

# Program Book

## Ontario Shores' 2<sup>nd</sup> Annual Research Day Friday, March 22, 2013

### Advancing Recovery in Mental Health: Research Across the Continuum



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



#### KEYNOTE SPEAKERS



**Dr. Joel Goldberg, PhD**  
*Stress and Burnout in Mental  
Healthcare: Enhancing  
Resilience in Working with  
Persistent Mental Illness*



**Professor John R. Cutcliffe, RMN,  
RGN, RPN, RN, B.Sc(Hon) Nrsng, PhD**  
*The Transplantation of Hope  
through the Touching of Souls:  
Exploring, Understanding and  
Mobilizing Hope throughout the  
Lifespan in Mental Health Care*



**Dennis Raphael, PhD**  
*Connecting the Dots: Public Policy,  
the Social Determinants of Health,  
and Mental Health*

# Friday, March 22, 2013

7:30am **Poster Set -up**

8:00am **Registration / Breakfast**

8:30 –  
8:40 am



## Welcome and Opening Remarks

**Dr. Barbara Mildon**, Vice-President,  
Professional Practice and Research, &  
Chief Nurse Executive, Ontario Shores  
Centre for Mental Health Sciences

**Glenna Raymond**, President and  
CEO, Ontario Shores Centre for  
Mental Health Sciences



8:40 –  
9:50 am



## Opening Keynote

### **Stress and Burnout in Mental Healthcare: Enhancing Resilience in Working with Persistent Mental Illness**

**Dr. Joel Goldberg, PhD**, Associate Professor and Director of Clinical Training, Department of Psychology, York University; Associate Professor (Part Time), Department of Psychiatry and Behavioural Neurosciences, McMaster University

- Learners will become familiar with occupational stress issues related to working with people who have persistent mental illness.
- Learners will become familiar with signs of stress burnout in themselves as mental health caregivers and in their colleagues.
- Learners will become familiar with ways of coping and enhancing resilience.

Dr. Goldberg received his Ph.D. in 1984 from the University of Waterloo, and completed his internship at the Manitoba Health Sciences Centre within the University of Manitoba in Winnipeg. He is Associate Professor in the Department of Psychology at York University where he is Director of Clinical Training and is Associate Professor (Part-time) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. He was the Clinical Director of the Hamilton Program for Schizophrenia for almost two decades. Dr. Goldberg's clinical and research interests surround psychological assessment, cognitive rehabilitation, cognition in schizophrenia and stigma of mental illness.

Dr. Goldberg has been the recipient of a Faculty of Health York University Teaching Award (2008), McMaster University Faculty of Health Sciences Clinical Behavioural Studies Excellence in Teaching Award (2007), MSU McMaster University Teaching Award (1996) as well as the Ontario Psychological Association Award of Merit for Distinguished Contributions to the Profession (1996), and served as a Consulting Editor for *Psychological Assessment* from 1991 to 2002. He has published book chapters and scientific articles related to schizophrenia, psychological assessment, psychological test validity and cognitive rehabilitation, including an entry in the *APA Encyclopaedia of Psychology*. He served on the CPA working groups that developed the Canadian Clinical Practice Guidelines for Schizophrenia.

9:50 –  
10:20am

## Break / to concurrent session

10:20 –  
11:20am

### Concurrent Session A

#### A1 - Aboriginal Peoples

Lecture Theatre

### **Healing from Complex Traumas: An Integrative Recovery Model for Aboriginal Peoples**

**Allison Reeves, BHSc, MA, MEd, PhD(c)**, Psychology Intern, Ontario Shores Centre for Mental Health Sciences, Whitby

Complex traumas remain substantially higher among First Nations peoples in Canada than among non-Aboriginal peoples, yet Western mental health services are typically under-used by First Nations peoples managing these issues. This presentation describes a culturally appropriate model of therapy clinicians can use with their First Nations clients who have experienced trauma.

### **Examining the Relationship Between Homelessness, Mental Health and Harm Reduction: Narratives from Aboriginal Peoples in Urban Spaces**

**Suzanne Stewart, PhD**, Assistant Professor, OISE - University of Toronto, Toronto,

**Steve Teekens**, Executive Director, Native Men's Residence, Toronto,

**Teresa Beaulieu, MA, (PhD Candidate)**, OISE-University of Toronto, Toronto,

**John Waites**, Manager of Outreach Services, Native Men's Residence, Toronto,

Homelessness and street-involvement is at a near crisis situation for Aboriginal people living in Canada. Though homelessness and mental health have been demonstrably linked, little psychological research has been done to understand the supports, challenges and barriers facing this population from the perspective of Aboriginal peoples themselves. In partnership with the Toronto based homeless shelter Native Men's Residence (NA-ME-RES), Aboriginal homelessness was examined within the parameters of a harm reduction model.

## Implementing a Recovery Oriented Rehabilitation Program on an Acute Mental Health Inpatient Unit

**Debbie Watterworth, BA, MRSc candidate**, Mental Health Rehabilitation Specialist, Chatham Kent Health Alliance, Chatham

This workshop provides participants with an overview of a recovery oriented rehabilitation program designed and implemented in an acute inpatient setting. The program components, evidence to support these elements and the partnerships that made this program a success will be summarized. As the program unfolds, participants will benefit from lessons learned and plans for further development

## Examining the Relationship Between the Use of Restraint Interventions and Staff Injuries on an Adult Inpatient Psychiatric Unit

**Albert Gouge, PhD**, Clinical Specialist, Health Sciences North, Sudbury,  
**Stacey Roles, RN, MScN**, Nurse Clinician, Health Sciences North, Sudbury

In 2012, restraint reduction efforts were implemented on two AIP units at a Schedule 1 facility. Comparing a six month period in 2010 to the corresponding period in 2012 found that the use of physical restraint interventions were reduced by 59.0% and that related staff injuries were reduced by over 50%

## A3 - Functionality in Mental Health

### Neuropsychological Correlates of Functional Disability in Outpatients with Borderline Personality Disorder

**Anthony Ruocco, PhD, C.Psych**, Assistant Professor, University of Toronto Scarborough, Toronto

Patients with borderline personality disorder have significant functional disability which may be sustained, at least in part, by deficits in cognitive functioning. The results of this study suggest that greater difficulties with self-care and participation in the community may be associated with deficits in the executive function of response inhibition

### Preserved Cognition in Schizophrenia

**Walter Heinrichs, PhD**, Professor of Psychology, York University, Toronto,  
**Geoff Hall, PhD**, Associate Professor, McMaster University, Hamilton,  
**Stephanie McDermid Vaz, PhD**, Clinical Neuropsychologist, St. Joseph's Healthcare, Hamilton,  
**Narmeen Ammari, PhD candidate**, York University, Toronto,  
**Jamie Curno, BA**, Research Assistant, York University, Toronto,  
**Ashley Miles, PhD candidate**, York University, Toronto,  
**Eva Muharib, PhD candidate**, York University, Toronto,  
**Farena Pinnock, MA candidate**, York University, Toronto,  
**Joel Goldberg, PhD**, York University, Toronto,  
**Benicio Frey, MD**, McMaster University, Hamilton

We report data from our ongoing investigation of neurocognitive normality in schizophrenia using, for the first time, the composite score from the MATRICS Consensus Cognitive Battery (MCCB) as a normality criterion, as well as adjunct cognitive and brain imaging data

11:20 –  
11:30am

## Refreshment Break / Posters

11:30 –  
12:30pm

## Concurrent Session B

## B1 - Resiliencies

### Coping Strategies in Context: Ethnoracial Persons Experiencing Mental Illness and Homelessness

**Katherine Kruk, Masters Int'l Dev.**, Qualitative Research Coordinator, Centre for Research on Inner City Health, St Michael's Hospital, Toronto,  
**Suzanne Zenger, PhD**, Publications Coordinator, Centre for Research on Inner City Health, St Michael's Hospital, Toronto,  
**Vicky Stergiopolous, MSc, MD, MHSc, FRCPC**, Psychiatrist-In-Chief, St. Michael's Scientist, Center for Research on Inner City Health, Associate Professor and Director, Division of Adult Psychiatry and Health Systems Department of Psychiatry, University of Toronto

This qualitative study aims at identifying coping strategies and factors that affect capacity to cope in individuals living with multiple oppressions, namely, being homeless, suffering from a mental illness and being ethnoracial and/or an immigrant

## **The Lived Experience of Resilience: Promoting Valuable Social Practices**

**Melanie Nguyen, RN, MScN, BScN, CPHMN(c)**, Clinical Nurse Specialist, Ontario Shores Centre for Mental Health Sciences, Whitby,

**Nancy Johnston, RN, PhD**, Associate Professor, York University, Toronto

Although resilience has been studied, in depth descriptions of the lived experiences of individuals who see themselves as resilient are scant; thus there is much more to be learned about the day-to-day processes that enable and sustain the moral courage necessary to persevere through adversity. Using a narrative phenomenological approach, the interpretive accounts of the six interviews are presented and discussed

### **B2 - Forensics**

Conference Room D & E

## **Research into Practice: the Utility of Risk Assessment and Management Plans in Forensic Settings**

**Lisa Marshall, PhD, D.Clin. Psych, C.Psych.**, Psychologist, Ontario Shores Centre for Mental Health Sciences, Whitby,

**Gabriele Vojt, MSc.**, Research Assistant, University of Edinburgh & The State Hospital, Carstairs, Scotland,

**Lindsay Thomson, MB, MD, ChB, MRCPsych, MPhil.**, Medical Director The State Hospital, Carstairs, Scotland

There is a body of research examining the predictive utility of structured professional judgement tools that assess risk for future violence. However these studies are often ecologically problematic. A series of studies which attempted to address some of these issues by utilising both quantitative and qualitative methodologies will be discussed

## **Summary of Risk Assessment Research at a Medium/Minimum Forensic Unit**

**David Nussbaum, PhD, MA, BA (Hons.)**, Research Psychologist, Ontario Shores Centre for Mental Health Sciences, Whitby,

**Brad Reimann, Psy. D.**, St. Joseph's Health Care, London,

**Yukiko Konomi, Psy. D.**, Private Practice, Oshawa,

**Stephanie Daoud, PhD**, University of Toronto, Toronto,

**Chris Harabas, BSc (Cand.)**, University of Toronto, Scarborough

This talk will review and compare data from four studies completed within a forensic program over the last 5 years. The results show limitations with conventional risk tools (PCL-R, VRAG, HCR-20) in predicting violent in-patient incidents and enhanced ability of theory-driven psychoelectric instruments to better predict, understand and manage in-patient violence.

### **B3 - Drug Intervention**

Conference Room A

## **The Genetics of Antipsychotic-Induced Weight Gain: Clinical Update**

**Daniel Mueller, MD, PhD**, Associate Professor, Dept. of Psychiatry, University of Toronto, Centre for Addiction and Mental Health, Toronto,

**Arun Tiwari**, Postdoctoral Fellow, Centre for Addiction and Mental Health, Toronto,

**Eva Brandl**, Postdoctoral Research Fellow, Centre for Addiction and Mental Health, Toronto,

**Nabilah Chowdhury, BSc**, Neurogenetics Section, Neuroscience Department, Centre for Addiction and Mental Health, Toronto,

**Jeffrey Lieberman, MD**, Columbia University and the New York State Psychiatric Institute, New York City, NY,

**Herbert Meltzer, MD**, Feinberg School of Medicine, Chicago, IL,

**James Kennedy, MSc, MD, FRCPC**, Neurogenetics Section, Neuroscience Department, Centre for Addiction and Mental Health, Toronto

This presentation will provide an update on how genetic testing can be used to optimize drug treatment. Examples will include the genetics of antipsychotic-induced weight gain and drug metabolizing liver enzymes (e.g., CYP2D6)

## **Genetic Syndromes are Frequently Found in Patients Manifesting with Primary Neuropsychiatric Disorders**

**Joyce So, MD, PhD**, Research Fellow, Medical Geneticist, Neurogenetics Section, Neuroscience Research Dept, Centre for Addiction and Mental Health, Toronto,

**Hanna Faghfoury, MD**, Clinical and Metabolic Geneticist, Fred A. Litwin Family Centre for Genetic Medicine, University Health Network and Mount Sinai Hospital, Toronto,

**Josh Silver, MSc**, Genetic Counsellor, Fred A. Litwin Family Centre for Genetic Medicine, University Health Network and Mount Sinai Hospital, Toronto,

**Tim Gofine, MD**, Psychiatrist, Ontario Shores Centre for Mental Health Sciences, Toronto,

**Daniel Müller, MD, PhD**, Clinical Scientist, Neurogenetics Section, Neuroscience Research Department, Centre for Addiction and Mental Health, Toronto,

**Katherine Siminovitch, MD**, Head, Fred A. Litwin Family Centre for Genetic Medicine, University Health Network and Mount Sinai Hospital, Toronto,

**James L. Kennedy, MD**, Head, Neurogenetics Section, Neuroscience Research Department, Centre for Addiction and Mental Health, Toronto

We aim to determine the role and prevalence of hidden genetic conditions in patients with psychiatric disorders and comorbidities. Identifying phenotypic 'red flags' will enable development of algorithms and strategies to make important, possibly treatable, genetic diagnoses in psychiatric patients in a more efficient manner

12:30 –  
1:15 pm  
1:15 –  
2:00 pm

## Lunch and Poster Viewing



### **The Transplantation of Hope through the Touching of Souls: Exploring, Understanding and Mobilizing Hope throughout the Lifespan in Mental Health Care**

**Professor John R. Cutcliffe, RMN, RGN, RPN, RN, B.Sc(Hon) Nrsng, PhD**, Adjunct Professor: University of Ottawa, Canada; School of Nursing, University of Coimbra, Portugal; and University of Malta, Malta; Associate Editor: International Journal of Mental Health Nursing; CEO: Cutcliffe Consulting

Dr. John R Cutcliffe has recently accepted the position of ‘Director: Research and Academics’ at Ontario Shores – Centre for Mental Health Services in Ontario, Canada.

John’s clinical background is in nursing, having completed his psychiatric nurse education and then his general nurse education in the United Kingdom in the 1980s. As a former holder of two endowed professorial research chairs, he has published extensively; over 180 papers/chapters, eleven books and over 80 abstracts/conference proceedings. As of February 2013, his work has been cited more than 2650 times. His work has been translated into German, Japanese, Dutch, Spanish, Mandarin Chinese, Portuguese and Turkish. He has over \$4,500,000 dollars of extra-mural research funding as Primary/Co-Investigator and his research findings, particularly those pertaining to suicide and hope, are now found in best practice guidelines in many parts of the world

John’s research interests focus on hope, suicide and clinical supervision and he was recognised by the federal government of Canada and cited as one of the top 20 ‘Research Leaders of Tomorrow’ for his research focusing on hope and suicidology.

2:00 –  
2:10 pm  
2:10 –  
3:10 pm

## Refreshment Break / Posters

### Concurrent Session C

#### C1 - Workplace Violence

Lecture Theatre

#### **Preventing Workplace Violence in Healthcare Settings Through the Use of e-Tools**

**Hillarie Klass, BSc., MS, CRSP**, Regional Consultant, Public Services Health and Safety Association, Toronto

During this session, presenters will focus on Type II violence (client-to-employee) which is one of the most frequently occurring types of violence in the healthcare sector. Over 90% of physicians and nurses working in mental health facilities have been subjected to violence from clients at some time during their careers

#### **Outcomes, Inherent Contradictions and Puzzling Issues: Consent and Capacity Board (CCB) Members’ Experiences with Community Treatment Orders (CTOs)**

**Deborah Corring, PhD**, Project Lead, Mental Health Transformation, St. Joseph’s Health Care, London

**Cathy Plyley, RSSW**, CTO Coordinator, St. Joseph’s Health Care, London

**Joe Skufca, BA**, CTO Coordinator, St. Joseph’s Health Care, London

This study explores the perspective of the members of Review Boards regarding Community Treatment Orders. Findings suggest that CTOs have had a profoundly positive effect on the functioning and quality of life of persons who are on CTOs. Participants also noted inherent contradictions and puzzling issues in the current process

#### C2 - Education

Conference Room D & E

#### **Using Simulation to Educate Police about Mental Illness: A Collaborative Initiative**

**Marjory Whitehouse, RN, BScN, CPMHN (c)**, Risk Manager, Ontario Shores Centre for Mental Health Sciences, Whitby

**Bill Goodman, BA, MA, PhD**, Associate Professor, University of Ontario Institute of Technology, Oshawa

**Phil Lillie**, Detective Segeant, Durham Regional Police Services, Whitby

**Wendy Stanyon, RN, BN, MaEd, EdD**, Associate Professor, University of Ontario Institute of Technology, Oshawa

Research was conducted to determine if computer-based simulations are an effective and efficient educational resource. The study determined simulations are just as effective as face-to-face learning, and the police officer participants reported that the simulations were easy to use and reflected real-life mental health scenarios they encounter in the community

#### **Behavioural Education and Training Supports Inventory – A Decision Making Framework**

**Henrietta van Hulle, BN, COHN(c), CRSP, CDMP**, Regional Director, Healthcare Sector Lead, Public Services Health and Safety Association, Toronto

Behavioural Education and Training Supports Inventory (BETSI) is a decision making framework that was developed to assist users to determine whether they need education, whether they are able to support practice change, what educational opportunities are available to them, the components necessary to ensure effective implementation and to sustain investments, and how these programs align with the Behavioural Support Ontario (BSO) target population, core competencies and service functions

### Defining the Role of Peer Support

**Tara Richardson, BA, RSSW**, Peer Support Specialist, Ontario Shores Centre for Mental Health Sciences, Whitby  
**James Gasparini, BScBA**, Peer Support Specialist, Ontario Shores Centre for Mental Health Sciences, Whitby

Join me for a discussion on how the role of Peer Support was defined at Ontario Shores through literature review, surveys, and narrative data from the perspectives of both professionals and clients.

### Understanding Family-Centered Care in the Mental Health System: Perspectives From Family Members Caring for Relatives With Mental Health Issues

**Sandy McNeil, MSW, RSW**, Addiction Counsellor, Four Counties Addiction Services, Peterborough

This presentation explores how four family members in Ontario describe and understand their experiences with the mental health system in the context of caring for their loved ones. It provides a critical analysis of their experiences and considers ways in which discrimination may be operating to silence their perspectives and sustain inequality. Recommendations include increasing critical awareness to disrupt discriminatory attitudes and practices

3:10 –  
3:30 pm  
3:30 –  
4:30 pm

### Refreshment Break / Posters



#### Closing Keynote

Lecture Theatre

### Connecting the Dots: Public Policy, the Social Determinants of Health, and Mental Health

**Dennis Raphael, PhD**, Professor of Health Policy and Management, York University, Toronto

Dennis Raphael, PhD, is a Professor of Health Policy and Management at York University in Toronto. The most recent of his over 250 scientific publications have focused on the health effects of income inequality and poverty, the quality of life of communities and individuals, and the politics of health. Dr. Raphael is author of "Poverty in Canada: Implications for Health and Quality of Life" and "About Canada: Health and Illness" and editor of "Health Promotion and Quality of Life in Canada: Essential Readings" and "Social Determinants of Health: Canadian Perspectives". His co-authored work "Social Determinants of Health: The Canadian Facts" is a primer for the Canadian public that has been downloaded over 120,000 times from <http://thecanadianfacts.org>. His latest book "Tackling Health Inequalities: Lessons from International Experiences" was published November 1, 2012.

4:30 –  
4:35 pm



#### Closing Comments

**Dr. Phil Klassen**, Vice-President Medical Affairs,  
Ontario Shores Centre for Mental Health Sciences

## Save the Date



5<sup>th</sup> Annual  
Mental Health Thought Leadership Forum:  
Moving Ahead: Proactive, Preventative & Progressive

**Thursday, September 19, 2013**

Location: Toronto

## **POSTERS**

### **1. Agitation and Decision Making Impairments in Neuropsychiatric Inpatients**

**Rosa Ip, PhD, C Psych, Syb Pongracic, MA, PhD student, Andrea Penhale, BSc, Jodi Brooker, BST,**  
Ontario Shores Centre for Mental Health Sciences, Whitby

### **2. Evaluation of Anticholinergic Drug Loads by Comparison of Anticholinergic Drug Loads at Admission and Discharge on the Geriatric Units in Absence of any Formal Intervention**

**Vesna Brzovska, B.Sc.RPh, CGP, Jean Byers MD, FRCPC, DABPN, Kim Ritchie, RN, MN, GNC(C),**  
Ontario Shores Centre for Mental Health Sciences, Whitby

### **3. Emotion Dysregulation, Impulsivity, and Correlates of Functional Disability in Patients with Borderline Personality Disorder**

**Veerpal Bambrah, Anthony Ruocco, PhD, C.Psych,**  
University of Toronto, Toronto

### **4. An Item Analysis of Risk Instruments: Are any Items Better at Predicting Seclusion Room Placements?**

**David Nussbaum, PhD, MA, BA, Chris Harabas, BSc Candidate,**  
Ontario Shores Centre for Mental Health Sciences, Whitby

### **5. A Retrospective Chart Review on the Psychiatric Manifestations in Fabry Disease**

**Hanna Faghfoury, MDCM, FRCPC, FCCMG, Syed Wasim, BSc, Joyce So, MD, PHd, FRCPC, FCCMG,**  
**Laura Slade, MD, Chantal Morel, MD, FRCPC, FCCMG,**  
University Health Network & Mount Sinai Hospital, Toronto

### **6. The Role of Genetic Variation in the Glucagon-Like Peptide 1 and the Glucagon-Like Peptide 1 Receptor Genes in Antipsychotic-Induced Weight Gain**

**Eva Brandl, MD, Arun Tiwari, PhD, Jeffrey Lieberman, MD, Herbert Meltzer, MD, James Kennedy, Daniel Müller,**  
Centre for Addiction and Mental Health, Toronto

### **7. Exome Sequence Analysis of Finnish Patients with Clozapine-Induced Agranulocytosis**

**Arun Tiwari, PhD, Anna Need, PhD, Clement Zai, PhD, Nabilah Chowdhury, BSc,**  
Centre for Addiction and Mental Health, Toronto

### **8. An Association Study of the Gene Coding for the Vesicular Monoamine Transporter 2, A Target of Tetrabenazine, with Tardive Dyskinesia**

**Clement Zai, PhD, A. K. Tiwari, PhD, M. Mazzoco, BSc, V de Luca, MD, PhD,**  
Centre for Addiction and Mental Health, Toronto

### **9. Exploration of the Melanocortin-3 Receptor Gene in Antipsychotic Induced Weight Gain**

**Nabilah Chowdhury, BSc, Arun Tiwari, PhD, Herbert Meltzer, MD, Jeffrey Lieberman, MD, James Kennedy, Daniel Müller,**  
Centre for Addiction and Mental Health, Toronto

### **10. Mitochondrial Uncoupling Dysfunction as Susceptibility Pathway to Weight-Gain induced by Antipsychotics in Schizophrenia Patients**

**Vanessa Gonçalves, Arun K. Tiwari, PhD, Herb Meltzer, MD, Jeff Lieberman, MD, Daniel Müller, MD,**  
**James Kennedy, MD,**  
Centre for Addiction and Mental Health, Toronto

### **11. Association Analysis of NMDAR Subunit Gene (GRIN2B) with Clozapine Response in Schizophrenia Patients**

**Danielle Taylor, BSc, Arun Tiwari, PhD, Jeffrey Lieberman, MD, Steven Potkin, MD, Herbert Meltzer, MD,**  
**Daniel Muller, MD, James Kennedy, MD,**  
Centre for Addiction and Mental Health, Toronto

### **12. Genotyping of CYP2D6 and CYP2C19 Metabolizer Status to Guide Psychiatric Drug Treatment: Updates from the CAMH Pharmacogenetics Research Clinic**

**Janna Fe Notario, BSc (Hons.), Daniel Mueller, MD, Arun Tiwari, PhD, Eva Brandl, MD, Natalie Freeman, MLT, MSc,**  
**Margaret Richter, MD, James Kennedy, MD,**  
Centre for Addiction and Mental Health, Toronto

### **13. Antipsychotic-induced Weight Gain and the Role of Histamine Receptor H1 and H3 Variants**

**Trehan Fonseca, BHSc with Honours, Arun Tiwari, PhD, Clement Zai, PhD, Natalie Freeman, MLT, MSc,**  
**Jeffrey Lieberman, MD,**  
**Herbert Meltzer, MD, Daniel Muller, MD,**  
Centre for Addiction and Mental Health, Toronto







