Ontario Shores’ 7th Annual Mental Health Conference
Tuesday, February 27th, 2018

Mental Health: Discovery, Technology & Recovery

Ontario Shores Centre for Mental Health Sciences,
The Conference Place, Main Entrance
700 Gordon Street, Whitby, ON  L1N 5S9
Keynote Speakers

David S. Goldbloom, OC, MD, FRCPC

Dr. Goldbloom was born in Montreal and raised in Quebec and Nova Scotia. He completed an honours degree, majoring in Government, at Harvard University and then attended the University of Oxford as a Rhodes Scholar where he obtained an M.A. in Physiological Sciences. He trained in medicine and psychiatry at McGill University and is a Professor of Psychiatry at the University of Toronto. Dr. Goldbloom's activities have been recognized and awarded by his peers and students. He has authored numerous scientific articles and book chapters and has provided talks and lectures to student, professional and public audiences. He is the editor of two textbooks in psychiatry and co-author with Dr. Pier Bryden of the best-selling book “How Can I Help? A Week in My Life as a Psychiatrist”. He maintains an active clinical and teaching role at the Centre for Addiction and Mental Health where he serves as Senior Medical Advisor. He served as Vice-Chair and then Chair of the Board of the Mental Health Commission of Canada from 2007 to 2015. He is a member of the Boards of the Graham Boeckh Foundation, Jack.org, and the CAMH Foundation. In addition to his professional activities, Dr. Goldbloom is a member of the Board of Directors of the Royal Conservatory of Music and a past Chair of the Board of Governors of the Stratford Shakespeare Festival of Canada. He is an Officer of the Order of Canada.

Simone Arbour, Ph.D.

Dr. Arbour received her PhD in Applied Social Psychology at the University of Windsor in 2008. Her research interests are grounded in both the basic and applied fields of social and health psychology, with a specific emphasis on mental health and addiction. In her role as a research scientist, Dr. Arbour collaborates with clinical staff extensively in an effort to bridge together research and practice to enhance recovery oriented practice and system transformation. Research papers generated from her work have been published and presented at a variety of forums within the fields of addiction medicine, psychology and mental health. Applied research interests include program evaluation and recovery education development.

Presenting Sponsor

We thank Borden Ladner Gervais for their presenting sponsorship
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1. The Prevalence of Depression, Anxiety & Stress in UOIT Undergraduate Students: A Cross-Sectional Study
   Andrew Reynolds (University of Ontario Institute of Technology), Pierre Cote, Jennifer Laffier, Michael Short, UOIT Mental Health and Wellness Research Team

   Introduction/Methods: We aimed to measure the one-week prevalence of symptoms of depression, anxiety and stress in undergraduate students using an on-line, cross-sectional survey.

   Results: 882 students participated. The one-week prevalence of moderate-extreme severe symptoms of depression, anxiety and stress were 30.3%, 47.3%, and 25.5% respectively.

   Conclusion: Our study suggests that an important proportion of undergraduate students experience significant anxiety and depressive symptomatology. Future research should focus on identifying the determinants of mental health in this population.

2. The Association Between Sleep Quality and Depressive Symptomatology in Post-secondary Students: A Systematic Review
   Nancy Fynn-Sackey (University of Ontario Institute of Technology), Efrosini Papaconstantinou, Heather Shearer, Pierre Cote, Kathy Smith

   We aimed to synthesize the best epidemiological evidence on the association between sleep quality and depressive symptomatology among post-secondary students. We searched for relevant articles in CINAHL, MEDLINE, and PsycINFO from inception to November 2017. Studies with low risk of bias were included in our best evidence synthesis. This systematic review will increase our knowledge about the state of the literature on the association between sleep quality and depressive symptomatology in undergraduate students.

Room: Conference Room B

1. DataDay: Daily Support for People Living with Dementia
   Arlene Astell (Ontario Shores Centre for Mental Health Sciences), Erica Dove, Cheryl Young

   DataDay is a user-friendly application (app) which aims to support people with dementia and reduce or delay demands on services, through proactive support of daily activity and self-management. Co-creation sessions will be held where people with dementia or MCI and caregivers try out the app and provide feedback through video-recorded group discussions and the System Usability Scale. This feedback will be used to inform design decisions and help develop an implementation strategy for DataDay across the Central East LHIN.
2. **Using the Kinect to Engage People with Dementia**  
*Erica Dove (Ontario Shores Centre for Mental Health Sciences), Andrea Reyes, Arlene Astell*

Meaningful leisure activities are an important part of well-being, but participation can become challenging for people with dementia. We have previously shown that motion-based technology (Xbox Kinect) can provide social, cognitive and physical activities for people living with dementia. In this study, we look at the use of motion-based technology as an engaging group activity for people with dementia. The results of this study will help us to understand engagement in a motion-based activity among people with dementia.

**Room: Conference Room D/E**

1. **Forensic Mental Health Nursing – A Discovery Project**  
*Irene Boldt (Centre of Addiction and Mental Health), Frances Abela-Dimech*

The Centre for Addiction and Mental Health (CAMH) is seeking to identify the needs of its forensic mental health (FMH) nurses. Quantitative survey data and qualitative data (observation, focus groups, individual interviews) are being collected. The preliminary results of this project, which describe the current state of FMH nursing practice at CAMH, will be presented. The immediate goals of this discovery work, as well as the long-term goals of this project will also be discussed.

2. **Sleep, Anger and Quality of Life in Mental Health Shift-working Nurses**  
*Liam Marshall (Waypoint Centre for Mental Health Care), Athina Bisback, Lauren Wright*

There is a paucity of research on sleep in the area of psychiatric/mental health nursing. This paper examines the relationship between sleep quality, quality of life, and anger in psychiatric nursing staff. Mental health nurses (N=212) completed self-report measures of sleep, anger, and quality of life. Results showed problems with sleep quantity and quality, which was related to lower quality of life and increased anger. These results were influenced by the shift nurses work.

**Room: Lecture Theatre**

1. **The Excellence Through Quality Improvement Project (E-QIP): Building QI Capacity Across Ontario’s Mental Health and Addictions Sector**  
*Michael Dunn (Canadian Mental Health Association Ontario, Addictions and Mental Health Ontario)*

The aim of the Excellence through Quality Improvement Project (E-QIP) is to build quality improvement (QI) capacity across Ontario’s community-based mental health and addiction sector. Phase one of the project offered a series of general and project coaching support and training opportunities. This presentation will review findings of E-QIP 1.0’s evaluation and the demonstrated success of capacity building efforts to enhance QI knowledge, practical skills and overall readiness for QI throughout the sector.

2. **Using Social Media to Detect Signs of Mental Disorders: Tools and Trends**  
*Ruba Skaik (University of Ottawa), Diana Inkpen*

Social media data have a wealth of information about their users. This data can be analyzed using Natural Language Processing and Machine Learning tools to detect signs of mental health disorders that needs attention like depression, suicide ideation and self-harm. This paper presents the recent trends and tools that are used in that field.

**10:40 – 11:00 am**  
**Break & Poster Viewing**
1. **University of Ontario Institute of Technology (UOIT) Mental Health and Wellness Pilot Study**  
   *Nayantara Hattangadi (University of Ontario Institute of Technology), L. Carroll, Ellen Vogel, Pierre Cote, UOIT Mental Health and Wellness Research Team*  
   We designed a pilot study to determine the feasibility of studying mental health and wellness in University students. We conducted an online survey in March 2017. Our survey included valid and reliable instruments to measure symptoms of depression, anxiety and stress, and modifiable risk factors. Our participation rate was 80%. Students rated the length and clarity of the questionnaire as adequate. Our pilot study suggests that it is feasible to study mental health in university students.

2. **The Barriers and Facilitators to Mental Health Care in a University Student Population**  
   *Debbie Chiodo (Western University, Centre for Addiction and Mental Health), Rick Ezekiel*  
   The promotion of mental health and wellness in post-secondary institutions is important. Universities are recognized as ideal places to support the mental health wellbeing of those who learn in them. This study examined the barriers and facilitators to promoting and supporting student mental health and wellness in a large, Canadian university campus as identified by a large number (n=1500) of different campus stakeholders (students, staff, & faculty).

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**Room: Conference Room B**

1. **Barriers and Challenges in Learning New Technology: Feedback From People Living with Dementia and Their Care-partners**  
   *Anar Dilara (Ontario Shores Centre for Mental Health Sciences), Arlene Astell, Alexandra Hernandez*  
   This mixed method study inquired barriers and challenges of learning a self-care app by cognitively challenged seniors and their care-partners. Three users with dementia and one caregiver needed considerable assistance in using the app. Factors impacting learning included user’s existing skill and motivation to learn; considering the app useful for activities in daily living or cognitive health of patient. Other barriers were app-complexity, insufficient training/instruction materials and matching of the contents with users’ personal choices.

2. **In-Touch: Introducing Touchscreen Applications to People with Advanced Dementia Through Staff-client Co-play**  
   *Alexandra Hernandez (Ontario Shores Centre for Mental Health Sciences), Morgan Steele, Pragash Loganathan, Arlene Astell*  
   Touchscreen games are an accessible and engaging independent activity. Here we evaluated their use in advanced dementia care. Eight clients with advanced dementia and four nurses were recruited from a geriatric dementia unit. Staff selected two clients and co-played with each on three occasions. We analyzed video recordings and staff post-play interviews. Clients and staff showed engagement, enjoyment, and various forms of social interaction, including turn-taking. Touchscreen games facilitate meaningful staff-client engagement in advanced dementia care.
1. Do Review Tribunals Consider Protective Factors in Their Decisions About Patients Found Not Criminally Responsible
   
   Carisa Collins (Ontario Shores Centre for Mental Health Sciences), Krystle Martin, Lisa Marshall

   Understanding protective factors is becoming an important part of risk assessment and management for individuals found NCRMD. We conducted a retrospective file review of 100 ORB Board cases from Ontario Shores between July 2016 and June 2017. Using the Structured Assessment of Protective Factors (SAPROF) as a guide, preliminary results indicate that hospital reports reference protective factors significantly more often than reasons documents, with less than half the SAPROF items being referenced overall.

2. Time Trends in Homicide and Mental Illness in Ontario From 1987-2012
   
   Stephanie Penney (Centre for Addiction and Mental Health), Aaron Prosser, Teresa Grimbos, Pradraig Darby, Sandy Simpson

   In this population-based study, we investigate whether homicides committed by seriously mentally ill persons have increased over time, particularly in the face of declining inpatient care. Data on all adult homicide perpetrators (N = 4402) and victims (N = 3783) in Ontario from 1987-2012 were collected, including those resulting in an NCR disposition. We present annual homicide rates for NCR and non-NCR accused, and position them against provincial hospitalization rates.

Room: Lecture Theatre

1. Driving on the Right Path Towards Mobile Patient Engagement
   
   Bethany Holeschek (Ontario Shores Centre for Mental Health Sciences)

   A mobile patient engagement solution was implemented and desired outcomes around adoption and usage of the app were impacted by early issues with technological functionality. This resulted in implementation delays and, most importantly, impacted the perception of and their confidence in the mobile solution by clinicians and patients. Based on this experience, a number of recommendations have been developed to guide future work in this area.

2. An Innovative Structured-psychotherapy Program for Ontarians Experiencing Mild to Moderate Depression and Anxiety
   
   Adva Artman (BounceBack Program, Canadian Mental Health Association, York South Simcoe), Mimi Wang, Euodia Leung

   Ontarians experiencing mild to moderate levels of depression or anxiety are often neglected in our health care system until symptoms become too severe. To bridge this gap, BounceBack® is designed as a free, Cognitive-Behavioural skill-building program that delivers fast access to telephone coaching and self-help materials. A qualitative analysis of data collected shows that BounceBack® significantly reduces low mood and anxiety problems, as well as improves knowledge and confidence to independently manage mood.
Room: Conference Room A

1. Neurocognitive Correlates of Eating Disorders in an Adolescent Residential Treatment Program: Implications for Research and Clinical Practice
   Andrea Byrne (Ontario Shores Centre for Mental Health Sciences), Tina Slaunwhite, Raluca A. Morariu, Jennise Fortner, Leora Pinhas

Many young people with eating disorders report difficulties with aspects of neurocognitive functioning, most notably in the area of executive functioning. Research suggests these difficulties may correlate with structural and functional brain-based differences, some of which persist even after recovery. We present data from a specialized adolescent inpatient eating disorders unit, examining symptom severity in the context of executive functioning at program entry and discharge. Implications for future research and clinical practice are discussed.

2. An Update on the Development with the Short Term Assessment and Treatability (START) and START: Adolescent Version
   Mary Lou Martin (St. Joseph’s Healthcare Hamilton)

This presentation will provide an update on the developments and research findings with the Short Term Assessment of Risk and Treatability (START) and the Short Term Assessment of Treatability: Adolescent Version (START:AV). The START and the START:AV provide for the assessment and documentation of multiple risk domains, strengths, vulnerabilities, case specific risk factors and risk formulation.

Room: Conference Room B

1. Evaluation of the Family Connections Program
   Rosanna Rupert (Sashbear)

Families can contribute to their loved one’s mental health recovery when provided with effective skills for themselves and their loved one. Involving families is often missed in treatment and can be a game changer for all. Learn how The Sashbear Foundation is spreading evidence based, skills focused, DBT informed program called Family Connections™ across Canada. The transformational skills, such as relationship mindfulness, validation and problem management, which when practiced, help families regain balance.

2. The Perspective of Family Co-facilitators for the Family Connections Program
   Reg Bernard (Family Volunteer, Sashbear) Tanya Moutoussidis

Family members whose loved one has been diagnosed with Borderline personality disorder (BPD) experience profound impacts on their family life as BPD is characterized, among other traits, by chaotic interpersonal relationships.
In this presentation, family members who have been trained as peer facilitators in the Family Connections program will share their facilitator experience, and the reciprocal impact of teaching FC skills to other families
1. **Enhancing Staff and Patient Safety in a High Secure Forensic Hospital**  
   *Liam Marshall (Waypoint Centre for Mental Health Care), Mike MacNeil*

   This paper describes our approach to improving staff and patient safety in a high-secure forensic hospital through a security level system. We examined the predictive ability of a risk for violence measure and revised the patient area access and personal property security level system. Finally, we conducted examinations of the efficacy of the revised security level system. Preliminary results show a reduction in number and severity of incidents and improved staff adherence to the system.

2. **Mental Health Safe Space Project: A Unique Community Based Initiative to Improve Access and Decrease Stigma**  
   *Fiona Wilson (St. Joseph’s Healthcare Hamilton), Claire Kislinsky, Susan Strong*

   The Mental Health Safe Space (MHSS) Initiative addresses barriers to accessing mental health services amongst marginalized community members. Innovative partnerships that include peer support, promote health equity by working with community members to implement a neighbourhood support network. Participants will learn about a model of training and support that allows local businesses to better support individuals in distress and/or wanting mental health services. The MHSS model, evaluation methods and outcome data will be reviewed.

**Room: Lecture Theatre**

1. **The Use of Strength-based Resources to Cope with Historical Trauma and Losses in Two First Nations**  
   *Sharon Bernards (Centre for Addiction and Mental Health), Samantha Wells, Julie George, Sara Plain, Tracy George*

   Survey data in two Ontario First Nations were analyzed to examine whether social support buffered the negative effects of historical trauma and losses on depression and/or anxiety. Greater social support was related to less depression/anxiety and might buffer the impact of childhood stresses on depression/anxiety among women. The same relationships were not found for men. Men and women might experience depression/anxiety differently, or the social support measure might not adequately capture social support for men.

2. **Strengths-based Analyses of First Nations Men and Women with Lived Experiences of Mental Health and Substance Use Challenges**  
   *Melody Morton Ninomiya (Centre for Addiction and Mental Health), Julie George, Sara Plain, Samantha Wells, Sharon Bernards*

   We will share findings from a secondary analysis of 109 interviews related to men and women with lived experiences of mental health, substance use, and violence in two First Nations communities. The analysis highlights people’s sources of strengths and resilience such as (in)formal community supports and inner strengths as well as participants’ recommendations for making improved wellbeing possible. We will discuss how this study has informed ongoing implementation of culturally appropriate programs in both communities.

**2:00 – 2:30 pm**  
Refreshments & Poster Viewing
**Room: Conference Room A**

1. **Research on Film: Applying a KT Approach**  
   *Gary N Bold (York University, Waypoint Centre for Mental Health Care), Rachel Gerow, Laura Ball, Jennifer Bazar*

   This presentation on the Keys to our Past video series will demonstrate how technology can be leveraged to communicate research results effectively with a broad and diverse audience, and contribute to de-stigmatizing mental health. Using a knowledge translation framework this presentation will outline the creation of the series, from the initial concept, to team selection, to the challenges of research on film. Samples from the video series will be played during this presentation.

2. **Using Advanced Analytics to Predict Clinical Aggression**  
   *Michael Wasdell, (Ontario Shores Centre for Mental Health Sciences) Bethany Holeschek, Sanaz Riahi, Vincci Tang, Jeff MacDonald, Alexandra Hernandez, Faisal Islam, Marsha Bryan, Elizabeth Coleman, Susan Wei, Laurel Giasson, Ilan Fischler*

   Leveraging the advanced analytics capabilities inherent in a fully integrated EHR, the hospital is piloting an analytics solution with the goal of improving capabilities to predict and clearly identify clinical aggression and enhance staff capacity to respond effectively to risks of future clinical aggression from a diverse patient cohort. We have partnered with an expert to create a neural network predictive model that will leverage data found within unstructured and structured data sources in the EHR to assist clinicians in predicting CA and provide an opportunity to proactively act upon the prediction. Results and clinical practice implications will be discussed.

**Room: Conference Room B/C**

1. **The Impact of a Family Education Group on Loved Ones of Individuals with Borderline Personality Disorder**  
   *Megan Cameron (Ontario Shores Centre for Mental Health Sciences), Tracey Holz, Krystle Martin*

   Borderline Personality Disorder (BPD), characterized by pervasive patterns of emotional dysregulation, self-harm behaviours and suicidal ideation, is often poorly understood by family members and this can lead to a breakdown of relationships. The Family Connections group intervention focusses on providing education and skills to family members of individuals with emotion dysregulation. The presenters will discuss the pre and post results of the quantitative measures and qualitative focus groups completed with the family members and individuals with BPD. The impact that this research could have on the service delivery will be addressed.

2. **The effect of Peer Support on Knowledge and Self-efficacy in Weight Management: A Prospective Clinical Trial in a Mental Health Setting**  
   *Claire Hibbert (Ontario Shores Centre for Mental Health Sciences), Emilie Trottier, Marlie Boville*

   This study evaluated the effects of group peer support on body weight, Confidence and Conviction (C&C), diet quality, and health-related quality of life in a mental health setting. Fifteen participants were recruited. Weight, Confidence & Conviction, Dietary Screener Questionnaire, and the 36-item Short Form Survey Instrument were collected at baseline, 3, 6, and 12 months. Baseline, 3, and 6 and 12 month data have been collected. Final results will be presented.
1. **Developing Forensic Mental Health Nursing Practice Standards**  
   Irene Boldt (Centre for Addiction and Mental Health), Frances Abela-Dimech, Kathy Ryan, Yaakov Keilikhis, Edson Villareal

   The Centre for Addiction and Mental Health (CAMH) is seeking to identify the needs of its forensic mental health (FMH) nurses. Quantitative survey data and qualitative data (observation, focus groups, individual interviews) are being collected. The preliminary results of this project, which describe the current state of FMH nursing practice at CAMH, will be presented. The immediate goals of this discovery work, as well as the long-term goals of this project will also be discussed.

2. **Strategic Directions in Minimizing the Use of Seclusion and Restraints in Tertiary Mental Healthcare**  
   Mark Rice (Ontario Shores Centre for Mental Health Sciences), Sanaz Riahi

   The use of Seclusion and Restraint (SR) has the potential to create lasting physical and psychological trauma for both patients and health practitioners, as well as, negative outcomes related to job satisfaction and morale among staff. This presentation will outline the strategic approach undertaken by a tertiary mental health hospital to reduce SR practices and align with recovery-oriented principles.

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**Room: Lecture Theatre**

1. **A Values-Based Analysis of Recovery-Oriented Practice and Medical Assistance in Dying**  
   Rosanna Macri (Ontario Shores Centre for Mental Health Sciences), Melanie Stuckey, Frank Wagner

   Many have argued that access to MAiD is not compatible with recovery-oriented care. However, denying access to the entire mental health population can lead to further discrimination of this population. A comprehensive ethical analysis exploring the compatibility of the ethical principles guiding decision-making around MAiD and recovery oriented care showed significant overlap of these principles. Therefore, MAiD may be a legitimate option within recovery-oriented care philosophy for mental health care.

2. **Rehabilitation with and Recovery of Ethno-Culturally Diverse Service Users with Serious Mental Illness: A Re-Evaluation**  
   Martin Rotenberg (University of Toronto)

   Equitable outcomes and access to mental health services is important. Clients with serious mental illness from minority ethnicity communities face poorer functional outcomes, despite growing evidence to support recovery and rehabilitation services and interventions. This presentation will review relevant evidence and discusses facilitators and barriers in the recovery journey of minority service users.

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3:35 – 4:35 pm  
**Keynote presentation:**  
“*Discovery, Recovery, Hope: Strategies to Transform Mental Health Systems, Practice and Culture*”  
Simone Arbour, Ph.D.

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4:35 – 4:45 pm  
**Closing comments & poster winner announcement**  
Barbara Meldon, Vice-President, Professional Practice and Research, Centre for Education and Organization Development and Chief Nurse Executive, Ontario Shores Centre for Mental Health Sciences
1. **The Use of Nurse Practitioners in Improving Access to Mental Health Services for Transitional Aged Youth**  
   Cindy Pritchard (Ontario Shores Centre for Mental Health Sciences)

2. **Perpetrators and Mental Illness: An examination of Risk Factors for Domestic Homicide**  
   Casey Oliver (Western University), Peter Jaffe

3. **Trauma-Related Disorders Among Psychiatric Workers**  
   Zoe Hilton (Waypoint Centre for Mental Health Care), Elke Ham, Rebecca Harris

4. **The Power of Data to Improve Practice – Safe Medication Administration**  
   Heather Sulkers (Centre for Addiction and Mental Health)

5. **Exploring Patient Perceptions of Barcode Enabled Medication Administration**  
   Lauren Xie (Centre for Addiction and Mental Health), Ryan Pundit, Gillian Strudwick

6. **A Two-way Street: Exploring Mental Health Staff’s Experiences with Staff-patient Relationships**  
   Vito Adamo (Ontario Shores Centre for Mental Health Sciences), Emma Adams, Lisa Marshall

7. **Using Electronic Devices to Aid Recovery on a Neuropsychiatric Unit**  
   Sophie Wong (Ontario Shores Centre for Mental Health Sciences), Andrea Penhale, Alexandra Hernandez, Melanie Stuckey

8. **A Scaling Up Approach to Educating Home Care Nurses About De-prescribing to Promote Active and Independent Living of Frail Older Adults at Home**  
   Farah Tahsin (University of Ontario Institute of Technology), Winnie Sun

9. **Digital Literacy, Access and Inclusion for Young Adults with Developmental Disabilities**  
   Nazilla Khanlou (York University), Luz Maria Vazquez, Anne Mantini, Attia Khan, Gail Jones, Sadora Asefew

10. **Thought Spot: Enhancing Help-seeking for Transition-aged Youth in Post-secondary Settings with Mental Health and Substance Use Concerns**  
    Genevieve Ferguson (Centre for Addiction and Mental Health), Alexxa Abi-Jaoude, Elisa Hollenberg, Andrew Johnson, David Wiljer

11. **Older Adults Decisions About Technology Adoption**  
    Olivia Leung (University of Toronto), Megan Chen, Arlene Astell, Alexandra Hernandez

12. **Dextromethorphan HBr and Paroxetine for the Treatment of Pseudobulbar Affect (PBA) in a Dementia Patient (due to head trauma/vascular) in a Tertiary Care Setting**  
    Ilan Fischler (Ontario Shores Centre for Mental Health Sciences), Vesna Brzovska

13. **Ethno-racial Differences Related to Self-stigma for Mental Illness Concerns**  
    Alison L Flett (York University), Natalie Michel, Samantha Memodoska, Sarah K Atkey, Joel Goldberg

14. **Touchscreen Game Play in Mandarin-Speaking Persons Living with Dementia**  
    Arlene Astell (Ontario Shores Centre for Mental Health Sciences), Chen Xiong, Yuhan Pan, Alexandra Hernandez, Phillip Joddrell
15. Using Portable Computing Devices for Self-management of Dementia: Results of A Systematic Review
   Anar Dilara (Ontario Shores Centre for Mental Health Sciences), Arlene Astell

16. By the Numbers: The Impact of The Ontario Shores Geriatric Outreach Team on Management of Patients Identified as Posing a Risk or Threat of Harm to Others
   Joanna Holley (Ontario Shores Centre for Mental Health Sciences), Christine Wimhurst, Janet Katchaluba, Robyn Waxman, Zohar Waisman

   Graciela Kriegel (Ontario Shores Centre for Mental Health Sciences), Kate Leonard, Alexandra Hernandez, Rylie Whitchurch, Paul Sandor

18. In-Touch: Technology Supported Learning and Personhood for People with Dementia Using Touch Screen Applications
   Morgan Steele (Ontario Shores Centre for Mental Health Sciences), Alexandra Hernandez, Arlene Astell, Phillip Joddrell, Erica Dove, Kyle Moffat

19. Let’s Connect: Engaging Volunteers to Support Clients with Dementia to Play Tablet Games
   Alexandrea Hernandez (Ontario Shores Centre for Mental Health Sciences), Erica Dove, Karen Cotnam, Paul Gural, Teresa Shearer, Arlene Astell, Benson Naman, Morgan Steele

   Sarah Kipping (Ontario Shores Centre for Mental Health Sciences), Andrew Samuel, Alexandra Hernandez, Jennifer DeSouza, Tan Nguyen, Sanaz Riahi

21. Let’s Connect: Impacts of a Volunteer-supported Tablet Training Program on Clients with Dementia and their Family Caregivers.
   Erica Dove (Ontario Shores Centre for Mental Health Sciences), Alexandra Hernandez, Karen Cotnam, Paul Gural, Teresa Shearer, Arlene Astell, Amina Mahmood, Morgan Steele

22. Loneliness in the Cognitively Impaired on Inpatient Geriatric Units
   Brian McCormack (Ontario Shores Centre for Mental Health Sciences), Nazir Hussain, Breanna Brown, Alexandra Hernandez, Melanie Stuckey, Francesco Kment

23. Recovery Through a Partial Hospitalization Program at Ross Memorial Hospital
   Corina Deighton (Ross Memorial Hospital)

24. Evaluating the Associations between Personality Psychopathology and Eating Pathology
   Shauna Soloman (University of Toronto Scarborough)

25. Collaborative Housing First Model of Service between City of Kawartha Lakes Housing Corp, Ross Memorial Hospital and Haliburton Highlands Health Services
   Michelle Beaver (Haliburton Highlands Health Services), Brenda Manser, Sandy Thomas

   Marty Rotenberg (University of Toronto, Department of Psychiatry), Kelly Anderson, Kwame McKenzie
Posters Continued

27. Impact of Digital Storytelling Experience among People Living with Dementia
   Yuhan Pan (Ontario Shores Centre of Mental Health Sciences), Natalie Simonian, Ron Beleno, Lili Liu, Arlene Astell

28. Living Well with Dementia: The role of Community-Based Programs in Promoting Social Connectedness for Persons with Dementia and their Caregivers
   Srija Biswas (University of Ontario Institute of Technology), Winnie Sun

29. Advance Practice Nurses Promoting Excellence in End of Life Care with a Patient Diagnosed with Schizophrenia and Stage 4 Cancer
   Mary-Lou Martin (St. Joseph’s Healthcare Hamilton), Sarah Pirani

30. Establishing Meaningful Change Parameters for the Recovery Assessment Scale
   Simone Arbour (Ontario Shores Centre for Mental Health Sciences)

Post Conference Event

Best Practices and Lessons Learned in Health Information System Collaboration
Wednesday, February 28, 2018

This event leverages the recent successful partnership between Ontario Shores Centre for Mental Health Sciences and Waypoint Centre for Mental Health Care to develop a common Electronic Health Record (EHR), and aligns with the Ontario Provincial Health Information System Renewal Strategy.

The event aims to:

1. Share leading practices of EHR implementation from readiness work through to meaningful use.
2. Discuss how the EHR can be used effectively to implement evidence-based practices.
3. Identify strategies for developing and maintaining successful collaborations, including continued communication, shared projects, and decision making.
4. Explore opportunities for future research projects and partnerships with potential for impact.


Funding for this event is provided by a grant from the Canadian Institutes of Health Research

This event is a joint initiative of Ontario Shores Centre for Mental Health Services, Waypoint Centre for Mental Health Care and University of Ontario Institute of Technology
Registration

Please register at [https://www.ontarioshores.ca/research_and_education/research/mental_health_conference_2018/](https://www.ontarioshores.ca/research_and_education/research/mental_health_conference_2018/)

**Registration Fee Structure:**
*All registration fees include a meal plan (breakfast, mid-morning snack, lunch and afternoon snack)*

Everyone who attends this event must register

**Presenter**  
$175.00 +hst = $197.75

**Students**  
$85 +hst = $96.05

**Non-Presenter**  
$225 +hst = $254.25

**Exhibitors**  
Not-for-profit organizations (per person)  
$175 +hst = $197.75

For profit organizations (per person)  
$350.00 +hst = $395.50

**Conference Cancellation Policy**
1. If a registrant is unable to attend an event for any reason they may substitute, by arrangement with the registrar, someone else from the same institute/organization.

2. Where the registrant is unable to attend, and is not in a position to transfer his/her place to another person or to another event, then the following refund arrangements apply:
   
   a. Registrations cancelled more than 30 days before the event will be refunded 50% of the registration fees.
   
   b. Registrations cancelled less than 30 days before the event will not be eligible for a refund.

**Contact Information:**
For event information, please contact Tracy Henry at henryt@ontarioshores.ca

For sponsorship inquiries, please contact Julie Rennie at renniej@ontarioshores.ca
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 Lake Ridge Whitby Hospital
- Turn West (right) at the electronic Ontario Shores sign.

### Directions from Whitby Go Station:

#### 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

**Residence Inn by Marriot Whitby**
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Whitby, ON L1N 9S3
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http://www.travelodgeoshawa.ca

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