Ontario Shores’ 4th Annual Research Day
Tuesday, February 24th, 2015

Advancing Recovery Research: Patients, Partnerships and Peers

Ontario Shores Centre for Mental Health Sciences,
700 Gordon Street, Whitby, ON L1N 5S9

KEYNOTE SPEAKERS:

André Picard
John P. Hirdes, PhD FCAHS

Event Sponsors:

#ResearchDay2015
### TUESDAY, FEBRUARY 24, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 AM</td>
<td>Poster Set-up</td>
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<tr>
<td>8:00 am</td>
<td>Registration &amp; Breakfast</td>
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<tr>
<td>8:30 – 8:45 am</td>
<td>Welcome &amp; Opening Remarks</td>
<td>Lecture Theatre</td>
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<tr>
<td>8:45 am</td>
<td>Opening Keynote Speaker: John P. Hirdes, PhD, FCAHS</td>
<td>Room: Lecture Theatre</td>
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<tr>
<td>9:45 – 10:10 am</td>
<td>Break &amp; Poster Viewing</td>
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<tr>
<td>10:10 – 11:10 am</td>
<td>CONCURRENT SESSION A</td>
<td>A1 – Room: Lecture Theatre, A2 – Room: D/E</td>
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</tbody>
</table>

#### A1

**A Gender-based Analysis of Freedom of Movement (FoM) among Ontario Forensic Patients**  
Krista Mathias, PhD, University of Waterloo, John Hirdies, PhD

**Protective Factors among Forensic Mental Health Patients**  
Sandy Oziel, MA, Ryerson University, Lisa Marshall, Phd, DClinPsych, CPsych, David Day, PhD, CPsych

**Adverse Childhood Experiences Affecting Recovery at a Maximum Secure Forensic Mental Health Facility**  
Jennifer Roters, MA, Waypoint Centre for Mental Health Care, Liam Marshall, PhD, Matt Keating, MA, Laura Ball, MA

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**John P. Hirdes, PhD FCAHS**
Dr. Hirdes is a Professor and Ontario Home Care Research and Knowledge Exchange Chair in the School of Public Health and Health Systems, University of Waterloo. He is the senior Canadian Fellow and a Board Member of interRAI, an international consortium of researchers from over 35 countries. He chairs interRAI’s International Network of Excellence in Mental Health and the interRAI Network of Canada. He is also a Fellow of the Canadian Academy of Health Sciences. Dr. Hirdes has over 150 publications in peer reviewed journals and academic book chapters. His primary areas of interest include assessment, mental health, aging, health care and service delivery, case mix systems, quality measurement, health information management, and quantitative research methods. In 2012, Dr. Hirdes received the University of Waterloo Award for Excellence in Graduate Supervision. In addition, he received the Queen Elizabeth II Diamond Jubilee Medal through the Canadian Home Care Association and the Canadian Association on Gerontology.
Aboriginal Men’s Narratives of Health: Reclaiming Our Lives
Victoria Smye, PhD, University of Ontario Institute of Technology, Vivian Josewki, MA, Annette Browne, PhD, Colleen Varcoe, PhD

Mental Illness and Stigma among Youth, Family Members and Youth Community Peers in Four Ethno-racial Communities
Taryn Tang, PhD, Schizophrenia Society of Ontario, Hayley Hamilton, PhD, Ian Messam, Duberlis Ramos, Sayani Paul, PhD

The Barriers and Promoters of Seeking Mental Healthcare: A Mixed Methods Study of Immigrant Bangladeshi Populations in Toronto
Farah Islam, PhD, Centre for Addiction and Mental Health, Nazilla Khanlou, PhD, Hala Tamim, PhD

11:15 am – 12:15 pm
CONCURRENT SESSION B
B1 – Room: Lecture Theatre
B2 – Room: D/E

Therapeutic Culture and Climate: Using the EssenCES in a Canadian Mental Health Care Setting
Jennifer Roters, MA, Waypoint Centre for Mental Health Care, Elke Ham, OCGC, Laura Ball, MA, Nicolas West, BFA, BSc

Using the RSA-R to Evaluate Recovery Orientation in a Canadian Mental Health Care Setting
Laura Ball, MA, Waypoint Centre for Mental Care, Elke Ham, OCOG, Jennifer Roters, MA, Nicohals West, BFA, BSc

Strategies for Implementing Evidence-Based Interventions in Forensic Mental Health Settings
Liam Marshall, PhD, Waypoint Centre for Mental Health Care

Partnership between Patients and Interprofessional Teams at Community Based Mental Health Settings
May Helfawi, MSc, University of Ontario Institute of Technology, Brenda Gamble, PhD

Exploring Barriers and Facilitators to Implementing Family Support in Early Psychosis Programs in Ontario
Avra Selick, MA, Centre for Addiction and Mental Health, Karen O’Connor, M.Ed, Nhi Vu, MA, Janet Durbin, PhD

Exploring the Needs of Family/friend Caregivers of People Living with Episodic Disabilities in Ontario
Tammy Yates, MPhil (Cantab), Canadian Working Group on HIV & Rehabilitation, Donna Lero, PhD

12:15 – 1:15 pm
Lunch Break & POSTER VIEWING
Room: The Conference Place

1:15 – 2:15 pm
CONCURRENT SESSION C
C1 – Room: B/C
C2 – Room: D/E
C3 - Room: Lecture Theatre

HIMSS Analytics EMRAM Stage 7: Ontario Shores Centre for Mental Health Sciences First in Canada
Erin Anstey, BScN, RN, MN, Ontario Shores Centre for Mental Health Sciences, Nander Stevens, RN, Wendy Odell, Maria Ahmed, MHSc
**Clinical Practice Guidelines – The Journey to Excellence**
Maria Ahmed, MHSc, Ontario Shores Centre for Mental Health Sciences, Erin Anstey, BScN, RN, MN, Wendy Odell

**Adopting Research to Improve Care (ARTIC): Implementation of the Transitional Discharge Model (TDM)**
Regina Sawh, MN, University Health Network, Cheryl Forchuk, PhD, Deborrah Sherman, Robbie Campbell, MD, FRCPC, Deborah Corring, PhD, Mary-Lou Martin, MScN, Jill Mustin-Powell, BA, Liz McIntosh, BA, Catherine Glover, MPA, Jeffery Reiss, MD, FRCPC, DABPN, FCPA, DFAPA, Rani Srivastava, PhD

**“Food for the soul”: Religion and Spirituality, Recovery and Community Inclusion for Persons with Psychosis.**
Gursharan Virdee, MsC (DPsych cand) Centre for Addiction and Mental Health, Tyler Frederick, PhD, Lesley Tarasoff, MA (PhD Cand), Sean Kidd, PhD

**Normal Eating is Countercultural: Exploring Young Women’s Lived, Embodied Experience of Eating Disorder Recovery**
Andrea LaMarre, MSc, University of Guelph, Carla Rice, PhD

**The Effect of Voice Simulations on Empathy in Mental Health**
Aideen Carroll, MA, University Health Network, Joanna Lynch MA, Janan Arefin, MA

**C2**

Moderator: Christine Holland, Ontario Family Council Advisory Network

**Bringing the Voices of Individuals and Families to Mental Health Innovation**
Taryn Tang, PhD, Schizophrenia Society of Ontario

**The Strategy for Patient-Oriented Research in Ontario – the Ontario SPOR SUPPORT Unit (OSSU)**
Mark Roseman, PhD, Ontario SPOR Support Unit (OSSU)

**Exploring a Recovery Focus for Dementia**
Arlene Astell, PhD, Ontario Shores Centre for Mental Health Sciences, Stephanie Daley, PhD

**C3**

Symposium, “Assessing Youth with Anxiety, Depression and Co-morbid Internalizing Disorders: Multiple Informants, Self-Esteem and Cognitive Profiles”

**Comparative Validity in Diagnosing Anxiety, Mood and Comorbid Internalizing Symptoms in Youth.**
Pamela Wilansky, PhD, CPsych, Ontario Shores Centre for Mental Health Sciences, John Strauss, MD, FRCPC, Katharina Manassis, MD, FRCPC

**Self-esteem and Symptom Severity in Youth with Depression, Anxiety and Comorbid Internalizing Disorders**
Stan Deineka, BA, University of Toronto, Pamela Wilansky, PhD, CPsych

**Cognitive Profile of Youth with Anxiety, Depression and Co-morbid Internalizing Disorders.**
Sita Singh, MD, University of Toronto, Alexandra Hernandez PhD, John Strauss, MD, FRCPC, Pamela Wilansky, PhD, CPsych
**Mechanisms by which exercise promotes hippocampal function in both depressed and non-depressed individuals**  
Joanne Gourgouvelis, MHSC, University of Ontario Institute of Technology, Bernadette Murphy, PhD, Paul Yilder, PhD

**Design for Psychosocial Well-being: A Pre and Post Occupancy Evaluation of Bridgepoint Active Healthcare**  
Andrea Wilkinson, PhD, Bridgepoint Collaboratory for Research and Innovation, Celeste Alvaro, PhD, Deyan Kostovski, MA

**Using Smart Technology to Support Rehabilitation: A Feasibility Study**  
Amanda Meier, MSW, London Health Sciences Centre, Deborah Corring, PhD, Abraham Rudnick, PhD, Cheryl Forchuk, PhD

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3:20 – 3:40 pm  
**Break & Poster Ballots**  
Room: The Conference Place

3:40 – 4:20 pm  
**Closing Keynote Speaker: André Picard**  
Room: Lecture Theatre

**“The Road to Recovery: The Economic and Moral Case for Investing in Mental Health Research and Care”**

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**André Picard**

André Picard is a health columnist at The Globe and Mail and the author of four books, most recently “The Path to Health Care Reform.” He is a seven-time finalist for the National Newspaper Prize, Canada’s version of the Pulitzer Prize. Among his other accolades, André was named Canada’s first “Public Health Hero” by the Canadian Public Health Association and the best health reporter in the 17 countries of the Americas by the Pan-American Health Association. André is a graduate of the University of Ottawa (BComm), Carleton University (BJournalism) and holds an honourary doctorate from the University of Ontario Institute of Technology. He lives in Montréal.

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4:20 – 4:30 pm  
**Closing Comments**  
Room: Lecture Theatre

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**Dr. Philip Klassen, MD, FRCP(C),**  
VP, Medical Affairs, Ontario Shores Centre for Mental Health Sciences
1. **Reducing Risk, Improving Health: The Effects of Enhanced Recreational Therapeutic Programming in a Secure Forensic Setting**  
   Elizabeth Coleman, MD, FRCPC, Ontario Shores Centre for Mental Health Sciences, Melinda Wall, CPMHNC

   Krystle Martin, PhD, CPsych, Ontario Shores Centre for Mental Health Sciences Erica Martin, PhD, CPsych

3. **Factors Predicting Time to Discharge after ORB Grants Community Living for Forensic Clients**  
   Krystle Martin, PhD, Ontario Shores Centre for Mental Health Sciences, Erica Martin, PhD, Harpreet Singh

4. **Using a Police Investigation Tool to Enhance Case Management of Severe Sexual Violence**  
   Andrew Brankley, MA, Ryerson University, Alasdair Goodwill, PhD, Eric Beauregard, PhD

5. **Self-awareness of Patients on a Neuropsychiatric Unit**  
   Rosa Ip, PhD, Ontario Shores Centre for Mental Health Sciences, Syb Pongracic, MA, Kimberly Ritchie, MN, Elmira Severina, RN, Lesma Bartley, MHA, Omar Ghaffar, MD, FRCPC

6. **Healthcare Utilization of Adults in Ontario with Developmental Disabilities and Psychiatric/addictions Disorders**  
   Kristin Dobranowski, BHSc, University of Ontario Institute of Technology, Elizabeth Lin, PhD, Avra Selick, MA, Robert Balogh, PhD, Yona Lunksy, PhD, Drew Wilton

7. **Clinical Interventions, Culture Change and Smoking Cessation in an Inpatient Psychiatric Hospital: Incorporating Client and Staff Views**  
   Shelly Munro, RN, BscN CPMHNC, Ontario Shores Centre for Mental Health Sciences, Joanna Janczak, Alexandra Hernandez, PhD,

8. **Frequency of Psychiatric Disorders in the Classic and Hypermobility Types of Ehlers-Danlos Syndrome and Association with Systemic Findings**  
   Samantha Hershenfeld, BMSc, University of Toronto, Syed Wasim, BSc, Vanda McNiven, MSc, Hanna Faghfouri, MDCM, FRCP, FCCMG Joyce So, MD, PhD, FRCP, FCCMG,

9. **Methylation Analysis of HTR2A Exon I Gene in Four Different Tissues: Analysis of Suicidal Behaviour**  
   Ali Bani-Fatemi, MSc, Centre for Addiction and Mental Health, Vincenzo DeLuca, MD, PhD

10. **Research Capacity Building**  
    Alexandra Hernandez, PhD, Ontario Shores Centre for Mental Health Sciences, Pamela Wilansky, PhD CPsych,
11. Cultural Competency Champions Perspectives on Training and the Development of Future Directions
   Navdeep Sandhu, MD, Ontario Shores Centre for Mental Health Sciences, Alexandra Hernandez, PhD, Barbara Mildon, PhD, Phil Klassen, MD, FRCPC, Sanaz Riahi MN, Kenneth Fung, MD, FRCPC

12. Implementation of Recovery Rounds in the Prevention of Restraints and Seclusion
   Ian Dawe, MD, FRCPC, Ontario Shores Centre for Mental Health Sciences, Sanaz Riahi, MN, Alexandra Hernandez, PhD, Phil Klassen, MD, FRCPC, Michael Wasdell, MA

13. The Reality of Relationship Based Care, Developing and Maintaining the Therapeutic Relationship
   Jason Stainthorpe, RN, Ontario Shores Centre for Mental Health Sciences, Larry Sheahan, RN

14. Touch Screen Applications for People with Dementia (InTouch)
   Alexandra Hernandez, PhD, Ontario Shores Centre for Mental Health Sciences, Phillip Joddrell, Erica Dove, Nsibiet Stephen, Danielle Andrew, MA, Arlene Astell, PhD

15. Long-term Care Staff Perspectives on A Day in the Life Tool for Facilitating Transitions in Care
   Kimberly Ritchie, RN MM, Ontario Shores Centre for Mental Health Sciences Melanie Kelly, BScN, Megan Mihail, Alexandra Hernandez PhD, Pamela Wilansky PhD, CPsych

   Heather Shearer, MSc, University of Ontario Technology Institute, Linda Carroll, PhD, Hainan Yu, MSc, Jessica Wong, DC, Deborah Sutton, Sharanya Varatharajan, Danielle Southerts, Kirsti Randhwaw, Silvano Mior, Gabrielle van der Velde, Margareta Nordin, Maja Stupar, Anne Taylor-Vaisey

17. Are Psychological Interventions Effective for the Management of Neck Pain and Whiplash-Associated Disorders: A Systematic Review by the OPTIMA Collaboration
   Heather Shearer MSc, University of Ontario Technology Institute, Linda Carroll, PhD, Jessica Wong, DC, Pierre Cote, PhD, Sharanya Varatharajan, Danielle Southerts, Deborah Sutton, Kirsti Randhwaw, Hainan Yu, Silvano Mior, Gabrielle van der Velde, Margareta Nordin, Maja Stupar, Anne Taylor-Vaisey
Main Location

Our Gordon Street location is the home of our largest facility. Located on the shores of Lake Ontario in Whitby Ontario,

**Address:**  
Ontario Shores  
Centre for Mental Health Sciences  
700 Gordon Street  
Whitby, Ontario  
L1N 5S9

**Telephone:** 905.430.4055  
**Toll Free:** 1.800.341.6323

### Directions from Highway 401

- Exit Hwy 401 at Brock Street/Hwy 12 (Exit #410) in Whitby.  
  (If coming from Toronto do not exit at Brock Road in Pickering)
- Turn South (left) onto Brock Street
- Turn West (right) at Victoria Street - you will pass the Station Art Gallery and the Iroquois Sports Complex.
- Turn South (left) onto Gordon Street
  Continue past Lakefront Wharf / Wharncliffe Hospital
- Turn West (right) at the electronic Ontario Shores sign.

### Directions from Whitby Go Station:

#### Transit

**Via Durham Regional Transit:**  
Take Bus Route 308 (Whitby Shores)

**Via Car:**  
Turn south onto Brock Street or Henry Street, or turn west onto Victoria Street. Follow instructions above.

### Parking:
The hourly rate is $3.50 and the daily rate is $10.00. The parking receipts can be purchased directly from the parking machine. The receipt is to be clearly visible with the date and time face-up on the dashboard.
The Conference Place has partnered with local hotels to bring cost savings to Ontario Shores’ Conference Place customers. Guests must indicate they are with Ontario Shores Centre for Mental Health Sciences in order to receive special rates.

**Holiday Inn Express Whitby**
180 Consumers Drive
Whitby, ON L1N 9S3
Tel: 905-665-8400
Fax: 905-665-8402
Toll Free: 888-465-4329
www.expresswhitby.com

**Holiday Inn Express Whitby**
- $109.99 per night
- Breakfast included
- Corporate Code: Ontario Shores

**Residence Inn by Marriott Whitby**
160 Consumers Drive
Whitby, ON L1N 9S3
Tel: 905-444-9756
Fax: 905-444-9758
Toll Free: 866-277-9165

**Residence Inn by Marriott Whitby**
- $139 to $144 per night
- Breakfast included
- Corporate Code: Ontario Shores

**Travelodge**
940 Champlain Avenue, Oshawa, L1J 7A6
Tel: 905-436-9500 Toll Free: 1- 800-578-7878
http://www.travelodgeoshawa.ca

**Travelodge**
- $105 per night
- Breakfast included
- Corporate Code: Ontario Shores

**Hilton Garden Inn Ajax**
$139 per night – Corporate Code:
500 Beck Crescent, Ajax, ON L1Z 1C9
Tel: 905-686-9400 Toll Free: 866-336-8077
www.torontoajax.stayhgi.com

**Hilton Garden Inn Ajax**
- $139 per night
- Breakfast included
- Corporate Code: 2743234 or Ontario Shores

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**Registration Fees (Includes breakfast, am/pm snacks and lunch):**
- Students - $50 +hst = $56.50
- Registrants - $100 +hst = $113

**Non-Ontario Shores Staff**, please register at [http://www.ontarioshores.ca/research/research_day](http://www.ontarioshores.ca/research/research_day)

**Ontario Shores Staff**, please complete the Internal Registration Form (found on Shoreline) and submit it to Tracy Henry at henryt@ontarioshores.ca/Room: 7-2081