

ST. MICHAEL'S HOSPITAL

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INTRODUCTION

The goals of the St. Michael's Hospital Mental Health Service are to provide a range of high quality, integrated mental health programs and to contribute to the academic mission of the Department of Psychiatry. The program model is urban community psychiatry. The Mental Health Service is an integral part of the Inner City Health Program at St. Michael's Hospital and clinician scientists participate actively in the Centre for Research in Inner City Health. Increasingly, the Mental Health Service also has developed international outreach activities.


ORGANIZATION

The Psychiatric Emergency Service provides crisis management and psychiatric assessment and treatment. It consists of psychiatric assessment, triage and brief treatment; an interdisciplinary Crisis Service; a three-bed Crisis Stabilization Unit and a Mobile Crisis Intervention Team. It is a highly rated departmental training site. This year there were 3,235 patient contacts. Roughly 4.1%

of emergency patients are assessed by the Psychiatric Emergency Service and roughly 24.7% of patients seen by the Service are admitted to hospital. The service also provides a suicide consultant to link the Arthur Sommer Rotenberg Chair in Suicide Studies with innovative clinical programs.

The 33 bed Inpatient Service continues to be efficient and effective. This service deals with individuals with complex care needs. More patients with psychotic disorders are admitted and discharged than at any other inpatient unit in Toronto. There were 618 total discharges this year and average length of stay was 18 days. The Inpatient Service emphasizes general psychiatry and also provides expertise in addiction psychiatry, HIV-related disorders and patients with severe and persistent mental illness. Four beds are available for clients of the Assertive Community Treatment Team.

A considerable volume of work continues to be carried out by the Community Mental Health Service. Total contacts for 2008/2009 were 31,351. There is a strong emphasis on



developing shared care collaborative models with family physicians. The service consists of several components: the WREP program, an assertive community treatment team (CONTACT); the Community Connections Program; the Collaborative Assessment, Consultation and Treatment Program; the Transition to Ambulatory Care Program; the STEPS For Youth Program; and an outreach program which provides services onsite at community agencies, hostels and shelters throughout southeast Toronto.

CONTACT is an assertive community treatment team. It was the first team established in a general hospital psychiatric unit in Canada. Substance abuse, homelessness and physical illnesses often compound issues related to severe and persistent mental illness in CONTACT service clients. CONTACT has provided leadership as the assertive community treatment model has developed across Canada by hosting numerous visitors seeking to learn how to implement the CONTACT approach. In addition, staff of contact have participated in several initiatives with regard to assertive community treatment in Ontario.

The Medical Psychiatry Consultation Service provides mental health services throughout the medical and surgical programs at St. Michael's Hospital. Areas of particular focus include neuro-trauma and cardiac care. An advanced nurse practitioner enhances the functioning of this service. A distinct HIV Psychiatry Program has been developed as has a Geriatric Psychiatry Program.

The Mental Health Service trains students in all professional disciplines. The majority of psychiatric residency training is in general psychiatry. Training in community psychiatry is well developed. Residents participate in structured psychotherapy supervision involving individual, marital and group modalities. Training also is provided in consultation liaison, geriatric psychiatry and chronic care and career rotations are available in a number of areas. Fellowships in suicide studies and the St. Michael's Hospital Community Mental Health Fellowship are situated in the Mental Health

Service. The service also trains undergraduate medical students as part of the Fitzgerald Academy. Scholarly activities are concentrated in a number of areas. Paul Links holds the Arthur Sommer Rotenberg Chair in Suicide Studies. He has built a strong academic unit and has recruited several fellows. The unit includes a research associate and a research consultant. Sean Rourke, Mark Halman and Julie Maggi direct research in HIV psychiatry and neuropsychology. Areas of interest include mood and cognitive disorders, treatment adherence and rehabilitation and international capacity building. Sean's neurobehavioural research unit focuses on the interface between brain and behavior in several key areas. As well, Sean directs an extensive array of research activities in his role as executive and scientific director of the Ontario HIV Treatment Network. In addition, several evaluative intervention studies are underway as are a number of studies addressing the health, mental health and addiction treatment needs of individuals who are homeless led by Vicky Stergiopoulos.

DEVELOPMENTS

There were a number of important developments in the St. Michael's Hospital Mental Health Service in 2008/09.

The Psychiatric Emergency Service has continued to function as a state-of-the-art delivery model. Once again this year Ian Dawe and colleagues presented their course on Emergency Psychiatry at the Annual Meeting of the Canadian Psychiatric Association. Staff of the Emergency Service have been very involved in the hospital's patient flow initiative this year as well as in developing a mechanical restraints policy and procedure document and a document on managing suicide risk in the Mental Health Service. Ian Dawe and Joanne Walsh in particular have provided leadership to the Emergency Department Alliance project within the Toronto Central LHIN. This year the Alliance developed an extensive report for the LHIN consisting of a flow map to trace movement through emergency services across the city. As well this year Ian Dawe completed the St. Michael's Hospital Leadership Program, Sarah Noble completed fellowship training in

emergency psychiatry and staff have been involved in developing the functional program for a new emergency department at St. Michael's Hospital. Mara Goldstein also continued in her role as Director of Undergraduate Medical Electives in the Faculty of Medicine and this year a much greater number of international applicants were processed. Finally, during hospital accreditation in 2009, the Mobile Crisis Intervention Team was designated a best practice in the final accreditation report!

The Inpatient Service experienced another very busy year with 94% occupancy and data from OMHRS continues to indicate that the patient population is one of the most complex and challenging in the province. The unit dealt with a number of important policy initiatives this year. This included a new policy on restraints, a new policy on falls, the hospital-wide medication reconciliation project lead by Ken Balderson, Medical Director of the Inpatient Service, and finally the implementation of computerized order entry. In addition to championing the medication reconciliation project, Dr. Balderson, continued to provide service to the Baffin Island Consultation Service. The unit remains first choice for residents selecting PGY2 rotations in the Department of Psychiatry and the post-discharge suicide study continues. Patient flow issues have also been very prominent on the Inpatient Service this year.


The Community Mental Health Service has continued to expand its collaborative mental health care work in partnership with the Department of Community and Family Medicine at St. Michael's Hospital. Both the Community Connections Program and the WREP program have been strengthened by the addition of new psychiatrists. A CIHR funded randomized controlled trial comparing two models of collaborative mental health care continues. Preliminary results from this study were presented at both the annual Canadian Collaborative Care Conference and the annual meeting the Canadian Psychiatric Association. As well, St. Michael's Hospital was chosen as one of two test sites in the Department of Psychiatry Program for a new resident rotation in collaborative mental health care. This has been developed

within the consultation-liaison rotation for PGY4 residents. Feedback from this rotation will help guide the development of similar rotations at other settings in anticipation of the new Royal College requirements mandating a collaborative care experience for all residents starting in 2011.

The Medical Psychiatry Consultation Service remains focused on traumatic brain injury, nephrology, respirology, cardiology, general medicine and obstetrics. A model for the delivery of consultation-liaison addiction services is being developed in concert with internal medicine. The service has been involved with the development of a delirium protocol as well as in developing suicide workshops for staff dealing with traumatic brain injured patients. Kien Dang won the Department of Psychiatry Abe Miller Award for Excellence in Undergraduate Education. In addition three Bhalerao now offers a very popular interviewing course for senior psychiatric residents and a clinical day on traumatic brain injury is planned for January 2010.

With regard to Geriatric Psychiatry, the Memory Disorders Clinic continues to see a high volume of patients. The Geriatric Mental Health Outreach Program continues to function well. Geriatric Psychiatry is also collaborating with the Regional Psychiatric Program at St. Michael's Hospital on a promising new combined geriatric psychiatric/geriatric medicine outreach team. Corinne Fischer in collaboration with others has received peer reviewed funding from the CIHR to study cognitive rehabilitation. As well a very important project looking at the impact of psychogeriatric outreach teams was completed this year. An endowment was received from the Donnelly family to support important clinical and research initiatives relating to Alzheimer's disease and dementia and a successful geriatric psychiatry conference was held in November, 2009.

The HIV Psychiatry Program continued to provide comprehensive mental health care to persons living with HIV/AIDS. This year the program entered into a multi-agency pilot project aimed at improving comprehensive care for HIV patients who are



homeless and facing mental health and addictions problems. The program has also enhanced its capacity to meet the needs of HIV positive women through collaboration with the mental health program at Women's College Hospital. The program continues to offer a mental health and HIV series conducted in collaboration with Casey House. As well the program this year established a multi-site educational experience for medical students, residents and family practice fellows in HIV psychiatry. In the international realm, the program continued to have significant input in the development of training in HIV psychiatry through both the TAAPP program and through collaboration with the IMAI program of the World Health Organization.

Two additional programmatic initiatives further developed this year. David Robertson continued to expand his shared-care model of psychiatric service delivery at the Sherbourne Health Centre. Secondly, Vicky Stergiopoulos has continued to expand the very successful Inner City Health Associates Program to provide family medicine and psychiatry to individuals living in hostels and shelters throughout Toronto. Both of these innovative programs represent important outreach activities very much in keeping with the mission of the Mental Health Service at St. Michael's Hospital.

With regard to research, there were several highlights this year. Paul Links was appointed Editor of the very prestigious International Journal of Personality Disorders. He continued in his third term as Arthur Sommer Rotenberg Chair in Suicide Studies. This year he obtained grants to study rural mental health care in China, child maltreatment and deliberate self-harm and suicidal behaviour among aboriginal men in Toronto. As well, Anne Rhodes continues with her MOHLTC Career Scientist Award. Sean Rourke completed an outstanding first term as executive and scientific director of the Ontario HIV Treatment Networks. He received two very prestigious CIHR grants. The first is to establish a centre for research evidence into action for community health. The second is a CIHR strategic training grant in HIV/AIDS health research. These two grants

together total over \$4 million in external funding. Finally, Vicky Stergiopoulos, who also holds a MOHLTC career scientist award, was designated scientific lead for the Toronto Site component of the National Study on Homelessness and Mental Illness. This study is funded by the Mental Health Commission of Canada and has been allocated approximately \$110 million. This is an extremely important initiative and one which fits extremely well with the mission of the Mental Health Service and of the hospital.

With regard to international activities, David Robertson continues with his work evaluating aspects of the Toronto Addis Ababa Psychiatry Project. As well, Sam Law and Paul Links have strengthened connections with Beijing University and plan to invite Michael Phillips, an investigator working on suicide in China to visit in 2009.

Finally this year the Mental Health Service Education Award winners were as follows:

Excellence in Continuing Medical Education -
Corinne Fischer

Excellence in Undergraduate Education –
Shree Bhalerao and Kien Dang

Excellence in Post-Graduate Education –
Shree Bhalerao

Donald Wasylenki, MD, FRCPC
Psychiatrist-in-Chief,
St. Michael's Hospital