When the pandemic hit in March 2020, the goal around the world was to keep everyone safe. Businesses were shutdown, schools went virtual, and masks became everyday practice.

Like all hospitals, Waypoint was on the front lines of the pandemic. We augmented infection prevention and control measures, added additional cleaning, and quickly opened an isolation unit for all new admissions and to treat symptomatic or COVID positive patients. Physical distancing was an important tool in keeping people safe and we had to get creative on our units to accomplish this.

Making room for patients meant we had put a pause on some programs, including the voluntary Georgianwood Concurrent Disorders Program. Patients who were in hospital at the time were discharged and went home to their own communities, but their connection with Waypoint didn’t end.

While the Georgianwood clinicians began to provide treatment and care for an entirely different group of patients, they also supported the Georgianwood patients through their journey.

These clinicians kept patients up-to-date on the COVID situation at the hospital and pivoted to provide virtual, evidence-based treatments to individuals who were experiencing mild to moderate symptoms of mental illness and substance use.

This has been the case for nearly two years, however with hospitals now ramping up services that were put on hold, Waypoint is pleased to share that inpatient treatment for concurrent disorders has now resumed.
In February Waypoint was pleased to welcome Dr. Bernard Le Foll to the Waypoint team in the position of Vice-President of Research and Academics and Chief Scientific Officer.

Dr. Le Foll is a clinician-scientist specializing in drug addiction. He is also the Chair of Addiction Psychiatry at the University of Toronto and a Professor in the departments of Psychiatry, Family and Community Medicine, Pharmacology and Toxicology, as well as the Institute of Health Policy, Management and Evaluation, Dalla Lana School of Public Health. He has practiced in the area of Addiction Medicine at the Centre for Addiction and Mental Health (CAMH) in Toronto since 2006. His multi-disciplinary research approach seeks to better understand the neurobiology of addiction and develop novel therapeutic strategies.

"Dr. Le Foll brings leadership expertise from various medical leadership roles at CAMH and has completed the Ontario Medical Association Advanced Leadership Program. He has led multiple research teams using a variety of approaches and this along with his experience in mentoring clinician-scientists supports the work of the Waypoint Research Institute and our research team," said Carol Lambie, President and CEO. "Dr. Le Foll will continue to build our research and academics program and support the advancement of the hospital’s strategic plan."

As Waypoint continues to focus on growing its medical leadership team, we are excited to welcome Dr. Andrea Waddell as the new Medical Director, Clinical Informatics and Quality Standards.

Dr. Waddell will focus on advancing the implementation of Ontario Health Quality standards across the hospital and regionally, continuing to foster physician engagement and leadership in our clinical informatics partnerships, as well as collaboratively developing and executing a digital health strategy for the Central Ontario Health Team for Specialized Populations.

Dr. Waddell is a psychiatrist who earned a Master’s degree in Theory and Policy Studies, with a focus on higher education, from the University of Toronto. She brings certification in Lean/Six Sigma Green Belt Performance Improvement, is a certified professional in the National Association for Healthcare Quality and completed advanced training in Healthcare Leadership from the Rotman School of Management. She comes to Waypoint from the Centre for Addiction and Mental Health (CAMH) in Toronto where she served as a staff physician as well as one of two physician Quality Improvement and innovation Leads for the hospital. Her leadership experience also includes seven years as the Medical Director for Inpatient Psychiatry at University Health Network, also in Toronto.
Patients are once again able to access the evidence-based residential treatment program that provides care to patients experiencing both a mental health problem and a substance use problem at the same time. And while inpatient treatment has resumed, the virtual program will continue for those who need it, allowing patients the opportunity to access specialized services from their home, while still being able to maintain their everyday commitments.

"COVID-19 showed how using technology could facilitate how we provide mental health services in general, and concurrent disorders services specifically," said Anissa Borneman, Director, Georgianwood Program for Concurrent Disorders and Brébeuf Program for Regional Forensics. "We were able to provide some care and treatment when inpatient treatment wasn’t possible."

The virtual program offers access to six to 18 weeks of specialized treatment depending on the patient needs, and the opportunity for up to three therapeutic sessions with a skilled clinician each week.

Ms. Borneman adds "the virtual setting still works best for some people who have other life commitments that would prevent them from accessing an inpatient program."

One of the new tools available to those seeking addictions care is Breaking Free Online. The program, available for Ontarians 16 and up, is a free, safe, and confidential tool that can help individuals looking to reduce or stop their use of substances. The tool can also assist with prevention, early intervention and rehabilitation, and is available 24/7 in both English and French.

Breaking Free Online is available for clients to use on their own (through self-referral) or under the supervision of their clinician as part of an ongoing addiction recovery program.

The government of Ontario launched Breaking Free Online as part its commitment to fully support Ontarians in their journey to mental wellness. Adoption of Breaking Free Online by Waypoint and other mental health and addictions agencies across the province is being done in collaboration with the Mental Health and Addictions Centre of Excellence at Ontario Health.

For more information on the Georgianwood Program and others, including referrals to Waypoint, please visit www.waypointcentre.ca/referrals or call Waypoint Central Intake at 705-549-3181, ext. 2308. If you are interested in using Breaking Free Online to help with your recovery journey, speak with a member of your care team or visit www.breakingfreeonline.ca to register and get free access to programming and resources.

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Mental health and hospice care team up with Family & Friends for Drop the Ball Raffle

You never know when you or someone you love might be in need of hospice or mental health services. These services are intrinsically linked – those who are at the end of life in need of hospice care often also need mental health support, and those with a diagnosed mental illnesses can also develop terminal or chronic illnesses that may need hospice support. This linkage is the reason that Family and Friends selected Waypoint and Hospice Huronia as beneficiaries of the 2022 Drop the Ball Raffle and we couldn’t be more excited.

The Drop the Ball Raffle, being held in partnership with the Midland Golf and Country Club, is a tremendous fundraiser that will see 50,000 numbered golf balls dropped on the golf course from a helicopter above; with all proceeds supporting Waypoint and Hospice Huronia.

The event kicked off in September 2021 with a charitable golf tournament that raised $32,300. The Drop the Ball Raffle is slated for September 10, 2022 and will once again feature a charity golf tournament followed by the helicopter golf ball drop.

Tickets are just $10 each or three for $25. Each ticket gives you the opportunity to win one of 13 incredible prizes, plus two early bird draws to take place May 11 and July 26, 2022. Tickets are available online at www.familyandfriendscharity.ca. They make great gifts for your loved ones or as just a treat for yourself while supporting two worthy charities.

“People from all walks of life can find themselves in need of hospice or mental health services. We wanted to keep the raffle tickets affordable to give everyone a chance at these great prizes,” said Gerard La Chapelle. “Sponsors have been so generous in helping us pull together a slate of 30+ outstanding prizes so we’ll have many happy winners and ultimately families and individuals needing help from Waypoint and Hospice Huronia will benefit the most from everyone’s ticket purchases.”

Family & Friends are incredibly grateful to the many local businesses who have supported the Drop the Ball Raffle, sponsoring large-ticket items such as a Nissan car, a Sea-Doo personal watercraft and trailer, a Starcraft boat, motor & trailer, a snow blower, golf packages, trip packages and so much more.

“Tomkins House opened last year to provide a home away-from-home for end of life care,” said Debbie Kesheshian, Executive Director of Hospice Huronia. “It is fundraisers like this raffle and our generous community that allow us to offer our services and programs at no cost to our residents, clients or their families. Your ticket purchase helps families needing our compassionate hospice care or bereavement support and we’re so grateful.”

“We are enormously grateful to be partnering with Family & Friends and Hospice Huronia for this exciting fundraiser,” said Carol Lambie, Waypoint President and CEO. “The continued generosity of our community makes it possible for us to meet the growing demand for mental health and addictions support, treatment and care through the pandemic and beyond.”

Gerard started the original Family & Friends Golf Tournament in 2006 in memory of his wife Gail. “We held a memorial tournament in October 2006, in the snow, and a group of us decided to make it an annual event,” he says. “In 2007 the Family & Friends Charitable Golf tournament officially began and has supported both Georgian Bay General Hospital and Georgian College in the past.”
Family and Friends Helicopter Golf Ball Drop

Over 30 amazing prizes to be won
www.familyandfriendscharity.ca

2022 Sea Doo Spark 3-up Trixx with trailer*
Factory Recreation

2021 Nissan Sentra*
Nissan Bourgeois

Star Craft Big Fish 14’ with trailer*
Marsh’s Marina

Early Bird Draws - 11 May & 26 Jul
Ball Drop - Sept 10th, 2022

In support of Hospice Huronia and Waypoint Centre for Mental Health Care

Over 30 amazing prizes to be won

1. Margie Green & RE/MAX - Karen Max
   MOON PALACE, MEXICO + FLIGHT

2. Maple Leaf Marinas
   SEGUIN VALLEY STAY & PLAY

3. Molson/Coors
   BEER FRIDGE

4. Gerard LaChapelle
   NUEVO VALLARTA, MEXICO + FLIGHT

5. RE/MAX - Kevin Ellis
   OUTDOOR PATIO FURNITURE

6. Elmvale Home Hardware
   SMOKER BBQ

7. Midland Golf & Country Club
   1-ADULT MEMBERSHIP

8. Strata Wealth
   82” COLOUR TV

9. Atherton Financial Group
   HIS & HERS WATCHES

10. Kempenfelt Windows & Doors
    GIFT CERTIFICATE

Thank You to our most Wonderful Sponsors

Early Bird Draw - 11 May 2022 @ 1:00pm
Stay & Play Package
2-Bottle Wine Rack, Glasses & Wine
Garmin S40 GPS Golf Watch
7” Circular Saw & Batteries
Yeti Hopper Flip12 Aquifer Blue
Camping Package, Wagon & Chairs
Keurig Simple Plus Single Serve
Yeti 30oz Rambler Tumbler
Apple Air Pods
Keurig K Single Coffee Maker
Yeti Roadie 24 Harvest Red
Garmin Approach G80 GPS

Early Bird Draw - 26 July 2022 @ 1:00pm
Apple I-Pad 10.2, 128 GB
Rigid 18V Jigsaw & Battery
2-Bottle Wine Rack, Glasses & Wine

* The product images shown represent the actual prizes and are for illustration purposes only and may not be an exact image of the product. Actual prize may vary from image.
With a goal to fix a fragmented and siloed health care system, three years ago the province of Ontario embarked on a health system transformation to redesign care delivery so it is more connected. The creation of Ontario Health Teams (OHT) brings together clients, families and providers to create a more connected network of services with the goal of improving access and transitions between organizations.

Waypoint is a member of the Central Ontario Health Team for Specialized Populations, a network of agencies, clients, families and care partners with expert knowledge and experience in specialized services focusing on mental health and addictions, seniors, and Indigenous populations. The goal is to collaborate with other local OHTs to ensure access to highly specialized regional services and build capacity to provide care for specialized populations.

One of the projects underway is the partnership to build regional integrated care models and pathways. Continuing to transform how the system is organized so that care is more integrated and connected.

This is an important project because while everyone in the mental health system is working incredibly hard to support clients and their families, the experience of care is uneven – some people feel supported and have good outcomes, while others have a more challenging journey. They cannot find a service that meets their needs; they wait too long or have to retell their story multiple times. Even health professionals find navigating the mental health system challenging.

Over the next year, the Central OHT for Specialized Populations will be working to create connections and shared practices across organizations so that patients and families achieve the best possible outcomes. Integrated Care Pathways are one way we will achieve our goals.

Integrated care pathways translate evidence-based guidance into care processes within and across organizations. They map out the care journey from start to finish to show what care is delivered, by which providers, to achieve what outcomes. Care pathways have been implemented in other sectors of health such as cancer care, and have greatly improved outcomes for clients and families.

“This work involves aligning all aspects of care at different levels, from systems integration right on down to clinical and service integration,” said Susan Lalonde Rankin, Director, Health System Integration. “Improving how care fits together across organizations will help achieve better client experiences and outcomes.” For example, in treatment for people living with mood disorders, we want to be sure that each part of the system from primary care, to community agencies, to hospital programs are using consistent standard assessment tools – otherwise clients have to complete multiple different assessments when they interface with different part of the system. Using consistent tools across organizations also helps clients to monitor their progress and know if their treatment plan is working: are they getting better? If not, the integrated care pathway will tell them what options to consider.

Regional Integrated Care Pathways are a mechanism that can address both the quality gap and the fragmentation of the health care system. To develop a care pathway, clients, family members and health service providers come together to co-design who is going to deliver what intervention and how outcomes will be measured, informed by available evidence. The process of co-creation leads to better connections between agencies, busting silos while at the same time improving quality. Really, a win, win. For more information on the Central Ontario Health Team for Specialized Populations, visit www.ohtspecialized.ca.
Over the last seven years, Get Your Mental Health in Motion has raised approximately $100,000 to support the well-being of patients and encouraged our community to make their mental health a priority.

Being in nature and spending time outdoors does wonders for relieving anxiety and stress. The benefits of outdoor recreation time for mental health patients has proven to be a strong contributor to recovery.

This year’s event is slated for Mental Health Week, May 2-8 and features a week of wellness, mindfulness, music and physical activity, wrapping up with virtual 5k fundraiser.

The funds raised will enhance accessibility and opportunities for therapeutic outdoor time at the hospital. The existing tennis court is in need of repair, with your help we will resurface this space to create a multi-use sports court that will include pickle ball, basketball, and shuffle board. Having a space that provides so many different activities appeals to diverse interests, and offers a healthy boost to our patients’ immune systems, endorphin levels, sleep quality, social connection, and their overall well-being.

There is no registration fee to participate, just a minimum donation/pledge of $25/person and $75/family. Ask your friends and neighbours for pledges, make a personal donation, become a sponsor. support the amazing sponsors we already have on board, or recruit friends and family to participate.

Every dollar brings us closer to creating a dynamic outdoor space to help patients regain their mental health, while supporting their physical health.

Movement is so simple, yet vital for our life. Our bodies are designed to move in all different ways & when done daily and with elements of fun, plays a huge role in keeping your body and mind strong and healthy!" - LIZ EVERETT

**EVENT DETAILS**

**DAILY MINDFULNESS EXERCISES AND ACTIVITIES FOR INDIVIDUALS, FAMILIES AND FRIENDS**

**SCHEDULE OF EVENTS AVAILABLE AT WAYPOINTCENTRE.CA**

Contact Shelly Price for event and sponsorship information sprice@waypointcentre.ca or 705-529-5947

Charitable Registration No. 838367027RR0001

**THANK YOU TO OUR SPONSORS**
Before the pandemic, the world was struggling with a global mental health and addictions crisis. COVID-19 has introduced new hardships and is further deteriorating mental wellbeing.

The COVID-19 Mental Health Relief Fund is making it possible for Waypoint to adapt and develop solutions to address evolving mental health and addiction needs. And you can help!

Please consider joining our monthly giving program. Monthly giving is one of the easiest and most effective ways you can support Waypoint. Together, gifts large and small change lives. You can help us change the lives of people faced with mental health and addiction challenges.

DONATE TODAY!
www.canadahelps.org/en/charities/waypoint-centre-for-mental-health-care