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Launching Trauma Research

HRI strategic initiative

HRI has initiated collaboration with McMaster University through **Dr. Margaret McKinnon**, Associate Co-Chair of Research and Associate Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster. Dr. McKinnon is also a Clinical Neuropsychologist in the Mood Disorders Program and Clinical Neuropsychology Service, and the Academic Head of Research in the Mood and Anxiety Disorders Division at St. Joseph's Healthcare in Hamilton.

Dr. McKinnon presented HRI Rounds on September 12th, 2013, addressing issues related to 'Assessment of PTSD and Complex Trauma'. She then met with Homewood clinicians to begin collaborative planning of research that will advance both science and practice. To support this work, HRI entered into a Studentship Agreement with McMaster and Jenna Boyd, one of Dr. McKinnon's graduate students, to support a graduate research project conducted in collaboration with Homewood.

Dr. McKinnon recommended that we involve two of her clinical research collaborators, Dr. Ruth Lanius and Dr. Paul Frewen from Western University.

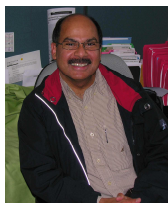


LtoR: Courtney Ropp, Margaret McKinnon, Ruth Lanius (seated), Paul Frewen, Ron Schlegel (seated), Roy Cameron

Dr. Ruth Lanius is Professor of Psychiatry and *Harris-Woodman Chair* at Western, where she is Director the PTSD Research Unit. She presented HRI Rounds October 10th, 2013, 'Complex Adaptations to Psychological Trauma'.

Dr. Paul Frewen, Assistant Professor at Western, recently won the President's New Investigator Award from the Canadian Psychological Association for his outstanding trauma research.

PTSD was a major theme at the Military and Veterans' Health Research Conference in Edmonton in November, which Roy attended. Drs. Lanius and McKinnon both presented clinical PTSD research findings. There may be opportunities to present Homewood studies at this meeting based on our emerging collaborative trauma research program with our three outstanding collaborators, who are committed to doing research that not only advances science, but also improves practice and benefits patients and clients.



Steve Abdool



Jocelyne Levesque

HRI strategic initiative

Ensuring Research, Ethics, Patient Privacy

HRI is committed to research that benefits patients and clients. To do this, researchers may need to use data collected primarily for clinical purposes. This must be done with care to ensure patient privacy and maintain high ethical standards. To create policies and processes to address these critical issues, HRI and Homewood sought advice from two experts who presented at HRI Rounds on November 14th 2013. **Dr. Steve Abdool**, Bioethicist and Director of the Homewood Regional Centre for Ethics, and **Jocelyne Levesque**, Manager, Clinical Information Management and Homewood's Privacy Officer, laid out key issues that must be addressed. HRI is working with Dr. Abdool and Ms. Levesque to develop and implement measures that ensure privacy and ethical standards are met in all Homewood research.

Post-Discharge Outcomes at Homewood

The Homewood Health Vision aims to 'deliver outstanding outcomes through exceptional services and research-led innovation'.

As part of achieving this vision, HRI and the Health Centre are upgrading outcome assessment well beyond the international standard, which generally involves examining a limited number of indicators at the point of discharge. Our aim is to measure more outcomes throughout treatment and after discharge. This is necessary for Homewood to better understand treatment results, and to document and continuously improve long-term outcomes.

Homewood Health Centre and HRI are jointly driving this initiative. It is led by senior staff from the Health Centre (**Dr. Brian Furlong, Dr. Wilson Lit, Dr. Dianne Pittman, Dr. Beth Reade, and Ms. Shannon Remers**) and HRI (**Dr. Roy Cameron**).

Very few mental health and addiction treatment facilities collect post-discharge data on all patients they treat. One exception is the US based **Hazelden**. Homewood is seeking to learn from Hazelden.

HRI invited **Dr. Valerie Slaymaker**, Chief Academic Officer and Provost, Hazelden's Graduate School of Addiction Studies, and Director of the Butler Research Center to visit Homewood January 23 and 24, 2014, to present HRI Rounds and confer with Homewood leaders about Hazelden's follow-up assessment and post-discharge care programs.

The aim is to learn from the Hazelden experience and explore possible research collaboration in addictions studies relevant to all Homewood Health programs, including the Health Centre in-patient addictions treatment program and Return to Work programming.

Please direct any questions related to the post-discharge outcomes project to Shannon Remers, Outcome Studies Coordinator, at RemeShan@homewood.org.

HRI's Vision, Mission and Goals

The Homewood Research Institute Board of Directors has approved HRI's Vision, Mission and Goals, presented below.

Vision

No life held back or cut short by mental illness or addiction.

Mission

Improve outcomes of mental health and addiction treatments and services by joining forces with key partners to plan, do and use research that enhances practice.

Goal

Facilitate co-creation of mission-driven initiatives to add value to all engaged partners:

1. Patients, clients and worksites, by enabling participation in solution-oriented studies that improve practice and outcomes
2. Clinicians and service providers, by better integrating science to enhance practice
3. Researchers, by fostering studies that both advance knowledge and benefit people
4. Trainees, by building a foundation for a career that makes a difference
5. Donors, by offering options for high-impact, low-overhead, targeted investment
6. Treatment funders, by facilitating engagement in studies that improve performance
7. Agencies that fund research and knowledge exchange, by aligning plans and effort

Values

Impact: focus on enhancing treatments and services to improve outcomes

Integrity: behave in ways that build and maintain trust

Excellence: uphold the highest standards in science and business practices

Respect: honor and give due credit to all who work with us

Stewardship: invest in relationships and use resources to best advantage

Collaboration: promote a spirit of community and co-operation in a common cause

Innovation: be creative in developing and testing novel treatments and services

Entrepreneurship: be bold, strategic, nimble and disciplined in pursuit of results



*Roy Cameron, HRI
Executive Director*

"I am enthusiastic about HRI's plan, which will allow Homewood clinicians to collaborate with outside researchers and others and support our goal to be the Canadian leader in mental health and addictions."

*Jagoda Pike,
President & CEO*

Student Profile

HRI welcomes **Jenna Boyd**. Jenna is an MSc candidate at McMaster, and the first recipient of the Homewood/McMaster Studentship.



Under the supervision of Dr. McKinnon, Jenna is collaborating with HRI to enrich her training with clinical research opportunities. Jenna ultimately hopes to complete her PhD in Neuroscience with a focus on clinical disorders such as PTSD. Jenna would like to become a true scientist-practitioner, using her knowledge to treat patients and conduct clinically driven research.

L to R: Jenna Boyd, Dr. Margaret McKinnon

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**Research Champion**

Dr. Wilson Lit., the new Chief, Research and Education at Homewood Health Centre, works closely with HRI to advance research at Homewood, to ensure the relevance of the work done, and to help move emerging evidence into practice through education. The aim is to drive innovation and improvement.

Winter Rounds

January 23, 2014 – Homewood Lecture Theatre - **Dr. Valerie Slaymaker**, Chief Academic Officer and Provost, Hazelden's Graduate School of Addiction Studies, Director Butler Research Center, USA

(using evidence to inform practice – one centre's experience with measurement, data and process improvement)

February 27 – Homewood Lecture Theatre - **Dr. Guy Faulkner**, Professor Faculty of Kinesiology and Physical Education, University of Toronto (physical activity and psychological well-being)

HRI Announcement

HRI is delighted to announce that **Dr. Jean Costello** has joined the HRI Team as a Research and Evaluation Scientist. Jean obtained her PhD in Applied Health Studies and Gerontology from the University of Waterloo in May 2013. Prior to that, she spent three years as Research and Evaluation Co-ordinator at the Centre for Addiction and Mental Health, where she was a member of the Treatment Outcomes Committee, Addictions Programs. She will play a major role in building HRI evaluation and research programs, and be the HRI lead in developing the protocol for assessing post-discharge outcomes.

**The HRI Team**

Roy Cameron, Executive Director x2578

Jean Costello, Research and Evaluation Scientist x2320

Courtney Ropp, Research Associate x2527

Karen Parsons, Executive Assistant x2108