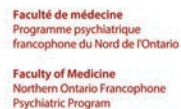


ANNUAL REPORT
2018-19

The Ontario Psychiatric Outreach Program





Contents

- 1 Mission
- 2 Director's messages
- 4 Partner and collaborating program reports
 - 5 Extended Campus Program at Western University (ECP)
 - 8 Northern Ontario Francophone Psychiatric Program (NOFPP)
 - 11 Northern Psychiatric Outreach Program at the Centre for Addiction and Mental Health (NPOP-C)
 - 13 CAMH's Outreach, TeleMental Health Service and ECHO Services
 - 15 HealthForceOntario
- 18 OPOP conference summary
- 19 OPOP steering committee
- 20 Areas served by OPOP, 2018–19
- 21 Program statistics
- 22 How to reach us

Mission

The Ontario Psychiatric Outreach Program (OPOP) is committed to providing clinical service, education and support of the highest quality to communities throughout Ontario, particularly communities that are rural, remote or considered underserved in terms of mental health care. We will continually strive to provide interprofessional, contextually relevant community-oriented service and education.



Director's message



Dr. Robert G. Cooke

Director (2012–19)
Ontario Psychiatric
Outreach Program

It has been a great privilege to serve as the director of the Ontario Psychiatric Outreach Program for the past seven years. Our core mission continues to be providing clinical services, education and support to remote and rural communities throughout Ontario, especially the north.

At the inception of our program in 1999, our service was delivered almost entirely through on-site clinician visits through our member programs. These programs are the Northern Psychiatric Outreach Program at the Centre for Addiction and Mental Health (CAMH) (NPOP-C) affiliated with the University of Toronto; the Northern Ontario Francophone Psychiatric Program (NOFPP) at the University of Ottawa; and the Extended Campus Program (ECP) at Western University. The program was funded directly by the Primary Health Care Branch, Health Systems Accountability, Performance and French Language Services Division of the Ontario Ministry of Health and Long-Term Care.

While we continue to deliver a high volume of valuable on-site clinician visits as mandated, the OPOP partnership has also been increasingly proactive in expanding services in conjunction with our home institutions, as well as with other groups or agencies, including HealthForceOntario, the Ontario Telemedicine Network, family health teams and many others. We have also strengthened our academic and collegial relationship with the Northern Ontario School of Medicine through shared annual academic conferences, and with local community organizations, including Indigenous groups, for example, by having community representation on our steering committee and conference planning committees, and by featuring inclusive and diverse content at our annual conferences.

Of course, my two predecessors as OPOP director, Dr. Brian Hodges and Dr. J. Robert Swenson, greatly influenced the directions OPOP has taken, as have the directors of the partner programs, including, most recently, Dr. Allison Crawford at NPOP-C, Dr. Michèle Tremblay at NOFPP and Dr. Giuseppe Guaiana at ECP. It has also been a joy to work with outstanding program managers during my tenure, namely Gail Larose, Eva Serhal, Clara Tam and into the present, Denise Canso. Each of them has left a strong mark on the program's track record.

I also want to point out the invaluable work of the managers and staff of the three partner programs; our steering committee members; our psychiatric consultants and residents; the senior management of our home sites at the University of Ottawa, Western University and CAMH; the administrative and clinical staff of our many community partners; and, of course, our Ministry contacts. As one cog near the centre of this large, efficient and, I would say, elegant machine, I think I have been uniquely placed to see how everybody has contributed to the program's success in addressing some of the clinical and academic needs of the population we serve and its local supports.

I am extremely pleased that Dr. Allison Crawford has agreed to take on the role of director of OPOP. I know the program will continue to evolve and innovate under her leadership, and I look forward to seeing this first-hand through my own continued participation as a consultant to Sault Ste. Marie, Atikokan and Fort Frances. The program is in excellent hands, and I wish Allison and the OPOP community the greatest success.

I hope to see you all at the next annual retreat!

Director's message



Dr. Allison Crawford

Director (2019–24)
Ontario Psychiatric
Outreach Program

This has been a year of transitions. I want to start by thanking Dr. Robert Cooke, who is completing his term as OPOP director, and who has paved the way for an easy transition. Robert will continue to participate in the program as a consultant, and we will benefit in an ongoing way from his legacy of stewardship with integrity. As Candice Green, manager of Atikokan Community Counselling Services, writes of Robert's many years of service, he is "great to work with and we appreciate his expertise."

The 2018–19 year has been a productive and rewarding one for OPOP, our constituent programs and our partners and stakeholders. OPOP's 2018 conference was held on October 25–26 in North Bay, and its theme, "Innovative Approaches to Outreach," illustrated our overall mission, which is aligned with the key priorities identified by our service providers and stakeholders.

Our retreat, #OPOP2018, was very well received in terms of content, professional development opportunities, attendee turnout and engagement. All of our event sessions had high audience engagement and satisfaction. Feedback encouraged us to incorporate more engagement, perspectives and content around First Nations, Inuit and Métis mental health and wellness, as well as opportunities for integrating technology into northern Ontario in future OPOP events. This feedback has played a central role in generating the speakers and content for our upcoming 2019 retreat, to be held in collaboration with Western University's Extended Campus Program in London.

As a program, we are excited to work with our partners, the Northern Ontario Psychiatric Outreach Program at the Centre for Addiction and Mental Health, the University of Ottawa's Northern Ontario Francophone Psychiatric Program and Western University's Extended Campus Program to find ever-improving ways of reaching our aim: to provide high-quality clinical and educational services in psychiatry, with the goal of building mental health service capacity in these underserved areas. We will continue our quality improvement initiatives, working through the OPOP steering committee, and with our funder, the Ministry of Health and Long-Term Care.

We look to key regional and local stakeholders to collaborate with us in reaching this aim, and we will eagerly explore innovative ways to increase access and to contribute to the wellness of patients, families and communities with our colleagues in health care across the province.

With gratitude to the OPOP steering and task force committee members for their expert guidance and collaborative working relationships; all our partner clinical sites, the directors, administrative staff and affiliated clinicians of our constituent programs, who all contribute to OPOP's efforts and ongoing successes.



Partner and collaborating program reports

Currently, three academic program partners participate in OPOP. These programs, based at university departments of psychiatry and teaching hospitals, are the Extended Campus Program (ECP), Western University; the Northern Ontario Francophone Psychiatric Program (NOFPP), University of Ottawa; and the Northern Psychiatric Outreach Program (NPOP), Centre for Addiction and Mental Health.

OPOP also works closely with a number of other outreach programs in the province to provide on-site and telepsychiatry clinical outreach services and education in remote and rural communities throughout Ontario. These collaborating partner programs include HealthForceOntario, the two northern LHINs and the North of Superior Counselling Programs. Members of these programs and agencies are reflected on OPOP's steering committee. We are pleased to include contributions from our partner and collaborating programs in this report.

Extended Campus Program at Western University (ECP)



Dr. Giuseppe Guaiana
Director
Extended Campus Program at
Western University

In 2018–19, the Extended Campus Program (ECP) of the Department of Psychiatry at Western University continued its mission to maintain collaborative ties with other OPOP partners and to facilitate growth through education and research initiatives, while supporting quality psychiatric care in underserved communities.

Clinical services

The ECP continues to provide administrative services to maintain a group of 11 psychiatrists who provide full-time clinical and educational services in northern Ontario within the contract year. Dr. Jack Haggarty, Dr. Suzanne Allain and Dr. Diane Whitney deliver clinical and academic services in Thunder Bay. The group of six psychiatrists led by Dr. Rayudu Koka maintains academic ties with Western University and provides full-time clinical services at Health Sciences North in Sudbury. Among those who continue their involvement in the ECP are Dr. Anil Joseph, Dr. Rajendar Kumar, Dr. Ramamohan Veluri, Dr. Beena Mathew, Dr. Popuri Krishna, Dr. Declan Boylan and Dr. Angelita Sanchez. Dr. Suzanne Allain, Dr. John Haggarty and Dr. Diane Whitney provide full-time clinical services at Thunder Bay Regional Health Sciences Centre.

The outreach on-site and televideo psychiatric services to the North of Superior Counselling Programs (NOSP) continued as another component of the ECP in 2018–19. This included psychiatric services and education to rural communities of the Lake Superior area in Geraldton, Longlac, Manitouwadge, Marathon, Nipigon and

Terrace Bay. The ECP administration supported Dr. Vadim Beletsky, Dr. Giuseppe Guaiana, Dr. Bhadresh Surti and Dr. Sujata Ojha, who delivered 18 on-site consultation days and 132 video-consultation hours.

We have expanded our delivery model in a new partnership consisting of ECP, NOSP and St. Joseph's Care Group (SJCG) Mental Health and Addiction Services in Thunder Bay. The overall goal is to improve access to specialized psychiatry services and to enhance patient-centred care and capacity across the District of Thunder Bay. The enhancement of specialized service planning and implementation model delivers indirect consultation via eConsult through SJCG, as well as continuing to complete direct consultations for patients through NOSP.

Two psychiatry residents from Western accompanied NOSP consultants during their trips to the north. Over the years, these two-day trips have become an attractive educational experience that allows residents to become familiar with the unique nature of service delivery in rural Ontario. Outside of their residency training, the residents have the opportunity to observe the psychiatrist working, interact with the mental health workers in the office, view the medical facilities in the community, learn about northern underserved areas and take part in interviews with patients. Our goal was to give the residents an opportunity to experience another way of practising psychiatry, and to open their minds to the possibility of future practice in more remote areas of northern Ontario.

Dr. Sheena Ghodasara, a PGY5 resident, accompanied Dr. Vadim Beletsky on a two-day on-site visit to the NOSP clinic in Marathon in September 2018.



Photo: Robert G. Cooke

Dr. Ghodasara explains the benefits of training in a rural setting:

“I truly appreciated the opportunity to go up north to Marathon for primarily two reasons. The first was exposure to a completely different type of community I would not have seen otherwise, which came with different psychosocial situations and factors that played an important part in patient’s lives. The experience gave me a chance to look at patients’ stories through a different lens and to examine their situations, which were different than what we are generally exposed to in London. Secondly, Dr. Beletsky provided excellent teaching throughout the trip and took time to discuss in depth every patient we saw. That is also something we are not exposed to in London. Overall, it was a great experience seeing a different population of patients and receiving in depth learning.”

Continuing professional development

Psychiatrists and related professionals in Thunder Bay, Sudbury, North Bay and Sault Ste. Marie, along with medical clerks from the Northern Ontario School of Medicine, had an opportunity to participate in Western Department of Psychiatry continuing professional development events and to benefit from the expertise of Western faculty members and invited speakers. Presentations included the following topics:

- The State of Consciousness: Unlocking the Mystery of the Human Mind
- The Role of Gut Inflammation in the Pathophysiology of Psychiatric Disorders
- Personal Journey—When Mental Health Derails Us: One Woman’s Perspective
- Cannabis Use and Misuse Issues in Older Adults
- Prescription and Substance Use Issues in Older Adults
- Undoing the Cognitive and Brain Changes in Mood Disorders: What Can We Do?
- Exercise and Brain Health
- Mood, Food and Drug Use: Managing Their Complex Relationship
- Brain Injury: Short- and Long-Term Consequences and Management
- Eating Disorders: Managing the Relentless Pursuit of Thinness
- Pain, Sleeplessness and Depression
- Aging: Why Should We Care about Telomeres?
- Mood and Anxiety Issues in Parkinson’s Disease
- Alcohol Use Disorders: Assessment and Management Strategies

Canadian Resident Matching Service (CaRMS) at Western

Information about resident elective opportunities under the supervision of ECP faculty members in the north was available for CaRMS applicants at Western in January 2019. A similar display was also presented to advertise opportunities for residents interested in gaining exposure to rural psychiatry by accompanying Western's specialists on their clinical trips to Geraldton, Longlac, Manitouwadge, Marathon and Nipigon.

ECP transitions

We welcome Dr. Giuseppe Guaiana, who stepped into the role of full-time director of the ECP in January 2019. We also thank Dr. Bhadresh Surti for his commitment to the program and congratulate him on his retirement as of June 2019. He has been a consultant psychiatrist with the ECP for many years. We wish him all the best.



Northern Ontario Francophone Psychiatric Program (NOFPP)



Dr. Michèle Tremblay

Director, Northern Ontario Francophone Psychiatric Program

The NOFPP underwent a major management change in the 2017–18 financial year. After nine years of service, Dr. Fernande Grondin took a well-deserved retirement in December 2017. At the November 2017 OPOP annual conference, we had the opportunity to express our gratitude and wish her a long and happy retirement.

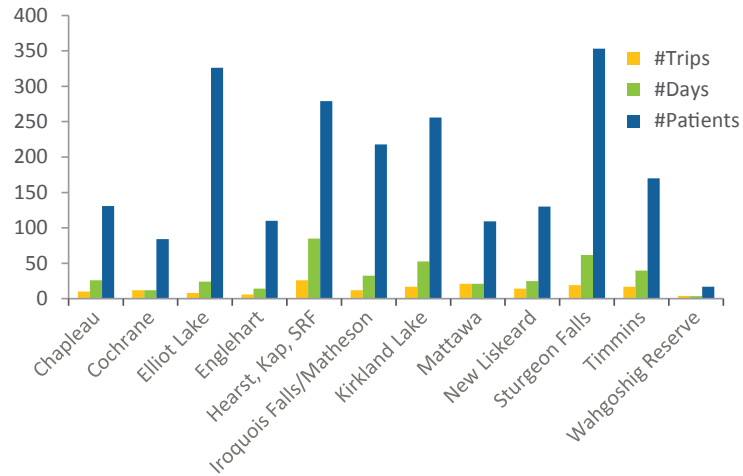
We thank Dr. Grondin for her tremendous dedication and determination. Through her efforts, we were able to recruit 11 new psychiatrists to replace the consultants who left the program.

In January 2018, I took over the role of executive director for the program and I enthusiastically look forward to the new challenges that lie ahead: to continue and enhance our services with northern Ontario's francophone population. During my mandate, my commitment is to further explore the possibility of using telepsychiatry to reach our clients in remote areas, contribute to clinical teaching, promote awareness and provide support at our points of service.

In the next few years, we will also focus on recruiting new psychiatrists. In that regard, we intend to involve more of our francophone residents from the University of Ottawa, by giving them the opportunity to accompany our consultants on their trips to the north. This enriching and educational experience will give them insight into psychiatric services in rural and remote areas, which could inspire them to eventually join our program or open an office in an underserved area. In the past, four residents who took part in this two- or three-day placement have gone on to become consultants in the program, and two of them are still with us! This year, four residents accompanied our psychiatrists on their northern Ontario trips.

In 2018–19, 13 psychiatrists took part in the program by providing psychiatric services in French in various northern Ontario communities. Our consultants logged 189 visits to 12 service points. In September 2017, two of our geriatric psychiatry consultants, Dr. Tremblay and Dr. Wiens, began offering one-week clinical services, in affiliation with the North Bay Regional Health Centre, in the remote areas of Fort Albany, Moose Factory and Moosonee. This year, Dr. Wiens and Dr. Stewart went to Attawapiskat, Fort Albany, Moose Factory and Moosonee.

NOFPP VSC Summary of Clinical Activity: Number of Trips, Days and Patients per Community



Dr. Michèle Tremblay arriving at James Bay

Photos: Andrew Wiens

A message from one of our residents:

“My experience working in northern outreach geriatric psychiatry was both a fun and an enriching learning experience. We saw people in their own home environment, and it was amazing to see outreach in action. We were able to coordinate some interventions and services for patients using both local and remote resources, which was fascinating to see. It was really apparent how needed these services were to the community and what a difference could be made in the lives of the patients we saw. Having had this exposure, I am likely to incorporate northern health care or outreach into my future practice. Truly a unique and eye-opening opportunity.”

—Sarah Scapinello



Moose Factory: Cemetery and historic homes

Here is a list of our consultants, as well as the points of service we cover, and number of trips, clinic days and patients seen.

Points of service	Consultants	No. of trips	No. of days	No. of patients
Timmins	Dr. Benjamin Fortin-Langelier Dr. Michèle Tremblay Dr. Andrew Wiens	17	39.5	170
Englehart	Dr. Rachel Henry	6	14	110
Hearst, Kapusking, Smooth Rock Falls	Dr. Marc Lapointe Dr. Marc Mauguin Dr. Andrea Stewart Dr. Carole Tessier	26	85	279
Sturgeon Falls	Dr. Dominique Nadon Dr. Hugues Richard	19	61.5	353
Kirkland Lake	Dr. Hugues Richard Dr. Hughes Chassé	17	52.5	256
Chapleau	Dr. Hugues Richard	10	26	131
New Liskeard	Dr. Carole Tessier Dr. Michèle Tremblay Dr. Andrew Wiens	14	25	130
Mattawa	Dr. Carole Tessier	21	21	109
Iroquois Falls, Matheson	Dr. Raymond Tempier	12	32.5	218
Cochrane	Dr. Raymond Tempier	12	12	84
Elliot Lake	Dr. Pierre Tessier	8	24	326
Wahgoshig Reserve	Dr. Raymond Tempier	4	2.5	11

Lastly, I would like to thank our program manager, Diane Gratton, for her work and dedication. Her support during my transition to management was very much appreciated.

Northern Psychiatric Outreach Program at the Centre for Addiction and Mental Health (NPOP-C)



Dr. Allison Crawford

Director (2019–24)
Ontario Psychiatric
Outreach Program

At the Northern Psychiatric Outreach Program at the Centre for Addiction and Mental Health (NPOP-C), we continue to look at ways to improve the quality of care offered in outreach, across all domains of quality, including equity, safety, timeliness, effectiveness, efficiency, and offering patient-centred care. In outreach contexts, it is also critical to consider and contribute to community-centred care, in collaboration with regional partners.

At our last retreat, we drew on local expertise to explore two themes relevant to the future of outreach: 1) How health economics and administrative health data can help us plan and respond to population health needs in the most efficient way while maintaining quality of care; and 2) How digital health innovation offers the potential for new modes of engagement. Our speakers were Dr. Paul Kurdyak, lead of the Mental Health and Addictions Research Program at the Institute for Clinical Evaluative Sciences; Dr. David Gratzler, associate chief of Inpatient Care and Practice Innovation; and Eva Serhal, director of Outreach, TeleMental Health, and ECHO at CAMH, and a PhD candidate in the Institute of Health Policy, Management and Evaluation, University of Toronto. Their presentations stimulated discussion on the future of outreach for NPOP and OPOP. We also reviewed two recent papers by members of our team on related topics.

In 2018–19, NPOP-C continued to fulfill our core mission of improving the equitable provision of mental health services to underserved communities in northern Ontario. The majority of our NPOP work is achieved through fly-in/drive-in psychiatric consultant visits and a growing service for TeleMental Health consultations to northern communities. Through our affiliation with the Department of Psychiatry at the University of Toronto, we also promote outreach opportunities to psychiatry residents.

Clinical services

Our primary mandate is to provide direct clinical services through visiting specialists clinics (VSC). We provided 225 days of service and provided care to 1,203 patients. A breakdown by community is presented below.

2018–19 Visiting specialists clinics summary

Site	Trips	Days	# Patients
Atikokan	1	3	14
Blind River	24	24	301
Elliot Lake	22	30	189
Kapuskasing	5	22	48
Parry Sound	31	74	356
Sault St. Marie	9	33	154
Sioux Lookout	5	28	97
Wawa	5	11	44
Espanola	0	0	0
Manitoulin	0	0	0
Total	102	225	1203

In addition to our activities funded by the Ministry of Health and Long-Term Care, we provide psychiatric services to Nunavut, funded by the Government of Nunavut. In 2018–19, this included 149 days of clinical service and over 24 trips, including 21 trips by psychiatry residents (130 days). We also provide weekly mental health rounds via teleconference.

TeleMental Health

Complementing our fly-in trips is our growing TeleMental Health Service, part of our Outreach program at CAMH. This service allows an additional way of providing quality mental health care and of increasing continuity of care between outreach visits. In 2018–19, we grew to provide more than 3,000 consults, 98 per cent of which were with unique patients. We also expanded our integrated care model, which uses telehealth to achieve collaborative mental health care, and expanded from five primary health care teams across Ontario in 2014–15 to 18 primary care teams by the end of 2018–19, with an additional 26 sites awaiting partnership in the next fiscal year.

Educational opportunities

We provided 39 psychiatric residents with opportunities to do northern outreach as an elective experience, for a total of 238 days (50 trips). This represents continued growth in resident participation from the previous year.

We had some important transitions in our program this year. Rowena Figueredo became manager of NPOP-C after many years of dedicated service to the outreach program. Hema Singh, as interim manager, has done a remarkable job in keeping us moving forward.

As of July 1, 2019, I have transitioned into my role as director of OPOP. It has been a privilege to work with everyone through NPOP-C, and a real learning journey.

The program will be expertly stewarded by Dr. Heather Flett, incoming director of NPOP-C, who will bring her expertise in physician wellness, outreach and qualitative research to NPOP-C. I look forward to our ongoing collaborations.

We thank our team and partners! As always, this program relies on the hard work and dedication of Achira Saad. We also thank our close collaborators in the CAMH TeleMental Health program, Denise Canso, Manager, along with our operations team, including Melissa Dymond, Kelly Duong, Jillian Ivany and Cameron Sharp.

CAMH's Outreach, TeleMental Health Service and ECHO Services



Eva Serhal

Director
CAMH TeleMental
Health Service

CAMH provides a continuum of services to create equitable access to high-quality mental health care for patients and providers in underserved communities in Ontario. In addition to our Northern Psychiatric Outreach Program, CAMH offers TeleMental health services, which connect patients directly to a psychiatrist via secure videoconferencing, and the ECHO (Extension of Community Healthcare Outcomes) Ontario Mental Health program, which links frontline health care providers throughout Ontario to mental health and addiction experts through an only virtual community of practice and learning.

Our service uses innovative models of virtual health care to increase access and deliver an integrated service that puts patient need at the centre of the interaction by creating a secure space for patients to easily access care from wherever they are in Ontario. This service improves capacity within the system, reducing wait times to see local specialists and champions collaborative and interprofessional relationships via technology.

TeleMental Health Service

The purpose of this program is to equitably deliver high-quality mental health services via secure videoconferencing technology to patients throughout Ontario. The program regularly conducts academic research and quality improvement initiatives to measure outcomes and improve services. Examples include the development of an integrated care stream of TeleMental health that partners a psychiatrist directly with a primary care team for both direct care to their patients and indirect care and education to the interprofessional team, thereby increasing capacity in primary care and continuity of care for patients. Since inception in 2014, the integrated care model has expanded to partner with 45 total primary care sites within Ontario, including those serving First Nations, Inuit and Métis communities.

In recent years, wait times for this program have decreased from six months to approximately three weeks and our number of visits has doubled to 3,000 unique consultations per year delivered to over 250 communities (with over 50 per cent in the North East, North West and North Simcoe Muskoka LHINs). Patients have demonstrated very high rates of patient satisfaction. Of 400 patients, 92 per cent ranked their satisfaction with the service as high or very high.

CAMH's TeleMental Health Service is supporting innovative system change in the field of telemedicine. Working along with MOHLTC and the Ontario Telemedicine Network to pilot test and integrate new platforms for telemedicine, we are driving forward virtual models of the future that best fit the needs of patients and providers.

ECHO Ontario Mental Health

ECHO Ontario Mental Health is a virtual training and capacity-building model that supports health care providers in delivering high-quality, evidence-based mental health and addictions care in their local communities. Through multipoint videoconferencing, ECHO Ontario Mental Health links expert interdisciplinary specialist teams with frontline care providers to share best practices, jointly discuss practical recommendations for complex client care and build sustainable communities of practice. ECHO Ontario Mental Health is funded through the Ministry of Health and Long-Term Care and operated by CAMH.

Seven ECHO Ontario Mental Health (ONMH) programs were operational in 2018–19: Mental Health; First Nations, Inuit and Métis Wellness; Addictions Medicine and Psychosocial Interventions; Obsessive Compulsive Disorder; Trans and Gender Diverse Health Care; Psychotherapy; and Complex

Patient Management. In 2018–19, ECHO ONMH delivered 140 sessions and delivered 235 hours of continuing medical education to 371 health care providers from 185 organizations in 14 of Ontario's Local Health Integration Networks. To date, ECHO ONMH has supported 706 health care providers from 208 organizations.

Participants rated ECHO highly, indicating an overall average satisfaction rate of 4.3/5, and indicated that ECHO addressed their learning needs with an average rating of 4.2/5. Through CIHR funding, we have conducted rigorous assessment of all seven ECHO projects, including outcomes demonstrating knowledge change, increased self-competence and high rates of utilization of recommendations generated in session.

Additionally, as the ECHO Ontario Superhub (a service that trains new ECHOs on behalf of the ECHO Institute), CAMH and the University of Toronto, in partnership with the University Health Network, have provided training to individuals looking to launch ECHO projects in Ontario; this year, we supported the successful launch of nine new ECHOs in Ontario and held the ECHO Ontario Conference with 122 participants from across Ontario.

Our plans for next year include the launch of nine ECHO Ontario Mental Health programs, including the addition of ECHO Ontario Adult Intellectual and Developmental Disabilities, a pilot in partnership with the Azrieli Adult Neurodevelopmental Centre and Surrey Place and ECHO Ontario Early Psychosis Intervention, a partnership with the Slaight Family Centre for Youth in Transition.

HealthForceOntario

HealthForceOntario Marketing and Recruitment Agency

HealthForceOntario Marketing and Recruitment Agency (HFO MRA) builds and maintains Ontario's health human resources capacity. Working with its partners—including communities, LHINs, the provincial government, recruiters and health professionals—HFO MRA supports the government's health workforce objectives and contributes to the planning, recruitment, retention, transition and distribution of health practitioners.

HealthForceOntario also offers [HFOJobs.ca](https://www.hfojobs.ca), a free online job board that connects health care organizations, communities and employers to health care professionals who are seeking employment.



Cheryl Buck

Lead, Northern Specialist Locum Programs, HFO



Kate Borthwick

Regional advisor, Waterloo Wellington, HFO

Northern Specialist Locum Programs

The Northern Specialist Locum Programs (NSLP) provides respite and vacancy locum coverage to help support the recruitment and retention of specialists while also providing continuous patient access to specialist services in northern Ontario. NSLP consists of two programs: the Urgent Locum Tenens Program and the Respite Locum Tenens Program. The Urgent Locum Tenens Program is accessed by northern Ontario communities with eligible vacant specialist physician positions to provide temporary specialist locum coverage while they recruit a permanent physician. NSLP also supports northern Ontario communities that have a full complement of specialist physicians through the Respite Locum Tenens Program, which provides temporary specialist locum coverage for eligible communities while local physicians are on vacation, continuing medical education or leave.

In 2018–19, psychiatry was one of the most active NSLP specialties, with 977 days of locum coverage provided in seven northern Ontario communities. NSLP works with OPOP to support many of these psychiatric services; OPOP consultants are eligible to receive expense reimbursement and applicable work fees for approved NSLP locum assignments. NSLP also approves and reimburses travel expenses for psychiatric residents to accompany OPOP psychiatrists providing NSLP locum coverage.

Regional advisors

HFO regional advisors work collaboratively with communities and employers throughout the recruitment process to support recruitment goals and enable health system priorities. The [Recruitment Essentials Toolkit](#), available online, is a best practice toolkit for leaders and recruitment professionals.

In addition, regional advisors provide a career planning service for Ontario's medical residents called Practice Ontario. They offer personal job search assistance for permanent and locum opportunities, which assists medical residents with various aspects of their transition into practice. The [Transition into Practice Services \(TiPS\) Toolkit](#), available online, provides practical, career-focused information for physicians starting their practice in Ontario.





OPOP conference summary

OPOP's 2018 conference was held on October 25–26 in North Bay, with the theme “Innovative Approaches to Outreach.” The accredited event illustrated our overall mission and key priorities identified by our service providers and stakeholders.

The sessions were well received and got positive feedback. On day 1, Kari Starling, regional director of the Lived Experience and Recovery Network (LERN), and Shawna Lagassie, the education and support coordinator for LERN, started the day with a presentation on the past, present and future of LERN. The second presentation by Eva Serhal, director of Outreach, TeleMental Health and Project ECHO at CAMH, and director of the ECHO Ontario Superhub, touched on the ECHO model's approach to enhancing capacity in patient care and improving health care system performance.

This presentation was followed by a workshop called “Developing educational competencies and curricula for outreach psychiatry.” It was led by Denise Canso, manager of OPOP and TeleMental Health at CAMH; Stacie Carey, education coordinator at CAMH; Yasmeenah Elzein, research analyst at CAMH; and Sarah Armata, research analyst at CAMH. In the evening, the keynote speakers, OPOP director Dr. Robert G. Cooke and psychiatrists Dr. Hugues Richard and Dr. Peter Braunberger delivered a well-informed presentation about perspectives on telepsychiatry and considerations for clinical practice in virtual settings.

On day 2, psychiatrist and physician Dr. David Gratzner gave a presentation on apps, chatbots and e-therapies. Anna Piszczkiewicz, knowledge transfer and communications specialist at the Canadian Mental Health Association, Ontario division, and Steve Mathew, provincial lead for mental health and addictions at the Ontario Telemedicine Network, presented on two psychotherapy services: Big White Wall and Bounceback. In the final presentation, psychiatrist Dr. Jack Haggarty described the top online mental health resources for physicians and patients, as well as the top apps for mental health-related conditions.

Participants then had the option of attending one of two workshops: “Virtual practice” or « Certaines particularités cliniques d’une clinique virtuelle / Guest Link sur la relation thérapeutique et la psychothérapie : discussion avec vignettes cliniques ». The conference closed with a participant panel, where attendees discussed their experience of the conference.

Throughout the conference, attendees participated in interactive activities. Each attendee received a *What Sticks?* card to post on a poster board. The

purpose of the *What Sticks?* activity was to support participant engagement and capture the reflections, ideas and discussions that participants had over the conference. At the beginning of the conference, each attendee also received a bingo card where they had to obtain initials of a fellow colleague or a stamp from an exhibition booth. The purpose of this activity was to increase interaction between colleagues. In addition to these two activities, various organizations across Ontario were able to set up booths in the exhibition hall to educate attendees of available resources.

The conference received positive feedback about content, professional development and engagement. Some post-event evaluation feedback suggested more content focused on Indigenous mental health and wellness and on integrating technology into northern Ontario. The planning committee eagerly started discussions for the 2019 retreat, which will be hosted in London.

Thank you to the OPOP steering and task force committee members, who continue to provide valuable guidance on our quality assurance initiative and collaborative working relationships. A special thanks for the continued dedication and representation from our North East and North West LHIN representatives and HealthForceOntario; all our partner clinical sites; and the directors, administrative staff and affiliated clinicians of our constituent programs, who all participate in OPOP's efforts and ongoing successes.

OPOP steering committee

OPOP's steering committee coordinates and advocates the delivery of collaborative psychiatric clinical outreach services and the training of mental health care professionals. The committee includes members from a broad spectrum of roles that contribute to coordinating services and integrating mental health services and education.

The committee is responsible for:

- overseeing OPOP budgets, as reported annually by the OPOP director to the OPOP steering committee
- overseeing the OPOP subcommittees
- dissolving and creating new committees as required to reflect changing demands and needs
- overseeing the OPOP annual retreat
- overseeing the Ontario-wide residents electives booklet and consultants' manual
- liaising with stakeholders, including medical schools, northern hospitals, HealthForce Ontario, the northern LHINs and other relevant groups
- contributing to the OPOP annual report.

Over the past year, the steering committee has addressed a number of key issues, including:

- initiating the development of the needs assessment committee named the "task force," focused on quality assurance and program evaluation
- discussing continued development of the standardized data collection protocols and items for quality assurance purposes
- planning the 2019 retreat in London and commencing plans for the upcoming 2020 conference in Thunder Bay
- supporting recruitment of a new OPOP medical director
- finding ways to extend telepsychiatry services across northern Ontario in order to expand our service opportunities to a wider network of sites and clinical populations, as well as to support continuity of care to our current sites.

Committee membership

In 2018, Dr. Fernande Grondin retired as director of NOFPP, a position that she held for nine years. Dr. Michèle Tremblay has stepped into the role. Dr. Jeffrey Reiss and Shanna Peters, director and program administrator, respectively, for the ECP at Western University, are replaced by Dr. Giuseppe Guaiana and Meghan Backtash in those roles. Shana Calixte from the North East LHIN and Tracy Stevenson from the North West LHIN have been replaced by Stephanie Paquette and Giovanni Scalzo, respectively. Our inaugural community representative, Lisa Morris from the LERN organization, has been replaced by Donna Forget (True Self Debwewendizwin Employment and Training). After nine years, Rowena Figueredo, has transitioned out of the NPOP-C manager role, and Hema Singh is now acting manager.

To all of our committee members, welcome to those who have recently joined us, and thank you to those who have been with us for your dedication, years of service and insightful contributions to OPOP.

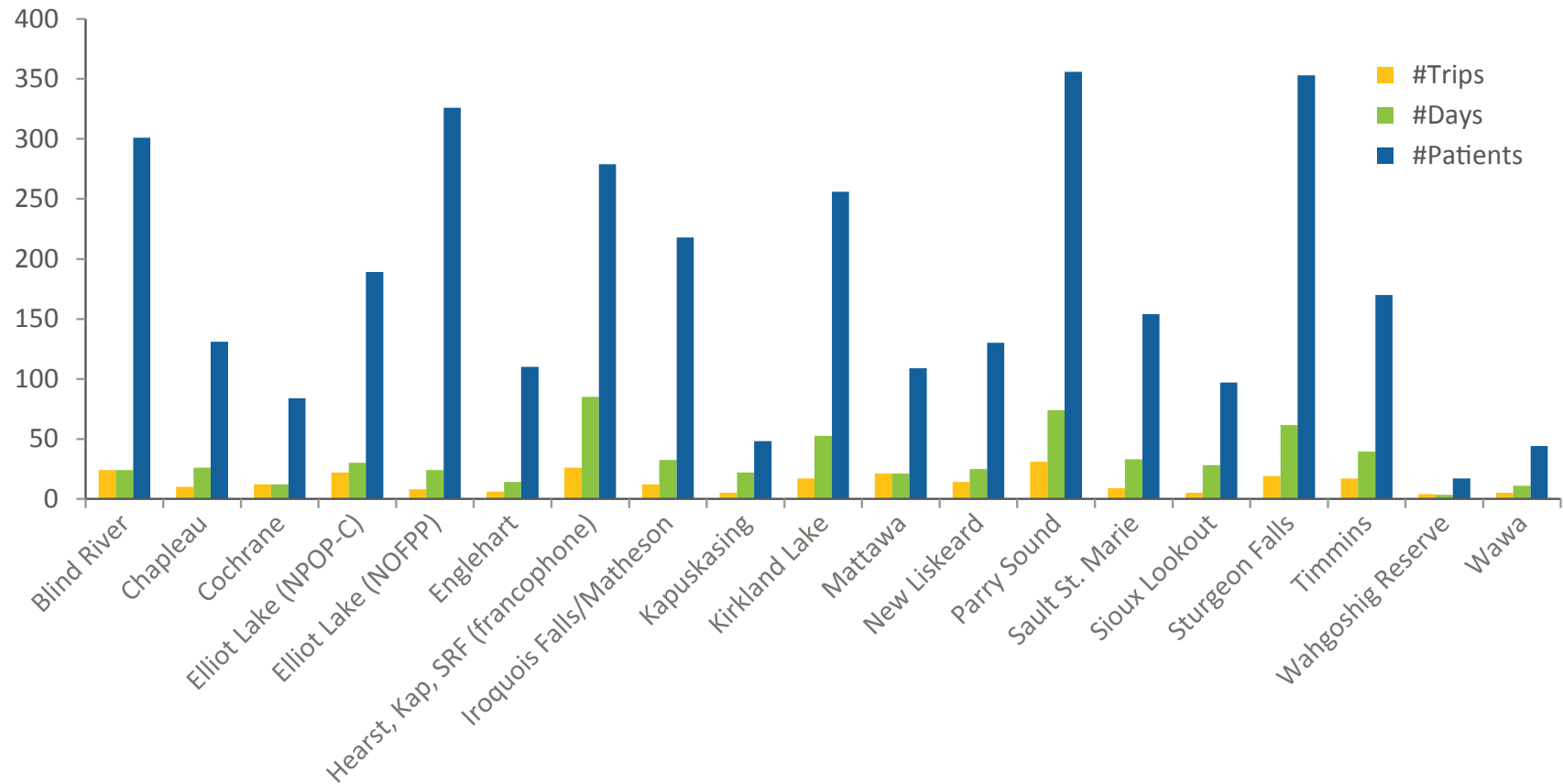
Areas served by OPOP 2018–19



	Outreach provider		
	ECP	NOFPP	NPOP-C
Atikokan			●
Blind River			●
Chapleau		●	
Cochrane		●	
Elliot Lake		●	●
Espanola			●
Englehart		●	
Geraldton	●		
Hearst		●	
Iroquois Falls		●	
Kapuskasing			●
Kenora			
Kirkland Lake		●	
Little Current			●
Longlac	●		
Manitoulin			
Manitouwadge	●		
Marathon	●		
Matheson		●	
Mattawa		●	
New Liskeard		●	
Nipigon	●		
North Bay			
Parry Sound			●
Sault Ste. Marie			●
Schreiber	●		
Sioux Lookout			●
Smooth Rock Falls			
Sturgeon Falls		●	
Sudbury	●		
Terrace Bay	●		
Thunder Bay	●		
Timmins		●	
Wawa			●
Wahgoshig Reserve		●	

Program statistics

Combined OPOP VSC Summary of Clinical Activity: Number of Trips, Days and Patients per Community



Note: Data includes clinical activity of NPOP and NOFPP programs only; clinical activity administered by Extended Campus Program (ECP) is excluded from this dataset.

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