

Psychiatry Department Communication

Oct 2020

Dear Psychiatry Family,

This summer has been one of simultaneous strain and joy. I thank you for being part of our family as we weathered it together.

The joys have been multiple. This summer we welcomed several of our wonderful trainees onto staff, including Jennifer dela Paz, Sheena Ghodasara, Nina McCurdy, and Jon Gregory. We also were delighted to bring Hira Safdar, Niman Gajebasia, Michaela Routhu, Sunil Routhu, Michael Thompson, Sophie Wang, and Chintan Shah into our growing family. Each of these talented individuals brings a fresh perspective on how we can continue to advance our mission day-to-day.

We have also written our Mission Statement and Statement of Principles. With these acts we have made a commitment to one another to create a more vibrant and supportive work environment. Our Mission Statement and Statement of Principles serve as guideposts as we continue to innovate and improve the quality of care, research, and teaching we provide.

In our work together, this summer we advanced many aspects of care delivery, particularly for the youth of our region. We transitioned our Child & Adolescent program at LHSC under the Children's Hospital umbrella so that children—irrespective of their illness—can be treated under one roof in a coordinated fashion. In a separate advancement, work is underway to “reimagine” the tertiary care provided to children at Parkwood Institute at Children's Hospital instead. This is an opportunity for us to create a new best practice for these deserving children.

We are advancing aspects of our residency with Competency By Design and a refreshed Residency Review Committee. Residents are reflecting on the Hidden Curriculum, which will encourage our own reflections on our modeling. We stepped up and committed to providing a rich supervision practice when we each signed the new supervision contract. We are doubling down in our efforts to improve the learning environment in CEPS. Each of these things we did to solidify our commitment to our residents and their future.

We have also been strained: strained by COVID and the multitude of changes that has altered our work and personal lives. COVID has made our meeting and eating together difficult. It has meant a delay of celebrations, such as resident graduation. It has separated us from each other when being together is a source of strength. COVID has made us worry more about our own families and their well-being. Fortunately, we are fortunate to have remained relatively well throughout and my prayer is that our collective health continues in future waves.

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During COVID we witnessed incredible acts of generosity, such as covering for each other when on isolation; acts of flexibility, as we opened and closed units and changed procedures on a moment's notice; and coming together to creatively solve problems as they arose. We saw impressive front-line leadership from all sectors of the Department, not just from those with titles.

This fall is likely to bring new challenges. I remain optimistic that, as in wave one, we, together, will face wave two with grit and grace.

Yours,

Chandlee



essage from the Vice Chair

As the Interim Vice-Chair Clinical I have been focused on faculty development, providing coaching and mentoring to formal and informal leaders across the Department in the areas of quality improvement, system redesign and leadership. In addition to this I have been working to enhance collaboration and coordination between the two mental health care programs and the community. As I sit down to write this update, I am struck by how much the COVID-19 pandemic has challenged and changed us both personally and professionally. In addition to the fear and uncertainty around our own health, and the health of loved ones around us, we have seen a significant disruption in our daily routines.

Suddenly we need to rework the way we conduct our clinical, administrative, academic and personal activities to accommodate the need for physical distancing, masking and other infection control practices whether that be enhanced screening practices, increased use of telephone and videoconferencing, or requiring other innovative ways to get our work done. On top of this is the growing concern the pandemic has had on our mental health and well-being, with concerns as to whether we will be able to meet the increased demand for mental health services, in an already taxed mental health and addiction system.

The Ontario government has responded with additional funding for mental health and addictions in recognition of this need. Although this is a welcome investment, we are all too aware of the significant gap in available resources that we face daily when trying to provide service to our patients and their family caregivers. Locally St. Joseph's and LHSC's Mental Health Care program leadership have been working with CMHA Elgin-Middlesex, Addiction Services of Thames Valley, and Thames Valley Family Health Team to align services, address some of these gaps, and discuss strategies for offering more virtual care services.

I wanted to highlight a few of the initiatives that are underway to try and address the changing needs of our mental health and addiction system and would welcome further questions regarding this work or interest in getting involved in it.

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*Continued from last page...***Ambulatory Care Redesign**

Both LHSC and St. Joseph's have been undergoing ambulatory redesign over the last few years to better meet the needs of the populations we serve. While this work was temporarily paused through the early stages of the pandemic it has been relaunched with an enhanced focus on integration between organizations, e.g. enhanced use of the shared Coordinated Access Point (CAP), a clearer stepped care model using measurement-based tools and warm handoffs, and standardized use of virtual care strategies. Work is underway to understand current gaps, especially in the area of addictions and trauma, and better ways to meet these service needs.

Collaborative Mental Health Care

Aligned with the ambulatory care redesign work and stemming from the Thames Valley Family Health Team's Mental Health and Addictions Task Force recommendations, is a project to expand collaborative mental health care in our region. This project, in its phase 1 work, involves LHSC and St. Joseph's Mental Health Care Programs, TVFHT and other primary care sites, CMHA Elgin-Middlesex, ADSTV and the Department of Family Medicine and Psychiatry. The collaborative mental health care model will include direct and indirect consultation (using both virtual and face-to-face modalities) between psychiatry, primary care clinicians, and other mental health professionals using a measurement based, and population health-focused approach. A key initiative will be the use of a behavioural health care manager who will help with engagement, linking, and tracking of patients to ensure remission and manage relapse. Phase 1 will involve the identification of two pilot sites to implement this model using a co-designed continuous quality improvement approach. Concurrently will be a focus on quick wins to improve integration between hospital-based psychiatry, primary care and community mental health and addictions using tactics such as eConsult, system mapping and communication, education and capacity building. Drs. Arlene MacDougall and Evelyn Vingilis will be supervising a Master's student to conduct an evaluation of Phase 1, which will be key to discerning which elements could be scaled and spread in Phase 2.

Virtual Care

Virtual care has been identified as a way of providing physically distanced care through the COVID-19 pandemic and is a key enabler in our ambulatory redesign to improve access and address patient preference across a range of clinical services. While we saw a significant shift to virtual care modalities such as telephone and videoconferencing over the last 6 months, there is a recognition that we need clearer standards and guidelines if we are to maintain or improve the quality of care we are providing. Virtual care also requires changes in administrative and clinical workflow, adaptations of new technology, and education for both patients and providers to ensure that it achieves the quadruple aim of better experience for patients and providers, better care at the individual and population level, and better value with regards to resource utilization. We are currently seeking interested faculty members and trainees who would be willing to come together to help develop these guidelines and workflows and/or evaluate their implementation.

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In addition to the redesign work involving our ambulatory services, the OneChart Phase 1 project relaunched on September 8th and Frank Symons and myself are the Physician Leads for Mental Health. Phase 1 involves designing the record for all mental health programs on our shared electronic health record (including St. Joseph's, LHSC, STEGH, and Woodstock) but implementation in March 2021 involving only Parkwood Mental Health Care Building inpatient services and ambulatory clinics. The other sites will go live with implementation early in Phase 2. Please let us know if you have questions, concerns or interest in getting involved in this work.



- Dr. Sarah Jarmain



Child and Adolescent Psychiatry Subspecialty Residency Program:

The CAP residency program has been recognized nationally by the Royal College in the accreditation process that happened in 2019. It was awarded a LPI (Leading Practice and/or Innovation) for the Wellness Curriculum. We are proud that this curriculum was developed out of a keen interest in this area amongst our faculty and residents. The final accreditation status of our program is "Accredited Program with follow-up by Regular Accreditation Review", which means we will have our next accreditation in 2027. Many thanks to Dr. Patricia Hall's leadership in this process.

Competence by Design planning is underway and our program is launching in July 2021. We will be seeking faculty input and providing a learning retreat to prepare for this change in assessment method.

Lastly, we are excited to interview candidates virtually for our residency program on October 23. Thank you to all the faculty and residents for your help in showcasing our residency program!

- Dr. Michelle Ngo

Administrative Group:

With the onset of the COVID-19 pandemic and consistent with Schulich policies, the Psychiatry Department administration group quickly and seamlessly transitioned to working from home. Now, with Western in Phase 4 of the COVID-19 recovery plan, the administration team is reintegrating into the workplace on a 2-day per week schedule, recognizing 40% occupancy limits in shared spaces. We are looking forward to seeing people again.

Department of Forensic Psychiatry Updates:

- Medical students returned to Southwest Centre for Forensic Mental Health Care at the beginning of September.
- Our forensic journal club is starting again this fall.
- We have restarted our research interest group.
- Dr. Sunil Routhu and Dr. Michaela Routhu, forensic psychiatrists, have joined the Southwest Centre for Forensic Mental Health Care.
- Some of our hospital policies have changed recently. Visitor appointments are organized, booked and coordinated with Security Services. Family and patient in person visits need to be monitored over the camera to make sure they are following physical distancing. If there is a concern about a family member not following guidance, then we will monitor continuously to ensure they follow our guidance. St. Joseph's recognizes the integral role of family caregivers in the well-being and quality of life of our patients and residents. As the pandemic evolves across Ontario and in our community, we are taking a gradual approach to increased visitor and family caregiver presence within our buildings while balancing the need to keep our environment safe for all. For outpatients, St. Joseph's continues to permit essential family caregivers only based on the needs of the patient. The policy will be monitored and revised as necessary. Patients can have two designated visitors only.

LHSC Psychiatry Site Chief

- Dr. Doraiswamy Sanjeev will be leaving us in October 2020 following a long and esteemed career. We are grateful for his many contributions and for improving the lives of countless people and families.
- This summer, we opened a Specialized Inpatient Psychiatric Unit - the Short-Stay Unit (SSU).
- We also have several additions to our faculty (See Welcome section below).

- Dr. Mohamad Elfakhani

Research Updates**Research Opportunities: Student/Trainee Researchers for your labs/projects**

It takes a dedicated team to stay up to date on all the amazing research that is ongoing in mental health. To assist in the process of finding new team members, we have been collecting a list of potential new members for faculty!

If you are looking for a new research team member, please connect with Nicole Snake (Nicole.Snake@sjhc.london.on.ca) and I will happily share our updated list of interested individuals and their CVs with you!



Research Updates continued...**Publications 2019-2020**

Dear all,

We want to recognize and showcase your research as it happens. We kindly request that faculty, residents, and students affiliated with the Department of Psychiatry to please send in the citations of your recent (2019-2020) publications to Nicole Snake.

- Preferred format: APA
- Please state your division membership (as applicable)

Please email your publications to: Nicole.snake@sjhc.london.on.ca

Update on Research Ethics Board members for Department of Psychiatry

We are pleased to share that Dr. Renee Hunt, Parkwood Institute Research - Mental Health research and innovation facilitator, and Dr. Anthony Nazarov, Adjunct Faculty member and Postdoctoral Associate with The MacDonald Franklin OSI Research Centre, have joined our colleagues, Dr. Marnin Heisel and Dr. Jeff Carter as members of the REB. We are grateful for their service and contributions.

Each year, the REB receives approximately 25 applications (both full board and delegated applications) from the Dept of Psychiatry - the majority were submitted to the Health Sciences (HS)REB, with a minority (10%) submitted to the Non-Medical REB.

If you are interested in serving as a member of the REB or acting as a delegated reviewer, we would be happy to provide more information and to connect you with Erika Basile, the Director of Research Ethics and Compliance at Western.

Looking forward to hearing from you





Dr. Rob Nicolson

Publications since last newsletter

- McDonnell CG, DeLucia EA, Hayden EA, Anagnostou E, **Nicolson R**, Kelley E, Georgiades S, Liu X, Stevenson RA. An Exploratory Analysis of Predictors of Youth Suicide-Related Behaviors in Autism Spectrum Disorder: Implications for Prevention Science. *Journal of Autism and Developmental Disorders* 2020; 50:3531–3544, Coauthor
- Ribeiro de Oliveira L, Brian J, Kelley E, Beal D, **Nicolson R**, Georgiades S, Iaboni A, Fragiadakis SB, Ristic L, Anagnostou E, Sanjeevan T. Exploring the Use of Verbal Intelligence Quotient as a Proxy for Language Ability in Autism Spectrum Disorder. *Research in Autism Spectrum Disorders* 2020:101548, Coauthor
- McDonnell CG, DeLucia EA, Hayden EP, Penner M, Curcin K, Anagnostou E, **Nicolson R**, Kelley E, Georgiades S, Liu X, Stevenson RA. Sex differences in age of diagnosis and first concern among children with autism spectrum disorder. *Journal of Clinical Child and Adolescent Psychology*, in press, Coauthor
- Dupuis A, Moon MJ, Brian J, Georgiades S, Levy T, Anagnostou E, **Nicolson R**, Schachar RL, Crosbie J. Concurrent validity of the ABAS II and the Vineland II interview in a pediatric ASD sample: high correspondence despite systematically lower scores. *Journal of Autism and Developmental Disorders*, in press, Coauthor

Grants funded since last newsletter

- 2020 Sep - 2021 Sep Stepping Up to COVID-19: Examining a virtual mental health stepped care approach to addressing needs of at-risk children and families. Funding Source: Canadian Institutes for Health Research. Principal Investigator: Williamson T. Grant Total: \$200,000. Industry Grant: N. Role: Co-Investigator
- 2020 Sep - 2021 Aug Population-based virtual mental health interventions for children, youth and families during COVID-19: If we build it, will they come?. Funding Source: Canadian Institutes for Health Research. Principal Investigator: Korczak D. Grant Total: \$199,635. Industry Grant: N. Role: Co-Applicant
- 2020 Aug - 2022 Aug Family perspective on fit between education interventions and functional needs for young children with neurodevelopmental disorders. Funding Source: Children's Health Research Institute. Principal Investigator: Ogilvie J. Grant Total: \$10,000. Industry Grant: N. Role: Co-Applicant
- 2020 Jul - 2021 Jun Real-time monitoring of disaster-related mental health impact of COVID-19 on Canadian children, youth and families: A cross collaboration of community and clinical cohorts. Funding Source: Hospital for Sick Children COVID-19 Catalyst Research Grant Competition. Principal Investigator: Korczak D. Grant Total: \$100,000. Industry Grant: N. Role: Co-Applicant

ccomplishments continued...

Dr. Sandra Fisman



Congratulations for becoming a voting member of the Royal College of Physicians and Surgeons of Canada.

Dr. Fisman has been awarded this position because of her experience, knowledge, and expertise.

Dr. Naghmeh Mokhber

Congratulations to Dr. Mokhber for successfully completing the recently held FRCPC exam! We are so proud!

Dr. Patricia Hall



Congratulations to Dr. Hall for being awarded the Excellence in Education Award 2020.

The Excellence in Education Award is presented to a psychiatric educator who has made a significant contribution in undergraduate, postgraduate, continuing professional education or public education in child and adolescent mental health.

elcome to our Family!

Welcome to **Sophie Wang** who has joined the Department of Psychiatry administration group to provide support for the HR function, including help with recruitment, appointments and promotions and the merit-based recognition system. Sophie will be working closely with Khushnum Khatow, and replaces Alexandra Kylindris who had a baby boy on September 11.

Sophie comes to us with lots of experience in the hospital environment, having worked for several years at Holland Bloorview Kids Rehabilitation Hospital in Toronto after receiving a Bachelor of Arts degree from the University of Waterloo. Please join us in welcoming Sophie.



Welcome to **Dr. Sheena Ghodasara** who joined us July 6th as a Full-time Clinical Academic based out of Victoria Hospital primarily supporting the geriatric patient population within LHSC ambulatory clinics. Dr. Ghodasara first joined Western University as an undergraduate student before completing her Doctor of Medicine from the University of St Eustatius School of Medicine and returning back to Western University to complete her general adult and geriatric residency training.

elcome to our Family! continued...



Welcome to **Dr. Niman Gajebasia** who joined us July 10th as a Full-time Clinical Academic based out of Victoria Hospital at LHSC, supporting Adult Inpatient Mental health program. Dr. Gajebasia completed her Specialist qualification in the UK and went on to specialize in rehabilitation and social psychiatry. Prior to working with Western University, Dr. Gajebasia worked as a full-time consultant in rehabilitation and social psychiatry for 9 years.



Welcome to **Dr. Jonathan Gregory** who joined us August 10th as a Full-time Clinical Academic based out of London Health Sciences. Dr. Gregory completed his general psychiatry residency training and his child and adolescent specialty training here at Western University. Dr. Gregory will bring his expertise to the ambulatory program, FEMAP and the Child and Adolescent Mental Health Care Program at LHSC and the Adolescent Outreach Team at Parkwood Institute Mental Health.



Welcome to **Dr. Hira Safdar** who joined us August 10th as a Full-time Clinical Academic based out of Victoria Hospital supporting the Adult Mental Health Services within the Inpatient, Emergency and Consultation-Liaison Psychiatry services. Dr. Safdar completed her internship and residency in Qatar before obtaining a fellowship in consultation liaison psychiatry at Hamad Medical Corporation and pursuing a clinical fellowship in forensic psychiatry at Queen's University.



Welcome to **Dr. Nina McCurdy** who joined us August 10th as a Full-Time Clinical Academic based out of Victoria Hospital serving the Child & Adolescent population within the Ambulatory Program. Dr. McCurdy completed her general psychiatry residency and her child and adolescent specialty training and Western University. Dr. McCurdy was actively involved in research and leadership activities during her residency and training, most prominently with Tackling the Education of Adolescent & Child Health (TEACH) in Psychiatry research project since 2015.

elcome to our Family! continued...



Welcome to **Dr. Jennifer Dela Paz** who joined us August 1st as a Full-time Clinical Academic with the Division of Child & Adolescent Psychiatry. Dr. Dela Paz brings her considerable training and experience from the University of Toronto, Ross University School of Medicine and Western University to LHSC and Parkwood Institute programs. Notably, Dr. Dela Paz will engage in Biigajiiskaan: Indigenous Pathways to Mental Wellness at Parkwood Institute Mental Health Care to contribute to program development, provide psychiatric consultation and/or direct patient care for children or transition age youth involved in this program who have mental health and/or addictions issues.

Welcome to **Dr. Michaela Routhu** who joined us August 24th as a Full-time Clinical Academic with the Division of Forensic Psychiatry. Dr. Routhu comes to us with considerable international experience through her fellowship and residency training in Europe and has shown her passion for teaching as an Assistant Professor at Dalhousie University and clinical work at Connections Halifax and Cole Harbour Community Mental Health Clinic.




Welcome to **Dr. Michael Thomson** who joined us September 1st as a Full-time Clinical Academic based out of St. Joseph's. Dr. Thomson completed his Bachelor of Medical Sciences and Doctor of Medicine with the Schulich School of Medicine and Dentistry and has been a valued Psychiatrist with the Mental Health Program at St. Joseph's Health Care London since November 2019. Dr. Thomson has been actively involved in both clinical and research work and is regarded as a keen and enthusiastic teacher.



Welcome to **Dr. Chintan Shah** who joined us September 1st as a Full-time Clinical Academic based out of LHSC working with the Division of General Psychiatry. Dr. Shah has been working at Victoria Hospital supporting the Adult Mental Health Inpatient Service program since May 2020 after serving as Medical Director for the Adult Inpatient Psychiatric Services at Oakland Trafalgar Memorial Hospital.

Welcome to **Dr. Sunil Routhu** who joined us September 1st as a Full-time Clinical Academic based out of St. Joseph's. Dr. Routhu joins us after completing his core and specialist training with the West Midlands Deanery and working with Southern Health NHS and Birmingham & Solihull Mental Health NHS Trust in the UK. Dr. Routhu will serve our patients at the South West Forensics Mental Health and at LHSC in our Ambulatory Care Service reinvigorating our Justice Clinic.





The Division of Geriatric Psychiatry presents the:

“Geriatric Mental Health Education Series”

Four part series presented via Zoom Webinar

No cost to attend Part 1 - FREE

[REGISTER HERE FOR PART 1](#)

Part 1: November 4th 10 – 12 pm

**“DEMENTIA CARE IN THE CONTEXT OF A PANDEMIC: BALANCING
INFECTION CONTROL WITH MENTAL HEALTH AND WELL-BEING”**



Featuring:

Dr. Andrea Iaboni

MD DPhil FRCPC, Assistant Professor, Department of Psychiatry,
University of Toronto, and Scientist, Kite, Toronto Rehab Institute,
University Health Network

MENTAL HEALTH RESEARCH & INNOVATION DAY

VIRTUAL CONFERENCE
NOVEMBER 5, 2020

[CLICK HERE TO REGISTER](#)

Presented by:

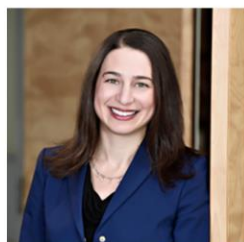


Our Keynotes:



Dr. Kim Hellemans

Chair
Department of Neuroscience
Carleton University



Dr. Kim Corace

Director
Clinical Programming and Research
Substance Use and Concurrent
Disorders Program
Royal Ottawa Mental Health Centre