

WHAT'S UP?

at The Royal

a newsletter for staff and volunteers

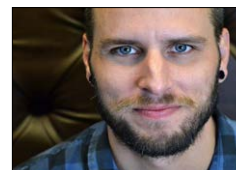
FALL
2017



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Clients build traditional drums in preparation for drumming group

Pinock Smith is a skilled craftsman. He builds canoes, especially Algonquin birch bark canoes, as well as drums, toboggans, cradleboards, paddles, snowshoes, and more. "I'm in awe of the intelligent way my ancestors crafted these

traditional tools using only raw materials," he says. He wants to keep these traditional skills alive. That's why he practises them, and that's why he teaches them.

When funding came for 10 Indigenous drums and a weekly

drumming group, alternating each Wednesday between the Mood and Anxiety Program and the Spirituality Centre, Pinock gave our clients the opportunity to build the drums they would be playing.

"As a recreation therapist, you're always looking and thinking, trying to find therapeutic activities that are going to be effective," says Dale Patterson, recreation therapist for the Mood and Anxiety Program, who has been instrumental in

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Traditional drums continued..

getting this drumming group going. “This opportunity was so exciting — we’ve never done anything like this before.”

The drums are made entirely of ash wood and rawhide. Ash is flexible enough to form a hoop when green, but dries very hard. The drum builders worked with wet rawhide, which is soft, slightly tacky, and very strong. The skin gets pulled over the hoop using rawhide cords, laced and woven. It tightens and hardens as it dries, forming a taut skin over the drum hoop that produces a warm, full sound.

Clients caught on quickly to the process, and each built a drum in less than two hours.

“This is a bit more exciting than my average day, but it’s a little glimpse into how awesome my job is,” Patterson remarked.

One week later, on Oct. 25, was the first drumming group. Elaine Kicknosway, an experienced drummer, singer, and teacher, smudged the drums in preparation for their first time being played. Group participants also had the opportunity to smudge.

“Drumming, vibration, helps many spaces. It connects our heartbeats, and can go back to our mother’s womb,” says Kicknosway,



who has been drumming for more than 25 years, and notes that the drum is a tool shared by many different cultures. She shares the public teachings she has learned in Indigenous circles.

“The drum intertwines the different directions in ourselves — physical, mental, spiritual, and emotional. Our vibrations are in sync; our heartbeats are in sync.”

Kicknosway sings and drums. As the first group met, her first song was one of welcome, sung to a single repeating beat.

“Feel the drum. Acknowledge it,” she told the group. “It’s not just the first time you’re drumming. It’s the first time the drum has been drummed. If you get out of beat, come back to the beat of the leader.”

Several clients commented on how soothing the warm, mesmerizing sound of the drum was. Kicknosway discussed the role of the drum in building community — by playing together, by sharing, and in this case, by building the drums themselves.

Shelley Hale elected regulatory college president

On Sept. 7, Shelley Hale was elected president of the Ontario College of Social Workers and Social Service Workers Council. Hale, who is director of patient care services for The Royal’s Operational Stress Injury Clinic, was first elected to the council in 2001.

The Ontario College of Social Workers and Social Service Workers is a regulatory body that serves and protects the public interest by regulating the practice of social work and social service work in Ontario, and governing its more than 19,000 members. The council is a 21-member governing body that oversees the college.



Meet our psychology residents



Marie-Andrée Légère, Samantha Dawson, Sophie Duranceau, Andrew Brankley, Melissa Button, Julia Belenzon Hussman, and Mallory Campbell

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. Anik Gosselin, assistant director of training, in consultation with training committee members. Cathie Massel provides administrative support.

Marie-Andrée Légère is a doctoral candidate in clinical psychology at the University of Ottawa. She is completing a primary rotation at the Forensic Treatment Unit and will be completing secondary rotations at the Secure Treatment Unit and the Mood and Anxiety Disorders Program. Her dissertation focuses on the assessment of sexual preferences using implicit and cognitive methods.

Samantha Dawson is a doctoral candidate in clinical psychology at Queen's University. She is completing rotations in the Substance Use and Concurrent Disorders Program, Youth Psychiatry Program, and Operational Stress Injury Clinic. Her research seeks to elucidate the processes and mechanisms underlying sexual response and sexual behaviours in individuals with and without sexual difficulties.

Sophie Duranceau is a doctoral candidate in clinical psychology at the University of Regina. She is completing a primary rotation in the Operational Stress Injury Clinic, and secondary rotations in the Schizophrenia Program and the Forensic Treatment Unit. Her dissertation research examined social support and mental health care-seeking patterns in the Canadian Armed Forces.

Andrew Brankley is a doctoral candidate in clinical psychology at Ryerson University. He is completing a primary rotation at the Secure Treatment Unit and will be completing secondary rotations at the Forensic Treatment Unit and in the Schizophrenia and Recovery Program. His dissertation explores whether pedophilias represent a dimensional extreme in sexual maturity preference or a distinct category.

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Pre-order client photography calendars



“**Light in the Distance**” is a calendar made by the clients in the photography program at the Forensic Treatment Unit in Brockville. All the photographs in the calendar were taken in Brockville and the surrounding area, and many were taken on the hospital grounds. Participants in the program took part in “photowalks,” where they also had personal discussions about recovery and mental health. Thirteen photographers contributed their time, their talents, and their stories to bring this calendar to life.

The calendars cost \$15 each, and proceeds support patient programming. They make great holiday gifts! The photos are also available as art prints

TO PRE-ORDER, or
for more information,
email John Espadero at
john.espadero@theroyal.ca

Program profile: **Women’s Mental Health**



Women’s Mental Health at The Royal is part of the Community Mental Health Program. We promote mental health and wellbeing for women across their lifespan by ensuring their unique and changing biological, social, and cultural needs are made a part of the care they receive and the research scientists undertake. Women’s Mental Health has three main priorities:

1. **Building capacity.** We’re increasing health care providers’ ability to deliver women-centred care, treatment, and social support that acknowledges the biological and social realities of women. We do this by providing education and training sessions to community based and hospital based clinicians. We also host one of the only annual conferences devoted to women’s mental health, and we provide consultations to individuals, families, and care providers about resources for women.
2. **Peer support.** Women have always supported each other through life’s challenges. We honour women’s personal, subjective experience of health and illness. Women with lived experience of mental illness and recovery facilitate support groups for other women. They have completed facilitator training, and are registered volunteers. These peer support groups include Wellness Recovery Action Plan (W.R.A.P.), Journaling as a Wellness Tool, Women Recovering from Addictions, and Living Healthy Champlain.
3. **Research.** We need to know more about women’s experiences of mental illness and mental health and are part of the Research Ethics Board for The Royal’s Institute of Mental Health Research.

For more information about Women’s Mental Health or peer support groups, contact Ann-Marie O’Brien at ann-marie.obrien@theroyal.ca.



Is Sitting a “Culture”?

Kick the sit out of your work habits – with the Sit Kicker!



Encourage each other to **MOVE!** We don't need to sit in perfect posture all day long. We can shift, stand up from time to time, drink lots of water and take bathroom breaks. Plus, we can go for walks during our lunch, or find another way to exercise. Don't forget to stretch; we all want to be able to tie our shoelaces later on in life! Be one another's coach, teammate and cheerleader.

Could you stand during meetings? Or maybe do a “walk and talk” for one-on-ones? What about standing while we talk on the phone, in webinars, or while on conference calls? Being active encourages creativity, too!

We have three Sit Kickers – small cardboard stand units – available so you can test out what standing a portion of your day might do for you and your colleagues. If you're interested in obtaining one for your team or for personal use, let us know! Email virginia.smith@theroyal.ca.

Even just 30 minutes out of your day performing a standing activity may improve productivity, office morale and concentration.

Recommended uses for the Sit Kicker: Note taking, reading documents, laptop use (minimal use, not for prolonged periods), phone use and maybe even meetings.

Remember, static postures are the enemy, and this includes static standing. Finding the right balance between sitting and standing is key.

DID YOU KNOW? The Royal offers programs that promote fitness and wellness. Check out the [Healthy Workplace Committee page on OREO](#) to view some of your options.

...Psychology Residents continued

Melissa Button is a doctoral candidate in clinical psychology at York University. She is completing rotations in the Community Mental Health Program, the Operational Stress Injury Clinic, and the Youth Psychiatry Program. Her doctoral dissertation examined the impact of motivation and ambivalence on treatment outcomes for individuals with severe generalized anxiety disorder.

Julia Belenzon Hussman is a doctoral candidate in clinical and counselling psychology at the Ontario Institute for Studies in Education of the University of Toronto. She is completing her primary rotation in the Mood and Anxiety Disorders Program, and two secondary rotations in the Youth Psychiatry and Community Mental Health Programs. Her dissertation examines how sociocultural factors contribute to the recent increase in young women's alcohol use.

Mallory Campbell is a doctoral candidate in clinical and counselling psychology at the Ontario Institute for Studies in Education of the University of Toronto. She is completing a primary rotation in the Transitional Aged Youth Service of the Substance Use and Concurrent Disorders Program, and secondary rotations in the Operational Stress Injury Clinic and Youth Psychiatry Program. Her doctoral research explores individuals' experiences with marijuana use during emerging adulthood.

LARGEST Leaders Breakfast Ever



More than 900 people joined The Royal at the 10th Annual Leaders for Mental Health Breakfast. The breakfast event raised \$625,586 and counting! Participants heard video testimonials from those with lived experience of mental illness, as well as the story of how mental health advocates Sharon Johnston and Rachel Scott-Mignon became good friends after meeting at a Women for Mental Health event at Rideau Hall. When Mrs. Johnston heard

that Rachel was ill following the event, she and her husband, former Governor General David Johnston, reached out to her.

“Sharon threw away all her pre-conceived notions about what it is to have a mental illness and just tried to get to know me,” said Scott-Mignon, explaining how important it was to her to be seen as a whole person, not just an illness.

Dr. David Attwood, clinical director of the Schizophrenia Program at The Royal, also spoke at the breakfast, giving his advice for reaching out and being a friend to someone with a mental illness.

One of Dr. Attwood's pro tips? “Don't be weird about it.” Check out The Royal's YouTube channel (**Royal Talks**) to see what he meant.

LACE UP for Women's Mental Health!

Over the last five years, participation from staff and volunteers at The Royal has helped make the SHOPPERS LOVE. YOU. Run for Women here in Ottawa the most successful of all 15 Canadian cities where it's held!

Proceeds from the run support two main things at The Royal. The first is providing women-specific education and training to frontline staff at community based organizations. This equips care providers to better help women across the spectrum of care. The second is peer support — women helping women. For many women, peer support is an immensely important part of their recovery journey.

Last year, more than 2,400 runners and walkers participated in the run, and we have high hopes for this year! Here are four ways you can participate:

- Create your own team of colleagues, family members, or friends



- Join someone else's team
- Register as an independent runner or walker
- Support someone who is running/walking

We're excited to have your support next May! Let's make this run the biggest yet.

Registration and race details are at runforwomen.ca. You can also stop by the Foundation office or call Tracey Welsh at ext. 6707.

GET READY FOR THE Strategic Plan SHOWCASE

The Strategic Plan showcase is an opportunity to celebrate and share innovative staff-led initiatives that are improving mental health care, advocacy, research, and education at The Royal. Drop by to see some of the amazing work your colleagues are doing! You'll have the chance to vote for your favourite submissions, and winning teams will receive a prize!

Watch for more details!

Brockville: NOVEMBER 27 FROM 2PM TO 3PM
Ottawa: NOVEMBER 29 FROM 2PM TO 3PM

Long Service Awards Reception

The Royal's Long Service Awards recognize the commitment of our dedicated staff. Whether you celebrated five years, 40 years, or any milestone in between, congratulations!



Guy Capelle with Stan Skuza, celebrating 40 years of service



Brian Merkley and Melissa Berquist with Wally Adamson, celebrating 30 years of service



Marybeth Colton and Kim Breen with Dayle Rain, celebrating 40 years of service



Brian Merkley and Melissa Berquist with Marilyn Douglas-Jones, celebrating 30 years of service

Grow a mustache, **start a conversation**



These fresh-faced men are ready to grow their mo's... and mo' importantly, use their mustaches to spark conversations about men's mental health. The numbers surrounding depression and suicide rates among men are sobering. Men are four times as likely as women to die by suicide, and men between the ages of 50 and 54 have the highest suicide rate among all age groups. Follow The Royal at @TheRoyalMHC on Facebook, Twitter, and Instagram this month for men's mental health facts, tips, and updates!



Mike Whalen



Richard Robins



Steve Duffy



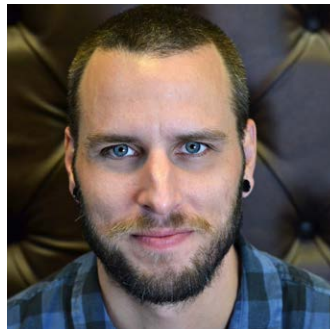
Robert Konecki



Steve Smith



Steve Michel



Jean-Michel Frechette



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

The :Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche