

The Ontario
psychiatric
outreach

P R O G R A M S



A N N U A L R E P O R T

2 0 0 2

2002

PARTNERS



University of Toronto Psychiatric Outreach Program [UTPOP]



Extended Campus Program at the University of Western Ontario [ECP]



Northern Ontario Francophone Psychiatric Program [NOFPP]
at the University of Ottawa



Regional Geriatric Psychiatry Program at Queen's University



James Bay Psychiatric Outreach Program at McMaster University

Northern Academic Health Science Network



Northern Academic Health
Science Network [NAHSN]



Centre
for Addiction and
Mental Health
Centre de
toxicomanie et
de santé mentale



Ontario

Ministry of
Health and Long-Term Care

MISSION

THE ONTARIO PSYCHIATRIC OUTREACH PROGRAMS (OPOP) ARE COMMITTED TO PROVIDING CLINICAL SERVICE, EDUCATION AND SUPPORT OF THE HIGHEST QUALITY TO COMMUNITIES THROUGHOUT ONTARIO, BUT IN PARTICULAR THOSE COMMUNITIES, WHICH ARE RURAL, REMOTE, OR ARE CONSIDERED UNDERSERVED IN TERMS OF MENTAL HEALTH CARE. WE WILL CONTINUALLY STRIVE TOWARD MULTIDISCIPLINARY, CONTEXTUALLY RELEVANT, COMMUNITY-ORIENTED SERVICE AND EDUCATION.

DIRECTOR'S MESSAGE



Dr. Brian Hodges

In November, 2002, Commissioner Roy Romanow, Head of the Commission on the Future of Health Care in Canada, released his landmark report *Building on Values: The Future of Health Care in Canada*. In a time when countries around the world struggle to find the best ways to ensure the health of their citizens, Canadians articulated a clear and compassionate vision: Healthcare is a right, not a luxury, and is a public responsibility that cannot be left solely to the private sector. The Commission's Final Report highlighted the many successes of the Canadian health care system and celebrated aspects that make it widely admired. At the same time, it addressed existing inequities of finding care that is compatible with the Canadian vision of equity and access. Most notable was a focus on the significant needs of rural communities and Aboriginal health needs.

As a program dedicated to capacity building in underserved areas, there is much for OPOP members to consider. But above all, the Romanow Report helps to articulate the need for all players - governments, universities, healthcare professionals and students in Canada - to reflect on the persistence of the underserved problem. I believe the will to find solutions are propelled by a sense of social responsibility. As you review this annual report, you will see many examples of the ways in which the OPOP family of programs is firmly committed to ensuring that all Canadians, no matter where they live, can participate and benefit fully in health care and professional health education.

THE RISE OF VIDEOCONFERENCING

The high cost and impracticality of travel illustrates the utility of our move into the realm of videoconferencing for both education and clinical services. All of the affiliated OPOP programs now utilize telepsychiatry in some capacity and I am very pleased to see the evolution of this new technology as a complement to fly-in and drive-in psychiatric clinics. The priority will continue to be extending and augmenting services to communities while reinvesting any cost-savings into additional services. OPOP has launched a formal study of the efficiency of telepsychiatry with generous support from the Underserved Area Program. This year we have worked hard to strengthen our links with NORTH Network and to develop strategies for sustaining services and infrastructure which were built through the federally funded telepsychiatry program, Project Outreach. In addition to clinical services, we have connected residents through videoconference, conducted training on-site in North Bay, Sault Ste. Marie and Thunder Bay, and provided education support to mental health workers in the communities of Parry Sound, Bracebridge, Sunridge, Sioux Lookout, Wapakeka, King Fisher, and Wunnumin just to name a few.

REDOUBLING OUR COMMITMENT TO EDUCATION

The Romanow Report highlights the need to address health care in rural and remote areas with a particular emphasis on the role of education.

Consistent with the Final Report's recommendations, OPOP has redoubled its efforts to expand training for psychiatry residents in Northern communities. The directors of our affiliated outreach programs have turned their attention to expanding opportunities for residents. The growth has been enormous. As of July 2003, we will have seven residents training full-time in northern communities and there is every indication that all of these graduates will remain in the north to practise psychiatry. Not only will this begin to alleviate

"It means that deliberate, decisive, and immediate action can be taken to address severe shortages in health care providers in many smaller communities. It means the potential of new approaches like telehealth to literally bring health care to the doorstep of people in rural and remote communities can be realized."

Building on Values: The Future of Health Care in Canada [Romanow Commission, Final Report, November 2002], Rural and Remote Communities, p. 169.

the shortage of clinicians, but it will also extend the cadre of faculty for future education programs, most notably the evolving Northern Ontario Medical School.

"In the field of education, OPOP, in its objective of opening avenues for our Ontario medical school psychiatric residents to experience the practice of their specialty in outreach areas, has fostered the development of OPEN. This group has allowed our Department of Psychiatry Postgraduate Education Director, Katharine Gillis, to dialogue with her counterparts in other Ontario universities on a variety of training issues related to underserved areas."

André Côté, Director, NOFPF

"It is expected that in 2003-2004, these core rotations will be expanded to include other sites, such as Sudbury and Timmins, and core rotations will be introduced in the areas of Child and Adolescent Psychiatry and Outpatient Psychiatry. These improvements will enable future residents to complete most, if not all of their required specialty training in northern Ontario."

David Cochrane, Regional Coordinator, NOMECC

"There has been an increase in the number of medical students being admitted to the University of Western Ontario Faculty of Medicine and Dentistry, and the creation of the South Western Ontario Medical Education Network (SWOMEN) in Windsor, and the enhancement of the Southwestern Ontario Rural Medicine..."

Emmanuel Persad, Director, ECP

"Over the past year, increased emphasis has been placed on developing opportunities for knowledge exchange between primary care and mental health ... educationally, students across the allied health disciplines, psychiatry residents, and fellows are involved in outreach activities throughout the eastern Ontario region... the program also supports a training rotation for fellows in the Department of Family Medicine's Care of the Elderly... these developments have been greatly assisted by the evolution of the first provincial committee which education brings together all of the postgraduate training directors in psychiatry. The Ontario Psychiatric Outreach Network (OPEN) committee has focused attention on rural and remote training issues in a way that has not been achieved in the past..."

Melissa Andrew, Assistant Professor, Division of Geriatric Psychiatry, Queen's University

I am very optimistic that we are finding enduring solutions to the longstanding problem of underserved psychiatry. I believe that psychiatry is leading the way in Ontario. I want to thank Drs. Emmanuel Persad, André Côté, Robert Cooke, Gary Chaimowitz, Melissa Andrew, Henry Leung, David Cochrane, and Suzanne Allain, affiliated program directors, for their leadership, vision and the spirit of cooperation. And, I want to particularly thank the full-time OPOP staff who continue the good work of the Outreach Program. A warm thanks to Sandy Parker, Thérèse Millette, Ava Rubin, Achira Saad, Hanna Siemiarzuk, Sibi Samuel, Hélène Geoffroy, and Carmen Larouche Mattar.

Program Director

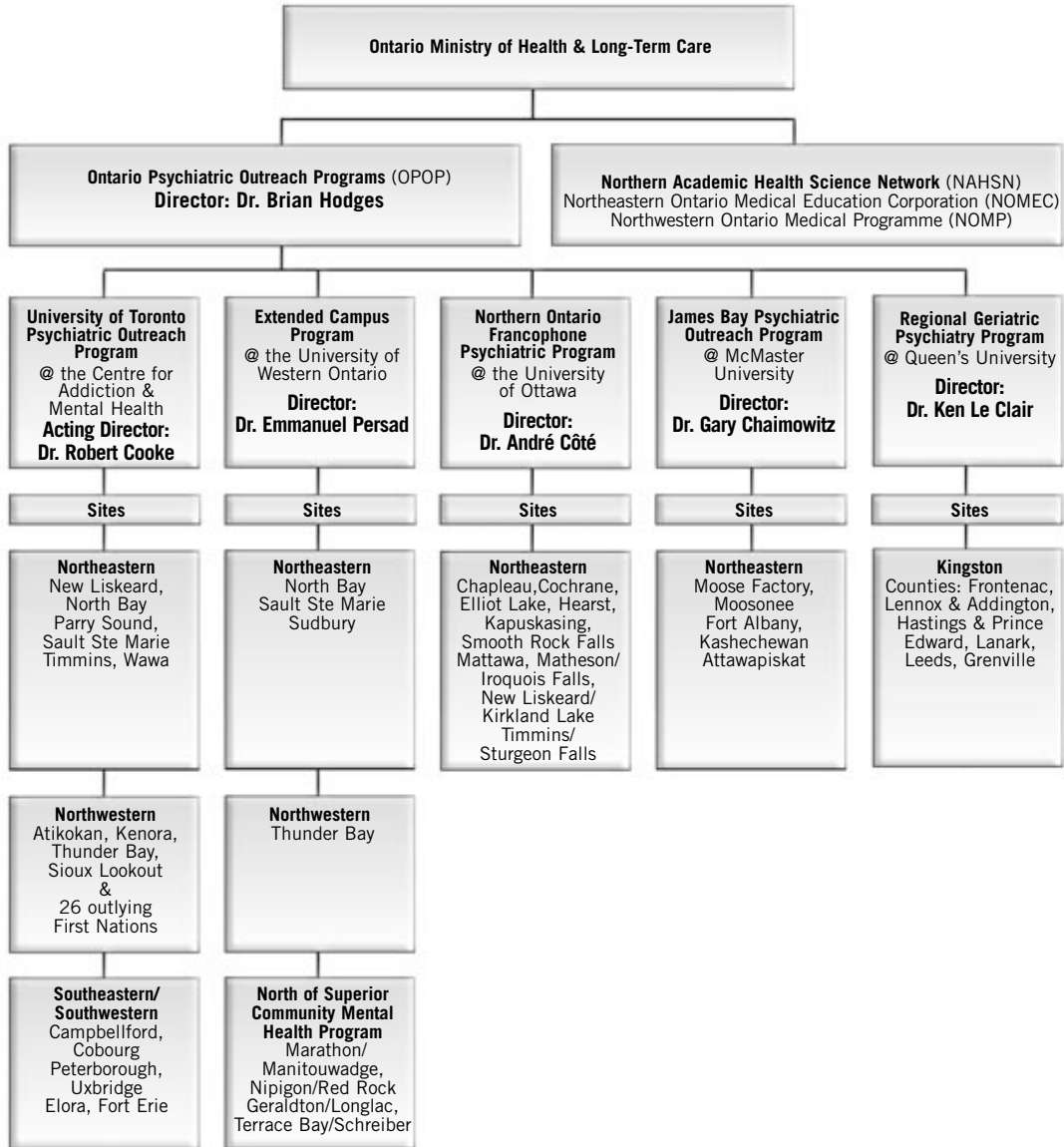


Dr. Brian Hodges

"Part of the answer certainly lies in increasing physicians' exposure to rural settings as part of their education and training. With increased exposure to, and experience in rural settings, the likelihood of graduating doctors wanting to practise in rural settings increases (BCMA 2002). Recent efforts by the Society of Rural Physicians of Canada and the College of Family Physicians of Canada to develop national curricula and guidelines are a step in the right direction. But there is much more to be done."

Building on Values:
The Future of Health Care in Canada [Romanow Commission, Final Report, November 2002], Rural and Remote Communities, p. 163

ABOUT THE ONTARIO PSYCHIATRIC OUTREACH PROGRAMS



ABOUT OPOP CONT'D

Since its inception in 1999, the Ontario Psychiatric Outreach Programs (OPOP) has improved access to health care services and education for residents of underserved areas across the province. Patients and their families in rural and remote communities have increased access to mental health professionals. Better support means barriers, including geography and costs to travel to urban centres, have been reduced. Also waiting times for expert psychiatric attention have been reduced.

OPOP ensures that Ontario's mental health system is available to all Ontario communities, not just to urban centres. The organization started as a joint initiative of the University of Toronto Psychiatric Outreach Program, Northern Ontario Francophone Psychiatric Program of the University of Ottawa and the Extended Campus Program of the University of Western Ontario. OPOP's commitment was re-affirmed in 2001 when McMaster University, Queen's University and the Northern Academic Health Sciences Network added their support.

Access to health care services is a common, yet serious challenge facing smaller communities everywhere. The greatest difficulties are timeliness and availability of specialized health care professionals.

OPOP seeks to bridge the gap, so that distance from an urban centre is not an indicator of the quality of health care service.

BUILDING BETTER HEALTH CARE CONNECTIONS

Problems accessing mental health services in rural and remote communities often arise from shortages of mental health professionals in these communities.

Recognizing this, OPOP seeks to:

- Provide mental health services to rural and remote communities;
- Train psychiatry residents in rural and remote communities.

Our commitment has always been the provision of health care services for rural and remote communities.

Looking beyond tomorrow, it's critical that we confront the serious shortage of mental health professionals in rural and remote communities. Education is clearly part of the solution. Graduating psychiatrists, like other doctors, typically choose to work in the communities where they have trained. By introducing resident psychiatrists to rural and remote locations during their training, OPOP is helping to develop a pool of psychiatrists who may choose to work and reside in smaller communities upon graduation.

ONTARIO PSYCHIATRIC OUTREACH PROGRAMS (OPOP)

STEERING COMMITTEE

Director:
Manager:

Dr. B. Hodges
Ms. S. Parker

MEMBERS - Steering Committee

University of Toronto Psychiatric Outreach Program (UTPOP)	Dr. R. Cooke
Division of Child Psychiatry University of Toronto	Dr. E. Broder, Ms. L. Manson
Extended Campus Program (ECP) University of Western Ontario	Dr. E. Persad, Ms. H. Siemiarczuk
Northern Ontario Francophone Psychiatric Program (NOFPP)	
University of Ottawa:	Dr. A. Côté, H. Geoffroy
McMaster University:	Dr. G. Chaimowitz
Queen's University:	Dr. M. Andrew
Northeastern Ontario Medical Education Corporation (NOMECE)	Drs. D. Cochrane, H. Leung
Northwestern Ontario Medical Programme (NOMP)	Dr. S. Allain

SUBCOMMITTEE

Ontario Psychiatric Education Network (OPEN)

Chair:
Co-Chair:

Dr. H. Leung
Dr. M. Andrew

Members:

University of Toronto:	Dr. A. Kaplan, Ms. S. Parker
University of Western Ontario:	Dr. E. Persad
University of Ottawa:	Dr. K. Gillis
McMaster University:	Dr. L. Martin
Queen's University:	Dr. L. VanZyl
Northeastern Ontario Medical Education Corp (NOMECE):	Drs. D. Cochrane, H. Leung
Northwestern Ontario Medical Programme (NOMP):	Dr. S. Allain

Telepsychiatry Liaisons (Clinics & Distance Education)

Project Outreach

(Canada Health Infrastructure Partnership Program - CHIPP)

Director:
Manager, Toronto Hub:

Dr. R. Campbell
Ms. Carol Wladyka

North Network

Director (Toronto):
Medical Director (Timmins):

Dr. E. Brown
Dr. R. Williams

Ex-Officio:

Mr. P. Armstrong, Regional Director
Ms. F. Nault, Program Consultant
North Region Branch

Health Care Program Division
Ontario Ministry of Health & Long-Term Care

INFO AT A GLANCE STATS FROM 2002

A partnership between:

University of Toronto Psychiatric Outreach Program [UTPOP] at the Centre for Addiction & Mental Health, Northern Ontario Francophone Psychiatric Outreach Program [NOFPP] at the University of Ottawa, Extended Campus Program [ECP] at the University of Western Ontario and the Northern Academic Health Science Network [NAHSN, NOME, NOMP]

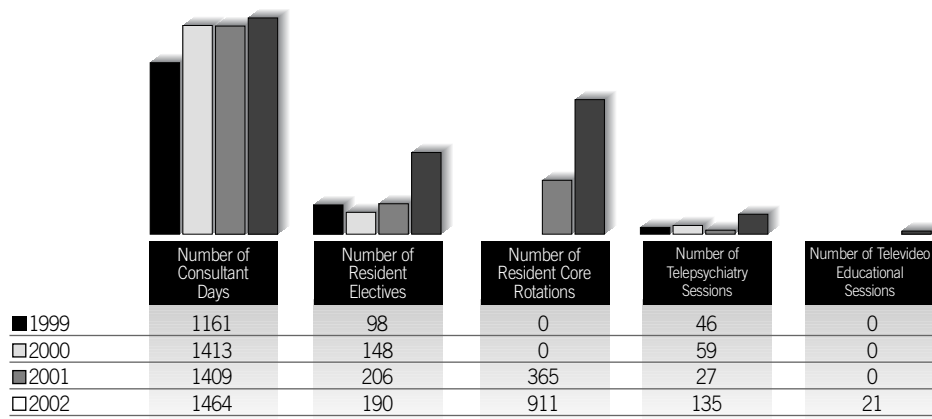
Site	1999 Number of consultant/ resident days on site	2000 Number of consultant/ resident days on site	2001 Number of consultant/ resident days on site	2002 Number of consultant/ resident days on site	UTPOP Funded by OPOP [transfer agency for MOHLTC] includes urgent locums, VSC & OHIP funding	NOFPP Funded by OPOP [transfer agency for MOHLTC] includes urgent locums, VSC & OHIP funding	ECP Funded by North Superior Program [transfer agency for MOHLTC] MCSS & OHIP funding
Atikokan	n/a	n/a	8/0	8/0	•		
Baffin Island	42/35	45/45	60/60	73/78	•		
Blind River (VSC)*	n/a	n/a	11/0	22/0	•		
Campbellford	11/0	11/0	12/0	10/1	•		
Televideo Sessions	46	59	27	43	•		
Chapleau	19/0	15/0	17/0	18/0		•	
Televideo Sessions				61		•	
Cobourg	46/0	46/7	46/8	46/1	•		
Cochrane	9/0	9/0	8/0	11/0		•	
Elliot Lake	11/0	28/0	26/0	31/0		•	
Elliot Lake (VSC*)	n/a	n/a	6/0	6/0	•		
Elora	10/8	11/0	12/0	12/0	•		
Fort Erie	n/a	30/0	45/0	48/0	•		
Geraldton/Longlac	n/a	20/0	10/0	16/0			•
Hearst/Kapuskasing							
Smooth Rock Falls	60/0	53/0	55/0	51/0		•	
Televideo Sessions				8		•	
Kapuskasing (VSC*)	n/a	n/a	12/0	22/0	•		
Kenora	43/0	0/53	0/30	0/30	•		
Mattawa	10/0	10/0	10/0	10/0		•	
New Liskeard	52/8	76/14	87/8	89/4	•		
New Liskeard/ Kirkland Lake	130/0	139/0	121/0	46/0		•	
Kirkland Lake (VSC*) (English & French language services)	n/a	n/a	n/a	8/0		•	
Televideo Sessions				1			
Marathon/Manitouowadge	n/a	24/0	22/0	17/0			•
Matheson/Iroquois Falls	66/0	64/0	77/0	74/0		•	
Nipigon/Red Rock	n/a	18/0	18/0	18/0			•
North Bay							
Core Rotation	n/a	n/a	0/365	0/181	•		
Elective (4 weeks)	n/a	n/a	0/28	n/a		•	
Elective (1 yr)	n/a	n/a	n/a	0/365			•
Parry Sound	79/6	74/6	80/4	78/6	•		
Peterborough	76/25	76/1	42/0	23/0	•		
Sault Ste. Marie	116/10	127/14	131/7	142	•		
Core Rotations (2)	n/a	n/a	n/a	365			
Sioux Lookout	107/0	65/0	77/0	70/0	+ Sioux Lookout 1 st Nations Authority		
Sturgeon Falls	52/0	150/0	57/0	53/0		•	
Televideo Sessions				21		•	
Sudbury	n/a	n/a	0/28	n/a		•	
Terrace Bay/Schreiber	n/a	16/0	18/0	17/0			•
Thunder Bay	55/0	50/0	107/6	97/30	•		
Thunder Bay	n/a	n/a	n/a	75/0			•
Timmins	103/6	202/8	163/21	203/34	•		
Televideo Sessions	n/a	n/a	n/a	1	•		
Timmins	49/0	39/0	56/0	55/0		•	
Televideo Sessions				1		•	
Wawa	15/0	15/0	15/6	15/6	•		
TOTAL Consultant/Resident Days	1161/98	1413/148	1409/571	1464/1101			
TOTAL Telepsychiatry Sessions	46	59	27	135			
TOTAL Distance Education Sessions**	n/a	n/a	n/a	21			

*VSC data for 2001 for 6 months only.

** 8 residents will be completing core rotations at northern sites in 2003; total number of distance education sessions is projected at 234.

OPOP COMBINED STATISTICS

Number of Consultant Days, Number of Resident Electives, Number of Resident Core Rotations, Number of Telepsychiatry Sessions, Number of Televideo Educational Sessions, 1999-2002



PROGRAM REPORTS



UNIVERSITY OF TORONTO PSYCHIATRIC OUTREACH PROGRAM

In 2002, the University of Toronto Psychiatric Outreach Program (UTPOP) focused on the expansion of clinical services to its partner sites and experienced an increase in the number of consultant fly-in services, from 425 trips in 2001 to 475 in 2002.

UTPOP forged a partnership with NORTH Network to develop telepsychiatry consultation and educational services in the north. The NORTH Network is an organization that focuses on medical specialist consultations for patients and health education for health professionals in rural and remote locations across the province. Following upon the success of *Telepsychiatry Guidelines and Procedures for Clinical Activities*, UTPOP worked hard to ensure integration of telepsychiatry consultation activities with the established fly-in clinical service model.

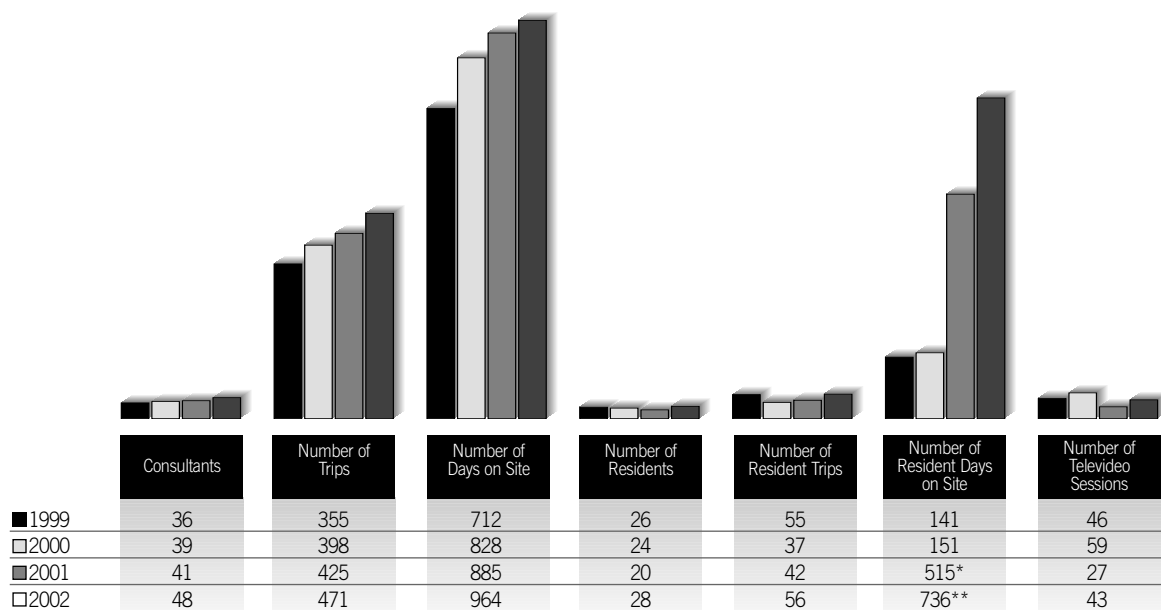
UTPOP and the University of Toronto Department of Psychiatry have also played a supporting role in the establishment of the first psychiatric residency position assigned to the new Northern Ontario Medical school, and the resident matched to that position will benefit from contact with and the experiences of University of Toronto residents in the north.

A significant milestone was reached with the explosion in the availability of psychiatry residency training opportunities and recruits in the north. As a result, a wide range of programs is offered, including training in general, chronic care, geriatric, and consultation liaison psychiatry, and two senior selectives, distributed among North Bay, Thunder Bay and Sault Ste. Marie. Last year, two residents participated in northern training. As of July 2003, seven residents will be enrolled in northern training supported by 16 local faculty members.

This success story demonstrates how UTPOP has reached new milestones. Rotations now attract re-entry candidates from among the northern physician pool, along with regular stream residents who have chosen to explore these unique opportunities to learn psychiatry outside the traditional setting.

UTPOP's activities also reflect a continued commitment to providing mental health services and education in underserved areas across the province.

**University of Toronto Psychiatric Outreach Program (UTPOP)
Summary Totals of Consultant and Resident Trips
1999-2002**



* 2001 - Number of Days Includes 1 core rotation
 ** 2002 - Number of Days Includes 3 core rotations

FAST FACTS



UNIVERSITY OF TORONTO PSYCHIATRIC OUTREACH PROGRAM [UTPOP] DEPARTMENT OF PSYCHIATRY UNIVERSITY OF TORONTO

FACULTY MEMBERS PROVIDING FULL TIME CLINICAL SERVICES [FLY-IN/DRIVE-IN]

ATIKOKAN, Atikokan General Hospital
Dr. Ambrose Cheng

BAFFIN ISLAND, Baffin Regional Hospital
Dr. Lisa Andermann
Dr. Ken Balderson
Dr. David Goldbloom
Dr. Brian Hodges
Dr. Eric Hood

BLIND RIVER, Northeast Mental Health Centre
Dr. Rayuku Koka

CAMPBELLFORD, Community Wellness Centre
Dr. John Farewell

COBOURG, Lakeshore Counseling Centre & Addiction Services
Dr. John Farewell

ELLIOT LAKE, St. Joseph's General Hospital
Dr. George Irvine

ELORA, Portage
Dr. Allan Furlong

FORT ERIE, TASC Sleep Clinic, Douglas Memorial Hospital
Dr. Raed Hawa
Dr. Maria Koczorowska

KAPUSKASING, Jeanne Sauvé Family Services
Dr. John Dubois

KENORA, Lake of the Woods District Hospital
Dr. Ambrose Cheng
Dr. Robert Cooke
Dr. Pablo Diaz

NEW LISKEARD, Temiskaming Hospital
Dr. George Gort
Dr. Mona Gupta
Dr. Umesh Jain
Dr. Robert Oxlade

NORTH BAY, North Bay Psychiatric Hospital
Dr. Haydn Bush
Dr. David Cochran
Dr. David Haslam
Dr. Grant McKercher

PARRY SOUND, Parry Sound Community Mental Health Centre
Dr. Gina Addae
Dr. Ken Balderson
Dr. Elsa Broder

Dr. Ambrose Cheng
Dr. David Kreindler
Dr. Sam Packer

PETERBOROUGH, Peterborough Regional Health Centres
Dr. John Farewell

SAULT STE. MARIE, Sault Area Hospitals & Group Health Center
Dr. Melissa Andrew
Dr. Jean Byers
Dr. Robert Cooke
Dr. Janet DeGroot
Dr. Ian Graham
Dr. Gary Keleher

Dr. Henry Leung
Dr. David McPhee
Dr. Julie Maggi
Dr. Sam Malcolmson
Dr. Lino Pistor
Dr. Ty Turner

SHOUBOUTON, Tinkinagan Child & Family Services, Zone Hospital
Dr. Ana-Maria Barrenechea
Dr. Frances Edye
Dr. Joseph Glaister

Dr. Marianna Hill
Dr. Michael Jeavons

SHOUBOUTON, Sioux Lookout Community & Addictions Counseling
Dr. Ambrose Cheng (UTPOP Visiting Consultant)

THUNDER BAY, Lakehead Psychiatric Hospital, Thunder Bay
Regional Hospital – McKellar Site
Dr. Suzanne Allain
Dr. Aileen Brunet
Dr. Jack Haggarty
Dr. Adrian Hynes
Dr. Lois Hutchinson

Dr. Umesh Jain
Dr. Ruth Kajander
Dr. Philip Klassen
Dr. Roger McIntyre
Dr. Scott Woodside

TIMMINS, Timmins & District Hospital
Dr. Shelley Brook
Dr. Michael Colleton
Dr. Pablo Diaz
Dr. Paul Fedoroff

Dr. Fred Kroft
Dr. Derek Pallandi
Dr. Larry Reinish

UXBRIDGE, Women's Mental Health Clinic
Dr. Wanda Taylor

WAWA, Lady Dunn Hospital
Dr. John Langley
Dr. David Myran

STATISTICS FOR 2002

Number of Consultant Days: 914
Number of Consultant Trips: 471
Number of Resident Days: 736
Number of Resident Trips: 56



TELEPSYCHIATRY CONSULTATIONS AND DISTANCE EDUCATION SESSIONS

BAFFIN ISLAND

Dr. Eric Hood, Ms. Janice Harris

CAMPBELLFORD, Community Wellness Centre

Dr. David Dorenbaum [trained Dr. Ahmed Mansour, PGY2
and Dr. Nazly Meerdaula, PGY3]
Dr. George Voineskos [trained Dr. Alina Iosif, PGY2
and Dr. Justin Geagea, PGY3]
Dr. John Farewell Dr. Jeff McMaster
Dr. Fred Kroft Dr. David Myran

DRYDEN

Dr. Barbara Dorion

NORTH BAY, North Bay Psychiatric Hospital

Dr. Joanne Holtby: Jan-June 2002, Supervision by Teleconference

SAULT STE. MARIE, Sault Area Hospitals

Dr. Anna Rogers:

- 1) Jan- June, 2002, PGY2 Core Curriculum Seminars,
Wednesday's 9-Noon – Videoconference
- 2) Oct-Dec 2002, Forensic Seminars,
Thursdays, 11:00 - 12:15 pm - Teleconference

TIMMINS, Timmins & District Hospital

Dr. Fred Kroft

PONOKA, Alberta

Dr. Charles Els

STATISTICS FOR 2002

Number of Telepsychiatry Consultations: 46

Number Distance Education Sessions for Resident Training and Mental Health Workers: 55 (18, 3-hr sessions)

**DISTANCE EDUCATION FOR RESIDENTS TRAINING IN NORTHERN ONTARIO –
BY TELE/VIDEOCONFERENCING**

NORTH BAY, North Bay Psychiatric Hospital

Dr. Joanne Holtby, PGY-4, Psychotherapy Selective (Jan – Jun 2002)

SAULT STE. MARIE, Sault Area Hospitals

Dr. Anna Rogers, PGY-2, General Psychiatry (Jan – Jun 2002)
Psychotherapy Selective with Forensics and Addictions components (Jul – Dec 2002)

NEW FACULTY RECRUITMENT FOR FLY-IN/DRIVE-IN/TELEPSYCHIATRY CLINICAL SERVICES

Dr. Lisa Anderman Dr. Julie Maggi
Dr. Michael Colleton Dr. Sharma Verinder
Dr. Mona Gupta Dr. Scott Woodside
Dr. Fred Kroft

FAST FACTS CONT'D



**DIVISION OF CHILD PSYCHIATRY
UNIVERSITY OF TORONTO
TELEPSYCHIATRY PROGRAM**

Medical Director: Dr. Elsa Broder

Program Manager: Ms. Elizabeth Manson

Education Coordinator: Dr. John Teshima

The Child and Youth Telepsychiatry Program completed its third year of operation on March 31, 2003. The Ministry of Community, Family and Children's Services has renewed their contract with the Division of Child Psychiatry to the end of March 2004.

During the three years of operation, the following statistics support the relevance of the Telepsychiatry Program for children and youth in rural and northern Ontario communities.

Clinical Consultations: 1080

- A wide disparity of symptomatology has been presented, which further emphasizes the uniqueness of the communities served.

Educational Seminars: 25

- Recognizing the dearth of opportunity for educational experience in the communities, a needs assessment was completed and education is now more appropriately directed to the individual site needs given the distinctiveness of each community.

Program Consultations: 77

- Recognizing that for administrators and clinical leaders one of the most challenging tasks is the design, implementation and maintenance of effective treatment systems, several program consultations have been implemented on a monthly basis with the treatment staff on inpatient treatment residences and a day treatment program.

Residents Sitting in on Telepsychiatry Sessions: Jan – Dec 2002: 68

Evaluation – Please see Section on Research

UNIVERSITY OF TORONTO PSYCHIATRIC OUTREACH PROGRAM (UTPOP)

STEERING COMMITTEE

ACTING DIRECTOR:	Dr. R. Cooke
Program Manager:	Ms. S. Parker
Education Coordinator:	Ms. T. Millette
Clinics Coordinator:	Ms. A. Saad
Evaluator:	Ms. A. Rubin
Nursing Consultant:	Ms. J. Harris

MEMBERS

Site Coordinators

Atikokan:	Dr. A. Cheng
Baffin Island:	Dr. E. Hood
Campbellford, Cobourg, Peterborough:	Dr. J. Farewell
Elora:	Dr. A. Furlong
Kenora:	Dr. U. Zahlan
Fort Erie:	Dr. R. Hawa
New Liskeard:	Dr. L. Ramshaw
North Bay:	Dr. D. Cochrane
Parry Sound:	Dr. S. Packer
Sault Ste Marie:	Dr. R. Cooke
Sioux Lookout:	Dr. F. Edye
Thunder Bay:	Drs. A. Brunet, L Hutchinson, P. Klassen
Timmins:	Dr. S. Brook
Wawa:	Dr. J. Langley

RESIDENTS

Toronto:	Dr. A. MacPherson
North Bay:	Dr. J. Holtby

CHILD PSYCHIATRY: Dr. E. Broder

GERIATRIC PSYCHIATRY: Dr. D. Conn

SUBCOMMITTEES

(1) Outreach Program Education Committee (OPEC)

Members

Chair:	Dr. J. Langley
Co-Chair(s):	Dr. R. Cooke, Ms. S. Parker
Education Coordinator:	Ms. T. Millette
Clinics Coordinator:	Ms. A. Saad
Evaluator:	Ms. A. Rubin
Postgraduate Representative Dept. of Psychiatry, U of T:	Ms. M. Mara

Residents:

North Bay:	Dr. S. Baxter, PGY5 Dr. J. Holtby, PGY5
Sault Ste Marie:	Dr. A. Rogers, PGY3 Dr. A. Berntson, PGY1
Thunder Bay:	Dr. L. Vandenberg, PGY2

(2) Outreach Faculty & Appointment Review Committee (OARC)

Chair:	Dr. R. Cooke,
Co-Chair:	Dr. P. Klassen

(3) Outreach Clinical Services Committee (OCSC)

Chair:	Dr. R. Cooke
---------------	--------------

FACULTY DEVELOPMENT: Dr. M. Andrew

FINANCIAL DEVELOPMENT: Dr. S. Brook

CENTRE FOR ADDICTION & MENTAL HEALTH

General Psychiatry:	Dr. S. Parikh, L. Mohri
CECH, North Region:	Mr. R. Christie

PROGRAM REPORTS



EXTENDED CAMPUS PROGRAM

Since 1985, the Extended Campus Program (ECP) at the University of Western Ontario has focused on the recruitment and retention of psychiatrists to underserved areas in northern Ontario. Last year, ECP contributed to the collaborative approach used to plan psychiatric outreach services for those in rural and underserved areas of the province.

In 1986, ECP established an Information Clearing House web site to promote awareness of the availability of psychiatric services in northern Ontario by hosting pages on behalf of programs that support or provide mental health services to the area. Last year, ECP continued to maintain its web site. Visitors to the site can find information on psychiatric services, educational and clinical opportunities, agency address information, and organizational information.

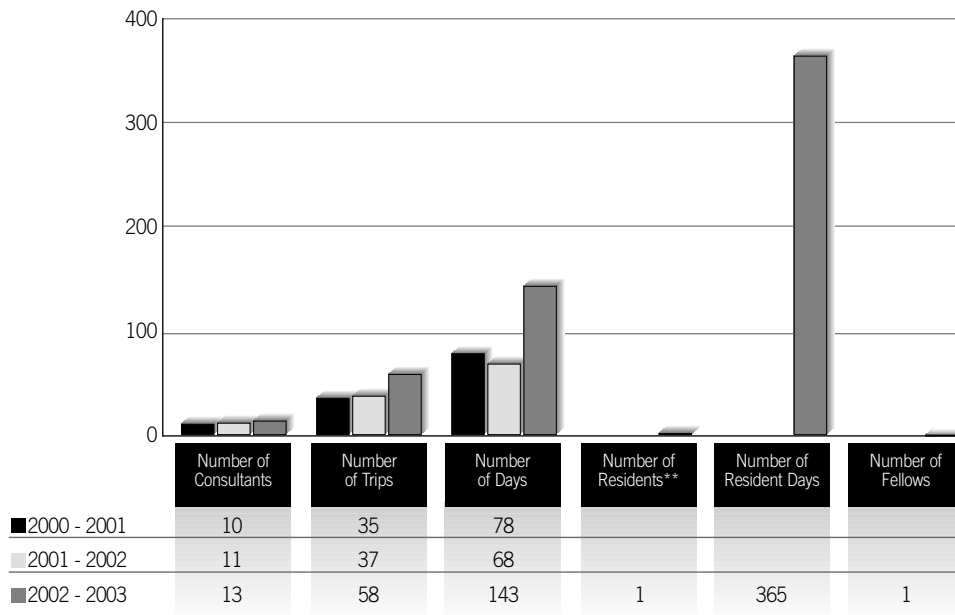
In 2002, fly-in psychiatric services from London were provided to North of Superior Programs Clinical offices. The program has clinical sites in Nipigon, Red Rock, Marathon, Manitouwadge, Terrace Bay, and Schreiber. Each community was visited once a month by London-based psychiatrists. In addition, four faculty members of psychiatry, U.W.O., provided a total of 75 days of fly-in locum services to Thunder Bay, and ECP faculty members in northern Ontario provided extensive outreach programs in communities, including Sudbury.

ECP supported education and recruitment in the north by assisting in the coordination of resident placements for northern communities, including North Bay.

The launch of the Southwestern Ontario Medical Education Network (SWOMEN) is a new partnership of communities throughout southwestern Ontario dedicated to providing medical education and experience in rural and regional areas, including Windsor, for UWO students. SWOMEN was created in response to an increase in the number of medical students being admitted to UWO's Faculty of Medicine and Dentistry. By providing rural and regional training in southwestern Ontario, SWOMEN is helping to manage the critical shortage of mental health professionals.

Based on ECP's level of involvement in OPOP, and OPOP's success in recruiting and retaining psychiatrists in the north, ECP has submitted a proposal to expand its program to include southwestern Ontario.

**University of Western Ontario Extended Campus Program (ECP)
Fly-in Psychiatric Outreach Services to the North of Superior Program & Thunder Bay
Consultant & Resident Trips 2000 - 2003***

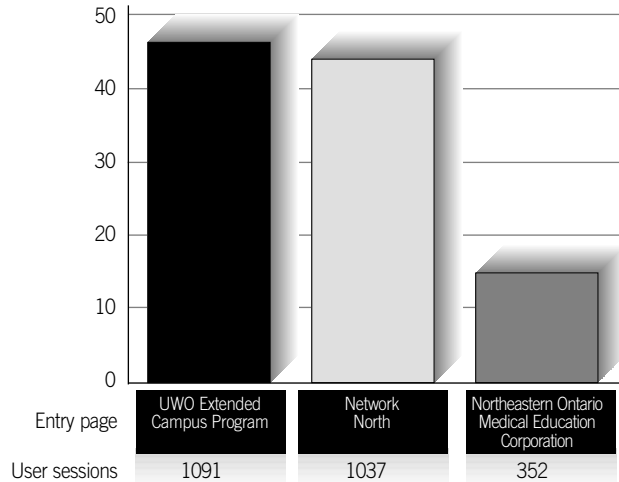


* Data represents operating plans for 2000-2001; 2001-2002; 2002-2003 / Data for 2000 and 2001 does not include trips to Thunder Bay

** 2002 marks the first year that ECP has had a resident in North Bay

EXTENDED CAMPUS PROGRAM AT THE UNIVERSITY OF WESTERN ONTARIO WEBSITE STATS

Top 3 Entry Pages

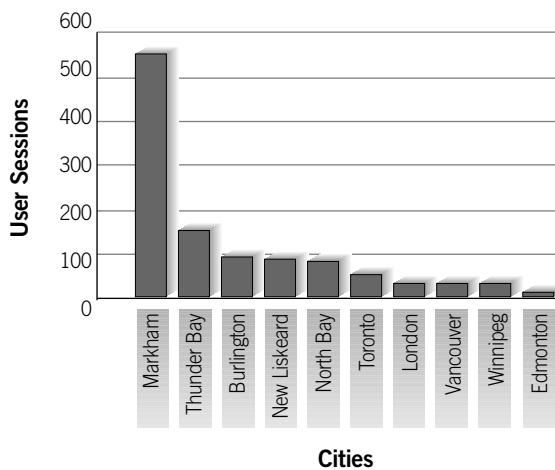


■ <http://www.psychiatry.med.uwo.ca/ecp/>

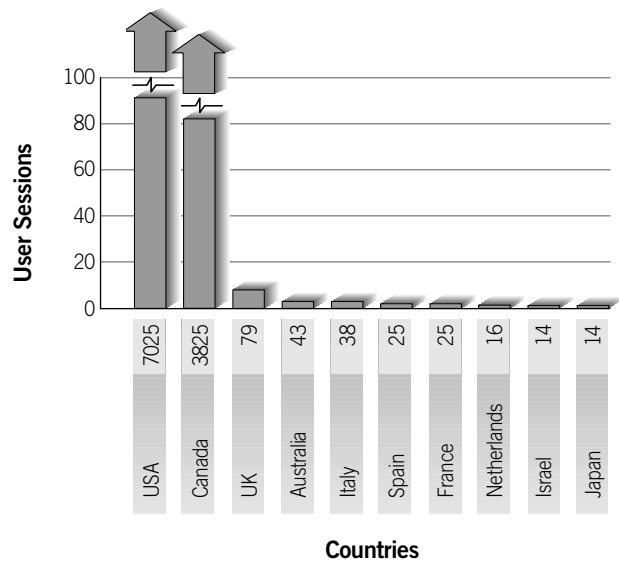
□ <http://www.psychiatry.med.uwo.ca/ecp/info/sudbury/NetworkNorth/>

■ <http://www.psychiatry.med.uwo.ca/ecp/info/NOMEC/>

Top Ten Most Active Canadian Cities



Top Ten Most Active Countries



PROGRAM
REPORTS CONT'D



NORTHERN ONTARIO FRANCOPHONE PSYCHIATRIC PROGRAM

The Northern Ontario Francophone Psychiatric Program (NOFPP) operates within the Department of Psychiatry at the University of Ottawa and specialises in the co-ordination of French language services for residents in northeastern Ontario.

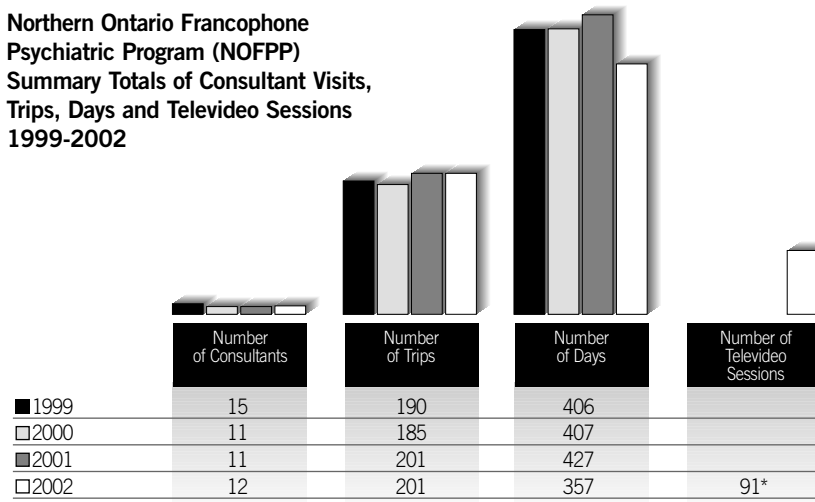
NOFPP maintains a pool of Francophone psychiatrists who travel to northern Ontario and provide a variety of psychiatric, clinical and educational services to multi-disciplinary teams and /or physicians. Services range from in-service consultation to individual therapy in the following communities: Hearst/Kapuskasing/Smooth Rock Falls, Chapleau, Iroquois Falls/Matheson/Cochrane, New Liskeard, Sturgeon Falls, Timmins, Mattawa, Elliot Lake and Wawa. In 2002, NOFPP added Kirkland Lake to the list of sites it serves.

Last year, NOFPP provided psychiatric support in both English and French. The program has been accepted by the Francophone community, as indicated by the results of a satisfaction survey. The survey also indicated that the communities would welcome additional support. This presents a considerable challenge as French-speaking psychiatrists are heavily in demand in metropolitan areas. Psychiatrists in NOFPP have shown dedication and commitment to providing psychiatric services in both languages.

Through both fly-in services and telehealth, NOFPP has supported northeastern communities. These services have been successful because of the support of others, including Mr. Peter Youell, telehealth manager at the Royal Ottawa Hospital. The results of a 2002 study comparing the cost and satisfaction of telepsychiatry versus face-to-face contact with a psychiatrist showed benefits of both. This confirms our belief that they should not be used in isolation, but when used as part of a package they help to deal with the need for psychiatrists in difficult-to-reach communities.

Last year NOFPP participated in the Ontario Psychiatric Education Network (OPEN). OPEN has encouraged NOFPP's Department of Psychiatry Postgraduate Education Director to dialogue with her counterparts in other Ontario universities on a variety of training issues related to underserved areas.

**Northern Ontario Francophone
Psychiatric Program (NOFPP)
Summary Totals of Consultant Visits,
Trips, Days and Televideo Sessions
1999-2002**



* Televideo sessions tracked 2002

FAST FACTS



University of Ottawa

NORTHERN ONTARIO FRANCOPHONE PSYCHIATRIC PROGRAM [NOFPP] DEPARTMENT OF PSYCHIATRY UNIVERSITY OF OTTAWA

FLY-IN CONSULTANTS TO NORTHERN ONTARIO COMMUNITIES

NEW LISKEARD & KIRKLAND LAKE, Timiskaming Health Unit
Dr. J.-C. Brutus

HEARST, KAPUSKASING & SMOOTH ROCK FALLS
Hearst, Kapuskasing & Smooth Rock Falls
Counselling Services
Dr. M. Lapointe
Dr. M. Mauguin

TIMMINS, Timmins & District Hospital
Dr. F. Grondin, Dr. D. Kraus, Dr. G. Melanson

IROQUOIS FALLS, COCHRANE, MATHESON, Minto
Counselling Services
Dr. C. Boucher, Dr. D. Kraus, Dr. C. Medina

ELLIOT LAKE, East Algoma Mental Health Clinic
Dr. J.-G. Gagnon

ELLIOT LAKE, St. Joseph's General Hospital
Dr. J. Blustein

MATTAWA, Mattawa General Hospital & Algonquin
Nursing Home
Dr. R.A. Ramsay

STURGEON FALLS, Alliance Centre
Dr. J.-G. Gagnon, Dr. H. Richard

CHAPLEAU, Turning Point
Dr. J. Blustein

KIRKLAND LAKE, Kirkland & District Hospital - new
recruitment Oct. 2002
Dr. C. Boucher, Dr. J.-C. Brutus

STATISTICS FOR 2002:

Number of days: 357
Number of trips: 201
Number of patients seen: 2086

NEW RECRUITMENTS FOR FLY-IN VISITS TO NORTHERN ONTARIO COMMUNITIES IN 2003

WAWA, North Algoma Counselling Services
Dr. D. Myran

HEARST, KAPUSKASING & SMOOTH ROCK FALLS,
Hearst, Kapuskasing & Smooth Rock Falls
Counselling Services
Dr. L. McMurray

STURGEON FALLS, Alliance Centre
Dr. D. Nadon

TELEPSYCHIATRY SERVICES OFFERED TO NORTHERN ONTARIO COMMUNITIES FROM OTTAWA STUDIOS

CHAPLEAU, Turning Point
Dr. G. Basecqz, Dr. J. Blustein

STURGEON FALLS, Alliance Centre
Dr. H. Richard

HEARST, KAPUSKASING & SMOOTH ROCK FALLS
Hearst, Kapuskasing & Smooth Rock Falls
Counselling Services
Dr. M. Mauguin, Dr. L. McMurray

STATISTICS FOR 2002:

Number of patients seen: 88
Number of team case conferences: 3

RESIDENCY TRAINING IN NORTHERN ONTARIO: UNIVERSITY OF OTTAWA PROGRAM

None for 2002

CLINICAL FELLOWS: UNIVERSITY OF OTTAWA PROGRAM

None for 2002



REGIONAL GERIATRIC PSYCHIATRY PROGRAM

The Regional Geriatric Psychiatry Program at Queen's University provides service to older adults and their caregivers across a full spectrum of psychiatric issues. It serves community residents and long-term care facilities in portions of Prince Edward, Hastings, Northumberland, Lennox & Addington, Frontenac, Lanark, Leeds & Grenville counties, as well as the urban Kingston area.

In 2002, a new multidisciplinary outreach team was established to provide outreach services to the Hastings-Prince Edward region from a base situated within a local community.

Also in 2002, there was an increased emphasis on developing opportunities for knowledge exchange between primary care and mental health. Shared care approaches were fostered with physicians across the catchment area communities. Affiliated geriatric psychiatrists participated in both regional and provincial specialist - family physician mentoring programs. Ongoing research interests focused on health care delivery and education issues, and were facilitated by the addition of a program evaluator.

In education, students across the allied health disciplines, psychiatry residents, and fellows were involved in outreach activities throughout the eastern Ontario region. The program also supported a training rotation for fellows in the Department of Family Medicine's Care of the Elderly Program.

PROGRAM
REPORTS CONT'D



**JAMES BAY PSYCHIATRIC OUTREACH PROGRAM AT MCMASTER UNIVERSITY
IN PARTNERSHIP WITH JAMES BAY COMMUNITY MENTAL HEALTH PROGRAM**

It is one year since Weeneebayko Health Ahtuskaywin (WHA) disbanded the Psychology service at Weeneebayko General Hospital (WGH). The original estimate that our caseload would increase was evident by the increase in referrals for psychiatric consults in both Moosonee and Moose Factory as well as a slight increase in requests for service in Kashechewan.

Our ongoing staff hiring and retention situation and the extended sick leave for counselors put added strain on the existing staff throughout the fiscal year. In November 2002, a transfer request by the Peawanuck counselor allowed us to fill the vacant Clinical Coordinator position. At fiscal year end, we can report all clinical positions filled. Current scheduling allows for area clinical support in all coastal communities including Peawanuck, on a rotating basis. Area Clinicians also carry a manageable caseload in Moosonee.

The Program / Clinical Director provides psychiatric assessment/consultation and medications review in all communities and bi-monthly clinics in Peawanuck. **McMaster's outreach psychiatrists including Dr. Gary Chaimowitz provide monthly clinics in Moosonee/Moose Factory and bi-monthly clinics in Fort Albany/Kashechewan and Attawapiskat for the equivalent of three working days/month. Peawanuck receives one psychiatric clinic per year. The Program also allows for psychiatric residents to be part of the fly-in service for minimum periods of a year to ensure continuity of care.**

All community counselors are in regular contact via telephone with the Clinical Coordinator, who provides supervision. Regular team meetings allow face-to-face contact and program team building. Fort Albany, Kashechewan and Attawapiskat all experienced events resulting in death which required quick crisis intervention by the Program. Two of the events happened after five Moosonee staff had participated in advanced Critical Incident Stress Management training, which allowed us to rotate counselors in and out of the communities. James Bay Community Mental Health counselors debriefed over three hundred residents in the three communities over a three-month period.

Statistics reports include our necessary continued involvement in addictions crisis, despite our lack of alcohol and drug program funding. In this fiscal year, the program provided assessment and referral for 126 clients who were referred or self referrals.

Our outreach addictions counselor also provided gambling assessment and treatment for 26 clients. Eight coastal community gambling workshops were presented as well as four in Moosonee and two in Moose Factory. Requests for assessment, case management and treatment plans from Ministries such as Corrections (probation/parole), Child & Family Services and Transportation have increased. Services requested range from arranging for detoxification in North Cochrane Addictions Detox Center treatment placement/transportation and overseeing random lab screening for alcohol and illegal drugs. Our program continues to hold a voting membership in Northeastern Addictions Task Force, however lack of funding for task force travel has hampered our attendance at the table.

It should be noted that due to the cost of travel from North Bay and Sudbury, the James Bay Area has not been included in Regional Specialty Program schedules. In September 2002, the Executive Director for the Northeast Mental Health Center, Jean Trimnell and the Program Director met to explore options for inclusion.

NORTHERN ACADEMIC HEALTH SCIENCE NETWORK

Northern Academic Health Science Network



The foundation of the Northern Academic Health Science Network (NAHSN) is a strong partnership between the Northwestern Ontario Medical Programme (NOMP) and the Northeastern Ontario Medical Education Corporation (NOMECEMNO). NOMP and NOMECEMNO are the academic health science centres in the northwestern and northeastern parts of the province that coordinate academic activities in their regions.

NOMECEMNO

In 2002, northeastern Ontario reconfirmed its commitment to psychiatric education in underserved areas when it reached considerable milestones.

The postgraduate specialty program was founded by NOMECEMNO in 1999 to develop training programs leading to specialty and subspecialty certification of the Royal College of Physicians and Surgeons of Canada. An important development in the appointment of regional specialty coordinators in psychiatry and other specialty programs was the appointment of Dr. David Cochrane, North Bay, to the position of Northeastern Ontario Postgraduate Specialty Coordinator in Psychiatry.

Over the past year, there has been continued expansion and consolidation of Royal College accredited core rotations in the northeastern Ontario region. In North Bay, three Royal College core rotations were offered in the areas of Chronic Care Psychiatry, Geriatric Psychiatric, and Consultation Liaison Psychiatry. In Sault Ste. Marie, core rotations in General Psychiatry (in/out patient) were accredited, while rotations in Chronic Care Psychiatry and Consultation Liaison Psychiatry will soon be accredited.

It is expected that in 2003-2004, these core rotations will be expanded to include other sites, such as Sudbury and Timmins, and core rotations will be introduced in the areas of Child and Adolescent Psychiatry and Outpatient Psychiatry. These improvements will enable future residents to complete most, if not all, of their required specialty training in northern Ontario.

The creation of an additional residency position in psychiatry marked a significant achievement. Based in northern Ontario, the position was enabled by CaRMS and is shared by NOMECEMNO, NOMS, and the University of Toronto. The applicant will start in the summer of 2003 and it is expected that the position will be renewed and expanded to two positions. NOMECEMNO's vision is that in five years, between five and ten residents will complete the majority of their training in northern Ontario. The task to recruit faculty and support clinical teaching resources will remain an important focus.



Northern Academic Health Science Network



NOMP

NOMP focused on the development of educational opportunities for undergraduates, postgraduates, and faculty in 2002.

Postgraduate psychiatry residency training expanded in NOMP’s northwestern Ontario teaching sites. Dr. Suzanne Allain, NOMP’s undergraduate and postgraduate Specialty Coordinator in Psychiatry, coordinated the development of core training programs in both Chronic Care Rehabilitation and General Psychiatry in Thunder Bay. In collaboration with the University of Toronto Psychiatric Outreach Program and the U of T Dept of Psychiatry, L. Vandenberg was approved for a core rotation in Chronic Care to start January 2003 and approved for a core rotation in General Psychiatry to commence July 2003. Psychiatry electives for both postgraduate residents and medical students continued to gain recognition and interest from the southern academic centres.

Residency training was arranged in 2002 for two northern physicians who will take advantage of training opportunities in Thunder Bay. It is expected that they will experience distance learning through coordinated weekly lectures via videoconference, videotaped lectures, and access to a virtual library. Teaching resources for psychotherapy are being explored locally, as are, other community faculty to fulfill various teaching roles.

Northern faculty have engaged in numerous teaching experiences through their participation in weekly tutorials and electives, and by teaching in postgraduate family medicine residency programmes. Undergraduate core psychiatry rotations and tutorials for up to 12 McMaster University medical students have continued to provide an array of psychiatric learning experiences. Last year, five psychiatrists in Thunder Bay attained clinical faculty appointments with the University of Toronto, some of whom also have appointments through the University of Western Ontario & McMaster University.

Looking ahead, plans are underway to develop core training in Geriatric and Child Psychiatry, so that residents may have access to a greater selection of specialty training in the north. NOMP is exploring partnerships with McMaster, to examine additional psychiatry residency training in northern communities.

In preparation for future Northern Ontario Medical School graduates, recruiting and retaining clinical teachers for expanded teaching roles in all years of medical education will be emphasized in program planning. This will help ensure quality core and elective training for all medical students.

CLINICAL

Since 1999, OPOP has provided fly-in/drive-in consulting services to many communities throughout the province. Fly-in/drive-in consulting services remain an essential component of what we provide and today, mental health services and clinical services are offered by a team of over 100 psychiatrists.

Telepsychiatry was introduced as an alternative to costly commutes in 2001. Telehealth offers many of the benefits of traditional fly-in/drive-in services, including access to expert psychiatric advice, support for patients, families, and local mental health professionals. It also offers reduced travel time for psychiatrists and their patients, and cost savings for patients, families, and the province.

PARTNERSHIPS THAT PUT PSYCHIATRISTS IN TOUCH WITH THEIR PATIENTS

In 2001, when OPOP forged an agreement with **Project Outreach** [Canada Health Infostructure Partnerships Program], to help improve mental health services to underserved areas across the province via telepsychiatry, it was difficult to imagine the impact of this project. The project was successful in improving mental health care to remote and underserved communities by linking to hospitals, medical school psychiatric departments and First Nations communities. **Project Outreach** contributed to a reduction in waiting lists for consultation, cost savings due to a decline in hospital admissions, and encouraged early intervention and prevention. It also helped to create better interaction between doctors and patients, and promoted health care education.

In January, 2000, UTPOP launched the Televideo Policy and Procedure Task Force to provide a framework document for televideo consultations. In 2002, one of the team's accomplishments was the creation of *Telepsychiatry Guidelines & Procedures for Clinical Activities*. The document was designed to meet the needs of clinicians and administrative staff working with UTPOP. It was enabled by support received from **Project Outreach** and funds received for a new telepsychiatry manager. The guidelines were published in English and French and were distributed across Ontario and parts of Québec. It is expected that this document will contribute to the development of Canadian-specific guidelines in the future.

The completion of Project Outreach in September, 2002, led to a new partnership with **NORTH Network**. NORTH Network partners with hospitals and patient care programs, educational organizations, government and research programs to provide specialist consultations via two-way television. Essentially, NORTH Network puts patients and mental health care professionals face-to-face. Today, UTPOP and a number of its partners has the power to connect with any NORTH network sites across Ontario.

CLINICAL CONT'D

USING TELEPSYCHIATRY TO BRIDGE THE GAP BETWEEN PSYCHIATRISTS, MENTAL HEALTH WORKERS AND THEIR PATIENTS

OPOP uses videoconferencing for educating mental health workers in tandem with some telepsychiatry consultations. Last year, telepsychiatry consultations were well-received as a supplement to fly-in/drive-in consultations. The University of Ottawa has provided this support, and remote sites like Kapuskasing and Smooth Rock Falls have embraced this technology.

"In the past year, telepsychiatry has been introduced in Chapleau and has been received positively by the community. I have been pleased with the very good quality of the visual images ... There is a distinct saving of time: it is far faster to drive to and from a studio than to fly to Sudbury and taxi on to Chapleau. On some occasions a new patient has been evaluated and has seemed at ease and spontaneous, and the impressions gathered in the videoconference interview have matched the face-to-face meeting. Interviews with a patient and members of the family have also been well accepted."

Dr. Joseph Blustein

Northern Ontario Francophone Psychiatric Program

Telepsychiatry sessions have been ongoing with Campbellford and also with Timmins and catchment area.

EDUCATION

Since 1999, OPOP has made tremendous strides in developing mental health services for rural and remote communities. OPOP's success is largely based on the expansion and development of specialised educational programs.

HOW EDUCATION HAS CONTRIBUTED TO IMPROVED MENTAL HEALTH CARE ACROSS ONTARIO

When OPOP was formed, professional mental health care was delivered to rural and remote communities through the provision of drive-in/fly-in and telepsychiatry services.

OPOP recognized the potential to bring mental health care even closer to these outlying communities. The exploration of new opportunities for psychiatry training in northern locations was recognized as a necessary first step. By encouraging students and residents to focus on training in rural and remote settings, the objective was to form a team of highly trained specialists in the north. Universities supported the program by working with psychiatry residents to generate interest in longer-term electives and core rotations in northern and rural locations. In 1999, the launch of a series of core rotations outside of urban centres became a reality.

In 2002, through technological advances and the extensive use of video-conferencing, two psychiatry residents participated in longer rotations in chronic care and rehabilitation, general psychiatry, consultation-liaison and geriatric psychiatry, situated in communities such as North Bay, Sault Ste. Marie, and Thunder Bay.

It is expected that in 2003 there will be seven residents completing core rotations at northern sites: North Bay (3), Sault Ste. Marie (2), and Thunder Bay (2)

After many months, a collaborative effort that brought OPOP together with partners at the Northeastern Ontario Medical Education Corporation (NOMECE) and the Northwestern Ontario Medical Programme (NOMP) set the groundwork for a new northern medical school.

The **Northern Ontario Medical School** is a new medical training facility that will be housed at both Lakehead University in Thunder Bay and Laurentian University in Sudbury, with clinical teaching sites in large and small communities across northern Ontario. The advent of this new medical school is viewed as a healthcare investment dedicated to improving the quality of healthcare for people in northern Ontario. Founding dean, Dr. Roger Strasser, is a well-known pioneer in rural healthcare.

Students at the new school will receive exposure to small, northern communities during their four-year program. The Northern Ontario Medical School will be completed by the fall of 2004 and is supported by funding from the Ontario government. As part of its commitment to creating a school focused on the needs of those in northern communities, especially aboriginals, the medical school has invited area residents to provide input into the teaching curriculum.

In 2002, a unique partnership between the **Canadian Resident Matching Service (CaRMS)**, UTPOP, and NOMECE led to the first new northern stream position for residency training. In collaboration with the University of Toronto Department of Psychiatry, the University of Toronto Psychiatric Outreach Program, and the new Northern Ontario Medical School, resident, Samantha Wallenius,

EDUCATION CONT'D

has been accepted and will start her psychiatry training in Sudbury in July 2003. CaRMS' computer-matching service has the ability to match postgraduate students to northern education and training opportunities. CaRMS harnesses the power of computer technology to analyse the skills and experiences of postgraduate students, thus ensuring that students and community placements are a perfect fit. CaRMS benefits postgraduate students and program directors in the selection of appropriate psychiatry training.

Last year, the University of Ottawa referred two residents to the U of T program. These residents were able to complete electives at one of the three northern sites (North Bay, Sault Ste. Marie and Thunder Bay).

A new subcommittee, **Ontario Psychiatric Education Network (OPEN)**, was introduced at the OPOP Annual Retreat in October, 2002 to help coordinate delivery of psychiatry education among Ontario's medical schools. With the involvement of all five Ontario medical schools, NOMECC and the new Northern Ontario Medical School [NOMS], OPEN will address issues that focus primarily on postgraduate education in northern and rural Ontario.

LOOKING AHEAD

It's expected that the number of core rotations will increase as trained residents in the north impart their positive experience to their colleagues in Toronto and at the northern sites.

"Overall, the trips were a great educational experience. Both my supervisors have been part of the Ontario Psychiatric Outreach Program (OPOP) for many years and are enthusiastic teachers. I would recommend a trip to Thunder Bay to other residents. I am extremely grateful that I had an opportunity to develop this area of interest during my training and plan to continue to participate in OPOP when I am finished my residency."

Maurice Siu, PGY-5

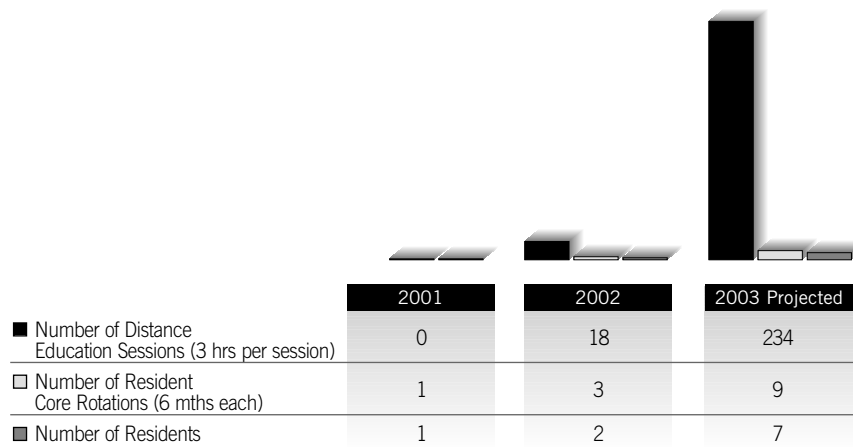
University of Toronto, Department of Psychiatry

Reflecting on his monthly trips to Thunder Bay

Another initiative underway is the accreditation of at least one of the northern sites of North Bay, Sault Ste. Marie and Thunder Bay for Child Psychiatry. This would give a resident the opportunity to complete their entire training at a northern Ontario site.

Our resolve is to maximize the quality and effectiveness of educational training for residents in psychiatry. By building this program, psychiatry residents from communities across Ontario will benefit from increased opportunities to live, work and train in their home communities.

**University of Toronto Psychiatric Outreach Program (UTPOP)
Distance Education
2001 - 2003**



Projected for 2003 will be realized with the approval of 9 resident core rotations as of July 2003 and includes: North Bay (3); Sault Ste Marie (2); Thunder Bay (4)

RESEARCH

In 2002, the OPOP partners initiated a number of research projects designed to help in the planning and development of healthcare services for those in northern and isolated communities.

REACHING OUR MOST CHALLENGING CONSTITUENCY

As part of a larger effort to strengthen psychiatry services to children and their families, the Ontario Ministry of Community and Social Services supported a study examining the quality of the Child & Youth Telepsychiatry Program. The study was launched in early 2002 by the Division of Child Psychiatry at the University of Toronto. A survey evaluated the experiences and perspectives of family caregivers and mental health practitioners with this program. The survey told us that:

- The program is an efficient, cost-effective and user-friendly method of providing mental health consultation to distant and underserved areas.
- The symptomatology presented by the children and youth is diverse and significant.
- Frontline workers are anxious to have guidance and support regarding management issues and the role of medication.
- Education is vital in enhancing the capacity of frontline staff in their work with children and youth.
- Early intervention via the child and youth telepsychiatry program with children, youth and their families who show mental health symptomatology, can reduce strain on families, frontline workers and on community institutions, including schools.

Looking ahead, the division has moved to the next phase of this study. Its purpose is to explore the opinions of key family physicians and pediatricians in host site communities, and to consult psychiatrists and residents about their experiences with the Child & Youth Telepsychiatry Program. Telepsychiatry is opening up new opportunities to reach young people.

A PSYCHIATRIST'S CHOICE OF PRACTICE LOCATION

Motivating factors and incentives affecting a psychiatrist's selection of practice location were reviewed in a study launched in the fall of 2002. UTPOP selected 300 psychiatrists, all graduates from the University of Toronto Department of Psychiatry between 1990 and 2001, and sent them the questionnaire *Practice Patterns of Psychiatrists Graduating from the University of Toronto Since 1990*. The survey will assist in the recruitment of psychiatrists for outreach practice as well as to promote outreach resident electives. The ultimate goal is to persuade these residents to relocate and practice in the more rural and underserved areas of the province. It is expected that results will be made available in the fall of 2003.

WHAT PSYCHIATRISTS TOLD US

73% of males and 58% of females who were interviewed said that "opportunity for a particular type of work" was most important in choosing a practice location.

44% did outreach electives during their five years as a resident.

HOW TO BE A GOOD RURAL PSYCHIATRIST

This was the question behind Dr. Andrea Berntson's study that she completed as a medical student prior to applying to be a psychiatry resident, and as part of her training to become a psychiatrist in a small community. Dr. Berntson's approach was to participate in rural rotations and electives to develop a feel for the environment. She also consulted with many rural psychiatrists. This led to an AMS/Wilson student fellowship project dedicated to finding out what was needed to become a good rural psychiatrist. For the study, Andrea:

- interviewed program directors and surveyed rural training opportunities across Canada.
- reviewed literature pertaining to rural psychiatry education models, service delivery models, practice profile and personal characteristics of rural practitioners.
- compiled dynamic resources with rural mental health relevance, including an Aboriginal mental health list serve and participation on a rural training position paper for the Canadian Psychiatric Association.

Dr. Berntson's results indicate:

- Knowing your limits and sharing them with others is the first step to a healthy rural practice.
- Horizontal relationships are key in small environments and traditional hierarchical relationships are less important.
- Teamwork skills are essential when working with large multi-disciplinary staff.
- To combat isolation it is important to maintain contact with a larger network.
- Work-life balance becomes more important and can protect against stress.

THE CASE FOR TELEPSYCHIATRY

A pilot study to evaluate the clinical and cost implications of incorporating telepsychiatry in the Visiting Specialists Clinics program was conducted last year by NOFPP. The study examined the costs involved in supporting telepsychiatry and compared this information to the costs to support a fly-in visit. While there are significant technical costs in setting up a telepsychiatry session, the study found that the cost to supplement clinical services with telepsychiatry is approximately 80-85% less than the cost of a fly-in visit. Through telepsychiatry, psychiatrists can also increase the amount of sessions they can provide. The study did not report on the level of satisfaction with the program, however NOFPP's annual questionnaire indicated a high degree of satisfaction with the availability of telepsychiatry. The pilot study and questionnaire support OPOP's view that telepsychiatry is an essential and complementary service to its fly-in program.

HOW TO REACH US:

Ontario Psychiatric Outreach Programs [OPOP]

Director: Dr. Brian Hodges
Manager: Ms. Sandra Parker
Ontario Psychiatric Outreach Programs at the
Centre for Addiction & Mental Health
Room 830, 250 College Street, Toronto, ON M5T 1R8
Tel: 416.535.8501, Ext 4000, Fax: 416.979.6902
Email: brian.hodges@utoronto.ca; Sandy_Parker@camh.net

University of Toronto Psychiatric Outreach Program [UTPOP]

Acting Director: Dr. Robert Cooke
Manager: Ms. Sandra Parker
Education Coordinator: Ms. Thérèse Millette
Clinics Coordinator: Ms. Achira Saad
Evaluator: Ms. Ava Rubin
University of Toronto Psychiatric Outreach Program at the
Centre for Addiction & Mental Health
Room 849, 250 College Street, Toronto, ON M5T 1R8
Tel: 416.535.8501, Fax: 416.979.6902
Email: brian.hodges@utoronto.ca; Sandy_Parker@camh.net; Therese_Millette@camh.net;
Achira_Saad@camh.net; Ava_Rubin@camh.net

Extended Campus Program [ECP] at the University of Western Ontario

Director: Dr. Emmanuel Persad
Administrative Assistant: Ms. Hanna Siemiarczuk
Webmaster: Sibi Samivel
University of Western Ontario Extended Campus Program
Psychiatry Health Sciences Addition, London, ON N6A 5C1
Tel: 519.633.3046, Fax: 519.663.3935; Email: epersad@uwo.ca
Tel: 519.663.3046, Fax: 519.663.3935, Email: hmsiemia@uwo.ca
Tel: 519.850.2361, Fax: 519.663.3935, Email: psychnet@uwo.ca

Northern Ontario Francophone Psychiatric Program [NOFPP]

Director: Dr. André Côté
Administrative Assistant: Ms. Hélène Geoffroy
Secretary: Ms. Carmen Larouche Mattar
Northern Ontario Francophone Psychiatric Program at the University of Ottawa
Room 2132, Faculty of Medicine, University of Ottawa
451 Smyth Road, Ottawa, ON K1H 8M5
Tel: 613.562.5800, Ext 8141, Fax: 613.562.5626
Email: anjcote@uottawa.ca; hegeoffr@uottawa.ca; clarouch@uottawa.ca

Web Site for UTPOP, ECP, and NOFPP: <http://www.psychiatry.med.uwo.ca/ecp/>