

Leading the Integration of Physical and Mental Health Care

CONFERENCE 2020

camh

 UHN Toronto General
Hospital
Princess Margaret
Cancer Centre
McMaster Institute

February 7, 2020

LOCATION:

Chestnut Residence and Conference Centre, 89 Chestnut St., Toronto, Ontario

FOR MORE DETAILS, PLEASE VISIT:

<https://www.camh.ca/en/driving-change/about-camh/events/leading-the-integration-of-physical-and-mental-health-care-a-one-day-conference>

AGENDA

TIME	ITEM
8:00-9:00 a.m.	Registration Breakfast and networking
9:00-9:15 a.m.	Welcome and opening remarks Dr. Susan Abbey and Dr. Sanjeev Sockalingam • Location: Ballroom Introduction to keynote speaker Dr. David Gratzer
9:15-9:55 a.m.	Keynote presentation <i>Heart matters: Bipolar disorder as a vascular disease</i> Dr. Benjamin Goldstein
9:55-10:15 a.m.	Keynote response <i>Audience questions and answers</i> Dr. Benjamin Goldstein, moderated by Dr. David Gratzer
10:15-10:30 a.m.	REFRESHMENT BREAK

CONCURRENT WORKSHOP SESSIONS (select one of four options):

- 10:30-12:00 p.m.
1. ***When a spade is not a spade: Treating physical health issues in patients with mental illness***
Dr. Cristina de Lasca, Dr. Matthew Goodmurphy and Miles Cohen
• Location: Giovanni Room
 2. ***Palliative care in patients with severe mental illness***
Dr. Harleen Toor and Dr. Ciara Whelan
• Location: St. Patrick North
 3. ***Metabolic comorbidities in mental illness***
Dr. Mahavir Agarwal, Dr. Margaret Hahn, Kelly Matheson and Caroline Walker
• Location: Ballroom
 4. ***Safe and effective use of anti-psychotic meds***
Dr. Braden O'Neill and Dr. Kathleen Sheehan
• Location: St. David

12:00-1:00 p.m. LUNCH AND NETWORKING

- 1:00-2:15 p.m.
- Plenary session**
Practical management strategies for a patient with physical and mental health problems: Case exploration and discussion
Dr. Maurice Agha, Dr. Renee Logan and Dr. Kevin Rohani
• Location: Ballroom

2:15-2:30 p.m. REFRESHMENT BREAK

CONCURRENT WORKSHOP SESSIONS (select one of five options):

- 2:30-4:00 p.m.
5. ***When a spade is not a spade: Treating physical health issues in patients with mental illness***
Dr. Cristina de Lasca, Mr. Matthew Goodmurphy and Miles Cohen
• Location: Giovanni Room
 6. ***Smoking cessation interventions for patients with comorbid medical and mental illness: A case-based workshop***
Dr. Peter Selby and Rosa Dragonetti
• Location: St. Patrick North
 7. ***Mental illness and cancer***
Dr. Madeline Li, Dr. Jody Morita and Dr. Christian Schulz-Quach
• Location: St. David
 8. ***Engaging families in care: The case of an adolescent with psychosis***
Dr. Saadia Sediqadah, Dr. Chloe Leon and Samantha Wiendels
• Location: Lombard Suite
 9. ***Neuropsychiatry of mild traumatic brain injury/concussion***
Dr. J. Darcy O'Brien
• Location: Ballroom

4:00-4:20 p.m. **Sharing and synthesizing the day**
Dr. Renee Logan and Dr. David Gratzner

4:20-4:30 p.m. **Closing remarks**
Dr. Susan Abbey and Dr. Sanjeev Sockalingam

KEYNOTE PRESENTATION

Heart matters: Bipolar disorder as a vascular disease

It has long been recognized that bipolar disorder is associated with both increased rates and premature onset of cardiovascular disease. Although these associations are in part related to such factors as diet, exercise, smoking and substance use, the strength of the bipolar-cardiovascular link exceeds what can be explained by them. The question arises, what else could potentially explain this link?

This presentation summarizes key findings regarding the bipolar-cardiovascular link in adults, and focuses on this topic in adolescents. Compared to adults, adolescents early in their course of illness have experienced far shorter duration of exposure to the symptoms, stress and treatments of bipolar disorder. As such, they provide an ideal opportunity to evaluate and learn about the early genesis of the bipolar-cardiovascular link.

The presentation highlights recent findings regarding the association of traditional cardiovascular risk factors, such as obesity, blood pressure and lipids, with brain structure and function among adolescents with bipolar disorder. The presentation highlights recent findings using complementary imaging approaches that evaluate the structure and function of tiny microvessels.

A central thesis of Dr. Goldstein's work is that microvascular abnormalities among adolescents with bipolar disorder can provide insights regarding the causes of bipolar disorder and can identify novel prevention and treatment strategies targeting mental and physical health.

KEYNOTE SPEAKER: Benjamin Goldstein, MD, PhD, FRCPC



Dr. Goldstein is a child-adolescent psychiatrist and professor of psychiatry and pharmacology at the University of Toronto, and adjunct professor of psychiatry at the University of Pittsburgh. He is the director of the Centre for Youth Bipolar Disorder and director of research in the Department of Psychiatry at Sunnybrook Health Sciences Centre, and a senior scientist at Sunnybrook Research Institute. Dr. Goldstein's efforts focus on teenagers with, or at familial risk for, bipolar disorder. His team seeks to generate insights regarding the link between bipolar disorder and cardiovascular disorders, and to identify and implement innovative prevention and treatment strategies that focus simultaneously on physical and mental health. Dr. Goldstein has authored over 180 scientific articles, ranking in the top one per cent of highly-cited articles in psychology and psychiatry. He has received national and international awards for his research, most recently the

Colvin Prize from the Brain and Behavior Research Foundation. Dr. Goldstein's research is funded by grants from Brain Canada, the Canadian Institutes of Health Research (CIHR), the Heart and Stroke Foundation, the National Institute of Mental Health (NIMH), and the Ontario Ministry of Research, Innovation and Science. An active educator, Dr. Goldstein serves as director of the Clinician Scientist Program in the University of Toronto's Department of Psychiatry.

CONCURRENT WORKSHOP SESSIONS (MORNING)

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

Presented by Dr. Cristina de Lasa, Miles Cohen and Dr. Matthew Goodmurphy.

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 for audience questions and answers.

Learning objectives:

- Discuss how symptoms of physical health issues present in patients with mental illness.
- Identify three basic steps in medical assessment (observation, engagement, tailored physical exam).

2. Palliative care in patients with severe mental illness

Presented by Dr. Harleen Toor and Dr. Ciara Whelan.

This workshop focuses on the provision of comprehensive palliative care for patients with advanced life-limiting illness with concurrent severe mental illness. It highlights the importance of a thorough exploration of a patient's understanding of illness, values and goals of treatment. This workshop discusses how inter-professional collaborative care can facilitate symptom management, advance care planning, and end-of-life care in patients who also suffer from severe mental illness.

Learning objectives:

- Explain the barriers faced by patients with severe and persistent mental illness in accessing comprehensive palliative care.
- Discuss how to optimize care of patients in various care settings.
- Describe how to ensure services are provided in a way that recognizes potential challenges in assessing patient capacity and goals of care.
- Outline approaches that may facilitate the delivery of equitable and comprehensive palliative care for both symptom management and advance care planning.

3. Metabolic comorbidities in mental illness

Presented by Dr. Mahavir Agarwal, Dr. Margaret Hahn, Kelly Matheson and Caroline Walker.

This session provides a review of current screening, pharmacological and behavioural approaches for addressing cardiometabolic risk factors in patients with mental illness.

From the health care practitioner's perspective, this session provides:

- an overview of the relationship between mental illness and cardiovascular risk factors
- a review of current screening, pharmacological and behavioural approaches for addressing cardiometabolic risk factors in patients with mental illness.

From the patient's perspective, this session provides a:

- review of medication and treatment challenges
- discussion about the effects of comorbidities on work-life balance.

Learning objectives:

- 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 for addressing cardiometabolic risk factors in patients with mental illness.

4. Safe and effective use of anti-psychotic meds

Presented by Dr. Braden O'Neill and Dr. Kathleen Sheehan.

This workshop explores how antipsychotic medications present a significant health issue, and presents evidence of the harms, including risk of death, metabolic disturbances and cerebrovascular events. Complex case presentations help to discuss safer alternatives for managing mental and physical health problems in primary care.

Learning objectives:

- Identify appropriate (and potentially inappropriate) indications for prescribing antipsychotic medication in primary care, psychiatry and other mental health settings.
- Screen for detrimental metabolic effects of antipsychotic medication.
- Explore strategies for de-prescribing antipsychotic medications in situations where alternative treatments would be preferable.

PLENARY SESSION

Practical management strategies for a patient with physical and mental health problems: Case exploration and discussion

Presented by Dr. Maurice Agha, Dr. Renee Logan and Dr. Kevin Rohani.

Is it the patient's mental illness or a medical problem? This session leads health care providers through a complicated case presentation. It discusses challenges to deciphering a patient's diagnosis based on the presenting symptoms, and explores strategies for overcoming barriers.

Learning objectives:

- Analyze the case of a patient with a history of comorbid complex medical issues and severe mental illness (SMI), who presents with an acute change in mental status.
- Develop a systematic approach that will help determine potential causes of acute change in mental status.
- Discuss the unique challenges and barriers in managing patients with comorbid complex medical issues and SMI.

CONCURRENT WORKSHOP SESSIONS (AFTERNOON)

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

Presented by Dr. Christina de Lasa, Mr. Matthew Goodmurphy and Miles Cohen.

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 for audience questions and answers.

Learning objectives:

- Discuss how symptoms of physical health issues present in patients with mental illness.
- Identify three basic steps in medical assessment (observation, engagement, tailored physical exam).

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

Presented by Dr. Peter Selby and Rosa Dragonetti.

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 roles of health care providers, health system leaders and policymakers.

Learning objectives:

- 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.

7. Mental illness and cancer

Presented by Dr. Madeline Li, Dr. Jody Morita and Dr. Christian Schulz-Quach.

This workshop provides a forum for a multidisciplinary team of health care providers and psychosocial oncology specialists, who discuss approaches to treating mental health issues in the context of cancer care.

This includes an overview of severe mental illness (SMI) and treatment of emotional distress, as well as an introduction to the psychosocial palliative care needs of patients with cancer.

Learning objectives:

- Discuss needs, barriers and best practice examples for patients with SMI and cancer
- Identify screening and management approaches for emotional distress in cancer patients
- Describe psychotherapeutic approaches to advanced stage cancer care.

8. Engaging families in care: The case of an adolescent with psychosis

Presented by Dr. Saadia Sediqzadah, Dr. Chloe Leon and Samatha Wiendels.

A first episode of psychosis is a vulnerable time in a young person's life. In addition to patient-related factors, prognosis includes family engagement and support. As clinicians, how can we engage families in care? How do we respond to family members who have a hard time accepting their child's diagnosis, or who ask, "When can my son/daughter come off of these medications?" This session focuses on an adolescent with psychosis, and participants will explore techniques and strategies to better support families as they care for members with severe mental illness.

Learning objectives:

- Empathically address mental health stigma among family members that directly affects the care of a patient with a mental illness.
- Skillfully address concerns from caregivers regarding psychotropic medications, especially in the adolescent patient.
- Find and refer to local family psychoeducational services from the Schizophrenia Society of Ontario
- Develop an alliance with caregivers that is conducive to greater continuity in care.

9. Neuropsychiatry and mild traumatic brain injury/concussion

Presented by Dr. J. Darcy O'Brien.

This session explores mild traumatic brain injury (mTBI) and how it relates to concussion, post-concussive syndrome and other common neuropsychiatric sequelae of mTBI. The session discusses assessment, formulation and management of patients with mTBI and neuropsychiatric sequelae.

Learning objectives:

- Describe the connection between mild traumatic brain injury and common neuropsychiatric problems.
- Explain assessment and management of patients with mTBI.

PRESENTER PROFILES

Susan Abbey, MD, FRCPC, is the psychiatrist-in-chief at the Centre for Mental Health, University Health Network (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 clinician-scientist in the Schizophrenia division at CAMH and an assistant professor in the Department of Psychiatry at the University of Toronto. His research focuses on investigating the interrelationship between brain structure and function, visceral adiposity, and metabolic abnormalities in schizophrenia, and the effect of antipsychotics on these outcomes. To complement his research interests, he works at the Mental Health and Metabolic Clinic and the Clozapine Clinics at CAMH, which focus on applying pharmacological interventions to improve psychopathology, cognition, and metabolic outcomes in individuals with serious mental illness.

Maurice Agha, MD, BSc, CCFP, CISAM, is a family doctor with a focus on providing care to patients living with mental health illnesses and addiction. He is a lecturer in the Department of Family and Community Medicine at the University of Toronto. His clinical work involves providing in-patient primary care to clients admitted to acute psychiatric and forensic units at CAMH. He also practices community addiction medicine in Toronto, and throughout many Ontario communities, via the Ontario Telemedicine Network.

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 in the process of forming the Living Medication Centre and alternate forms of healing through meditation. 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 Division of Medicine in Psychiatry 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 is passionate about teaching undergraduate and postgraduate medical trainees how to provide complex medical care to elderly patients with mental illness.

Rosa Dragonetti, MSc, is an assistant professor in the Department of Family and 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.

Matthew Goodmurphy, MD, CCFP, is a family doctor and lecturer in the Department of Family and Community Medicine at the University of Toronto. His clinical work includes the provision of primary care to admitted in-patients with schizophrenia at CAMH. He has a strong interest in the intersection of medical and psychiatric illness and has been working to increase access to care for this population. He is the co-lead and

medical head of CAMH's Mobile Medical Team, a pilot service under CAMH's Integrated Care Initiative with the goal of increasing medical services available to inpatients.

David Gratzer, MD, FRCPC, is a psychiatrist and the Continuing Professional and Practice Development (CPPD) site coordinator 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.

Chloe Leon, MD, FRCPC, is a staff psychiatrist at CAMH, who has worked since 2012 in the field of Early Intervention for Psychotic Disorders (with a particular interest in affective psychosis) both at CAMH and in the community through the CMHA. She is passionate about engaging young people and their families in their mental health care, and in supporting them through the process of recovery. She is an assistant professor at the University of Toronto who is actively involved in developing curriculum, and teaching residents and medical students.

Madeline Li, MD, PhD, is an associate professor in the Department of Psychiatry, UHN, a cancer psychiatrist and head of psychosocial oncology at the Princess Margaret Cancer Centre. She has expertise in interprofessional education on end of life care, distress screening and mood disorders in cancer. She is the developer and physician lead of the Distress Assessment and Response Tool (DART) program and the Medical Assistance in Dying (MAiD) service at UHN.

Renee Logan, MD, CCFP, is a family doctor, medical head for the Division of Medicine in Psychiatry at CAMH, medical lead for infection prevention and control (IPAC) 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 patient's suffering from severe mental illness (SMI) on acute in patient units as well as in the Emergency Department at CAMH. She is passionate about improving access to medical care in vulnerable populations through advocacy as well as through her involvement in teaching future care providers.

Kelly Matheson, MSc, RD, is a registered dietitian whose professional experience has spanned across many areas of dietetics, including: public health, research, community homecare and family health teams. Kelly has been working as an inpatient clinical dietitian at CAMH for eight years. The complexity of her clients with significant mental illness has allowed her to develop a unique understanding of the role nutrition plays in mental health. In addition to direct patient care, Kelly has also been involved in various professional development events to educate on nutrition and mental health. These include presenting at the national Dietitians of Canada conference, Canadian Psychiatric Association and the Canadian Nutrition Society.

Jody Morita, MD, is a staff psychiatrist at Princess Margaret Cancer Centre and a lecturer in the Department of Psychiatry at the University of Toronto. He completed his psychiatry residency at the University of Toronto and in June 2019 completed a clinical fellowship in psychosomatic medicine and psycho-oncology at Memorial Sloan Kettering Cancer Center/Weill Cornell Medical Center in New York. His clinical work is focused on providing both inpatient and outpatient psychiatric care for patients with cancer.

J. Darcy O'Brien, MD, FRCPC, is a neuropsychiatrist at Toronto Rehabilitation Institute. He completed his psychiatry residency and fellowship training at the University of Toronto. His clinical interests include brain and spinal cord injury, stroke, movement disorders, seizure disorders as well as medically unexplained symptoms. He is a lecturer at the University of Toronto.

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. He is an associate editor of the Canadian Medical Association Journal. His main research interest is on improving primary care for people with serious mental illness.

Kevin Rohani, MD, FRCPC, is a staff psychiatrist at CAMH and a lecturer in the Department of Psychiatry at the University of Toronto. He works mainly as an inpatient psychiatrist and is involved in undergraduate and postgraduate teaching. His interests are in the treatment of acute psychiatric conditions.

Christian Schulz-Quach, MD, is an assistant professor in the Department of Psychiatry, UHN, and a cancer psychiatrist and psychotherapist at the Department of Supportive Care, Princess Margaret Cancer Centre. He has an international training background from Germany, the U.K. and the U.S. with specialty training in psychosomatic medicine, medical psychotherapy and palliative medicine. His clinical focus is on psychotherapeutic interventions in cancer care and advanced stage illness.

Saadia Sediqzadah, MD, is a PGY5 psychiatry resident at the University of Toronto. She holds an MSc in health policy and management from the Harvard T.H. Chan School of Public Health. She is passionate about the psychosocial support of people with psychotic disorders as she is a caregiver to a family member with schizophrenia. Dr. Sediqzadah recently published about her experience in an article titled, "Sister First, Doctor Second" in the New England Journal of Medicine.

Peter Selby, MBBS, CCFP(AM), FCFP, MHSc, DipABAM, DFASAM, is the chief of Medicine in Psychiatry Division and a clinician scientist at CAMH. At the University of Toronto, he is a professor in the Department of Family and Community Medicine, the Department of Psychiatry, and the Dalla Lana School of Public Health. He is also a clinician scientist in the Department of Family and Community Medicine. His research focus is on innovative methods to understand and treat addictive behaviours and their comorbidities. He also uses technology to combine clinical medicine and public health methods to scale up and test health interventions. His cohort of more than 240,000 treated smokers in Ontario is an example.

Kathleen Sheehan, MD, DPhil, FRCPC, is a clinician-investigator at UHN's Medical Psychiatry Program at the Centre for Mental Health. 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 a professor and vice-chair, education for the department of psychiatry at the University of Toronto, and vice-president of Education at CAMH. He is a clinician-scientist at CAMH and 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.

Harleen Toor, MSc MD CCFP(PC) completed her medical training at McMaster University and a residency in family medicine at the University of Toronto. She then completed a fellowship in palliative care at the University of Toronto before joining the Temmy Latner Centre for Palliative Care at Sinai Health in 2017. She is the associate lead of the outpatient palliative care clinic at Mount Sinai Hospital and a lecturer in the Department of Family and Community Medicine at the University of Toronto.

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.

Ciara Whelan, MD, CCFP (PC), is a graduate of McGill University (BSc Mathematics) and Concordia University (BFA). She obtained her medical degree at Queen's University and completed her residency in Family Medicine at University of Toronto. Dr. Whelan has been practicing home palliative care with the Temmy Latner Centre team at Mount Sinai Hospital in Toronto for the past nine years. Her areas of interest include transitions of care and opioid safety.

Samantha Wiendels, MA, is a registered psychotherapist (qualifying) at the Schizophrenia Society of Ontario. She holds an MA in counselling psychology from Western University. She is a family and individual counsellor who provides support to individuals with lived experience of psychosis and schizophrenia, as well as support for caregivers. She previously worked in addiction and mental health counselling, where she first developed an interest in psychotic disorders. She now helps facilitate the “Recovery In Action” and “Strengthening Families Together” programs, and the Caregiver Support Group.

CONFERENCE PLANNING COMMITTEE

Co-chairs

- Dr. David Gratzer
- Dr. Renee Logan
- Dr. Kathleen Sheehan

Committee members

- Dr. Susan Abbey
- Sandra Bennett
- Rosa Dragonetti
- Mahreen Hasan
- Asha Maharaj
- Dr. Sanjeev Sockalingam
- Dr. Adrienne Tan

CAMH Education conference planning team

Co-leads

- Mahreen Hasan
- Robyn Steidman

Team members

- Megha Duggal
- Ritu Gupta
- Caroline Hebblewaite
- Rosalicia Rondon
- Anne Simon
- Teresa Vanderpost