

WHAT'S UP?

at The Royal

a newsletter for staff and volunteers

FALL
2019



Fun times at The Royal, page 4



BMHC nursing students host board game drive, page 6



Can we boost vaccination rates? page 7

Healing and restoration

A new recreation therapy group has restored The Royal's gym benches to their former glory.

It was Ashleigh McGuinty, a recreation therapist who first noticed the gym benches needed some TLC. Her colleague, Jean-Michel Frechette, had always wanted to do something hands-on with the clients so they joined forces and collected some basic equipment – mostly loans from fellow staff – and asked the clients if they were interested in wood refinishing. Then they got started.

For two hours every week this past summer and fall, each bench was carefully taken apart, cleaned, and sanded. After multiple coats of varnish, they were reassembled and returned to the gym to be used by clients and staff alike.

The original wood refinishing group was made up of clients in the forensic outpatient and rehab programs, but it's about to grow. Thanks to a high level of interest, the group will be centralized, meaning all units will be able to join in. (The pergola behind The Royal is next on the list and work will start in the spring.)

McGuinty and Frechette would both like to see this group grow in other ways, too. They're exploring a few different avenues, which might include partnering with others and going out in the community to work on projects, or creating a wood shop that can be shared with community partners. Establishing a link with vocational training down the line is also a possibility, but right now they're focused on keeping it fun.



Jean-Michel Frechette, a mental health worker at The Royal, is part of a new recreation therapy group that gives clients the chance to use their hands and try something new.

...continued on page 2

Healing and restoration continued...

Seeing before and after pictures of the newly restored gym benches remind

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“ Giving back is such a huge and important goal for our guys, and for everyone’s mental health. ”

– Ashley McGuinty

us that the pride that comes with a completed project is universal. It’s something we all share.

“Giving back is such a huge and important goal for our guys, and for everyone’s mental health,” says McGuinty. “Being able to volunteer your time feels good.”

It’s early stages yet, and there aren’t any client satisfaction surveys to definitely quantify interest in a permanent wood refinishing group but McGuinty has her own way of knowing if an activity is popular. If clients are consistently spending a focused session without asking for a break and are surprised when it’s time to pack up, the activity is likely a success. Time flies when you’re having fun, after all.

Thanks to your dedication and hard work, Accreditation Canada has awarded The Royal with Exemplary Standing.

Meet our **Client Advisory Council**



Members of The Royal's Client Advisory Council (L-R): Kevin Patrick, Alexis Milne, Tariq Iqbal, Glenda O'Hara, Sanjay Sharma, Helen Thai, and Afshin Shayanpour. Not pictured: Laurean Reynolds

The Client Advisory Council (CAC) is an advisory and advocacy council representing clients of The Royal. Its members are clients who have lived experience with mental illness and/or addiction and who have received care from different programs at The Royal.

For member photos and mini bios, go to theroyal.ca/get-involved/volunteer/client-advisory-council.

YOU ROCK!

MEET THE NEWEST members of the LEADERSHIP TEAM

Have you met some of the newest members of our senior management team? We asked Esther Millar, Dr. Susan Farrell, and Dr. Paul Sedge a few questions to help us get to know them a little better. Here's what they said.



Esther Millar
MBA, RN

Vice President of Patient Care Services, Professional Practice and Chief Nursing Executive

Can you briefly describe your role and your current area of focus?

I am situated in Brockville and am the senior leader responsible for the forensic program at both sites as well as professional practice for nursing and allied health. I have two key areas of interest. First, expanding the reach of the amazing programming, educational and promotional activities of The Royal. There are areas where these activities would have tremendous impact and where we could partner to create sustainability – areas with access to a far smaller basket of services and vast need.

I also believe it is important to facilitate all disciplines to work to top of scope, understanding 'top of scope' is forever shifting. This has tremendous benefits for our patients but most importantly can have a positive impact on how people view their role and the satisfaction they derive from working at The Royal. Top of scope practice requires translating the best evidence into practice but it also requires the creation of the evidence. Expanding the nursing and allied health research in my view is essential.

What is something about you that staff might not know?

Although I have worked all over Ontario, I am originally from the Ottawa Valley, hailing from Renfrew. It's such a nice change to be able to bump into people who I know and have grown up with!

What three words would you use to describe the people you work with at The Royal (in Ottawa or Brockville)?

Committed, intelligent, friendly



Dr. Paul Sedge
CD, MD, FRCPC

Associate Chief (Ottawa)

Can you briefly describe your role and your current area of focus?

As the Associate Chief, I essentially collaborate with the administrative team and allied health care staff in the planning, development and delivery of patient care at the Ottawa site.

What is something about you that staff might not know?

I also work with the Canadian Space Agency participating in astronaut selection and providing psychological crew support during training and missions to the International Space Station.

What three words would you use to describe the people you work with at The Royal (in Ottawa or Brockville)?

Well, my experience has mostly been with the folks in Brockville and I can easily say that they are: down-to-earth; hard-working; and have a great sense of humour.



Dr. Susan Farrell
Ph.D., C.Psych, FCPA

Vice President, Patient Care Services and Community Mental Health

Can you briefly describe your role and your current area of focus?

I work with programs to support their offering of a continuum of specialized care from inpatient to community services with a focus on building additional initiatives in the community.

What is something about you that staff might not know?

I love to volunteer in my time outside of work! I have volunteered for a wide range of community organizations and causes.

What three words would you use to describe the people you work with at The Royal (in Ottawa or Brockville)?

Compassionate, innovative, dedicated

Looking back on Fun times

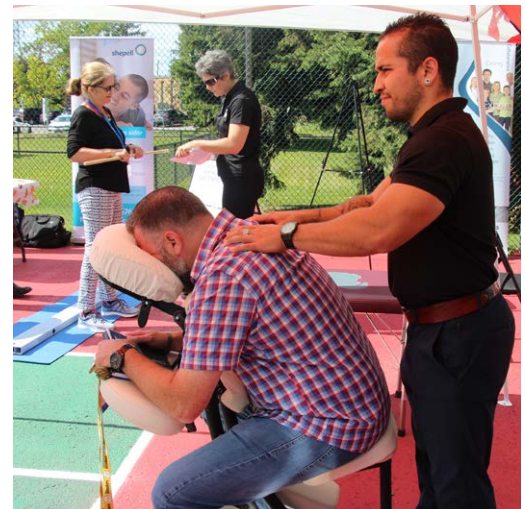
From coffee pots and charity runs to parades and fundraisers, thank you to everyone who participated in the various activities and events in Ottawa and Brockville this past year. There are too many to list! (And of course, a big thank you to all of our event organizers as well!)



Staff joined Joanne Bezzubetz, president & CEO, in Brockville for a walk/run in preparation for the Shopper's Love. You. Run for Women.



The United Way committee at the annual kickoff breakfast on October 24, 2019: Ashley Sleeth, Jennifer Martin, Gina Desjardins, Florence Wilson, Judy Villeneuve, Stephanie White, and Greg Stenman.



Richard Robins enjoyed a shoulder massage at the Wellness Fair, which was part of the staff BBQ, on September 12.



Dr. Kim Corace and Dr. Melanie Willows at the staff BBQ in Ottawa on September 12.



Staff, volunteers, friends and families marched for mental health at the 2019 Capital Pride Parade on August 25.



◀ Jim Lambley, Katelyn Lepinskie, Danielle Simpson, Denise McGregor, Susan Sibbitt, Luba Shumsky and Lea Dullemond at the Foundation's 40th anniversary ice cream social.

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. Judy Makinen, director of training, and Dr. Philip Grandia, assistant director of training, in consultation with training committee members. Cathie Massel provides administrative support.

Let's meet our outstanding psychology residents:



Karolina Sztajerowski, Nick Kerman, Andrew (Hyoun Soo) Kim, Heather Schultz, Julia Marinos, and Jennifer Barnes

Jennifer Barnes

Jennifer Barnes is a doctoral candidate in clinical psychology at the University of Manitoba. She is completing a primary rotation in the Youth Psychiatry Program, and secondary rotations in the Operational Stress Injury Clinic and the Integrated Forensic Program (ROMHC). Her dissertation research is exploring the relationships between maternal trauma, child attachment security, and child internalizing/externalizing behaviours within refugee families in Canada.

Nick Kerman

Nick Kerman is a doctoral candidate in clinical psychology at the University of Ottawa. He is completing his primary rotation in the Integrated Schizophrenia Recovery Program, with

secondary rotations in the Substance Use and Concurrent Disorders Program -Transitional Aged Youth (TAY) Service and Geriatric Psychiatry Program. His research primarily focuses on mental health inequity and the social determinants of health, with a particular emphasis on housing and homelessness, as well as experiences of treatment and care.

Andrew (Hyoun Soo) Kim

Andrew (Hyoun Soo) Kim is a doctoral candidate in clinical psychology at the University of Calgary. He is completing a primary rotation in the Substance Use and Concurrent Disorders Program and secondary rotations in the Schizophrenia Recovery Program and the Mood and Anxiety Disorders Program. His program of research examines substance

and behavioral addictions from a transdiagnostic perspective, including the development of a transdiagnostic treatment for addictions.

Julia Marinos

Julia Marinos is a doctoral candidate in clinical psychology at the University of Ottawa. She is completing a primary rotation in the Mood and Anxiety Disorders Program, and secondary rotations in the Substance Use and Concurrent Disorders Program - Transitional Aged Youth (TAY) Service and the Operational Stress Injury Clinic. Her dissertation research examines the mechanisms involved in updating long-term memory (i.e. reconsolidation) which looks to inform CBT treatment for anxiety disorders.

Heather Schultz

Heather Schultz is a doctoral candidate in clinical psychology at the University of Toledo. She is completing a primary rotation in the Community Mental Health Program, and secondary rotations in the Mood and Anxiety Disorders Program and the Substance Use and Concurrent Disorders Program - Transitional Aged Youth (TAY) Service. Her dissertation research explores differentiating between mindfulness and intentional and unintentional mind wandering with dispositionally anxious individuals.

Karolina Sztajerowski

Karolina Sztajerowski is a doctoral candidate in clinical psychology at the University of Ottawa. She is completing a primary rotation in the Operational Stress Injury (OSI) Clinic, and secondary rotations in the Schizophrenia Recovery Program and, Substance Use and Concurrent Disorders Program - Transitional Aged Youth (TAY) Service. Her doctoral research evaluates the ways in which romantic attachment shapes the coping mechanisms used by couples to manage stressful life events, and their impact on relational and mental health outcomes.

NURSING STUDENTS BRING FUN AND GAMES TO BMHC CLIENTS

Nursing students made life a little more fun for clients at the Brockville Mental Health Centre Forensic Treatment Unit after a successful “game drive” to collect new and used board games.

The five students involved in this initiative – Emily Bonnevie, Dakota Stowe, Emma Rutter, Sarah Sumara and Gillian Hodgson – were second year practical nursing students attending St. Lawrence College in Brockville, Ontario and in the process of completing their eight-week clinical rotation.

The idea for the game drive came during one of their first clinical shifts: A client had asked to play Monopoly but the game they had on the floor was missing multiple pieces. Another floor in the hospital had the same game but it was already in use.

The students acted quickly as they did not have much time before the end of the semester. After obtaining approval from the hospital and the college, the students created informative posters to display around the hospital and their college, and used social media to advertise the game drive.

“We also wanted input from the patients, so we decided to ask every patient on the



Students Emily Bonnevie, Dakota Stowe, Sarah Sumara, with Cheryl Johnston, manager of Patient Care Services and students Emma Rutter and Gillian Hodgson

two units we worked on for any games they wanted to see in particular,” said the students.

In four weeks, they collected over five large garbage bags of new and used board games, puzzles, coloring and craft supplies, and old movies. People also made cash donations and donated brand new games bought specifically for this fundraiser.

“We all decided to go into nursing to help others and make an impact on people’s lives. In nursing school, we focus a lot on physical needs but you don’t realize how important the emotional needs impact overall health as well. Our clinical instructor Cheryl Johnston has inspired us in so many ways and her passion for the BMHC has impacted us to advocate more for our clients.”

Transforming mental health care **through research**

Medical advancements can’t happen without clinical trials.

Research conducted at The Royal’s Institute of Mental Health Research (IMHR) largely depends on volunteers from our community.

For many volunteers, clinical trials are a meaningful way to contribute to important research. For some clients of The Royal, clinical trials might also represent an opportunity to take an active role in their care, and a way to help others.

Two of the latest research projects that are currently recruiting participants include a study that compares of the use ketamine vs. other anesthetics during electroconvulsive therapy in

treatment-resistant schizophrenia, and one that is designed to help researchers better understand sexual offending.

Many other ongoing research studies are actively recruiting participants, including healthy individuals. For an up-to-date listing, go to theroyal.ca/research/about-clinical-research.

For more information about clinical research at The Royal, contact tammy.beaudoin@theroyal.ca.

Researchers at The Royal are always looking for volunteers! Please share this information with clients and families who might be interested in participating in clinical trials.



boosting vaccination rates at The Royal

Can we get at least 58% of staffers at The Royal to report getting a flu shot this year?

Coralee Brooks administers a flu shot to Andrea Tomkins at a coffee pot event in November.

Did you get your flu shot? An interdisciplinary group of staff members at The Royal have been working together to find ways to encourage inpatients and staff to get vaccinated.

Danielle Simpson, the director of Quality and Patient Safety, is leading the group. She says they're focused on breaking down barriers to getting the flu vaccine.

To improve the rate of flu vaccination for inpatients, staff "flu vaccine champions" brainstorm ways to boost vaccine rates. For example, we know that easier access to vaccines can increase the number of people who get the shot. Thanks to new Omnicell machines, all units can now store the vaccine right on the unit.

"For clients, we want to increase the rate of inpatients who have received their flu vaccine from 37% to 50% by April 2020," says Simpson. (37% was the vaccination rate in 2018, and 46% was the rate in 2017.)

Although flu shot clinics are a regular occurrence at The Royal, in November, a coffee pot event hosted in Ottawa by Infection Prevention and Control (IPAC) and Occupational Health and Safety Services (OHSS) was introduced as a fun and social way for staff, students, and volunteers to get their shot. 76 flu shots were administered at the event.

Once the numbers are crunched at the end of the season from all sites, organizers will have a clearer view of whether the event boosted the overall vaccination rate.

The goal is to boost the staff's rate of flu vaccination 10% over last year. Simpson would love to see at least 58% of staff get a flu shot this year and report it to OHSS.

During the 2018/19 season, 48% of staff reported that they got a flu shot. More staff reported that they got a flu shot the year before. In the 2017/2018 season, 54% were vaccinated.

One major fact that affects the vaccination rate: Some staff members get a flu shot at their local pharmacy but forget to let anyone know. (It's easy to report your flu shot. Just bring a written record of the injection to OHSS.) It's important to have up-to-date information on file in case of an outbreak and work rosters are being made.

Flu shots are an important part of staying healthy – and making sure clients and families stay healthy too – but good hand hygiene remains one of the best ways to prevent against the flu. "Good hand hygiene helps us keep germs out of the hospital," says Simpson. "It really

is the number one thing we can do for infection prevention and control!"

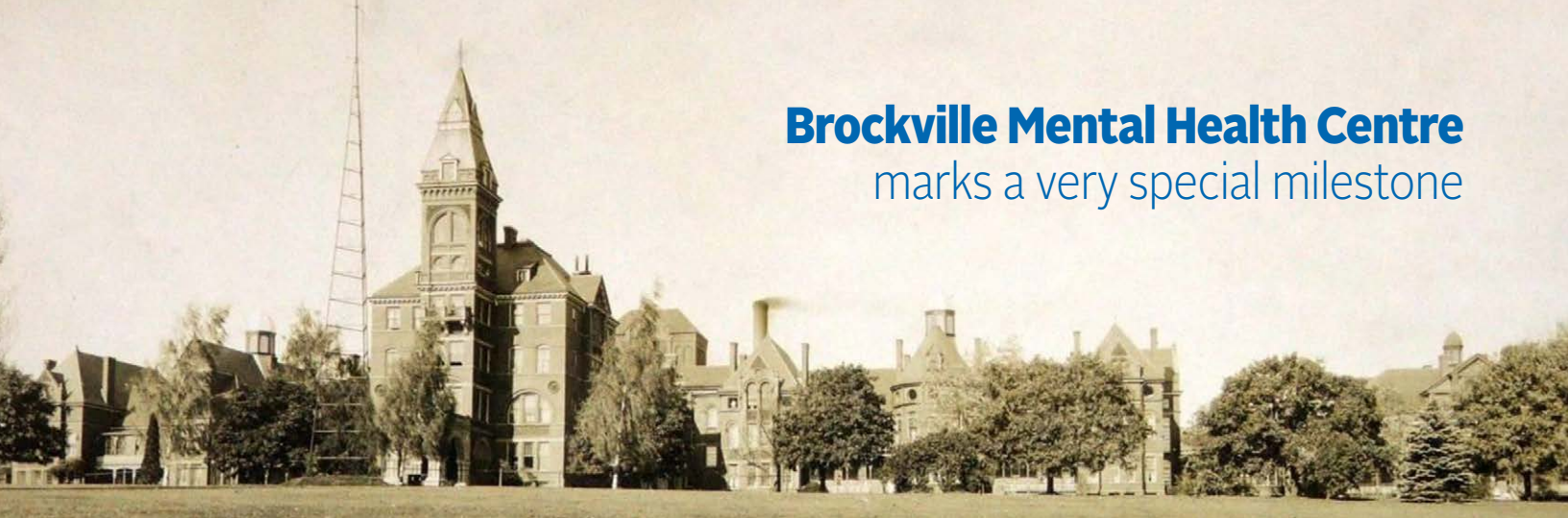
This past year, The Royal has promoted hand hygiene with the "Caught Clean Handed contest," the "High Five for Hand Hygiene Award," and the "Commitment to Hand Hygiene Tree," an initiative that encouraged clients to make a pledge to maintain hand hygiene.

According to Simpson there were over 2200 hand hygiene audits last year, with an overall hand hygiene compliance score of 88%.

**HAVE YOU SEEN
THE NEW
theroyal.ca?**

The Royal's website has a brand new look, simplified navigation, a search function, and a responsive design that works on a wider range of devices and screens. The communications department is regularly updating the website with new content, but this is your website too! Send your ideas, comments, or requests to communications@theroyal.ca.

Brockville Mental Health Centre marks a very special milestone



The Brockville Mental Health Centre (BMHC) has been part of the Royal Ottawa Health Care Group since 2000 but its history of meeting the mental health needs of clients and families in the region goes back much further. BMHC first opened its doors in 1894 and is celebrating its 125th anniversary this year. Originally known as the Eastern Hospital for the Insane, and later the Brockville

Psychiatric Hospital, it was built on a site originally known as the Pickens Point property. The December 21, 1894 issue of the Brockville Evening Recorder reported that “the location is one of the most beautiful on the St. Lawrence.” Some of the outbuildings still stand today. BMHC marked the milestone on October 16 with a festive gathering for staff,

clients, and honoured friends. It was a chance to get together, share some memories, and reflect on what makes BMHC such a special place. Go to www.theroyal.ca/news to see a photo gallery from the event and read what staff members enjoy most about their time at BMHC.

LONG SERVICE AWARDS



Kathryn Thomson was presented with her 30 year certificate by Debbie Pilon



Gabrielle MacDonald, Nancy Kearney, and Carol-Anne Cumming presented Mark O'Connell with his 15 year certificate

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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