



# GENERAL HAPPENINGS

Healthy People, Outstanding Care



Brockville General Hospital

JANUARY

## In This Issue

2. Weagant Farm Supplies Supports Annual Appeal with \$13,500 Donation
2. Good Neighbour Brockville Quickie Donates \$5000 to Local Palliative Care
3. Volunteer Directs RBC Charitable Funding to BGVA
3. International Volunteer Day
3. Volunteer Santas
3. Good News for BGH Staff
3. Reminder for Submission Due Date for Newsletter
4. BGVA News
5. Volunteer Hand Hygiene Goes Over the Top to 1200
5. New Parking System at BGH
5. Palliative Care News
5. Mental Health In-Service Information Session for Volunteers
6. BGH Christmas Decorating Contest
7. Staff Kudos
7. Welcome to New Employees
7. Next Board Meeting and Next Staff Forum
8. Wellness Committee
9. Mental Health Update
10. Staff Council Special Occasion Baskets for Fundraiser
11. Online Course—Integrating a Concurrent Disorders Approach into Withdrawal Management
12. Online Course—Interactions between Psychiatric Medications and Drugs of Abuse
13. ARCC Groups for Women
14. Information Sessions for all Staff and Volunteers: Mental Health, Mental Illness and Stigma



**My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world.**

Jack Layton

## Annual Appeal Closes at 105% of Goal

**The Brockville and District Hospital Foundation ends its 2011 Annual Appeal on a high note, achieving 105% of its \$135,000 fundraising goal.**

Donations received since the campaign's launch at the end of October now total

over \$142,300. The targeted \$135,000 was set to support Brockville General Hospital Laboratory Services, in the acquisition of Telepathology—a system

that uses electronic imaging and information transfer to allow instant transmitting and sharing of digital images of pathology samples or "slides." Through the ability to share electronically, the

system will enable faster second opinion in support of diagnosis for patients, regardless of where they live.

"Once again," says Joan McLaughlin, Executive Director for the Foundation, "we are so grateful for the generosity of this community, in support of our hospital."



Sharing the good news with BGH Laboratory Services staff is Doris Hallett (holding thermometer), Foundation Board member; Susan Pugh (beside thermometer), BGH Lab Manager; and Dr. Naguib Yassa (back row, second from right), BGH Chief of Pathology

The Brockville and District Hospital Foundation is the fundraising arm of Brockville General Hospital. It is a non-profit charitable organization established to raise funds to help purchase medi-

cal equipment and support program needs.

## Profiles: Your Board of Governors

**Hugh Bates (Past Chair) - Board member since 2005**

Hugh was a principal in Leeds and Grenville for 30 years, before retiring in 1993. He is an active volunteer with the Brockville General Volunteer Association, and chaired its board for two years. Hugh's past five years on the Board of Governors for BGH include two years as Vice Chair before becoming Chair of the Board.



## Weagant Farm Supplies Supports Annual Appeal with \$13,500 Donation

Weagant Farm Supplies has donated \$13,500 to the Brockville and District Hospital Foundation's 2011 Annual Appeal, a generous donation that represents 10% of the total fundraising goal.

"We saw the call for support for the Annual Appeal in the newspaper," explains Laird Weagant, co-owner of the local business. "For us, it's the very fact that it is for Telepathology, new technology for the lab. We have 17 employees in this location alone. They and their family members will all need the service at some point.

"It's a very specific cause," he adds. "It's been a good year for us so we feel we need to share with the community." The BDHF Annual Appeal is supporting the Brockville General Hospital (BGH) Laboratory Services for 2011, with a goal of raising \$135,000 targeted for the lab's acquisition of Telepathology—a system that uses electronic imaging and information transfer to allow instant transmitting

and sharing of digital images of pathology samples or "slides." Through the ability to share electronically, the system will enable faster second opinion in support of diagnosis for patients, regardless of where they live.

The donation is a corporate donation, says Weagant. "Our staff does their own fundraising as well, and in November alone supported Movember for Prostate Cancer, the Kinsmen Snowsuit Fund and local Palliative Care."

The Foundation's Annual Appeal began in early November and runs to December 24th. With the Weagant donation, the Appeal has already raised over \$100,000 towards the final goal.

Weagant Farm Supplies has three locations and employs 61 people in the region. Laird and his wife Elise moved to the Brockville area three years ago.

"Wherever we lived," says Elise Weagant, "we've always supported local hospitals. When you support the hospital, you support the community."



BGH Lab Manager Susan Pugh (seated in tractor seat) gratefully accepts the donation of \$13,500 from Weagant staff (front row, l – r) Colin Tracey, Dale Somerville, Juliana Watt, Michael Harper, Giselle Davies, (back row, l – r) Andrew McMullen, Laird Weagant (owner), Dale Countryman, Joe Vasey, Robert Taylor, Bill Reed, Elise Weagant (owner), John MacDonald, Randy Washburn, Kasey Kinch, Greg Clark and Elwood Giroux. Missing is Lorne Smith.

## Good Neighbour Brockville Quickie Donates \$5000 to Local Palliative Care



Sharing the good news for palliative care are Pam Dunphy (left), Quickie Store Dealer, and Joan McLaughlin (right), Executive Director for the Brockville and District Hospital Foundation

It's what being a good neighbor is all about. The Brockville Quickie Convenience Store at Central and Ormond Streets recently donated \$5000 to support the Brockville and District Hospice Palliative Care Service (BDHPCS).

The store frontage sign tags Quickie as "The Good Neighbour Store" and that's something the company takes seriously. "Quickie has its own Founda-

tion—the Quickie Community Foundation," explains Brockville Central Quickie Dealer Pam Dunphy. "Donation is a corporate decision, and in 2004 this location began to support local palliative care."

Dunphy, who has been dealer at the Central location for three years, says the funds are raised at the store through donation cash boxes and all Nevada ticket sales.

For 2011, the total funds raised are \$5000. In the past seven years, the Central location has supported the BDHPC Service with over \$18,500.

"It keeps growing," explains Dunphy. "We are the Good Neighbour Store, and the people we serve are good neighbours, too."

## Volunteer Directs RBC Charitable Funding to BGVA

The Brockville General Volunteer Association (BGVA) recently received a donation of \$500 from the Royal Bank of Canada through one of its own—Volunteer Margaret Wilson.

“This donation is through a program that the Royal Bank of Canada (RBC) hosts for its employees and retirees,” explains Wilson, who retired from RBC five years ago. “It’s called the RBC Employee Volunteer Grant Program. If you donate 40 hours to your favourite charity, you can apply for the \$500 grant to support that organization or initiative.”

Maureen Overy, President of the BGVA, is delighted to accept the gift to the Association.

“The Brockville General Volunteer Association is honoured to have been chosen by Margaret Wilson to receive, at her request, the RBC donation of \$500,” says Overy. “Margaret has been a regular volunteer in Eleanor’s Café for almost two years. Through the Volunteer Association newsletters, she became aware of the efforts made by the BGVA to raise funds. Many fund

raising activities are held throughout the year, as well as the regular activity of the Gift Shops and Eleanor’s Café. These funds are used to purchase equipment for use in the hospital, on both sites, for the comfort of the patients.”



BGVA member Margaret Wilson (left) presents the RBC Grant Program cheque for \$500 at Eleanor’s Café to BGVA President Maureen Overy

Last year, the BGVA raised \$55,000 to give to the hospital—\$20,000 for the Cardiovascular Rehabilitation Program, and the remaining \$35,000 to purchase nine Vital Sign Monitors. These state of the art monitors shorten the length of time the nurses need to clean equipment between patients, and are very much appreciated by BGH staff.

“Over its almost 123 years of continuous operation,” adds Overy, “the Volunteer Association at Brockville General Hospital has continuously

worked to support the comfort of the patients. Margaret’s donation will go towards the 2012 year-end total.” So why did Margaret Wilson join the BGVA? “I retired in 2006,” she explains, “and then was widowed in 2009. I felt it was time to get involved and give something back to the community.”

## International Volunteer Day



and Volunteer Norm Kearney

December 5th was International Volunteer Day. To mark the event, the BGVA created a special Christmas tree adorned with photos of the many helping hands at BGH. Here admiring the tree are (left) Cheryl Marshall, BGVA Volunteer Coordinator,

## Volunteer Santas



BGVA Volunteers were among the many volunteers and staff who really got into the Christmas spirit on the 23rd of December. Here Doris McGhie (left) and Gwen Wilson show their Santa stuff at Eleanor’s Café

## Good News for BGH Staff!

NRC Picker Canada, national provider of health care measurement, recently notified BGH that we have been identified as the high performer of their data question, “How many minutes after you used the call button did it usually take before you got the help you needed?” in their inpatient survey! Well done!

### Submissions for

“General Happenings” are due on the 24th of every month. Please send to [quipa@bgh-on.ca](mailto:quipa@bgh-on.ca) or [whema@bgh-on.ca](mailto:whema@bgh-on.ca)  
Maggie Wheeler, Editor Pam Quine, Publisher

## Brockville General Volunteer Association



The Volunteer Association sends out a huge thank- you to all of its' wonderful volunteers. Through your generous "Gift of Time" over 25,000 volunteer hours were given in 2011.

Our amazing Volunteers have greatly benefited the hospital throughout the following services: Information Desk; Gift shops; Day Surgery; Emergency Room; Eleanor's Café; the "Joy Short" sewing room; Patient Services on 1E & 2E; Recreation Therapy; Spiritual Care; Decorating committee; Social committee; Fundraising Committee; Wagon shop committee; Café committee; Hair Care; Mealtime Assistance; Knitting and Crafts; Telephone Committee; Vendor Program; Therapeutic Paws; ABM Bank Machine; Visiting ALC Patients; Art Gallery; Palliative Care Silent Auction committee; Wagon Cart; Magazine Cart; Lottery Desk and our Board of Directors. Now that's team work!



We are privileged to have you as our everyday heroes at both our Charles Street and our Garden Street sites! We look forward to working with all of you in the New Year!

Thanks to all the Volunteers who worked hard to support our successful Christmas Bazaar and Luncheon. We also are sending our thanks to the BGH staff who attended the lunch and purchased from the vendors.



One of the special delights of the Christmas season is a beautifully decorated tree. Once again this year we have several lovely trees throughout both sites provided by the Volunteer Association.

The Volunteer Association will once again, host a Silent Auction in support of the Palliative Care Telethon which will be held at the 1000 Islands Mall starting on Thursday, January 26th until Sunday, January 29th. Many lovely items will be available for you to bid on. Please come out and support this event!

**Thanks to a group of very talented ladies!**



Brockville  
General  
Volunteer  
Association

## New Parking System at BGH!

There is a new parking system at BGH Charles Street Site (CSS), and it will allow us to introduce flexible parking rates in the near future. For now, the current flat rate of \$5.00 per day is still in effect.

This system offers parking users the option of paying with cash, VISA or MasterCard. Simply press the button upon entry to print your time ticket, then take it with you into the hospital. You may pay upon leaving at either of two pay stations—at the CSS main entrance, or at the Emergency Department entrance. If you forget to pay at these pay stations, you can also pay by credit card at the exit kiosk in the parking lot.

For staff with monthly passes, simply swipe your card upon entry as you do when leaving.

## Volunteer Hand Hygiene Challenge Goes Over the Top to 1200



They deserve a hand—the Brockville General Volunteer Association (BGVA) took up the challenge of assisting 1000 people in five working days with hand

hygiene and exceeded their goal by 200 visitors to Brockville General Hospital (BGH).

The challenge ran the last five business days of November, rounding off BGH Patient Safety Month. The design and printing of the stickers was donated by the Leeds, Grenville and Lanark District Health Unit—a community partner in the promotion of hand hygiene. Pictured is Cheryl Marshall (left), Volunteer Coordinator for the BGVA, getting the first “squirt and sticker” from volunteer Pam Kirby (right).

“The Hand Hygiene Challenge,” says Marshall, “was an opportunity to highlight both the importance of hand cleaning by visitors when entering or leaving the hospital, and the valuable supporting role of the hospital volunteers who donate an average of 2000 hours per month to BGH.”

## Palliative Care News

### Palliative Care Volunteer Receives Top Award in Edwardsburgh-Cardinal

In December, MaryIn Casselman of Cardinal received the Citizen of the Year Award for the Township of Edwardsburgh-Cardinal. MaryIn has volunteered with the Brockville and District Hospice Palliative Care Service here at BGH for over a decade, with the 30-Hour Palliative Care Telethon, and with the Canadian Cancer Society. Her nomination was in recognition of all the volunteer work she has done over the years, much of it bringing a little sunshine into the lives of people dealing with life-threatening illness.

Congratulations to MaryIn for this honour!

## Mental Health In-Service Information Session for Volunteers

There will be three optional information sessions for all BGH volunteers about the transfer of acute care mental health services to Brockville General Hospital. All sessions will be presented by Dr. Robert Malone, Chief of Psychiatry for BGH. Volunteers are encouraged to attend these informative sessions, which will provide opportunity for general discussion and questions.

All three sessions are being held in the **CSS Auditorium, 1:30 to 3:00 p.m.** Registration is required for the following dates:

**January 12**  
**February 23**  
**March 8**

Seating is limited so please register your attendance with Cheryl Marshall, BGVA Volunteer Coordinator at 613-345-5649, ext. 1254 or via e-mail at [march@bgh-on.ca](mailto:march@bgh-on.ca).

# Christmas Decorating Contest at BGH

GSS

1st Prize

CSS



5th Floor



Pharmacy

Most Creative

Most Festive



McDougall Building



Stores

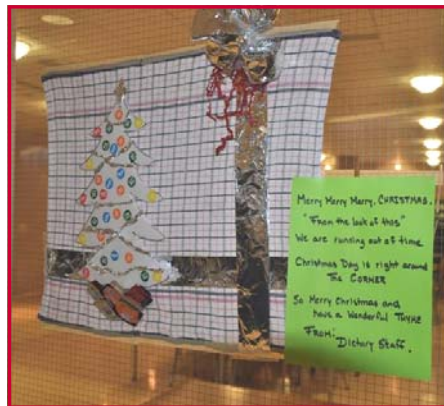


Foundation

Volunteer Association



Physio Scheduling Office



Dietary



## Staff Kudos

Special mention to our staff member Reina Pryer, who always does such a nice job of making our General Retreat look festive for every occasion. Reina goes above and beyond her job to provide a pleasing and colourful array of decorations throughout the year here at BGH. I think that a lot of our BGH staff enjoy Reina's efforts and her special touches that help make everyone's day a little brighter. Thanks Reina!

Irene Ireland

I would like to thank Sarah Ashby for her time and dedication to the Bee Geez wellness committee; thanks for taking the lead role with the crafts and department decorating contests! Your time is invaluable!

Adonica Keddy

I would like to extend my appreciation to the BGH volunteers. We are fortunate to have such a dedicated corps of people. My contact is mostly with the team who staff Eleanor's Café and they are always very friendly and helpful. It's amazing to see the hours put in serving visitors and staff. Thank you for your commitment!

Linda Peever

Thanks must go to the team who put our Annual Christmas Dance together: Diane Bowen, Judy and

Joe Dove, Sherry Anderson, Vaughnette Chatzikiriakos, Stacey Feig, Tiffany Flood and her boyfriend Mike (last name not available at time of printing). Over 100 people attended and a great time was had by all!

Ray Marshall

Kudos to Joanne Raven, Physiotherapist at CSS, for her acknowledgement received in the recently published article "Arthritis Extended Role Practitioners: Impact on Community Practice" published in *Physiotherapy Canada* Fall 2011. Great work, Joanne!

Martha, Heather and Mary

I would like to extend kudos to all staff, volunteers and physicians who patiently allowed me to "stalk" them during work hours with my camera to get as many current photos of our people as possible for the Anniversary Mural Project.

Maggie Wheeler

I would like to extend my appreciation to the Quadramed Mental Health planning team in particular Cathy Semkiw and Sandra Graham for their preparatory work from an IT perspective re: the acute mental health transfer. Thank you very much for your ongoing support!

Linda Peever

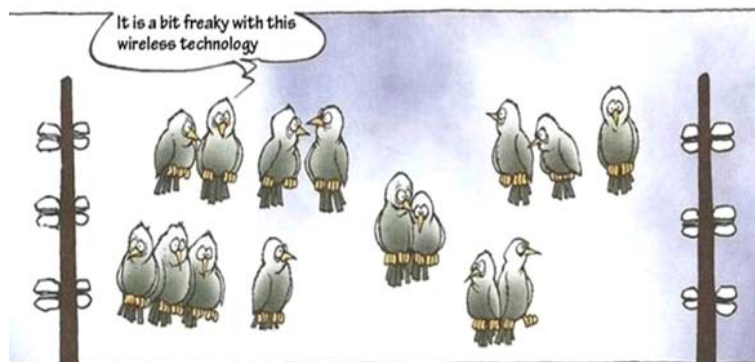
## Welcome to New Employees

Kimberley White—Casual RN—ICU  
 Carol Hinch Croteau—PT RN—1E  
 Dianne Fyn—FT RN—ER  
 Brenda Gauthier—Casual PSP—Med/Surg  
 Wilhelmina Hoftzyer—Casual PRN—Med/Surg  
 Jennifer Torode—FT Director—Mat/Child  
 Melodie Verburg—PT RN—2nd CSS  
 Brent Dalgleish—FT Community Programs Manager—Mental Health

Jessica Lepage—PT RN—1E  
 Ashley Kerr—PT RN—Med/Surg  
 Becky Dawson—Casual PSP—Med/Surg  
 Melodie Thompson—Casual PSP—Med/Surg  
 Michael Jessome—FT Engineer—Facilities  
 Lindsay Wilson—Casual RN—Med/Surg  
 Ronald Harrison—FT Pharmacist

**Next Board Meeting**  
 (Open Session - 5:30pm )  
**Monday, Jan. 9th**  
 CSS Library

**Next Staff Forum**  
**Tuesday, Jan. 10th at 2:00 p.m.**  
 Teleconferenced CSS Auditorium  
 & GSS Boardroom



## Wellness Committee

Happy New Year! The Bee Geez—your BGH Wellness Committee—are excited about the upcoming winter events designed to beat the winter blues and put a summer smile on your face.

As part of our on-going “Celebration of Life” theme for the 2011-2012 season, we want to celebrate our bodies in January! No matter what shape or size we are, our bodies are amazing machines that allow us to enjoy our lives.

Take the opportunity to celebrate your body with a:

FREE Zumba exercise demo class

Thursday, January 26<sup>th</sup>

11:30 to 12:00

CSS Auditorium

(GSS date and time TBA shortly)

Zumba combines Latin and International music with a fun and effective workout system. It's a great way to put some exercise in your day. Ditch the workout and join the party. Hang out with your co-workers for a half hour to try something new, healthy and fun!

Coming up:

- A winter food competition
- A winter BGH Family Fun Day at Laurier Hill
- Valentine's Day Candy Grams

So stay tuned for more celebrations of our lives...



Our Christmas Crafts with Kim was enjoyed by staff at both sites. Pictured is Kim Porter (left) showing the craft to some of our CSS staff.

## MENTAL HEALTH UPDATE

### Education

#### CMHA

Lori Veltkamp, Family Services, Public Education, CMHA Leeds-Grenville will provide some general information sessions on Mental Health and Illness and Stigma to BGH staff and volunteers in the new year. **Please see the poster in this newsletter for more information.**

#### Dr Rob Malone

Dr. Malone provided a one hour in-service on Mental Health and Stigma to the Leadership Team on Dec. 8<sup>th</sup>. Fourteen managers attended. Feedback was very positive.

Dr Malone has also graciously agreed to provide an in-service on Mental Illness and Stigma in three sessions to facilitate attendance by our Volunteers. A representative or two from the Leeds Grenville Crisis team will participate as well. It is anticipated that approx 45-50 volunteers will attend each session.

**Please see the poster in this newsletter for more information.**

#### Dr. Ken Leclair

An educational session on dementia and its challenges for health care professionals, by Dr. Ken Le Clair, FRCPC, Department of Psychiatry, Queen's University, was scheduled for December 8<sup>th</sup>. Unfortunately it had to be cancelled on short notice due to a personal emergency situation.

Dr. Le Clair is Professor and Chair of the Division of Geriatric Psychiatry and Community and Primary Care Psychiatry, Department of Psychiatry in the Faculty of Health Sciences at Queen's University. He is also the Co-Director of the Queen's Interfaculty Program in Collaborative Mental Health. His special areas of interest are Interdisciplinary Education in Aging, Mental Health and Shared Care; and Knowledge Transfer and Exchange in Mental Health in Community Primary Care and Senior Health.

Dr. Le Clair additionally serves as Co-Director for the Centre for Studies on Aging and Health at Providence Care in Kingston. He is also Regional Development Coordinator of Geriatric Psychiatry Services, Partnerships and Community Services for Providence Care (Mental Health Services) in Kingston. His awards include the Lifetime Achievement Award from the Canadian Academy of Geriatric Psychiatry, and the Host Country Award for Significant Contributions to Geriatric Psychiatry from the International Psycho-geriatric Association.

**This presentation has been rescheduled for February 3<sup>rd</sup> from 1330 to 1500 hours in the GSS Boardroom. Please RSVP interest to Lee Ann Grattan at ext 4001.**

#### Program Management Update

Kieron Rees, RN, has accepted the position of Program Manager-Inpatient Mental Health Services.

Kieron is currently employed at Brockville Mental Health Centre as the Manager, Patient Care Services of the Elmgrove Unit. She will greatly assist in providing much needed stability and consistency to the program during the transition to Brockville General Hospital and in the coming years.

She is a Registered Nurse with over thirty years' experience in mental health. She joined the former Brockville Psychiatric Hospital in 1980 and worked in every clinical program as a front line staff. For the past eleven years, she has worked in a variety of management positions. She brings with her a wealth of mental health knowledge and experience.

Brent Dalglish, RN, has accepted the position of Program Manager-Community Teams, Mental Health Services.

Brent was formerly employed at the Leeds, Grenville and Lanark District Health Unit as the Director, Health Promotion Department. He has extensive work experience in public health. He has been an instructor for the Laurentian University, Nursing program and a professor (Health Sciences) at St. Lawrence College.

He has a Bachelor of Nursing Science (1986), Bachelor of Arts (Psychology) (1995) both from Queen's University and a Master of Health Studies (2004) from Athabasca University. He has a wealth of management experience having worked in a variety of positions with the Health Unit.

Brent will be joining the Brockville General Hospital mental health team on January 10<sup>th</sup>. Details re: his office location will be finalized shortly.

#### EEG Services

A contract has been received from Providence Care, Mental Health Services, for the purchase of their EEG technologist's time up to 6 days per month, and has been reviewed by the MH Steering Committee.

#### Satellite Office Leases

Work is being initiated with both Lanark Community Mental Health Services and Leeds Grenville Rehabilitation Counselling Services to establish leases with BGH for the base headquarters and satellite clinics currently in operation.

#### Officer in Charge Policy and Procedure

The MH Steering Committee approved a condensed policy and procedure on the OIC role (Dec 15<sup>th</sup>).

#### Site Visit

A site visit was made to Quinte Health Care Corporation's acute mental health inpatient unit on December 9<sup>th</sup>. Quinte opened its new unit (retrofit) in the Sills building in October. The two BGH representatives were very impressed with the physical layout of the 22 bed unit (7-10 intensive care beds 12-15 general beds...flex relationship to max of 22 in total). The tour guides were very helpful and informative. Information will be shared with Stantec and MH Steering Committee.

## **STAFF COUNCIL SPECIAL OCCASION BASKETS FUNDRAISER**

**BGH Staff Council will be hard at work in continuing their fundraising efforts for the Anniversary Mural Project.**

**Beginning January 2012  
until BBQ season rolls around again, Staff  
Council will feature a Special Occasion Basket  
Draw each month as follows:**

**January 20th Draw:**

**1st Prize: Winter Warm Up Basket**

**2nd Prize: Fun-in-the-Sun Basket**

**February 14th Draw— Valentine Basket**

**March 17th Draw— St. Paddy's Day Basket**

**April 5th Draw— Easter Basket**

**Ticket price: \$2.00 for one ticket  
or three tickets for \$5.00.**

**Tickets can be purchased from Tiffany Flood,  
Diane Bowen, Vaughnette Chatzikiriakos and  
Lee Ann Grattan.**



*Online  
course*

## *Integrating a Concurrent Disorders Approach into Withdrawal Management*

Education Services at the Centre for Addiction and Mental Health is proud to offer the online course *Integrating a Concurrent Disorders Approach into Withdrawal Management*. This eight-week course provides the basic knowledge and skills needed to anticipate and respond effectively to clients with substance use problems and may also experience mental illness. In addition to incorporating key concepts of concurrent disorders into the course, we have added practical information on helping clients to quit smoking. The course is intended for a broad spectrum of withdrawal management workers, including nurses, social workers, front-line staff and volunteers.

At the end of this course, you will be able to:

- identify the roles and responsibilities of withdrawal management workers
- describe assessment tools for evaluating clients' physical, mental health and substance use recovery needs; assess for substance use, physical and mental health problems; admit or refer clients for immediate medical, psychiatric or other therapeutic help; and monitor clients' progress
- recognize withdrawal symptoms and identify pharmacological interventions
- identify effective management techniques for the safety and well-being of clients
- implement simple motivational strategies
- describe treatment planning and community supports available for clients with substance use and mental health problems.
- describe ethical and legal issues that may arise in the withdrawal management setting

**When:**

From January 16 to March 16, 2012

**Where:**

At any location with a computer and an Internet connection

**Faculty:**

Each module is facilitated by rotating faculty from various Withdrawal Management Services in Ontario

**Cost:**

\$350

To register: [http://www.camh.net/education/Online\\_courses\\_webinars/integrate\\_cpeonline.html](http://www.camh.net/education/Online_courses_webinars/integrate_cpeonline.html)

## ***Interactions between Psychiatric Medica- tions and Drugs of Abuse Online***

January 15, 2012 – March 2, 2012

**Registration Fee:**  
\$350.00

For more information about the work-  
shop, please call 1 800 661-1111 or  
Robyn Steidman in Education Services  
at 416 535-8501, ext. 6640.

### ***Description***

This seven-week online course explores the needs of clients who are taking prescribed medications and also have substance use problems. The facilitator led course covers the most common interactions between psychiatric medications and substances of abuse. This course is a part of the Concurrent Disorders. The recommended prerequisite for this course is Basic Pharmacology in Mental Health and Substance Use.

### ***Learning objectives***

After successfully completing the program, participants will be able to:

- define drug interaction theory
- describe the similarities between symptoms of mental health problems and substance use
- list common interactions between antidepressants, anti-anxiety medications and other drugs
- list common interactions between antipsychotic medications, mood stabilizers and other drugs
- learn how to anticipate, prevent and handle common interactions

This online courses use various instructional activities such as online reading materials, links to web resources, individual activities and group discussions.

**For our course schedule and more information, please visit our website at  
[http://www.camh.net/education/Online\\_courses\\_webinars/  
interact\\_cpeonline.html](http://www.camh.net/education/Online_courses_webinars/interact_cpeonline.html)**





Brockville  
General Hospital  
*Healthy People – Outstanding Care*

**Information Sessions  
for all Staff and Volunteers:  
Mental Health, Mental Illness and  
Stigma**

**Lori Veltkamp**  
**Family Services, Public Education**  
**Canadian Mental Health Association of Leeds-Grenville**

**Mental Illness and Stigma**

January 6	1:30 to 2:30 p.m.
February 24	10:00 to 11:00 a.m.
March 9	1:30 to 2:30 p.m.

**Overview of Mental Illness and Mental Health**

January 13	1:30 to 2:30 p.m.
February 27	10:00 to 11:00 a.m.
March 23	1:30 to 2:30 p.m.

**All sessions will take place in the CSS Auditorium.**