

Volume 4, Issue 2

Summer 2016

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Psychologists in Hospital and Health Care Center's Newsletter

Greetings members; Spring has officially sprung! The section has a lot of exciting content to offer at this year's convention. We hope you will join us!

THURSDAY JUNE 9th

Workshop—Psychology Leadership in Hospitals and Health Care Settings (Dr. Vicky Wolfe) 10:30am—12:30pm

Section Invited Speaker—From the Ground Up: Experiencing Building the Kelty Online Therapy Service at VCH (Dr. Christine Korol & Dr. Theo DeGagne) 2:15pm—4:15pm

Section Annual Meeting (Chair: Dr. Deanne Simms) 4:30pm– 5:00pm

Reception 5:00pm—5:45pm (*come enjoy a free drink, meet section members, and meet your executive!*)

FRIDAY JUNE 10th

Workshop—Training Clinical Psychologists and Interprofessional Practice: Ensuring That Our Graduates Are Competent (Dr. Olga Heath) 1:45pm—3:30pm

SATURDAY JUNE 11th

Symposium—Graduate Student Symposium (Student Representative: Fanie Collardeau) 10:30am—11:30am

Symposium—Enhancing Mental Health and Addiction Services across Eastern Ontario—A Template for Developmentally Appropriate Services for Transitional Aged Youth (Dr. Gretchen Conrad) 11:45 am—12:45pm



Access the full CPA 2016 conference schedule here:

<http://www.cpa.ca/Convention/conventionprogram/>

Be sure to follow us on Twitter and Facebook. The Student Representative, Fanie Collardeau, will be live tweeting throughout the convention to keep all followers informed of the timing of our convention content!

Join us online for information and resources!

<http://www.cpa.ca/aboutcpa/cpasections/Hospitals/>

Follow us on Twitter



@cpa_phhc

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Psychologists in Hospitals and Health Centers – CPA

Section Executive Updates

Chair — Dr. Deanne Simms, R. Psych, C. Psych



I hope that everyone has been enjoying the spring and that you are all looking forward to the CPA Annual Convention as much as we on the PHHC Executive are. This year's convention promises to be great not only because of the gorgeous setting in Victoria B.C. at the Victoria Conference Centre and the Fairmont Empress Hotel, but also because of the great content that the Section is pleased to present. For example, we are excited to host Dr. Korol and Dr. DeGagne as our Section Invited Speakers. Drs. Korol and DeGagne will be speaking about their exciting innovations in the area of online therapy at Vancouver Coastal Health

(From the Ground Up: Experiences Building the Kelty Online Therapy Service at VCH). We also have symposia, workshops, and other interesting Section-specific programming that you won't want to miss!

Besides helping to organize and plan our Section activities at the Convention, as Chair of the Section I have been quite busy this year. Along with other members of the Executive, I've been communicating with Section members to field questions and to offer support and assistance in matters pertaining to the practice of psychology in health care settings across the country. I've also helped to add content to the Section website, contributed to a piece in *Canadian Psychology*, and I collaborated with Past-Chair Dr. Bob McIlwraith to compose a response to a commentary in *Paediatrics and Child Health* (i.e., "We Need Psychologists!" *Paediatrics & Child Health*, 2016). In our letter to the editor of the journal, we encouraged continued support from our physician colleagues in enhancing access to psychological services.

I have thoroughly enjoyed my time as the Chair of the PHHC Section. It has been a pleasure working with the knowledgeable, enthusiastic members of the Executive whom are so generous with their time and their commitment to the Section's activities. I've also enjoyed speaking with and meeting members of the Section and have gained even more of an appreciation of the stellar work that psychologists are doing at hospital and health care settings across Canada. I look forward to seeing many of you in person at the Convention. See you in Victoria!

Past-Chair — Dr. Bob McIlwraith, R. Psych



As past-chair of the Section, my role is primarily to answer questions posed by the current chair and chair-elect, to provide some continuity, background, and history. It has been a rewarding time on the executive over these past years. We hope you will enjoy the content of this year's convention.

Section Executive Updates

Chair-Elect — Dr. Peggy O’Byrne, C. Psych



Alongside being Chair-Elect, I chair the leadership committee, which was initiated when the section began. From the start, there was a common interest to support and encourage leadership practices within the discipline of Psychology in hospital and health care settings. The aim of the committee has largely been two-fold. The first has been to encourage psychologists to consider the broad questions of leadership in their institutional practice, and to take up the challenge of promoting our discipline with the ultimate goal of improving patient care. The second aim has been to provide a forum of exchange, or a “think tank” for practice leaders, and those

interested in taking on such a role. In this latter objective we have sought to identify common themes, obstacles, challenges, and experiences that practice leaders grapple with in their institutional settings. We have begun to propose guidelines and activities to enhance our systems of communication, and to develop strategies to gather information on key issues. To this aim, we have initiated workshops and projects to promote and develop leadership capacity. Building from the pre-conference workshop at the last CPA convention, we are looking forward to the fruits of another workshop for practice leaders (and interested Psychologists) to be conducted at the upcoming conference in Victoria. The theme of this workshop will focus on psychology practice guidelines in health settings and we will consider how to implement national and local mentoring systems.

Secretary/Treasurer—Dr. Peter Henderson, C. Psych



As the Secretary/Treasurer of the Section I have been tasked with drafting the minutes from Executive’s approximately monthly meetings through the academic year. These meetings provide an opportunity to plan the Section’s contribution to the annual convention, review and develop content for the Newsletter and receive or provide updates on the activities of the various Section committees. The meetings have a formal agenda but there is much informal conversation which affords a pretty unique chance to compare notes on hospital psychology: the good, the bad and ominous developments from across the country. Taking minutes requires one to actually listen and summarize this conversation and document any actions arising from the discussion. The Secretary, in essence, documents the history of the Section. One of the current questions is how best to share executive activities and minutes with the Section membership.

Financial matters constitute the other part of the Secretary/Treasurer role. Section fees provide income and the Treasurer monitors any credits and covers the Section expenses, chiefly from the convention, awards and projects. Each year CPA requires that Sections provide a financial accounting of the previous year and develop a budget for the next year based on convention planning and projects. As a non-profit organization, there is an expectation that the Section will not carry a large balance from year to year but rather use its resources to service the Section membership. Much of the Executive’s time and energy is therefore devoted to discussion of how best to further the Section’s purpose and objectives on behalf of the membership.

Section Executive Updates

Member-At-Large — Dr. Theo DeGagne, R. Psych



My role as Member at Large for the past 2 years has been exciting indeed. It has been a privilege to work with such an energized diverse group of highly skilled individuals who bring with them the excitement of early career enthusiasm alongside seasoned mentors in the field. Last year, one of my roles on the committee was coordinating the CPA PHHC submissions for the Ottawa Conference. It was truly inspiring to receive so many innovative and excellent submissions that shared research, innovations in clinical practice, created round table discussions and symposia on topics that matter most to us. Poster presentations gave us insight into how psychology is positively impacting everyday lives in public service sectors.

As a committee, we examined sectors of health care across the country and took stock on advocacy and accessibility issues; leadership roles, mentorship, development of hospital based guidelines, examined models of patient and client access to our services; we noted how innovation can impact the way we do business and why psychologists should be the identified leaders in technological advances in mental health and behavioral health care alongside the ongoing economic challenges we face working as public sector psychologists.

As we approach the 2016 CPA Convention I am again invigorated by the collaborative enthusiasm of this committee and insight into areas that matter for public sector psychology. As a relatively new section, this committee is rapidly evolving to represent and advance the efforts of psychologists in hospitals and health centers. In 2015 we hosted a pre-convention workshop entitled: “Leadership in Hospital Psychology: A call to Serve” which was attended by psychologists in leadership roles across Canada. This year we are hosting a special presentation on Innovations in Psychology Practice in the public Sector. My Colleague Dr. Christine Korol and I will be speaking in Victoria on Thursday June 9th at 2:15 on technology and innovations in psychology. “From the Ground Up: Experiences Building the Kelty Online Therapy Service.” Vicky Wolfe also will be speaking on “Psychology Leadership in Hospitals and Health Care Settings” at 11:00 a.m. Hope you to see you there!

I encourage you all to contribute to this section in any way you can and to be ambassadors of psychology wherever you work. I will look forward to seeing you at the convention in June!

Student Representative—Fanie Collardeau, PhD Student in Clinical Psychology at University of Victoria



My objective as student representative has been to make the section more attractive to student members and raise awareness about the section’s goals. I managed the Twitter and Facebook accounts increasing the section’s presence on social media. CPA 2016 will host the first Graduate Student Symposium of the section, which is exciting. The student committee, consisting of fellow student Gregory Tippin, helped generate student member newsletter content. We are planning to continue raising awareness about the section in graduate programs by compiling a resource sheet about the pre-doctoral internship process. Hope to see student members at the convention!

Section Executive Updates

Member-At-Large — Dr. Lara Hiseler, C. Psych (supervised practice)



This is my second year serving on this committee, although first year as member-at-large. It has been a year of interesting developments and learning opportunities. It has been so wonderful to work on a committee full of passionate individuals.

I chair the Communications Committee, which also consists of the chair, Dr. Deanne Simms. My role has primarily been to organize the newsletters, including gathering content and organizing the layout. We produce 3 issues a year, which is a big undertaking as we are a relatively new section still working at finding innovative ways of getting members more involved with the executive and its sub-committees. This committee is always looking for members to join and introduce some new blood and ideas to the fold. If you have technological expertise, enjoy graphic design type work, or simply have ideas, please consider joining and assisting with making the section's newsletter the best it can be. We are always looking for ways to ensure that our section's initiatives serve the membership. If there are better ways that the newsletter could serve the members, please do not hesitate to let us know.

Having worked in both the public and private sectors this early in my career, I wholly recognize the importance of supporting publically funded psychological services. It is important that our services be not just be for the privileged to access. While I will be leaving my position on the executive in June, I remain steadfast in my support and beliefs for publically funded psychological care.

As I depart my post, I strongly encourage students and members to become more involved with this dynamic section. In an era where cuts are being made to publically funded psychological services, this section of CPA needs all the energy and passion it can get to move forward Initiatives and strengthen our voice.

Attend our annual general meeting at the convention or email the chair, Dr. Deanne Simms for further information on how to become involved.

It has been a pleasure serving on this executive. Hope to see you all at the convention!

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<http://www.cpa.ca/aboutcpa/cpasections/Hospitals/>

Newsletter Contributions Welcome – Instructions to Authors

We welcome submissions from section members to our newsletter. We are interested in hearing from our members to share knowledge, successes and challenges of the hospital based psychologist.

We have developed some recurring columns, but are open to other ideas. The following columns are available for contributions:

1) Open submissions: 500-1000 word column outlining a specific issue; historical review of a department; or any other topic of interest to the section.

2) Leading Practices: 500-1500 words Reports of psychological services that are

considered leading practices, either as a result of recognition by accrediting bodies such as the Canadian Council on Health Services Accreditation (CCHSA: “Accreditation Canada”) or similar organizations, or through outcome data that demonstrate the effectiveness of an innovation or an exemplary service model.

3) Recommended reading: 100-150 word summary of any article, book, website, journal, etc that would be of interest to the section.

4) Cross country check up: 500-750 word article outlining an issue or experience that may apply across the country .

5) Student focus: 250-1000 word submission from a student member.

6) Short snappers: 150-175 words describing a new initiative, a promising practice, a summary of a research study, etc.

7) Member profile: 250 word biography including picture of a member.

8) Other areas: announcements, job postings, clinical practice guidelines, management structure.

Please send submissions to:

Dr. Lara Hiseler
larahiseler@gmail.com

INTERESTED IN ASSISTING WITH THE NEWSLETTER? The Communication Sub-Committee is always looking for passionate members to become involved, especially if you have familiarity with Publisher or Adobe InDesign. Please email the committee’s chair, Dr. Lara Hiseler, with your interest.

Please Note: The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees. This publication abides by the CPA’s social media disclaimer.