



The Ontario  
*psychiatric*  
**outreach**  
P R O G R A M S

ATIKOKAN • BAFFIN ISLAND • BELLEVILLE • BLIND RIVER • CAMPBELLFORD  
CHAPLEAU • COBOURG • COCHRANE • ELLIOT LAKE • ELORA  
ENGLEHART • FORT ERIE • GERALDTON/LOGLAC  
HEARST/ KAPUSKASING/SMOOTH ROCK FALLS • KENORA • KIRKLAND LAKE  
MARATHON/MANITOUWADGE • MATHESON/IROQUOIS FALLS • MATTAWA  
NEW LISKEARD • NIPIGON/RED ROCK • NORTH BAY • PARRY SOUND  
PETERBOROUGH • SAULT STE MARIE • SIOUX LOOKOUT • STURGEON FALLS  
SUDBURY • TERRACE BAY/SCHREIBER • THUNDER BAY • TIMMINS • WAWA

A N N U A L   R E P O R T  
2 0 0 4   •   2 0 0 5

## Partners



University of Toronto Psychiatric Outreach Program [UTPOP]



Extended Campus Program at the University of Western Ontario [ECP]



Northern Ontario Francophone Psychiatric Program [NOFPP]  
at the University of Ottawa



Queen's Psychiatric Outreach Program [QPOP]  
at Queen's University



James Bay Psychiatric Outreach Program at McMaster University

Northern Academic Health Science Network



Northern Academic Health  
Science Network [NAHSN]



Ontario

Ministry of  
Health and Long-Term Care

## Mission

Ontario Psychiatric Outreach Programs (OPOP) is committed to providing clinical service, education and support of the highest quality to communities throughout Ontario, particularly communities that are rural, remote or considered under serviced in terms of mental health care. We will continually strive to provide multidisciplinary, contextually relevant, community-oriented service and education.

## Director's Message



***Dr. Brian Hodges***

2005 marks a pivotal year in the history of Ontario Psychiatric Outreach Programs (OPOP). We are now five years old. During this time, we have worked hard to gain the confidence and the support of a strong network of institutional and professional associates to whom we are indebted for helping us begin to realize our ambitious mission: to provide one, integrated and coordinated home for the thoughtful planning of education, clinical services and evaluation of psychiatric outreach services in Ontario.

Our evolution has been steady, with the seeds for success planted more than a decade ago. In 1994, the University of Toronto Psychiatric Outreach Program (one of the three founding partners that created OPOP) grew out of a departmental committee set up to examine how the University might best address the needs of under-served communities in Ontario. Beginning modestly, the Program started a weekly clinic in Kenora, a town of 10,000 near the Manitoba border on the shores of the Lake of the Woods. Very quickly, the Program expanded, adding one under-served community after another. Similarly the other two OPOP founding partners, the Northern Ontario Francophone Psychiatric Program and the Extended Campus Program began modestly with the dedicated effort of a small number of committed faculty and have grown by leaps and bounds.

I am often asked why these Universities ever got involved in the delivery of service to communities that are hundreds of miles away from the large urban centres. My response derives from my understanding of the mission of a modern university. Far from being an isolated, ivory tower, today's universities must be concerned with the most critical issues facing the societies they serve. For some people, one of the most troublesome problems in mental health care has been the disparity of service available in rural and urban areas. This is particularly unfortunate because there is ample evidence that one of the main solutions to the dilemma is within the purview of the universities – and this is the exposure of students to rural and remote practice settings.

We are enormously proud of our accomplishments to date, and this Annual Report once again outlines the outstanding achievements of our OPOP partner programs. At the same time, while we are committed to reflecting on and documenting our successes retrospectively, we must also be proactive and seek areas we can improve. Consequently, our Steering Committee has dedicated the year 2005-06 to an internal self-study and an external review of OPOP and affiliated programs. All three core activities – clinical services, education and research – are being targeted, with a focus on the following questions: Is there anyone in the north without access to psychiatric care? Are we training residents who will meet the needs of the north? Are we conducting and evaluating research that makes a meaningful contribution to the communities we serve? I am pleased to report that we are already well under way with the self-study.

The strides we have continued to make in the past year toward meeting our mission have been significant. A new and important OPOP subcommittee was launched, the Access to Clinical Services Committee (ACSC). Under the leadership of Dr. Jean-Guy Gagnon and Sandy Parker, OPOP Policy and Program Developer, the Committee will review resources for psychiatric outreach service provision in the province and begin to cultivate a compelling and evidence-based vision for best practices in psychiatric care. ACSC will explore nurturing partnerships with the Local Health Integration Networks (LHINs) of the Ministry of Health and Long-Term Care. These Networks are a new initiative, the goal of which is to coordinate the delivery of local health care services. As well, the Committee will consider how best to influence policy and practice through clinical service delivery, faculty development and other means.

Another OPOP subcommittee, the Ontario Postgraduate Psychiatric Education Network (OPPEN), has undertaken

an essential project this year in the creation of core competencies related to the Royal College of Physicians and Surgeons of Canada CanMEDS (Canadian Medical Education Directions for Specialists) roles. In place since 1996, CanMEDS form the basis of the accreditation standards for the College, which was first in the world to implement a national educational framework of core competencies. As the Royal College Specialty Committee in Psychiatry moves to defining core competencies more clearly, the OPOP family sees an important opportunity to reinforce the role of general psychiatry and specifically the unique learning opportunities related to rural and remote psychiatry and outreach work.

A highlight of 2004-05 was the OPOP Annual Retreat in Thunder Bay, where we were warmly received by our hosts, including the Northwestern Ontario Medical Programme (NOMP). We were very pleased to meet with representatives from the six medical schools, including the Northern Ontario School of Medicine (NOSM), as well as the Nodin Counselling Services from Sioux Lookout who provided the momentum to explore setting up an aboriginal elective at the sites of Kenora and Thunder Bay, and several divisions of the Ministry of Health and Long-Term Care.

Also in the past year, Sandy Parker and I completed site visits with our partner programs at the University of Western Ontario, the University of Toronto, the University of Ottawa (Francophone Program) and Queen's University. Visits to McMaster University and NOSM are being scheduled over summer. The discussions to date have been highly productive, helping us focus on establishing a vision and a mission for each of the programs, forging a common understanding about collaboration between programs with OPOP, and opening up new and exciting possibilities for education, research and clinical services in Ontario.

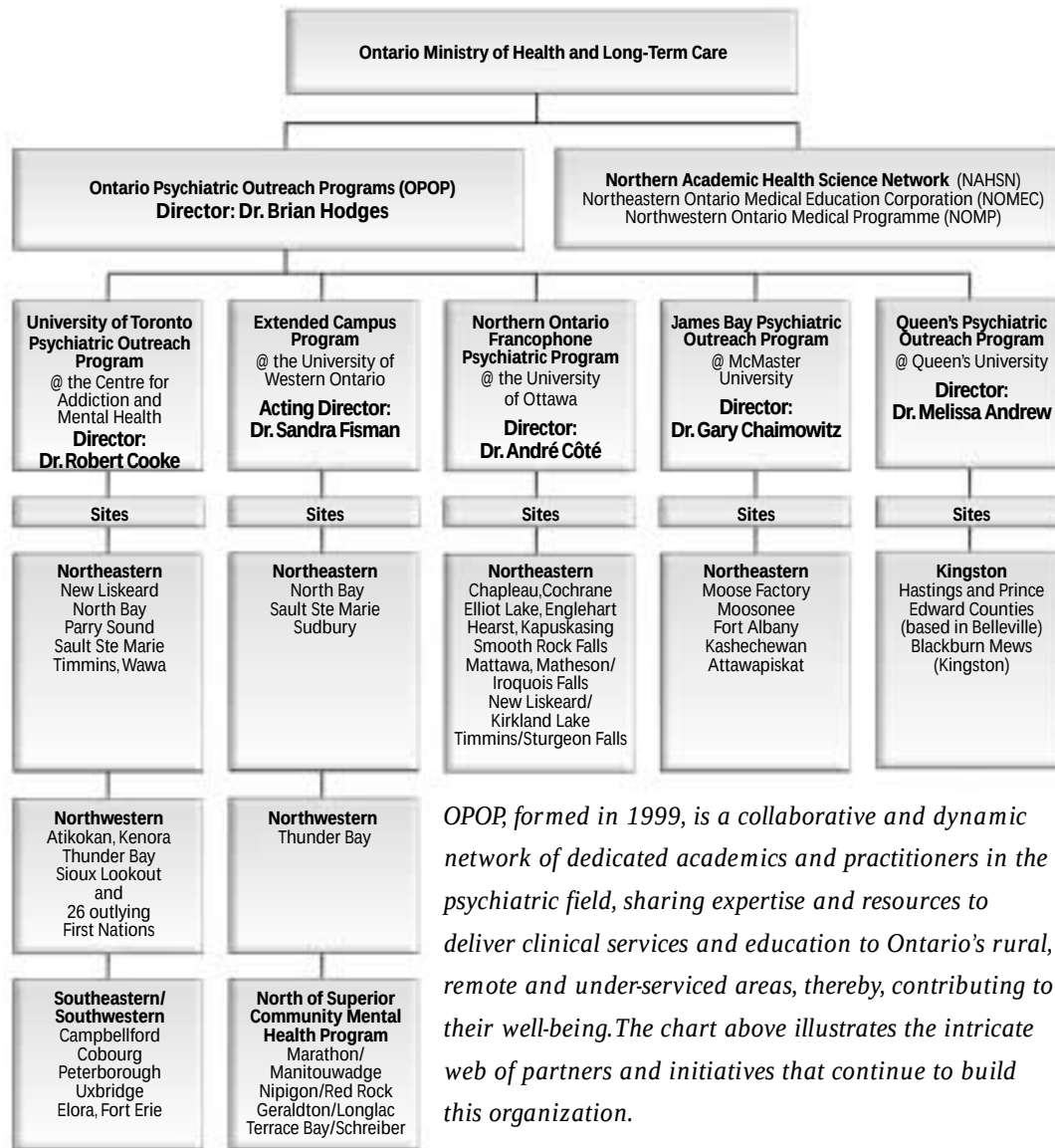
I believe psychiatry is leading the way among health professionals devoted to providing equitable and timely access to health care in Ontario regardless of geography. We continue to be leaders in encouraging and sustaining high quality education outside of urban centres, and we are starting to support critical research and evaluation that will demonstrate our effectiveness in meeting the mental health needs of the people of Ontario; identify areas for strengthening our work; and allow us to profile our community service orientation to those who deliver psychiatric services. All of these efforts reinforce our mandate to coordinate psychiatric services across the province efficiently and effectively, which is the essence of our existence.

Program Director



Dr. Brian Hodges

# Ontario Psychiatric Outreach Programs (OPOP)



*OPOP, formed in 1999, is a collaborative and dynamic network of dedicated academics and practitioners in the psychiatric field, sharing expertise and resources to deliver clinical services and education to Ontario's rural, remote and under-served areas, thereby, contributing to their well-being. The chart above illustrates the intricate web of partners and initiatives that continue to build this organization.*

# Ontario Psychiatric Outreach Programs (OPOP) - Terms of Reference

|                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                           |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Authority</b>                                       | <b>Steering Committee, Ontario Psychiatric Outreach Programs</b><br>OPOP reports to the Ministry of Health and Long-Term Care through the five Chairs of Psychiatry (or their respective designates), plus interim representation from the Northeastern Ontario Medical Education Corporation (NOMECE) and the Northwestern Ontario Medical Programme (NOMP) until a Department of Psychiatry is established at the Northern Ontario School of Medicine (NOSM).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                           |
| <b>Mandate</b>                                         | The OPOP Steering Committee coordinates and advocates for the delivery of psychiatric clinical outreach services. OPOP will ensure it meets standards of best practice and that these are integrated with distributed medical education and research (to be reviewed at the 2005 OPOP Annual Retreat).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                           |
| <b>Membership</b>                                      | <p><b>Chair</b>, OPOP Steering Committee .....Dr. Brian Hodges</p> <p>Policy and Program Developer, OPOP .....Sandra Parker</p> <p>University Department of Psychiatry <b>Chairs and/or Designates</b> .....Dr. Robert Cooke (Toronto)<br/> for each of the six Ontario medical schools (interim representation Dr. Sandra Fisman (Western)<br/> from NOMECE and NOMP until a Department of Psychiatry is Dr. André Côté (Ottawa)<br/> established at NOSM) Dr. Melissa Andrew (Queen's)<br/> Dr. Gary Chaimowitz (McMaster)<br/> Dr. Henry Leung (NOMECE)<br/> Dr. Suzanne Allain (NOMP)</p> <p>Child and Youth Telepsychiatry Program, The Hospital for Sick Children ....Dr. Elsa Broder</p> <p>All Chairs of existing and new OPOP subcommittees:<br/> <b>Chair/Co-Chair</b>, Access to Clinical Services Committee (ACSC) .....Dr. Jean-Guy Gagnon, Sandra Parker (ACSC)<br/> Ontario Postgraduate Psychiatric Education Network (OPPEN) .....Dr. Melissa Andrew, Dr. Henry Leung (OPPEN)<br/> Additional members at the discretion of the Steering Committee.</p> |                                                                                                                                           |
| <b>Responsibilities of the chair</b>                   | 1. Develop agenda.<br>2. Review minutes.<br>3. Chair five meetings per year.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                           |
| <b>Responsibilities of the OPOP Steering Committee</b> | 1. Oversee OPOP budgets as reported to the OPOP Steering Committee annually by the OPOP Director.<br>2. Oversee the appointment and five-year review of the OPOP Director.<br>3. Approve, on Director's recommendations, the appointment of OPOP staff, including the Policy and Program Developer and other administrative staff.<br>4. Oversee OPOP subcommittees; including, but not limited to, OPPEN, ACSC and the emerging Undergraduate Outreach Psychiatric Education Committee. These subcommittees will provide regular reports to the OPOP Steering Committee.<br>5. Oversee the OPOP Annual Retreat.<br>6. Oversee the OPOP Annual Report.<br>7. Oversee the Ontario-wide Resident Electives Booklet.<br>8. Liaise and advocate with the Ministry of Health and Long-Term Care, the Royal College of Physicians and Surgeons of Canada and other relevant groups.                                                                                                                                                                                           |                                                                                                                                           |
| <b>OPOP Administration</b>                             | 1. The day-to-day operation of OPOP is supervised by the Director.<br>2. The day-to-day operation of OPOP is carried out by the Policy and Program Developer.<br>3. The OPOP office will maintain, as required, additional administrative support.<br>4. Support for OPOP Committees and other OPOP functions such as the Annual Retreat and Annual Report are shared among the partner programs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                           |
| <b>Meetings</b>                                        | The OPOP Steering Committee meets once every other month or at the call of the Chair.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                           |
| <b>Approved</b>                                        | Pending approval at OPOP Annual Retreat,<br>September 2005                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <i>Draft 1:</i> Brian Hodges, Sandra Parker<br><i>Draft 2:</i> With input of Steering Committee members<br>May 10, 2005 Committee meeting |

# Clinical

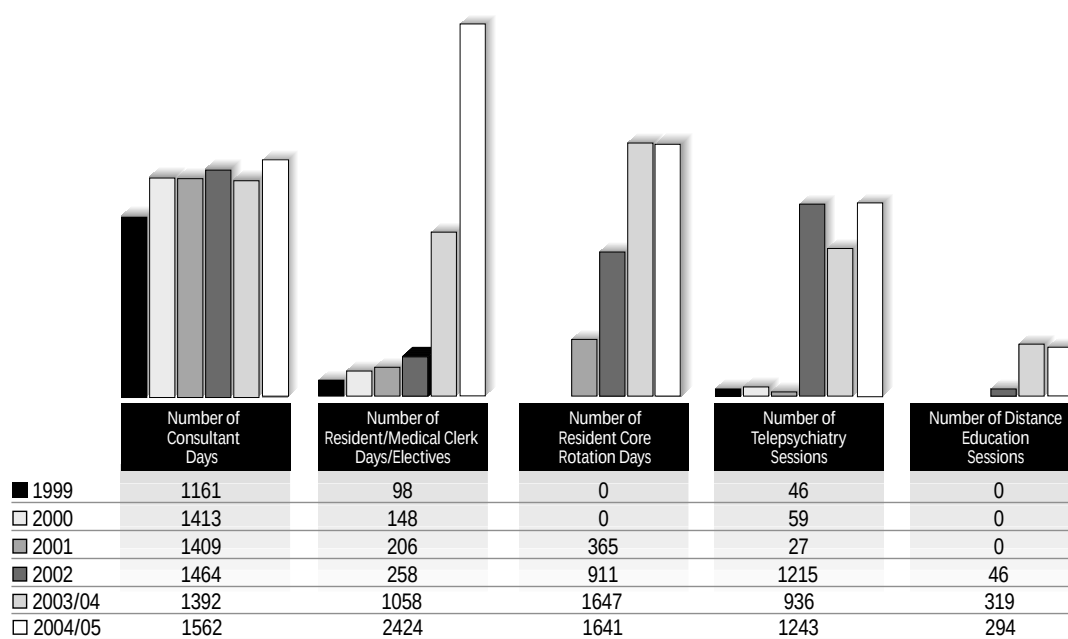
## ACCESS TO CLINICAL SERVICES COMMITTEE

The Access to Clinical Services Committee (ACSC) was launched March 2005, arising from OPOP Annual Retreat discussions in recent years and a consensus view that clinical services in Ontario should be coordinated with the assistance of all OPOP programs – a natural outgrowth of OPOP partnership. Operating through and reporting to the OPOP Steering Committee, the ACSC key mandate is “to develop a best practice model for service delivery to guide the process for approving appropriate community funding requests”. Correspondingly, its terms of reference include the establishment of a best practice service model to match community needs with resources and an inventory for clinical visits and other psychiatric services being delivered across the province by the University of Toronto Psychiatric Outreach Program (UTPOP), the Extended Campus Program (ECP), and the Northern Ontario Francophone Psychiatric Program (NOFPP). In 2005-2006, committee membership will be expanded to include Queen's and McMaster University. Chaired by Dr. Jean-Guy Gagnon (Northeast Mental Health Centre, Sudbury, a consultant with NOFPP and ECP programs), the Committee assembled in March and May 2005 and will reconvene at the September OPOP Retreat in Ottawa, meeting bi-monthly thereafter.

# Access to Clinical Services Committee (ACSC) – Terms of Reference

|                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                          |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <b>Authority</b>                         | <b>Access to Clinical Services Committee</b><br>Operates through the authority of and reports to the Ontario Psychiatric Outreach Programs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                          |
| <b>Mandate</b>                           | ACSC is charged with coordinating and advocating for the delivery of fly-in, drive-in and telepsychiatry clinical consultation outreach services in under-served areas and populations across Ontario.                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                          |
| <b>Membership</b>                        | <p><b>Chair</b> .....Dr. Jean-Guy Gagnon</p> <p><b>Co-Chair</b> .....Sandra Parker</p> <p>OPOP Director and University Program .....Dr. Brian Hodges (OPOP)<br/> Directors and their administrative support staff      Dr. Robert Cooke, Achira Saad (UTPOP)<br/> Dr. Elsa Broder, Child and Youth Telepsychiatry,<br/> The Hospital for Sick Children<br/> Dr. André Côté, Hélène Geoffroy (NOFPP)<br/> Dr. Sandra Fisman, Hanna Siemiarz (ECP)<br/> Dr. Melissa Andrew (QPOP)<br/> Dr. Gary Chaimowitz, (McMaster)</p> <p>Additional members at the discretion of the Committee.<br/> Required quorum: 50% + 1</p> |                                                                                          |
| <b>Responsibilities of the Chair</b>     | 1. Develop agenda.<br>2. Review minutes.<br>3. Chair five ACSC meetings per year.<br>4. Attend OPOP meetings and report on ACSC activities (five per year).                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                          |
| <b>Responsibilities of the Committee</b> | 1. Develop a best practice service model/match community needs with resources.<br>2. Ensure current community requests (UTPOP, NOFPP and ECP) are fulfilled within the OPOP funding envelope.<br>3. Design and maintain a database to capture psychiatry services being delivered across the province.<br>4. Collaborate with other northern outreach programs (e.g., North Bay, Thunder Bay).<br>5. Liaise with Local Health Integration Networks (LHINs) for Northeastern and Northwestern Ontario.                                                                                                                |                                                                                          |
| <b>Administration</b>                    | 1. University Program Directors: Attend ACSC meetings and share information about clinical activities within each outreach program; collaborate and coordinate efforts to deliver multidisciplinary, contextually relevant, community-oriented service.<br>2. Administrative staff: Attend ACSC meetings, help with scheduling and convening Committee meetings, drafting ACSC minutes from transcriptions provided through electronic recording of the meetings, and assist with design and maintenance of a provincial database.                                                                                   |                                                                                          |
| <b>Meetings</b>                          | ACSC meets five times per year.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                          |
| <b>Approved</b>                          | Pending approval at OPOP Annual Retreat,<br>September 2005                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <i>Draft 1:</i> Sandra Parker<br><i>Draft 2:</i> With input of ACSC Members, May 6, 2005 |

**OPOP COMBINED STATISTICS\***  
**JANUARY 01, 1999 - MARCH 31, 2005**



\*Includes ECP, NOFPP, QPOP, UTOP and the Child and Youth Telepsychiatry Program

# A PARTNERSHIP AMONG:

University of Toronto Psychiatric Outreach Program (UTPOP) at the Centre for Addiction and Mental Health

Child and Youth Telepsychiatry Program, The Hospital for Sick Children

Northern Ontario Francophone Psychiatric Outreach Program (NOFPP) at the University of Ottawa

Extended Campus Program (ECP) at the University of Western Ontario

Queen's Psychiatric Outreach Program (QPOP) at Queen's University

| SITE                                                  | Jan-Dec<br>1999                       | Jan-Dec<br>2000 | Jan-Dec<br>2001 | Jan-Dec<br>2002 | Apr 2003-<br>March 2004 | Apr 2004-<br>March 2005 | UTPOP | NOFPP | ECP |
|-------------------------------------------------------|---------------------------------------|-----------------|-----------------|-----------------|-------------------------|-------------------------|-------|-------|-----|
|                                                       | • Number of Consultants and Residents |                 |                 |                 |                         |                         |       |       |     |
| <b>ATIKOKAN</b>                                       | n/a                                   | n/a             | 8/0             | 8/0             | 6/0                     | 2/0                     | •     |       |     |
| Telepsychiatry                                        |                                       |                 |                 |                 | 6                       | 2                       | •     |       |     |
| <b>BAFFIN ISLAND</b>                                  | 42/35                                 | 45/45           | 60/60           | 73/78           | 77/77                   | 84/84                   | •     |       |     |
| <b>BLIND RIVER</b>                                    | n/a                                   | n/a             | 11/0            | 22/0            | 27/0                    | 28/0                    | •     |       |     |
| <b>CAMPBELLFORD</b>                                   | 11/0                                  | 11/0            | 12/0            | 10/1            | 8/0                     | 10/0                    | •     |       |     |
| Telepsychiatry                                        | 46                                    | 59              | 27              | 43              | 48                      | 36                      | •     |       |     |
| <b>CHAPLEAU</b>                                       | 19/0                                  | 15/0            | 17/0            | 18/0            | 15/0                    | 23/0                    |       | •     |     |
| Telepsychiatry                                        |                                       |                 |                 | 61              | 63                      | 81                      |       | •     |     |
| Distance Education                                    |                                       |                 |                 |                 | 49                      |                         |       | •     |     |
| <b>Chatham-Kent</b>                                   |                                       |                 |                 |                 |                         |                         |       |       | •   |
| Electives (2)                                         |                                       |                 |                 |                 | 2/360                   |                         |       |       | •   |
| Electives (Med Clerks)                                |                                       |                 |                 |                 |                         | 11/330                  |       |       | •   |
| Distance Education                                    |                                       |                 |                 |                 |                         | 3                       |       |       | •   |
| <b>COBOURG</b>                                        | 46/0                                  | 46/7            | 46/8            | 46/1            | 58/1                    | 39/0                    | •     |       |     |
| <b>COCHRANE</b>                                       | 9/0                                   | 9/0             | 8/0             | 11/0            | 10/0                    | 23/0                    |       | •     |     |
| <b>ELLIOT LAKE</b>                                    | 11/0                                  | 28/0            | 26/0            | 31/0            | 37/0                    | 32/0                    |       | •     |     |
| <b>ELLIOT LAKE</b>                                    | n/a                                   | n/a             | 6/0             | 6/0             | 7/0                     | 17/0                    | •     |       |     |
| <b>ELORA</b>                                          | 10/8                                  | 11/0            | 12/0            | 12/0            | 12/3                    | 12/0                    | •     |       |     |
| <b>ENGLEHART</b>                                      |                                       |                 |                 |                 | 8/0                     | 23/0                    |       | •     |     |
| <b>FORT ERIE</b>                                      | n/a                                   | 30/0            | 45/0            | 48/0            | 22/0                    | 44/0                    | •     |       |     |
| <b>GERALDTON/ LONGLAC</b>                             | n/a                                   | 20/0            | 10/0            | 16/0            | 15/0                    | 2/0                     |       |       | •   |
| <b>HEARST/<br/>KAPUSKASING/<br/>SMOOTH ROCK FALLS</b> | 60/0                                  | 53/0            | 55/0            | 51/0            | 55/0                    | 56/0                    |       | •     |     |
| Telepsychiatry                                        |                                       |                 |                 | 8               | 23                      | 27                      |       | •     |     |
| <b>KAPUSKASING</b>                                    | n/a                                   | n/a             | 12/0            | 22/0            | 21/0                    | 20/0                    | •     |       |     |
| <b>KENORA</b>                                         | 43/0                                  | 0/53            | 0/30            | 0/30            | 18/0                    | 16/28                   | •     |       |     |
| <b>Kirkland Lake [Engl &amp; Fr]</b>                  |                                       |                 |                 | 8/0             | 48/0                    | 25/0                    |       | •     |     |
| <b>MARATHON/<br/>MANITOUWADGE</b>                     | n/a                                   | 24/0            | 22/0            | 17/0            | 22/0                    | 5/0                     |       |       | •   |
| <b>MATHESON/<br/>IROQUOIS FALLS</b>                   | 66/0                                  | 64/0            | 77/0            | 74/0            | 66/0                    | 44/0                    |       | •     |     |
| <b>MATTAWA</b>                                        | 10/0                                  | 10/0            | 10/0            | 10/0            | 10/0                    | 10/0                    |       | •     |     |
| <b>NEW LISKEARD</b>                                   | 52/8                                  | 76/14           | 87/8            | 89/4            | 72/2                    | 66/2                    | •     |       |     |
| <b>NEW LISKEARD</b>                                   | 130                                   | 139             | 121             | 46              | 39                      | 58                      |       | •     |     |
| <b>NIPIGON/ RED ROCK</b>                              | n/a                                   | 18/0            | 18/0            | 18/0            | 18/0                    | 2/0                     |       |       | •   |
| <b>NORTH BAY</b>                                      |                                       |                 |                 |                 |                         |                         |       |       |     |
| Core Rotations                                        | n/a                                   | n/a             | 0/365           | 1/546           | 4/730                   | 3/548                   | •     | •     |     |
| Elective (4 weeks)                                    | n/a                                   | n/a             | 0/28            | n/a             | 39                      |                         | •     |       |     |
| Elective (3 months)                                   |                                       |                 |                 |                 | 90                      |                         |       |       | •   |
| Distance Education<br>(Incl core rotations)           |                                       |                 |                 |                 | 98                      | 44                      | •     |       |     |
| <b>OTTAWA</b>                                         |                                       |                 |                 |                 |                         |                         |       | •     |     |
| <b>PARRY SOUND</b>                                    | 79/6                                  | 74/6            | 80/4            | 78/6            | 90/4                    | 88/0                    | •     |       |     |
| Telepsychiatry                                        |                                       |                 |                 |                 | 31                      | 38                      | •     |       |     |
| <b>PETERBOROUGH</b>                                   | 76/25                                 | 76/1            | 42/0            | 23/0            | 16/0                    | 29/0                    | •     |       |     |
| <b>SARNIA</b>                                         |                                       |                 |                 |                 |                         |                         | •     |       |     |
| Electives (Med Clerks)                                |                                       |                 |                 |                 |                         | 2/60                    | •     |       |     |
| <b>SAULT STE MARIE</b>                                | 116/10                                | 127/14          | 131/7           | 142             | 120/69                  | 179/7                   | •     |       |     |
| Core Rotations                                        | n/a                                   | n/a             | n/a             | 2/365           | 2/368                   | 1/181                   |       |       |     |
| Distance Education<br>(Incl core rotations)           | n/a                                   | n/a             | n/a             | n/a             | 70                      | 32                      |       |       |     |

| SITE                                                                         | Jan-Dec<br>1999                                                                                                                                                                                                                                                                                                                                                                                                      | Jan-Dec<br>2000 | Jan-Dec<br>2001 | Jan-Dec<br>2002 | Apr 2003-<br>March 2004 | Apr 2004-<br>March 2005 | UTPOP                                          | NOFPP | ECP |
|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------|-----------------|-------------------------|-------------------------|------------------------------------------------|-------|-----|
|                                                                              | Consultant and Resident Days                                                                                                                                                                                                                                                                                                                                                                                         |                 |                 |                 |                         |                         |                                                |       |     |
| <b>SIOUX LOOKOUT</b><br>(Incl Kingfisher, Shibogama,<br>Wapakakea, Wunnimun) | 107/0                                                                                                                                                                                                                                                                                                                                                                                                                | 65/0            | 77/0            | 70/0            | 54/15                   | 20/6                    | + Sioux<br>Lookout 1st<br>Nations<br>Authority |       |     |
| Telepsychiatry                                                               | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | 17                      |                         | •                                              |       |     |
| Distance Education                                                           | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | 5                       |                         | •                                              |       |     |
| <b>ST THOMAS</b>                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         |                         |                                                |       | •   |
| Electives                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         | 3/273                   |                                                |       | •   |
| Electives (Med Clerks)                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         | 15/450                  |                                                |       | •   |
| <b>Stratford</b>                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         |                         |                                                |       | •   |
| Electives (1)                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 | 1/180                   | 1/91                    |                                                |       | •   |
| Electives (Med Clerks)                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         | 16/480                  |                                                |       | •   |
| Distance Education                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         | 8                       |                                                |       | •   |
| <b>STURGEON FALLS</b>                                                        | 52/0                                                                                                                                                                                                                                                                                                                                                                                                                 | 150/0           | 57/0            | 53/0            | 54/0                    | 73/0                    |                                                | •     |     |
| Telepsychiatry                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 | 21              | 9                       | 4                       |                                                | •     |     |
| <b>SUDBURY</b>                                                               | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | 0/28            | n/a             | n/a                     |                         |                                                | •     |     |
| Telepsychiatry                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         | 2                       | •                                              |       |     |
| <b>TERRACE BAY/<br/>SCHREIBER</b>                                            | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | 16/0            | 18/0            | 17/0            | 12/0                    | 4/0                     |                                                |       | •   |
| <b>Thunder Bay</b>                                                           | 55/0                                                                                                                                                                                                                                                                                                                                                                                                                 | 50/0            | 107/6           | 97/30           | 60/18                   | 101/20                  | •                                              |       |     |
| Core Rotations (3)                                                           | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | 3/549                   | 4/732                   |                                                |       |     |
| Distance Ed (Incl core rtns)                                                 | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | 79                      | 169                     |                                                |       |     |
| <b>THUNDER BAY</b>                                                           | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | 75/0            | 50/0                    | 44/0                    |                                                |       | •   |
| Telepsychiatry                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         | 172                     |                                                |       | •   |
| <b>TIMMINS</b>                                                               | 103/6                                                                                                                                                                                                                                                                                                                                                                                                                | 202/8           | 163/21          | 203/34          | 189/15                  | 180/13                  | •                                              |       |     |
| <b>TIMMINS</b>                                                               | 49/0                                                                                                                                                                                                                                                                                                                                                                                                                 | 39/0            | 56/0            | 55/0            | 55/0                    | 55/0                    |                                                | •     |     |
| <b>WAWA [Engl &amp;Fr]</b>                                                   | 15/0                                                                                                                                                                                                                                                                                                                                                                                                                 | 15/0            | 15/6            | 15/6            | 21/3                    | 21/6                    | •                                              | •     |     |
| Distance Education                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         | 2                       | •                                              |       |     |
| Telepsychiatry                                                               | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | n/a                     | 17                      |                                                | •     |     |
| <b>WINDSOR</b>                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         |                         |                                                | •     |     |
| Electives (Med Clerks)                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                 |                 |                         | 15/450                  |                                                |       | •   |
| <b>OTHER</b>                                                                 | <b>Child and Youth Telepsychiatry Program, The Hospital for Sick Children</b><br><b>Sites:</b> Bracebridge, Chatham, Fort Frances, Kapuskasing, Kenora, Kirkland Lake, Moosonee, North Bay, Owen Sound,<br>Parry Sound, Pembroke, Sioux Lookout, Thunder Bay, Timmins. <b>Extra Hour Sites:</b> Orillia, Barrie, Midland,<br>Orangeville, Penetanguishene, Simcoe, Townsend, Sault Ste Marie, Elliott Lake, Sudbury. |                 |                 |                 |                         |                         |                                                |       |     |
| Telepsychiatry                                                               | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | 1080            | 739                     | 841                     |                                                |       |     |
| Distance Education                                                           | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | 25              | 18                      | 20                      |                                                |       |     |
| Resident Education                                                           | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | 68              | 182                     | 124                     |                                                |       |     |
| Core Rotation                                                                | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | n/a                     | 180                     |                                                |       |     |
|                                                                              | <b>Queen's University Psychiatric Outreach Program</b><br><b>Sites:</b> Kingston, Hastings-Prince Edward County, Lennox, Addington and North Frontenac Counties, Brockville, Picton,<br>Belleville, Bancroft, Perth, Smith Falls, Carleton Place, Sharbot Lake, Horrowsmith, Leeds and Grenville Counties, Napanee                                                                                                   |                 |                 |                 |                         |                         |                                                |       |     |
| Consultant Days                                                              | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | n/a                     | 127                     |                                                |       |     |
| Telepsychiatry                                                               | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | n/a                     | 22                      |                                                |       |     |
| Distance Education                                                           | n/a                                                                                                                                                                                                                                                                                                                                                                                                                  | n/a             | n/a             | n/a             | n/a                     | 16                      |                                                |       |     |
| <b>TOTAL<br/>Consultant/ Resident Days</b>                                   | <b>1161/98</b>                                                                                                                                                                                                                                                                                                                                                                                                       | <b>1413/148</b> | <b>1409/206</b> | <b>1464/258</b> | <b>1392/1058</b>        | <b>1562/2424</b>        |                                                |       |     |
| <b>TOTAL<br/>Core Rotation Days</b>                                          | <b>n/a</b>                                                                                                                                                                                                                                                                                                                                                                                                           | <b>n/a</b>      | <b>365</b>      | <b>911</b>      | <b>1647</b>             | <b>1641</b>             |                                                |       |     |
| <b>TOTAL<br/>Telepsychiatry<br/>Clinic Consults</b>                          | <b>46</b>                                                                                                                                                                                                                                                                                                                                                                                                            | <b>59</b>       | <b>27</b>       | <b>1215</b>     | <b>936</b>              | <b>1243</b>             |                                                |       |     |
| <b>TOTAL<br/>Distance Education</b>                                          | <b>n/a</b>                                                                                                                                                                                                                                                                                                                                                                                                           | <b>n/a</b>      | <b>n/a</b>      | <b>46</b>       | <b>319</b>              | <b>294</b>              |                                                |       |     |

Note: Fly-in services were significantly impacted by the lengthy strike initiated by NOS employees that lasted from June 2004 to February 2005.



# Program Reports

## UNIVERSITY OF TORONTO PSYCHIATRIC OUTREACH PROGRAM

The 2004-05 reporting period has marked the most productive year-to-date for the University of Toronto Psychiatric Outreach Program (UTPOP), with almost 950 cumulative days of consultant drive-in/fly-in clinical services, telepsychiatry and graduate training in under-served regions in Northern Ontario and Nunavut. We have been active in recruiting new consultants (eight over the past year, including one based in the north), and with some former consultants also rejoining the Program, we expect service volumes to rise further in the first quarter of the coming year.

We continued to nurture a modest expansion of our telepsychiatry, clinical and professional education activities, with 78 consultations. The actual number of clinical hours dropped slightly this past year, reflecting the temporary closure of the Campbellford video suite due to flood damage. However, with this operation restored, some new sites and consultants coming aboard, and our increasing responsiveness to telepsychiatry clinical and educational requests received through North Network and other channels, we anticipate sustained growth in this area. Also related to our partnership with North Network and the Centre for Addiction and Mental Health (CAMH), we were able to offer and/or to host a greater breadth of professional distance educational sessions on a wide range of topics such as the interaction of street drugs and psychiatric medications, palliative care and arson prevention.

In the postgraduate training arena, we maintained effective collaboration with the three academic centres of North Bay, Sault Ste Marie and Thunder Bay, and with both the Northwestern Ontario Medical Programme (NOMP) and the Northeastern Ontario Medical Education Corporation (NOMEC). Particularly noteworthy in this cooperative effort over the year are the seven core and senior selective blocks of training to psychiatry residents in the University of Toronto Program, including a newly-approved Consultation-Liaison Psychiatry rotation and a new Addictions selective, both at Thunder Bay. Once again, both re-entry residents from the north and residents from the regular "southern" stream took advantage of these opportunities. Two new on-site faculty appointments are currently pending. While secure funding for individual psychotherapy supervision by teleconference is not yet assured, we were able to expand our training offerings to cover additional modes of therapy, both in individual supervision by Toronto-based and northern faculty, and in teleconferenced seminars. As well, we opened up some of the training to remote faculty in addition to residents, partly with the objective of assisting northern faculty in developing psychotherapy supervisory skills. It should be noted that there will be very few resident training blocks occurring in the north over the next year, as some re-entry residents graduate and others will be doing mandatory training in Toronto. We will persist in promoting both the core and selective training blocks and short-term elective trips in the north to residents in the Program. Four of our eight new consultants are recent graduates who had participated in outreach as residents, demonstrating one of the benefits of offering to our residents training opportunities in under-served areas.

In 2005-06, we will implement some of the very useful suggestions that flowed from our highly successful retreat in November 2004 with the expectation that these new initiatives will enhance the quality and broaden the scope of our clinical and educational activities. To this end, for example, we are establishing a Continuing Education subcommittee and surveying our partner sites about their views on the quality of service and whether we are meeting their needs.

A few consultants leave UTPOP ranks every year, due to changing priorities in their professional and personal lives, relocation or retirement. While we are grateful to all of these consultants for their dedication and the expertise they have contributed to the Program, I want to single out one individual for special mention. Dr. Joseph ("Joph") Glaister's 32-year commitment as a member of the Sioux Lookout consultation team – supervising residents, teaching local mental health professionals and family physicians, and providing service to clients in the town and zone of Sioux Lookout – up to this year, is a record most of us can never expect to match. I am very pleased Joph remains gracious in offering his insights and the benefits of his experience to UTPOP whenever asked.

I would also like to thank sincerely Clinics Coordinator Achira Saad, Evaluator Ava Rubin and Education Coordinator Thérèse Millette for their patience and support during the learning curve of my first full year as UTPOP Director.

Dr. Robert Cooke  
Program Director



# Fast Facts

## UNIVERSITY OF TORONTO PSYCHIATRIC OUTREACH PROGRAM

### STEERING COMMITTEE

|                              |                  |
|------------------------------|------------------|
| <b>DIRECTOR/MANAGER</b>      | Dr. Robert Cooke |
| <b>Education Coordinator</b> | Thérèse Millette |
| <b>Clinics Coordinator</b>   | Achira Saad      |
| <b>Evaluator</b>             | Ava Rubin        |

### MEMBERS

#### Site Coordinators

|                               |                            |
|-------------------------------|----------------------------|
| <b>Atikokan</b>               | Dr. Ambrose Cheng          |
| <b>Baffin Island</b>          | Dr. Eric Hood              |
| <b>Campbellford, Cobourg,</b> |                            |
| <b>Peterborough</b>           | Dr. John Farewell          |
| <b>Elora</b>                  | Dr. Carol Coxon            |
| <b>Kenora</b>                 | Dr. Usama Zahlan           |
| <b>Fort Erie</b>              | Dr. Raed Hawa              |
| <b>New Liskeard</b>           | Dr. Ian Swayze             |
| <b>North Bay</b>              | Dr. David Cochrane         |
| <b>Parry Sound</b>            | Dr. Samuel Packer          |
| <b>Sault Ste Marie</b>        | Dr. Robert Cooke           |
| <b>Sioux Lookout</b>          | Dr. Robert Cooke (Interim) |
| <b>Thunder Bay</b>            | Dr. Lois Hutchinson        |
|                               | Dr. Philip Klassen         |
| <b>Timmins</b>                | Dr. Shelley Brook          |
| <b>Wawa</b>                   | Dr. John Langley           |

### RESIDENTS

|                |                     |
|----------------|---------------------|
| <b>Toronto</b> | Dr. Christopher Tam |
|                | Dr. Alex MacPherson |

|                         |                         |
|-------------------------|-------------------------|
| <b>CHILD PSYCHIATRY</b> | Dr. Elsa Broder         |
|                         | Dr. Antonio Pignatiello |

|                             |                |
|-----------------------------|----------------|
| <b>GERIATRIC PSYCHIATRY</b> | Dr. David Conn |
|-----------------------------|----------------|

|                                                                    |                  |
|--------------------------------------------------------------------|------------------|
| <b>Communications, Education and Community Health North Region</b> | Richard Christie |
|--------------------------------------------------------------------|------------------|

|                                               |               |
|-----------------------------------------------|---------------|
| <b>Centre for Addiction and Mental Health</b> | Linda Mohri   |
| <b>General Psychiatry</b>                     | Shayla Gutzin |

### SUBCOMMITTEES

#### (1) Outreach Program Education Committee

(see Education section)

#### (2) Outreach Faculty and Appointment Review Committee

|                 |                    |
|-----------------|--------------------|
| <b>Chair</b>    | Dr. Robert Cooke   |
| <b>Co-Chair</b> | Dr. David Cochrane |
|                 | Dr. Janet DeGroot  |

# Fast Facts



## UNIVERSITY OF TORONTO PSYCHIATRIC OUTREACH PROGRAM DEPARTMENT OF PSYCHIATRY UNIVERSITY OF TORONTO

### FACULTY MEMBERS PROVIDING CLINICAL SERVICES (ON SITE/FLY-IN/DRIVE-IN)

**ATIKOKAN**, Atikokan General Hospital  
Dr. Ambrose Cheng

**BAFFIN ISLAND**, Baffin Regional Hospital  
Dr. Lisa Andermann Dr. William Johnston  
Dr. Ken Balderson Dr. Sam Malcolmson  
Dr. David Goldbloom Dr. Eric Hood  
Dr. Lisa Ramshaw

**BLIND RIVER**, Northeast Mental Health Centre  
Dr. Rayudu Koka

**CAMPBELLFORD**, Community Wellness Centre  
Dr. John Farewell

**COBOURG**, Lakeshore Counselling Centre and Addiction Services  
Dr. John Farewell

**ELLIOT LAKE**, St. Joseph's General Hospital  
Dr. Rayudu Koka

**ELORA**, Portage  
Dr. Carol Coxon

**FORT ERIE**, The Alertness and Sleep Clinic,  
Douglas Memorial Hospital  
Dr. Raed Hawa Dr. Larry Reinish  
Dr. Colin Shapiro

**KAPUSKASING**, Jeanne Sauvé Family Services  
Dr. John Dubois

**KENORA**, Lake of the Woods District Hospital  
Dr. Ambrose Cheng Dr. Usama Zahlan  
Dr. Robert Cooke

**NEW LISKEARD**, Temiskaming Hospital  
Dr. Barbara Crawford Dr. Ian Swayze  
Dr. Adam Waese Dr. John Teshima  
Dr. Edward Yuzda

**NORTH BAY**, North Bay Psychiatric Hospital  
Dr. David Cochrane Dr. Oloruntoba Oluboka  
Dr. David Haslam Dr. Sharon Scappatura  
Dr. Andrew Hackett Dr. Barbara Crawford  
Dr. Arthur Keith Dr. Brian Talarico

**PARRY SOUND**, Parry Sound Community Mental Health Centre  
Dr. Gina Addae Dr. David Kreindler  
Dr. Ambrose Cheng Dr. Sam Packer  
Dr. Rosemary Meier Dr. Raul Berdichevsky

**PETERBOROUGH**, Peterborough Regional Health Centres  
Dr. John Farewell

**SAULT STE MARIE**,  
Sault Area Hospitals and Group Health Center  
Dr. Melissa Andrew Dr. Henry Leung  
Dr. Jean Byers Dr. David McPhee  
Dr. Robert Cooke Dr. Janet DeGroot  
Dr. Sam Malcolmson Dr. Lino Pistor  
Dr. Ian Graham Dr. Ty Turner  
Dr. Gary Keleher Dr. Emmalee Marshall, (McMaster)  
Dr. Amer Burhan

**SIOUX LOOKOUT**,  
Tikinaagan Child and Family Services, Zone Hospital  
Dr. Ana-Maria Barrenechea Dr. Mariana Hill  
Dr. Joseph Glaister Dr. Michael Jeavons

**SIOUX LOOKOUT**,  
Sioux Lookout Community and Addictions Counselling  
Dr. Ambrose Cheng (UTPOP Visiting Consultant)

**THUNDER BAY**, Lakehead Psychiatric Hospital, Thunder Bay  
Regional Hospital – McKellar Site  
Dr. Suzanne Allain Dr. Paul Johnston  
Dr. Anita Chakrabarti Dr. Ruth Kajander  
Dr. Emily DyPac Dr. Philip Klassen  
Dr. Jack Haggarty Dr. Scott Woodside  
Dr. Lois Hutchinson Dr. Jane Fogolin  
Dr. Umesh Jain Dr. Laura McCabe  
Dr. Dan Pollock Dr. Anna Wisniewska

**TIMMINS**, Timmins and District Hospital  
Dr. Shelley Brook Dr. Fred Kroft  
Dr. Michael Colleton Dr. Derek Pallandi  
Dr. Pablo Diaz Dr. Larry Reinish  
Dr. Paul Fedoroff Dr. Anna Skorzewska  
Dr. Margaret Dudek

**UXBRIDGE**, Women's Mental Health Clinic  
Dr. Wanda Taylor

**WAWA**, Lady Dunn Hospital  
Dr. John Langley Dr. David Myran

### STATISTICS FOR 2004-05

Number of Consultant Days: 947  
Number of Consultant Trips: 465  
Number of Resident Days: 166  
Number of Resident Trips: 35  
Number Core Rotations: 7  
Number Core Rotation Days: 1281

## Fast Facts cont'd

### NEW FACULTY RECRUITMENT FOR FLY-IN/DRIVE-IN/TELEPSYCHIATRY CLINICAL SERVICES

Dr. Barbara Crawford (New Liskeard)  
 Dr. Laura McCabe (Thunder Bay)  
 Dr. Raul Berdichevsky (Parry Sound)  
 Dr. Carol Coxon (Elora)

Dr. Adam Waese (New Liskeard)  
 Dr. Margaret Dudek (Timmins)  
 Dr. Rosemary Meier (Parry Sound)  
 Dr. Amer Burhan (Sault Ste Marie)

### NEW ON-SITE FACULTY

Dr. Barbara Crawford (North Bay)  
 Dr. Jane Fogolin (Thunder Bay), pending

## Telepsychiatry Consultations

**ATIKOKAN**, Atikokan General Hospital  
 Dr. Christopher Doyle

**CAMPBELLFORD**, Community Wellness Centre  
 Dr. Robert Cooke  
 Dr. David Dorenbaum  
 Dr. George Voineskos (resident Dr. Alina Iosif)  
 Dr. John Farewell  
 Dr. David Myran

**PARRY SOUND** (BRACEBRIDGE, HUNTSVILLE, MUSKOKA, SUNDRIDGE, ORILLIA, GRAVENHURST)  
 Dr. Clive Chamberlain  
 Dr. Peggy Richter  
 Dr. Victor Likwornik  
 Dr. Jeff Daskalakis

**SUDBURY**  
 Dr. Victor Likwornik  
 Dr. Chekkara Shammi (resident Justin Geagea)

# Fast Facts

## CHILD AND YOUTH TELEPSYCHIATRY PROGRAM THE HOSPITAL FOR SICK CHILDREN (TORONTO)

|                                 |                                        |
|---------------------------------|----------------------------------------|
| <b>Medical Director</b>         | Dr. Antonio Pignatiello (October 2004) |
| <b>Head, Northern Services</b>  | Dr. Elsa Broder (October 2004)         |
| <b>Program Director</b>         | Elizabeth Manson                       |
| <b>Education Coordinator</b>    | Dr. John Teshima                       |
| <b>Administrative Assistant</b> | Roberta Robinson                       |

The Child and Youth Telepsychiatry Program completed its fifth year of operation on March 31, 2005. The Ontario Ministry of Children and Youth Services has committed to continuing the Program with the Division of Child and Adolescent Psychiatry at the University of Toronto and The Hospital for Sick Children. During this fiscal year, the Ministry enhanced its funding to the Program, enabling expansion in service and education.

The following statistics reinforce the depth of assistance to, and relevance of, this initiative for children and youth in rural and northern Ontario communities:

### Telepsychiatry Clinical Consultations

**First Visits: 576**

**Follow-ups: 198**

**TOTAL: 774**

### Telepsychiatry Program Consultations: 67

A number of consultations are conducted monthly with treatment staff at in-patient residences, day treatment programs, home-based care and foster parents. The focus is on design, implementation and maintenance of effective interventions.

### Telepsychiatry Distance Education/

#### Professional Development Sessions: 20

The delivery is custom tailored to individual sites, reflecting the distinct needs of each community. The delivery includes both didactic/interactive and longitudinal knowledge transfer modalities.

### Attending Residents/Medical Students: 124

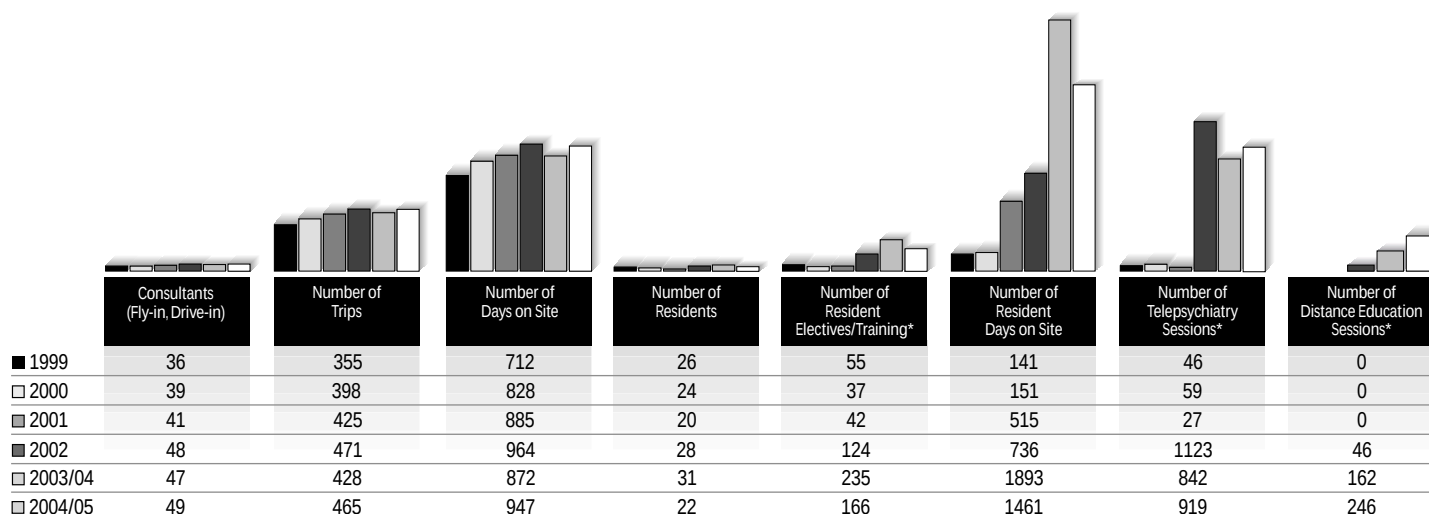
**Electives:** One resident participated in a six-month elective.

**Sites:** Chatham, Fort Frances (Atikokan), Kapuskasing (Hearst, Cochrane), Kenora (Lake of the Woods), Moosonee, Owen Sound, Parry Sound, Pembroke, Sioux Lookout (Dryden, Red Lake), Thunder Bay (Marathon, Nipigon), Bracebridge (Huntsville), Kirkland Lake, North Bay (Sundridge), Timmins

**Extra-hour Sites:** Orillia, Barrie, Midland, Orangeville, Penetanguishene, Simcoe, Townsend, Sault Ste Marie, Wawa, Elliott Lake, Sudbury

Any children's mental health provider who can access compatible technology (i.e., ISDN or IP) can receive appropriate service.

**UNIVERSITY OF TORONTO PSYCHIATRIC OUTREACH PROGRAM  
(INCLUDING CHILD AND YOUTH TELEPSYCHIATRY PROGRAM, THE HOSPITAL FOR SICK CHILDREN)  
SUMMARY OF STATISTICS  
JANUARY 01, 1999 - MARCH 31, 2005**



\* Note: Combined Statistics (UTPOP and Child)

**# of Resident Electives Training**

|             |                   |                                                     |
|-------------|-------------------|-----------------------------------------------------|
| <b>2002</b> | UTPOP = <b>56</b> | Child and Youth Telepsychiatry Program = <b>68</b>  |
| <b>2003</b> | UTPOP = <b>53</b> | Child and Youth Telepsychiatry Program = <b>182</b> |
| <b>2004</b> | UTPOP = <b>38</b> | Child and Youth Telepsychiatry Program = <b>124</b> |

**# of Telepsychiatry Sessions**

|             |                    |                                                      |
|-------------|--------------------|------------------------------------------------------|
| <b>2002</b> | UTPOP = <b>43</b>  | Child and Youth Telepsychiatry Program = <b>1080</b> |
| <b>2003</b> | UTPOP = <b>103</b> | Child and Youth Telepsychiatry Program = <b>739</b>  |
| <b>2004</b> | UTPOP = <b>78</b>  | Child and Youth Telepsychiatry Program = <b>841</b>  |

**# of Distance Education Sessions**

|             |                    |                                                    |
|-------------|--------------------|----------------------------------------------------|
| <b>2002</b> | UTPOP = <b>21</b>  | Child and Youth Telepsychiatry Program = <b>25</b> |
| <b>2003</b> | UTPOP = <b>144</b> | Child and Youth Telepsychiatry Program = <b>18</b> |
| <b>2004</b> | UTPOP = <b>226</b> | Child and Youth Telepsychiatry Program = <b>20</b> |

# Program Reports



## EXTENDED CAMPUS PROGRAM

The Extended Campus Program (ECP) at the University of Western Ontario (UWO), Department of Psychiatry, underwent several administrative changes following the departure in June 2004 of Dr. Emmanuel Persad as the Program Director. This was planned and anticipated as Dr. Persad retired from this post-retirement position at Western and relocated to live in Markham. Dr. Persad's contributions to ECP over several years are well recognized.

I assumed the role of Acting Program Director and, with the able assistance of Program Administrator Hanna Siemiarczuk, held a retreat in London for ECP faculty in August 2004. Special guests to the retreat included Sandy Parker, OPOP Policy and Program Developer, Dr. James Silcox, Associate Dean of Education at the Schulich School of Medicine, and Academic Directors for the South Western Ontario Medical Education Network (SWOMEN) Dr. Ranjith Chandrasena and Dr. Leonardo Cortese. Also, Dr. Tamison Doey and Dr. Noel Laporte, both senior residents in the Psychiatry training program at UWO, were invited to present their perspectives on residency training needs in rural rotations.

In addition to the administrative change in ECP, other considerations drove the ECP retreat's agenda to re-explore the growing needs of ECP members and to revisit our vision and mission. These included policy changes in the provision of mental health services in Ontario motivated by mental health reform, the creation of the Northern Ontario School of Medicine (NOSM) and the establishment of SWOMEN (*see p. 38 for details*). Following joint work at the retreat, all collaborating ECP members approved the following mission statement:

**“The University of Western Ontario Extended Campus Program is committed to evolve in the context of changing roles and relationships with its regional partners and maintain strong collaborative ties that facilitate both academic growth through collaborative education and research and quality psychiatric care in under-served communities through support of continued recruitment and retention efforts.”**

During the 2004-05 reporting year, fly-in and telepsychiatry services to the north continued. Locum services to Thunder Bay resulted in 44 days of “face-to-face” clinical services, and 164 hours of clinical consultations through Tele-health were provided.

The North of Superior Program (NOS) acquired a new Clinical Director, Dr. Abraham Rudnick, who assumed this role in November 2004. Unfortunately, fly-in services were significantly impacted by a lengthy strike, initiated by NOS employees, that lasted from June 2004 to February 2005. During the strike, UWO psychiatric consultants did not provide services to NOS. The resumption of services will occur but has been delayed due to service reorganization following the strike. Dr. Rudnick did visit the NOS sites in December 2004 for administrative and educational purposes, exploring potential collaboration with local health care providers such as family physicians with a view to establishing a shared care component to NOS services. Dr. Rudnick gave lectures within local hospitals on mental health using televideo to reach more distant hospital locations. With the local issues resolved, Dr. Rudnick looks forward to a fruitful year working with NOS.

During the period of new developments, ECP was persistent in retaining psychiatrists in the north by keeping close academic ties and mentoring faculty members from Sudbury, North Bay and Thunder Bay. The UWO ECP Sudbury site continues to be an active component of the Program. Most of the current UWO faculty members at that site have been appointed Assistant Professors of NOSM. In particular, Dr. Rayudu Koka, a longstanding ECP member, has been appointed section leader of the Northeast Division for Mental Health Programs.

## Program Reports cont'd



Faculty members continue active clinical services to the community, providing inpatient, outpatient and community outreach care in the districts of Sudbury and Manitoulin, and West Nipissing. Dr. Jean-Guy Gagnon, the only Francophone Psychiatrist who resides in the north, has traveled to the Cochrane District to provide clinical services.

In keeping with the revised mission statement, educational and research initiatives have been undertaken in ECP with the goal of extending them in the coming year. In terms of education, the Sudbury site has approval from the Royal College of Physicians and Surgeons of Canada for both core general psychiatric rotation and core child psychiatry rotation. This opportunity and the elective postgraduate education activities were showcased at the annual Canadian Resident Matching Service (CaRMS) interviews in London in January 2005. Dr. Popuri Murali Krishna attended these interviews on January 13 and was able to meet both CaRMS candidates as well as residents currently in the UWO Psychiatry residency program to answer questions and to promote northern opportunities. Dr. Henry Leung, representing the Sault Area Hospitals, attended the Postgraduate Education Committee by teleconference.

Among other significant Program undertakings, Dr. Sarah Jarmain, Director of Undergraduate Education, Psychiatry, UWO, has played a leadership role in examining the possibilities for clerkship rotations at northern sites under the OPOP umbrella with a view to developing the Ontario Medical Education Network (OMEN), a parallel committee to the Ontario Postgraduate Psychiatric Education Committee (OPPEN).

Telepsychiatry has facilitated sharing of UWO's Continuing Medical Education (CME) activities with the SWOMEN extension through collaboration with Videocare. Further development of a province-wide telepsychiatry strategy will be necessary to allow the participation of these representatives on the UWO CME committee.

Assistant Professor-Senate Stream Dr. David Haslam, Director of the Mental Health Consultation and Evaluation Program, and Dr. Jack Haggarty, ECP Thunder Bay, have been involved in a collaborative research project, "Transition into Primary Care Psychiatry" (TPCP), which they presented at OPOP's Annual Retreat in Thunder Bay in fall 2004. This is a cluster randomized control trial by the Primary Health Care Transition.

Dr. Sandra Fisman  
Acting Director

# Fast Facts



## CLINICS

### EXTENDED CAMPUS PROGRAM DEPARTMENT OF PSYCHIATRY UNIVERSITY OF WESTERN ONTARIO

#### FACULTY MEMBERS PROVIDING FULL TIME CLINICAL SERVICES

##### **NORTH BAY**, North Bay Psychiatric Hospital

Dr. Susan Adams  
Dr. Olorunfoba Oluboka

##### **SUDBURY**, Northeast Mental Health Centre

|                     |                      |
|---------------------|----------------------|
| Dr. Declan Boylan   | Dr. Rajender Kumar   |
| Dr. Jean-Guy Gagnon | Dr. Beena Mathew     |
| Dr. Anil Joseph     | Dr. Donald Pearsall  |
| Dr. Rayudu Koka     | Dr. Ramamohan Veluri |

##### **SAULT STE MARIE**, Sault Area Hospitals

Dr. Henry Leung

##### **THUNDER BAY**, Lakehead Psychiatric Hospital

Dr. Suzanne Allain  
Dr. Jack Haggarty

#### FLY-IN CONSULTANTS TO NORTH OF SUPERIOR PROGRAMS

##### **MARATHON/ MANITOUWADGE, NIPIGON/RED ROCK, TERRACE BAY/SCHREIBER, GERALDTON/LOGLAC (due to local employee strike in the region from June 2004 to February 2005, only 13 consultation days)**

|                     |                     |
|---------------------|---------------------|
| Dr. Patrick Conlon  | Dr. Abraham Rudnick |
| Dr. Felicity Davies | Dr. Rosaline Salo   |
| Dr. William Komer   | Dr. Bhadrash Surti  |
| Dr. David O'Donnell | Dr. Tim Turner      |

#### UNIVERSITY OF WESTERN ONTARIO FACULTY MEMBERS - LOCUM SERVICES TO THUNDER BAY (44 days for 2004-05)

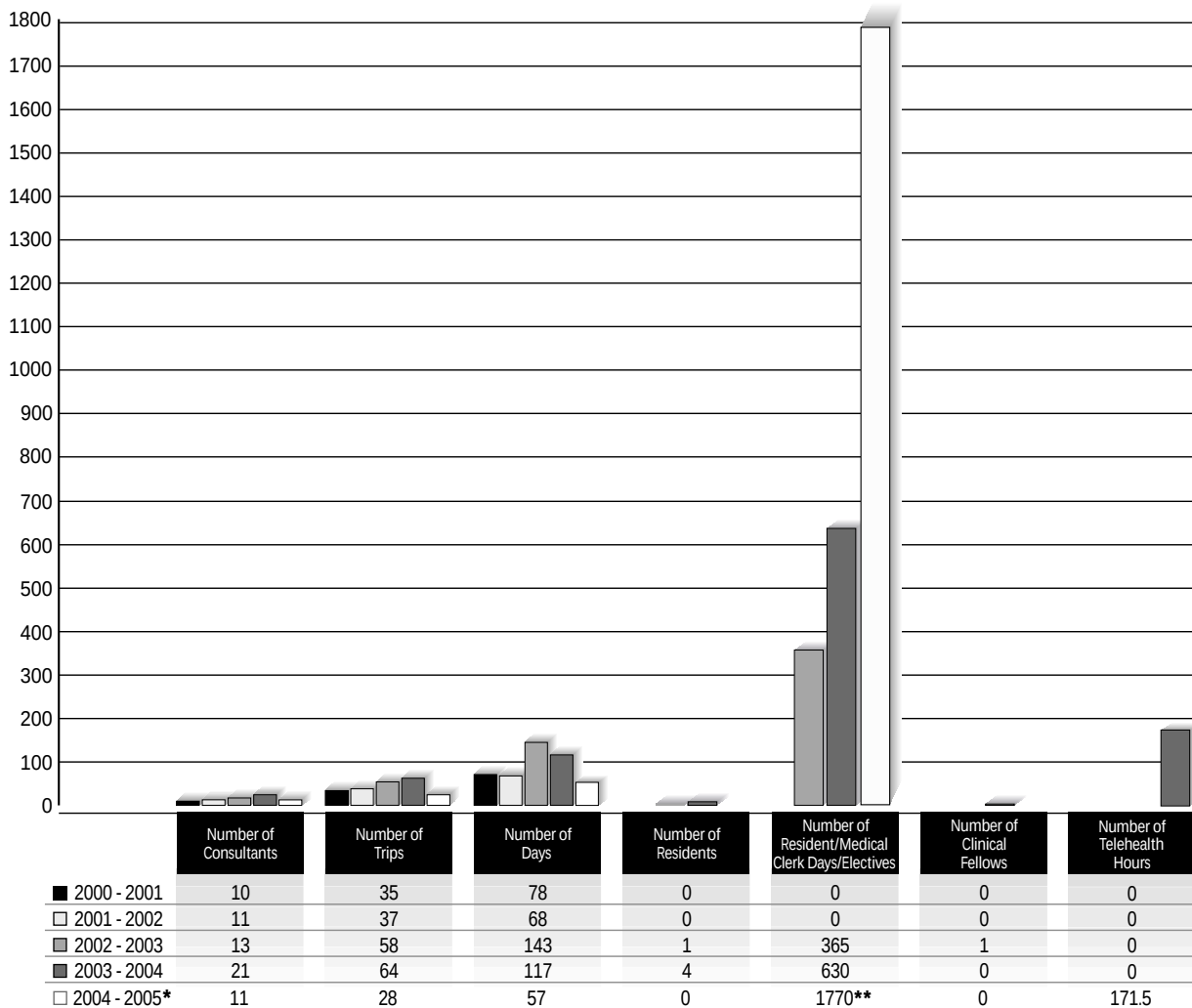
|                      |                     |
|----------------------|---------------------|
| Dr. Bhadrash Surti   | Dr. Emmanuel Persad |
| Dr. Richard O'Reilly | Dr. Michael Fisman  |

#### UNIVERSITY OF WESTERN ONTARIO CLINICAL CONSULTATION TO THUNDER BAY VIA TELEHEALTH

##### **164 hours of clinical consultations within 51-day period**

Dr. B. Ladi Malhotra  
Dr. Richard O'Reilly  
Dr. Michael Fisman

**UNIVERSITY OF WESTERN ONTARIO EXTENDED CAMPUS PROGRAM  
FLY-IN PSYCHIATRIC OUTREACH SERVICES TO THE NORTH OF SUPERIOR PROGRAM AND THUNDER BAY  
SUMMARY OF STATISTICS  
JANUARY 01, 2000 - MARCH 31, 2005**

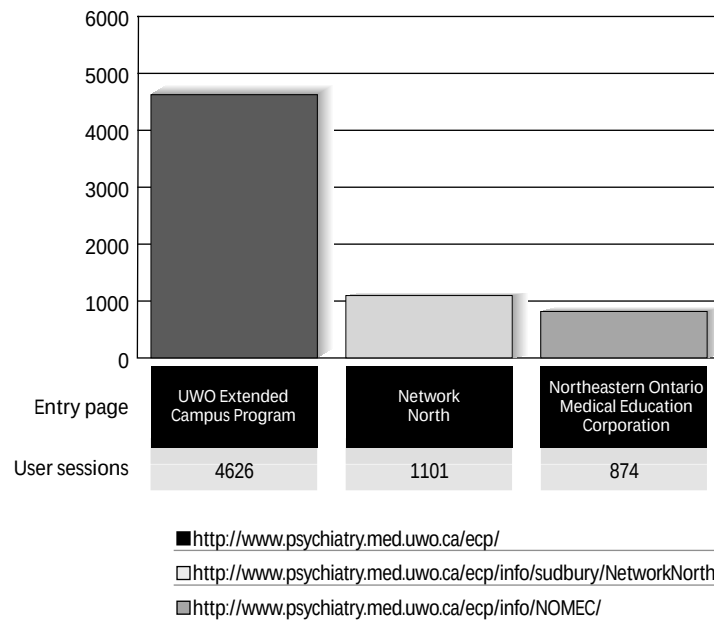


\* Fly-in services were significantly impacted by the lengthy strike initiated by NOS employees that lasted from June 2004 to February 2005.

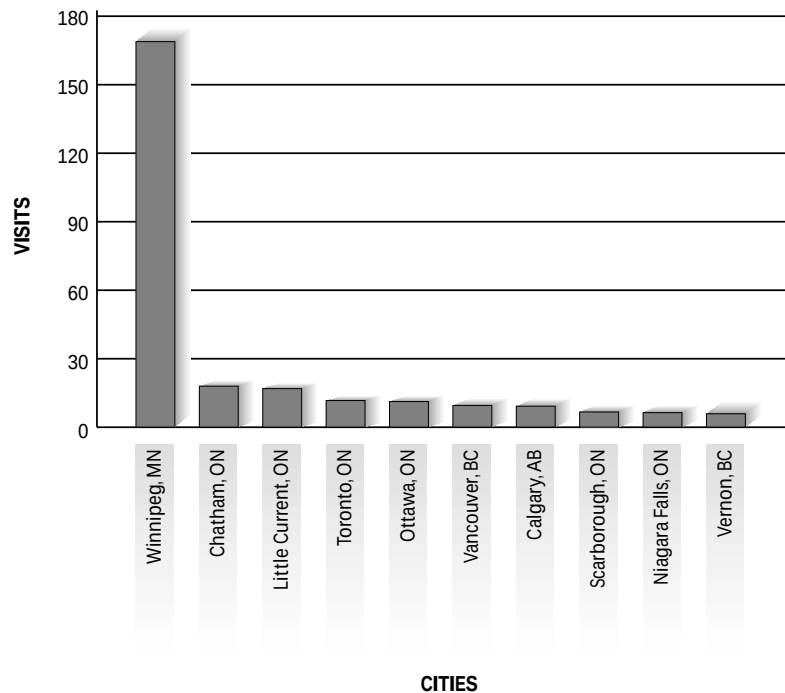
\*\*1770 Medical Clerk Days

# Extended Campus Program at the University of Western Ontario Web Site

TOP 3 ENTRY PAGES



TOP TEN MOST ACTIVE CANADIAN CITIES



# Program Reports



## NORTHERN ONTARIO FRANCOPHONE PSYCHIATRIC PROGRAM

True to its mission, the University of Ottawa recently identified itself as the Canadian university endorsing the Northern Ontario Francophone Psychiatric Program (NOFPP) through its Psychiatric Department of the Faculty of Medicine.

Created in 1981 to meet the urgent needs of the northern Ontario francophone community for psychiatric services, and a founding OPOP member, the Program has improved continually, each year offering a greater number of daily consultations to an ever-larger number of communities.

Partnership with OPOP has allowed us to become increasingly involved in educational activities, and the creation of OPPEN – an OPOP working group of all the directors of postgraduate education of the departments of psychiatry at Ontario universities – has given Ottawa a chance to participate in the provincial network. We are now managing rotations more efficiently in remote areas and allowing residents to obtain an alternative rotation not available in another program. Thus, one of our residents, Dr. Vinay Lodha (PGY-4), completed a rotation in North Bay through another university program.

On the clinical side, we were able to offer additional services in Sturgeon Falls, Kirkland Lake, Englehart and Iroquois Falls within the framework of mid-year changes in funding, given the excellent manner in which Hélène Geoffroy, the Program's Associate Administrator, handled the process. Implementation of the Access to Clinical Services Committee will enable us to evaluate better the demands for additional services from sites serviced already as well as any new requests from under-served communities. With the assistance of Peter Youell, Telehealth Manager, Royal Ottawa Health Care Group, we keep offering and developing our telepsychiatric services. Because of our strong partnerships with Ottawa's Royal Hospital, North Network and Care Connect, our psychiatrists can offer more services on a regular basis and also be available for emergencies from our Ottawa studio to supplement on-site consultations to the communities requesting services. Our studies of the efficacy of these consultations continue to show positive results and indicate the need to develop this method of treatment. Furthermore, we keep considering the possibility of increasing our remote educational activities using our own existing equipment and the facilities in northern communities.

In closing, I would like to thank our program psychiatrists who frequently offer (often in difficult conditions) their expertise to communities that otherwise would not have access to services to which they have a right. I would also like to thank Hélène Geoffroy and Carmen Larouche for their efficient management of NOFPP's administrative requirements. Without their help, my task would not have been as easy and my semi-retirement would have been more difficult.

Dr. André J. Côté  
Program Director

# Fast Facts



## NORTHERN ONTARIO FRANCOPHONE PSYCHIATRIC PROGRAM DEPARTMENT OF PSYCHIATRY UNIVERSITY OF OTTAWA

### FLY-IN CONSULTANTS TO NORTHERN ONTARIO COMMUNITIES

#### NEW LISKEARD AND KIRKLAND LAKE,

Temiskaming Health Unit  
Dr. J.-C. Brutus

#### HEARST, KAPUSKASING AND SMOOTH ROCK FALLS

Hearst, Kapuskasing and Smooth Rock Falls  
Counselling Services  
Dr. M. Lapointe  
Dr. M. Mauguin

**TIMMINS,** Timmins and District Hospital  
Dr. F. Grondin, Dr. D. Kraus, Dr. G. Melanson

#### IROQUOIS FALLS, COCHRANE AND MATHESON,

Minto Counselling Services  
Dr. C. Boucher, Dr. J.-G. Gagnon, Dr. D. Kraus

**ELLIOT LAKE,** East Algoma Mental Health Clinic  
Dr. J.-G. Gagnon

**ELLIOT LAKE,** St. Joseph's General Hospital  
Dr. J. Blustein

**MATTAWA,** Mattawa General Hospital and Algonquin  
Nursing Home  
Dr. R. A. Ramsay

**STURGEON FALLS,** Alliance Centre  
Dr. J.-G. Gagnon, Dr. D. Nadon

**CHAPLEAU,** Turning Point  
Dr. J. Blustein

**KIRKLAND LAKE,** Kirkland and District Hospital  
Dr. C. Boucher

**WAWA,** North Algoma Counselling Services  
Dr. D. Myran

**ENGLEHART,** Englehart and District Hospital  
Dr. J.-C. Brutus

**STATISTICS FOR 2004-05:**  
**Number of days: approx. 431**  
**Number of trips: approx. 270**  
**Number of patients seen: 2480**

### NEW RECRUITMENTS FOR FLY-IN VISITS TO NORTHERN ONTARIO COMMUNITIES IN 2004-05

None

### TELEPSYCHIATRY SERVICES OFFERED TO NORTHERN ONTARIO COMMUNITIES FROM OTTAWA STUDIOS

**CHAPLEAU,** Turning Point  
Dr. G. Basecqz, Dr. J. Blustein

**STURGEON FALLS,** Alliance Centre  
Dr. D. Nadon

**HEARST, KAPUSKASING AND SMOOTH ROCK FALLS**  
Hearst, Kapuskasing and Smooth Rock Falls  
Counselling Services  
Dr. M. Mauguin, Dr. L. McMurray

**TIMMINS,** Timmins and District Hospital  
Dr. F. Grondin

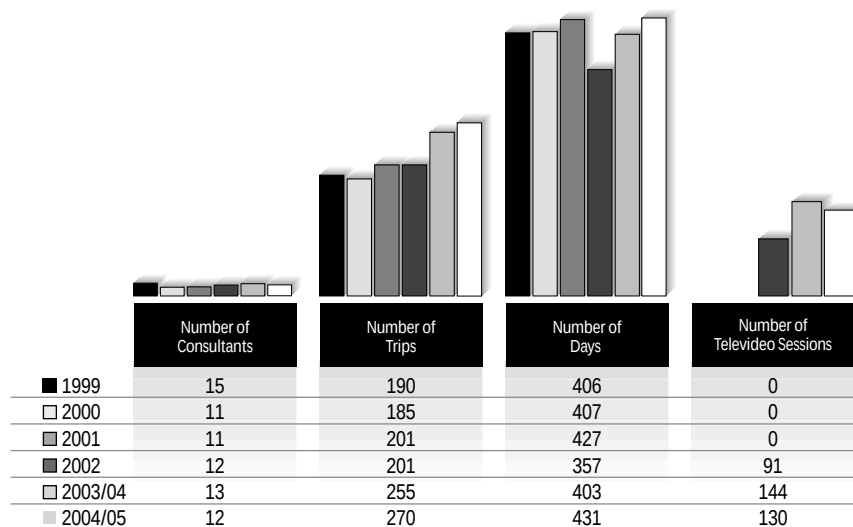
**WAWA,** North Algoma Counselling Services  
Dr. D. Myran

**STATISTICS FOR 2004-05:**  
**Number of patients seen: 130**

**RESIDENCY TRAINING IN NORTHERN ONTARIO:**  
**UNIVERSITY OF OTTAWA PROGRAM**  
Dr. Vinay Lodha, PGY-4  
North Bay: January - June 2005

**CLINICAL FELLOWS:**  
**UNIVERSITY OF OTTAWA PROGRAM**  
None for 2004-05

**NORTHERN ONTARIO FRANCOPHONE PSYCHIATRIC PROGRAM  
SUMMARY OF STATISTICS  
JANUARY 01, 1999 - MARCH 31, 2005**



# Program Reports



## QUEEN'S UNIVERSITY PSYCHIATRIC OUTREACH PROGRAM

Over the past reporting year, the focus at Queen's University expanded beyond the Regional Geriatric Psychiatry Program and now also includes a broad range of Department of Psychiatry outreach activities across ages and diagnoses. The Queen's Psychiatric Outreach Program was founded in May 2004. In addition to Geriatric Psychiatry, the Divisions of Child Psychiatry, General Adult Psychiatry and Developmental Disabilities all provide substantial outreach services to various locations in Kingston and the surrounding area.

Geriatric Psychiatry continues to serve the urban Kingston area and Frontenac County with both outpatient/ambulatory and outreach teams. While all services are provided under the auspices of Providence Continuing Care Centre – Mental Health Services Division, the Kingston outreach team is located at the Blackburn Mews community site. The Hastings – Prince Edward County team, based in Belleville, is now fully operational and independent, with three case managers serving a large geographic catchment that includes both rural and urban areas. A second rural team, to provide service to Lennox and Addington County, is under development and will be located in Napanee. Salinda Horgan has been added to the program as Health Service Evaluator, with a particular interest in using the knowledge exchange model.

A new project is being implemented to utilize outreach and shared care approaches to improve the care of older adults with mood disorders. A fundamental component of this innovative approach, based on the PRISM, IMPACT and PROSPECT studies, is to align a specialty geriatric mood practitioner with a community family practice. (PRISM, IMPACT and PROSPECT are randomized clinical trials examining the effect of shared care [collaborative treatment] activities on clinical outcomes for elderly individuals diagnosed with mood disorders [major depression, dysthymic disorder]. Findings across the studies show generally reduced rates in depressive symptoms, greater satisfaction with depression care, lower depression severity, less functional impairment, increased quality of life, less suicidal ideation and better coordination of care.) The feasibility and utility of this model will be tested in Southeastern Ontario for applicability to the Canadian environment.

The ongoing SEED ([S]upport and [E]ducation for Family Doctors Focus on the [E]lderly with [D]isorders in Mental Health) project is an educational development initiative aimed at supporting primary care practitioners located across the southeast region. Evaluations identified the importance of mentorship, which has been continued through "Doctor's Lounge" electronic sessions and small group sessions in the local area.

From its base at Hôtel Dieu Hospital, the Division of Child Psychiatry provides outreach consultation service to multidisciplinary professionals working in community mental health care facilities for children and youth in the surrounding area. Pathways for Children and Youth in Kingston is served almost weekly, while Open Doors in Smiths Falls, and the Child and Youth Wellness Centre in Brockville both receive monthly visits. Staff also undertake school visits, participate in distance educational development initiatives in collaboration with staff in the outreach communities, and engage in telepsychiatry consultation to more distant sites.

The Developmental Disabilities Community Outreach Team, based at Providence Continuing Care Centre – Mental Health Services, provides a valuable consultation service throughout all surrounding counties, reaching as far as Bancroft, a three-hour distance from Kingston. Educational initiatives have included presentations at province-wide Dual Diagnosis Rounds via videoconference linkages, as well as development activities with local agencies.

Adult Psychiatry outreach is extended to Napanee and Amherstview in Lennox and Addington Counties through a partnership with Lennox and Addington Community Mental Health Services. On-site consultations are provided weekly. Due to the large number of chronically mentally ill patients living in the area, and the family physician shortage, some follow-up care is made available as well.

Undergraduate Psychiatry training rotations, under the direction of Dr. Renée Fitzpatrick, are now extended to clinical clerks in both Brockville and Oshawa. Postgraduate Psychiatry electives and core training rotations for family medicine residents are currently being developed by Dr. Susan Finch, Director of Postgraduate Training for the Department, to begin during the 2005-06 academic year. Residents are included in all outreach activities across these four divisions during regular postgraduate rotations. Many family medicine residents training in the Queen's Program are also offered these opportunities.

Dr. Melissa Andrew  
Program Director

# Fast Facts



## CONSULTANTS PROVIDING CLINICAL SERVICES

**April 1, 2004 – March 31, 2005**

### REGIONAL GERIATRIC PSYCHIATRY OUTREACH

Dr. Melissa Andrew, Kingston Geriatric Psychiatry Outreach  
 Dr. M. Fahy, Rural Outreach, Hastings-Prince Edward County  
 Dr. Ken LeClair, Kingston Geriatric Psychiatry Outreach  
 Dr. Y. Nashed, Specialized Ambulatory Services  
 Dr. P. Parenteau, Rural Outreach, Hastings-Prince Edward County  
 Dr. R. Sidhu, Lennox, Addington and North Frontenac Counties  
 Dr. L. Teitelbaum, Specialized Ambulatory Services

**Total new patients seen across all Geriatric Psychiatry outreach services: 545**

**Telepsychiatry clinical consultations: 22**

**Telepsychiatry educational events: 11**

### DIVISION OF CHILD PSYCHIATRY

Dr. R. Fitzpatrick, Kingston  
 Dr. C. Jones-Hiscock, Kingston; Brockville  
 Dr. John Leverette, Smiths Falls

**Number of new patients seen across all Child Psychiatry outreach services: 125**

**Additional school visits outside urban Kingston area: 14**

**Telepsychiatry clinical consultations: \* DATA NOT AVAILABLE**

**Telepsychiatry educational events: 3**

### DUAL DIAGNOSIS CONSULTATION AND OUTREACH TEAM

Dr. B. McCreary, Picton, Belleville, Bancroft, Perth, Smiths Falls, Carleton Place  
 Dr. D. Elliott, Sharbot Lake, Harrowsmith

**Number of consultation days in Hastings-Prince Edward County: 36**

**Number of consultation days in Lanark, Leeds and Grenville Counties: 24**

**Number of new consultations in Sharbot Lake / Harrowsmith: 4**

**Telepsychiatry clinical consultations: \* DATA NOT AVAILABLE**

**Telepsychiatry educational events: 2**

### ADULT PSYCHIATRY DIVISION

Dr. V. Prabhu, Napanee

**Number of consultation days April 1, 2004 – March 31, 2005: 49**

**Number of new consultations: 52**

# Program Reports



## MCMASTER UNIVERSITY

By way of ongoing and new initiatives, James Bay and Sault Ste Marie continued to be well served over the past year by the Psychiatric Outreach Program sponsored and operated by McMaster University, through the Faculty of Health Services, Department of Psychiatry and Behavioural Neurosciences. The Program is delivered through collaborative agencies (James Bay Community Mental Health Program, Sault Area Hospitals) and UTPOP (psychiatric care in the Sault), under my direction at St. Joseph's Health Care in Hamilton.

A key undertaking is the James Bay Community Mental Health Program, which provides a large diversity of support services, including case management, community support, dual diagnosis, court support and diversion, public education, follow-up and after-care for individuals discharged from hospital, and self-help initiatives to meet the needs of people with a serious/persistent mental illness.

With the assistance of residents, my colleague Dr. Tony Carr (also at St Joseph's Health Care Hamilton) and I maintained a monthly three-day visit schedule to the west coast communities of James Bay, through clinics in Moosonee/Moose Factory and Fort Albany/Kashechewan, Attawapiskat and Peawanuk. Fly-in services to the primarily Cree communities, ongoing since 1992, included consultations with family physicians. We also reinforced close cooperation with native mental health workers of the James Bay Program. Patients continued to be seen in a range of settings, including the Weenebayko General Hospital, nursing stations of the James Bay General Hospital and community agencies. A variety of other service activities included assisting local providers in dealing with alcohol and drug addictions crises, as well as gambling assessment and treatment. Requests for case management plans from provincial Ministries – notably, Corrections (probation/parole), Child and Family Services, and Transportation – escalated, as they have in previous years. Among services called for were arrangements for detoxification and treatment placement and/or transportation. In addition, North Network installed videoconferencing facilities in Moosonee and Moose Factory, with the intention of connecting to Hamilton in the near future.

The longstanding outreach activity in the Sault, going back to 1995, has remained effective although at a significantly reduced level. In the past year, McMaster provided service at two-day outpatient clinics, within the Department of Psychiatry at the Sault Area Hospitals.

Looking ahead, McMaster has entered into discussion with the Northwestern Ontario Medical Programme (Thunder Bay) and the new Northern Ontario School of Medicine with respect to residency training, subsequent to site visits in 2004. In addition, we have formally requested funding to service the areas of Crisis Intervention and Early Episode Psychosis for the James Bay Community Mental Health Program. We are proposing to hire one Registered Nurse FTE (.5 FTE) for Crisis Intervention and (.5 FTE) for Early Episode Psychosis. As a result, our Program will be hiring one person to handle the responsibilities of the two positions, which will be based in Moosonee as Regional Staff Resource.

Dr. Gary Chaimowitz  
Program Director

# *Education & Research*



## **University of Toronto Department of Psychiatry Resident Graduates 2005**

Dr. Joanna Barlas, Dr. Sumeeta Chatterjee, Dr. Kevin K. Chopra, Dr. Allison Crawford, Dr. Shaheen A. Darani, Dr. Kristina Davison, Dr. Jasmine Gandhi, Dr. Carla S. Garcia, Dr. Justin Geagea, Dr. Stephen G. Gelber, Dr. David G. Gratzner, Dr. Brian Guan, Dr. Sarah A. Hales, Dr. Daniela B. Hlousek, Dr. Nicola Keyhan, Dr. Michele Korostil, Dr. Andrea Levinson, Dr. Madeline T-Y Li, Dr. Mohini Mangar, Dr. Alec Oskin, Dr. Nazly N. Meerdaula, Dr. Lynne S. Peters, Dr. Anna E. Rogers, Dr. Sarah J. Thompson, Dr. Theresa L. Vienneau, Dr. Priya N. Watson, Dr. Treena D. Wilkie, Dr. Thérèse A. Zarb

**More than half of the graduates participated in Outreach electives to the northern and under-served sites of:  
Baffin Island, Cobourg, Kenora, New Liskeard, North Bay, Parry Sound, Sault Ste Marie, Sioux Lookout, Thunder Bay and Timmins.**

# Education

OPOP's mission and mandate are anchored on bringing mental health care directly to under-served, rural and remote regions of northern Ontario through dedicated clinical care, education and research. To this end, OPOP is focused on strengthening relationships with the people we are serving – patients, physicians, nurses and support staff in agencies – through psychiatry specialists who are trained in the north, understand the special needs in these communities, and can respond immediately and effectively in routine and emergency situations.

In 2004-05, OPOP continued to concentrate on developing and delivering specialized in-community and on-site educational programs in collaboration with local institutions and practitioners. Here are highlights of major initiatives and related outcomes.

## ONTARIO POSTGRADUATE PSYCHIATRIC EDUCATION NETWORK (OPPEN)

An OPOP subcommittee, OPPEN is mandated to coordinate, promote and advocate the delivery of postgraduate training in northern and rural areas across the province. Created in 2002, OPPEN meets bi-monthly to deal with current, province-wide, practical issues as they affect residents who have chosen to pursue a Distributed Medical Education (DME) offered by the universities.

### Membership and Identity

Directors of postgraduate education from each of the five provincial Psychiatry programs represent their respective universities. Also participating are specialty coordinators from the Northeastern Ontario Medical Education Corporation (NOMECE) and the Northwestern Ontario Medical Programme (NOMP), as well as the OPOP Director and the Policy and Program Developer. Resident representation is provided by a postgraduate trainee from the Northern Residency Stream, a resident COPE representative and the Chief Northern Resident.

The subcommittee's predominant focus has remained within the postgraduate domain and DME training experiences. During recent subcommittee discussions, it became evident that questions related to coordination and communication across the universities are also germane to the undergraduate environment. OPPEN is committed to facilitating the development of an analogous OPOP education subcommittee to look at these matters from the undergraduate perspective.

### Significant Residency Training Issues

Issues of psychotherapy training and ongoing quality control of rotations offered outside traditional academic centres have also been pursued. The subcommittee has advocated through the Ministry Of Health, North Network, NOMP and NOMECE in order to clarify funding arrangements for the unique requirements of psychotherapy supervision. This is particularly significant for DME training locations, where it may be necessary to arrange supervision at a distance when qualified supervisors in specific modalities are not available on site. Through the subcommittee's coordinating role, funding was secured for current residents to complete their training programs, with further options to be considered pending geographical and university affiliations of future residents.

Relying on a limited cadre of supervisors and other key resources makes accredited DME rotations vulnerable to less-than-optimum training experiences. Although a rotation may be accredited as meeting training standards, this can change quickly in DME settings. OPPEN discussed several options for ongoing review of accredited rotations in respect of the standards of the Royal College of Physicians and Surgeons of Canada (RCPSC), in order to guarantee optimal learning environments for trainees. Specific ideas put forward included:

- Appointment and review of hospital coordinators at distant sites, who would be responsible for monitoring each rotation locally.

- Closer ties between distant site coordinators and the relevant University Postgraduate education committee, for example, University of Toronto Postgraduate Education Committee (UTPGEC), which is responsible for the majority of current DME rotations coordinated with the University of Toronto. A plan for regular representation of this group to the UTPGEC was established.
- Ensuring that OPOP clinical program directors are aware of educational issues at their respective sites. This will be facilitated by regular updates from OPPEN Co-Chairs to the OPOP steering committee, with copies of minutes distributed to the clinical program directors.

### **Communication**

Resident representatives brought to the subcommittee's attention the isolation among residents in distant rotations, and the lack of coordination of educational opportunities and mutually useful information for their benefit. Consequently, the committee advocated for funding for a Northern Chief Resident position, developed a job description, and oversaw the appointment of Dr. Lynn Vandenberg as the first Northern Chief Resident. Dr. Vandenberg now chairs monthly teleconferences to discuss training issues common to all residents in distant sites.

### **Core Competencies and Enriched CanMEDS Roles for Northern/Rural Practice**

As a result of discussions at the 2004 OPOP retreat, OPPEN has begun to explore the unique and expanded competencies that can be gained through training in a DME environment. Residents in northern sites have undertaken to consult with local and national resources to identify the enriched competencies necessary for successful practice in a distant site. These will be developed under the framework of the CanMEDS role descriptions and, ultimately, may serve to support the RCPSC initiative to delineate the specific competencies and corresponding training needs for general psychiatry practice.

# Ontario Postgraduate Psychiatric Education Network (OPPEN) - Terms of Reference

|                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                      |
|---------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <b>Authority</b>                                  | <b>Ontario Postgraduate Psychiatric Education Network (OPPEN)</b><br>Operates through the authority of and reports to the Ontario Psychiatric Outreach Programs (OPOP).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                      |
| <b>Mandate</b>                                    | OPPEN is charged with integrating northern and rural postgraduate education activities among the six medical schools.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                      |
| <b>Membership</b>                                 | <b>Co-Chairs</b> .....Dr. Melissa Andrew, Dr. Henry Leung<br><b>Members</b><br><ul style="list-style-type: none"> <li>• McMaster University .....Dr. Karen Saperson,<br/>Dr. Terri Bennett (COPE Rep – University Rotating)</li> <li>• University of Ottawa .....Dr. Katharine Gillis</li> <li>• Queen's University .....Dr. Susan Finch</li> <li>• University of Toronto.....Dr. Ari Zaretsky, Marie Mara, Dr. Andrea Berntson</li> <li>• University of Western Ontario .....Dr. David Robinson</li> <li>• NOMEK and NOMP Interim Reps .....Dr. Suzanne Allain, Dr. Henry Leung<br/>(until NOSM Department of Psychiatry is established)</li> <li>• OPOP .....Dr. Brian Hodges, Sandra Parker</li> <li>• Chief Northern Resident .....Dr. Lynn Vandenberg</li> </ul> Additional members at the discretion of the Committee. |                      |
| <b>Responsibilities of the Chair and Co-Chair</b> | 1. Develop agenda.<br>2. Review minutes.<br>3. Chair five OPPEN meetings per year (three by teleconference, one in-person to be held in Toronto, one in-person at OPOP Annual Retreat).<br>4. Attend OPOP meetings and report on OPPEN activities (five per year).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                      |
| <b>Responsibilities of the Committee</b>          | Coordinate provincial northern and rural postgraduate educational activities among the educational partners described in mandate:<br>1. Appointments<br>2. Electives<br>3. Core Rotations<br>4. Faculty Development<br>5. Fellowships.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                      |
| <b>Administration</b>                             | OPOP Policy and Program Developer provides administrative assistance.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                      |
| <b>Approved</b>                                   | Reviewed May 5, 2005                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Approved May 5, 2005 |

## UTPOP Education Activities (2004-05)

Over the past reporting year, the University of Toronto Psychiatric Outreach Program (UTPOP) and our partners at the Northeastern Ontario Medical Education Corporation (NOMECE) and the Northwestern Ontario Medical Programme (NOMP) continued to collaborate in providing a large volume of postgraduate and professional education, as reported below.

### POSTGRADUATE EDUCATION

Seven core or selective rotations were offered in addition to PGY-1 rotations for the resident on the northern stream rotation, partnering the University of Toronto with the Northern Ontario School of Medicine.

- Dr. Regina Liu took her Consultation Liaison Core Rotation at North Bay Psychiatric Hospital from July to December 2004, supervised on site by Dr. David Cochrane.
- Dr. Michael Tseng took his Chronic Care Core Rotation at North Bay Psychiatric Hospital from July to December 2004, linked weekly to Toronto for the Chronic Care and Family Group seminars and supervised on site by Dr. Oluboka Olorunfoba.
- Dr. Samantha Wallenius completed her elective time in Sault Ste Marie at Sault Area Hospitals from January through February 2004 and joined in the PGY-1 Core Curriculum seminars by teleconference weekly. She took her General Psychiatry Core Rotation at Sault Area Hospitals from January to June 2005, supervised by Dr. Gary Keleher and Dr. David MacPhee.
- Dr. Lynn Vandenberg took a General Psychiatry Core Rotation at Thunder Bay Regional Hospital from January to June 2004, linked to the PGY-2 Core Curriculum seminars by videoconference weekly with CAMH. She also took a Consultation Liaison Core Rotation at Thunder Bay Regional Hospital from July to December 2004. Dr. Vandenberg began her Psychodynamic Psychotherapy training in January 2004 from Dr. John Farewell by videoconference from Toronto. She took an Addictions Senior Selective from the Concurrent Disorders Program at Lakehead Psychiatric Hospital from January to June 2005.
- Dr. Pam Johnson began her General Psychiatry Core Rotation training at Thunder Bay Regional Hospital from January to June 2004 and continued to train in General Psychiatry to year-end. She was linked to Toronto by weekly videoconference to the PGY-2 Core Curriculum Seminars for the entire year and began Psychodynamic Psychotherapy training with Dr. John Farewell in October 2004. She took her Consultation Liaison Core Rotation in Thunder Bay Regional Hospital from January to June 2005.

Both Dr. Johnson and Dr. Vandenberg received IPT supervision from Dr. Joanne Holtby at North Bay Psychiatric Hospital by weekly videoconference and joined weekly Inter-Personal Therapy (IPT) Rounds and Cognitive Behavioral Therapy (CBT) Rounds held in Toronto by videoconference throughout 2004.

In addition, UTPOP set up connectivity to CCRT Rounds and CL Seminars for both residents from January to June 2005.

### NORTHERN CHIEF RESIDENT

OPOP, the University of Toronto Associate Dean's Office, the University of Toronto Department of Psychiatry Postgraduate Education Office and NOMECE collaborated to create a Chief Psychiatry Resident position for Northern Ontario. Dr. Vandenberg from the University of Toronto's Department of Psychiatry was named the first Northern Chief Resident, serving from July to December 2004. She is serving a second term in 2005.

## PSYCHOTHERAPY SUPERVISION AND EDUCATION

The Royal College of Physicians and Surgeons of Canada's objectives for training requirements for certification in psychiatry (<http://rcpsc.medical.org/residency/certification/index.php>) stipulate psychotherapy training as a component of the psychiatry residency training requirements: *"At least two years of at least one hour per week of supervised treatment using a variety of psychotherapy modalities. This may include psychotherapies with children and adolescents as well as adults, families and groups."*

The University of Toronto has historically surpassed these minimal Royal College standards and offered psychotherapy training in numerous modalities, including long- and short-term Psychodynamic, CBT, IPT, and group, couple, family and child psychotherapies.

However, in northern settings, several barriers have existed, including lack of supervisors with expertise in differing psychotherapy, and funding limitations (OHIP does not pay for distance supervision). Previously, our northern residents were left to their own devices, often scrambling to find both supervisors and funding. Fortunately, Dr. Paula Ravitz took a leadership role as Psychotherapy Coordinator for UTPOP to improve this aspect of residency training. Thanks to her efforts, in addition to a combination of local and northern psychotherapy expertise and distance education using televideo to broadcast rounds and for supervision with Toronto-based faculty, the northern-based residents have significantly improved the depth and breadth of their psychotherapy training, now surpassing the Royal College requirements in this area.

## CONTINUING EDUCATION (CE)

Initiated by faculty at the northern sites, two Continuing Education (CE) events are being held in 2005, in North Bay and Sault Ste Marie, involving participants from Toronto. Dr. David Cochrane of North Bay Psychiatric Hospital conducted a comprehensive needs survey in North Bay regarding psychotherapy supervision for a workshop in June 2005. Along with North Bay colleagues, he organized a conference featuring faculty from Toronto and utilizing a format of didactic plenary presentations and interactive small breakout groups. The curriculum focused on common factors and challenges of psychotherapy, and more prescriptive presentations in the clinical applications of CBT and IPT.

Dr. Henry Leung is organizing an evening of presentations followed by a half-day workshop in Sault Ste Marie, focusing on evidence-based brief therapies, including IPT and CBT, for October 2005.

The UTPOP CE Committee began meeting in June 2005, with representation University of Toronto, the Centre for Addiction and Mental Health (CAMH). This group is reviewing CE activities already offered or being undertaken by UTPOP members; surveying sites around their educational needs; and developing high quality, accredited CE programs using local and distant faculty, the University of Toronto's educational resources and best practises in CE, including use of distance education technology.

In March 2005, UTPOP also hosted three videoconferenced educational events offered by CAMH or organized by other North Network participant sites:

1. "Healing the Dying and their Families at End of Life", with Dr. Michele Chaban (Wales), presented by North Network to more than 20 remote sites.
2. TAPP-C videoconference, with Dr. Sherry McKay, Child Youth and Family Program, CAMH.
3. "Interactions between Psychiatric Medications and Drug of Abuse", offered in French by Education and Publishing Services, CAMH, through UTPOP, with Marie Josée Bene. This consisted of two half-day training sessions for front line health care practitioners in Wawa.

## **DISTANCE EDUCATION SESSIONS**

### **Wawa – Lady Dunn Hospital**

Marie Josee Bene Bsc Phm – CAMH (two sessions/eight hours)

Topic: The Interaction Between Psychiatric Medications and Street Drugs

### **Aboriginal Child and Family Services**

Dr. Sherri McKay – CH&E – CAMH (one session/one hour)

Topic: TAPP-C Conference

### **NOMEK – 20 sites**

Dr. Michelle Chaban (one session/one hour)

Title: Palliative Care Conference

### **North Bay, North Bay Psychiatric Hospital**

Dr. Michael Tseng (PGY3)

**46 for 67 Hours**

### **Sault Ste Marie, Sault Area Hospitals**

Dr. Samantha Wallenius (PGY2)

**30 for 60 Hours**

### **Thunder Bay**

Dr. Pam Johnson (PGY3), Dr. Lynn Vandenberg (PGY4)

**173 for 181 Hours**

## **TOTAL TELEPSYCHIATRY AND DISTANCE EDUCATION SESSIONS FOR (2004-05)**

### **Telepsychiatry consultations:**

**78 for 91 hours**

### **Distance education (videoconference) sessions for mental health workers:**

**4 for 10 hours**

### **Distance education (videoconference) core rotations for residents:**

**222 for 269 hours**

# UTPOP/Outreach Postgraduate Education Committee (OPEC) - Terms of Reference

|                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                   |
|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>Authority</b>                         | <b>Outreach Postgraduate Education Committee (OPEC)</b><br>Operates through the authority of and reports to the University of Toronto Psychiatric Outreach Program (UTPOP).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                   |
| <b>Mandate</b>                           | OPEC is charged with integrating northern and rural postgraduate education activities at the University of Toronto, Department of Psychiatry.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |
| <b>Membership</b>                        | <b>Chair</b> .....Dr. Samuel Packer<br><b>Members</b><br><ul style="list-style-type: none"> <li>• Director, UTPOP .....Dr. Robert Cooke</li> <li>• Psychotherapy Coordinator .....Dr. Paula Ravitz</li> <li>• Education Representative .....Dr. John Teshima</li> <li>• Evaluator, UTPOP .....Ava Rubin</li> <li>• Education Coordinator, UTPOP .....Thérèse Millette</li> <li>• Northeastern Ontario Medical Education .....Dr. Henry Leung, Micheline Beaudry Corporation (NOME)</li> <li>• Northwestern Ontario Medical Programme (NOMP) .....Dr. Suzanne Allain</li> <li>• North Bay Faculty Representative U of T .....Dr. Joanne Holtby</li> <li>• Sault Ste Marie Resident Representative .....Dr. Samantha Wallenius</li> <li>• Thunder Bay Resident Representative U of T .....Dr. Pam Johnson</li> <li>• Chief Northern Resident .....Dr. Lynn Vandenberg</li> </ul> Additional members at the discretion of the Committee. |                   |
| <b>Responsibilities of the Chair</b>     | 1. Develop agenda.<br>2. Review minutes.<br>3. Chair five (OPEC) meetings per year.<br>4. Attend UTPOP meetings and report on OPEC activities (five per year).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                   |
| <b>Responsibilities of the Committee</b> | Coordinate provincial northern and rural postgraduate educational activities at the University of Toronto Psychiatric Outreach Program (UTPOP)<br>1. Faculty Appointments at three Northern Sites of North Bay, Sault Ste Marie and Thunder Bay<br>2. Electives<br>3. Core Rotations<br>4. Faculty Development<br>5. Continuing Medical Education.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                   |
| <b>Administration</b>                    | OPEC Education Coordinator provides administrative assistance.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                   |
| <b>Approved</b>                          | Reviewed June 14, 2005                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Approved date TBC |

## ECP Education Activities (2004-05)

Southwestern Ontario Medical Education Network (SWOMEN) was established in the past year under the auspices of the Extended Campus Program (ECP) at the University of Western Ontario (UWO). Its genesis as part of ECP's revised vision and mission is discussed in Dr. Sandra Fisman's Program Report (*pp.19-20*). SWOMEN is focused on supporting rural regional medicine, through the Southwestern Ontario Rural Regional Medicine, Education, Research and Development Unit (SWORRM) of the University's Faculty of Medicine. Its initiatives are founded on the belief that the institution has a responsibility to graduate and to train physicians appropriate for the region's special needs, thereby, ensuring accessible quality patient-centred health care. By forming firm community and university partnerships, an environment conducive to learning, innovation and research is nurtured. Following are highlights of key developments.

### EDUCATION (FACULTY)

#### DEPARTMENT OF PSYCHIATRY UNIVERSITY OF WESTERN ONTARIO SWOMEN

#### DEPARTMENT OF PSYCHIATRY FACULTY MEMBERS INVOLVED IN EDUCATIONAL ACTIVITIES IN SOUTHWESTERN ONTARIO

##### **ST.THOMAS**, Regional Mental Health Care, St. Thomas

Dr. Sarah Jarman  
Dr. R. Roopchand  
Dr. S. Swaminath  
Dr. A. Prakash  
Dr. J. Chaya

##### **STRATFORD**, Stratford General Hospital

Dr. L. Cleto  
Dr. H. Keizer

##### **CHATHAM**, Chatham-Kent Health Alliances

Dr. R. Chandrasena  
Dr. R. Fairbairn  
Dr. M. Barrall

##### **SARNIA**, Bluewater Health

Dr. S. Hussey  
Dr. G. Jaychuk

##### **WINDSOR**, Windsor Regional Hospital

Dr. L. Cortese  
Dr. W. Cassidy  
Dr. B. Burke  
Dr. R. Rajan

##### **UNDERGRADUATE TRAINING IN SOUTHWESTERN ONTARIO, PSYCHIATRY, UWO PROGRAM**

The above listed preceptors supervised 57 medical clerks from the University of Western Ontario during their six-week rotations in psychiatry (total of 342 teaching weeks)

##### **RESIDENCY TRAINING IN SOUTHWESTERN ONTARIO, PSYCHIATRY, UWO PROGRAM**

Dr. Mirela Bocur, Stratford Regional Hospital, April-June 2004 (91 days)  
Dr. Janine Robertson, Regional Mental Health Care, St. Thomas April – June 2004, (91 days)  
Dr. Rachel Burdet, Regional Mental Health Care, St. Thomas, July-September 2004 (92 days)  
Dr. Jennifer Oates, Regional Mental Health Care, St. Thomas, January-March 2005 (90 days)

## UNIVERSITY OF WESTERN ONTARIO PSYCHIATRY - SWOMEN (RESIDENTS)

Education Activities April 1, 2004 – March 31, 2005

### 1. POSTGRADUATE EDUCATION

Electives at the SWOMEN sites

| Resident Name               | Period                | Site                                    | # of Days  |
|-----------------------------|-----------------------|-----------------------------------------|------------|
| Dr. Mirela Bucur            | April - June 2004     | Stratford General Hospital              | 91         |
| Dr. Janine Robertson        | April - June 2004     | Regional Mental Health Care, St. Thomas | 91         |
| Dr. Rachel Burdett          | July - September 2004 | Regional Mental Health Care, St. Thomas | 92         |
| Dr. Jennifer Oates          | January - March 2005  | Regional Mental Health Care, St. Thomas | 90         |
| <b>Total Residents Days</b> |                       |                                         | <b>364</b> |

### 2. UNDERGRADUATE EDUCATION

The six week Core Rotation in Psychiatry for Medical Clerks

Supervision: preceptors who are Department of Psychiatry, UWO faculty members at the SWOMEN sites

| Site                         | Location   | Number of clerks<br>Apr.04-Mar.05 | # of training<br>weeks |
|------------------------------|------------|-----------------------------------|------------------------|
| Chatham-Kent Health Alliance | Chatham    | 11                                | 66                     |
| Stratford General Hospital   | Stratford  | 16                                | 96                     |
| Regional Mental Health Care  | St. Thomas | 15                                | 90                     |
| Bluewater Health             | Sarnia     | 2                                 | 12                     |
| Windsor Regional Hospital    | Windsor    | 15                                | 90                     |
| <b>TOTAL</b>                 |            | <b>59</b>                         | <b>354</b>             |

### 3. DISTANT EDUCATION

Continuing Medical Education events of the Department of Psychiatry, UWO with participation of SWOMEN sites via Videocare

#### Note:

*Those events are Accredited Group Learning Activities as defined by the Maintenance of Certification Program of the Royal College Physicians and Surgeons of Canada*

| Date              | Topic                                           | Participating/<br>receiving sites                                                                                                                  | Transmission<br>Time range |
|-------------------|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| November 18, 2004 | "New Development in Autism"                     | Stratford General Hospital<br>Windsor Regional Hospital<br>Stratford General Hospital<br>Windsor Regional Hospital                                 | 2.66 hrs                   |
| December 9, 2004  | "Psychotherapy at the<br>Bi-axial Interface"    | Chatham-Kent Health Alliance<br>RMHC St. Thomas                                                                                                    | 2.66 hrs                   |
| January 13, 2005  | "Combining the Art<br>and Science of Adherence" | Stratford General Hospital<br>Windsor Regional Hospital<br>Chatham-Kent Health Alliance<br>Stratford General Hospital<br>Windsor Regional Hospital | 2.66 hrs                   |
| February 10, 2005 | "Quantifying<br>Psychopharmacology"             | Chatham-Kent Health Alliance<br>St. Thomas                                                                                                         | 2.75 hrs                   |

# Education

## NORTHERN ACADEMIC HEALTH SCIENCE NETWORK

As Dr. Hodges notes in his Director's message and as illustrated throughout this report, OPOP represents an important partnership embracing all providers of clinical and educational psychiatric outreach services in Ontario. One of the most important partners in the OPOP family is the Northern Academic Health Science Network (NAHSN). Comprised of a large group of committed clinicians and educators who have participated in several different organizations, NAHSN is now in the process of forming links and consolidating efforts.

NAHSN's foundation is its strong partnership with the Northeastern Ontario Medical Education Corporation (NOMECE) and the Northwestern Ontario Medical Programme (NOMP). Both NOMECE and NOMP coordinate clinical experiences and academic activities in their regions for Family Medicine and specialty programs affiliated with McMaster University and the University of Ottawa, respectively. They also coordinate undergraduate elective and core rotations in the north for all provincial medical schools.

One of the key drivers for integration has been the establishment of the new Northern Ontario School of Medicine (NOSM), which will welcome its first class of medical students in the fall 2005. Eventually, Ontario's sixth medical school will begin to build programs in postgraduate education as well. During this transition period, OPOP will maintain strong ties with the longstanding providers of education in the north, including NAHSN and its two key partners, NOMECE and NOMP. Ultimately, this newest medical school will develop a formal structure for clinical service and education in psychiatry that parallels the other five medical schools. To this end, a more formal NOSM representation on the OPOP Steering Committee will be incorporated, thereby, strengthening the multiple representations in the current structure.

## NOMP

NOMP was pleased to see Dr. Lynn Vandenberg and Dr. Pam Johnson continue their psychiatric residency rotations in Thunder Bay. Dr. Vandenberg completed her inpatient Adult General Psychiatry and then a Consultation/Liaison rotation at the Thunder Bay Regional Health Sciences Centre. Dr. Johnson finished her outpatient Adult General Psychiatry at the Lakehead Psychiatric Hospital before starting her inpatient Adult General Psychiatry at the Thunder Bay Regional Health Sciences Centre. Both residents continue to attend NOMP-funded videoconferencing for the academic sessions as well as to travel to Toronto for various training sessions and are receiving supervision through videoconferencing in a wide variety of psychotherapy modalities.

NOMP also continues to provide core psychiatry rotations and tutorials for two groups of six McMaster Medical Students, as well as teaching the Behavioral Science component of the Family Medicine North Residency Program, located in Thunder Bay.

NOMP has maintained discussions with the Department of Psychiatry at McMaster to prepare for joint psychiatry residency programs and is awaiting the necessary funding for this initiative. We are looking forward to teaching the NOSM students, whose first class commences in 2005. NOMP will maintain efforts to recruit, to retain and to train psychiatrists for expanded teaching roles with this school.

We have continued to evaluate our family-medicine based programs to align the goals of the family physician and of the speciality programs with the CanMEDS goals. Research activities are ongoing, with projects in shared care and transition into primary care, in addition to supervision of the trainees in various research projects and presentations.

Dr. Suzanne Allain  
Coordinator, Psychiatry Education

## NOMECE

As we reported last year, the North Eastern Stream Residency (NESR) Program matched its first resident in 2003. Dr. Samantha Wallenius-Cook was selected as part of the Canadian Resident Matching Service (CaRMS). We are pleased to note she has completed the core PGY 1 Psychiatry and Family Practice training components in Sault Ste Marie. Her PGY 2 year, now underway, consists of a combined inpatient/outpatient rotation, with the first six months located at Sunnybrook Hospital in Toronto and the subsequent six months in Sault Ste Marie. The North Eastern Stream Residency (NESR) position went unmatched in 2004. However, a transfer request from the University of Western Ontario was accommodated, and Dr. Vinay Lohda transferred into the NESR position as a PGY 4 resident commencing January 1, 2005. He completed outpatient core requirements in North Bay from January through July 2005. Elizabeth James, currently finishing her undergraduate medical degree at the University of Saskatchewan, filled the NESR position for the 2005 CaRMS match. Effective July 2005, there are three residents attached to the NESR program.

The University of Toronto has continued to support the accredited psychiatry rotations in Northeastern Ontario through its own internal match. Four psychiatry residents in the year 2004 completed core rotations in the Northeast.

The NESR Program has maintained efforts to consolidate its affiliations with the University of Ottawa. Both university sites, the University of Toronto and the University of Ottawa, have fully supported all training initiatives in Northeastern Ontario in collaboration with NOMECE. This includes covering expenses for televideo and teleconference services that allow distributed residents to maintain the didactic curriculum at their respective sites and funding for periodic travel to Toronto to attend special seminars.

Psychotherapy training kept expanding into Northeastern Ontario, greatly assisted by Dr. Paula Ravitz at the University of Toronto and Dr. Joanne Holtby in North Bay who has taken on a leadership role in providing local and remote Interpersonal Psychotherapy supervision. A dedicated group of clinicians has evolved in each of the major Northeastern hubs to provide psychotherapy supervision to clinical trainees.

Royal College Accredited core rotations in Psychiatry have grown in number during the year 2004. The combined sites of Sudbury, North Bay and Sault Ste Marie now offer six core rotations in Psychiatry. These rotations result from the collaborative work of NOMECE, the University of Ottawa and the University of Toronto through the OPOP's education subcommittee – the Ontario Postgraduate Psychiatric Education Network (OPPEN).

Faculty development of clinical preceptors working and living in Northeastern Ontario remains a high priority. Currently, a dedicated cohort of clinical preceptors maintains academic pursuits in the areas of Education and Research. However, if we don't have further recruitment, the demand for clinical supervision will exceed the current supply of clinical preceptors. Adding to this concern is the ever-present need for clinical teaching of the Northern Ontario Family Medicine Residents and the looming demand of medical students enrolled in NOSM.

Over the next year, the North Eastern Stream Residency Program will continue to consolidate its current core rotations and further expand rotations to include Timmins. In collaboration with the University of Ottawa, the Program will endeavor to raise its profile in the medical schools. This will necessitate a clearer definition of the broad scope generalist training experiences in Northeastern Ontario.

Dr. David Cochrane  
Program Director

## A Resident Reflects:

*In 2005, I was the second northern resident in the University of Toronto Psychiatry Program to complete my training, two years of which were accomplished at the Sault Area Hospitals in Sault Ste. Marie. I could not have achieved this without the dedication of local Sault Ste. Marie psychiatrists and medical staff, as well as remarkable support services and a willingness to try out novel teaching methods, such as tele- and videoconferencing, by members of the Postgraduate Education Committee, the University of Toronto Psychiatric Outreach Program, and the Northeastern Ontario Medical Education Corporation.*

*During my northern residency, I was excited to see our numbers grow from two residents in the north to a record number of seven psychiatry residents during one of our six month rotations, who were all doing training in different northern sites. Part of my training in the north was supplied by our visiting Outreach consultant psychiatrists, many of whom have been coming to the North to generously provide their services for almost a decade.*

*The northern residents worked with each other and with local staff, to identify and address the numerous challenges that would be inherent to any new program, but also challenges specific to training in smaller or remote communities. I found, much to my delight, that training in the community where I was going to practice, strengthened my bonds with the community. I was able to get to know my colleagues better as well as learn some of the specific needs my community has in the field of psychiatry. I pursued extra training in group therapy, as this modality seems potentially more efficient for providing psychotherapy in an under serviced area. While in the north, I also felt I was able to provide needed service in an under serviced community, which greatly enriched my experience as a resident, and the positive feedback from the community was a rewarding part of my experience.*

*One of the potential difficulties for a Northern resident is isolation. I did the first six months of my training in Toronto, which allowed me to get to know my fellow residents. Our northern group kept frequent email contact and were able to connect to each other via teleconference for our numerous educational experiences and to use our connection to network, to deal with novel challenges in our program, and to support each other emotionally.*

*I was provided funding by NOMECE, which allowed me to travel to Toronto monthly, supplementing my educational experience and strengthening my ties with the community of psychiatry residents based in Toronto.*

*I want to thank everyone involved for the enthusiastic effort and hard work that went into developing a program that prepared me for my exams and helped me to develop in my new role as a consultant. I look forward to practicing in Sault Ste. Marie and to being involved with further training of northern residents.*

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*During my northern residency, I was excited to see our numbers grow from two residents in the north to a record number of seven psychiatry residents during one of our six month rotations, who were all doing training in different northern sites.*

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**Dr. Anna Rogers**

## Research

During 2004-05, OPOP and partners initiated and continued a number of significant research projects designed to improve the delivery of mental health services in northern Ontario. Following are the results of major initiatives this past year.

### ONTARIO PSYCHIATRIC OUTREACH PROGRAMS (OPOP) PSYCHIATRIC TRAINING IN RURAL AND REMOTE AREAS: INCREASING SKILLS AND BUILDING PARTNERSHIPS

*Dr. Andrea Berntson, Dr. Elliot Goldner, Dr. John Leverette,  
Dr. Pippa Moss, Dr. Mark Tapper, and Dr. Brian Hodges.*

**Background.** Most Canadian provinces experience a dramatic imbalance between the number of psychiatrists serving large urban centres and those in rural and remote communities. Recent research has shown that physicians, including psychiatrists, are more likely to settle where they have established prior personal contact during training. Consequently, training general psychiatry residents in rural and remote regions may improve recruitment and retention of psychiatrists in these areas. To this end, universities are starting to partner with national health and professional organizations and under-served communities to develop training sites in small Canadian locales.

**Purpose and approach.** The purpose of this paper, prepared in collaboration with the Canadian Psychiatric Association's Standing Committee on Education, is (1) to examine educational opportunities for these new training sites, taking into account the special characteristics and demands of rural and remote psychiatry, and (2) to explore ways of adapting existing curricula for optimal learning, including consideration of tele-education and the impact of distributed training networks. The approach to this paper is, first, to define the parameters of urban, rural and remote communities; then, to review the CanMEDS competencies in this context; to examine barriers to developing programs in rural and remote psychiatry, including resident attitudes to such training and institutional responses as illustrated in appropriate supervision and funding, among other indicators; to consider readiness of communities to partner in decentralized psychiatry training programs; and to recommend actions for practice.

**Research methods.** An extensive literature review was conducted, from Canadian analyses on primary care within indigenous populations and psychiatry student surveys to international education studies conducted by the Organization for Economic Co-operation and Development. The experiences of Canadian postgraduate psychiatry programs outside Ontario were also considered in addition to OPOP member organizations.

**Conclusions.** Increasing the number of psychiatrists serving rural and remote communities should start with admissions policies that prioritize students from these areas. Selecting postgraduate trainees should include consideration of indicators that a trainee intends to set up a rural or remote area practice. Appropriate matching of students and trainees with communities should help maximize the educational experience. Emphasizing the unique skills required for this environment and offering early and frequent experience in these settings should assist residents in preparing for more independent general practice.

**Recommendations.** Eleven (11) recommendations were proposed covering program development, admissions, faculty, funding and partnerships. Among the proposals: Unique curricula should be developed for rural and remote educational programs based on CanMEDS 2000 principles rather than "force-fitting" urban-based curricula. Service and education models should support collaboration with other health professionals. Specific medical school and residency admissions programs should be established to attract students who have lived in and/or have undertaken secondary and/or undergraduate education in rural areas.

The full article will appear in the Canadian Journal of Psychiatry in the summer of 2005.

## **NORTHERN ONTARIO FRANCOPHONE PSYCHIATRIC PROGRAM (NOFPP)**

### **TELEPSYCHIATRY**

2004-05 marked the third year NOFPP psychiatrists were offered the opportunity to extend services utilizing telepsychiatry. Correspondingly, clinical services increased by 44 per cent over the previous year.

In phase one of the telepsychiatry project, cost-benefit analysis demonstrated that extended telepsychiatry clinics represented merely 15 per cent of the cost of travel and accommodation for face-to-face services. In year two, the program demonstrated to OPOP and the Canadian Society of Telehealth annual conference how telepsychiatry had amplified the number of clinical sessions over the 24 months of activity without compromising the commitment to fly-in visits.

That trend was validated again in 2004-05. The best example is found in the Chapleau case study, where Dr. Joseph Blustein conducted 24 per cent more patient sessions through routine three-hour telehealth clinics, approximately every other month.

Currently, six NOFPP psychiatrists offer telepsychiatry support, although only one new recruit initiated service this year. New residual referral patterns emerged to serve NOFPP community partners. For example, by empowering Telehealth in North Bay and Kapuskasing, the Clinical Rehabilitation Evaluation Unit of the North Bay Psychiatric Hospital is now consistently providing services to clients of the Hearst-Kapuskasing-Smooth Rock Falls Counselling Centre.

### **Telehealth**

NOFPP Telehealth recorded several significant accomplishments over the past year, in addition to the consistent consultations by some of NOFPP's experienced telepsychiatry practitioners. Among major achievements:

- An invitation from the Canadian Council on Health Services Accreditation (CCHSA) to NOFPP and its partner host site, the Royal Ottawa Hospital (ROH), to pilot the new national standards survey for Telehealth services. Only four organizations across Canada received this honour, and the NOFPP-ROH program was identified as an outstanding candidate based on its creativity and diversity of services, and its active participation in all phases of development of the National Initiative for Telehealth Guidelines and Best Practices.
- A presentation by Dr. André Côté at the Canadian Society of Telehealth annual conference in Quebec City on the success of utilizing Telehealth for francophone clients in rural and under-served communities.
- National and international exposure for the success of an NOFPP-ROH pilot project linking a school-based Early Intervention Program for Youth at risk of substance use and related social issues. Presentations were made to audiences at the Canadian Society for Telehealth annual conference, the Polycom International Users Conference in Tampa, and Electronic Connections for Mental Health Care in Kingston. In 2005, presentations were held in Ottawa in June, with an additional session set for London in October.
- Implementation by NOFPP and the University of Ottawa of their first Northern Psychiatry Resident Program involving a PGY-4 resident performing out-patient core rotation in North Bay.

## EXTENDED CAMPUS PROGRAM (ECP)

### TRANSITION INTO PRIMARY-CARE PSYCHIATRY (TIPP): CLUSTER RANDOMIZATION FEASIBILITY TRIAL

*Dr. David Haslam, RMHC London, Assistant Professor, Psychiatry, UWO;*

*Dr. Jack Haggarty, Lakehead Psychiatric Hospital, Thunder Bay, Adjunct Professor, ECP, Psychiatry UWO.*

**This joint research was first presented at the OPOP retreat in Thunder Bay, September 30-October 1, 2004.**

## ABSTRACT

**Objective.** Cluster randomization feasibility trial evaluating TIPP, a shared care intervention, versus care-as-usual, effectiveness on quality of life, symptomatology, perceived need for care and economic outcomes.

**Reach.** Clinicians, decision makers, funding agencies, caregivers and users involved in the transitioning of people from institutional outpatient to community-based mental health care settings.

**Finding.** Results of primary (Quality of Well Being Scale) and secondary (Brief Symptom Inventory, Perceived Needs for Care, Family Burden Scale and Resource Utilization Cost) measures.

**Conclusion.** A successful TIPP feasibility project will provide the basis for a large-scale trial with the potential to guide future shared mental health care services.

**Implications.** Best available evidence to inform mental health care reform transfer of patients from mental health services to shared care with their primary care providers.

**Source.** People (N=36 and 24) using outpatient psychiatry services (N=2 and 1) and their family physicians (N=18 and 12) in Southwestern and Northwestern Ontario, respectively.

**Funding.** Primary Health Care Transition Fund, Ministry of Health and Long-Term Care, Ontario.

# How To Reach Us

## **Ontario Psychiatric Outreach Programs (OPOP)**

Chair: Dr. Brian Hodges  
 Policy and Program Developer: Sandra Parker  
 Ontario Psychiatric Outreach Programs at the  
 Centre for Addiction and Mental Health  
 Room 849, 250 College Street, Toronto, ON M5T 1R8  
 Tel: 416.535.8501, Ext 4000, Fax: 260.4160  
 Email: brian.hodges@utoronto.ca;  
 Sandy\_Parker@camh.net

## **University of Toronto Psychiatric Outreach Program (UTPOP)**

Director/Manager: Dr. Robert Cooke  
 Education Coordinator: Thérèse Millette  
 Clinics Coordinator: Achira Saad  
 Evaluator: Ava Rubin  
 University of Toronto Psychiatric Outreach Program  
 at the Centre for Addiction and Mental Health  
 Room 830, 250 College Street, Toronto, ON M5T 1R8  
 Tel: 416.535.8501, Fax: 416.979.6902  
 Email: Robert\_Cooke@camh.net;  
 Therese\_Millette@camh.net (Ext. 4971);  
 Achira\_Saad@camh.net (Ext. 4778);  
 Ava\_Rubin@camh.net (Ext. 4420)

## **Extended Campus Program (ECP) at the University of Western Ontario**

Acting Director: Dr. Sandra Fisman  
 Administrative Assistant: Hanna Siemiarczuk  
 Webmaster: Sibi Samivel  
 University of Western Ontario  
 Extended Campus Program  
 Regional Mental Health Care London  
 850 Highbury Avenue, London, ON N6A 4H1  
 Tel: 519.455.5110, Ext 47225# Fax: 519.455.3712  
 Email: Sandra.fisman@lhsc.on.ca;  
 hmsiemia@uwo.ca  
 Tel: 519.850.2361, Fax: 519.663.3935  
 Email: psychnet@uwo.ca (Sibi Samivel)

## **Northern Ontario Francophone Psychiatric Program (NOFPP)**

Director: Dr. André Côté  
 Administrative Assistant: Hélène Geoffroy  
 Secretary: Carmen Larouche Mattar  
 Northern Ontario Francophone Psychiatric Program  
 at the University of Ottawa  
 Room 2132, Faculty of Medicine, University of Ottawa  
 451 Smyth Road, Ottawa, ON K1H 8M5  
 Tel: 613.562.5800, Ext 8141, Fax: 613.562.5626  
 Email: anjcote@uottawa.ca;  
 hegeoffr@uottawa.ca;  
 clarouch@uottawa.ca

## **Geriatric Psychiatry Program and Division of Geriatric Psychiatry, Queen's University**

Clinical Director: Dr. Ken LeClair  
 Administrative Director: Linda Kessler  
 OPOP Representative: Dr. Melissa Andrew  
 Providence Continuing Care Centre –  
 Mental Health Services Site  
 Postal Bag 603, 752 King Street West  
 Kingston, ON K7L 4X3  
 Tel: 613.546.1101, Ext. 5705 (Ken. LeClair;  
 Linda Kessler);  
 613.384.9088 (Melissa Andrew)  
 Fax: 613.540.6128  
 Email: leclairk@pcccchealth.org;  
 Kessler@pcccchealth.org;  
 andrewm@pcccchealth.org

**Web Site for UTPOP, ECP, NOFPP, Queen's:**  
<http://www.psychiatry.med.uwo.ca/ecp/>