



Hospital Partner Reports 2020-21

Sunnybrook Hospital

Submitted by Dr. Ari Zaretsky, Psychiatrist-in-Chief

One of the most exciting developments in 2020-2021 was the breaking of ground in the fall of 2020, for Sunnybrook's new Garry Hurvitz Brain Sciences Centre, a collaborative space for clinicians, researchers and educators from psychiatry, neurology, neurosurgery and brain imaging. By fostering innovation in treatments for brain and mental health conditions and by redefining how care is delivered to patients, this three level, 121,000 square foot building set for completion in late 2022, will have the capacity to expand and grow. It will help dramatically in improving patient care. Inpatient care in the Murphy Family Centre for Mental Health will span the ages from youth to the elderly within a beautiful, state of the art, purpose built facility overlooking a ravine, with an expanded 47 beds, with separate rooms for each patient. Within the Garry Hurvitz Brain Sciences Centre there will be an expansion of space for the Harquail Centre for Neuromodulation, where a complete range of neuromodulation strategies including ECT, rTMS and focused ultrasound, will be offered in one state-of-the-art-facility.

Over the course of the COVID-19 pandemic, Sunnybrook's Department of Psychiatry has played a leadership role in supporting the wellness of its staff, physicians and learners through a number of innovative interventions, including the STEADY (Social Support, Tracking Distress, Education and Discussion and Community) Wellness Program. Led by Dr. Janet Ellis, STEADY was implemented on 10 target patient care units with 185 drop-in sessions, 115 psychoeducation workshops and 4 critical incident debriefs. Thirty one Sunnybrook staff were trained in peer-support. Over the past year there have also been 2413 wellness assessments of staff, faculty and learners and 644 tailored responses.

Our Department has also continue to pursue innovative methods to reduce suicide risk for patients recently discharged from our inpatient unit. From August 2020 to May 2021, under the leadership of Dr. Ayal Schaffer, Dr. Rosalie Steinberg and Dr. Mark Sinyor, 100 patients were recruited from our F2 inpatient unit and each participant received 3 automated emails on day 4, day 21 and day 56 post-discharge. These "caring contact" emails based on earlier U.S. suicide prevention research, were codeveloped with our patients, our Department of Psychiatry patient and family advisory committee, as well as clinicians in order to offer hope and provide suggestions, reminders and resources to these former inpatients, as well as an invitation to return to the emergency if required.

A number of members from the Sunnybrook Department of Psychiatry received prestigious awards and honours this past year. Dr. Rachel Carr, our co-Chief Resident won the 2021 U of T Postgraduate Medical Trainee Leadership Award. Dr. Chien Shun-Chen a senior resident, won the U of T Department of Psychiatry 2021 Best Resident Teaching Award. Karianne Mintz, our Education Coordinator, won the 2021 Marie Mara Award for Residency Advocacy. Dr. Peggy Richter won the 2021 Mary Seeman Award. Dr. Matt Boyle won the 2021 Robin Hunter Postgraduate Teaching Award. Through the U.S. based Alzheimer's Association, Dr. Krista Lanctôt was awarded \$1.1 million U.S. from the Cloud-Gates Partnership Grant Program to conduct a phase II clinical trial investigating a unique combination of treatment options, including tDCS for patients with vascular cognitive impairment-no dementia. Dr. Walter Swardfager was one of twenty seven U of T scientists to receive a Tier Two Canada Research Chair in clinical pharmacology and cognitive neurovascular disease. Dr. Gail Robinson became an honorary member of the World Psychiatry Association and Dr. Karen Wang won an Academic Scholar Award from the Department to focus on quality and implementation of measurement based care. Dr. Anthony Feinstein authored a gripping 12-part series published in the Globe and Mail focusing on interviews with journalists entitled Moral Courage. Dr. Ayal Schaffer was promoted to Deputy Editor of the Canadian Journal of Psychiatry.

