One-stop mental health support centre in the works

BY ADELA TALBOT

Western will house medical and counselling services under one roof, at Thames Hall, in an integrated health-and-wellness centre that will offer more co-ordinated mental health supports to students. “Over the past number of years, we’ve been working on the development of Western’s Mental Health Strategic Plan, consulting with the campus community. One of the things we hear most from students is how challenging it can be to navigate a fragmented system for mental health and wellness services on our campus,” said Rick Ezekiel, interim Senior Director (Student Experience).

Western currently has a wide range of different services, but they are situated in different units and located in different places across campus, he added. “Students, when they are in distress and struggling with a mental health challenge, can often find the system confusing and overwhelming.”

The Mental Health Strategic Plan, which goes to Senate this week, was developed as a result of campus consultation and an external, commissioned review of Western’s health and wellness services. That review offered a number of recommendations for Western to improve how it provided health and wellness services to the student body, Ezekiel explained.

The university is already moving forward with two key initiatives:

• The first is the pilot launch that will see shared electronic health records among representatives from Student Health Services, Psychological Services, and Residence Counselling, with anticipated full implementation this summer.

• The second is the integration of Western’s health and wellness services into a co-located Health and Wellness Centre at the university, in response to students’ need.

“The key services that will be included in that centre will be Student Health Services and Psychological Services. What we are looking to do, as we move to an integrated Health and Wellness Centre, is really to have three core arms of service provided there – a medical group, a counselling group (with some crossover between those two) and a wellness education group that focuses on the health promotion side of things,” Ezekiel said.

“The new centre – to be located in Thames Hall following renovations expected to start next year – will also house Western’s Sexual Violence Prevention and Education Coordinator as well as case managers, he added. “The main goal is to get to a place where we have a single point of entry to health and wellness services on our campus, so students have one door to go through, whether they have the flu or they are struggling with a mental illness.”

Integrating mental health and physical health services is essential in meeting the needs of the student body, Ezekiel explained. Physicians are often the first point of contact for a student experiencing a mental health challenge, and the new centre would provide an accessible point of entry for counselling support. “You can’t really divorce physical health from mental health and wellbeing. A student might be seeking ongoing support for a physical illness but that need could be driven by a chronic mental health challenge,” he noted.

“If we have these shared care teams and models, it really
new prototypes for wearable tremor suppression gloves have a team of Western researchers believing real change is to not be able to eat or button a shirt on your own. "If you have seen anybody with Parkinson’s disease, you can understand how frustrating it can be," Trejos said. "It can be very frustrating when they can’t do something on their own and I feel our glove will allow them to get back to the quality of life they deserve.

The project was supported by the Peter C. Morris Fellowship in Biomedical Engineering. These gloves should allow the university movement to prevent them from performing the activities of daily living," explained Trejos, an investigator in the School of Medicine & Dentistry and Michael Naish University’s Department of Physical Therapy. This model will result in a single point of entry for health and wellness services on our campus. We are confident this exciting project will enhance our ability to serve students’ mental and physical health needs in an accessible, effective and responsive manner," Trejos noted.

"A new model of health and wellness services will be more closely aligned with student needs and experiences, and provide a single point of entry for health and wellness services on campus and in our community," Ezekiel continued.

The new model of health and wellness services will better serve students seeking with acute mental health challenges, as well as situations in which more critical and immediate assistance might be necessary, he added. "We know, like every other college and university, there are times when mental health challenges may impact our students. We also know students are seeking support with emotional wellness. In fact, recent research indicates that children present some real challenges with mental health and wellness on our campus. Ezekiel said: "I think it’s critical we identify the site as the point of contact for students so they can access timely supports after experiencing trauma and violence. A colleague who provides support for sexual assault victims is embedded in that service model and will support them and serve as a referral point to counseling and medical services and ongoing supports for students in need,” he explained. To a student who’s really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“A student could be going to the centre seeking help because they have a cold, or they could be going for psychological or psychiatric help. Hopefully, this model will reduce some of the fear our students might have in reaching out for help.”

The Thame Hall renovation project, recently approved by Western’s Board of Governors, will house a purpose-built, integrated Health and Wellness Centre, and Centre Theatre, Physical & Sport Activity Centre and an additional WSRC gym to increase the full range of physical and mental needs and services that promote wellness across our campus or address some of the key sources of stress of some of our students,” Ezekiel continued.

Academic, clinical, career counselors and financial services would all be points of contact with the university moving to provide a co-ordinated, thoughtful approach to wellness for each of our students. This model of health and wellness services will better serve students seeking with acute mental health challenges, as well as situations in which more critical and immediate assistance might be necessary, he added.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“A student could be going to the centre seeking help because they have a cold, or they could be going for psychological or psychiatric help. Hopefully, this model will reduce some of the fear our students might have in reaching out for help.”

The Thame Hall renovation project, recently approved by Western’s Board of Governors, will house a purpose-built, integrated Health and Wellness Centre, and Centre Theatre, Physical & Sport Activity Centre and an additional WSRC gym to increase the full range of physical and mental needs and services that promote wellness across our campus or address some of the key sources of stress of some of our students,” Ezekiel continued.

"A key component, as we move to this model, will be maintaining strong collaboration with other services that promote wellness across our campus or address some of the key sources of stress of some of our students,” Ezekiel continued.

Academic, clinical, career counselors and financial services would all be points of contact with the university moving to provide a co-ordinated, thoughtful approach to wellness for each of our students. This model of health and wellness services will better serve students seeking with acute mental health challenges, as well as situations in which more critical and immediate assistance might be necessary, he added.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“The project will result in a single point of entry for health and wellness services on our campus. We are confident this exciting project will enhance our ability to serve students’ mental and physical health needs in an accessible, effective and responsive manner,” Trejos noted.

"This project will result in a single point of entry for health and wellness services on our campus. We are confident this exciting project will enhance our ability to serve students’ mental and physical health needs in an accessible, effective and responsive manner," Trejos noted.

"A key component, as we move to this model, will be maintaining strong collaboration with other services that promote wellness across our campus or address some of the key sources of stress of some of our students,” Ezekiel continued.

Academic, clinical, career counselors and financial services would all be points of contact with the university moving to provide a co-ordinated, thoughtful approach to wellness for each of our students. This model of health and wellness services will better serve students seeking with acute mental health challenges, as well as situations in which more critical and immediate assistance might be necessary, he added.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.

“Students are really struggling to reach out for help, he is concerned with the stigma associated with mental health challenges — which is still real on our campus and in our society — this (integrated) service model eliminates some of the pressure that might come with going to an isolated psychological services unit,” Ezekiel said.
A 3D-printed stethoscope costs $3 to produce and can be a lifesaver in areas of the world where other medical technology is scarce. Dr. Tarek Loubani and his team developed open-source software that makes the technology both affordable and accessible.

“Medical technology is scarce. Dr. Tarek Loubani and his team developed open-source software that makes the technology both affordable and accessible.”

CRYSTAL MACKAY // SPECIAL TO WESTERN NEWS

“Taste our fusion of fresh local and seasonal cuisine including past winner – Best of London – LPFress Dine-in – Take-Out”

MAN AND THE MOON

New book celebrates legacy of artist Paterson Ewen

I

After Paterson Ewen arrived in London that he began creating his famous landscapes on routered plywood, indirectly changing the artistic landscape of London. Paterson Ewen’s name is in light art, he pitched an idea for a book, which was eagerly accepted. The book will help revive interest in Paterson Ewen because he had an idea that work has not been as accessible as that of others for a number of reasons and the last major text on Ewen was done in 1996, which was accepted.

“Taste our fusion of fresh local and seasonal cuisine including past winner – Best of London – LPFress Dine-in – Take-Out”

By Crystal Mackay

“I loved the moon and the moon was, in a sense, his image. The moon has been seen as affecting behavior and he was an incredibly well-read individual and that wouldn’t have passed him.”

Paterson Ewen, an artist Ewen admired and emulated, accepted. “He loved the moon and the moon was, in a sense, his image. The moon has been seen as affecting behavior and he was an incredibly well-read individual and that wouldn’t have passed him.” A number of years ago, Hatch presented a paper on Ewen and astronomy at a conference at the Hayden Planetarium in New York. When Ewen passed away, Hatch got the idea of producing a book on Ewen. He contacted the president of the Royal Astronomical Society of Canada, arranging to have an asteroid named after the artist. A commemorative plaque showing the asteroid, which is large enough to be seen without a telescope, was placed in the Visual Arts Centre.

“The idea came to him from an exhibition catalogue. There is renewed interest in local artists with much that the local artists were doing,” explained Hatch. “They really in a sense provided a type of incentive for Ewen to experiment, and in fact, do something that was radical in terms of his traditional move. He went from what he is famous for today. Those were largely tied with what he is famous for today.”

man and the moon

New book celebrates legacy of artist Paterson Ewen

By Crystal Mackay

“I loved the moon and the moon was, in a sense, his image. The moon has been seen as affecting behavior and he was an incredibly well-read individual and that wouldn’t have passed him.” A number of years ago, Hatch presented a paper on Ewen and astronomy at a conference at the Hayden Planetarium in New York. When Ewen passed away, Hatch got the idea of producing a book on Ewen. He contacted the president of the Royal Astronomical Society of Canada, arranging to have an asteroid named after the artist. A commemorative plaque showing the asteroid, which is large enough to be seen without a telescope, was placed in the Visual Arts Centre.

When Hatch found out about the Art Canada Institute, he pitched an idea for a book, which was eagerly accepted. “The book will help revive interest in Paterson Ewen because he had an idea that work has not been as accessible as that of others for a number of reasons and the last major text on Ewen was done in 1996, which was accepted. Paterson Ewen arrived in London that he began creating his famous landscapes on routered plywood, indirectly changing the artistic landscape of London. Paterson Ewen’s name is in light art, he pitched an idea for a book, which was eagerly accepted. “The book will help revive interest in Paterson Ewen because he had an idea that work has not been as accessible as that of others for a number of reasons and the last major text on Ewen was done in 1996, which was accepted. Paterson Ewen arrived in London that he began creating his famous landscapes on routered plywood, indirectly changing the artistic landscape of London. Paterson Ewen’s name is in light art, he pitched an idea for a book, which was eagerly accepted. “The book will help revive interest in Paterson Ewen because he had an idea that work has not been as accessible as that of others for a number of reasons and the last major text on Ewen was done in 1996, which was accepted.

“I loved the moon and the moon was, in a sense, his image. The moon has been seen as affecting behavior and he was an incredibly well-read individual and that wouldn’t have passed him.” A number of years ago, Hatch presented a paper on Ewen and astronomy at a conference at the Hayden Planetarium in New York. When Ewen passed away, Hatch got the idea of producing a book on Ewen. He contacted the president of the Royal Astronomical Society of Canada, arranging to have an asteroid named after the artist. A commemorative plaque showing the asteroid, which is large enough to be seen without a telescope, was placed in the Visual Arts Centre.

The book will help revive interest in Paterson Ewen because he had an idea that work has not been as accessible as that of others for a number of reasons and the last major text on Ewen was done in 1996, which was accepted. Paterson Ewen arrived in London that he began creating his famous landscapes on routered plywood, indirectly changing the artistic landscape of London. Paterson Ewen’s name is in light art, he pitched an idea for a book, which was eagerly accepted.
Lienard was quite concerned about the initial course. I really didn't know how I was going to do the email inviting registration in the non-credit course. I wasn't sure this was really going to be part of the course. I did not think they would think I was on being nervous about, in reality, a commitment to my already-busy schedule. That hesitation, based on being nervous about, in reality, a short time commitment, was a clear indication for me I needed to sign up.

Telfer said, “It’s very hard, in a busy society, to lead a mindfulness ambassador and have a great tool to do just that.”

Mindfulness practice pays attention to the present moment, without judgment, without being disrupted. It’s how to transition to well-being and education.

The courses about building social and emotional intelligence. Learning mindfully, resolving conflict, connecting with others...it’s all about cultivating our own response to triggers,” he added.

“This was largely influenced by my own personal practice,” Telfer said. “It’s what I’ve been doing for the last five years. It’s been a great support group. It provides an environment where we connect with one another...it’s a way to help them ground themselves.”

Mindfulness practice is paying attention to the present moment, without judgment, without being disrupted. It’s how to transition to well-being and education.

The courses about building social and emotional intelligence. Learning mindfully, resolving conflict, connecting with others...it’s all about cultivating our own response to triggers,” he added.

“This was largely influenced by my own personal practice,” Telfer said. “It’s what I’ve been doing for the last five years. It’s been a great support group. It provides an environment where we connect with one another...it’s a way to help them ground themselves.”

Mindfulness practice pays attention to the present moment, without judgment, without being disrupted. It’s how to transition to well-being and education.

The courses about building social and emotional intelligence. Learning mindfully, resolving conflict, connecting with others...it’s all about cultivating our own response to triggers,” he added.

“This was largely influenced by my own personal practice,” Telfer said. “It’s what I’ve been doing for the last five years. It’s been a great support group. It provides an environment where we connect with one another...it’s a way to help them ground themselves.”

Mindfulness practice pays attention to the present moment, without judgment, without being disrupted. It’s how to transition to well-being and education.
SPECIAL TO WESTERN NEWS

March 15, 2018

Western News
westernnews.ca

As a formal and informal mentor to teaching as “transformative” and “inspirational” example is the Empathy Lab that simulates aging challenges among young graduates. Hodgetts’ commitment to teaching extends beyond the Western classroom, providing students with concrete outputs and research makes her a role model for work-life balance.

She brings the field into the classroom by hosting Mentorship Mondays, where students in London to allow students to apply knowledge to real-world health issues. She has already received several accolades for teaching excellence, including the Faculty of Health Sciences Part-Time Teaching Award of Excellence in 2006 and 2013. Her teaching philosophy bridges the gap between accumulating factual knowledge and developing social competence. "I always want to teach patients, activities that incorporate into their everyday lives. "Choose Your Own Adventure" books, which she uses to foster decision-making, are just one of the many ways she incorporates into courses and enhances student engagement and learning. In addition to her teaching, Julie Theurer has authored a number of articles and chapters on clinical competence. Her students appreciate her enthusiasm, which is clear in her interactions with students. "Ms. Theurer is one of the most passionate and enthusiastic teachers I have ever had," one student wrote. "She always makes sure that the class is engaging and dynamic."
Introducing preceptors and students to the learning experience of their clinical placements, close guidance of a preceptor—a practicing professional who provides experience, training, reflection and feedback to students under their supervision. They play a critical role in developing and managing community partnerships that...
Young researchers solving health, science puzzles

KELLY ANDERSON
Epidemiology & Biostatistics, Schulich School of Medicine & Dentistry
First-episode psychosis in primary care: identifying a risk profile and characterizing patterns of service use to aid early detection and intervention

About 5,000 Ontarians are newly diagnosed with psychiatric disorder every year, and timely and adequate management of the first episode is a critical imperative; however, many people have difficulties accessing specialized services. Family physicians can play a key role in early detection, intervention and treatment. Anderson’s research aims to integrate health administrative data, electronic medical records and machine-learning analyses to study how young people with first-episode psychosis interact with primary care and family physicians.

JOHANNA BLACQUIERE
Chemistry, Science
Molecular catalysts for low-waste sustainable chemical synthesis

Producing fine chemicals such as pharmaceuticals, specialty polymers and fragrances generates a disproportionately large amount of waste. A final pharmaceutical product is typically synthesized in 10-15 steps and generates 25-100 equivalents of waste. This research aims to develop new molecular catalysts to replace existing inefficient synthesis methods. Rigorous performance and mechanistic testing will inform strategies to redesign the catalyst structure to maximize performance, reduce energy demands and reduce waste output in the production of fine chemicals.

STEPHEN RENAUD
Anatomy & Cell Biology, Schulich School of Medicine & Dentistry
Determining the role of immune cells in the regulation of placental blood flow in healthy and complicated pregnancies

Preeclampsia (sudden-onset high blood pressure in pregnant moms) and intrauterine growth restriction (IUGR; poor growth of baby in the womb) are leading causes of sickness and death of pregnant moms and babies in Ontario. The root cause of these serious pregnancy complications is defective development of the placenta – the organ that nourishes the baby throughout gestation. Renaud’s research team has recently discovered immune cells contribute to placental dysfunction, which in turn precipitates preeclampsia and IUGR. This project aims to uncover the mechanism of how these immune cells cause placental maldevelopment and fetal distress, and to test whether manipulating these immune cells can improve pregnancy outcomes.

JIMMY DIKEAKOS
Microbiology & Immunology, Schulich School of Medicine & Dentistry
HIV-1 Nef inhibitors as therapeutics towards a cure

About 37 million people with HIV continue to wait for a cure for the disease. We propose examining the probability of curing patients by blocking the activity of a specific protein called Nef in HIV-1. When Nef interacts with Src Family Kinases, the immune system is weakened and can no longer fight off disease. The consequence of this failed immune response is the progression of the disease in patients. To combat this, researchers have developed drugs that target these SFK complexes. The team will test their ability to enhance the immune response in HIV-1 infection models.
The Voice of My Beloved is Knocking: Singing Jewish Prayer

Veritas Series for Faith and Culture
Thursday, March 22, 2018 at 7:30 p.m.

Join singer, prayer leader and educator Aviva Chemish as she weaves together concert and prayer, study and song along while exploring the musical roots in Jewish prayer. She will explore the relationships of breath/sound, creativity/divinity, nature/nature, renewal, as well as family and community.

Aviva Chemish
kingsu.ca/veritas

The World
Educational tower for alumni, family, staff and visitors.
Visit discoverwestern.ca to reserve or register.

Lower Level UCC, across from 607 Richmond Street
519.641.7997
526-496-5800

Dine-in • take-out • delivery
Catering available

For Rent

607 Oxford Street W
at Wonderland
519.642.7997

Please review, or contact the faculty, staff, family and friends.

SAVOUR OUR FUSION SUSHI & Innovative Asian Flavour

Veritas Series for Faith and Culture
Thursday, March 22, 2018 at 7:30 p.m.

Join singer, prayer leader and educator Aviva Chemish as she weaves together concert and prayer, study and song along while exploring the musical roots in Jewish prayer. She will explore the relationships of breath/sound, creativity/divinity, nature/nature, renewal, as well as family and community.

Aviva Chemish
kingsu.ca/veritas

The World
Educational tower for alumni, family, staff and visitors.
Visit discoverwestern.ca to reserve or register.

Lower Level UCC, across from 607 Richmond Street
519.641.7997
526-496-5800

Dine-in • take-out • delivery
Catering available

For Rent

607 Oxford Street W
at Wonderland
519.642.7997

Please review, or contact the faculty, staff, family and friends.

SAVOUR OUR FUSION SUSHI & Innovative Asian Flavour

Veritas Series for Faith and Culture
Thursday, March 22, 2018 at 7:30 p.m.

Join singer, prayer leader and educator Aviva Chemish as she weaves together concert and prayer, study and song along while exploring the musical roots in Jewish prayer. She will explore the relationships of breath/sound, creativity/divinity, nature/nature, renewal, as well as family and community.

Aviva Chemish
kingsu.ca/veritas

The World
Educational tower for alumni, family, staff and visitors.
Visit discoverwestern.ca to reserve or register.

Lower Level UCC, across from 607 Richmond Street
519.641.7997
526-496-5800

Dine-in • take-out • delivery
Catering available

For Rent

607 Oxford Street W
at Wonderland
519.642.7997

Please review, or contact the faculty, staff, family and friends.

SAVOUR OUR FUSION SUSHI & Innovative Asian Flavour

Veritas Series for Faith and Culture
Thursday, March 22, 2018 at 7:30 p.m.

Join singer, prayer leader and educator Aviva Chemish as she weaves together concert and prayer, study and song along while exploring the musical roots in Jewish prayer. She will explore the relationships of breath/sound, creativity/divinity, nature/nature, renewal, as well as family and community.

Aviva Chemish
kingsu.ca/veritas

The World
Educational tower for alumni, family, staff and visitors.
Visit discoverwestern.ca to reserve or register.

Lower Level UCC, across from 607 Richmond Street
519.641.7997
526-496-5800

Dine-in • take-out • delivery
Catering available

For Rent

607 Oxford Street W
at Wonderland
519.642.7997

Please review, or contact the faculty, staff, family and friends.

SAVOUR OUR FUSION SUSHI & Innovative Asian Flavour

Veritas Series for Faith and Culture
Thursday, March 22, 2018 at 7:30 p.m.

Join singer, prayer leader and educator Aviva Chemish as she weaves together concert and prayer, study and song along while exploring the musical roots in Jewish prayer. She will explore the relationships of breath/sound, creativity/divinity, nature/nature, renewal, as well as family and community.

Aviva Chemish
kingsu.ca/veritas

The World
Educational tower for alumni, family, staff and visitors.
Visit discoverwestern.ca to reserve or register.

Lower Level UCC, across from 607 Richmond Street
519.641.7997
526-496-5800

Dine-in • take-out • delivery
Catering available

For Rent

607 Oxford Street W
at Wonderland
519.642.7997

Please review, or contact the faculty, staff, family and friends.
Welcome, future Mustangs

Thousands of future Mustangs and their families visited campus this past weekend as part of Western’s March Break Open House. The annual event provides high school students preparing for postsecondary studies an opportunity to meet with faculty, staff and students to learn why Western offers the best student experience among Canadian universities.

Sun Life Financial is proud to be the preferred provider for the RIF Program for Western retirees

We look forward to welcoming future Western retirees into a program that offers many attractive benefits including:

- Ability to consolidate assets
- Spousal eligibility
- Familiar and new investment options
- Very competitive fees
- Unlimited support from licensed Sun Life Retirement Consultants
- Local support from Sun Life Advisors

We are here to help! For questions about the Sun Life Plan or your retirement options, contact one of the Sun Life Retirement Consultants toll free at 1-866-224-3906 (select option 1) any business day between 8 a.m. and 6 p.m. ET.

Life’s brighter under the sun

Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies. © Sun Life Assurance Company of Canada, 2016.