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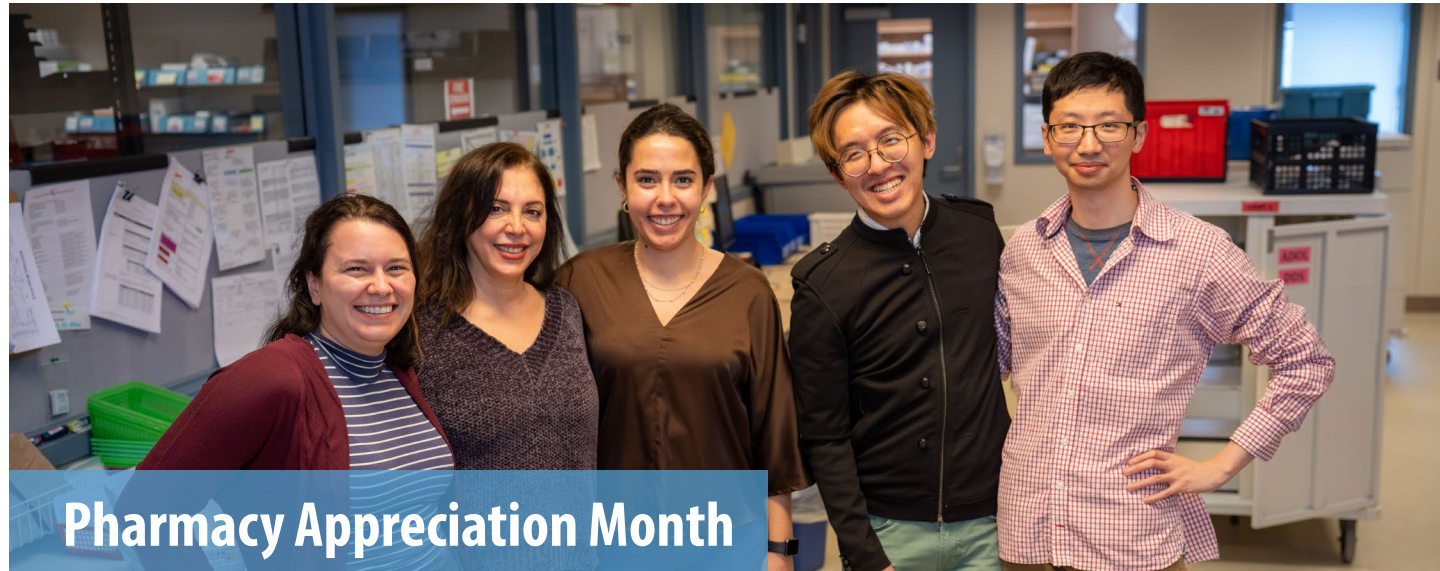
# Current



March  
2024



Ontario Shores  
Centre for Mental Health Sciences



Meet Eleanor Mitchell, Secretary in Pharmacy Services. Her unwavering commitment to applying her skills daily to advance mental health care stands as a shining testament to her remarkable dedication.

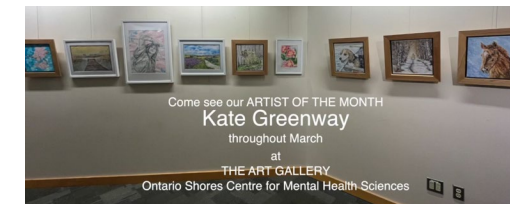
» Watch the video here.



**The Mental Health Podcast S1 E11: Ask the Pharmacist**

This is the first of a recurring segment, Ask The Pharmacist. What does my mental health medication actually do for me? How do I know if it's the right dosage or even the right type? Our pharmacist, who specializes in mental health meds has the answers. By the way, if you have questions about your prescription, send us an email [thementalhealthpodcast@ontarioshores.ca](mailto:thementalhealthpodcast@ontarioshores.ca).

» Check out Episode 11 here.



**The Recovery Art Gallery: March Artist of The Month**

Kate Greenway is our Artist of The Month. She takes over from our February Artist of The Month Sean Stone.

» Check out the video here.



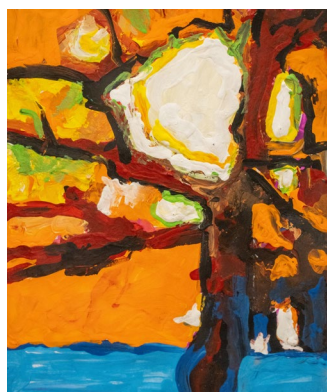


Larry's Art Show



Larry's Art Show

» Larry's Art Show at The Ontario Shores Art Gallery.



Here are your Forensic Secretaries

From left to right we have, Carrol Espie FRU and FPRU, Leanne Beaudry FCRU and FTU (who is taking a leave and the reason for the celebratory photo), Shyane Misick who will be taking over FCRU and FTU (for Leanne in her absence) and Angie Williams FAU and FARU.

Leanne has been with Ontario Shores for 17 years and we will miss her as will many others. She has been a big part of Forensics and played a very active role within the Union. We are excited for her new adventure and wish her the best of luck in her endeavours.



Mental Health Matters

Seven episodes of Mental Health Matters are available to watch any time on YouTube with a new episode each month. **Follow us for more here.**

**Women's Mental Health**

In this episode of "Mental Health Matters," we illuminate the crucial topic of women's mental health, spotlighting the transformative influence of Ontario Shores' specialized Women's Clinic. Join us as we hear from two remarkable members of the Ontario Shores team and two former patients who share their insights and the clinic's profound impact on their recovery journeys.

» **Check out Episode 7 here.**

# A Shore Thing: Dragon Boat Team

By Joanna Holley

I have been a member of the Ontario Shores dragon boat team since it's inception and have developed a passion for the sport since day one! Let me tell you why.

In my experience, dragon boating offers a unique blend of exhilaration, camaraderie, and teamwork that makes it an incredibly enjoyable experience. One of the most rewarding aspects that I've found is the opportunity it provides to develop new friendships with people who you may not usually meet throughout the course of your normal work day. As an outreach clinician, it's great to meet up with people from different units and departments – sometimes friends who I haven't seen in ages!

For me, participating in dragon boating instills a sense of physical strength and empowerment. I've built endurance and enhanced muscle tone and I come away from practices feeling strong and invigorated. There's an undeniable thrill that comes from harnessing the power of the water and propelling the boat forward as a cohesive unit.

Beyond the physical benefits, the sheer joy of being out on the water is something that has always held an allure for me. Kayaking, swimming, boating, paddling – I love them all. Many of you know about my love for animals, and the chance to see cranes, turtles, muskrats, beavers and fish is an added bonus for me. And during races, the adrenaline rush of competition is exhilarating! Whether it's gliding through calm waters or powering through choppy waves in the rain, every moment spent on the dragon boat is an adventure in itself.

Of course, the thrill of victory adds another layer of enjoyment to the sport – and our team has picked up a lot of metal! Winning a race not only validates the hard work and dedication put into training but also elicits a sense of pride and accomplishment that is unmatched.



The collective celebration among teammates after a successful race isn't bad either!

Looking for something fun to do this spring? Come join A Shore Thing and create lasting memories and new friendships with us!



Ontario Shores  
Centre for Mental Health Sciences

# All Staff Forum

Hosted by Karim Mamdani



Tuesday, April 23, 2024

2:00 p.m.

Lecture Theatre, Building 5, Level 2

See E-weekly for more information.



Ontario Shores  
Centre for Mental Health Sciences



On Behalf of Professional Practice

We Are Dietitians  
NUTRITION MONTH 2024

National Nutrition Month  
March, 2024

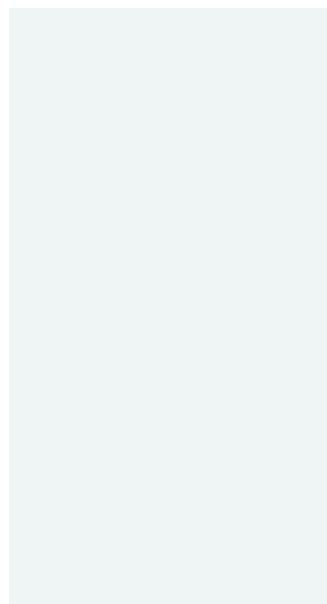
#NutritionMonth



**Kerrie Naylor** RPN  
Medical Education Coordinator

Enhance your nursing skills with Microcredentials! Take control of your learning journey, at your own pace, and explore the topics that ignite your passion. **Discover more about Kerrie and Microcredentials at Ontario Shores on our website.**

» Watch the video here.

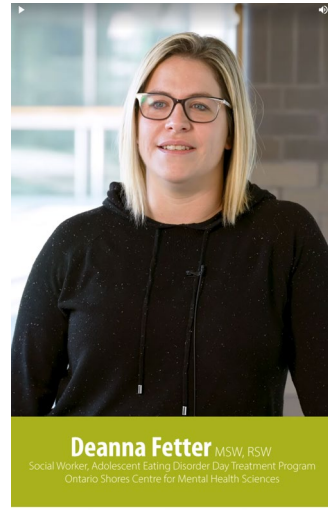
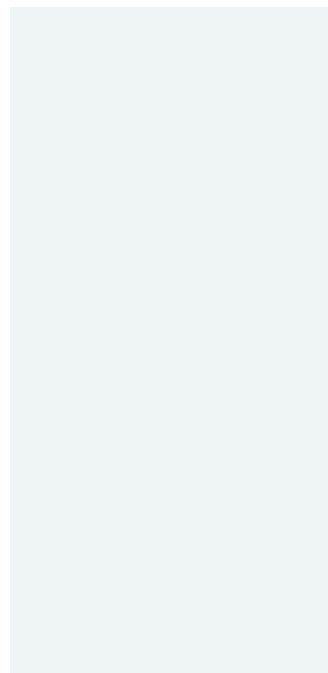


**Andria Wilkins** CYW, MSW, RSW  
Social Worker, Adolescent Eating Disorder Day Treatment Program  
Ontario Shores Centre for Mental Health Sciences



This is Andria Wilkins, CYW, MSW, RSW, Social Worker at Ontario Shores' Adolescent Eating Disorder Day Treatment Program who is empowering patients and families to achieve success. #SocialWorkOpensDoors

» Watch the video here.

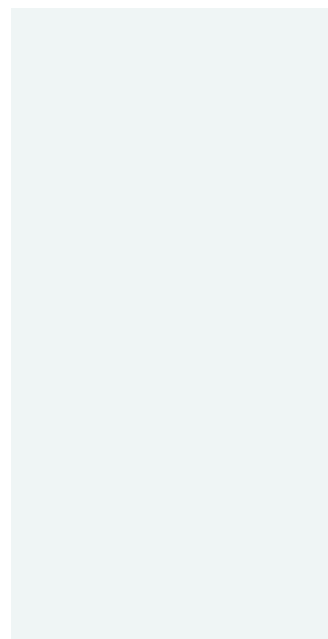


**Deanna Fetter** MSW, RSW  
Social Worker, Adolescent Eating Disorder Day Treatment Program  
Ontario Shores Centre for Mental Health Sciences



This is Deanna Fetter, MSW, RSW, Social Worker at Ontario Shores' Adolescent Eating Disorder Day Treatment Program. She connects patients and families through understanding and allows them to feel heard. #SocialWorkOpensDoors

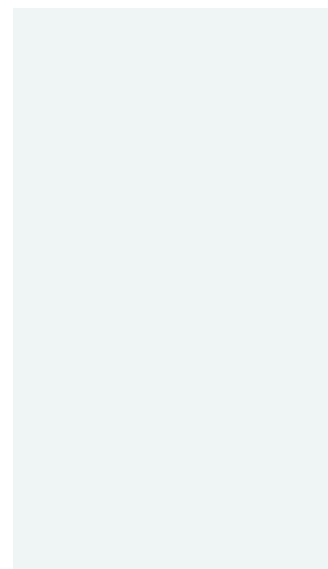
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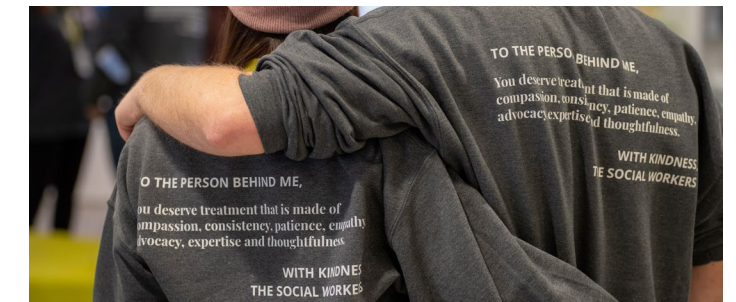
**Alma Siciliano** (She/Her)  
Secretary, Forensic Outpatient Services

Meet Alma Siciliano, Secretary in Forensic Outpatient Services. Alma's unwavering dedication to her role exemplifies the heart of our team. Her commitment to providing exceptional care is truly inspiring. Join us in celebrating Alma's passion and compassion for mental health care.

» Watch the video here.



## Social Work Week



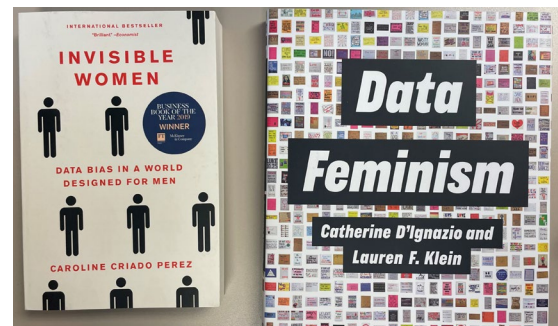
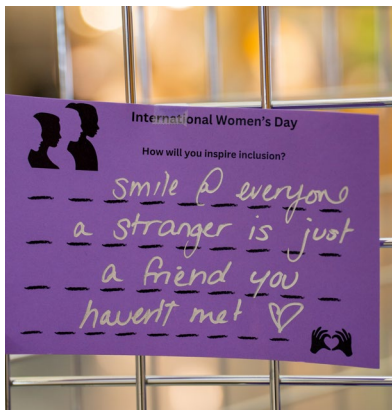
## Preceptor of the Month

"Teaching is the greatest act of optimism."

~ Colleen Wilcox



**Dr. Gandhi**



New book acquisitions to the library's collection.



## International Women's Day at Ontario Shores

By Shauna Moore

*"Have we not the brains to think? Hands to work? Hearts to feel? And lives to live?" she demanded. "Do we not bear our part in citizenship? Do we not help build the Empire? Give us our due!"*

~ Nellie McClung

The first International Women's Day (IWD) event was held in 1911 with support from close to a million people. Today, it has become a global movement that celebrates the countless achievements of women including education, politics, and economics.

The theme for this year is, "Inspire inclusion." The call to action is to ask, if women are not present, why are they not present? When I think about that question, I'm encouraged by, and proud of, the fact that women are part of our senior leadership team, present at decision-making tables, provide exemplary patient care and keep our hospital running. Women in our Ontario Shores village lead, innovate and nurture hope – at every level for patients, staff, volunteers and the community. I am grateful for the many women who have welcomed and included me to feel like I belong here!

When we consider that women continue to be excluded from tables where key decisions are made in spite of the fact that they make up more than 50% of Canada's population (Statistics Canada, 2022) and are still under-represented in the highest levels of government, corporations, it means there is more work to do. Women, are still largely the victims of intimate partner violence,

discrimination and increasing mental health challenges (Angus Reid, March 2022). These statistics increase as the degree of marginalization increases.

The personal challenge for me this month is to ask, "Which women are missing from this conversation?" and "What voices I am not hearing in this process?"

As we strive to build a world that is gender equal, what actions do you need to take to be a cheerleader, ally and supporter of women?

## Shoreline Voices

This blog space belongs to you. Anyone at Ontario Shores who has a story to tell, an idea to share or wants to highlight their team are welcome to submit \*. We can even help you organize your thoughts. If you have a submission or just want to find out more, [email us here](#).

# Ontario Shores 2024 Dragon Boat Coming Soon!



Experience is *not* necessary for this team sport!  
Stay Tuned... Registration starts Wednesday, April 3.



### RBC Volunteers Day

## Research Participants Needed

If you are between the ages of 18 and 60, with a diagnosis of Major Depressive Disorder, you may be eligible to participate in a Research Study.

You will receive reimbursement for travel-related expenses. You will also receive monetary rewards based on your performance on computer tasks that measure motivation and cognition.

Contact the research team by emailing [burhana@ontarioshores.ca](mailto:burhana@ontarioshores.ca) or [blairmer@ontarioshores.ca](mailto:blairmer@ontarioshores.ca)



## FTLOAAOS (For The Love Of Acronyms At Ontario Shores)

By Kevin Frankish

They warned me on the very first day of orientation here at Ontario Shores "WLOA" (We Love Our Acronyms), so try and keep up."

They were not kidding!

The word itself, Acronym, is a modern creation. Ironically, this word, that is today meant to highlight efficiency, actually originated in World War Two. It allowed for locations and operations to be abbreviated to confuse the enemy. To "confuse"? OMG!

In my first week here I was asked to check in with ERM to learn more about PI and understand how FIPPA differs from PHIPA. My reply..."WTF?" (What's That For?).

To help you out, we have just added a **list on Shoreline of commonly used acronyms** here at Ontario Shores. (if we've missed any, reply in the comments below and we will add to the list)

*How well do you know your acronyms?*

To find out I went to the PWGOL (Place Where We Get Our Lunch-cafeteria) to put people to the test.

My first contestants...Brenda, Jill and Lucy all from NFS, and Amanda from ReACT (Recovery Activation Community Transition)

This quartet was actually pretty quick answering my questions. They breezed through EDU but got caught up a bit with AEDU. Amanda challenged me with RA which was not on my list, or so I thought. Turns out RA is actually a short form of RAC which is Risk Assessment Checklist. Not a bad effort.

Next up...Krystina and Kelli who are with AMD (Anxiety Mood Disorders clinic). However, AMD actually is now officially the Outpatient Complex Anxiety and Mood Disorder and Consultation Services which will not be



known by the acronym OCAMDCS because, well, it's just too long. Anyway... Kelli works under ICAP (Integrated Community Access Program. I asked her colleague Krystina to give me the long form for ICAP. She struggled and kept looking across at Kelli for help. She was able to get Integrated Community but had trouble with the word Access.

Yes, I'm having a hard time keeping up too.

An Ontario Shores celebrity happened by next, Josh Silvestre AKA (Also Known As) Dry Erase Josh (DEJ?). Once again, I had the table turned on me. Josh quizzed me on something else not on my list, SMG which he explained is Safe Management Group.

All of the above is FYI. IDK if it answers any of your FAQ's but AFAIK (As Far As I Know) at the EOD if you DIY, any sentence or phrase can be shortened IMO. So, if you have a FOMO, just check out **the 411 on OSA (Ontario Shores Acronyms) on Shoreline.**

TTFN. (This last one will be obvious to any parent out there who reads Winnie The Pooh to their kids).

## National Caregiver Day Celebration at Ontario Shores

National Caregiver Day Celebration will be hosted at Ontario Shores Centre for Mental Health Sciences, 700 Gordon Street, Whitby on April 4, 2024 from 4:30 p.m. to 7:00 p.m. This is an in-person event for family, friends, caregivers and community stakeholders. Free parking and light refreshment will be served.

**Premiere of in-house production "The Caregivers":** Directed by Kevin Frankish, Communications Specialist, Ontario Shores

**Caregiver Townhall:** Moderated by Nora Spinks, CEO, Work-Life Harmony Enterprises and Kevin Frankish

**Caregiver Photovoice Exhibition:** Photography by families and caregivers in our community reflective of our caregiving experience

Caregiver Resource Fair and more, [register here.](#)



## Solar Eclipse

Monday, April 8, 2024  
between 2:04 p.m. and 4:31 p.m.  
totality occurs at 3:19 p.m.

Reminder: looking at the Eclipse without proper eye protection can cause permanent damage, please be cautious.



## The Book

By Gwenne Woodward

*Gwenne Woodward is a Social Worker who uses Dialectical Behaviour Therapy (DBT) with her patients living with Borderline Personality Disorder.*

I arrived home a couple of weeks ago and it had been one of those days. To say the least, I was more than a little down. So, I did what I always do when I need a boost. I reached for The Book. Actually, it's called The Recovery Book. It contains hundreds of letters, cards and stories of good news. Each page details a victory for a patient, a thank-you from a mother, a hand-drawn picture and even poetry from those who have shown me what hope is about.

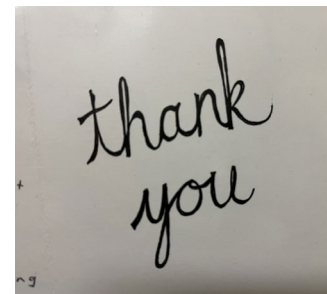
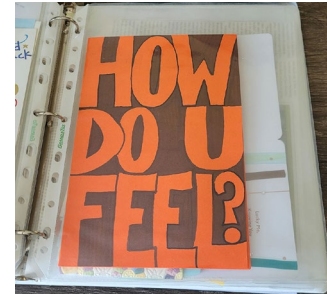
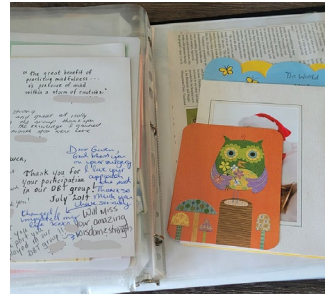
Borderline Personality Disorder means having to live with intense mood swings and so much uncertainty... uncertainty towards your own self image, uncertainty with your relationship with others.

I don't sugar coat recovery with my patients. Before we begin our journey together, I warn them that this will be work, hard work. I am so excited when someone takes on this difficult task and, within a few months, takes back their life. It's incredibly fulfilling for me. Sadly, the hard work is not embraced by others and the outcome can be heartbreaking. This is where The Recovery Book comes in to play for me. When I need to pull it down from the shelf, the pages tell stories of lives changed for the better.

As I share some of the pages with you, keep in mind, each page represents a life. How can that not humble you? How can that not make a bad day just melt away.

I would also like to share with you the stories of just two of these incredible people, Marcia and Jason. They did the hard work and today they are filled with new hope. That is the type of hope that shines light in what were once dark corners. That is the hope that is in the pages of my Recovery Book. That is the hope that reminds me why I do what I do.

Where do you find your hope?



## Shoreline Voices

This blog space belongs to you. Anyone at Ontario Shores who has a story to tell, an idea to share or wants to highlight their team are welcome to submit \*. We can even help you organize your thoughts. If you have a submission or just want to find out more, [email us here](#).

## Green Matters: Earth Month

By Vincci Tang

April is Earth Month! This is our chance to raise awareness and promote sustainable practices in our community. Climate change negatively impacts health (think about the forest fires last summer) and we all need to take steps to reduce our carbon footprint.

Here at Ontario Shores we have done a lot of things to make us more sustainable. For example, in 2023 we reduced our energy consumption by 6.7%. This saved over 200 tonnes of green house gases and is the equivalent of taking 50 gas powered vehicles off the road. We have also improved our land diversion rate (the percent of our waste that does not go to landfill) to 65%. In addition, we have switched to many compostable containers which, when discarded into compost or green bins, is better for the environment.

However, we need your help. How can you make a positive impact at home and in the workplace?

Look for ways to reuse items instead of throwing them away.

Make a conscious effort to reduce waste by recycling and composting.

Say no to single use plastics.

Reduce your water consumption, turn off the taps while brushing your teeth, take shorter showers, fix leaks around the house and look for low-flow shower heads, faucets and toilets.

Turn off lights and appliances and unplug chargers and other electronics when they are not in use. Walk, bike, carpool or use public transit.

Support local businesses and purchase local products to reduce transportation emissions. Plant trees and gardens. Trees and plants absorb carbon dioxide and provide food and shelter for members of our eco-system.



## Green Matters

[shoreline.ontarioshores.ca/greenmatters](https://shoreline.ontarioshores.ca/greenmatters)



Choose plant-based meals more often, reduce food waste and support sustainable farming practices. Participate in workplace activities or join the global Earth Hour 2024 on Saturday, March 23 from 8:30 p.m. to 9:30 p.m.

Educate yourself, stay informed about environmental issues and solutions by reading books and watching documentaries.

Share your passion for sustainability with friends, family and coworkers. Inspire others to join the movement.

Remember, every action and every sustainable choice makes a difference and contributes to a healthier environment for us all. Green Matters!

## Earth Month Activities

» [Employee Wellness Challenge](#)

» [Be a Power Saver](#)

» [Waste Diversion Challenge](#)

» [Name Our Queen Bee](#)



## Share Your Story!

Do you have a great story to share?  
Send it to  
[communications@ontarioshores.ca](mailto:communications@ontarioshores.ca)