



UHN

Centre for
Mental Health

IMPACT REPORT 2022

UHN's Centre for Mental Health

is home to Canada's largest medical psychiatry team serving some of the country's most complex patients who suffer from comorbid physical and mental illnesses. We are one of Canada's largest mental health research hospitals. We are in a unique position to drive the integration of physical and mental health care forward in partnership with patients, caregivers and care providers.

We acknowledge that the land on which we work is the traditional territory of many nations, including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples, and is now home to many diverse First Nations, Inuit and Métis. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit. We remember and honour the legacy of the peoples who have been here before us and all who strive to make the promise and the challenge of Truth and Reconciliation real. We recognize that Indigenous communities are adversely and inequitably affected by mental health issues and remain committed to advocating for the needs of Indigenous communities.

The Centre for Mental Health is committed to championing inclusion, diversity, equality, equity and accessibility in the learning, work and service environments. We believe that our differences enrich our ability to develop creative and innovative approaches to delivering exemplary patient care, research and education.

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Change in Mental Health Care

Driving patient care forward in an uncertain time.

The only constant in life is change. Two years ago we had many exciting ideas for change at the Centre for Mental Health. But the pandemic dramatically altered the landscape triggering a world-wide mental health crisis. It put a spotlight on mental health like no other time in history. Across the Centre for Mental Health, colleagues responded to changing and difficult circumstances with compassion and care for patients and their families and (as you can read about on pg. 6) for each other as well.

While the world has been changing around us, we've been able to move ahead with some changes of our own. These changes were the product of a [multi-year strategic plan](#) developed in 2019 on the eve of the pandemic. The plan is our roadmap for how TeamUHN will achieve its vision of 'A Healthier World' by pursuing over the next decade the full integration of physical and mental health across all programs and services.

Throughout this report you will read about some of the steps we've taken — initiatives that advance world-leading practices in treatment, improve models of

care and grow a strong, sustainable program. We've recalibrated our program structure to better support decision-making and champion operational excellence; we're moving forward to establish evidence-based standards for patient care; and we're improving access to our services through community partnerships and the wide-spread adoption of virtual care.

With the generous support of our philanthropic partners, we've stood up a new Transformation Office to focus on our strategic priorities and deliver on commitments to our donors. This includes kick-starting some ground breaking projects, such as the Nikean Psychedelic Psychotherapy Research Centre (pg. 24) — which will put UHN at the forefront of a brand new phase of mental health care — or the Mental Health in Medicine clinic (pg. 14) — that fills a gap in the system by providing psychiatric care to patients who require it following medical or surgical procedures.

Exciting changes will continue in the next year. We are preparing to launch an Addictions Consult Service that will

address a growing public health crisis by taking a medical-based approach to addictions treatment. We have also brought online a new health information system at UHN transforming how we operate and the experience of patients. The high-degree of integration in this new system will enable us to better track patient health and build in a level of measurement-based care not known before.

As we change, we do not forget our history and our values. The Centre has its roots in an outpatient clinic that opened in 1909, the first-of-its-kind in Canada for the treatment of psychiatric cases. We've grown beyond those origins and are recognized internationally for our excellence in clinical care, education and research. Yet our work remains grounded in the pursuit of improving the lives of individuals and families affected by mental illness. This is what binds the Centre's community — physicians, clinicians, researchers, educators, administrators and donors — and fuels our drive to advance mental health and addictions care, even during these uncertain times. Thank you to our amazing team for all that they have done and continue to do.



Dr. Susan Abbey
Psychiatrist-in-Chief &
Program Medical Director
Centre for Mental Health, UHN



Ms. Marnie Escaf
Vice President, Clinical
UHN

Centre for Mental Health At a Glance

Clinical Care

84,554

Outpatient Visits

9,676

Emergency Visits

87%

Virtual Visits

51

Inpatient Beds

16,593

Inpatient Days

29 days

Avg. Inpatient Stay

Education

82

Residents

59

Clerks

53

Health
Professions
Students

17

Nursing
Students

Research

\$13 M

Research
Funding

249

Published
Papers

Finance

\$25 M

Budget

\$8 M

Philanthropy

People

117

Physicians

82

Nurses

150

Health
Professions
Staff

89

Additional
Staff

Helping Health Care Workers

UHN CARES gives mental health support to TeamUHN during COVID.



Cr. Dawn Lim Photography

In the beginning of the pandemic, staff at the Centre of Mental Health were worried about their colleagues.

“We were hearing stories from Italy and New York that health care workers were really struggling with their mental health,” says Dr. Kathleen Sheehan, staff psychiatrist and co-lead [UHN CARES](#).

A team of Centre psychiatrists, psychologists and nurses across UHN created the CARES program, a rapid-response, short term mental health support directed towards the stressors associated with COVID. It was made available by self-referral to every UHN staff member — from frontline workers to administrators.

Since it launched in the spring of 2020, the program has provided more than 1500 appointments to support over 200 UHN team members. Online self-directed program resources have generated 6,500 downloads. Additionally, the CARES team conducted almost 500 visits to support staff in highly impacted units.

“This is true psychological and psychiatric care to support our colleagues experiencing high levels of distress,” says Dr. Sheehan.

The Innovation Fund Provincial Oversight Committee awarded **UHN CARES** best project for improving well-being of health care workers in 2021.

During the pandemic the Centre has broadened its impact through integrated approaches to prevent burnout and support health care workers.



RESTORE

RESTORE is an online, self-directed program to help health care workers recover from extreme stressors related to the pandemic. After being found to be highly effective — initial research indicated improvements similar to those seen with face-to-face psychotherapies — program research was expanded in 2022 to support patients and care partners affected by COVID.



PACER is directed by Dr. Kenneth Fung and Dr. Mateusz Zurowski in collaboration with community partners. This online, skills building project helps health care workers improve resilience via self-directed modules and group discussions. A second program stream supports Chinese-Canadians coping with racism, stigma and other mental health challenges stemming from the pandemic.



CREATE was developed by the Princess Margaret Cancer Centre’s psycho-social oncology team. The program embeds psychosocial coaches within oncology teams at the point of care. Project data indicates the coaches — with backgrounds in psychiatry, psychology, music therapy and spiritual care — were successful in reducing team-level distress and increasing team resilience. [> learn more](#)



PAUSE4PROVIDERS was created by a group of physicians who are also mindfulness teachers. They created this nightly, 30-minute online drop-in mindfulness meditation group for health care workers, staff and professionals. The program operated until fall 2021. Recorded videos remain accessible online. [> learn more](#)



MENTAL HEALTH COOPERATION ACROSS GTA

With capacity often stretched at individual hospitals during the pandemic, the Centre for Mental Health now partners with 29 hospitals to optimize bed utilization across the system. The daily GTA Mental Health Bed call features participants sharing data on open beds and demand. That information is used to facilitate patient transfers helping minimize the number of mental health patients that wind up in general Emergency Departments.

Centre for Mental Health

We are composed of 6 divisions, each containing a number of specialized clinics and services that provide support to a complex and diverse range of patients.

Acute Care & General Psychiatry

Delivering critical psychiatric care to patients experiencing a crisis and requiring urgent intervention.

Eating Disorders

Providing intensive, personalized treatment to patients as well as information, resources, and support to Canadians affected by this mental illness.

Medical Psychiatry

Providing mental health support across UHN to patients with complex medical and surgical illnesses in areas like oncology, cardiology and transplant.

Outpatient Mental Health & Addictions

Supporting patients with a wide-range of services including substance use disorder treatment and culturally competent care.

Poul Hansen Family Centre for Depression

Advancing multiple treatment types to provide integrated, wrap-around care in the treatment of mood disorders.

Seniors' Mental Health

Supporting patient care, research and education for older adults living with mental health issues such as cognitive impairment and mood disorders.

Improving Decision-Making

How we are reorganizing to enhance patient care.

The Centre for Mental Health was recently designated UHN's 12th clinical program, a reflection of the hospital's wider strategy to integrate physical and mental health organization-wide.

To support this increased focus on mental health and addictions care, research and education, the Centre is actively working to restructure itself. Our group of more than 200 health professionals and 100+ psychiatrists are spread across four hospitals, and are now organized by six different divisions (as outlined on pg. 8).

Each division is led in partnership by medical and operations leads. This allows health care leaders to more closely collaborate and roll out program priorities

across each division, while accounting for localized needs.

Leadership across the Centre now convenes regularly as a Program Executive Committee, with two additional councils being formed to sharpen our focus on operational excellence and quality of care: Operations Council and Quality Council.

These refined structures and leadership teams will better position the program to grow and strengthen its focus on interprofessional clinical care, research and education, as well as enhance our collaboration with other programs across UHN to care for patients' physical and mental health needs.

Centre for Mental Health Executive Team



Dr. Susan Abbey
Psychiatrist-in-Chief



Ms. Marnie Escaf
Vice President, Clinical



Ms. Charlene Reynolds
Clinical Director



Dr. Raed Hawa
Deputy
Psychiatrist-in-Chief



Dr. Michael Armanious
Outpatient Mental
Health



Dr. Justin Delwo
Acute Care —
Emergency Services



Dr. Hasan Sheikh
Substance Use
Services



Dr. Donna Stewart
Research



Dr. Adrienne Tan
Medical Psychiatry



Dr. Vanessa Thoo
Interim
Seniors' Mental Health



Dr. Justin Weissglas
Acute Care —
Inpatient Services



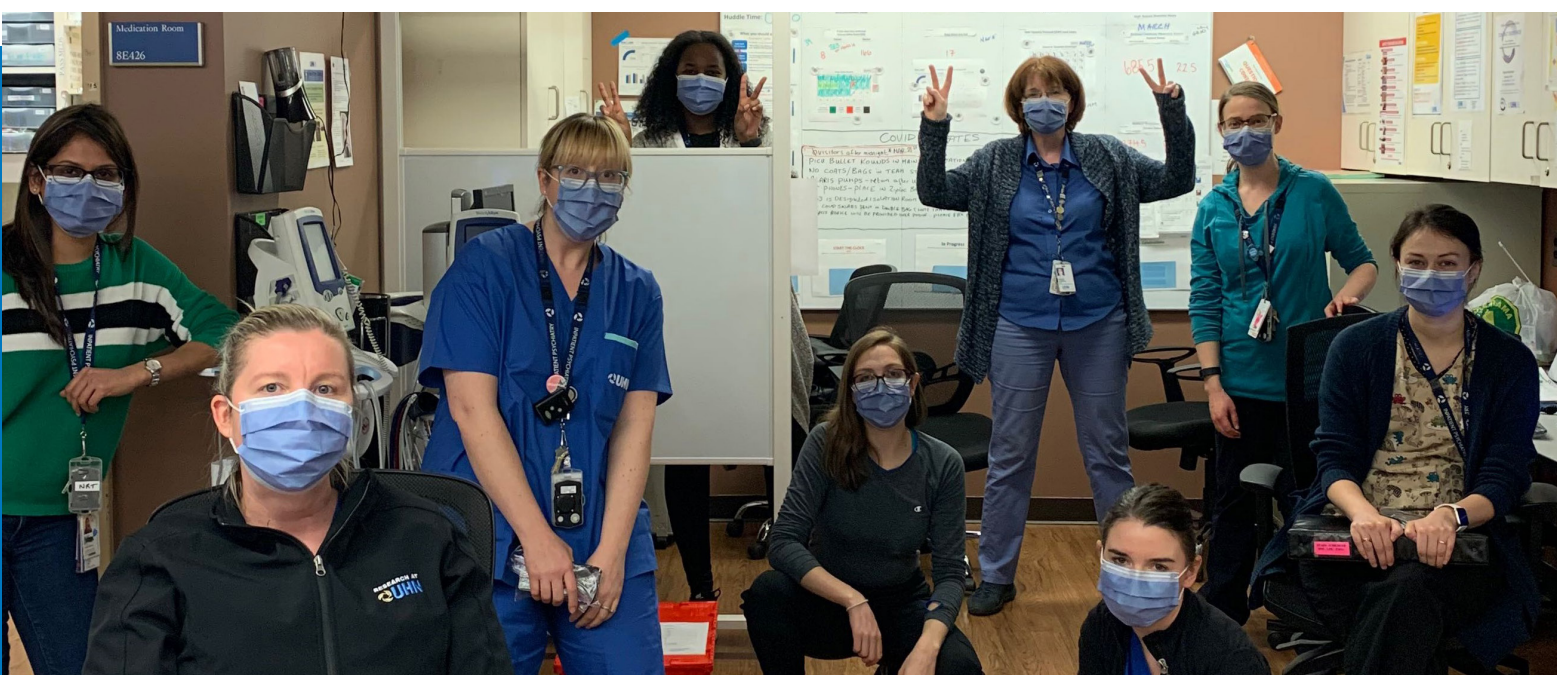
Ms. Lili Chen
Director of Finance



Mr. Matthew Kelsey
Director, Transformation,
Partnerships & Medical
Excellence

Frontline of Mental Health

Team delivers 24 hour support to patients in severe distress.



Toronto General's 8ES Inpatient Unit

While many areas of the Centre for the Mental Health transitioned to virtual care during the pandemic, Acute Care continued to work primarily face-to-face with patients.

Incorporating COVID protocols into their operations was an additional challenge to the team that provides around-the-clock support to patients experiencing mental health crises.

It is not uncommon for patients to arrive in Acute Care displaying physical and mental comorbidities. Many of the division's nurses maintain their training in physical health nursing, which helps them recognize medically deteriorating patients and advocate for appropriate medical interventions.

It also allows them to perform a range of procedures other mental health nurses

across the city do not — including venipuncture, IV insertion, and PICC line care.

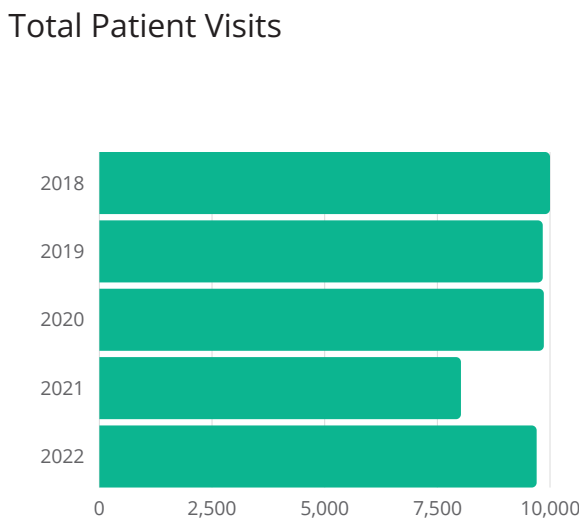
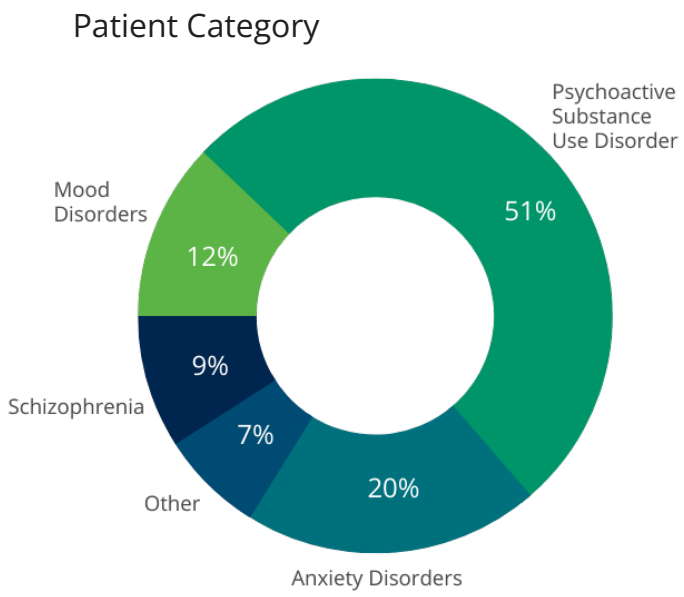
Facilitated by Advance Practice Nurse Educator Aideen Carroll, mental health care is included in corporate onboarding and orientation for *all* clinical staff coming to UHN, including an overview of mental health services provided at UHN.

“Our patients bring their bodies with them when they come to mental health unit’s and their emotional health when admitted to medical/surgical floors,” says Ms. Carroll. “It is important that care providers have a foundational understanding of both mental and physical health.”

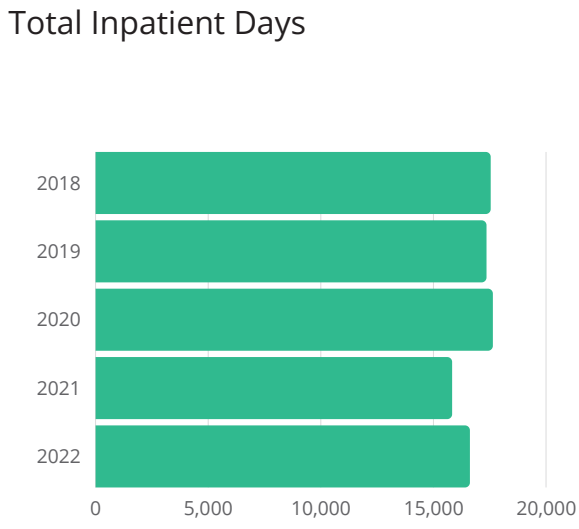
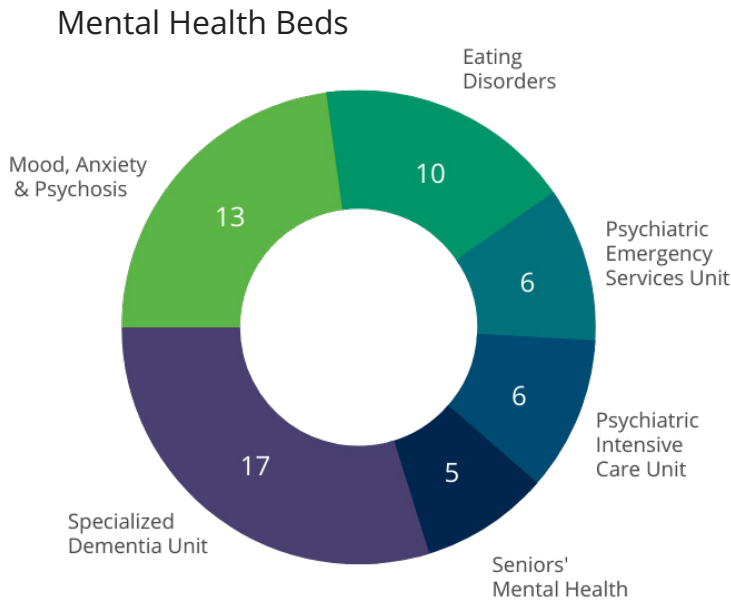
As health care professionals across UHN see more situations involving mental and physical comorbidities, patients are benefitting from this inclusive approach.

Providing short-term care during the acute phase of mental illness, this division provides patient care through the Emergency Department and inpatient units.

EMERGENCY DEPARTMENTS



INPATIENT UNITS



More Accessible, Effective

CBT-E psychotherapy a central feature of program redesign.



“Virtual care enabled us to disrupt the status quo by stepping outside the box of the all-day controlled treatment setting.”

– Dr. Kathryn Trottier
Clinical Program Lead
Eating Disorders

Pandemic restrictions forced the Eating Disorders program to pivot intensive outpatient services to virtual care. But rather than translate the existing day treatment program on to a digital platform, the team seized the opportunity to redesign the program and strengthen its foundation in “high quality, evidence-based treatment that is known to work,” says Dr. Kathryn Trottier, Clinical Program Lead, Eating Disorders.

This included the incorporation of Enhanced Cognitive Behavioural Therapy (CBT-E), an individualized treatment viewed as one of the most effective treatments for eating disorders, though not widely available in provincially-funded programs.

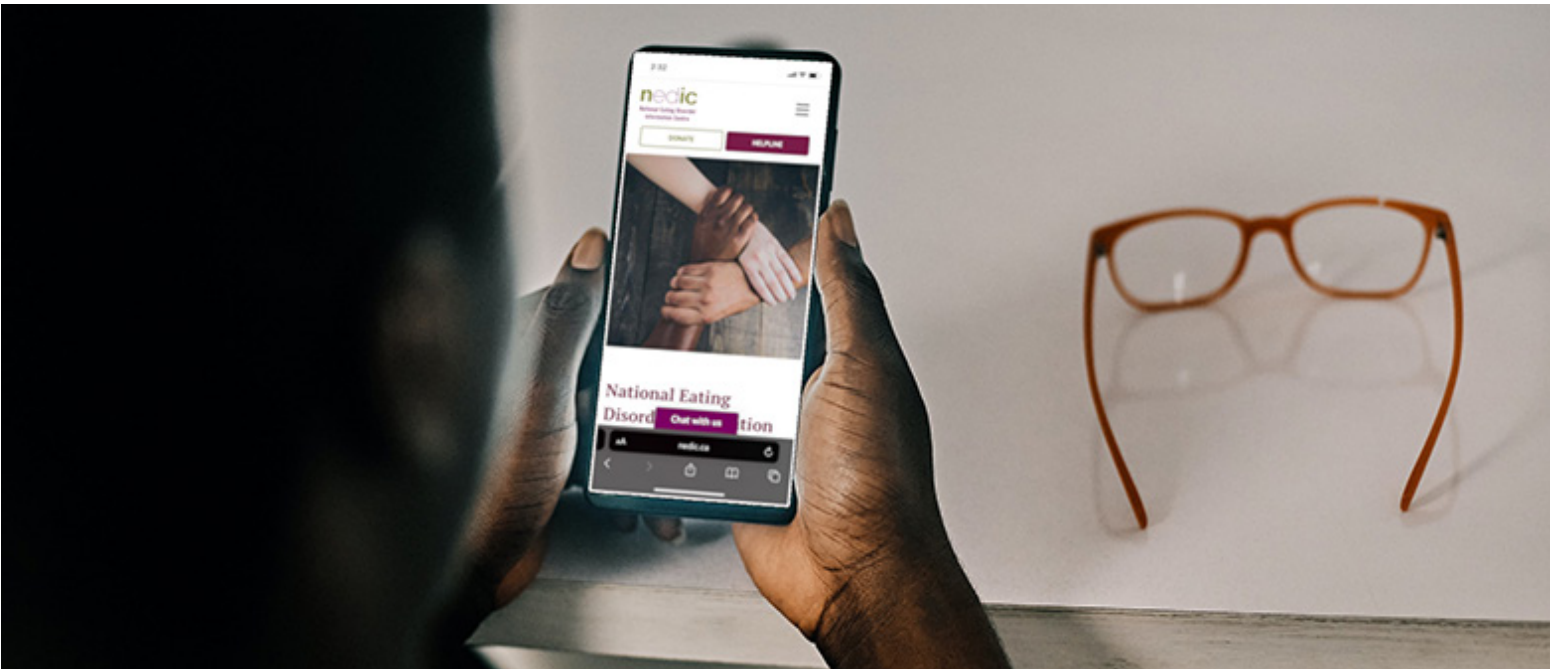
Early evaluation data has shown promising results. Patient outcomes appear very similar to in-person treatment despite 50% fewer treatment hours. Patients build valuable autonomy by participating from their own homes and providing and preparing their own food with nutrition counselling and meal support.

As Ontario’s largest eating disorders program for adults, the Centre is uniquely positioned to be a leader in program design. The disruptive innovation that has come with a move to virtual care will allow the program to reach more people and help support the growing number of Canadians suffering from this mental illness.



Answering Demand

Eating Disorders helpline responds to 250% spike in usage.



The National Eating Disorder Information Centre (NEDIC) has seen a stark increase in demand for services over the last two years, spurred by the COVID-19 pandemic. Housed within the Centre for Mental Health, NEDIC is Canada’s only national support service for eating disorders, offering information, resources, system navigation and in-the-moment support through its toll-free telephone helpline and online instant chat service.

Eating disorders thrive in isolation and, for many Canadians, isolation has been a big issue throughout the pandemic.

To respond, the UHN Foundation secured multiple donations, including a \$2 million gift from the Slaight Family Foundation. Over the next five years, the funds will allow an expansion of the chat support hours, translation of existing resources into new languages, creation of new resources in partnership with racialized communities and piloting of an artificial intelligence-driven chat-bot that can direct clients to resources 24/7.

The expanded hours and services will ensure that NEDIC is able to continue supporting more Canadians during this current crisis one call (or chat) at a time. [> learn more](#)



“This gift will transform our operations and allow us to help so many more Canadians affected by eating disorders.”

– Ms. Suzanne Phillips
Program Manager
NEDIC

New Clinic Bridges Gap

Support for those with connected physical and mental illnesses.



Opened last year with a \$1-million gift from the Slaight Family Foundation, the new Mental Health in Medicine clinic is inspired by the Centre for Mental Health's strategic vision to fully integrate mental health into all aspects of physical health across UHN within the next decade.

Treating co-occurring conditions requires specialized expertise. That's something UHN — with Canada's largest complement of medical psychiatrists — is uniquely positioned to lead.

Physical health conditions and their required treatments can directly affect brain function and trigger a mental health condition or worsen a pre-existing one. Having co-existing mental and a physical health conditions worsens the prognosis for each because of complexities that arise in diagnosis and management.

An interprofessional team have developed a treatment model where intensity of care is matched to meet patient need. By tracking outcomes and analyzing measurement-based scores from patients, the team will develop best practice guidelines that will be shared with local, provincial and national bodies to advance the integration of physical and mental health care.

Outcomes are poorer for those with both mental and physical health conditions with life expectancy shortened by

15-20 years.

Research Increases Access

Pilot study results changes Ontario liver transplant guidelines.

A novel approach to liver transplant is being led by Dr. Josée Lynch, an addictions and consultation-liaison psychiatrist. Part of the Ontario Alcohol-related Liver Disease (ALD) Pilot Program, she co-led a recent study that reviewed the requirement that patients maintain 6 months of abstinence from alcohol before being considered for transplantation.

As part of a multidisciplinary team she helped develop a unique program that included integrated addiction treatment provided to patients both before and after transplant.

The study – the first of its kind in North America – found no significant differences in survival rates when comparing patients that adhered to the 6-month rule against those with shorter periods of abstinence.

The team recommended that the 6-month sobriety rule be replaced for ALD transplant patients to improve access, reduce mortality rates on waitlists and provide better patient care post-transplant. The criteria they developed has since been made a standard of care in Ontario. [> learn more](#)

Study highlights the **benefits of embedding behavioural health care across UHN** programs including transplant.

Dr. Josée Lynch



Patient Wait Time Reduction

Real-world benefits of moving to a seamless care model.



Dr. Michael Armanyous
Medical Lead, OMH



Ms. Marla Kaye
Administrative Lead, OMH

In the fall of 2021, our Community Mental Health program was transformed into the newly branded division of Outpatient Mental Health (OMH). More than a name change, the realignment was part of an effort to unify operational elements within a number of outpatient-focused clinics. It was also designed to be a model for building capacity and streamlining processes in other areas of the Centre for Mental Health.

A couple of notable features of this transformation included:

- The adoption of one entry point for intake, triage and booking and a centralized referral process enhancing the level of collaboration across multiple clinics.
- The creation of a new service model built on evidence-based care with defined patient pathways from referral to discharge for a range of psychiatric disorders.

Results have already been noticeable. Wait times decreased from an average of 34 days early in 2021 to a low of 13 days late in the year. This ongoing transformation at OMH — along with other clinics within the division — has produced a strong foundation for delivering seamless, safe and quality care to patients.

Addictions Medicine Renewal

Interdisciplinary response to an urgent public health crisis.

Emergency and addictions physician Dr. Hasan Sheikh has been appointed Medical Lead for the addictions program and will oversee the expansion of UHN's addictions-related initiatives and the creation of a new wrap-around service to support patients and improve the continuity of their care.

In 2018, Dr. Sheikh helped create UHN's Rapid Access Addiction Medicine (RAAM) clinic, which provides low-barrier access to addictions medicine and counselling. Patients can be seen on a drop-in basis, with no appointment or formal referral required. With the support of the Toronto Opioid Addiction Network, the RAAM clinic recently expanded its hours from 3 to 5 half-days per week.

Dr. Sheikh is leading the development of an Addictions Consult program, which will follow an evidence-based, patient-centred approach to reduce health and social harms associated with addiction and substance abuse. It is envisioned to treat 4–5,000 medical and surgical inpatients per year. Addictions Consult services have been shown to improve substance-related outcomes for patients and decrease the likelihood of re-admissions and associated medical care costs. (UHN treats roughly 17 patients per day in the Emergency Department for addictions-related issues.)



Dr. Hasan Sheikh
Medical Lead, Addictions



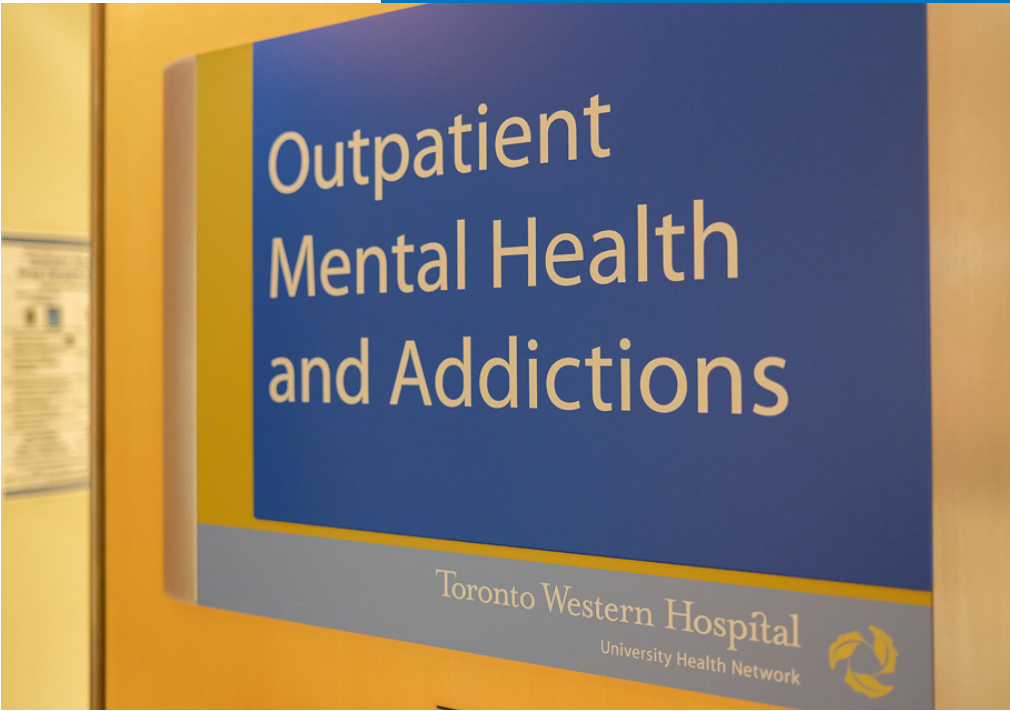
Mr. James Skembaris
Administrative Lead
Addictions



Dr. Kenneth Fung, Medical Lead of the Centre for Mental Health's Asian Initiative in Mental Health program was appointed Director, Global Mental Health in the Department of Psychiatry at the Temerty Faculty of Medicine, University of Toronto.

Dr. Fung conducts national and international research in stigma, resilience, mental health promotion and immigrant and refugee mental health. His goal during his 3-year appointment is to elevate and promote the mental health and wellbeing of all, addressing individual and social-cultural barriers and championing equity, diversity and inclusion. Congratulations Dr. Fung!

22
Number of languages spoken by the **3,385 unique patients** seen within the Outpatient Mental Health and Addictions division.



Virtual Group Therapy

Centre for Mental Health builds blueprint for UHN.

At the outset of the pandemic, UHN planned to transition a portion of its clinical care into patients’ homes. The Poul Hansen Family Centre for Depression was selected to pilot virtual group therapy for all of UHN due to the experience of their clinicians.

They created standard operating procedures to guide other programs and detailing technical processes and concerns related to privacy, confidentiality and patient safety. The volume of group therapy sessions (~ 20 per month) quickly returned to pre-pandemic norms at the Hansen Centre and their approach to virtual group therapy was adopted across UHN.

The Centre for Mental Health itself became a leader in embracing virtual care (both individual and group) within UHN

and at the provincial level. This continues with more than 80% of our patient appointments occurring virtually.

For patients, the shift to virtual care is positive. High quality care continues but with greater accessibility and flexibility. Group therapy sessions had always been open to patients from across Ontario, but travel was a barrier to participation.

“The biggest lesson we learned was how possible and welcomed switching to virtual care could be,” says Ms. Jenna McLeod, Team Lead.

Challenges remain, like access to digital devices and technical literacy. In some circumstances, virtual care is just not possible. Further refinements will continue as virtual care becomes a standardized option for mental health care.



87%
of Centre for
Mental Health
**patients
appointments
were virtual** in
the last year.

Innovative Research

Leaders in the field advancing care in mood disorders.

DEPRESSION AND DIABETES

Dr. Rodrigo Mansur is exploring the connection between brain and body in a [novel study](#) that delves into the linkage between metabolism and depression — patients with depression are two to three times more likely to suffer from diseases such as obesity or Type 2 diabetes.

By measuring the brain’s sensitivity to insulin, Dr. Mansur hopes to discover what underlies the co-occurrence of these mood and metabolic disorders, and shed light on both these conditions. He is also investigating the potential of an anti-diabetic medication to treat cognitive impairment for patients with depression.

“The mental health system does not pay as much attention as it should to the physical health of patients,” he says. “These studies could provide a better understanding of the biology of depression and define completely new lines of treatment.”



THE POTENTIAL OF KETAMINE

Specializing in treatment-resistant depression (TRD) means that Dr. Joshua Rosenblat’s patients typically come to him having tried dozens of antidepressant medications — all of them unsuccessful.

Across the psychiatric community, ketamine has recently been generating enthusiasm as a potential treatment option. However, it remains under studied at the randomized clinical trial level.

Dr. Rosenblat aims to address this knowledge gap in three different studies, one for unipolar depression (MDD) and two for bipolar depression (TRBP) — including what he believes will be [the largest ketamine study for this particular mood disorder](#).

“There is so much promise in ketamine, but promise is not enough anymore,” he says. “We need to do these larger, well-designed studies to see if this is effective or not.”



Supporting Isolation Care

Ethical guidelines for people with dementia during COVID.



Dr. Andrea Iaboni

In spring 2020, vulnerable residents at long-term care homes (LTCH) were at the centre of the pandemic.

The most effective infection control measure available was isolation, but with an estimated 70% of LTCH residents possessing dementia this was difficult to implement and had a negative impact on the physical and mental well-being of residents. Care providers faced difficult decisions balancing the risk of infection spread with the hardship of isolation.

Recognizing the moral distress this caused staff at LTCHs and the need to provide safe and compassionate support to LTCH residents, a team of geriatric psychiatrists with the Centre for Mental Health and Toronto Rehabilitation Institute, led by Dr. Andrea Iaboni, created the [Dementia Isolation Toolkit](#) — a plain language framework to help care providers make

decisions when faced with ethical dilemmas. Guidance was provided on how to create a person-centered isolation care plan and communication tools were shared to help support residents.

The toolkit was made available online and distributed to institutions and care providers. Additional training videos in seven other languages were produced.

In [published findings](#), 84% of LTCH staff respondents reported an increase in moral distress due to their experience with the isolation of residents. Users of the Toolkit cited its benefit, with 48% of them reporting that it was helpful in reducing their own level of moral distress.

In the past year, 11,000 website visitors from 92 countries have downloaded the toolkit 2,400 times, demonstrating the Toolkit's continued relevance.

Design and Dementia

Preparing to renovate a patient care space for seniors.

To create a more dementia-friendly environment in the Toronto Rehabilitation Institute's Specialized Dementia Unit, UHN initiated a partnership project with OCAD University's Design for Health program.

It's an opportunity to improve the unit's physical infrastructure, which houses 17-beds for the care of people with behavioural and psychological symptoms of dementia. It's also a chance to study how design impacts people: patients, family members and staff. The Centre for Mental Health and Toronto Rehab have an opportunity to be a leader for change in dementia care facilities across the globe.

Specialized, collaborative care will be reflected and supported in the new environment. The design will also take into account the importance of sensory stimulation. When ignored or mismanaged, light and noise can become sources of under or over stimulation and heighten anxiety, sleep deprivation, depression and agitation.

Working in partnership with the UHN Foundation, the Centre hopes to bring this comprehensive renovation plan to reality and improve psychiatric services within rehabilitation care.

Understanding how physical environments affect quality of life can **have a lasting impact on dementia care.**



Trainees in the Spotlight

Discover a few of our standout learners.

The Centre for Mental Health is a hub of activity providing clinical placements and training for an array of learners. More than a quarter of the University of Toronto’s post-graduate psychiatry residents receive training here.

THE ACUTE CARE PSYCHIATRIST

Dr. Houman Rashidian is a fifth-year resident and former co-chief resident for the Centre for Mental Health.

“I’ve met some really great people here – admins, staff, other residents. UHN is a very prestigious professional environment and it has a strong collegial side to it. You need to be able to receive and provide support while also having fun together when working in such a stressful setting, especially during the pandemic.

“My mom pushed me into psychiatry. I’ve always really enjoyed communicating with people and even before I went to medical school she encouraged this.

“I’m hoping to do inpatient psychiatry in the future. It’s got everything. You’re seeing severe cases, medications, and therapy. You’re working with patients in the most acute stages of illness.”

THE PSYCHOLOGIST

Ms. Sarah McComb is a fourth-year PhD candidate in Clinical Psychology.

“I feel incredibly fortunate to have had a number of opportunities to train at the Centre for Mental Health. UHN is warm and inclusive environment where clinical learners feel like a valued part of the treatment team.

“This fall, I will complete rotations in the Eating Disorders program as well as with Psychosocial Oncology and Palliative Care.

“I hope to be a clinical health psychologist specializing in women’s health, particularly in eating disorders and body image, and depression and anxiety that occur during the perinatal period.”

THE NEUROPSYCHIATRIST

Dr. Sabrina Agnihotri is a fourth-year resident and former co-chief resident for the Centre for Mental Health.

“I’ve been floating around UHN in some capacity for almost 12 years having completed both my doctoral training and medical school in Toronto.

“My career is focused within neuropsychiatry. I enjoy clinical work, as well as research that expands our understanding of neurorehabilitation strategies across the lifespan.

“UHN has afforded me the opportunity to train with world leaders in the field. Witnessing the collaboration that occurs across the Centre to instill a sense of continuity of care for patients is inspirational, and a key strategy I will continue to practice in my future career.”

THE RESEARCHER

Mr. Farhan Fancy is a second-year Master’s student at the University of Toronto’s Institute of Medical Science. He is supervised by Dr. Joshua Rosenblat.

“I’m fascinated by the brain — how it controls all aspects of who you are as a person and how you perceive and interact with the world around you.

“Currently, I’m studying the therapeutic uses of ketamine to treat bipolar depression. I hope to advance the field of ketamine research in treating psychiatric conditions.

“I’ve been working at UHN since November of 2021. My ultimate goal is to pursue medical school and obtain a PhD in neuroscience.”



New Frontier in Treatment

First-of-its-kind psychedelic psychotherapy research centre.

A transformative \$5 million donation from the Nikean Foundation helped launch the Nikean Psychedelic Psychotherapy Research Centre within the Centre for Mental Health. With this incredible gift, UHN is creating an academic and innovation hub to explore a new paradigm of treatment for mental illness.

The research centre plans to harness the potential of psychedelic medicine to provide transformative care to patients, pioneer training in psychedelic psychotherapy and conduct high-quality research that advances the field.

There is growing evidence that psychedelic psychotherapy is safe and effective for a variety of mental illnesses. In 2020, the Government of Canada began granting access to psilocybin for people facing end-of-life distress. It has also recently expanded access to the usage of psychedelics for select patients through its

special access program.

The Centre will establish Canada as a leader in the field by advancing the scientific evidence base for psychedelic psychotherapy. Early areas of research include psilocybin-assisted therapy for patients and caregivers with end-of-life distress.

An innovative training program will be launched in 2022 in collaboration with the Michener Institute for Education. Additionally, advanced trainings, fellowships, workshops and public-facing events will be developed to increase expertise in the field.

Psychedelic psychotherapy will provide new hope for patients who have struggled to find relief for end-of-life distress, treatment-resistant depression or other mental health challenges.

“This emerging field is poised to be one of the greatest breakthroughs in treating mental health in this generation.”
— Dr. Emma Hapke
Associate Director

Meet the Research Centre Team



Dr. Susan Abbey
Inaugural Director



Dr. Emma Hapke
Co-founder



Dr. Daniel Rosenbaum
Co-founder



Dr. Yarissa Herman
Psychologist



Ms. Cindy Chan
Researcher



Spearheading a Path Forward

Launching new initiatives in partnership with UHN Foundation.

To drive transformational change forward across the Centre for Mental Health, a Transformation Office was established in 2019. Its mandate is to deliver on the Centre's vision of integrating physical and mental health care for *A Healthier World*, by building high performing structures and teams that successfully enable new, innovative projects to advance mental health care, research and education.

The Office adopted several new processes to support this expansion:

- Working in partnership with UHN Foundation to match grateful patients and new donor prospects with the Centre's established funding priorities.
- Accountable philanthropy to foster positive relationships with all stakeholders and orient organizational activity around defined purposes, milestones and financial management.
- Project and change management principles to ensure initiatives are delivered in a high quality manner and formally evaluated to demonstrate impact and outcomes for patients, providers and funders.

This year, in partnership with the UHN Foundation, the Centre secured several significant donations that facilitated the launch of new initiatives:

Nikean Psychedelic Psychotherapy Research Centre

Founded with a \$5M gift from the Nikean Foundation, this is the first-of-its-kind in Canada for the advancement of psychedelic science through clinical research and educational programming.

National Eating Disorder Information Centre (NEDIC)

Supported by a \$2M gift from the Slight Family Foundation, NEDIC will strategically plan and implement new services over the next five years to respond to increased demand.

Mental Health in Medicine (MHIM)

Also supported by the Slight Family Foundation with a \$1M gift, MHIM will use an innovative stepped care model to provide mental health supports to complex medically ill patients.

Transitional-Aged Youth Project

A \$100k gift from the Newlands Family Foundation will help provide support to young people (16-24) living with mental illness and addictions challenges as they transition between the youth and adult mental health system services.

In the upcoming year, the Transformation Office in partnership with UHN Foundation will be focused on building the [Mental Health Academy](#), Canada's first mental health education hub.

Created in collaboration with the Michener Institute for Education, the Mental Health Academy will promote innovative and interprofessional learning strategies that build knowledge, skills and capabilities for mental health providers.

Many health professionals are inadequately trained to support the mental health needs of their patients lacking required competencies to discuss these topics effectively and compassionately with patients. Few professional development courses are available to help them gain these skills.

The Mental Health Academy aspires to fill these gaps in knowledge and empower health care professionals to address the mental health needs of patients in addition to their physical well-being. It aims to become a global education leader for best-in-class teaching and learning in mental health.



Slated to begin in the 2022-23 academic year, the Mental Health Academy will debut two classes: "Mental Health Nursing," targeted towards nurses seeking to improve their skills and obtain certification in this field; and "Foundations of Psychedelic Psychotherapy," a cutting-edge training program to educate health professionals that have an interest in this area. More classes will follow in 2023-24.

The Transformation Office Team:

- Dr. Susan Abbey, Psychiatrist-in-Chief
- Mr. Matthew Kelsey, Director, Transformation, Partnerships & Medical Excellence
- Ms. Rebekah Valenti, Campaign Director, Major Gifts, UHN Foundation



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Administrative	Ms. Lisa Crawley
	Mr. Mohammed Oruvampurath

Eating Disorders

Medical	Dr. Susan Abbey
Clinical	Dr. Kathyrn Trottier
Administrative	Ms. Lisa Crawley

Medical Psychiatry

Medical	Dr. Adrienne Tan
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	Dr. Hasan Sheikh
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Medical (Interim)	Dr. Raed Hawa
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Seniors' Mental Health

Medical (Interim)	Dr. Vanessa Thoo
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Disclaimers

All data are accurate as of March 31, 2022. Financial data are reported for the 2022 fiscal year ending on March 31, 2022.

ADMINISTRATIVE DATA provided by University Health Network's Decision Support and Ontario Mental Health Reporting System (OMHRS). STAFF & TRAINEE DATA provided by UHN People & Culture.

RESEARCHER DATA at the Centre for Mental Health includes researchers appointed by the Centre and those aligned with the Centre. Centre-appointed and –aligned researchers are included in the Centre's funding and publication data. PUBLICATION DATA compiled by the Centre for Mental Health. Publications include articles, reviews and proceedings papers in journals; those authored by more than one Centre for Mental Health researcher are included once in the program's total number of publications. FINANCIAL DATA provided by UHN Finance. PRODUCTION CREDITS This report is published and designed by UHN's Centre for Mental Health. Elements of this report were prepared by UHN Public Affairs & Communications.

Contact

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Donations

To support the Centre for Mental Health, please contact the UHN Foundation. Email: foundation@uhn.ca; Telephone: 416-340-3935; Toll-free donation hotline: 1-877-846-4483 (UHN-GIVE); Website: www.uhnfoundation.ca

