



**INSIDE THIS ISSUE:**

Meichenbaum	2
Schlegel-UW RIA	3
Waterloo-Wellington hears from HRI	3
Welcome Dr. McKinnon	4
HRI News	4

## Pilot Testing a Tool to Improve Practice

The Ontario Perception of Care Tool for Mental Health and Addictions (OPOC-MHA), developed by Dr. Brian Rush and colleagues from CAMH, is designed to gather clients' perspectives of the care they receive through mental health and addictions services. The tool has previously been pilot-tested in 23 sites (82 programs) across Ontario.

Homewood Health Centre is assessing the feasibility and value of administering the tool to clients across their services, including inpatient, acute care and regional services.

Four programs are participating in a pilot project: Integrated Mood and Anxiety Program, Addiction Medicine Services, Trillium and Assertive Community Treatment.

The OPOC-MHA gives patients/clients an opportunity to provide feedback on their experiences with: access/entry to services; services provided; participation/rights; therapists/staff; environment; discharge/leaving program; and overall experience.

Data collection began in June and will continue through to August. Project results will be shared with each of the participating programs and across the hospital to inform a discussion about the feasibility and merits of using the OPOC-MHA for quality improvement.

This project illustrates how HRI works with Homewood to develop evidence-based approaches to improving services, in a way that also advances larger initiatives (e.g., OPOC development in Ontario) to create a basis for benchmarking and research using standard measures.

## HRI Acknowledged by Police

The Hamilton Police Blarney Walk/Run Committee held a fundraiser April 10 to support trauma treatment and suicide prevention in memory of Staff Sgt Ian Matthews who took his own life in December 2013. HRI was delighted to be one of three organizations to receive funding. Those in Police, EMS, Fire

and Military Services must deal with difficult situations that may cause trauma. HRI will use the funds to support research on treatment of psychological trauma in partnership with leading researchers at McMaster and Western, as well as Homewood Health staff who treat trauma in members of uniformed services.



*Roy Cameron gratefully accepting a cheque from Sgt Helena Pereira*

## Enhancing Patient/Client-Centred Care

On June 11, Dr. Donald Meichenbaum, a founder of cognitive behaviour therapy and internationally renowned consultant, presented a workshop on the “Treatment of Individuals with Co-Occurring Substance Abuse and Psychiatric Disorders”. There were over 100 attendees, including staff across Homewood and a small number of guests.

Homewood is enhancing capacity for seamless patient-centred care across all inpatient and outpatient programs. This requires a standard way to conceptualize cases.

Dr. Meichenbaum’s Case Conceptualization Model, which provides a way of doing this, was central to his workshop, and Rounds presentation on June 12.

The model emphasizes identifying strengths in the people we serve, and building on these.

Dr. Meichenbaum used a clock metaphor as a touchstone that therapists and clients can use to understand appraisal of situations, feelings, behaviours and reactions, and to bring about changes in these.

A senior clinical leader at Homewood described the model as sophisticated in its simplicity.

There was widespread enthusiasm for the workshop. A workshop evaluation survey indicated that attendees overwhelmingly found the concepts to be relevant and useful to their practice. Participants saw the Case Conceptualization Model as excellent for assessment purposes. They valued the emphasis on identifying patient strengths and feeding these back to patients, to build a positive focus in therapy and to bolster a therapeutic alliance.

There was a sense that the model can be used with both inpatient and outpatient populations and, thus may provide a coherent approach across Homewood Canada-wide.

One attendee captured many themes reflected in the evaluation in these words: “his model shows the importance of developing therapeutic alliance and trust through effective listening skills, showing keen interest in the patient’s life story, asking questions and

picking out words in the patient’s story that can be used to encourage further engagement with the patient and build a more collaborative bond”.

Words like “amazing, fabulous, fantastic” were used to describe the sessions and the extensive workbook materials Dr. Meichenbaum provided.

Dr. Meichenbaum will work with Homewood, through HRI, to support best practice across the Homewood organization.

*Along with Freud and Jung, Meichenbaum, University of Waterloo Professor Emeritus, was named one of the 10 most influential psychotherapists of the 20th century in a 1991 survey of North American clinical psychologists. He is credited with being one of the founders of cognitive-behavioral therapy, the dominant form of psychotherapy practiced today.*

<https://uwaterloo.ca/stories/pioneer-cognitive-behavioral-therapy>



*Dr. Meichenbaum discussing case conceptualization at a workshop at Homewood.*



*Dr. Meichenbaum with Harry Vedelago and Wendi Woo*



## Schlegel-UW RIA *Making the Connection*

HRI is working with the Schlegel-University of Waterloo Research Institute for Aging (RIA) to enable collaboration and learning across HRI and RIA.

On June 2, HRI attended the first annual RIA Research Day, *Making the Connection*. This meeting involved RIA staff, including Schlegel Research Chairs, staff from the Village teams (personal support workers, kinesiologists, general managers), and others (resident and family member).

The event focused on the role of research in the Villages. It promoted curiosity that spurs innovation and research ideas and introduced

research champions from each Village. Research champions shared ways in which research can be integrated into practice and tips for building enthusiasm for research into daily life in Villages.

Sarah Sousa, HRI Research Associate, co-lead a speed networking table with Dr. Laura Middleton (University of Waterloo) addressing the theme, *Promoting residents' independence through life transitions*. "The speed networking session gave me the opportunity to connect with Village team members, many of whom supported and facilitated my Master's thesis research on transportation transitions in the Villages.

I was able to share my experience and talk about how the results of the research might impact day-to-day life in the Villages." Sarah said.

On June 25, HRI invited members of the RIA team to meet at Riverslea to discuss common research interests and collaborative opportunities. Areas for further exploration are mental health in the older adult population and care transitions.

*HRI and RIA teams*



## Waterloo-Wellington hears from HRI

Roy Cameron was honoured to be Keynote Speaker at the first Annual McMaster Waterloo-Wellington Clinical Research and Quality Improvement Symposium on June 18. The event was sponsored by Waterloo Regional Campus, Michael G. DeGroote School of Medicine, McMaster University.

Roy discussed the integration of clinical research and quality improvement using HRI as an example. HRI is working closely with Dr. Cathy Morris, Dean of this campus, and Dr. Andrew Costa, who is research lead, to build mutually beneficial research and training opportunities.



*Roy Cameron presents at Michael G. DeGroote School of Medicine*

**Homewood Research Institute**

Riverslea Building  
150 Delhi Street  
Guelph, ON, N1E 6K9

**Phone** 519.824.1010

Extension 2108

**Fax** 519.767.3571

**E-mail**

parskare@homewood.org

## HRI welcomes Dr. McKinnon



HRI is thrilled to announce that Dr. Margaret McKinnon has joined us 1-1/2 days per week as a Homewood Senior Scientist. She will give leadership in building a clinical research and knowledge translation program at Homewood Health, aligned with the mission and plans of HRI, which is national in scope, internationally significant, and beneficial to all parties.

Dr. McKinnon, who has leadership roles at St Joseph's Healthcare/McMaster, will build strategic links between these organizations and Homewood, in ways that benefit the research and clinical programs at all three facilities.

*Margaret's great great uncle was Dr. A. L. MacKinnon, former Superintendent of Homewood who retired in 1962.*



**Roy Cameron x2578**  
**Jean Costello x2320**  
**Karen Parsons x2108**  
**Courtney Ropp x2527**  
**Sarah Sousa x2576**

## HRI News

### Welcome Farzana

HRI welcomes Farzana Rahman for the summer 2014 as a Research Assistant.

Farzana recently graduated with an Honours BSc Health Studies Degree with a Gerontology Minor from the School of Public Health and Health Systems at the University of Waterloo. She has a keen interest in the field of public health and intends to pursue a Master of Public Health degree. She says HRI has increased her knowledge about the impacts of mental health outcomes on overall health and well-being.



### Canadian Evaluation Society

Jean Costello, Sarah Sousa and Courtney Ropp from HRI attended the CES conference in Ottawa June 15-18. The conference showcases state-of-the-art evaluation approaches and practices. The researchers also had an opportunity to visit the Canadian Centre for Substance Abuse and connected with Research & Policy staff to share priority areas for the upcoming year. "We are excited about integrating all we learned into evaluation practices with the Health Centre," added Courtney.

### Roy Cameron Honoured

Roy Cameron was named Distinguished Professor Emeritus at the University of Waterloo's June 10<sup>th</sup> convocation. He was recognized for his leadership in designing and leading a world class research centre, focused on cancer control, in his previous role as Executive Director of the Propel Centre for Population Health Impact, funded by the Canadian Cancer Society, at the University of Waterloo. Roy is pleased to be able to bring his experience at Propel to his role in leading the development of HRI.