University Committee Yearly Report for 2017-2018

Committee Name	Psychiatric Services Advisory Board
Contact Person's Name	Cathie Sheeran
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Student Representative(s)	Vithushon Thayalan
Meeting Dates	December 6, 2018

Overview of the Committee

- Accountability meetings
- Can we as studentsprovide some info to guide them

Highlights or key business discussed this year

Unit structurally altered

- Multi disciplinary unit to a service composed of psychiatrists and one nutritionist (whose role is in transition out of psych services and into the wellness mandate)
- affected what could offer and how they were functioning
- McGill felt traditional approaches were confusing for students
 - In response, they moved psychologists into counselling services
- Trying to interface in the university in a new way
- No clinical director of the services for over a year
 - o setting up a structure where they will be able to do that
- Responds mostly to consultations
 - Only University that responds to consultations without a doctor's referral
 - o 22 percent comes from counselling service
 - this doesn't include walk-ins
- Acute distress
 - Outside of safety appointments, they'll need to go to counselling first to be referred to psychiatric services
- Notion against treating and preventing
 - o In past, a lot of emphasis on treatment. Not sustainable
 - Lengthy waiting times for psychotherapy access
 - Led to creation of the wellness model
 - Self-care, online resources
 - To what extent does the university want to address the treatment part?
 - What is the university's role in that?
 - Eating disorders unit
 - Conflict b/w admin and psych services concerning vision
 - treatment vs prevention
 - McGill feels prevention is important.
 - Psych: What happens to our sick students?
 - Not fully resolved
 - Might be a reason why there isn't a director right now

- Psych services
 - fully endorses that the old version was not working well but there NEEDS to

- be a place with diagnosed/diagnosable mental disorders.
- Has a responsibility, especially with international students, to provide them with services here
 - That's what they are trying to develop and maintain
- No system of information shared between counselling services with psychiatric services
 - o psych has their paper charts
 - o Counselling has their paper charts
 - o Not shared amongst each other
 - One stop for health and psychological services
 - Fall 2018
 - Shared information base
 - Electronic medical record
 - Students will have access to a portal with access to their information
- Counselling open to this
 - Perhaps once a month?
- Guest speakers from hospital
 - o refer students to him if anything happens
- Eating disorder program
 - The ex-director of EDP left for Toronto, her position was left in limbo and finally was not replaced
 - With change of admin, it was decided that the EDP was too costly, and not serving enough students for it to be worthwhile.
 - o Basically over the past year, lost the nursing and psychologist position
 - Still have a nutritionist but she's being transitioned more into the wellness model
 - Unclear and unlikely that she'll be seeing students going forward
 - No groups anymore
 - There are assessments by two psychiatrists
 - Organize blood work
 - Devise plan of treatment
 - Try to use resources in community
 - Unfortunately not enough services in Montreal
 - Counselling service trying to provide support (NOT Treatment)
 - Doesn't replace what was there before
 - McGill doesn't want to offer 'specialized' services
 - o Severity
 - sever anorexia has the highest mortality rate
 - o Mcgill was highly supportive of it
 - The only one of its kind
 - 1/9 in NA
 - went from 'this is amazing' to 'not cost-effective' way too quickly
 Psychological whiplash
 - Rolling out of that message was something that could of been done differently

Topics that might carry over to next term or expected topics

- Eating Disorder
- More Cohesion
- Electronic Medical Record