Tickets are selling fast for Waypoint’s November Gala-at-Home with Juno award-winner and mental health advocate Serena Ryder

Waypoint is thrilled to welcome one of Canada’s biggest stars – Juno award winner and mental health advocate Serena Ryder - to headline the Shine the Light Gala-at-Home on November 5th. Tickets are selling fast - get yours today!

Presented by TD Bank Group, the fundraiser has a goal of $100,000 with proceeds supporting seniors at the hospital to allow care and treatment where they are most comfortable.

“The challenges of COVID-19 highlighted the need for us to be caring for the primary care and mental health care needs of patients at the same time, and in the setting where they are most comfortable,” said Dr. Kevin Young, Geriatrician and Waypoint Medical Director – Integrated Care. “When people are sick, the last thing they want to do is have to move. Being able to purchase specialized equipment and technology will allow us to provide accessible, high quality care right here at the hospital.”

The evening can be enjoyed two ways, with the purchase of premium tickets, or with a free guest pass.
Increasing access to experts for children and youth in need of specialized mental health care

During Mental Illness Awareness Week, Waypoint was pleased to announce the launch of a new urgent care clinic and on-call support service for family doctors and emergency departments in Simcoe/Muskoka who are looking after patients under age 18 and in need of specialized mental health care.

Dr. Peter Braunberger, a child and adolescent psychiatrist, and Dr. Joe Oliver, a mental health pediatrician, have joined program director Dr. Rob Meeder to offer this service together.

The on-call service is providing mental health support for primary care providers and level 1 emergency room physicians from Collingwood General and Marine Hospital, Georgian Bay General Hospital, Muskoka Algonquin Healthcare, Stevenson Memorial Hospital and West Parry Sound Health Centre who are looking after patients under age 18. Support may range from simply providing advice on diagnosis and medical management, to arranging to see the patient in person or virtually at Waypoint. To start, there will be coverage for the hours of 8AM to 10PM Monday to Friday and 8AM to 5PM on weekends and statutory holidays. When staff resources increase, coverage will increase.

These additional medical staff and the new support services will improve access for children, youth and families in our communities to specialized mental health care and augment what is already being offered in the region. It is anticipated new patients requiring urgent assessment at Waypoint child and youth services can be seen through the urgent care clinic within 7 days following referral from a primary care provider. Patients will be seen virtually or in person at the Family Child and Youth Mental Health Program located in the Community Health Hub at 287 Bayshore Drive, Midland.

These new services support concerning data and statistics related to an increase in mental health challenges among children and youth from the pandemic. This is a shared goal of the Central Ontario Health Team for Specialized Populations, of which Waypoint is a member. The on-call support service is part of a collaborative stepped care program, working with primary care providers and other partners to provide comprehensive and integrated health care for children and youth, and support to their families.

“Increasing access to experts will allow us to triage patients more effectively and ensure that patients who need care more urgently are seen in a timely manner”
~ Dr. Rob Meeder, pediatrician & Medical Director, Waypoint Family, Child and Youth Services

The COVID-19 pandemic has presented many challenges in health care. Drastic changes were made to Waypoint’s admission process, strict infection prevention and control measures were implemented including personal protective equipment, and our teams managed two difficult outbreaks.

Despite all of this our staff continue to provide essential mental health care to patients and clients, while living our values of caring, respect, accountability and innovation. They have an unwavering dedication and commitment that deserves our recognition and thanks!
Waypoint's Gala-at-Home with Serena Ryder

For just $125, Premium Ticket Holders will enjoy a mouth-watering gourmet meal by Feast Catering delivered right to their home, dinner music provided by local musicians, local radio personalities Carey Moran and Jason McCoy as the evening’s hosts, an online auction and the exclusive live Q&A with Serena.

All guests can join for free and enjoy music from local musicians, Carey Moran and Jason McCoy and Serena’s story in words and music.

A 2021 inductee to Canada’s Walk of Fame, Serena’s raw and earnest songwriting and beautifully electric live performances have made her a favourite among fans, peers, and critics alike. She has been playing guitar and penning songs since she was a teenager. On the outside, she was a rising international star, but on the inside, she was battling a deep depression that triggered an identity crisis and onstage panic attacks.

In her powerful performance, Ryder shares through words and music the difficult path she took to regain her health and how she rediscovered her voice, both as a performer, and an advocate for those living with mental illness.

“We are proud to partner with Waypoint Centre for Mental Health Care and to support the work being done to help seniors get access to the mental health care and support they need,” said Ester Condello, District Vice President, Greater Ontario Region, TD Bank. “At TD we recognize the importance of creating equitable health care outcomes for all. We look forward to this annual event that supports the hospital’s impactful work in advancing the treatment of individuals struggling with mental health issues and addiction.”

To purchase tickets, please visit https://givergy.ca/WCMHC. Sponsorships are also available. For more information, or to sponsor the event, please contact Shelly Price at sprice@waypointcentre.ca.
Donations support job skills and employment program at Community Health Hub

As pandemic restrictions ease, visitors and staff at the Community Health Hub can look forward to enjoying a beverage from the new coffee cart.

The coffee cart is part of a new employment program for Waypoint clients that has been in the works for a couple of years. Employment specialists Jill Woodley, Jennifer Perrault and Anna Huson developed the concept and planned to begin the program to align with the move to the Community Health Hub last May. Unfortunately the pandemic delayed the start of the program and it remains on hold.

The purpose of the Coffee Cart Program is to train community clients in customer service, cash handling and food service. This in-viro training is supported through evidence-based research and is an important step in training, assessing and enhancing job readiness skills.

The cart itself was beautifully crafted by Marcelleville using wood from a tree that was removed during the construction of the Community Health Hub and was made possible in part through a donation from the Tom and Lucille Gay Memorial Fund at the Huronia Community Foundation. With a logo designed by Recreation Therapist Adam Vassair, the locally crafted piece honours the beautiful space dedicated to the mental and physical wellbeing of our community.

If you or someone you know would like to sponsor or make a donation in support of the Coffee Cart program or other Waypoint fundraising priorities, please contact Holly Archer at harcher@waypointcentre.ca.

Dr. Nathan Kolla announced as New Research Chair in Forensic Mental Health Science

Waypoint has provided forensic mental health care as an integral part of its hospital services since the 1930’s. Forensic services treat patients who have been found not criminally responsible on account of a mental disorder. Unfortunately these services are often confused with corrections, which can confer a double stigma of mental illness and justice system involvement.

As a way to enhance research in this important area of mental health care, this past July Dr. Nathan Kolla was appointed as the new Research Chair in Forensic Mental Health Science, a collaboration between Waypoint and the University of Toronto Faculty of Medicine.

Transitioning from his role as Vice-President of Research and Academics and Waypoint Research Institute lead, Dr. Kolla brings a wealth of forensic mental health experience and knowledge to the role as a psychiatrist with a PhD in Neuroscience/Neuroimaging from the Institute of Medical Science, University of Toronto. He has also completed the U of T Department of Psychiatry Clinician Scientist Program and has a Master of Science in Forensic Mental Health Science (Distinction) from the Institute of Psychiatry, King’s College London.

"Dr. Kolla has spent many years of his career dedicated to forensic mental health research. His appointment as Research Chair provides him with that continued focus and brings Waypoint an internationally recognized research clinician to this important new collaboration,” notes Carol Lambie, President and CEO. "He is familiar with the work of the hospital and we know he is dedicated to furthering our focus on excellence.”
Showing our commitment to Indigenous Communities

For many years Waypoint has included the commitment to fostering healing and inspiring hope in our strategic plans and patient guidance documents. Through the uncovering of unmarked children’s graves on the grounds of residential schools, we are learning more about Canada’s history and listening carefully and respectfully to understand how we can move forward to a better future.

Along with Canadians everywhere we search for understanding and how to express our sorrow and regret, and reflect on what fostering healing and inspiring hope means as we continue the healing journey. As a Catholic hospital, we acknowledge the importance of taking action and standing together with our many Indigenous partners as we seek to do better for our patients, clients, families, staff and community.

We mourn this terrible tragedy and the trauma residential schools have caused. This revelation causes us to further review our work as a mental health and addiction hospital in trauma informed care, cultural sensitivity and competency, and what we are doing to support our Indigenous population. To show our respect and offer our condolences, we have raised a new flag at the hospital. Designed by Ryan Walsh, an employee at Mamaway Wiidokdaadwin Primary Care Team, the flag is an expression of our commitment to our partners and everyone we serve to move forward together – to learn from history, to be part of healing and offer hope for a better and stronger future.

We will:

- Stand with those asking the Catholic church and other collaborators in the residential school system for full transparency, and to honour all commitments, including financial, to move the work of reconciliation forward.
- Continue to listen to, engage with and learn from our Indigenous Health Circle partners.
- Continue supporting the research efforts of Indigenous partners to create better outcomes for patients, clients, families and communities.
- Build on the many commitments we have made to support our patients and community.

We know the road ahead of us is long; we commit again to continue learning and advancing the healing journey.

The flag that now flies at Waypoint represents the bear clan (Mukwa), which is tasked with medicine and healing. The floral designs, unique to the Ojibwe and Métis, are vegetation and represent life. The bear is walking forward toward the future, promoting hope and a greater experience of healing. The medicine wheel has many applications, all of which have balance as one aspect, with the primary meaning symbolizing the unity and importance of the races.
Frontline Mindfulness Team Wins Award and Donates Prize to Support Mindfulness for Youth

A team from Waypoint, Georgian College and Mindfulness Without Borders joined forces last year to offer an adapted 4-week online mindfulness program (Mindfulness Ambassador Program) for frontline workers. The program has been praised by participants and garnered remarkable support from research funders and the community alike.

Earlier this year the team was awarded first prize for their abstract, ‘Mindfulness to combat healthcare worker burnout during COVID-19: Evaluating a 4-week tailored program’ at the Seoul International Meditation Festival. The team received a cash prize from the conference committee which was donated back to Waypoint in support of the online mindfulness programming for youth (Online Mindfulness Ambassador Program (MAP)). The Mindfulness Ambassador Program is an evidence-based program for youth that promotes the development of social-emotional competence and secular mindfulness practices to effectively transition into adulthood with increased self-awareness, less reactivity and better health.

"We decided as a team that we wanted to express our sincerest gratitude for the support we have received," said Dr. Soyeon Kim. “The best way we could think of is to support youth after such a difficult year.”

For more information on how you can make a donation in support of youth mental health or other hospital services, please contact Holly Archer at harcher@waypointcentre.ca.