



Speakers' Biographies

Sarah Burtenshaw, MEd, BHSc (OT), OT Reg. (Ont)

Sarah has been a Mental Health Worker with the Hamilton COAST program for the last 7 years and works part-time at the new Halton COAST program. She graduated with her diploma in Occupational Therapy in 1984, Bachelor of Health Science degree from McMaster University in 1984 and finally Masters of Education degree from Brock University in 1998. She worked at Hamilton Psychiatric Hospital from 1985 to 2001 working on all units with her last 7 years on the Forensic Program.

In addition to her duties at COAST, Sarah functions as the Crisis Intervention Team (CIT) Coordinator for Hamilton and Region. She developed the curriculum and to date, 197 CIT officers have graduated from the program from police services in Hamilton, Niagara, Halton and Norfolk.

Sarah has greatly enjoyed education and has taught in both the McMaster Occupational Therapy and Medical Programs and currently works as a part-time professor for the Mohawk College Physiotherapy and Occupational Therapy Assistant Programs.

Mary Lou McDougall, B.SC.

Mary Lou have over 20 years experience working for Community Living North Halton supporting individuals with developmental disabilities and individuals with dual diagnoses. While at Community Living North Halton, she managed various departments including the Independent Living Program, the Day Support Program and Residential Support Homes.

She is currently a Manager for the CMHA Halton developing the New Safe Beds Program for Halton Region. She also developed the Safe Beds database program, working with Susan Akimoto from A & A Software Consultants.

Robin Pow, MSW RSW

Robin is the Coordinator of the Mobile Crisis Team at The Ottawa Hospital. She has worked in community mental health for over 15 years in the Ottawa area. Her past positions including outreach social worker with the homeless mentally ill population, Community Treatment Coordinator for Champlain and Manager of an Assertive Community Treatment team.

Anthony Levinson, MD, FRCPC

Dr. Levinson is currently an Assistant Professor at McMaster University, holds the John R. Evans Chair in Health Sciences Educational Research and Instructional Development, and is Director of e-Learning Innovation for the Michael G. DeGroote School of Medicine. Dr. Levinson currently holds research funding from OCFP, NARSAD and the Ontario Mental Health Foundation. His primary areas of expertise include education development and psychiatry and he is studying how best to capitalize on multi-media and new technologies to enhance health sciences education. From a clinical standpoint he is currently a Consult Liaison Psychiatrist at McMaster University Medical Centre, and consulting psychiatrist for the Neuromuscular Clinic at McMaster. His areas of clinical expertise include neuropsychiatry, psychopharmacology, genetic and metabolic disorders and Consult Liaison Psychiatry.

Sarah Garside, MD, PhD, FRCPC

Dr. Garside is currently an Assistant Professor at McMaster University in the Department of Psychiatry and Behavioural Neurosciences and is the Associate Director of e-Learning Innovation and Special Projects for the Michael G DeGroote (MGD) School of Medicine. She is also a member of the MGD School of Medicine Expansion Team. Dr Garside currently holds funding from OCFP, HHSF and the Ontario Mental Health Foundation. Her primary areas of expertise include e-curriculum development, interactive e-learning module creation, Mental Health Ethics, Psychiatry, and Neuroscience. Her research is focused on evaluating the designs of e-learning modules to enhance knowledge translation, the assessment of multimedia assets and blended delivery models. From a clinical standpoint she is currently the consulting psychiatrist to the Haldimand-Norfolk ACTT team and is a Consult Liaison psychiatrist at McMaster University Medical Centre. Her areas of expertise include neuropsychiatry, psychopharmacology, psychosis, and Consult Liaison psychiatry.

Michael Bay

Called to the Bar in 1984, Michael's law practice focuses on mental health, consent, substitute decision-making and health information. He acts for clients, teaches, consults and mediates. He is regularly called upon to adjudicate abuse claims from former residents of Indian residential school. Michael is also an Associate Professor (PT) in the Department of Psychiatry and Neurosciences at McMaster University and an Adjunct Professor in the Faculty of Nursing at the University of Toronto. Michael has testified as an expert witness at over fifteen inquests.

Michael was the founding Chair of the Consent and Capacity Board. He has also served as Director of the province's Mental Health Law Education Project, consultant to the Minister of Health, Chair of the Psychiatric Review Board (Toronto West), and Executive Assistant to the Minister of Health. He is an associate editor of the new Journal of Mental Health Ethics.

Michael is a recipient of the SOAR Medal for outstanding service to administrative justice. He is widely published and has addressed hundreds of audiences across Canada and overseas.

In 2005 Michael completed work on a report to the Minister of Health and Long-Term Care on the subject of Community Treatment Orders.

Adriana Schawz Carvalhal, MD, MSc, PhD

Dr. Carvalhal is currently Assistant Clinical Professor in the Department of Psychiatry & Behavioural Neuroscience.

1990	MD, Medicine Federal University of Pelotas
1993	Psychiatry Specialist, Department of Psychiatry Federal University of Rio Grande do Sul
1995	Fellowship, Department of Psychiatry Federal University of Rio Grande do Sul
1998	MSc, Medicine Federal University of Rio Grande do Sul
2003	PhD, Medicine Federal University of Rio Grande do Sul
2004	Research Fellow, Postdoctoral St. Michael's Hospital and University of Toronto

Tom Alexander, MSW, RSW, MSc

Tom is a Registered Social Worker working at East Region Mental Health Services as an outpatient therapist since 1995. He completed his MSW and then the MSc. program in Health Research Methodology, Faculty of Health Sciences at McMaster University.

He has been on the Hamilton Dialectical Behaviour Therapy (DBT) Team since receiving his training with Dr. Marsha Linehan in Seattle in 1999, and subsequently received advanced training in DBT with Dr. Charles Swenson in 2001. Tom specializes in treating patients suffering from multiple complex problems across social, psychological, emotional and physical domains along with his DBT Team members. He has trained with Dr. David Dawson in Relationship Management (RMT) principles as an alternative, yet complementary approach to helping patients with multiple problems. Such patients can often present in extreme states of emotional, cognitive and behavioural dysregulation leading to crisis. The focus of the session will be on coaching patients to survive an episode of crisis using the DBT and RMT approaches. An emphasis will be placed on empowering patients in frequent crisis to more skillfully navigate their own internal and external cues in preventing crisis over time and avoiding harmful outcomes. Tom maintains a private practice as a clinical educator assisting health care settings in capacity building for working with patients suffering from multiple and complex problems.

Cláudio N Soares, MD, PhD, FRCPC

Dr. Soares is an Associate Professor of Psychiatry and Behavioral Neurosciences at McMaster University, where he is also the Director of the Women's Health Concerns Clinic. Dr. Soares is a psychiatrist who earned his medical degree and later his PhD in Psychoneuroendocrinology from the University of Sao Paulo Medical School, in Brazil. His postdoctoral fellowship in Perinatal and Reproductive Psychiatry was completed at the Massachusetts General Hospital (MGH), Harvard Medical School, where he still holds an academic appointment. Since 2006, Dr. Soares has contributed as Associate Editor for the Journal Watch Women's Health, from the publishers of the *New England Journal of Medicine*.

Dr. Soares' research career has been focused on mood and anxiety disturbances in women. His research interests are primarily devoted to the evaluation of new treatments for female-specific psychiatric disorders, including premenstrual dysphoric disorder (PMDD) and the efficacy of hormonal and non-hormonal interventions for the treatment of depression and other complaints during the menopausal transition. His most recent research examines risk factors for depression and other clinical and psychiatric disturbances among female immigrants.

Dr. Soares is a recipient of numerous honors and awards, including the North American Society for Psychosocial Obstetrics and Gynecology (NASPOG) Award, and 2 National Alliance for Research on Schizophrenia and Depression (NARSAD) awards. He has written extensively in the area of women's mental health, with more than 110 publications (peer-reviewed manuscripts, books, and book chapters). His articles are published in *Archives of General Psychiatry*, *Journal of Affective Disorders*, *Journal of Clinical Psychiatry*, *American Journal of Psychiatry* and *Menopause*, to name a few.

Nicole Karki-Niejadlik DNP(c), MS-NP, RN

Nicole attained her Bachelor of Science at Queen's University in Kingston, Ontario with a concentration in Life Sciences. She shortly realized her passion was working with people and concentrating on the evolution of the healthcare system. Nicole then went on to study Nursing and attained her Bachelor of Nursing Science, and Masters of Science with Nurse Practitioner concentration from D'Youville College in Buffalo, New York. Since graduation from her Masters degree, Nicole has worked with children and adolescents in the field of psychiatry.

Nicole currently works as an Acute Care Nurse Practitioner at St. Joseph's Healthcare in Hamilton in the COAST program with a half-time secondment to McMaster Children's Hospital Child and Youth Mental Health Outreach Service. Her roles include: mental health assessments, direct and indirect consults, telepsychiatry, medication reviews, multi-modal treatment, patient education, staff education/training, program development/evaluation, regional capacity building, knowledge translation and prevention strategy creation. In addition, Nicole provides consultation to COAST Halton for youth ages 16-21.

Nicole enjoys her involvement with academia as she holds a cross appointment as an Assistant Clinical Professor at McMaster University and has lectured and supervised students in the undergraduate nursing program. Currently, Nicole is completing her Doctorate in Nursing Practice with a focus on nursing leadership and management. Her primary focus is on increasing the capacity of primary healthcare providers to handle and treat child and adolescent mental illness through knowledge transfer of evidence based medicine.

Terry McGurk

Terry has worked in a variety of hospital settings as a Psychiatric Nurse for the past 40 years, and has a wide range of experience in Clinical and Administrative roles. He worked as a Case Manager for the Hamilton Program for Schizophrenia, Nursing Supervisor for the Hamilton Psychiatric Hospital, and taught in the Mental Health Nursing Certificate Program/Psychiatric Rehabilitation Certificate Program at Mohawk College for a number of years. 10 years ago, Terry in collaboration with his staff, developed the COAST Hamilton Program and for 5 years also managed the Psychiatric Emergency Services at St. Joseph's Healthcare. Over the past two years, in collaboration with staff, he developed the COAST Halton program and more recently splits his full-time position managing COAST Hamilton and being the Director of Programs for CMHA Halton. Terry is the Chair of the Human Services and Justice Coordinating Committee in Hamilton.

Educational Background

- Bachelor of Science in Nursing
- Post Baccalaureate Diploma in Clinical Behavioral Sciences
- Certification in Mental Health Nursing (CNO)
- Certificate in Psychiatric Rehabilitation (Practitioner Level)

Mary-Lou Martin

Mary-Lou Martin is a Clinical Nurse Specialist at St. Joseph's Healthcare Hamilton and is an associate clinical professor at the School of Nursing, McMaster University.

She received her Diploma in Nursing from Women's College Hospital/Ryerson Polytechnical Institute. Mary-Lou received her Bachelor of Science in Nursing, Masters of Science in Nursing and Masters of Education from the University of Toronto.

Mary-Lou Martin is a practitioner, consultant, educator, researcher and leader in the area of mental health/mental illness.

Dr. Mamak, Senior Psychologist

Dr. Mamak is the Senior Psychologist on the Forensic Service of St. Joseph's Healthcare, Hamilton and Assistant Professor with the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She is also the Co-Director of the Aggression Clinic and Research Centre. Dr. Mamak is a member of the board of advisory for the Canadian Critical Incident Association. She also holds an appointment with the Ontario Review Board. Her professional and research interests include, criminal recidivism, aggression, and hostage negotiations. Dr. Mamak has provided psychological services to both private and public sector organizations both nationally and internationally. She has been a sought after speaker and has presented at numerous conferences and workshops.

Lorraine Chapman, BA, BSW

Lorraine has worked in hospital settings, family practice, child welfare, as well as 15 years in addictions. She has been with Good Shepherd for 8 ½ years. Currently Director of Mental Health Programs at Good Shepherd, with oversight of a supportive housing program for 256 tenants, and the mental health crisis program.