

University Committee Yearly Report for 2017-2018

Committee Name	Psychiatric Services Advisory Board
Contact Person's Name	<i>Cathie Sheeran</i>
Contact Person's Email	Cathie.sheeran@mcgill.ca
Student Representative(s)	Vithushon Thayalan
Meeting Dates	<i>December 6, 2018</i>

Overview of the Committee
<ul style="list-style-type: none"> • Accountability meetings • Can we as students provide some info to guide them
Highlights or key business discussed this year
<p>Unit structurally altered</p> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> ◦ 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 <ul style="list-style-type: none"> ◦ setting up a structure where they will be able to do that • Responds mostly to consultations <ul style="list-style-type: none"> ◦ Only University that responds to consultations without a doctor's referral ◦ 22 percent comes from counselling service <ul style="list-style-type: none"> ■ this doesn't include walk-ins • Acute distress <ul style="list-style-type: none"> ◦ Outside of safety appointments, they'll need to go to counselling first to be referred to psychiatric services • Notion against treating and preventing <ul style="list-style-type: none"> ◦ In past, a lot of emphasis on treatment. Not sustainable <ul style="list-style-type: none"> ■ Lengthy waiting times for psychotherapy access ■ Led to creation of the wellness model <ul style="list-style-type: none"> • Self-care, online resources • To what extent does the university want to address the treatment part? <ul style="list-style-type: none"> ◦ What is the university's role in that? ◦ Eating disorders unit <ul style="list-style-type: none"> ■ Conflict b/w admin and psych services concerning vision <ul style="list-style-type: none"> • treatment vs prevention • McGill feels prevention is important. • Psych: What happens to our sick students? • Not fully resolved <ul style="list-style-type: none"> ◦ Might be a reason why there isn't a director right now ■ Psych services <ul style="list-style-type: none"> • 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
 - psych has their paper charts
 - Counselling has their paper charts
 - 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
 - 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.
 - 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
 - Severity
 - sever anorexia has the highest mortality rate
 - 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