



# Hospital Partner Reports 2020-21

## University Health Network (UHN)

*Submitted by Dr. Susan Abbey, Psychiatrist-in-Chief*

University Health Network's Centre for Mental Health has focused its activities over the past year on responding to COVID-19 in all of its various facets and pivoting to virtual care whenever possible. UHN mental health staff have gone above and beyond on a daily basis in order to serve our patients and keep our own staff safe.

We have played a major role in supporting the mental health needs of the UHN community with the development of several important programs: UHN CARES (Coping and Resilience for Employees and Staff) that includes a stepped mental health care model from on-line self-management resources through a variety of group programs and support to frontline medical teams across UHN to 1:1 care by a psychologist or psychiatrist; CREATE (Compassion, REsilience And TEam building) at PMH which provided point-of-care team support by psychosocial coaches; PACER - HCP (Pandemic Acceptance & Commitment to Empowerment Response Intervention for Frontline Healthcare Providers) and a collaboration with colleagues at Mt. Sinai and Women's College to offer on-line meditation support through pause4providers. We also collaborated with Mt. Sinai in providing support to the GTA intensive care community.

Clinical care has pivoted to virtual care wherever possible. This has required extensive work to bring our group programs on line and to redevelop our Eating Disorder Day Hospital into a virtual program. We have continued to see people who have needed in person care.

Throughout all of this, the research and education work that is integral to our Centre has continued to flourish with a robust record of publications, grant and learners.

