




OPENDOORS

SHARING OUR EXPERTISE WITH KENYA



L to R: Mary Khaemba, Programs and Welfare, Prison Service; Isaiah Osugo, Commissioner of Prisons, Kenya; Pauline Radley, International Institute; Charles Wanyoike, Deputy Secretary; Peter Odundo, Chief Finance Officer; Lawrence Mugambi, National Coordinator Community Service Orders; Jerim Oloo, Director of Probation Service, Kenya. Missing: Dr. Ludeki Chweya, Permanent Secretary, Office of the Vice President and Ministry of Home Affairs.

 On October 8, delegates from the Kenyan government visited the St. Lawrence Valley Correctional Centre (the STU) as part of a study tour to benchmark on offender management systems in Canada. The group, which included specialists who run various aspects of the Kenyan correctional services, was in Canada to gather information and look at models that could help Kenya address the crisis it is currently facing in its correctional system.

J.W.O. Oloo, the deputy director of probation services in Kenya and a member of the study tour, says there is “serious overcrowding” in that country’s prison system which was built for a capacity of about 17,000 yet currently houses approximately 50,000 prisoners. The Kenyan government has implemented a task force to address this issue with a particular focus on how to care for the most vulnerable groups within that system, including the mentally ill.

The delegates were particularly impressed by efforts being made in Canada to keep mentally ill individuals out of main stream prisons. By visiting the STU, they were able to see how the needs of mentally ill inmates can be addressed effectively within the context of a medium-maximum security correctional complex. They learned how the ROHCG partners with the Ministry of Community Safety and Correctional Services to provide

Continued on page 2...

...SHARING OUR EXPERTISE *continued*

secure assessment, treatment and discharge planning to adult male offenders who have been diagnosed with a mental illness.

Other parts of the study tour included meetings with the Minister of Correctional

Services, the Mental Health Commission of Canada, the Canadian Mental Health Association, and a judge from the Mental Health Court. The delegates were particularly impressed by the Mental Health Court

System's ability to provide mentally ill individuals who come in contact with the law better and faster support than mainstream correctional systems.

CELEBRATING MENTAL ILLNESS AWARENESS WEEK – OCTOBER 4 TO 10

October 4 to 10 was a busy week around the ROHCG as we celebrated Mental Illness Awareness Week. ROHCG staff participated in several events, in many cases partnering with other members of our community to help break down stigma and encourage open discussions about mental illness. These events combined to reach over 1000 people directly, and many more through word of mouth and media coverage.

ROHCG's first event of the week was the Mental Health Symposium, put on in partnership with the Department of Psychiatry of the University of Ottawa, the Canadian Mental Health Association (Ottawa), and the University of Ottawa IMHR. The symposium, with the theme of "Weaving the System Together", focused on the intricacies of the mental health system and how it impacts the lives of the people who use it. Professionals and patients offered workshops on mental illness as it relates across society: youth, elderly, in the workplace, justice system, etc. Over 250 people attended the symposium.

On Tuesday, the Crisis Team from the BMHC headed over to the Brockville General Hospital to host a coffee break. The session gave staff and visitors the chance to become more aware about mental illness and talk to crisis team

members about the services available in the community.

On Wednesday, over 400 corporate and community leaders from around Ottawa were out bright and early for the Royal Ottawa Foundation for Mental Health's Leaders for Mental Health Breakfast. The breakfast featured

personal stories from individuals whose lives have been touched by mental illness including a keynote speech from Steven Lively, a former Canadian soldier who has suffered from PTSD. The event raised over \$370,000 (and counting!).

Events at the ROHCG were capped off on Thursday with the IMHR Symposium called "Untangling the Mind II". The popular symposium presented promising new research toward a cure for Post-Traumatic Stress Disorder to over 230 attendees, plus 18 institutions linked through the Ontario Telemedicine Network. Speakers

included two renowned doctors from McGill and Harvard. In addition, several individuals who have battled mental illness in their own lives shared their stories with openness and even a bit of humour.



President & CEO of the ROFMH, Tim Kluge with Steven Lively



Members of the Crisis Team hosted a coffee break at the Brockville General Hospital (l-r): Rhonda Jansen, Debbie Moore and Meredith Harper

ENSURING ACCESSIBILITY

Dignity. Independence. Integration. Equal opportunity. These are the principles of the new accessibility standards for customer service that have been put in place by the government of Ontario. The Royal Ottawa Health Care Group has put together an Accessibility Task Group to ensure that we meet these new accessibility requirements by the public sector deadline of January 1, 2010.

The goal is to improve the accessibility of services to individuals

with disabilities, be they seen or unseen. The Accessibility Task Group will develop a policy to provide a 'barrier-free' environment at the ROHCG, complete an accessibility assessment, develop an accessibility plan and provide ongoing updates.

The Accessibility Task Group is led by Sheldon Box and includes representatives from across the organization. Membership was chosen based on the implementation requirements of the standard. The Group plans to conduct

consultations and solicit customer input throughout the process. Any staff member, patient or patient family member with ideas or issues concerning accessibility may also contact any member of the Task Group directly.

The Accessibility Task Group include: Sheldon Box (Chair), Pedro Narbatz, Karen Monaghan, Jason Rice, Anne-Marie O'Brien, Susan Sibbit, Mark McMurter, Bill Miller, Carol Anne Cumming, Peter Youell.

MAKING ROHCG PROUD

Dr. Pierre Parenteau's work at BMHC is in outreach geriatric psychiatry, but recently, he took up a very different challenge far, far away. And it's not the first time.

For the past three and a half months, Dr. Parenteau has provided psychiatric coverage at the Kandahar airbase in Afghanistan. While there, he worked with a team of two social workers and two mental health workers to support soldiers and civilians. He did the same tour of duty two years ago.

"The military hospital has doubled in size since I was there last," he explains. But it's still like a scene out of MASH, with an airstrip just 100 feet away from the surgical services and trauma bays."

Dr. Parenteau says the challenges that were presented included everything from post-traumatic stress disorder to personality clashes to psychosis. He says he saw many difficult things but the injured children had the greatest impact. "Through it all, they were still able to smile and they were so grateful for the attention that they were being given," he remembers. "We don't know how lucky we are here."



BMHC's Geriatric Mental Health Community Team includes: (l-r standing) Lisa Richardson, Ann Foster, Nancy Kearney, Dr. Chris Prince, Gabrielle MacDonald, Miriam Cosentino, Jean Moore, Linda Evans, Kim Schryburt-Brown and Debora Steele; (l-r seated) Judy Einfeldt, Dr. Pierre Parenteau and Dianne Dillon-Samson; and (missing) Celia Carter.

Back at home, Dr. Parenteau is getting used to his regular life. "You leave there a little dazzled. You become numbed by the noise, helicopters and high intensity."

His colleagues say it's good to have him back. "Our country is indeed fortunate to be able to count on Dr. Parenteau's expertise and generosity toward our troops and fellow clinicians," notes Dianne Dillon-Samson, a fellow member of the Geriatric Mental Health Community Team.

Despite the challenges, Dr. Parenteau says he'd go back again if asked. It's no wonder as he is no stranger to the Armed Forces, having completed a 28-year career there. "I know the army culture and how things work," he says. "I've lived something special and I hope I've made a difference. I know I have for some people."

His team back home in Brockville couldn't agree more. Welcome home Dr. Parenteau!

WELCOME TO OUR NEW PSYCHOLOGY RESIDENTS

The 2009-2010 Psychology Residents have arrived and will be at the ROHCG full-time until August 2010. Residents spend the year at the ROMHC and/or the BMHC. Given that they typically arrive with 1000 to 7000 hours of supervised experience, Psychology Residents greatly enhance the ROHCG's clinical capacity and service provision, learning and research environment and the programs in which they work.

Psychology Residents compete annually across Canada and the USA for positions in our Psychology Residency Program. The Program in Clinical Psychology is accredited by both the Canadian and American Psychological Associations up to 2013.

The Residency program is led by Dr. David Davies, Director of Training, Dr. Nicola Wright, Acting Assistant Director of Training, and Drs. Johnny Yap (BMHC) and Judy Makinen (ROMHC), Training Coordinators, as well as the Training Committee Members. In addition, Ms. Cathie Massel provides administrative support.

Get to know our residents:

Drew Kingston is a doctoral candidate in clinical psychology at the University of Ottawa, with clinical interests in forensic psychology, with an emphasis on the assessment and treatment of sexual offenders. Drew is completing rotations in Brockville at the Forensic Treatment Unit and at the Elmgrove Service; and in Ottawa, with the Schizophrenia Unit. In addition to several University of Ottawa graduate scholarships, Drew has received an Ontario Graduate Scholarship, a SSHRC scholarship, as



Our Psychology Residents (l-r): Mr. Drew Kingston, Ms. Vanessa Illing, Ms. Jorden Cummings, Mr. Marc Zahradnik and Ms. Laura Garcia-Browning.

well as an award from the University of Ottawa recognizing excellence in both clinical and research work. Drew's dissertation research examines the utility of a treatment program for sexual offenders implemented throughout Canada's federal correctional system. He has published and presented numerous papers relating to various forensic issues, including the paraphilias, pornography, pathways to sexual offending, risk assessment, and effective treatment for sexual offenders.

Vanessa Illing is a doctoral candidate in clinical psychology at the University of Ottawa. Her clinical experience and interests include assessment and treatment of eating disorders,

anxiety, mood, and psychotic spectrum disorders in adolescents and adults. Vanessa's doctoral research examines how attachment dimensions increase our understanding of eating disorder symptoms, and predict group process and treatment outcome for a clinical sample of females with eating disorders. Vanessa is completing rotations at the Anxiety Disorders Program, Youth Psychiatry Program, and Operational Stress Injury Clinic. Vanessa has been awarded OGS, Ontario Mental Health Foundation and University of Ottawa Excellence scholarships. She has also published articles, provided presentations at conferences, and received a research

...PSYCHOLOGY RESIDENTS *continued*

grant from the Group Psychotherapy Research Foundation.

Jorden Cummings is a doctoral candidate in clinical psychology at the University of Delaware. Her primary research and clinical interests are in mood disorders, trauma, and comorbid personality disorders. Jorden is completing rotations at the Mood Disorders Program, Operational Stress Injury Clinic, and Anxiety Disorders Program. Her dissertation research examines the relations between interpersonal competence, stressful life events, and chronic depression. She has published and presented articles relating to stressful life events, cognitive therapy for personality disorders, and treatment for post-traumatic stress disorder in children.

Marc Zahradnik is a doctoral candidate in clinical psychology at Dalhousie University. Before pursuing psychology, he completed a degree in

East Asian History and English Literature. He spent one year teaching English in Japan, but has very little Japanese to show for it. Clinically, his areas of interest include post-traumatic stress disorder (PTSD), anxiety disorders, mood disorders, gambling, couples work, and pain. His clinical experience has been focused on providing assessment and treatment to adults in a variety of clinical settings (e.g., forensic hospital, community mental health centre, operational trauma stress and support centre). Marc's dissertation involved forming a collaborative partnership with a Nova Scotian Mi'kmaq (First Nations) community to investigate a pathway from exposure to violence to adolescent alcohol misuse by way of specific PTSD symptom clusters (e.g., hyperarousal). Marc has received scholarships from both the Atlantic Aboriginal Health Research Program (AAHRP-CIHR) and the Nova Scotia

Health Research Foundation (NSHRF), as well as an operating grant from the former. His research has allowed him to publish in a variety of journals and to present to a wide range of audiences. During his residency, Marc will be working with the Operational Stress Injury Clinic, the Anxiety Disorders Program, and the Mood Disorders Program.

Laura Garcia-Browning is a doctoral candidate in clinical psychology at the University of Windsor. Her clinical interests and experiences include working with sexual assault survivors, as well as anxiety and mood disorders in adolescents and adults. Laura's doctoral research examines methods of increasing help seeking amongst women who have experienced sexual assault. Laura is currently working at the BMHC, at both Elmgrove and Geriatric rotations, and will also be involved in the Youth Partial Hospitalization Unit.

EDUCATION IS CORE TO RESIDENT REHABILITATION

An important component of rehabilitation is education and literacy. Residents of the Secure Treatment Unit at the St. Lawrence Valley Correctional and Treatment Center are offered the opportunity to enhance their education and literacy as part of their treatment plan.

In fact, a resident recently received his high school diploma - a significant accomplishment and one to be celebrated. One course requires at minimum 110 hours of instruction and course time. While a teacher visits the STU one day per week to assist with course work, the majority of the course is self-driven through independent learning.

Thomas Hudson was beaming during the Graduation Ceremonies. He wore a traditional gown and his family attended the ceremony. His motivation to obtain the final credits toward his high school diploma is to be commended and he plans on continuing his post secondary schooling on discharge.

Kathy Miller-Pringle, Thomas' teacher, was also proud to attend the ceremony, adding that Thomas was very motivated to complete his course credits. His achievement is significant in that, on average one course could take upwards of four to five months to finish. Thomas completed the required work in record time and with excellent marks.

Literacy is also another component to learning. On admission, residents are screened to determine their suitability. Many residents are offered the opportunity to become involved in the literacy program, while those who are reading at a grade nine level or higher and have sufficient time remaining in their sentence are offered the opportunity to complete high school courses. The cost of the course is covered by the Royal Ottawa Volunteer Association. The courses are administered by the Independent Learning Centre, a branch of TV Ontario which offer course curricula province-wide.

Congratulations Thomas!

DO YOU KNOW SOMEONE WHO DESERVES AN INSPIRATION AWARD?

- Do you know 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?

The Foundation is currently accepting nominations in three categories (Community Category, Personal Category and Youth Category) to present five Inspiration Awards at its 2010 Gala on March 5, 2010. Next year marks the Royal's Centennial and there is no better time to pay tribute to those around us who inspire us all.

We know from past nominees that being nominated for the award is a true honour. From past recipients, we know that this special recognition is most rewarding.

Stop by the Foundation office (2nd floor Tower) for a nomination form, visit www.inspirationawards.ca or call 613-722-6521 ext. 6707 for information.

The nomination deadline is Monday, December 21, 2009.

Mark your calendars for the 2010 Gala on March 5. Stay tuned for event details and payroll deduction information. If you have any questions, please contact Tracey at ext. 6707.

ROYAL CANADIAN LEGION SUPPORT



Members of the Royal Canadian Legion - Zone G-5 - attended an information session at the Operational Stress Injuries Clinic on October 14. At the same time, the Foundation was presented with a \$5000 donation from the Barrhaven Branch # 641 Poppy Fund, in support of the Geriatric Psychiatry program. Thank you to the OSI team for hosting an exceptional event.

UNITED WE CARE

Each year, in conjunction with the annual United Way Campaign, ROHCG staff is encouraged to direct their United Way gift to the Royal Ottawa Foundation for Mental Health. All funds returned to The Royal from the ROHCG employee United Way Campaign are directed to the United We Care Fund. It has been established to give employees a voice in supporting patient care and research priorities. Gregory McLeod, Bev Holmes, Lindsay Webber, Stephen Williamson and Tim Kluge comprised this year's Selection Committee.

The Royal Ottawa Foundation for Mental Health matches the first \$1000 contributed by employees through this campaign. On behalf of the United We Care Selection Committee, thank you to all who submitted an application for funds. As a result of ROHCG employee support of the United Way and their direction of funds to the United We Care Fund, \$9500 was allocated to worthwhile projects at The Royal.

At the United Way Breakfast in October, the Selection Committee announced the following funding approvals:

- \$700 to purchase a Nintendo Wii system, games and accessories for the Brockville Forensic Unit
- \$5000 to the Anxiety Disorders Program to purchase the hardware necessary to add a Virtual Reality Exposure component for the treatment of patients with resistant anxiety disorders
- \$2000 to the Bank Street Stepdown from ACTT Program to implement a Coffee House in Vars
- \$1800 to the Brookfield Youth Day Treatment Program to support youth participation in various community programs

Please remember to sign up for United Way deductions to help fund other amazing projects for our clients next year. The deadline to enroll is November 20.

WASH YOUR HANDS!

The idea of the "Power of One - Your Role in Infection Prevention and Control" was recently celebrated at the BMHC campus, championed by Sally MacInnis (pictured on right). Staff lent their hands to demonstrate this important initiative during the week of October 19.

The tree of hands symbolizes the importance of hand hygiene to reduce the spread of infections to the patients, ourselves and our families. We are committed to clean hands and safe practices at the ROHCG. Wash up!



INTRODUCING THE FAMILY COUNCIL

The Family Council provides a voice for the families/caregivers of clients for both the inpatient and outpatient services at the ROMHC. We are an independent body of volunteers who have experienced the impact of mental health and addiction issues on our own family members and friends.

The Council emerged from the conviction that families need to be part of the care team. The Family Council feels it has a role to play in the planning and policy making process regarding how the hospital is run and in the priority setting for treatment and other services. We focus on issues and opportunities at a systemic level that will positively impact clients and their caregivers. The council members work in collaboration with the Client Empowerment Council, staff and the community to ensure that all concerns are understood and positive solutions are implemented.

The Council meets monthly but remains connected between meetings via email correspondence. We provide the caregiver perspective and have established a working alliance with hospital clinical teams and administrative staff. We are project-oriented and outcome-focused.



Standing: Claude Lurette, Len Wall, Elke Beilze, June Ranger, Farhat Rehman, Lou Malouf
Seated: Cynthia Clark, Heather Menzies, Karen Poole. Absent: Mary Lou Davidson, Anne Overdulve and Phyllis Grant-Parker.

Some examples of the Council's involvement are:

- successfully lobbying to make more information available to clients and families
- promoting the development of comprehensive, team-based discharge planning
- advocating for improved services for people being treated with Clozapine

- obtaining a voice both on the board of the hospital and in the strategic planning process

Family members have a lot to contribute. We act as an ongoing resource for staff and families. To find out more, contact us by email at FamilyCouncilAdvisor@rohcg.on.ca or by telephone at 613-722-6521, ext. 6919.

ROYAL WATCH

book launch

Congratulations to Kelley Raab Mayo who has recently published a book on the relationship between spirituality, creativity, and mental health. It is called *Spirituality, Creativity, and Mental Health: Exploring Connections*. The book, ten years in the making, began in 1999 with a summer seminar in which Kelley read a book called *On Not Being Able to Paint* by Marion Milner, a British painter, mystic, and psychoanalyst.

When Kelley began working at the ROMHC, she discovered there were few resources written by individuals with both an academic background and practical training in the field of spiritual care. Kelley wrote the book to fill this gap and to highlight the importance of spirituality as a resource in the mental health field.

Kelley has worked at the ROMHC for almost five years as a chaplain. She also has an academic appointment in Psychiatry at the University of Ottawa, with a cross-appointment in Classics and Religious Studies.

Her book will be available for purchase on December 4 during Research Day.

Congratulations Kelley!

national exposure

Dianne Dillon-Samson, a member of the Geriatric Psychiatry Community Outreach Team at BMHC, recently presented a poster at the Canadian Federation of Mental Health Nurses conference in Halifax. The conference was sold out with 380 nurses from across Canada in attendance as well as two nurses from Australia.

Dianne's poster was entitled *An Intervention to Promote Hope, Health and Healing in a Seniors Mental Health Service*. Way to go Dianne!



NEWS FROM NUTRITION

Have you heard? The Atrium Café at ROHCG is the newest addition to the Eat Smart!

Healthy Workplace Cafeteria Program!

Eat Smart! is a provincial "Award of Excellence" program that recognizes workplace cafeterias that are committed to providing high standards in healthy food choices and food safety. This program is available for local workplace cafeterias, free of charge, through Ottawa Public Health.

An Eat Smart! Cafeteria ensures that employees can choose healthier foods such as:

- more options in whole grain products, vegetables and fruit
- entrées and desserts with less fat
- daily specials that include foods from three of the four food groups from Canada's Food Guide

If you have questions about the Eat Smart! Program, visit www.ottawa.ca/health or call Ottawa Public Health at 613-580-6744 ext. 23403 to speak with a registered dietitian.

KUDOS TO YOU!

ROHCG gets many letters from patients and families thanking staff for the special care they have received. **OPENDOORS** is pleased to share some with you. Here are just a few:

- You guys are the best. Don't change a thing.
- I'm in the right place at the right time and very grateful to be receiving the help I need.
- Meadow Creek was a great experience. I learned a lot - the staff was very nice and knowledgeable. I liked how the program was set up - good amount of information in breaks for homework. I would highly recommend this program and am thankful I had the opportunity to go through the program. Thank you. Great staff!! Great care!!

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Any information for submission **must be received** by the **15th** of each month prior to publication.

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