



# Annual OMA Collaborative Session on Mental Health

*A CPD Session as part of the OMA Annual General Meeting  
April 24 – April 25, 2014 at the Toronto Marriott Eaton Centre Hotel*



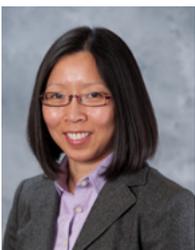
## **Faith and Fallacy: An Exploration of Existential Stigma**

**Speaker: Dr. Bruce Ballon, BSc, MD, ESP(C), FRCPC(C)**

*Dr. Bruce Ballon is an award-winning psychiatrist. Dr. Ballon brings close to two decades of experience in providing innovative education, novel simulations, coaching, group facilitation and creativity-enhancing techniques for teaching and training to individuals and groups. As Director of Education for SIM-one (the Simulation Network of Ontario), which encompasses all the health centres and training programs in Ontario, Dr. Ballon has designed numerous workshops, events, expositions, certification programs and more for advancing the uptake and innovation of simulation across healthcare. He is an Associate Professor of Psychiatry and Public Health for the University of Toronto's Faculty of Medicine.*

### **Objectives:**

- Compare and contrast the concepts of attribution theory, magical thinking, belief/faith, and existentialism as they relate to mental health
- Identify factors that lead to the creation and sustaining of stigma towards mental health issues
- Use self-reflection to emphasize with people who do not share the same perceptions and schemas as yourself



## **Everyday Medico-Legal Issues in Mental Health Care**

**Speaker: Dr. Ellen Tsai, MD, MHSc (Bioethics), FRCPC**

*Dr. Tsai is a Physician Risk Manager, Risk Management and Communication Services at the Canadian Medical Protective Association (CMPA). Before joining the CMPA in 2012, Dr. Tsai was a pediatric intensivist at Kingston General Hospital and an Associate Professor at Queen's University in the Departments of Pediatrics and Philosophy. She held the position of Medical Director of the regional PALS program with an interest in simulation-based education. Dr. Tsai's work has included chairing the Bioethics Committee of the Canadian Paediatric Society for six years, running a busy clinical practice including ethics consultation, and participating in undergraduate and postgraduate education and ethics-related research activities.*

*(continue on page 2)*

### Objectives:

- Outline one's professional obligations in the preparation of medico-legal reports, forms and letters
- Describe appropriate criteria for accepting and discharging patients from one's practice
- Distinguish between conscientious objection and discrimination



## Physician Roles in Mental Health Promotion and Mental Illness Prevention

**Speaker: Dr. Alison Freeland, MD, FRCP(C)**

*Dr. Alison Freeland is the Associate Chief of Psychiatry of the Royal Ottawa Health Care Group. She currently works in the Royal Ottawa Mental Health Centre's Community Mental Health program. Her clinical focus is providing care to people with severe and persistent mental illness and she has a strong interest in developing best practices in the treatment of women with complex psychiatric illness. At the university level, Dr. Freeland is an Associate Professor at the University of Ottawa. Dr. Freeland is Past President of the Ontario Psychiatric Association and Chair of the Section of Psychiatry of the Ontario Medical Association.*

### Objectives:

- To define and describe the concepts of mental health prevention and mental illness promotion
- To be aware of current mental health promotion and prevention strategies in Canada and Ontario
- To be aware of recent evidence based approaches to prevention of depression and suicide



## Collaborative Mental Health Care for Post-Secondary Students

**Speaker: Dr. Catharine Munn, MSc, MD, FRCP(C)**

*Dr. Catharine Munn is the Lead Psychiatrist at the Student Wellness Centre at McMaster University where she has practiced for 10 years. She works closely and on a daily basis with primary care physicians and counselors. Dr. Munn also teaches in the McMaster Family Medicine and Psychiatry Residency Programs. More recently, she has undertaken an enhanced role in the McMaster Faculty of Health Sciences in collaboration with Student Affairs to develop a university-wide student mental health strategy as well as to enhance the use of and practice of student mental health research.*

### Objectives:

- To describe the developmental and mental health challenges facing "emerging adults" or post-secondary school students
- To describe collaborative mental health services as modeled at McMaster Student Wellness Centre
- To detail current initiatives designed to improve student mental health and mental health services
- To discuss challenges to providing seamless care for students with mental health concerns



## Stigma and Discrimination Towards People with a Mental Health Disorder or Illness

**Speaker: Dr. Manon Charbonneau, MD, FRCP(C), FCPA**

Past President Canadian Psychiatry Association (CPA), 2006-2007

Chair, Stigma-Discrimination Working Group

Director board Mental Health Commission of Canada 2013-2017

*Currently Dr. Charbonneau is the Chair of CPA's working group on stigma-discrimination working group since 2007, in continuity of her presidential theme work on "Identity, humanity, generativity". Dr. Charbonneau is also involved in her community. She also was one leader for the RELAY for Life initiative of the Canadian Cancer Society in 2009 as a medical doctor, and as a person with a lived experience of both depression and cancer.*

### Objectives:

- To become familiar with the work of the CPA and describe current concepts pertaining to stigma/discrimination
- To understand the PEC Strategy (Protest, Education, Contact) to address the problem
- To reflect on our own stigmatizing behaviors and self-stigmatizing attitudes and learn that Direct contact is essential in fighting stigmatizing attitudes
- To be familiar with the position paper from CPA

## PROGRAM SCHEDULE

Date	Time	Speaker	Topic
Thursday, April 24 evening	6:00 – 6:10 P.M.	Dr. Michael Paré	Introduction to the Collaboration
	6:10 – 6:30 P.M.	Dr. Harry Zeit	Report from OMA Section on Primary Care Mental Health Education Committee
	6:30 – 7:45 P.M.	Dr. Bruce Ballon	Faith and Fallacy: An Exploration of Existential Stigma
	7:45 – 8:00 P.M.	Break	
	8:00 – 9:30 P.M.	Dr. Ellen Tsai	Everyday Medico-Legal Issues in Mental Health Care

Friday, April 25 morning	9:00 – 9:15 A.M.	Dr. Michael Paré	Session Introduction
	9:15 – 10:00 A.M.	Dr. Alison Freeland	Physician Roles in Mental Health Promotion and Mental Illness Prevention
	10:00 – 10:15 A.M.	Break	
	10:15 – 11:00 A.M.	Dr. Catharine Munn	Collaborative Mental Health Care for Post-Secondary Students
	11:00 - 12:00 P.M.	Annual General Meeting OMA Section on Primary Care Mental Health	
	12:00 - 2:00 P.M.	Adam Linton Memorial Feature Luncheon	

Friday, April 25 afternoon	2:00 – 2:15 P.M.	Dr. Michael Paré	Session Introduction
	2:15 – 5:00 P.M.	Dr. Manon Charbonneau	Stigma and Discrimination Towards People with a Mental Health Disorder or Illness

**This program is accredited by the General Practice Psychotherapy Association for:**

- 3.00 hours of GPPA Group CE credits on April 24, 2014
- 4.25 hours of GPPA Group-CE credits on April 25, 2014

**Annual General Meeting OMA Section on Primary Care Mental Health is approved for:**

- 1.00 hours of CCI as a Meeting on April 25, 2014

For information about the General practice Psychotherapy Association please see the web site at <http://www.gppaonline.ca>

## **The Sponsoring OMA Sections involved with the Section Chair:**



### **OMA Section on Psychiatry**

**Section Chair – Dr. Alison Freeland, Ottawa**

#### **The objectives of the Section:**

- *To advance the specialty of psychiatry as a unique and essential medical specialty, focusing on the mental health needs of Ontario*
- *To establish collaborative partnerships with other health care provider groups to ensure best practices in mental health care in Ontario*
- *To address stigma experienced by those receiving mental health care services*
- *To ensure that psychiatry as a medical specialty is valued and resourced in the same way as other medical and surgical specialties*



### **OMA Section on General and Family Practice**

**Section Chair – Dr. Garrett Foley, Cornwall**

#### **The objectives of the Section:**

- *To recognize and support diversity in medical practice*
- *To recognize and allow for the diversity of opinion of its members*
- *To encourage educational and training excellence*
- *To support the continuous improvement of health care infrastructure*
- *Is dedicated to the promotion of the economic and general well being of its membership*
- *Is dedicated to the continuous improvement of the relationships and understanding with other clinical specialties*
- *To continue to define and promote the role of family physicians in health care*
- *Is an advocate for the best possible care for patients in Ontario*



### **OMA Physician Health Program**

**Medical Director – Dr. Michael Kaufmann, Toronto**

#### **The objectives of the Program:**

*The OMA Physician Health Program (PHP) is a confidential service for physicians, residents, students, and their family members who may be experiencing problems ranging from stress, burnout, emotional or family problems, through to substance use disorders and psychiatric illness. Individuals contacting the PHP may be seeking help as an affected health professional themselves or, as often, may be a concerned supervisor, colleague or loved one of an ill health professional.*



### **OMA Section on College and University Student Health**

**Section Chair – Dr. Darrell Grant, St. Catharines**

#### **The objectives of the Section:**

- *To unify the Student Health Physicians of the Province of Ontario and to promote harmony and understanding amongst them and between them and the medical profession at large;*
- *To assist and encourage Student Health Physicians to continually increase their professional knowledge, skills and proficiency;*
- *To act and speak as a recognized authority on behalf of and for the benefit of Student Health Physicians and their interests through the Board of Directors of the Ontario Medical Association;*
- *To study and make representations as to suitable fees, and/or funding models based on services rendered, time consumed, and responsibilities undertaken that will represent*

## **OMA Section on Occupational and Environmental Medicine** **Section Chair – Dr. Deborah Parachin, Oakville**

### **The objectives of the Section:**

*The Section on Occupational and Environmental Medicine recognizes work as a determinant of health and promotes healthy workplaces and worker well-being. It offers a forum for discussion and review of workplace issues including legislation, monitoring and surveillance, injuries, illnesses, and psychosocial factors in disability, as well as relevant environmental concerns. The section welcomes all physicians with an interest in worker health, the workplace and the environment.*



**Dr. Michael Paré**  
Section Chair of  
Primary Care Mental  
Health

## **OMA Section on Primary Care Mental Health** **Section Chair – Dr. Michael Paré, Toronto**

### **The objectives of the Section:**

*The objectives of the OMA Section on Primary Care Mental Health are to serve the GP Psychotherapists of Ontario and to promote harmony and understanding amongst them and between them and the medical profession at large; to assist and encourage GP-Psychotherapists to continually increase their professional knowledge, skills and proficiency; to act and speak as a recognized authority on behalf of and for the benefit of GP-Psychotherapists. To inquire about the section please call Dr. Michael Paré, Chair, OMA Section on Primary Care Mental Health, at 416.229.2399 ext.120 or email at [michaelpare@rogers.com](mailto:michaelpare@rogers.com).*



**Dr. Harry Zeit**  
Chair of Education  
Committee

### **Executive Committee:**

Section Chair –	Dr. Michael Paré, Toronto
Vice Chair –	Dr. Harold Pupko, Toronto
Tariff Chair –	Dr. Muriel van Lierop, Toronto
Secretary –	Dr. Darlene Hall, Toronto
Education Chair –	Dr. Harry Zeit, Toronto
Past Section Chair –	Dr. David Cree, Hamilton
Treasurer –	Dr. James Whyte, Toronto

### **Education Committee:**

Chair –	Dr. Harry Zeit
	Dr. Aube Kurtz
	Dr. Harold Pupko
	Dr. Samuel Lai
	Dr. Sheldon Wagner
	Dr. James Whyte
	Dr. Michael Paré

**The OMA Section on Primary Care Mental Health** initiated this program because we believe that collegial collaboration is essential. Additionally our Section considers that it is fundamentally important to assist and encourage all physicians on continually increasing their professional knowledge, skills and proficiency.

Further collaborative sessions are planned and the theme will once again be Mental Health (and the Diagnosis and Treatment of Mental Illness).

The OMA Section on Primary Care Mental Health works not only with other OMA Sections and Departments, yet also with such organizations as the Department of Psychiatry of McMaster University. This ongoing collaboration will again be offering the upcoming Annual McMaster Muskoka Seminars. Information is available at [www.mcmastermuskokacme.com](http://www.mcmastermuskokacme.com).

We wish to thank the following OMA departments for their essential help with this program

**OMA Constituency Services and Conference Planning**

**OMA Physician Health Program**

We wish to thank the following association for their important contribution to this program

**Canadian Medical Protective Association**

# Registration Form

## The Annual OMA Collaborative Session on Mental Health

*Pre-registration is required for all meetings. Registration forms must be received by April 15, 2014.* You may register online at [www.oma.org/agm](http://www.oma.org/agm), or by completing the form below and faxing to: 416.340.2244. For registration information, please contact Jennifer Csamer at 416.599.2580, ext. 3461, or email: [jennifer.csamer@oma.org](mailto:jennifer.csamer@oma.org)

**Thursday, April 24**        Yes, I will attend (evening session)

**Friday, April 25**        Yes, I will attend (morning session)  
                                      Yes, I will attend (afternoon session)

### I will also attend, Friday April 25, 2014

- Yes, I will attend the OMA Section on Primary Care Mental Health Annual General Meeting
- Yes, I will attend the Adam Linton Memorial Feature Luncheon
- I have special dietary requirements (please list) \_\_\_\_\_

Name: \_\_\_\_\_

City: \_\_\_\_\_

Email: \_\_\_\_\_

**\*\* Please fax form to Constituency Services at 416.340.2244 \*\***

Hotel Reservations: To reserve a room at the Marriott Toronto, Downtown Eaton Centre Hotel, at the preferred rate of \$199 single or double occupancy, please telephone hotel directly and note you are with the OMA conference. The deadline for reservations is **March 31, 2014**. After this date, reservations will be accepted on a space-available basis only.



**Venue:**  
**Toronto Marriott Eaton Centre**  
525 Bay Street, Toronto, ON M5G 2L2  
Tel: 416.597.9200  
Toll-free: 1.800.905.0667

Information on travel discounts with Porter and Via can be accessed via the following link:  
<https://www.oma.org/Member/Programs/Advantages/Pages/default.aspx>

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