothing to do with "Hot Wheels" play cars or bicycles. At The Royal, H.O.T. stands for Healthy Option Treats snack cart and provides clients with the necessary skills to be successful with local community employment.

The program improves community vocational placement outcomes for clients



**Marilyn Douglas-Jones and Mark Dickey, Vocational Rehabilitation staff.**

by helping to build the desired skill set outlined by community vocational agencies. In addition to improving their employment skills, the program aids in the client's recovery process by providing a sense of purpose and structure.

H.O.T. Wheels has created at least two vocational placements for the clients of the FTU. The program is run by 2-3 clients, up to five days per week and services are provided for all clients of the FTU.

*Continued on page 12...*

# THE RIDE TO A GREENER ROYAL

**S**kip the unbearable gas prices and waiting at bus stops, ride your bike to The Royal! Our new bike cage provides secure storage for staff, students and associates cycling to The Royal. It can be found adjacent to the North staff entrance and can accommodate over 40 bikes.

"We hope this initiative will make it easier for staff to take the greener travel option, stay healthy and help look after the planet," says Jarle Rasmussen, plant operations and maintenance manager for The Royal.

It's as easy as creating a bicycle user profile with Parking Services and then using

your existing access card to swipe into the compound. You can register in person with your access card at room 1260. Mohammad can be contacted at extension 6450 to confirm his availability.

## The Green Committee:

The Royal Ottawa Green Committee is passionate about keeping our facilities environmentally friendly in every way possible. Their goals are to promote environmentally sustainable practices, provide resources to do so and establish our facility as a leader in environmentally sustainable practices through

reducing our energy use and decreasing our waste output.

## How to make your own contribution to being green:

Make sure you recycle your paper, glass, plastic, cans, printer cartridges and batteries in the proper places. Your small actions will contribute to making a big step forward in reducing our footprint.

## ...Psychology Residents continued

and misuse, as well as ongoing substance use problems and comorbid psychiatric issues experienced by prescription opioid users in methadone maintenance treatment. In addition to smaller grants, conference and travel awards, Heather has received scholarships from the Canadian Institutes of Health Research, Natural Sciences and Engineering Research Council, the Killam Trusts and was recently awarded the Clinical Citizenship Award at Dalhousie University. Heather is completing rotations in Community Mental Health, the Anxiety Disorders Program and the Operational Stress Injury Clinic.



## ...Spring Programs continued

"It's great for clients who are unable to go out and purchase food. They really love the healthy options and look forward to new variety each week," says Marilyn.

All clients at the FTU are regularly followed-up by our metabolic clinic and work closely with the dietician; Healthy Option Treats were carefully selected with the dietician to address any health or metabolic issues.

H.O.T. Wheels is a self-sustaining program whereby all profits made will be re-used to pay for items to be sold at the H.O.T snack cart. All clients involved are required to participate in a basic food safety training course and WHIMIS certification. These two certification courses are facilitated by

occupational therapy and vocational services and these training courses help support a more attractive resume for our clients.

Future goals of our program are to link up with community volunteers to assist in programs with our clients, to have our clients become community volunteers themselves, and to offer our clients many more wonderful ways of being integrated into and with the community of Brockville.

These activities were made possible due to the ongoing commitment and support of several key members. Occupational Therapy and the vocational counselors would like to acknowledge and thank all of the support we received from the Directors of the FTU, the Brockville Empowerment Council, our dietician Natalie Uhler, ROVA, and most importantly the clients of the FTU.

The :Le  
**Royal**

Mental Health - Care & Research  
Santé mentale - Soins et recherche

## OPENDOORS

*OpenDoors* is  
the internal newsletter  
for the staff, physicians and  
volunteers of The Royal.

If you have any ideas, stories or  
articles for submissions,  
please contact:

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