

# SUPPORTING MEDICAL CARE FOR PEOPLE LIVING WITH MENTAL ILLNESS A ONE-DAY CONFERENCE

AGENDA WEDNESDAY, NOVEMBER 7, 2018

#MedInPsychConf

Rotman School of Management  
Desautels Hall, Second Floor, South Building  
105 St. George Street, Toronto

camh



UHN

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute

## CONFERENCE OVERVIEW

This one-day conference was developed in partnership with:

- patients, family members, caregivers and patient advocates
- health care practitioners
- health system leaders and policy-makers
- leaders and administrators of health care organizations
- academic scientists, educators and researchers.

## Objectives

After participating in this conference, attendees will be able to:

- discuss the experiences of patients with mental illness and physical health concerns, and those of their families.
- articulate and discuss interventions to improve quality, efficiency, access and equity in the delivery of services in the Greater Toronto Area for mental health patients with cardiovascular disease, cancer, metabolic disease or respiratory disease
- advocate the development of quality standards for transitions in care for patients with mental illness who have physical health conditions.

## Audience

This conference is for:

- people living with mental illness who have cardiovascular disease, metabolic disease, cancer or respiratory disease
- family members, caregivers and patient advocates

- health care practitioners, allied health care workers and peer support workers
- health system leaders, health system planners and policy-makers
- academic scientists and researchers.

## Conference evaluation

An overall conference evaluation form will be e-mailed to all attendees immediately following the conference.

Conference sessions will be evaluated separately, and evaluation forms will be handed out in the sessions.

Please return your completed evaluation to the education specialist assigned to the workshop, or submit it at the registration desk. We appreciate your feedback.

## Letter of attendance

Once the evaluation form is completed, a letter of attendance indicating continuing education credits will be mailed to you.

## Participants with disabilities

Please contact the registration desk if you have any questions or special requirements.

## Twitter

Our event's social media team will be live-tweeting from the conference. Follow us on Twitter #MedInPsychConf. You may also join the conversation by using the hashtag #MedInPsychConf in your own tweets.

Connect with our conference community before, during and after the conference!

**Videos and photographs**

By registering for this event, you acknowledge and agree that conference organizers may photograph and/or video-record you at this event, as well as use the photographs and/or video recordings in any publication or media for future educational and promotional activities/materials, without further notification or any compensation to you. You also acknowledge and agree to waive any right to inspect or approve any future educational and promotional activities/materials that may include photographs and/or video recordings of you.

This conference is brought to you by the **Centre for Addiction and Mental Health (CAMH)** and **Janis Rotman**, in collaboration with **University Health Network Medical Psychiatry**, the **Peter Munk Cardiac Centre**, the **Princess Margaret Cancer Centre** and the **Patient Engagement Program**.

## AGENDA

TIME	ITEM
9:30–10:15 a.m.	General registration (Conference sign-in and badge pick-up) <ul style="list-style-type: none"> <li>• Networking breakfast: Meet and greet</li> <li>• Poster session with Q&amp;A</li> <li>• Patient and family engagement lounge</li> </ul>
10:15–10:20 a.m.	Transit time to keynote address (Desautels Hall)
10:20–10:30 a.m.	<b>Announcements</b> Cristina de Lasca  <b>Meet &amp; greet ice breaker: Table topics conversation</b>
10:30–10:45 a.m.	<b>Welcome and introductions</b> Susan Abbey and Sanjeev Sockalingam  <b>Opening remarks</b> Janis Rotman
10:45 a.m.–12:00 p.m.	<b>Introduction to keynote speaker</b> Sanjeev Sockalingam
(35 minutes)	<b>Keynote presentation: Quality of medical care and mortality among individuals with severe mental illnesses</b> Paul Kurdyak
(35 minutes)	<b>Keynote response: Discussion panel with audience Q&amp;A</b> Moderator: David Gratzer Panelists: Mervyn Doctorow, Karen Martin, Tania Tajirian
12:00–12:55 p.m.	Lunch <b>Patient and family engagement lounge</b>
12:30–12:50 p.m.	<b>Poster session with Q &amp; A</b>  <b>Facilitated spotlight sessions with Q &amp; A</b> Rooms: L1020, L1025 and L1030
12:55–1:00 p.m.	Transit time to concurrent sessions

Concurrent sessions (choose one)

1:00–2:30 p.m.

**SESSION 1 Symposium: Cardiovascular care and mental health**

Moderator: Susan Abbey

Panelist: Barb Bailey, Curtis Jourdain, Rima Styra

Room: L1010

**SESSION 2 Metabolic comorbidities: Addressing risk factors for heart disease in patients with mental illness**

Mahavir Agarwal, Margaret Hahn, Caroline Walker, Cindy Woodward

Room: L1020

**SESSION 3 A tale of two worlds: Smoothing the transitions between physical and mental health care?**

Aisha Islam, Joanna Lynch, Braden O’Neill, Kathleen Sheehan, Richard Yanofsky

Room: Desautels Hall

**SESSION 4 When a spade is not a spade: Treating physical health issues in patients with mental illness**

Miles Cohen, Cristina de Lasa, Isabel Martin, Sherry Weiler

Room: L1030

2:30–2:40 p.m.

Break (light refreshments provided)

2:40–2:45 p.m.

Transit time to concurrent sessions

Concurrent sessions (choose one)

2:45–4:00 p.m.

**SESSION 5 Symposium: Cancer and mental health**

Moderator: David Gratzer

Panelists: Sarah Hales, Aisha Lofters, Patricia Melville

Room: L1010

**SESSION 6 Metabolic comorbidities in clients with mental illness: Update**

Mahavir Agarwal, Margaret Hahn, Caroline Walker, Cindy Woodward

Room: L1020

**SESSION 7 Smoking cessation interventions for patients with comorbid medical and mental illness: A case-based workshop**

Rosa Dragonetti, John Granton, Peter Selby, Rima Styra

Room: L1030

**SESSION 8 A tale of two worlds: Smoothing the transitions between physical and mental health care?**

Aisha Islam, Joanna Lynch, Braden O’Neill, Kathleen Sheehan

Room: Desautels Hall

4:00–4:10 p.m.

Transit time to Sharing and synthesizing the day

4:10–4:25 p.m.

**Sharing and synthesizing the day**

Cristina de Lasa, David Gratzer

Room: Desautels Hall

4:25–4:30 p.m.

**Closing remarks**

## FACILITATED SPOTLIGHT SESSIONS

The spotlight sessions provide information on three health care initiatives or programs, followed by audience Q&A.

TITLE	PRESENTER	ORGANIZATION
<b>Drop-in Bridging Clinic</b> Room: L1020	Anna Chyjek, Megan McCormick	CAMH
<b>Patient Oriented Discharge Summary (PODS)</b> Room: L1025	Rita Desai, Shoshana Hahn-Goldberg, Jennifer Wilkie	CAMH and UHN
<b>Telemedicine IMPACT PLUS (TIP)</b> Room: L1030	Poonam Sehmbi	UHN

POSTERS

TITLE	PRESENTER	ORGANIZATION
<b>Picking up the PACE: Enhancing smoking cessation treatment by addressing other modifiable risk factors</b>	Rosa Dragonetti, Mathangee Lingam	CAMH
<b>Technology-Enabled Collaborative Care for Youth (TECC-Y): A feasibility study</b>	Igra Ashfaq	CAMH
<b>Access CAMH: Improving access to care</b>	Megan McCormick	CAMH
<b>Bridging service: Key findings one year post-implementation</b>	Anna Chyjek	CAMH
<b>Engaging families: A renewed commitment</b>	Miriam McCann	CAMH
<b>Tackling inequities in Health Care: The HEIA Tool</b>	Mercedes Sobers Michael Weyman	CAMH
<b>The patient journey hospital to community care: A soft landing</b>	Laura Kane	The Scarborough and Rouge Hospital
<b>Mobile technology and health apps: Patient and provider experiences in cardiac rehabilitation</b>	Sarah Sharpe	Health System Performance Research Network (HSPRN)
<b>Caring safely: Driving preventable harm to zero with patient partners at UHN</b>	Kerseri Scane	UHN
<b>Co-designing patient education brochures to improve access to quality health information</b>	Phyllis Mancini Kristin Foster	UHN
<b>Building health literacy capacity in Ontario for patient care and engagement</b>	Melissa Yan	UHN
<b>Seamless Care Optimizing the Patient Experience (SCOPE)</b>	Jamie L. Smith	UHN

PATIENT AND FAMILY ENGAGEMENT LOUNGE

This is a shared space for the Office of Family Engagement, CAMH, and the Office of Patient Engagement, UHN. The patient and family engagement lounge provides information on programs and services offered by CAMH and UHN.

## CONFERENCE SESSIONS

### Keynote presentation

#### Quality of medical care and mortality among individuals with severe mental illnesses

There is significant evidence describing disparities in health and quality of health care among people with severe mental illness. There is far less evidence on how to address these disparities. Evidence is urgently needed to address early mortality and quality of care gaps for people with severe mental illness.

#### Objectives

- Describe the mortality risk associated with severe mental illness, including specific causes of death.
- Discuss the quality of medical care for common medical conditions for people with severe mental illness.
- Discuss the quality-of-care disparities observed in this population.

## SESSION 1

### Symposium: Cardiovascular care and mental health

This symposium discusses current and emerging clinical evidence in the screening, assessment, treatment and management of mental health patients with cardiovascular disease.

Audience interaction is a desired feature of this symposium, and the session chair will facilitate a discussion at the end of the presentations. Topics will include:

- screening for cardiovascular risk factors
- managing cardiovascular disease risk in patients with mental illness
- challenges in the management of patients
- gender-specific aspects of cardiovascular disease in patients with mental illness
- cardiovascular health, wellness and rehabilitation
- impact of cardiovascular disease and mental illness on patients, family members and caregivers
- specialized services including resources for patients, family members and caregivers
- interventions to improve quality, efficiency, access and equity in the delivery of cardiac services for patients with mental illness and physical health concerns in the GTA.

#### Objectives

At the end of the session, participants will be able to:

- discuss specialized services including resources for patients, family members and caregivers
- list interventions to improve quality, efficiency, access and equity in the delivery of cardiac services for patients with mental illness and physical health concerns in the GTA.

## SESSION 2

### Metabolic comorbidities: Addressing risk factors for heart disease in patients with mental illness— A workshop for patients, family members and caregivers

This workshop, designed for patients, family members and caregivers, discusses the relationship between mental illness and risk factors for heart disease, specifically obesity and diabetes. The workshop provides:

- an overview of the factors that increase the risk of heart disease in patients with mental illness
- a patient perspective: the impact of these comorbidities on the lives of patients with mental illness, and their family members and caregivers
- a practitioner perspective: treatment and management of risk factors to improve patient outcomes.

#### Objectives

By the end of the session, participants will be able to:

- discuss the relationship between mental illness and risk factors for heart disease, such as obesity and diabetes
- discuss the impact of metabolic comorbidity (obesity and diabetes) on the lives of patients with mental illness, and their family members and caregivers.

## SESSION 3

### A tale of two worlds: Smoothing the transitions between physical and mental health care?

This session provides a forum to discuss transitions in care as an integral component of care co-ordination for patients with mental illness who have physical health conditions. The world café methodology is used to facilitate structured conversations addressing issues in transitioning patients:

- from acute hospital to community model
- from acute inpatient care / acute illness to management of chronic conditions, prevention, promotion of wellness and through life span / age continuum
- within acute care settings (accessing physical health care for those with primarily mental health issues, and mental health care for those with primarily physical health conditions).

#### Objectives

By the end of this session participants will be able to:

- analyze aspects of the transition process that may present particular concerns or difficulties for patients, family members / caregivers, health care practitioners, health system leaders and policy-makers
- discuss strategies and interventions to improve care transitions for patients, family members, health care practitioners, health system leaders and policy-makers
- outline practical next steps to addressing issues associated with transitions of care for patients with mental illness who have physical health conditions
- advocate the development of quality standards for transitions in care for patients with mental illness who have physical health conditions.

## SESSION 4

### When a spade is not a spade: Treating physical health issues in patients with mental illness

This workshop discusses physical health assessment, and monitoring and treatment of physical health issues in patients with mental illness. The workshop provides:

- an overview of the nuances of the physical health assessment in patients with mental illness
- a live demonstration of the three-step approach to the physical assessment
- an open forum audience Q&A, focusing on assessment, monitoring and the treatment of physical health issues in patients with mental illness.

#### Objectives

By the end of this workshop, participants will be able to:

- discuss ways that symptoms of physical health issues present in patients with mental illness
- identify the three basic steps in medical assessment (observation, engagement, tailored physical exam).

## SESSION 5

### Symposium: Cancer and mental health

This symposium provides a forum for a multidisciplinary team of health care providers, health system leaders and policy-makers, and research scientists to discuss approaches to cancer care in the treatment of patients with mental illness. Audience interaction is a desired feature of this symposium, and the session chair will facilitate a discussion at the end of the presentations. Discussion topics include:

- the psychological impact of a cancer diagnosis and its implications in care of patients with mental illness, and their family members and caregivers
- cancer screening, assessment, treatment and support services for patients with mental illness
- evaluation and management of psychological and psychosocial dimensions in cancer care with patients with mental illness
- gender-specific aspects of cancer in patients with mental illness
- the level of integration between mental health and medical care systems (and the complexity of navigating them).

#### Objectives

At the end of the session participants will be able to:

- discuss specialized services, including resources, for patients, family members and caregivers
- list interventions to improve quality, efficiency, access and equity in the delivery of cancer care services for patients with mental health concerns in Ontario.

## SESSION 6

### Metabolic comorbidities in clients with mental illness: Update

This update provides a review of current screening, pharmacological and behavioural approaches to address cardiometabolic risk factors in patients with mental illness.

The session, designed for health care practitioners, will provide:

- Practitioner's perspective:
  - an overview of the relationship between mental illness and cardiovascular risk factors
  - review of current screening, pharmacological and behavioural approaches to address cardiometabolic risk factors in patients with mental illness.
- Patient's perspective:
  - medication and treatment challenges
  - the impact of comorbidities on work-life balance.

### Objectives

At the end of this session participants, will be able to:

- discuss the relationship between mental illness and cardiovascular risk factors
- describe and discuss up-to-date evidence-based recommendations on current screening, pharmacological and behavioural approaches to address cardiometabolic risk factors in patients with mental illness.

## SESSION 7

### Smoking cessation interventions for patients with comorbid medical and mental illness: A case-based workshop

This session uses a complex case presentation to discuss:

- the relationship between mental illness and smoking
- challenges and unique barriers to quitting, including misperceptions about the safety of stopping smoking in patients with mental illness
- interventions for reducing smoking in patients with comorbid medical and mental illness
- medication treatment for smoking cessation in patients with comorbid medical and mental illness
- smoking cessation and gender differences in patients with mental illness
- the role of health care providers, health system leaders and policy-makers.

### Objectives

By the end of this session, participants should be able to:

- discuss interventions for patients with comorbid medical and mental illness who want to quit smoking
- compare the risks and benefits of smoking cessation medications in patients with comorbid medical and mental illness
- describe management of acute nicotine withdrawal in admitted patients.

## SESSION 8

### A tale of two worlds: Smoothing the transitions between physical and mental health care?

This session provides a forum to discuss transitions in care as an integral component of care co-ordination for patients with mental illness who have physical health conditions. The world café methodology is used to facilitate structured conversations addressing issues in transitioning patients:

- from acute hospital to community model
- from acute inpatient care / acute illness to management of chronic conditions, prevention, and promotion of wellness
- through the life span / age continuum
- within acute care settings (accessing physical health care for those with primarily mental health issues and mental health care for those with primarily physical health conditions).

#### Objectives

By the end of this session participants will be able to:

- analyze aspects of the transition process that may present particular concerns or difficulties for patients, family members / caregivers, health care practitioners, health system leaders and policy-makers
- discuss strategies and interventions to improve care transitions for patients, family members, health care practitioners, health system leaders and policy-makers
- outline practical next steps to addressing issues associated with transitions of care for patients with mental illness who have physical health conditions
- advocate for the development of quality standards for transitions in care for patients with mental illness who have physical health conditions.

## CLOSING SESSION

### Sharing and synthesizing the day

This collaborative session aims to build community and innovative thinking through a facilitated discussion that reflects on lessons learned throughout the day.

#### Objectives

- Identify the key messages, themes and lessons learned during the conference.
- Identify questions and key messages that will serve as a catalyst for discussions about strategies and interventions to improve quality, efficiency, access and equity in the delivery of services in the GTA for mental health patients with:
  - cardiovascular disease
  - cancer
  - metabolic disease
  - respiratory disease.

## ABOUT THE SPEAKERS

**Susan Abbey**, MD, FRCPC, is the psychiatrist-in-chief at the Centre for Mental Health, UHN, and a professor in the Department of Psychiatry at the University of Toronto. Her research and clinical interests have been related to the psychiatric care of patients in the medical and surgical setting, and the use of mindfulness-based stress reduction (MBSR) in the management of medical illness. She has held leadership positions in the Canadian Psychiatric Association, the Canadian Academy of Psychosomatic Medicine and the American Psychiatric Association.

**Mahavir Agarwal**, MBBS, MD, PhD, is a postdoc with Dr. Margaret Hahn and Dr. Gary Remington in the Schizophrenia division at CAMH. He is currently working on projects investigating the interrelationship between brain structure and function, visceral adiposity, and metabolic abnormalities in schizophrenia, and the effect of antipsychotics on these outcomes.

**Barbara Bailey**, NP, MN, CCN(C), is a nurse practitioner at the Peter Munk Cardiac Centre, UHN, who works in the Adult Congenital Heart Disease (ACHD) program with a special interest in cardiac surgery. She is cross-appointed to the Lawrence S. Bloomberg School of Nursing at the University of Toronto. She is currently involved in research into cannabis use in ACHD, and practice patterns of nurse practitioners at UHN. She has co-developed educational material such as a story book for children who have a parent undergoing cardiac surgery, as well as an inpatient recovery program for cardiac surgery patients.

**Miles Cohen** has a BA in drama and is a survivor with 40 years theatre experience. A graduate of Bishop's University, Canadian Mime School and Playhouse Acting School, and an alumnus of The Second City Touring Company, he has performed and taught in theatres and institutions across Canada. He currently teaches at LEARN, a CAMH day program, and ENCORE, a CAMH pilot inpatient program. He is a member and past board member of Workman Arts, and a founding director of Friendly Spike Theatre. He is also a founding member of MadPower Theatre, which is dedicated to encouraging artistic achievement and protecting the rights of psychiatric survivors.

**Cristina de Lasa**, MD, CCFP, is a family doctor, the education lead for the hospitalist service at CAMH, and a lecturer in the Department of Family and Community Medicine at the University of Toronto. Her clinical work involves providing primary care to the geriatric inpatient population on CAMH's geriatric admissions unit. She also participates in the clinical teaching of medical students, psychiatry and family medicine residents, and medical psychiatric alliance fellows.

**Mervyn Doctorow** graduated from the University of Toronto in 1970, with a master's degree in psychology. He worked at the former Addiction Research Foundation, where he met Dr. Peter Selby, who was interested in smoking cessation, and became one of his first patients. Mervyn then worked for Manulife Insurance until 1995, when addiction and clinical depression made it impossible to work. He has also had medical issues that made navigating the medical and psychiatric systems challenging. But with co-ordinated and timely care, he has put his life back together and his mission is to continue building on this recovery.

**Rosa Dragonetti**, MSc, is an assistant professor in the Department of Family & Community Medicine at the University of Toronto, and project director for addictions education and research in CAMH's Nicotine Dependence Service, which includes tobacco-related research projects such as the STOP study, the TEACH project and other knowledge translation activities.

**John T. Granton**, PBSc, MD, FRCPC, is a staff physician at UHN. He serves on the multidisciplinary intensive care unit at the Toronto General Hospital, which specializes in the management of organ transplant recipients, advanced respiratory failure and sepsis, and supports advanced medical and surgical programs. He is also the director of the Pulmonary Hypertension program at Toronto General Hospital (TGH), and conducts research through the TGH Research Institute on lung injury, shock, thrombosis and pulmonary vascular disease.

**David Gratzer**, MD, FRCPC, is a psychiatrist and the CPPD site co-ordinator at CAMH, and an assistant professor in the Department of Psychiatry at the University of Toronto. Previously, he worked at the Scarborough and Rouge Hospital, where he was the physician-in-charge of mental health inpatient services and the physician co-lead for consultation-liaison services. His research interests include the use of technology to improve access to care.

**Margaret Hahn**, MD, PhD, FRCPC, is a psychiatrist and scientist who leads the Mental Health and Metabolism Clinic at CAMH. This is a clinic that simultaneously addresses the physical and mental health care needs of people with mental illness. Her research (basic science, and clinical) involves examining mechanisms, implications and interventions for the metabolic comorbidity that additionally burdens people living with mental illness.

**Sarah Hales**, MD, PhD, FRCPC, is a psychiatrist and co-lead for the Division of Psychosocial Oncology in the Department of Supportive Care at the Princess Margaret Cancer Centre. She is also an assistant professor in the Department of Psychiatry at the University of Toronto. Her clinical and research interests include the end-of-life experience as it affects both patients and families, and psychotherapeutic interventions aimed at alleviating distress in those facing advanced disease.

**Curtis Jourdain** was born with a congenital heart defect. He has had surgeries and experienced related complications. Recently it was determined that he needed a heart transplant because his heart was likely to fail within one year. Two days after his 53rd birthday, he was placed on a transplant list, and two days after that, on the active transplant list, but due to his rare blood type, he learned that he might have to wait months for a match. Eleven days later, a potential match was found and he was rushed to the hospital for the surgery.

**Paul Kurdyak**, MD, PhD, is the medical director of performance improvement and a clinician scientist in the Institute for Mental Health Policy Research at CAMH. He is also a core senior scientist and lead of the Mental Health and Addictions Research Program at the Institute for Clinical Evaluative Sciences, as well as an advisor to the Ministry of Health and Long-Term Care and Health Quality Ontario on mental health system performance evaluation.

**Aisha Lofters**, MD, CCFP, PhD, is a family physician with the St. Michael's Hospital Academic Family Health Team, and a scientist at the Li Ka Shing Knowledge Institute. She is an assistant professor and clinician scientist in the Department of Family and Community Medicine at the University of Toronto, and an adjunct scientist at the Institute for Clinical Evaluative Sciences. Her research interests include cancer screening, immigrant health and health equity.

**Joanna Lynch**, RN, MN, CPMHN(C), is a psychosocial co-ordinator with UHN's Transplant Program. Her clinical work includes providing assessment and support to pre- and post-transplant patients in the heart, liver, kidney-pancreas and living liver donor programs. She has clinical and research interests in youth engagement and transitional-age young adults.

**Isabel Martin**, MD, CCFP, is a hospitalist at CAMH providing care for the physical needs of forensics patients and patients with acute psychosis. She has been a family doctor for 16 years, and has practised across Canada in settings ranging from remote First Nations reserves to large academic teaching centres. She is currently a clinical lecturer at the University of Toronto and is pursuing her LL.M through Osgoode Hall Law School.

**Karen Martin**, MSW, RSW, is the chief practice information officer and senior director of health professions and practice innovation for UHN. She is responsible for creating and executing a clinical practice transformation mandate focused on best practice standardization and implementation across all of UHN's hospital locations: Toronto General Hospital, Toronto Western Hospital, Princess Margaret Cancer Centre and Toronto Rehabilitation Institute.

**Patricia Melville**, MSW, BPHE, is the team leader of IMPACT, Toronto Western Hospital's assertive community team (ACT). She has worked on ACT teams for 20 years as a front-line clinician and a team lead. She has participated in research and quality improvement projects focusing on the health of individuals with severe mental illness, and has an ongoing interest in the integration of the mental health and physical health needs of this population.

**Braden O'Neill**, MD, DPhil, is an assistant professor in the Department of Family and Community Medicine at the University of Toronto, and a family physician in the Family Medicine Teaching Unit at North York General Hospital. His primary research interests are in the physical health of people with serious mental illness and the use of health information technology for patient engagement and research conduct.

**Peter Selby**, MBBS, CCFP, FCFP, MHSc, DipABAM, DFASAM, is the chief of Medicine in Psychiatry Division, deputy physician-in-chief of Education and a clinician scientist at the Centre for Addiction and Mental Health. He is a professor in the Departments of Family and Community Medicine, and Psychiatry, and the Dalla Lana School of Public Health, at the University of Toronto. He is also a clinician scientist in the Department of Family and Community Medicine. The STOP study, in which he is involved, has enrolled and treated over 230,000 Ontarians, creating the largest health services research program in tobacco addiction treatment in Canada.

**Kathleen Sheehan**, MD, DPhil, FRCPC, is a staff psychiatrist in the Medical Psychiatry Program at the Centre for Mental Health UHN. Her clinical interests are in the fields of consultation-liaison psychiatry and psychotherapy. Her research focuses on quality of health care for individuals with co-occurring physical and mental illnesses, especially in the areas of stroke and delirium, as well as issues at the intersection of ethics, law and mental health care.

**Sanjeev Sockalingam**, MD, MHPE, FRCPC, is an associate professor of psychiatry at the University of Toronto and vice-president of Education at CAMH. He is currently the co-lead for Extension for Community Healthcare Outcomes (ECHO) Ontario Mental Health, aiming at building mental health and addiction capacity in rural Ontario, at CAMH and the University of Toronto. He is also the director of curriculum renewal for the Medical Psychiatry Alliance.

**Rima Styra**, MEd, MD, FRCPC, is an affiliate scientist at the Toronto General Hospital Research Institute and an associate professor in the Department of Psychiatry at the University of Toronto. She has a staff appointment in the Psychiatry, Health and Disease Program, and a secondary cross-appointment to the UHN Cardiac Surgery Department. Her research is on the interface between mental health issues and cardiac disease, and on quality of life in minimally invasive cardiac procedures.

**Tania Tajirian**, MD, CCFP, FCFP, DTMPH, is the medical head of the Hospitalist Service at CAMH and an assistant professor at the University of Toronto. She has undertaken many initiatives to advance the medical care of patients with severe mental health issues. She established a unique clinic that catered not only to the complex needs of patients with mental illness, but also to residents of a recently gentrified neighbourhood.

**Caroline Walker**, MI, is a reluctant exercise enthusiast and avid runner—and a proud member of the Parkdale Roadrunners crew—who recently graduated with a Master of Information from the University of Toronto. She suffered two psychotic episodes resulting in 10 months of hospitalization, before being diagnosed with schizoaffective disorder. In the nearly eight years since then, she has been a spokesperson for CAMH and has worked hard to maintain and increase her health and wellness, both mental and physical.

**Sherry Weiler**, NP, BScN, is a nurse practitioner hospitalist at the Centre for Addiction and Mental Health (CAMH), focusing on the adult neurodevelopmental population, as well as forensic psychiatry. She did her nurse practitioner training with the Outpost Nursing Program at Dalhousie University in Nova Scotia. Her research interest is in the stigma of mental illness and the discrepant medical care of people with serious mental illness.

**Cindy Woodward**, BA, is a graduate of McGill University, and the mother of two children, ages five years and 11 months. She is an advocate for programs supporting people with mental health challenges, and discusses the medication challenges she faced in the treatment of mental illness since her diagnosis in 2011, and through her two pregnancies. She hopes to let others know that it is possible to have a wonderful family and life, while living with a mental illness diagnosis.

**Richard Yanofsky**, MD, FRCP, works in the in the Toronto Western Hospital Bariatric Surgery Clinic, as well as the Francis Family Liver Clinic and the Young Adult Renal Transplant Clinic at Toronto General Hospital.

## CONFERENCE PLANNING COMMITTEE

We thank the following members of the conference organizing committee, without whom this event would not be possible.

### Co-chairs

**David Gratzer**, MD, FRCPC, psychiatrist, CAMH, and assistant professor, Department of Psychiatry, University of Toronto

**Cristina de Lasa**, MD, CCFP, lecturer, Department of Family and Community Medicine, University of Toronto

Susan Abbey, psychiatrist-in-chief, Centre for Mental Health, UHN, and professor, Department of Psychiatry, Faculty of Medicine, University of Toronto

Sandra Bennett, education specialist, CAMH

Asha Maharaj, director of Community and Continuing Education, CAMH

Joy Richards, vice-president of Patient Experience and chief of Health Professions, UHN

Janis Rotman

Kerseri Scane, manager of Patient Engagement for Healthcare Improvement, UHN

Peter Selby, director of Medical Education and clinician scientist, CAMH

Ivan Silver, geriatric outpatient psychiatrist, and professor, Department of Psychiatry, University of Toronto

Sanjeev Sockalingam, vice-president of Education, CAMH, and associate professor, Department of Psychiatry, University of Toronto

Adrienne Tan, director of Postgraduate Medical Education, UHN

Laura Williams, director of Patient Engagement, UHN

