

WOMEN'S COLLEGE HOSPITAL

The first year of our Shared Care relationship with Women's Health in Women's Hands was evaluated formally and rated highly by both WCH and WHIWH.

BRIEF DESCRIPTION


Women's College Hospital (WCH) Department of Psychiatry has three strategic programs: Reproductive Life Stages (RLS) program, dealing with psychiatric aspects of pregnancy and the postpartum, infertility, menstrual-related conditions and menopause; Trauma Therapy (TT) program, focusing on the adult psychiatric sequelae of early life exposure to trauma; and Mental Health in Medicine (MHM) program, which addresses psychiatric sequelae of chronic medical and surgical conditions. The Department is exclusively ambulatory care, although the RLS program does consult to inpatient obstetrical and gynecological wards of the hospital. There are currently 14FTE Psychiatrists on staff.

EVENTS AND ACHIEVEMENTS PROGRAMS

Trauma Therapy Program

The Women Recovering from Abuse Program (WRAP) celebrated its 10th Anniversary with a celebratory event on Oct 3rd. A keynote

address was given by Dr. Christine Courtois, a message of congratulations was sent by Dr. Judith Herman and her team from the Victims of Violence Program in Boston, and comments were given by Michele Lansberg, administrative staff, WRAP therapists and former clients. The following day, Dr. Courtois gave a sold-out day-long workshop on "Treating Complex Trauma: Creating safety in relationship." Dr. Classen and her team have completed data collection for the naturalistic study of WRAP. Findings from that study provide strong evidence that WRAP is effective in reducing a broad range of symptoms and can also improve attachment pattern. Dr. Classen is co-chair of the Women's Mental Health Research Conference on "Women's Mental Health in Ontario: Building Networks and Research Capacity" to be held October 17th, 2009. This event builds on the success of last year's record breaking Women's Mental Health Research Day, also co-chaired by Dr. Classen, and has been expanded to a provincial conference. This event is co-sponsored by Women's College Hospital, along with CAMH and the Women's Mental Health Program.



Professional training placement opportunities have been offered to trainees in social work, occupational therapy, nursing and postdoctoral psychology interns. An interprofessional training case-based seminar series on mental health issues was provided to a group consisting of a medical student, social work students, nursing student and a post doctoral fellow in ethics. A Violence and Trauma educational module was provided to a group of nursing and social work students and family practice residents. The findings of the Violence and Trauma module were presented at the Ontario Interprofessional Health Collaborative IPE Ontario Conference 2009, Toronto and at the Interprofessional Education Community of Practice in March 2009.

On other academic fronts, Dr. Classen is principal investigator in a collaborative study with the Jean Tweed Centre and Dr. Lisa Najavits from Boston in applying Najavits Seeking Safety therapy for problem gamblers. This is funded by the Ontario Problem Gambling Research Centre. She is also PI on a collaborative study with Princess Margaret Hospital and Sunnybrook's Odette Cancer Centre where they are developing a web-based support group for women with sexual problems due to gynecologic cancer, funded by the Canadian Cancer Society Research Institute.

Reproductive Life Stages

The past year has been a great year of growth with many elective students including a full year selective with a PGY5 Dr Simone Vigod. Dr Heidi Hensel (PGY5) joined Dr. Meschino part time for the last three months of her residency in order to achieve expertise in perinatal psychiatry and mentorship in program development to develop perinatal mental health in London at the University of Western Ontario. Two outstanding recruits will expand the RLS Programme initiative: Dr Simone Vigod has joined the program as a Junior researcher to further RLS research especially in the area of population health; and Dr Aliza Israel is a child psychiatrist who has been recruited to develop child and family mental health and provide child psychiatry expertise to the parenting initiative.

The program has been highly rated as an educational experience. Three RLS staff won a wards this year: Dr Alicja Fishell won a Peters-Boyd Academy Clinical Teaching/Supervision Award; Dr. Deanna Bruno won a Peters-Boyd Academy Teaching Award for Small Group Teaching; and Elaine Barrons RN won a hospital wide Excellence in Ambulatory Care Nursing Award. Dr. Meschino presented as a Keynote speaker at Sudbury's inaugural perinatal psychiatry conference for northern communities and reviewed their new program and also presented at Niagara region's inaugural conference on perinatal psychiatry and will supervise a Niagara region RN as she pursues Advanced Practice Training with the intention of creating a perinatal mental health program in their new hospital. The Program hosted Dr Jo Montaden from Switzerland (director psychiatric hospital near Lausanne) for 3 months to teach about perinatal mood disorders and program development. She has maintained contact and uses us as an expert resource.

The RLS program continues work with Toronto Public Health on enhancing and coordinating service delivery in Toronto for perinatal mental health. The teaching training DVD with Best Start on Perinatal Mental Illness was delivered via conferences, telehealth and webcast to several audiences including the Northern Medical School. It met with great reception. The department undertook planning an inter-program Parenting for Patients with Mental Illness initiative and plan to launch a novel pilot intervention in Oct 09. Dr Meschino represented RLS in Ottawa at a closed conference Successful Transitions as the discussant on Maternal Depression. The conference presented preliminary data collected during a federally requested and funded prospective study on factors associated with childhood trajectories. As a result of the presentations policy representatives from the provincial and federal parties recognized the peripartum as a critical time of intervention.

The research program under the leadership of Drs. Sophie Grigoriadis and Lori Ross continued to grow with over 9 research projects underway.

Mental Health in Medicine

The Mental Health in Medicine/General Psychiatry program has had another very successful year. Both arms of our program, Mental Health in Medicine and General Psychiatry are focused primarily on collaborative or shared care relationships with specialty, primary and community care partners. The first year of our Shared Care relationship with Women's Health in Women's Hands was evaluated formally and rated highly by both WCH and WHIWH. The agency has requested that Dr Nadiya Sunderji continue as their consultant and we have had additional residents interested in continuing on with the training experience. Dr Deanna Bruno has consolidated the reputation of the Urgent Follow-up Clinic garnering commendations from the Urgent Care Centre and the Sexual Assault Centre. She was also a recipient of the Peters-Boyd Academy award for Small Group Teaching. Dr Julie Maggi has initiated a subspecialty consulting practice in HIV and Women's Mental Health, a service unique in the city. We are thrilled to welcome two outstanding new recruits: Dr Maithili Shetty and Dr Abby Hershler. Dr Shetty will enable us to expand our clinical and educational efforts in geriatric and CL psychiatry, while Dr Hershler will consolidate and enhance our clinical and educational presence in General Psychiatry and psychotherapy.

Our academic endeavours have been significant. This year we will welcome our first PGY2 trainee in General Psychiatry, a rotation shared with Sunnybrook Health Sciences Centre. We will also welcome six PGY1 residents for core CL training, in a rotation shared with the Toronto Rehabilitation Institute. We continue to host senior elective residents in both CL and General Psychiatry. Dr Sunderji has co-taught the PGY2 core psychotherapy curriculum while Dr. Gupta continues in her roles as bioethics curriculum coordinator for the postgraduate program and Resident Advisor. The program hosts several research projects including: a novel web-based support group for women with gynecological cancers (Dr Catherine Classen), a project examining the hidden curriculum in bioethics in postgraduate psychiatry training (Dr Mona Gupta) and a study

examining community support services for women living with HIV (Dr Julie Maggi). Building on its significant presence in the diabetes community, Mental Health in Medicine was invited by the Public Health Agency of Canada to apply in the latest round of the Canadian Diabetes Strategy grants competition.

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Education

In addition to offering many electives and senior selectives the WMHP at WCH is now a core site for PGY1 and 2 training.

The WMHP continues to be a popular program for residents interested in learning about women's mental health. During the 2008/2009 academic year the WMHP had several senior residents doing electives in reproductive mental health, shared care including with Women's Health and Women's Hands, a community agency. In addition there were 2 residents who sought psychotherapy supervision in trauma therapy and relational psychotherapy.

The WMHP looks forward to having several residents participate in electives over the next academic year.

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