

MAY 2019

You're reading the UHN Centre for Mental Health Newsletter. This month's issue features information on new stories, initiatives and programs, changes and additions in the Centre, dates to mark in your calendar and events to look forward to.

Please contact jasmine.sikand@uhn.ca for features, submissions, feedback and questions.

WHAT'S NEW?

Developing our new Strategic Plan 2019-23

MAY 2019

As many of you may already know, in December UHN announced its new Strategic Plan for the next five years, called "A Healthier World." It outlines five major priorities, and one of those includes UHN leading the "integration of physical and mental health to establish new standards of care, as health and well-being require both."

As CMH staff, you know this priority is one we have been working towards ourselves Centre-wide in recent years. It's time to take that to the next level.

Now, we have the opportunity to re-evaluate, re-group and re-design our goals, values and mission moving forward, ensuring we are in line with "A Healthier World" while also putting our best feet forward in continuing to revolutionize mental health care. As you can imagine, this process takes a lot of

THE CENTRE FOR MENTAL HEALTH

STRATEGIC PLAN

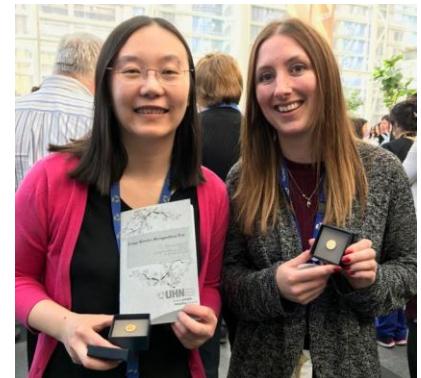
2019-23

work and requires a lot of input. It is important that this input comes from you – as an important contributor to the Centre for Mental Health.

To ensure everyone has the chance to provide their feedback and input for the new strategic plan, Matthew Kelsey, Manager of Corporate Planning at UHN, will be arranging meetings with various staff, and surveys will be sent out shortly. Stay tuned for further announcements as this process evolves in the coming months.

AWARDS & RECOGNITION

- Congratulations to **Dr. Roger McIntyre** for winning the Wightman-Berris Individual Teaching Excellence Award in the Postgraduate category at the University of Toronto.
- Congratulations to **Lisa Palmer**, Social Worker, and **Joanne Loo**, Patient & Family Education Tool Developer and Website Manager, both of the Dalglish Family 22q Clinic, for being recognized for five years of service at UHN.



Joanne Loo (L) & Lisa Palmer with their 5-year recognition pins. (Photo: Joanne Loo)

MOVERS & SHAKERS

- Welcome to **Shatony Sergeant** and **Claire (Shih-Ju) Lung** who have both started new roles as Administrative Assistants in the Poul Hansen Family Centre for Depression.

We send the warmest of welcomes to all of our new team members!

UHN News Archive

Features on UHN News ([UHN's Newsroom](#)) often monitored by national news publications

[Tackling the barriers of accessibility in mental health treatment](#) | featuring Dr. Jonathan Downar & the rTMS clinic | September 5, 2018

[Developing individualized and integrated care plans for mental health patients](#) | featuring Joanna Lynch, Dr. Susan Abbey, Dr. Jonathan Downar, & the Inpatient Unit | September 10, 2018

[\\$5-million gift helps establish centre for depression at TWH](#) | featuring the Poul Hansen Family Centre for Depression, Dr. Susan Abbey, Dr. Jonathan Downar, & Dr. Roger McIntyre | October 31, 2018

[Advancing specialized care to a very specialized population](#) | featuring Dr. Ron Keren, Dr. Andrea Iaboni & the Specialized Dementia Unit | November 22, 2018

[For some of UHN's patients, food on the table is the greatest gift](#) | featuring Dr. Dennis Kussin, Catherine Vernon, & Community Mental Health & Addictions | December 11, 2018

[Let's talk today – and everyday](#) | featuring Luca Ballarini, Michael Miano & PESU | January 30, 2019

[Uncovering the stigma of eating disorders](#) | featuring Aryel Maharaj, Suzanne Phillips & NEDIC | February 5, 2019

[Learning experience at UHN helping doctor open Iran's first geriatric psychiatry unit](#) | featuring the Specialized Dementia Unit & Dr. Ron Keren | February 6, 2019

["We need to treat the whole person": UHN leading the integration of physical and mental health](#) | featuring Lisa Crawley & Aideen Carroll | March 7, 2019

Call for Clothing Donations

Do you have gently used spring or summer clothing you are looking to give a new home? The **TGH 8 Eaton Inpatient Unit** is looking for contributions to their donation cupboard.

They are accepting clothing and shoes of all sizes and shapes!

Clean clothes can be brought to the nursing station in **TGH 8 Eaton Inpatient Unit**.

Mark Your Calendar

May 24/2019

Grand Rounds
12pm-1pm
TGH Eaton Wing North 1-429/430
Grand Rounds continue at same location on May 31st.

June 7/2019

Grand Rounds
12pm-1pm
TWH Fell Pavilion 6-103
June 14 cancelled due to Neuroscience Day (PGY1-5's)

June 10/2019

CMH Psychiatrist-in-Chief Recognition Breakfast
8am-10am
DoubleTree Hotel
(Toronto & Victoria Ballroom)
108 Chestnut Street
RSVP by May 27 to
Bonnie.Perciballi@uhn.ca

PATIENT STORY

Watch below to hear Brian talk about how the integrated mental and physical health care he received as a patient at UHN's Centre for Mental Health saved his life.



[Click here to watch the video on YouTube](#)

CMH in the Media

Features in national news publications & other media

[Tackling the barriers of accessibility in mental health treatment](#) | Hospital News | featuring Dr. Jonathan Downar | September 25, 2018 | [digital magazine, page 32-33](#)

[Smartphone psychiatry: how doctors are harnessing tech to fight depression, anxiety](#) | CTV News | featuring Dr. Roger McIntyre | January 24, 2019

[Effective therapy for depression difficult to access in Canada](#) | CTV News | featuring Dr. Jonathan Downar | January 28, 2019

[Can researchers bring a brain-stimulation remedy for depression out of clinics and into the home?](#) | The Globe and Mail | featuring Dr. Jonathan Downar | February 3, 2019

[Leading the integration of physical and mental health](#) | Hospital News | featuring Lisa Crawley & Aideen Carroll | April 2019

PROGRAM IN THE SPOTLIGHT

POUL HANSEN FAMILY CENTRE FOR DEPRESSION

Toronto Western Hospital, East Wing, 7th Floor

The Poul Hansen Family Centre for Depression supports patients with mood disorders and/or depression all within one area of Toronto Western Hospital, so patients don't have to travel around the hospital or visit any other UHN sites for appointments. The aim is to provide holistic patient care, with the use of a team that helps guide patients throughout their entire care journey, starting within the first 48 hours of receiving their referral.

The Poul Hansen Family Centre for Depression offers rTMS, medication & time-limited therapy.



Look out for our next newsletter coming in June 2019!

YOUR VOICE MATTERS. We encourage you to provide feedback and information you would like included in future newsletters. Our aim is to make this a monthly newsletter, so please send in submissions so we can keep everyone up-to-date centre-wide.

Do you have comments, questions or feedback that you would like to send us?
Please share your thoughts through our [anonymous online form](#) or email jasmine.sikand@uhn.ca.