

MOUNT SINAI HOSPITAL

The Department of Psychiatry at Mount Sinai Hospital is committed to the scholarship of education, clinical care and discovery within mental health.

INTRODUCTION


The Mount Sinai Hospital (MSH) Department of Psychiatry is the University Department of Psychiatry Centre for Excellence in the Psychotherapies and an integral element of the programs in General Psychiatry, Womens Mental Health and Geriatrics. The leadership of the university program in Psychiatry, Health and Disease under Jon Hunter, is also centred at MSH. Molyn Leszcz is the Psychiatrist-in-Chief and Jon Hunter is the Deputy Psychiatrist-in-Chief. The department has grown to 23 full-time psychiatrists; 18 part-time psychiatrists; and an outstanding complement of allied mental health professionals including nursing, social work, and occupational therapy, along with 15 mental health clinicians working in community programs. There is a strong commitment to interprofessional practice and the provision of patient and family centred care.

ORGANIZATION

The department is composed of a number of integrated clinical and research programs. The General Psychiatry Program consists of a range of services covering inpatient; day treatment;

ambulatory; community, and collaborative mental health services. The Inpatient Unit is a 15-bed unit and the ambulatory department provides 800 new psychiatry consultations, 220 crisis cases and 45,000 ambulatory visits annually. Emergency services are provided in conjunction with CAMH in a joint emergency program. We are part as well of the growing Emergency Psychiatry Alliance, linking resources with 5 other teaching hospitals. The Psychotherapy Program led by Zindel Segal, the Morgan Firestone Chair in Psychotherapy and Paula Ravitz, Associate Head has broad involvement in practice, teaching and research in the contemporary psychotherapies. Allan Peterkin leads the developing Humanities and Medicine Program deepening understanding and clinical responsiveness to our patients along with training for postgraduate students and community practitioners through narrative approaches, literature, and the arts.

In collaboration with community partners such as Hong Fook Mental Health Association, Yee Hong Centre for Geriatric Care, and Vasantham, the department's ACT Team and Wellness Program have developed comprehensive



community-based culturally and language specific mental health programming addressing the needs of the seriously and persistently mentally ill; forensic patients; and the elderly. Under the leadership of Joel Sadavoy, The Sam and Judy Pencer Chair in Applied General psychiatry, the community mental health programs continue to expand. Joel Sadavoy also leads the Geriatric Psychiatry Program active in geriatric consultation within the hospital along with ambulatory care. The Geriatric Program has used the generous support of the Reitman Family to establish the Cyril & Dorothy, Joel & Jill Reitman Centre for Alzheimer's Support and Training.

Psychiatry Health and Disease is a large program focused broadly on coping and adaptation to serious medical illness collaborating with key hospital clinical programmatic areas and HIV psychiatry. This program receives over 800 patient consultation requests and the Perinatal Psychiatry Program provides ambulatory consultation to 700 referrals annually and has expanded its reach into the care of women along the reproductive life span. Active research collaboration is underway in each of these areas.

The educational activities of the Department of Psychiatry cover the breadth of undergraduate, postgraduate, fellowship and continuing professional and community educational events, training 16 PGY 2-5 and 6 PGY 1 residents annually. Residents can train in General Psychiatry; Geriatrics; Psychiatry Health and Disease; and in senior selectives emphasizing the psychotherapies, at times blended with general psychiatry or with Psychiatry Health and Disease. We provide training to medical students through year I and year II of the Art and Science of Clinical Medicine, Determinants of Community Health, Foundation of Medical Practice, clerkship and the elective Therapeutic Communication course.

DEVELOPMENTS

Under the leadership of Sian Rawkins, Head of the Ambulatory Program we have expanded our assessment and treatment capacity through the recruitment of Jared Peck along with allied health professionals emphasizing focal biopsychosocial

treatments, medication management and the brief psychotherapies. The Inpatient Program has developed a formal Patient and Family Centred Care approach complementing its commitment to interprofessional care. This program also established the first interprofessional placement at MSH. Donna Romano, PhD, has assumed leadership for the development of interprofessional programs at MSH. Both the recent external accreditation process and the OHA data underscore a very effective program with high patient satisfaction. The IDEA seminar has evolved into a monthly case conference lead by Edred Flak addressing clinical challenges across the department.

In October, we launched the Cyril & Dorothy, Joel & Jill Reitman Family Centre for Alzheimer's Family Support and Training Centre. This provides both new space for department growth and an innovative clinical program. The program provides intensive training and support to family members dealing with Alzheimer's disease utilizing standardized patients and simulations. Mary Mittleman was the guest lecturer for the opening and the program is well launched. Virginia Wesson has joined this program and will also be working in collaboration with the PACE program at CAMH.

The department was awarded funding from the TCLHIN to develop an innovative project aimed at improving care of seniors in emergency departments through education and staff development and enhance access to specialty beds. Angelina Yau has been recruited to manage this program. This works allies very well with the Emergency Psychiatry Alliance. The Geriatric program has also established a new collaboration with the International Federation of Aging whose Executive Director, Dr. Jane Barratt has been appointed to the Associate Scientific Research Staff at MSH. We also hosted the first Arthur Cohen Endowed Lecture, featuring Ken Laidlaw lecturing on CBT with the elderly.

Bruce Ballon has expanded his role beyond the Reitman Centre with his appointment as the Associate Director for Education, Scholarship and Simulation in the Network of Excellence in

Simulation of Clinical Teaching and Learning (NESCTL). This will bring Bruce into collaborative relationships with a broad base of interprofessional colleagues across the breadth of simulation.


Clare Pain continues her leadership of the Toronto Addis Ababa Psychiatry Program (TAAPP) and has assumed leadership of a broad allied health training interest group linking University of Toronto Faculty with Ethiopia – the Toronto Addis Ababa Academic Collaboration (TAAAC). Clare Pain and Lisa Andermann provide consultation to the Canadian Centre for Victims of Torture, a program cited by external hospital accreditors as one of the 3 leading programs of our hospital. In collaboration with Hong Fook and other partners MSH sponsored a conference on Diversity and Equity in Mental Health and Addictions, featuring Dr. Mareasa Isaacs, Executive Director of NAMBHA. This conference also linked with the National Commission on Mental Health's external consultation process. Our ACT team's cultural competent model of care has been used to train a number of Japanese colleagues and Wendy Chow has presented this model internationally through the year as she has been appointed to lead our international education program. Sam Law has been appointed as Deputy Head of our community mental health programs.

The Psychotherapy Program continues to flourish providing excellent resident and professional development programs including The Mount Sinai Psychotherapy Institute (MSPI) under the direction of Paula Ravitz. Utilizing the format of didactic teaching, live simulations with standardized patients and web-based continuing case discussion under the direction of Paula Ravitz. Paula won the Allan Tennen Award for Excellence in Psychotherapy Supervision. The MSPI offered intensive institutes on the psychotherapy of chronic depression lead by Sian Rawkins and Molyn Leszcz; The Treatment of Trauma lead by Clare Pain and Lisa Andermann and Mindfulness Based Stress Reduction, lead by Bill Gayner. The Psychotherapy Program presented the annual Psychotherapy Day on Mindfulness and Metacognition, along with a Family Therapy Day and coordinated a very successful Group Day. Molyn Leszcz lead a task force for the

American Group Psychotherapy Association that produced Clinical Practice Guidelines for Group Psychotherapy, awarded the Anne Alonso Award for Excellence in Psychodynamic Group Psychotherapy. Molyn Leszcz was invited to Beijing by the China Institute of Psychology to develop a training program in group therapy for Chinese colleagues. Zindel Segal hosted an international think tank on mindfulness focused on integrating neural and clinical science in mindfulness.

The Narrative and Humanities Group led by Allan Peterkin has secured a new publishing relationship with The University of Toronto Press ensuring the continued growth of *Ars Medica* the journal dedicated to Humanities and Medicine. This journal produced by the department was awarded its second Canada Council for the Arts Grant. This group also organized the Annual Day in Applied Psychoanalysis. Under the auspices of the Integrated Medicine Project, Bob Maunder leads an interprofessional group that was awarded a CIHR grant to develop and evaluate interventions to enhance health care worker resilience in the face of a pandemic, building upon the department's innovative SARS research. In partnership with nursing, social work and occupational health we provided 1500 hospital interprofessional staff with an educational program on pandemic stress reduction and resilience. This team has also developed and evaluated very positively, web-based resources for staff regarding stress management and resilience. This has been of great interest locally and beyond with invited presentations regarding this intervention.

The Perinatal Mental Health group has expanded its activities with more active interprofessional collaboration and community and public education. Marina Golts has joined this growing the collaboration with gynecology, focusing on perimenopause and premature ovarian failure. Ariel Dalfen has assumed leadership of the program succeeding Bev Young who has provided 5 years of excellent clinical leadership. Ariel Dalfen also published, *When Baby Brings the Blues*, an outstanding resource for new mothers aimed at reducing and coping with postpartum depression.



The HIV program expanded its community engagement as Bill Gayner in collaboration with a number of community HIV and AIDS agencies has developed an OHTN sponsored program in collaboration with a number of community agencies serving the HIV/AIDS community.

Department faculty were active presenters in academic meetings over the last year, including a number of keynote lectures and visiting professorships in China, Ireland and Israel. Members of the department had their work published in a broad range of journals and the department has also been very active in the area of the scholarship of discovery as noted elsewhere.

This past year was a remarkable year with regard to prominent hospital, university and international awards received by MSH faculty and programs noted elsewhere in this report. These include Lesley Wiesenfeld being awarded the Irma Bland Award for Excellence in Teaching from the APA. Sian Rawkins was awarded both the Robin Hunter Award from the Department of Psychiatry and was awarded the Association for Academic Psychiatry Junior Faculty Development Award. In addition the Community Mental Health Program received a MSH Karen McGibbon Award for Excellence. Rex Kay was also nominated for the Robin Hunter Award, having earlier won a Wightman Berris Academy Award for Excellence in Teaching. Four of our faculty were promoted to Assistant Professor: Janice Halpern, Rex Kay, Jan Malat and Lesley Wiesenfeld.

*Molyn Leszcz, MD, FRCPC
Psychiatrist-in-Chief,
Mount Sinai Hospital*

*The Psychotherapy
Program continues
to flourish providing
excellent resident and
professional development
programs including
The Mount Sinai
Psychotherapy Institute
(MSPI) under the
direction of Paula Ravitz.*