

Scope of Practice

Registered Social Workers (RSWs) provide psychosocial assessment, counselling/ psychotherapy, case management, patient/ family education and supportive counselling, discharge planning, service coordination and consultation according to best practice standards in order to assist patients to achieve optimum recovery and quality of life. This includes maximizing the benefits patients and families receive from their medical and mental health treatments and transitioning to risk-reduced, timely discharges. Registered Social Workers also provide leadership in high risk social situations, program development, advocacy, and developing and maintaining strong community linkages. Additionally, Registered Social Workers will participate in mentoring, community development, teaching, continuous quality improvement and research activities

Social Work

Professional Practice Leader (Charlton, King, West 5th):

JIMENA SILIKER, MSW., RSW

Number of Members of Discipline:

SITE	FTE	PTE	POSITION
Charlton	33	14	Social Workers
King	4	0	Social Workers
West 5th	62	16	Social Workers
OFFSITE	17	11	Social Workers

Major Achievements

CARING

Clinical Practice:

- New Dialectical Behaviour Therapy- 8-week program. DBT Skills group offered in person at Residence on Catherine - Residential Care Facility (these patients do not have access to internet or a private space to attend groups offered through the hospital.) Evaluation survey completed demonstrated positive feedback, participants found it: educational, useful to their everyday life and gave them something to do and the vast majority said they would continue to attend the groups if they continue to be offered. (offered through Hospital to Home Program).
- Organized quality insurance meetings with DBT group co-facilitators to redesign/update weekly DBT Skills group (offered through the Capacity Building team).
- Ongoing RSW involvement in the Covid-19 Mental Health and Psychosocial Support Service, providing peer support for healthcare workers- Interprofessional.
- RSW in Anxiety Clinic completed training in new psychotherapy for PTSD, Written Exposure Therapy and have started treating some patients with this psychotherapy.
- RSW in Anxiety Clinic implemented and co-facilitate a monthly peer supervision group for therapists new to Prolonged Exposure Therapy for PTSD - Interprofessional.
- 3 Successful applications to Care and Comfort Grant to focus on instrumental needs such as transportation, cell phones to access services, food access, etc..

LEARNING

Education:

Clinical Education

- The Hospital to Home team shared a Master of Social Work student in the spring/summer 2022. This student accompanied me on visits to patient's homes, visits to residential care facilities, she completed documentation, communicated with community partners, and assisted in facilitation of weekly DBT skills groups. Additionally, she attended a workshop "trauma Informed Care, an introduction" with our team.
- Actively involved in assisting in the training and supervision of a 4th year McMaster BSW student, along with two social work colleagues.
- Clinical supervision of 1 psychiatry resident in CBT rotation.
- Clinical supervision of 1 family medicine resident in CBT elective rotation.
- Clinical supervision of 1 Master of Psychotherapy student in 1st practicum placement.
- Clinical supervision of 1 Level II CBT student in the Clinical Behaviour Sciences Program.

Formal Teaching

Number of RSW's	Title and University
7	Assistant Clinical Professor (Adjunct), McMaster University
5	Assistant Professor (Adjunct), McMaster University
1	Sessional Instructor, McMaster University
1	Adjunct Lecturer, McMaster University
2	Associate Field Education Professor, Wilfred Laurier University
1	Sessional Instructor, Mohawk College

Internal Education

- RSW led annual refreshers on the use of the Columbia and Suicide Risk Assessment for TOPSS, SOC, and HN ACTT.
- RSW completed Train the Trainer through OntarioShores in 2021 that has allowed RSW and two psychologists to start expanding the CBTp program within Schizophrenia Services. To date with the help of Ontario Shores and other training programs we have been able to train and supervise two staff (one SW and one OT) from SOC, two staff (one OT and one RN) from TOPSS and one inpatient nursing specialist. All clinicians are now in the process of offering either individual or group CBTp to clients registered within SCIS (TOPSS, SOC and the ACTT teams). I co-chair the CBTp and FIT working group through SCIS that is continuing to expand our capacity to offer these psychological treatments as part of the Ontario Health Quality standards.
- RSW in Anxiety Clinic provides training to other staff in evidence-based psychotherapies for PTSD (Cognitive Processing Therapy, Prolonged Exposure and Written Exposure Therapy) through co-therapy.
- Dept of SW: Discharge Specialist completed Workshop on SW Clinical Assessment.

2022-23

LEARNING Internal Education continued...

- RSW in role of ALC Coordinator : provided ALC orientation and training: to all 11 new registered inpatient social workers as well as refresh sessions on ad hoc basis (Charlton, Satellite & West 5th Campuses). This includes review of Home First Philosophy and Dovetale training re ALC orders and ALC Data Flowsheet..
- ALC Orientation and Discussion with Coding Team (Health Records); providing ongoing review of charts as requested by coders re ALC days.
- ALC Escalation to LTC Process with W5th: Collaboration with ALC Lead Helen Harris with group presentations to W5th social workers re: Home First Philosophy, LTC escalation process and ALC tracking.
- RSW in Nephrology provided ongoing teaching for new clinical clerks in IPE teaching sessions (Interprofessional education) with other allied health team members (1-2 x per month).
- RSW on Nephrology provided orientation to new residents and nursing staff (multi-disciplinary teaching session regarding appropriate referrals, clarifying role, goals).

Research

- RSW involved in completing psychosocial assessments for the BRAVE study (patients are randomized for surgical vs medical weight management at the Bariatric Clinic who have cardiovascular disease).
- RSW Co-investigator in a PAC awarded proposed study in ATRC "Investigating Group Written Exposure Therapy for Posttraumatic Stress Disorder: A Pilot Study" -Interprofessional.
- Perinatal Opioid Exposures, Trajectories, Insights and Concentration: "The POETIC Cohort Study". Research proposal has been submitted. If accepted, SJHH will be included as a site.

Publications

- Penta, S., DeAngelis, A., Raymond, H., Vucenic, B., Kay, V., Gladysz, H., McCarron, C., & Holshausen, K. (2023). Management of illicit substances in hospital: An evaluation of policy and procedure implementation. *Journal of Psychiatric and Mental Health Nursing*, 30, 132-139.
<https://doi.org/10.1111/jpm.12848>
- (Under Review) Initial Insights from a Quality Improvement Initiative to Develop an Evidence-informed Young Adult Substance Use Program Halladay, J., Stead, V., McCarron, C., Kennedy, M., King, K., Venantius, M., Carter, A., Syan, S., Matthews, M., Khoshroo, S., Massey, M., Rahman, L., Burns, J., MacKillop, E., Raymond, H., MacKillop, J. <https://www.medrxiv.org/content/medrxiv/early/2022/10/25/2022.10.21.22281362.full.pdf>
- Kelly LE, Shan F, MacVicar S, Czaplinksi E, Mouldsdale W, Simpson S, et al. A core outcome set for neonatal opioid withdrawal syndrome. *Pediatrics* [Internet]. 2020;146(1):e20200018. Available from: <http://dx.doi.org/10.1542/peds.2020-001>

BUILDING

Internal Education

- RSWs across system and services provide localized information to learners outside of Social Work, regarding role and responsibility.
- Connected to Addictions Medicine Specialists to complete daily huddles with staff using an informal teaching atmosphere around harm reduction, anti-stigma care, and ways to talk with patients who have substance use disorders who are admitted to hospital during pregnancy (Mother and Infant Program).
- Providing advocacy and harm reduction models to staff caring for patients on the unit.
- Social Work Housing Webinar Series.
- On boarding of all new RSWs with mandatory orientation modules in order to have a standard knowledge base no matter where the RSW is working in the organization - 19 modules in total, 10 mandatory (31 participants last fiscal year).

Professional Practice Development

- Vulnerability Index - Service Prioritization Decision Assistance Tool (VI-SPADT) Training offered through the city of Hamilton – Attended in order to better understand housing priority status (N. Linan)
- Trauma informed Care, an introduction workshop (N. Linan)
- Indwell enhanced Support programs – Webinar (N. Linan)
- Good shepherd Community Homes for Opportunity- Webinar (N. Linan)
- Department of Psychiatry and Behavioral Neurosciences (DPBN) Virtual Grand Rounds - May 11 2022 - Dr. Jon Davine (N. Linan)
- Mental Health Street Outreach – Webinar (N. Linan)
- I am currently enrolled in the Leadership and Management certificate through Wilfried Laurier Continuing Education Social Work Department. (C. Babbey)
- Attended Webinars:
 - Ethics Webinar Rounds
 - Consent, Capacity and SDM Ethical Fundamentals- March
 - A Case Analysis: Tube Feeding at End of Life, Recurrent Aspiration, and Consent to Stop-June
 - Excellence in Care for Seniors June:
 - Senior Friendly Care at SJHH- Our Journey Continues
 - Behavioural Escalation: Intervening Before Things Get Physical
 - Elder Abuse during the COVID-19 Pandemic
 - Paying it Forward Social Work Placements in Today's Climate (McMaster School of SW)- March
- Good Shepherd's Homes Presentation (Housing Series) – April
- Completion of Motivational interviewing Nov 2022. (A. MacKenzie)
- Attended 2022 CACBT Annual Conference. (J. Robinson)

LEADING

- We identified the need for mental health support at residential care facilities and decided to pilot the DBT Skills group, in person, at the facility. (N. Linan/J. Manning).
- The Collaborative ALC Project between SJHH and the McMaster University W Booth School of Engineering Practice and Technology Engineering Design (human-centeredness) has concluded the session with the 3rd group of students (Jan-Aug, 2022). The main projects are:

- ALC Discharge Planning Interactive Tool for Patients and Family Members- Continued project with new engineering students.
- Predictive Modelling Tool Project—New project that includes new partnering with Digital Solutions.

Final presentations and evaluations were provided on August 23, 2022 for this 3rd cohort of 5 students. These on- going projects will continue with goals to further each prototype along with the next cohort of students in 2023. The next cohort of students will begin in January 2023.

- Implementation of Alternate Level of Care discharge destination of “ALC-Unknown”. Effective Jan 1, 2023 SJHH will implement the utilization of ALC-Unknown in alignment with the Provincial ALC definition. Use of this designation requires mandatory consultation with SJHH’s ALC Coordinator at least for the initial 3 months post launch to ensure consistency in application. Education/training sessions were held in December with RSW’s working on inpatient units. Support from the SJHH Directors was received. The utilization of this designation will provide us with necessary ongoing data for our own organization (care

planning, advocacy for resources, possible clustering of patient populations), and HNHBB to assist with health and community system planning. Currently if such data is required, we complete data collection as “snapshots in time”.



- Member of the Interprofessional team awarded the PAC 2022 Health Professionals Excellence in Practice Award for *Innovation and Professional Practice-Team Award* for the Covid19 Mental Health Support Team.

LEADING continued...

- Together with our nurse educator, RSW in Women's and Infants' Program are working with the Director of Volunteer services around the return of volunteers to the Women's and Infants' Program after a break during the pandemic. Although the program have historically had "cuddlers" in the Special Care Nursery, the aim is to expand the volunteer role to improve patient and family experience while in hospital. For instance, volunteers will be able to offer mothers with periods of respite (mother's who need a much-needed rest or who wish to take a quick break off the unit) by watching/cuddling their baby in the nursing station. Volunteers will start to provide prenatal tours of the birthing and post-partum units to increase the patient's level of comfort coming in to hospital. RSW will be participating in orientation sessions with all new volunteers for our program.
- RSW in Women's and Infant program nominated for the 2022 St. Joseph's Mental Health Spirit of Hope Award. Please see attached.



Committees

- Coordinated Care Management Action Table for Haldimand Norfolk.
- Planning committee for the CMHA Mental Illness Awareness Week campaign that included attending a community information fair in Dunnville and Port Dover in May 2022.
- Ontario Health Access to Care: Active member of the ALC Coordinators' Group
- Project ECHO. Participating in ECHO OBN (Ontario Bariatric Network) which meets bi-weekly. As a HUB member of an interdisciplinary team representing St. Joseph's Healthcare Hamilton and a Bariatric Centre of Excellence, we provide educational support and consultation to community health care professionals, including primary care physicians regarding bariatric related care.
- Residential Care Facilities Steering Committee, Co-Chair; Supported Jurvanski Research team to successfully apply for funding for research to focus on developing integrated primary care in RCFs to promote equitable access to care for marginalized and vulnerable residents.
- Hospitals Shelters Working Group (Co-Chair) Team from this committee working on a quality improvement program focusing on improving communication between agencies to support improved care as patients transition between organizations.

LEADING

Committees continued...

- School of Social Work Field Placement Committee, McMaster University
- Developmental Services of Ontario Collaborative liaison
- ALC review with Home and Community Support Services
- Bi-monthly review with Able Living (Thrive Group) of Decanted Bed program
- Transition Care Bed Program Community of Practice Collaborative (HNHB)
- Better Birthing Committee
- Early Pregnancy Assessment Clinic Council
- Canadian Association of the Nephrology Social Workers
- Kidney Foundation of Canada
- Regional Child Welfare Committee
- Co-Chair- Residential Care Facilities Steering Committee, Greater Hamilton Health Network
- Co-Chair- Hospital Shelters Working Group
- Initiating educational informal sessions for staff around substance use disorders
- Advocate for review of Management of Illicit Substances Corporate policy
- Assisting staff around ethical dilemmas around allowing patients to access their substances while admitted to the unit

Mindfulness

The practice of being fully aware & present in this one moment



Emotional Regulation

How to change emotions that you want to change



Distress Tolerance

How to tolerate pain in difficult situations, not change it



Interpersonal Effectiveness

How to ask for what you want & say no while maintaining self-respect & relationships with others



Major Initiatives for 2023:

CARING

- Implementation of pilot study for Group Written Exposure Therapy in ATRC.
- Behavioural Health Review/Consultation with Geriatric psychiatrist for patient waiting for HN1 in acute care and post-acute at Charlton
- Weekly Long Stay Review in GIM
- Monthly Long Stay Review in AMH
- Weekly clinical rounds attendance at the Alternate Care Facility for patient at St. Joseph's Villa
- Members: Integrated Quality and Operations Committee (GIM and Post Acute)
- Return of Volunteers to Program ([Women's and Infants' Program](#))
- Eat, Sleep, Console initiative (Women's and Infants' Program)

LEARNING

- Applied for Master of Social Work through University of Waterloo for Fall 2023.
- Clinical Supervision of 2-3 Psychiatry residency rotation block in CBT.
- Continued Mandatory Onboarding learning e modules for newly hired RSWs throughout the organization
- On boarding of all new RSWs with mandatory orientation modules to continue - 19 modules in total, 10 mandatory

BUILDING

- Cognitive Behavioral Therapy course starting March 2023
- Attendance at 2023 CACBT conference.
- Dept of Social Work: reviewing and enhancing onboarding process and mentorship for new hires

LEADING

- Monthly review of ALC West 5th patients in collaboration with HCCSS
- Daily ALC patient review (Charlton and West 5th)
- Weekly DBT session in 9 and 10 AMH
- Implementation of Let's Go Home Community Connector Program in the ED department in Collaboration with Able Living (Thrive Group)
- Co- leading: Excellence in Quality Improvement program to improve communication between hospitals and shelter during transitions