

THE RESEARCH NOOK

A Waypoint Research Institute Newsletter

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WAYPOINT CO-HOSTS A KNOWLEDGE EXCHANGE EVENT EXPLORING CULTURALLY RESPONSIVE APPROACHES TO IPV



A Knowledge Exchange event on Building a Culturally Responsive Approach to Intimate Partner Violence (IPV) was held on March 27th, 2024, in Orillia, Ontario. The event was funded through a Victim Support Grant (VSG) to partners from the Barrie Native Friendship Centre (BNFC), Chiefs of Ontario (COO), the Ontario Provincial Police (OPP), and Waypoint Centre for Mental Health Care. There were over 60 participants representing 26 policing and community service organizations across Ontario.

The day began with a warm welcome and land acknowledgement by OPP Superintendent Jen Spurrell, followed by a smudging ceremony by Charmaine Nolan of the BNFC, and a guided wellness activity led by OPP mental health clinician, Linda Burrell.

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Waypoint's **Dr. Zoe Hilton** gave an overview of the research conducted as part of a 25-year collaboration between OPP and researchers at our hospital, including development of the Ontario Domestic Assault Risk Assessment Training (ODARA) program and the current research on Common Language for Intimate Partner Violence Risk Appraisal (**CELIA**) **IPV project**. The OPP's CBAS Research Coordinator Dr. Angela Eke spoke about the Victim Support Grant obtained that supported the development of a partnership whose goal is to begin bridging the gap between this research and the need for specific attention to risk factors for Indigenous communities. Dr. Natalie Snow and Rebekah Ederer from the COO presented on the results of their Risk Assessment Danger Assessment Tools project. They described the cross-province consultation with Indigenous community services, training in several risk assessment and victim safety planning tools including the ODARA, and the approach taken in the new toolkit.

With the support of Charmaine Nolan, Natasha, a peer support lead from the BNFC, shared a personal experience of IPV and her interactions with police and community services. They used an ethical interview approach in which Natasha responded to a series of prepared questions posed by Charmaine. With Charmaine's emotional support, Natasha recounted a small portion of the violence she experienced over an extended period of time and also spoke of her strength and survival, occasions when she received especially helpful support from community services, and areas where police and other services could improve their responses.

The afternoon included two breakout sessions. The first gathered people into tables of either policing services or community services to discuss barriers and challenges they experience in their work to a culturally responsive approach to IPV risk assessment. The second involved mixed tables, so participants could discuss solutions with people from different work settings. The ideas from each table were shared with the larger group and posted around the room, with time given for individuals to build on any points by adding sticky notes with their comments. The breakout groups proved to be highly interactive, with participants discussing and identifying new ideas about how services can interact and collaborate. All the discussion points and suggestions are being reviewed to identify themes and directions in a report that will be shared back with stakeholders and placed on the CELIA website.

This event was an opportunity for a team from Waypoint (**Elke Ham, Kristy Allen, Meghan Weissflog, and Zoe Hilton**) to profile the hospital's research and strengthen community partnerships across the province. The VSG-support will be extended to a national level in June, 2024 when the project team will present a panel discussion at the Canadian Psychological Association conference. It also provides a foundation for increased grant funding, and plans for a new funding application are underway to build on the ideas and momentum from this knowledge exchange day.

WHAT'S NEW AT THE WRI



WELCOME DR. SALINDA HORGAN!

We are pleased to welcome **Dr. Salinda Horgan** to the Waypoint Research Institute. Dr. Horgan is working part-time with the WRI as a Research Scientist and full-time with Geriatric Services. Her work broadly focuses on policy, program evaluation and implementation as it relates to older persons and their care partners. Welcome Dr. Horgan!



WHAT'S NEW AT THE WRI



THE WRI CELEBRATES THE INTERNATIONAL DAY OF WOMEN & GIRLS IN SCIENCE

Curiosity, a love of learning, and an appreciation for evidence-informed decision making all drive the work led by Waypoint Research Institute staff members who celebrated International Day of Women & Girls in Science on February 11th, 2024. We are pleased to celebrate and share the impactful work led by women across the WRI!



DR. ANDREA WADDELL ANNOUNCED AS MEDICAL DIRECTOR, REGIONAL PROGRAMS



The Waypoint Research Institute is please to congratulate **Dr. Andrea Waddell** on her new position as Medical Director, Regional Programs. In addition to her current role as Medical Director Clinical Informatics & Quality Standards and her research with the WRI, Dr. Waddell will provide oversight to several designated Regional Programs starting in April. Congratulations Dr. Waddell!



DR. BERNARD LE FOLL APPOINTED TO THE CIHR GOVERNING COUNCIL

The Waypoint Research Institute is pleased to congratulate **Dr. Bernard Le Foll**, Vice President Research & Academics and Chief Scientific Officer, on his appointment to the Canadian Institute of Health Research's Governing Council in January. Appointees bring their expertise in health and research to various commissions, boards, Crown corporations, agencies and tribunals across Canada. Congratulations Dr. Le Foll!



RECENT PUBLICATIONS

Weissflog, M., Kim, S., Rajack, N., Kolla, N. (2024). The impact of the COVID-19 pandemic on the use of restraint and seclusion interventions in Ontario Emergency Departments. *PLoS ONE*.

Kim, S., Munten, S., Kolla, N., Konkoly Thege, B. (2024). Conduct problems, hyperactivity and screen time among community youth. Can mindfulness help? *Frontiers in Psychiatry*, 15.

<https://doi.org/10.3389/fpsy.2024.1248963>

Taing M., Sztainert, T., Harley, M., Allen, K., Moore, F. (2024) Applying a Stepped-Care framework for Functional Neurological Disorder management. *Canadian Journal of Neurological Sciences / Journal Canadien des Sciences Neurologiques*. [doi:10.1017/cjn.2024.32](https://doi.org/10.1017/cjn.2024.32)

WRI IN THE NEWS



GOVERNMENT OF CANADA ANNOUNCED APPOINTMENTS TO THE CANADIAN INSTITUTES OF HEALTH RESEARCH GOVERNING COUNCIL

January 31, 2024. This article is available directly on the [Cision](#) website.



'Q&A: RESEARCHER AT PENETANGUISHENE'S WAYPOINT CENTRE LED DEVELOPMENT OF RISK ASSESSMENT TOOL USED AROUND THE WORLD

March 30, 2024. This article is available on [Simcoe.com](#).



WAYPOINT NAMES NEW MEDICAL DIRECTOR FOR REGIONAL PROGRAMS

March 14, 2024. This article is available on [OrilliaMatters.com](#).



LOCAL MAN'S 'WALK FOR MENTAL HEALTH' FOLLOWING FAMED EL CAMINO

March 11, 2024. This article is available on [OrilliaMatters.com](#).



RESEARCHERS UNITED BY CURIOSITY

March 2024. This article is available on the [Ontario Hospital Association](#) website.



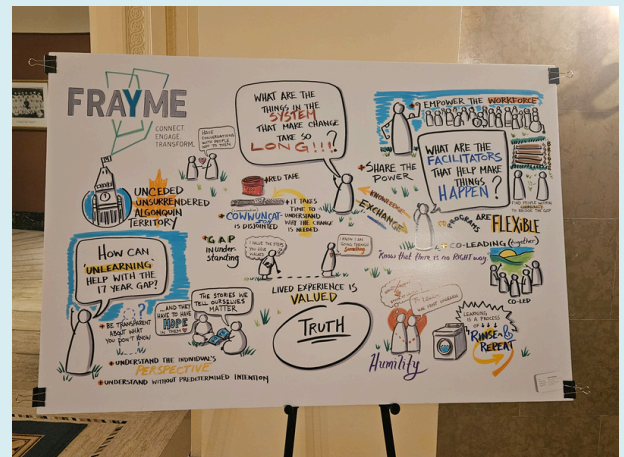


DR. ELNAZ MOGHIMI SHARES HER EXPERIENCE ATTENDING #FRAYME2024

As scientists, the responsibilities and logistics of conducting research can sometimes overshadow the core purpose of our endeavors. Conferences like **Frayme's 2024 Learning Institute** serve as important reminders of the significance and real-world impact of our efforts.

#Frayme2024 provided a unique and engaging experience, stepping away from the conventions of traditional conferences. Gone are the days of exclusive meetings dominated by researchers and clinicians. Instead, the Learning Institute offered a platform for diverse voices, including those who have been historically marginalized. In doing so, our community had a chance to listen and learn from individuals directly impacted by our work.

During the conference's opening plenary, **Dr. Soyeon Kim** and I engaged in discussions on translating research into practice and closing the current 17-year research gap. While our team provided insights from a researcher and healthcare standpoint, the dialogue was enriched by input from industry experts and youth perspectives. Collaborations like these exemplify the ideal process of knowledge generation.



Integrated into the sessions, the Learning Institute offered opportunities for networking, mental wellbeing activities, and safe spaces to debrief and unpack our conference experiences. Experiencing a sound bath session at a conference for the first time prompted me to ask, “Why did it take so long for mental health-focused conferences to incorporate mental health activities?”. If we are going to practice what we preach, conferences like these are excellent starting points.

Overall, #Frayme2024 was an enriching experience and a poignant reminder that regardless of the complexities of research projects, we are part of a collective that shares the same passion towards improving youth mental health. I am grateful to be part of the WRI's commitment to participant-centered research and for their support in our endeavor to develop and advocate for a **Preventative Mental Health Program for Youth (POMHPY)**. Just as conferences like Frayme embody their principles, it's a privilege to belong to a healthcare organization that upholds the same values in its practices.

By **Dr. Elnaz Moghimi**, WRI Research Scientist

RECENT EVENTS



➤➤➤ 1ST INTERNATIONAL CONGRESS OF THE SPANISH ASSOCIATION OF FAMILY AND SYSTEMIC CONSTELLATIONS

Dr. Barna Konkoly Thege led a scientific plenary presentation entitled “*Family/systemic constellations and the contemporary scientific paradigm*” in Seville, Spain.

➤➤➤ LEADERSHIP IN FAMILY ENGAGEMENT IN RESEARCH COURSE



Kristy Allen presented on patient-oriented research (POR) at Waypoint as part of an alumni plenary for the Leadership in Family Engagement Research course.

WAYPOINT TALKS

Deep TMS as a novel treatment approach for smokers:
How the neuroscience of the insular cortex led to a new treatment modality

Speaker:



DR. BERNARD LE FOLL

WAYPOINT TALKS

Building your research toolkit:
Integrating implementation science into clinical quality improvement initiatives

Speaker:



DR. JUNQIANG ZHAO

Implementation science and improvement practice share common goals – promoting clinical excellence by implementing evidence-based practice. Despite significant progress in recent years, implementation science achievements have been underutilized in quality improvement projects. In this presentation, I will introduce some useful tools and frameworks in implementation science that can be applied in quality improvement projects.

WAYPOINT TALKS

Why Incels Are Worth Talking About

Speaker:



DR. BRANDON SPARKS

➤➤➤ WINTER 2024 HIGHLIGHTS

WAYPOINT TALKS

We are grateful for the speakers and attendees who joined us for our winter Waypoint Talks series. [Click here](#) to view recordings and content from our winter sessions, featuring:

- Dr. Bernard Le Foll: “*Deep TMS as a novel treatment approach for smokers: How the neuroscience of the insular cortex led to a new treatment modality*”.
- Dr. Junqiang Zhao: “*Integrating implementation science into clinical quality improvement initiatives*”.
- Dr. Brandon Sparks: “*Why incels are worth talking about*”.

THE PCFC CORNER

The Patient/Client and Family Council (PCFC) is involved in a number of research projects with the WRI, particularly ones focused on patient-oriented research (POR).

Patient-oriented research (POR)

POR recognizes that patients have lived expertise of their health condition(s) and the relevant health care systems. POR values this knowledge and engages patients as equal partners to conduct research that is relevant to them. This ultimately leads to better patient outcomes!

INTRODUCING KAYLA ZIMMERMANN, ENGAGEMENT & EXPERIENCE REP

Hello! My name is Kayla Zimmermann and I am new in my role of Experience and Engagement Rep with Patient/Client and Family Council (PCFC).

In this very unique role with PCFC I utilize my own lived experience with mental health and addictions to foster peer based relationships with patients at Waypoint. I also sit on committees and am involved in various projects where I advocate for patients, and help to bring the patient voice to mental health and addiction programs.

One of the projects I am involved in is Forensic Patient Oriented Research with the Waypoint Research Institute. I am thoroughly enjoying getting to work with the amazing research team, and helping to utilize the trusting relationships I am building with patients to help bridge the gap between researchers and patients.

It is so exciting to be a part of a team that is carving a new path for conducting forensic patient-oriented research. It is not lost on me how important this work is, given the history of unethical research in this setting, where patients were seen as subjects and not human beings. I am enjoying navigating the complexities of this project, and learning how to create space for forensic research that is fair, kind, and guided by the patient voice.

I am looking forward to the Café Scientifique event in June. I can't wait to see the ideas that are created when patients and researchers can collaborate in a safe and innovative space.



UPCOMING EVENTS



VIRTUAL REGISTRATION FOR CAFE SCIENTIFIQUE EVENT AT WAYPOINT

We invite you to join the Forensic Patient-Oriented Research team, frontline staff, patients, and more to participate in our hybrid knowledge-sharing event on June 6th, 2024 from 10am-3:30pm EST at the Waypoint Centre for Mental Health Care. We will share our research findings, engage in group discussion, and plan our next steps for continuing this work. Details can be found [here](#). Stay tuned for invitations & more information!



CAFÉ SCIENTIFIQUE

THURSDAY, JUNE 6 - FROM 10AM-3:30PM EST

Exploring Patient-Oriented Research in Forensic Settings

An Interactive Hybrid Event



YOUR VOICE MATTERS!

We want your input. What stories or updates would you like us to profile in our next edition? If you have any suggestions or would like to contribute to writing for our newsletter, please email us at waypointresearchinstitute@waypointcentre.ca



Waypoint Research Institute
Waypoint Centre for Mental Health Care
1st Floor, Bayfield Building
705-549-3181 Ext. 2142