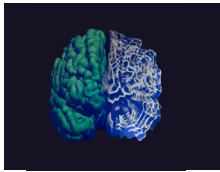


# WHAT'S UP?

at The Royal

a newsletter for staff and volunteers

Books AND reading Issue



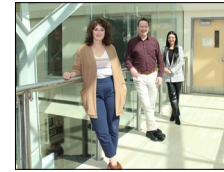
A closer look  
at Beautiful  
Minds

4



Want to  
read free  
books?

8



Meet our  
psychology  
residents

9



## A new chapter for The Royal's library

Sascha Davis and Susan Bottiglia.

The Royal's library in Ottawa is more than just a place to borrow work-related books and journals. It's also a place to recharge your batteries, and much more.

A wall-to-wall window on the far side of the library floods the space with natural light. Plants on the window sill add a welcome splash of green. There are comfortable chairs to settle down in, desks, and a row of desktop computers.

Multiple shelves of recreational reading material near the front entrance are available for anyone to sign out (and guess what, there are no due dates or library fines!).

Sascha Davis, manager of library services, wants the library to be a place of information and knowledge, but also a place for staff to take a break.

*Continued on page 2...*

### October is Canadian Library Month

“All month long, libraries and library partners across Canada are raising awareness of the valuable role libraries play in Canadians' lives. More than just a place to find books, libraries promote cultural awareness, engage in the community, provide educational programs, support freedom of expression and so much more.”

– The Canadian Federation of  
Library Associations

## A NEW CHAPTER



### COMING SOON

In Ottawa, community library resources will be integrated into the existing library collection. Look for that later this year.

...Cover continued

"We want it to be a quiet space because there's not a lot of those in a hospital," says Davis. "Some people come in because they don't have any other place to just be by themselves." The goal is to

*Did you know you can borrow novels in the Ottawa library? Digging into a good book is a great way to turn down the volume on stress or intrusive thoughts. Donations of recreational reading are welcome.*

create a flexible space that can be used for multiple purposes, whether it's to read, study, or collaborate.

"The needs of staff will always be at the core of our services – and that changes – especially during the pandemic," says librarian Susan Bottiglia.

The pandemic brought about an increase in digital services and digital communications, including a digital newsletter reminding staff of what services are available. There was also an

overhaul of the [library's page on OREO](#), which now highlights timely topics Davis and Bottiglia anticipate will resonate with staff. They recently featured books and articles about the healing power of nature. This quarter, the topic is change and transition.

Changes have gradually been taking place at the Brockville campus as well. The collection was reviewed and edited, walls were painted, chairs were added: "We want it to be more than a place to house books," says Bottiglia.

Shauna Renkema from learning and development has also been involved in the Brockville library updates. "These three individuals have taken on the enormous task of updating our little library; making it a warmer place for all to relax and enjoy a book," says Michael Whalen, an advanced practice clinician in the forensic program at BMHC.

Of course, as information specialists, one of Davis and Bottiglia's main responsibilities is to assist staff with accessing and retrieving information.

"There's a pervasive belief that everything can be found for free online, but that's just not true," says Davis, who adds that their services are a significant

time saver for researchers and administrators.

Library services are requested by a range of staff including psychologists, psychiatrists, pharmacists, social workers, and nurses. Many seek research-based information to support ideas and proposals. Davis gives the example of a therapist who had a question about nature therapy and a social worker who was looking for information about improv.

The library has also helped the Centre of Excellence with scoping reviews and performs monthly searches on topics related to veteran mental health.

"There's so much information out there. I think that's partly the problem. It can be challenging to find good, quality information. That's where libraries and librarians play a role," says Davis.

The Royal is fortunate to have a good library, especially since many hospitals have been chipping away at theirs over time. "Evidence-based decision making is so important in a healthcare organization," says Davis. "Libraries play an important role in supporting patient care decisions and administrative decisions."

# FIVE THINGS ABOUT SASCHA DAVIS

*If Sascha Davis, manager of library services, isn't a familiar face around The Royal yet it's probably because she started in her role in March 2020, just before many staffers were sent home at the beginning of the pandemic.*

Davis was inspired to become an information specialist after she completed her undergraduate degree in anthropology and history. "What I liked the most about it was the research; finding the information to write the essays!" laughs Davis. She received her degree in library information science at McGill. The rest, as they say, is history.

While it's totally ok to call her a librarian, you should know it's a bit of an outdated term. There's much more to libraries than books and book lending and the same goes for librarians, or should we say, *information specialists*.

Here are five things to know about Sascha Davis:

**1. She was a Girl Guide leader for four years before she had children.** "I loved being a guide when I was a kid and wanted to share that experience as an adult. I also love doing arts and crafts, so this was a great way to do that."

**2. She is an accomplished artist, but hasn't been very dedicated in the past few years.** Throughout her teens – and into her 30s – Davis studied figure drawing, landscape painting, oil painting, and collage. "Some of my paintings are on the walls of my friends' and family's homes, which I love," she says. "I was even asked to do a painting of friend's daughter's stuffed animal that she loved so much and was slowly disintegrating from so much love. The painting hangs in their family room."

**3. Family hikes are one of her favourite things to do in her spare time.** Eagle's Nest Trail in Calabogie was a recent destination (ask her about the chip truck in Arnprior and how it motivates kids to get out of the house). Her favourite hiking trail is at an ecological reserve in Quebec called Forêt-la-Blanche which she discovered during the pandemic.

**4. When she was 19, she spent a summer camping through Europe with a girlfriend.**

"I still reflect on the beauty of certain places – Seville and Paros being favourites – and the fun of the freedom of adventure," says Davis, who remains good friends with her travel companion to this day.

**5. When asked what she likes most about her job, there's no hesitation:**

"Information services is a helping profession," says Davis. "I get a lot of satisfaction of helping people find what they need. That's best part about this kind of job."

## **Bonus "thing to know" about Sascha Davis:**

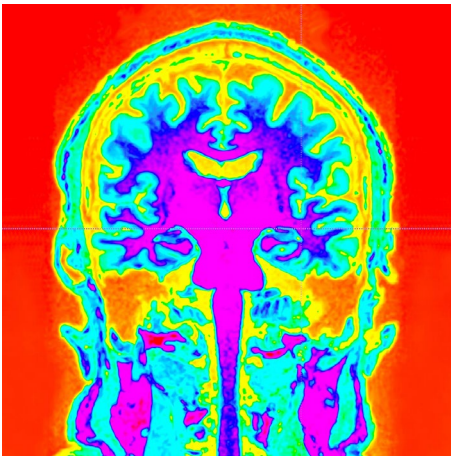
She has over 15 publications in Pubmed from her previous work assisting with systematic reviews at The Ottawa Hospital. They are published under her proper name, Alexandra Davis.

## **A READING recommendation**

from SASCHA DAVIS,  
manager of library services

"I just finished reading *This Is Not the End of Me: Lessons on Living from a Dying Man*. It tells the story of a young Canadian man dying of melanoma and how he deals with this, being newly married and having a young son. It was very powerful and beautiful. I like reading these type of books as they make one realize how important it is to enjoy every day and that we are lucky to have the moments we have."





## A closer look at Beautiful Minds

*Beautiful Minds* is an undertaking of Steve West, the chair of the Institute of Mental Health Research (IMHR) board of directors. Through artistically enhanced images of brains, traditional photographic portraits, and deeply personal stories, *Beautiful Minds* is designed to shine a light on substance use disorders and inspire conversations.

It's a book, an exhibition, a fundraiser, and the first chapter of a larger project.

“Historically, admission of mental health is seen to be a weakness, but telling your story is actually an admission of strength.”

– Steve West, the author of *Beautiful Minds*.

In his working life, West has held a lengthy list of corporate roles, many of which are grounded in health sciences and commerce. One of the most recent additions – “fine art photographer” – was a bit of a departure, but not an

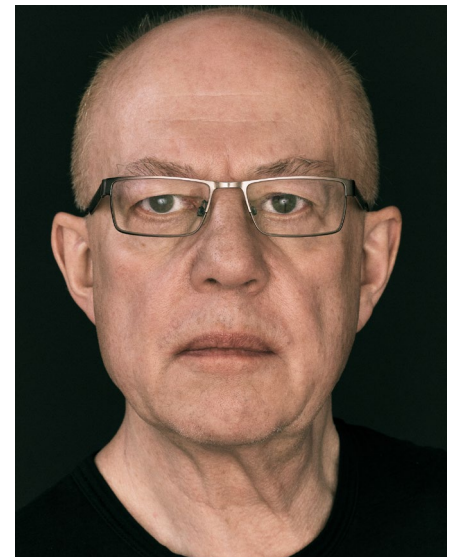
entirely unexpected one. Photography was only a hobby for West, that is, until a serendipitous IMHR board meeting about The Royal's Brain Imaging Centre (BIC).

“There was a nascent idea of taking brain images of people who were going through the scanner and making them more accessible and available so we could talk about brain imaging,” recalls West, who was intrigued by the idea. He approached Dr. Zul Merali, the CEO of the IMHR at the time, and suggested bundling portraits of individuals and scans of their brains alongside their personal stories as a way to lift the veil on substance use disorders.

This was in 2018, and West happened to be taking summer classes at the School of the Photographic Arts in Ottawa. He was keen to get started on a book combining portraits and brain scans, but there was one small issue: “I realized that I might have been a closet photographer, but I wasn't a portrait photographer,” he says. An offhand conversation with the director of the school finally prompted him to take the leap and enroll in the full-time photography program.

“I suddenly found myself being sucked into a vortex of education,” he says. “I ended up becoming a full-time student for two years to do a diploma in photographic arts to give me the skills to create this book. It actually changed my life in some ways.”

It was also around this time that West's story changed in yet another way. A family member struggling with substance use disorder brought into sharp focus West's work with The Royal and led to an introduction to Gord Garner.



Steve West

Garner, the vice-president of strategic partnerships of the Community Addictions Peer Support Association (CAPSA), has dedicated his professional life to breaking down the stigma associated with substance use. Garner helped recruit the individuals whose portraits, brain scans, and stories were eventually published in *Beautiful Minds*.

“The people that came forward wanted to share their story. There was a sense

*Continued on page 5...*

## BEAUTIFUL MINDS *continued*

of sharing to help others and not hiding behind the veil,” says West. “Historically, admission of mental health is seen to be a weakness, but telling your story is actually an admission of strength.”

The brain scans were captured with The Royal’s positron emission tomography-magnetic resonance imaging scanner, known as a PET-MRI. It’s the only one in Canada used solely for mental health research.

Typically, brain scans are monochromatic, like X-rays, but the versions West presents in *Beautiful Minds* are digitally enhanced with vivid colours that dance off the page.

West wants people who read *Beautiful Minds* to know that substance use disorder is a disease, and most importantly, that there is always hope.

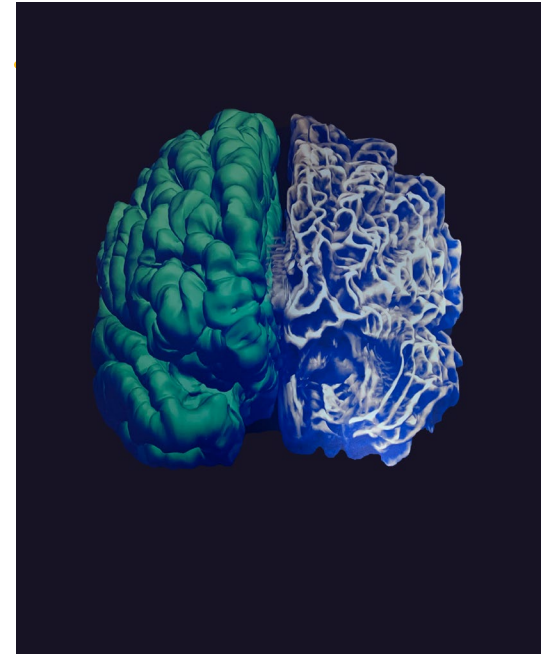
“Substance use disorder is just like any other disease, and at the end of the day, there is hope. There’s lots of other vignettes in between those two bookends

but I believe, when somebody picks up the book, that’s what I would like them to understand is this is a disease of the brain and the mind and there is hope to get through it.”

West is already planning a follow up to *Beautiful Minds*. The working title is *The Mind and the Mask* and will focus on neurobiology, research, and mental health.

Much like *Beautiful Minds*, his hope is that the book inspires conversations. West tells a story of someone who was encouraged to seek help for a substance use issue after seeing a friend’s copy of *Beautiful Minds*. Until that time, the stigma had been holding him back. West is glad the book has already served its purpose.

Whether or not substance use disorder is a part of our lives or not, West’s message is ultimately a simple one, one that applies to everyone, everywhere: “We all need a



constituency of love and support to get through our struggles.”

*Beautiful Minds* is available to [order online](#). Proceeds of sales go to The Royal and CAPSA.

# SEASON 2

 **Conversations  
at The Royal**  
presented by 

 **October 28** | **Words Matter**

*How to help someone struggling with substances.*

 **November 25** | **Centre of Excellence**

*How to better care for the mental health of our seniors & Veterans.*

 **December 22** | **Caregiver Stress**

*Caring for the caregiver over the holidays.*

 **January 26** | **Winter Blues**

*Seeking sunlight – how to help with the winter blues.*

 **February 24** | **The New 'Normal'**

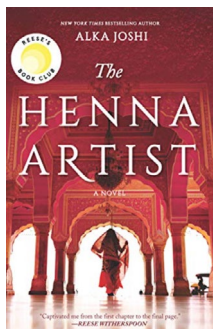
*Managing your anxiety in our ever-changing world.*

SUBSCRIBE TO LEARN MORE: [WWW.THEROYAL.CA/CONVERSATIONS](http://WWW.THEROYAL.CA/CONVERSATIONS)

# PAGE TURNERS

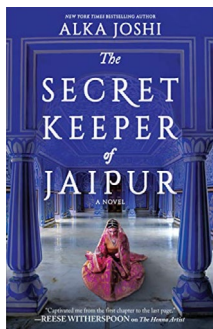
Looking for something new to read?

Here are some book recommendations from staff at The Royal.



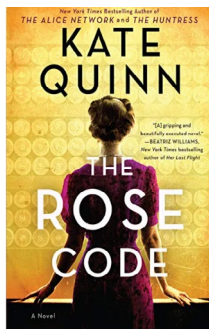
**The Henna Artist,**  
by Alka Joshi

– Recommended  
by Tracey Welsh



**The Secret Keeper of Jaipur,**  
by Alka Joshi

– Recommended  
by Tracey Welsh



**The Rose Code,**  
by Kate Quinn

– Recommended  
by Tracey Welsh



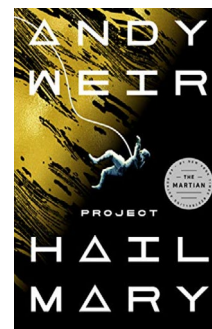
**Sparks like Stars,**  
by Nadia Hashimi

– Recommended  
by Tracey Welsh



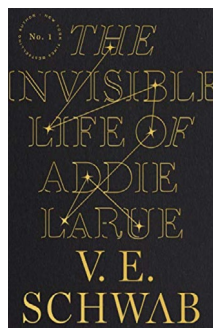
**That Summer,**  
by Jennifer Weiner

– Recommended  
by Tracey Welsh



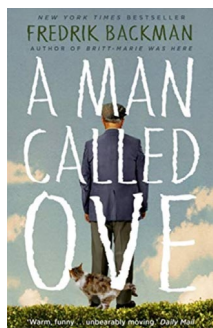
**Project Hail Mary,**  
by Andy Weir

– Recommended by  
Katie Dinelle



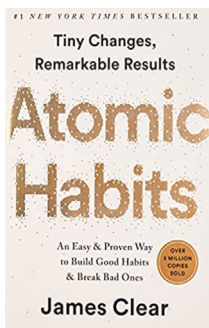
**The Invisible Life of Addie LaRue,**  
by V.E. Schwab

– Recommended  
by Katie Dinelle



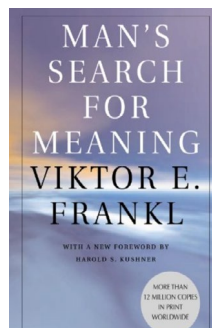
**A Man Named Ove,**  
by Fredrik Backman

– Recommended by  
Anne-Marie Smith



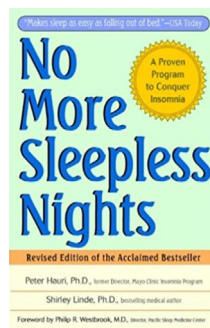
**Atomic Habits:**  
*An Easy & Proven Way to Build Good Habits & Break Bad Ones,*  
by James Clear

– Recommended by  
Anne-Marie Smith



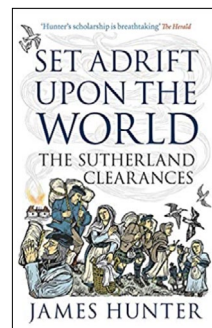
**Man's Search for Meaning,**  
by Viktor Frankl

– Recommended by  
Dr. Raj Bhatla



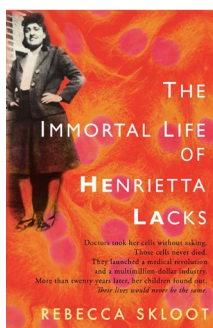
**No More Sleepless Nights,**  
by Peter Hauri

– Recommended by  
Dr. Elliott Lee



**Set Adrift Upon the World: The Sutherland Clearances,**  
by James Hunter

– Recommended by  
Dr. Clifford Cassidy



**The Immortal Life of Henrietta Lacks,**  
by Rebecca Skloot

– Recommended by Andrea Tomkins

(Would you like to borrow this book?

Reach out to [andrea.tomkins@theroyal.ca](mailto:andrea.tomkins@theroyal.ca)!)



## HOW TO read more books

It's no surprise that work and family life take up a lot of waking hours. Throw in a pandemic and all the extra stresses that go along with it and it almost guarantees that we spend our spare time in front of the TV or mindlessly scrolling our social networks. Not that there's anything wrong with that of course, but our own in-house experts tell us it's important spend time on pastimes that build us up and make us happy. For some, reading is one of those things! So, if you'd like to cram in a few extra pages every day, read on for tips on how to read more books.

- 1. Prioritize and protect your reading time.** If you want to squeeze in a few extra minutes of reading time you'll need to make it a priority. This might mean watching one less Netflix show every night, reading on your lunch break, or going to bed twenty minutes earlier.
- 2. Don't sleep with your mobile phone.** Leave your device outside your bedroom at night so you're not tempted to pick it up. This way you are likely to spend more time with your book and less time on Facebook.
- 3. Track your reads.** Are you competitive? Do you like to rack up gold stars? Is visible progress super satisfying? If so, tracking your reads might result in reading more books. Goodreads is a good app for this. You can use it to log your books and get recommendations for your next one. You can also set an annual reading goal and see how you stack up against your friends.
- 4. Always have a book at the ready.** Some easy places to pick up something new to read are (1) The fiction section of The Royal's library (2) your neighbourhood bookstore, or (3) Ottawa Public Library for both print and digital editions. Digital downloads from the library require the Overdrive app. The OPL app is useful too. Using the app, you can scan a book (say, on a friend's bookshelf) and it will automatically look it up in the library catalogue for you, at which point it can be yours in a click or two. The app tracks holds, fines, and due dates, and there's also a copy of your card right on the app in case you forget it. And did you
- know you can also borrow digital magazines and newspapers from the library? This includes publications that require a subscription, such as the Toronto Star, Scientific American, Today's Parent, and The Atlantic.
- 5. Keep tabs on the book section of your favourite magazine or newspaper,** such as [The Globe and Mail](#). If newly published books don't capture your fancy, catch up on classics you may have missed by referencing [the Guardian's list of top 100 books of all time](#).
- 6. Join a book club.** Some people will read more if they're held accountable and don't mind the high school flashbacks. The biggest book club in the world, the Oprah Book Club, keeps a [complete list of Oprah's Book Club](#) books on her official website.

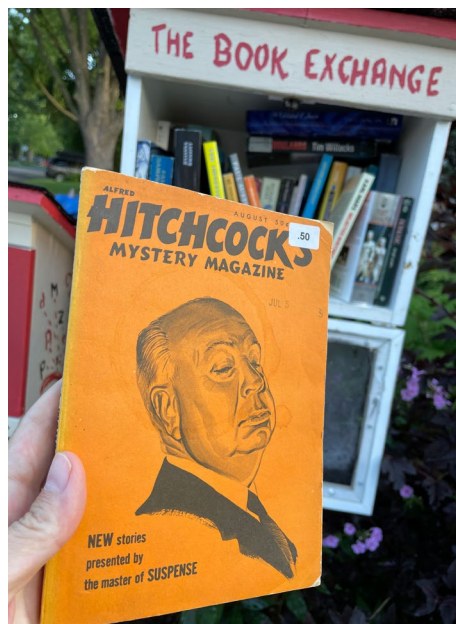
# Do you like **free books**?

By Andrea Tomkins

One day I was walking home from work when I overheard a conversation between two people standing next to a parked car on a residential street in my neighbourhood. The fellow asked the women what she was going to do for the rest of the day. She waved down the street: “There’s a mini library down there and I’m going to get a book to read.”

Some people refer to mini libraries as community bookshelves, micro libraries, or book boxes, or if you want to get fancy, *book lending initiatives*, but I see them simply as small libraries without due dates, fines, or air conditioning.

Although I’ve seen mini libraries in community centres and other high traffic areas, I notice them most frequently on residential front lawns around Ottawa. Maybe you’ve seen them too. They’re typically a single-tier bookshelf (a box, really) enclosed by a hinged door, and supported on a sturdy post. These



You never know what you’re going to find. This mini library is at the corner of 483 Brennan Ave., a 15-minute walk from The Royal in Ottawa.

structures are almost universally built by hand and each one has its own unique look.

Mini libraries operate on the “take one, leave one” principle, but I often find myself grabbing a book if I happen to be walking by and replacing it with three or four others later. It’s a great way to

Did you know we have our own mini libraries at The Royal? At the Ottawa campus, look for a rolling rack in the resource room on the first floor (near the main reception desk) and in the volunteer services office. At the Brockville campus, it’s in the River Café. Donations of soft cover novels are gratefully accepted!

purge my collection and get rid of the overflow.

One of the things I enjoy about mini libraries is the randomness. You never know what you’re going to find. It could be that novel you’ve always wanted to read or a copy of Hitchcock’s Mystery Magazine from 1967.

There are a few within walking distance of the Ottawa campus of The Royal, in



The mini library at 143 Buell St. is about 10-minute walk from The Royal in Ottawa and a pleasant walk through the Hampton Park woods.

case you’re looking for a *novel* destination for a lunchtime stroll. Enter these addresses into your GPS and you’ll find free books on the other end:

1. 32 Edina St.
2. 125 Ruskin St.
3. 143 Buell St.
4. 483 Brennan Ave. (Corner of Brennan Ave. and Iona St.)

If you’d like to explore mini libraries in your own neighbourhood, take a look at the handy map on Little Free Library website ([littlefreelibrary.org](http://littlefreelibrary.org)).

The Little Free Library is a non-profit organization whose work is guided by some core values that really speak to me. By providing greater access to books, they strengthen communities and influence literacy outcomes. They further diversity, equity, and inclusion through the books they share and the communities they serve.

Mini libraries are for everyone, and much more than a pile of books on a shelf.



# MEET OUR PSYCHOLOGY RESIDENTS

Doctoral students in clinical psychology from graduate programs across Canada and the U.S. compete annually for positions in The Royal's residency program in clinical psychology. Each resident typically brings 1,000 to 7,000 hours of supervised experience in clinical care and research to The Royal's programs.

The residency program is led by Dr. Philip Grandia, director of training, psychology, and Dr. Gretchen Conrad, assistant director of training, psychology, in consultation with psychology training committee members.



### **Matthew Wakefield**

Matthew Wakefield is a doctoral candidate in clinical psychology at Simon Fraser

University. He is completing a primary rotation in the Operational Stress Injury (OSI) Clinic, and secondary rotations in the substance use and concurrent disorders program and the mood and anxiety disorders program. His program of research has focussed on the role of emotion in self-destructive behaviour in the context of Borderline Personality Disorder (BPD). For his dissertation, he investigated the relationship between the strength of a cognitive nonsuicidal self-injury (NSSI)-relief association and NSSI over time in the context of dialectical behaviour therapy among individuals with BPD.



### **Mabel Yu**

Mabel Yu is a doctoral candidate in clinical psychology at the University of Regina.

She is completing a primary rotation in the Community Mental Health program, and secondary rotations in the Forensic Treatment Unit (FTU) at the Brockville campus and Operational Stress Injury (OSI) Clinic. Her dissertation research explores the effectiveness of an internet-delivered self-compassion program to prevent depressive relapse/recurrence in individuals with a history of major depression.



### **Amanda Ferguson**

Amanda Ferguson is a doctoral candidate in clinical psychology at the University of

Toronto (Scarborough). She is completing a primary rotation in the substance use and concurrent disorders program – Transitional Aged Youth (TAY) Service, and secondary rotations in the Operational Stress Injury (OSI) Clinic and the schizophrenia recovery program. Her program of research examines how people make sense of other people's emotions, and how emotion-related beliefs affect behavior in interpersonal contexts.

**Upcoming  
Events**  
[theroyal.ca/events](https://theroyal.ca/events)

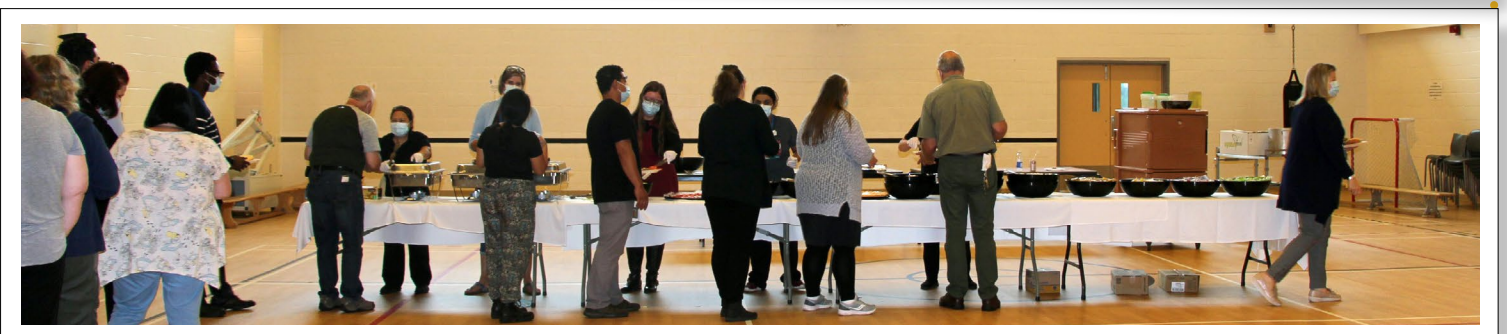
**Women  
Mind**

**November 5, 2021 from  
8:30 AM to 3:30 PM**

Emceed by media personality, Melissa Lamb, this virtual, daylong workshop is a deep dive into the diverse mental health concerns that can emerge during the perinatal period. Best practices will be presented by leading practitioners including psychiatrists, midwives, nurses, social workers, and peer support workers. For more information and to register, go to [theroyal.ca/events/women-mind-and-body-perinatal-mental-health](https://theroyal.ca/events/women-mind-and-body-perinatal-mental-health).

# THE ROYAL BOOSTERS' STAFF BBQ

*Thank you to everyone who came out to the staff BBQ! And big thanks as well to The Royal Boosters and their volunteers who stepped in to help make it happen.*



# QUALITY UPDATE *by Katelyn Lepinskie*

In 2019, The Royal's quality and patient safety department created a plan to enhance the existing quality structures within The Royal. In the June issue of *What's Up?*, we highlighted the new organizational-level quality committee and The Royal's Quality Framework. This quarter's update highlights additional offerings to build quality improvement and data literacy capacity within the organization.



## Quality and Patient Safety Education & Training

Improving the quality of care and services we deliver is everyone's responsibility. Over the last couple of years, psychiatry residents have been participating in Quality Improvement (QI) training as part of their residency program. Engaging physicians is vital to enhancing the client and family experience and improving structures around the organization. However, through accreditation it was identified that QI education and training for staff was a gap within the organization.

This year, the quality committee has examined this gap and is spearheading the advancement of in-house QI and data literacy capacity building for staff, physicians, learners, and client and family volunteers. By participating in formal learning opportunities, individuals can feel confident in their abilities to identify, participate in, or lead QI initiatives

and interpret data to drive decisions. Three offerings are currently underway:

1. QI 101
2. The Quality Café
3. The Quality Academy

### QI 101

In conjunction with CAMH and Ontario Shores, The Royal has developed its own QI 101 e-learning module. This 20-minute session supports individuals by providing the basic foundations and fundamentals of quality improvement. QI 101 is going live on PALMS in October 2021 and will be made available to all staff, physicians, learners, and client and family volunteers. If you're looking to understand the basics of quality improvement, this is a great e-learning module to take.



The Quality Café is a quarterly 50-minute webinar series intended to increase participants' knowledge and skills on the topics of data, measurement, and QI. This webinar series is available to all staff, physicians, learners, and volunteers. The first Quality Café was held on June 8 and over 40 participants tuned in to learn more about "Using Data to Drive Decisions." Stay tuned for announcements this fall about the next Quality Café.



The Quality Academy is an intensive 8-month program which aims to equip staff with the knowledge and tools to lead QI work and use data effectively. The academy is led by a diverse faculty of in-house experts from the departments of quality and patient safety and organizational development, as well as guest lecturers. The academy will guide participants through their own QI projects from start to finish. Our first cohort, which started in September, is focused on training managers, directors, and members of program level QI teams. To be a part of the next cohort, email [qualityandpatientsafety@theroyal.ca](mailto:qualityandpatientsafety@theroyal.ca) to be put on a waitlist.

Let us know

# What's Up

at The Royal!

We are looking for your story ideas and suggestions!

Send us an email at [communications@theroyal.ca](mailto:communications@theroyal.ca)

Follow us on:



The :Le  
**Royal**

Mental Health - Care & Research  
Santé mentale - Soins et recherche