



# THE ROYAL'S OpenDoors

A newsletter for staff and volunteers

## Royal Excellence Recognized by Accreditation Canada

Accreditation Week 2015 came to a successful close October 8, after the Accreditation Canada surveyors provided their report back to the organization. They congratulated The Royal on our many successes and contributions to mental health care.

The surveyors assured us that The Royal has done a fantastic job of addressing the standards of the accreditation process. We do have opportunities for improvement (as all organizations do) and we will set in place action plans in the coming weeks to address further improvements.

How did we do overall? Superbly! Of over 1,032 criteria, we met 96.3 per cent of the standards! And even more impressive - we met 97.3 per cent of high priority criteria (which are even harder to meet). The official letter from Accreditation Canada states that



Staff at the Brockville Accreditation information session complete their surveys.

The Royal received Accreditation with Commendation – which is FANTASTIC. The most impressive part of undergoing Accreditation was reflecting on the

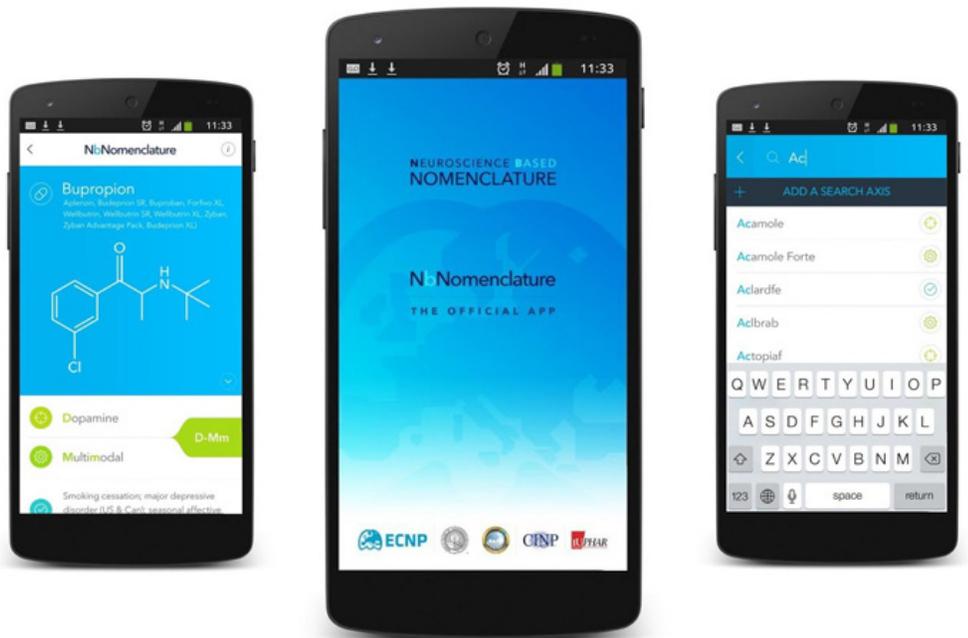
excellent work we do for patients here at The Royal. Thank you all for your hard work and commitment to making The Royal the quality organization that it is.

# New Medication Naming System Fits in your Pocket

Imagine that your doctor gives you a prescription for your anxiety, but he/she looks at it and sees the prescription is classified as an anti-psychotic. One would wonder — and worry — about the diagnosis.

Psychiatric drugs are currently classified under one label or category, such as anti-psychotics to treat psychosis. However, a psychiatric drug that is classified or labelled to treat one kind of psychiatric disorder may at a different dosage be used to address a very different disorder. It is common for certain medications to have a number of uses but confusion can arise because of what they are called.

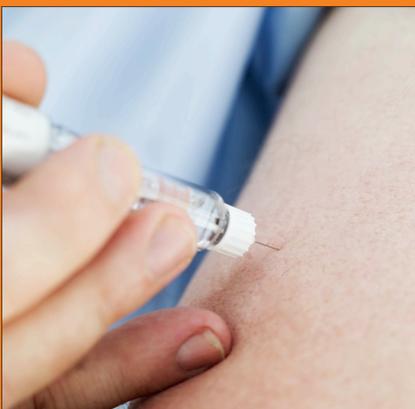
Dr. Pierre Blier is part of an international team that has developed a new naming system for psychiatric drugs. The new system, called *Nb Nomenclature*, aims to improve clarity and reduce stigma by classifying drugs based on their many applications rather than tying medications to one specific diagnosis. For example, anti-psychotics are not just used to treat psychosis, they may also be used to treat



depression but the name creates a barrier for doing so. *“Doctors will be able to make more informed decisions on what to prescribe their patients and patients won’t become unnecessarily worried or feel stigmatized,”* says Dr. Pierre Blier, Director of the Mood Disorders Research Unit at The Royal’s Institute of Mental Health Research.

The Neuroscience-based Nomenclature (NbN) app reflects current and evolving scientific knowledge of psychiatric medications. The app lists medications, their efficacy and side effects, as well as the old terminology. The app allows users to categorize novel agents and avoid confusion. It’s available for Apple and Android devices.

## Protect Yourself So You Can Protect Others! Get the Flu Shot!



THURSDAY, DECEMBER 10, 2015

10:00 – 11:30  
13:00 – 14:30

OHSS Dept., room 5439

TUESDAY, DECEMBER 14, 2015

11:30 – 13:30

Main Entrance

THURSDAY, DECEMBER 18, 2015

11:30 – 13:30

Main Entrance

**Staff in Brockville can get their flut shots in Occupational Health & Safety.**

# Meet our Psychology Residents



From left to right: (back row) Suzanne Bell, Stephanie Taillefer, Dianna Lanteigne, Jennifer Newman, and (front row) Lisa Alli.

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 in both Ottawa and Brockville. The Residency Program is led by Dr. Susan Farrell, Director of Training, and Dr. Kelsey Collimore, Assistant Director of Training in consultation with Training Committee Members. Ms. Cathie Massel provides administrative support.

Let's meet our outstanding Psychology Residents and welcome them to The Royal!

**Lisa Alli**, a doctoral candidate in clinical-developmental psychology at York University, is completing rotations in the Youth Psychiatry Program, Substance Use

and Concurrent Disorders Program, and the Community Mental Health Program. Her clinical interests include psychodiagnostic assessment and treatment for adolescents and youth with complex mental health presentations. Her dissertation explored multisensory processing in children with Autism Spectrum Disorder.

**Suzanne Bell** is a doctoral candidate in clinical psychology at the University of Ottawa. Her clinical interests include working with forensic and correctional populations as well as individuals with lived experience of psychosis. She is excited to complete rotations in the Secure Treatment and Forensic Treatment Units in Brockville, and in the Substance Use and Concurrent Disorders program in Ottawa. Her dissertation examines predictors of sexual well-being in older adulthood.

**Dianna Lanteigne** is a doctoral candidate in clinical psychology at Queen's University. She is completing rotations in the Youth Psychiatry Program, Mood Disorders Program, and the Operational Stress Injury Clinic. Her primary clinical interests involve assessment and therapy for clients with emotional disorders (e.g. PTSD, mood, anxiety) across the lifespan. Her dissertation involved a longitudinal examination of the development of emotion regulation difficulties and depressive and anxious symptoms across adolescence. She applied knowledge about emotion regulation difficulties by evaluating a prevention program for mood and anxiety problems in students transitioning to post-secondary education.

**Jennifer Newman** is a doctoral candidate in clinical psychology at Ryerson University. She is currently completing a primary rotation in the Mood Disorders program and

*Continued on page 4...*

*...Psychology Residents continued*

secondary rotations in the Anxiety Disorders program and the Forensic Treatment Unit. Jennifer's clinical interests include evidence-based treatment and assessment of mood and anxiety disorders as well as forensic neuropsychological assessment. Her doctoral dissertation examines the influence of executive functioning and attitudes toward aggression in predicting physically aggressive behaviour in response to provocation.

**Stephanie Taillefer** is a doctoral candidate in clinical psychology at Ryerson University. She is completing her primary rotation in the Anxiety Disorders Program and secondary rotations in the Operational Stress Injury Clinic and the Mood Disorders Program. Stephanie's dissertation research examines neurocognitive functioning across the obsessive-compulsive spectrum, with a particular emphasis on the role of neurocognitive deficits on quality of life and functional impairment.

## Continuing Education Helps Keep High Standards



Dina Glaser has been a pharmacist for 35 years yet she is still committed to continuing education by working extra hours at a local pharmacy to keep her pharmacy dispensing knowledge current. She says doing extra work “teaches you not to let your standards slide.”

Dina was recently selected for a peer audit by the College of Pharmacy. After writing an exam, completing an oral exam, and supplying her continuing education documentation, she had to wait for her results.

“The envelope finally arrived in the mail box and I said ‘oh my God!’ she said. Dina successfully passed all four elements of the audit and did so with such great success she’s been invited to become a reviewer with the College.

Congratulations, Dina!

## Healthy Workplace = Healthy Clients

Are you passionate about health and wellness? Make a positive difference in your work environment by becoming a Healthy Workplace Champion.

Healthy Workplace Champions communicate with their teams about wellness programs and other healthy workplace initiatives. Their role is to encourage co-workers to take advantage of these services to improve their health and well-being, and to provide the Healthy Workplace Committee with feedback and guidance on the needs of staff. Champions play an essential role in building a healthy workplace.

For more information please email [HealthyWorkplace@theroyal.ca](mailto:HealthyWorkplace@theroyal.ca)



# Fitting Exercise into the Work Day: Staff Share Their Secrets

Getting a daily dose of exercise is easier said than done. For many at The Royal, going to the gym before or after work just isn't an option because of all the commitments in their busy lives. It can be difficult to picture where exercise would fit in this equation.

Despite this, many staff at The Royal have shown that it is possible to fit exercise into their weeks.

One way The Royal helps to make exercising easy is by providing free access to the gym and weights room over lunch time and after 4 pm. The Royal also offers different fitness classes that run over lunch.

"Working out at lunch gets me out of my office and I get a chance to clear my head," says Lisa Kis, Senior Sleep Technologist, The Royal's Sleep Clinic. "I've made a lot of new friends through the fitness classes and the camaraderie is what keeps me going. We all encourage each other and once you get there and see people and get started, it's well worth it. You feel so much better after you've achieved a goal for yourself."

If you're more of the outdoorsy type, why not take a walk outside over lunch? Fresh air plus exercise is a healthy double-whammy. "Walking at lunch time renews my energy and improves my focus for the afternoon. Not to mention the added bonus of some physical exercise throughout my work day," says Jennifer Hewett, Assistant, Donor Engagement, The Royal's Foundation who takes a walk almost every day at lunch hour.

Another way to get motivated to workout is to join the Royal Runners team in the Run for Women on May 8, in support of The Royal. Psst: they have their own t-shirts! Contact Tracey Welsh in the Foundation to learn more.



Left to right; Top photos: Jennifer Hewett, Joëlle Choueiry. Bottom photo: Karen Monaghan, Debbie Ozeroff, Kelly Meincke, Celine Loiselle, Denise McGregor, Dara Klym, Mary-Louise Gifford, Lisa Kis

"Everyone in the race has a passion for an aspect related to mental health. After each training and the big race I feel much more passionate and more eager to make a difference," says Joëlle Choueiry, Royal Runners team member and PhD candidate, The Royal's IMHR. "I run because I believe that it's only by getting together that we will make change happen."

We know that regular physical activity is associated with a reduced risk of cardiovascular disease, some types of cancer, osteoporosis, diabetes, obesity, high blood pressure, depression, stress and anxiety. Yet, only about half of Canadians are getting the suggested amount of

exercise per week - 150 minutes or 30 minutes per day (Health Canada).

As our jobs and lives have become increasingly sedentary over the years, it's become harder to incorporate a fitness regime into our already busy lives. In looking at the big health picture, exercise is just as important as eating healthy, getting enough rest and drinking water. It's important to make exercise a priority just as you would other aspects of your life.

They say it takes 21 days to form a habit. Challenge yourself to get 150 minutes of exercise per week for 21 days and see how you feel!

# New Faces at The Royal



**Dr. Joel Watts**  
Psychiatrist,  
Forensic program

Dr. Watts received his Doctorate of Medicine at the University of Western and his residency in Psychiatry at the University of Ottawa, followed by a fellowship in Forensic Psychiatry in Cleveland, Ohio. He received sub-specialty certifications in Forensic Psychiatry in Canada and the US. He is keenly involved in the teaching and supervision of residents since joining The Royal and during his 6 years at the Institut Philippe-Pinel de Montreal and the University of Montreal. He holds various professional appointments.



**Dr. Floyd Wood**  
Forensic  
program,  
Family Court  
Clinic

Dr. Wood received his Doctorate of Medicine and completed his residency at the University of Ottawa. He completed his Forensic Psychiatry Subspecialty at the University of Ottawa in July 2015. He has received many awards, including the 2015 CAPL Fellowship Award, and has given numerous presentations. He is also involved in research activities and recently completed *A Pilot Study of the Rate of Compliance with Section 54 of the Mental Health Act*.



**Dr. Sanjay Rao**  
Clinical  
Director, Mood  
and Anxiety  
Disorders  
program

Dr. Rao completed his undergraduate and medical education in India, receiving a Certificate of Completion Specialist Training UK, Adult Psychiatry & Consultation Liaison Psychiatry. He has received several academic appointments and holds membership in several organizations. In his previous position as Head of psychiatry at Annapolis Valley Health in Nova Scotia, Dr. Rao contributed to the regeneration of the Department of Psychiatry and the development of competency supported evidence based intervention pathways that became a model for the rest of Nova Scotia.



**Dr. Dominick Michaud**  
Youth program

Dr. Michaud completed her Psychiatry Residency at the University of Ottawa where she was nominated for the Clerkship Award of Excellence in Psychiatry Rotation. She holds a Subspecialty Certificate in Child and Adolescent Psychiatry. She holds an academic appointment as Assistant Professor of Psychiatry at the University of Ottawa and as a Faculty Lecturer of Psychiatry at McGill University.



**Dr. Abigail Ortiz-Dominguez**  
Psychiatrist,  
Mood and  
Anxiety program

Dr. Ortiz-Dominguez completed her Doctorate at National University in Mexico City and a Masters in Psychiatry at McGill University. She holds an academic appointment as Assistant Professor, Department of Psychiatry at Dalhousie University, and has been involved in teaching medical students. She has received many awards and is involved in research, having received funding and grants as principal investigator on a diverse number of projects.



**Billie Pryer**  
Director of  
Nursing

Billie completed her Bachelors of Nursing at the University of Ottawa. She then worked as a mental health nurse at the Centre for Addiction and Mental Health (CAMH) in Toronto for 20 years. She also obtained her Masters in Nursing at the University of Toronto. Her most recent position was as a nurse at Algonquin College in their Health Services centre.

# Making the Healthy Choice the Easy Choice

At The Royal, we care about your physical and mental wellness. That's why we've joined the Healthy Foods in Champlain Hospitals initiative led by the Champlain LHIN.

This means:

X Out with...	✓ In with...
X high sodium foods	✓ healthy meal choices in the cafeteria and volunteer cafés
X large portion sizes for high-calorie beverages	✓ healthy snack options (including in vending machines)
X highly processed foods	✓ calorie & sodium counts on soups and entrées
X deep fried foods	✓ more fruits & vegetables

Look for healthy food changes starting December 2015.

We are creating a workplace where the healthy choice will be the easy choice — for staff, clients and visitors. **Here's to better health!**

## Get to Know Your Strategic Plan

The strategic plan is made up of five Strategic Directions that are essential to our mission of delivering excellence in specialized mental health care, advocacy, research and education. Check out the Strategic Plan section of OREO for information on the directions and the objectives and indicators associated with each. Also, keep an eye out in the new year for fun activities to help you get to know the plan and how each and every one of you can contribute to our success.



## Who Inspires YOU?

Do you know someone who should be recognized with an *Inspiration Award*? It's time to nominate them!

The Royal is currently accepting nominations to present six awards at its 2016 Inspiration Awards Gala on **Friday, March 4, 2016**.

Nominate someone who has:

- Educated and inspired others as a result of their own personal experience with mental illness and/or addiction or the experiences of family members, colleagues or others
- Demonstrated extraordinary commitment and inspiration by personally overcoming or supporting others to conquer the challenges of living with mental illness and/or addiction
- Contributed to the understanding of addiction and/or mental illness
- Dedicated tireless effort to reducing the stigma associated with mental illness and/or addiction
- Served as a model of hope and **inspiration to others**

**Any questions?**

Email [tracey.welsh@theroyal.ca](mailto:tracey.welsh@theroyal.ca) or visit [theroyal.ca/foundation](http://theroyal.ca/foundation)

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## Get Your Christmas Tree at The Royal

*funds support patient comfort and care*

SATURDAY, DECEMBER 5 TO WEDNESDAY, DECEMBER 23  
OR UNTIL THE TREES ARE SOLD OUT.

**Sale hours:**

Monday to Friday: 3 p.m. to 8 p.m.  
Saturday and Sunday: 10 a.m. to 6 p.m.

**Prices:**

\$45 for 5-foot tall • \$50 for 6-foot tall • \$5 for each additional foot in height

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## Holiday Coffee Pots

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Please mark your calendars to join us for a holiday reception with hot and cold hors d'oeuvres, fruit and veggie trays, sweets, tea, coffee and holiday punch.

BROCKVILLE  
FTU 320 and STU Library

**December 18, 2015 from 2:00 to 3:30 PM**

OTTAWA  
Winter Garden, Royal Ottawa Place room C122, and  
Carlingwood Boardroom

**December 21, 2015 from 2:00 to 3:30 PM**



The :Le  
**Royal**

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

## OPENDOORS

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

If you have any ideas, stories or  
articles for submission,  
please contact:  
**Sue Walton** at ext. 6349  
[sue.walton@theroyal.ca](mailto:sue.walton@theroyal.ca)