



St. Joe's celebrates its Inaugural Anti-Stigma Conference as Leaders in the Community

St. Joseph's Healthcare Hamilton is committed to building a community of inclusion and understanding by breaking down barriers often associated with mental illness and addiction. October 7th marked the inaugural anti-stigma conference at the West 5th Campus. The event brought together over 300 participants including, providers, community members, individuals with lived experience of mental illness and/or addiction and their families to explore themes, challenges and opportunities surrounding the stigma associated with mental health and addiction. Some highlights include, keynote speakers Dr. John Bradford and Dr. Heather Stuart, as well as a performance by Laura Burke.

Dr. Bradford shared his own experience with post-traumatic stress disorder (PTSD), depression and stigma associated with and resulting from the high profile and traumatic work he has conducted during his professional role as a forensic psychiatrist. He discussed the effects of repeated exposure to extremely violent video tapes that began with the "Bernardo Tapes" and ended with the exposure to the "Russell Williams" tapes. Dr. Bradford discussed experiencing stigma that ranged from concerns about how he was coping and difficulties he may have performing his profession.

Dr. Stuart is a social-epidemiologist specializing in psychiatric epidemiology and mental health services research. Her presentation aimed to describe the nature of stigma, considering ways in which health systems and providers may stigmatize their clients, offering approaches that can be used to reduce stigmatization of people with a mental illness in health care settings.

Laura Burke, a drama therapist, performed "Heartwood: A Self-Revelatory Exploration of one Woman's Recovery Journey"

An autobiographical one woman theatre show followed a young Laura through anorexia, depression and psychosis, navigating pitfalls in the mental health care system and battling social stigma attached to her illness. Laura delivered an exhilarating performance that left the audience both charmed and awed by the brave spirit behind the words: the Survivor, who – according to Laura – could be any one of us.

Thank you to our sponsor's St. Joseph's Healthcare Hamilton Foundation, St. Joe's Department of Psychiatry and Lundbeck for supporting the event. Stay tuned for more anti-stigma initiatives and events at St. Joe's as we work together to reject stigma. ●



Celebrating Research

AT ST. JOE'S

Every day, our researchers at St. Joe's commit themselves to studying the body and mind in order to improve patients' quality of life. On Wednesday, October 21st, our hospital came together to celebrate the achievements of our researchers and to acknowledge the recipients of the 2015 Research Institute Award Program.

The Research Institute Award Program helps our aspiring and established researchers to continue to develop novel diagnostics and treatments, along with new understandings of the human body and mind.

The event was led by Dr. Jack Gauldie, VP Research, who introduced the award recipients and provided a brief overview of their projects.

"St. Joe's is home to over 170 clinical trials taking place in many different clinical programs and levels of care throughout our hospital," states Dr. Gauldie. "Like the excellent care they expect from St. Joseph's, our patients regard research as a key element of our programs and something they value strongly."

"Research can't happen without constant funding and support, and so we'd like to acknowledge and thank our Foundation and donors like Teresa Cascioli for their generous contributions," says Dr. Gauldie.

Since 1970, our Hospital's Foundation has continued to make research a priority through the funds that they raise. The generous support from our donors truly demonstrates their commitment to not only helping us care for patients today, but also staying at the forefront of medicine in the future.

As a leading health sciences centre, investments in research are vital to the innovation and cutting edge discoveries that are led by our internationally recognized teams of scientists, investigators and clinicians.

To demonstrate this, staff and guests were invited to experience examples of some of the ground-breaking research

that is taking place at St. Joe's by visiting the interactive display booths set-up by each of the award recipients at the conclusion of the event.

We thank you for attending this event, and for supporting research and innovation at St. Joseph's Healthcare Hamilton. ●

Congratulations to this year's award recipients

Katherine Radford

RESEARCH INSTITUTE STAFF RECOGNITION AWARD

Jenna Boyd

RESEARCH INSTITUTE STUDENTSHIP AWARD

Dr. Deborah Siegal

RESEARCH INSTITUTE STUDENTSHIP AWARD

Dr. Pierre-Simon Bellaye

RESEARCH INSTITUTE POST-DOCTORAL FELLOWSHIP AWARD

Dr. Damu Tang

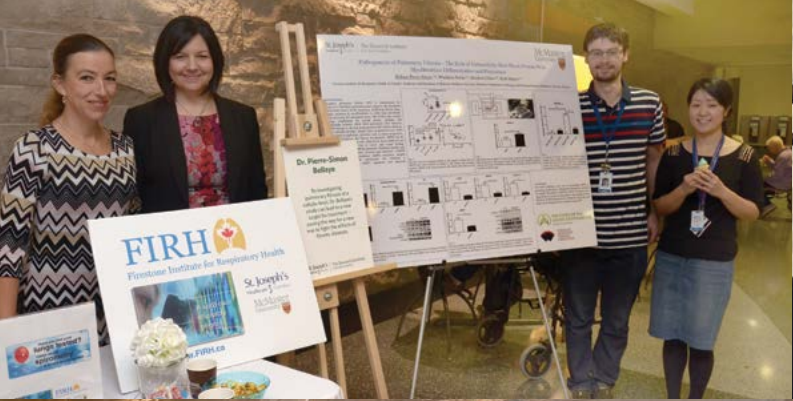
TERESA CASCIOLI CHARITABLE FOUNDATION
RESEARCH AWARD IN WOMEN'S HEALTH

Dr. Benicio Frey


TERESA CASCIOLI CHARITABLE FOUNDATION
RESEARCH AWARD IN WOMEN'S HEALTH

Dr. Christian Finley, Dr. Anne Boyle and Dr. Forough Farrokhyar

SJH FOUNDATION RESEARCH COLLABORATION GRANT





 *Laura Crawford, HR Coordinator (left) to Loni Pereira, King Campus Surgery Centre (right) and daughter*

TD Summer Sizzler Prize Winner

Congratulations to Loni Pereira from the Surgery Centre at the King Campus as the lucky winner of the grand prize at this year's Summer Sizzler, staff appreciation BBQ. It is with thanks to TD Group Home and Auto Insurance for their generous donation of the two \$250 prepaid MasterCard gift cards.

For more information on TD Group Home and Auto Insurance preferred rates for staff, please visit www.stjoes.ca/Discounts. ●

Dress for Success with Jeans for St. Joe's

Did you know that by wearing jeans every Friday, you've helped the Foundation raise over \$16,000?

Because of your dedicated support, we've decided to give back to YOU in a way that will help you thrive and grow at our Hospital.

In our recent Staff Engagement Survey, you told us that professional growth and development was very important to you. That's why we've launched the new Jeans for St. Joe's Education Grants.

Beginning this fall, we'll be adding FIVE new education grant opportunities per application period to our regularly



scheduled St. Joseph's Healthcare Foundation Staff Education Grants. That's a total of 15 more chances each year to attend a course or take the next step in earning your certification or degree.

And with the next deadline just around the corner (November 15th for courses beginning January – March 2016), there's never been a better time to apply for an education grant! Just download the application form under the Staff Programs tab on stjoesfoundation.ca and send your completed submission to info@stjoesfoundation.ca.

Thank you to all of our St. Joe's colleagues and don't forget to dress for success by wearing denim next Friday in support of more staff education grants

than ever before! ●

National Addiction Awareness Week

National Addiction Awareness Week (NAAW) was initiated by the Canadian Centre on Substance Abuse (CCSA), which highlights issues and solutions to help address alcohol and other drug related issues. It provides a means where people in various communities are able to learn more about substance use prevention, talk about treatment and recovery and bring forward solutions for change.

The area of focus for mental health and addiction is located at St. Joseph's Healthcare Hamilton West 5th Campus, where an event will be taking place on the National Addiction Awareness Week of November 15th – 21st, 2015 with the theme "Addiction Matters."

Please join us on Wednesday, November 18, 2015 from 10 a.m.- 2 p.m. at the West 5th Campus, Level 1 Atrium to celebrate NAAW with a marketplace which will include St. Joe's addictions programs such as Womankind Addiction Service; Men's Addiction Service Hamilton (MASH); Concurrent Disorders Inpatient, Outpatient and Capacity Building Teams; Assertive Community Treatment Teams (ACTT) in Hamilton, Brantford, Haldimand-Norfolk; Peter Boris Chair in Addictions Research, as well as community partners. •



Staff celebrating patient safety at the Charlton Campus

Celebrating National Patient Safety Week at St. Joe's

Canadian Patient Safety Week marked its 10th anniversary this October at St. Joseph's Healthcare Hamilton with events promoting best practices in patient safety and quality. The national campaign was celebrated during October 26 – 30th with booths set up during lunch hour in the main lobby of all three sites. Staff, volunteers, visitors and patients were given the opportunity to engage and learn more about the steps St. Joe's takes to prioritize patient safety and excellence in care.

The information booths offered key takeaways about preventing falls, infections, and ensuring medication safety. Program content was provided by the Canadian Patient Safety Institute and included sessions on "Deteriorating Patient Condition across the Healthcare Spectrum" and "Case studies on How Improving Communication Positively Impacts Patient Safety." Both sessions focused on the important role communication plays in the changing status of patients, and strategies to mitigate adverse events.

A large part of our role here at St. Joe's is to teach patients about the role they play in their care and safety. Promoting patient safety awareness is another way we continue to stay committed to living the mission of the Sisters of St. Joseph and support for the Hamilton community. •

Addiction Matters National Addiction Awareness Week November 15 – 21, 2015

Addiction is a chronic health condition that affects individuals, families and communities. The good news is that addiction is preventable and treatable, and long-term recovery is attainable and sustainable.

Join St. Joseph's Healthcare Hamilton on Wednesday, November 18th as we recognize National Addiction Awareness Week. All staff, physicians, learners, volunteers and community partners are welcome.

TIME
10:00 a.m. – 2:00 p.m.

LOCATION
Atrium, Level 1, West 5th Campus

Addiction work is being done at St. Joseph's Healthcare Hamilton in the following areas:

- Womankind Addiction Service
- Men's Addiction Service Hamilton (MASH)
- Concurrent Disorders Inpatient, Outpatient and Capacity Building Teams
- Assertive Community Treatment Teams (ACTT) in Hamilton, Brantford, Haldimand-Norfolk
- Peter Boris Chair in Addictions Research

St. Joseph's
Healthcare Hamilton

A SPOTLIGHT ON LIBRARY SERVICES

Evidence Based Resources

Available on the Library page of MyStJoes

For more information contact Library Services:

Charlton Campus



905.522.1155 ext. 33440 or 34127



library@stjoes.ca

West 5th Campus



905.522.1155 ext. 36322



cmhslib@stjoes.ca

COCHRANE COLLABORATION

This group was formed in 1993 to bring the best evidence in healthcare together. There are Cochrane Centers all over the world that do systematic reviews and bring the information together in one database. It is at the top of the Evidence Pyramid.

CLINICAL EVIDENCE

Comes to us from the people who publish the British Medical Journal. It summarizes the current state of knowledge to prevent and treat clinical conditions.

MacPlus

This database from McMaster provides one-stop access to the best evidence on diagnosis and treatment of clinical problems. Registration is required.

TRIP Database

A great international resource which includes systematic reviews, meta-analysis and evidence articles. Registration is required.

PUBMED Clinical Queries

Information from Pubmed is utilized to access clinical studies to facilitate decision making.

St. Joseph's
Healthcare Hamilton
FOUNDATION

Payday Payouts is now sold out!

More tickets will be available in April, so stay tuned for next year's enrollment form.

PAYDAY PAYOUT LOTTERY WINNERS

October 9, 2015

Emily French
Forensics
West 5th Campus
\$8,733.00

October 23, 2015

Valerie Patrick
Forensics
West 5th Campus
\$8,670.00

connections

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Send your comments,
suggestions or story ideas to:
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