



Join us Saturday, June 6, 2020 (9 am to 1:30 pm EDT) for a **FREE** virtual event. Open to all Healthcare Professionals.

## Mental Health in the COVID-19 Pandemic

(Psychiatric Dimensions of Disasters III)

### Learning Objectives:

- To become familiar with the mental health burden of the current COVID-19 pandemic
- To acquire skills in prevention and management of traumatic stress related disorders, including in children and families, applied to the COVID-19 pandemic
- To learn Psychological First Aid, self care, and enhanced resilience of healthcare professionals in disasters
- To become increasingly adept collaborating with colleagues in healthcare, first responders and the Red Cross

**Schedule-at-a-Glance** (Each session contains 10 min Q&A)

09:00 - 09:30	<b>Introduction &amp; Welcome</b>		<b>Frank G. Sommers, MD, FRCPC, DLFAPA, DFAPA, DFAPA</b> Program Chair Founding Chair, Section of Disaster Psychiatry, Canadian Psychiatric Association and Disaster Psychiatry Canada, University of Toronto		<b>Benoit H. Mulsant, MD, FRCPC, DFAPA</b> Professor and Labatt Family Chair, Department of Psychiatry, University of Toronto
09:30 – 10:00	<b>Prevention and Treatment: Management of Acute Stress, Post Trauma Stress and Psychosocial Distress in the context of COVID-19 pandemic</b>		<b>Janet Ellis, MBBChir, FRCPC</b> Director, Psychosocial Care in Trauma, Sunnybrook Health Sciences Centre; Assistant Professor, University of Toronto		<b>Samantha Hill, MDCM, FRCSC</b> President, Ontario Medical Association; Cardiac Surgeon, St. Michael's Hospital & Sunnybrook Health Sciences Centre
10:00 – 10:30	<b>Psychological First Aid &amp; Self-Care in COVID-19 pandemic</b>		<b>Jodi Lofchy, MD, FRCPC</b> Interim Chief and Medical Program Director, Service Head, Adult Acute Care Psychiatry, St. Joseph's Health Centre Toronto; Associate Professor, University of Toronto		<b>Frederick J. Stoddard Jr, MD, DLFAPA</b> Professor of Psychiatry, Harvard Medical School, Massachusetts General Hospital; Chief of Psychiatry Emeritus, Shriners Hospitals, Boston; Co-editor & Author, Disaster Psychiatry: Readiness, Evaluation and Treatment
10:30 – 11:00	<b>Mental Health of Children and Families in the context of COVID-19 pandemic</b>		<b>Joshua Morganstein, MD, DFAPA</b> Chair, APA Committee on Psychiatric Dimensions of Disaster; Captain, US Public Health Service; Associate Professor & Assistant Chair, Department of Psychiatry, Assistant Director, Center for the Study of Traumatic Stress, Uniformed Services University of the Health Sciences, Bethesda		<b>Robert Maunder, MD, FRCPC</b> Chair in Health and Behaviour at Sinai Health; Deputy Psychiatrist-in-Chief & Head of Psychiatry Research; Professor, Department of Psychiatry, University of Toronto
11:00 – 11:30	<b>Caring for Our Patients During Pandemic &amp; Climate-Related Disasters</b>		<b>Andrea Tuka, MD, FRCPC</b> LCol. Clinical Leader, Operational Trauma Stress Support Center, Royal Canadian Navy Base, Victoria, BC		<b>Robert Maunder, MD, FRCPC</b> Chair in Health and Behaviour at Sinai Health; Deputy Psychiatrist-in-Chief & Head of Psychiatry Research; Professor, Department of Psychiatry, University of Toronto
11:30 – 12:00	<b>Reducing the harmful impact of disasters on healthcare professionals in the context of COVID-19 pandemic</b>		<b>Joshua Morganstein, MD, DFAPA</b> Chair, APA Committee on Psychiatric Dimensions of Disaster; Captain, US Public Health Service; Associate Professor & Assistant Chair, Department of Psychiatry, Assistant Director, Center for the Study of Traumatic Stress, Uniformed Services University of the Health Sciences, Bethesda		<b>Robert Maunder, MD, FRCPC</b> Chair in Health and Behaviour at Sinai Health; Deputy Psychiatrist-in-Chief & Head of Psychiatry Research; Professor, Department of Psychiatry, University of Toronto
12:00 – 12:30	<b>First Responders – Prevention and Treatment in the context of COVID-19 pandemic</b>		<b>Andrea Tuka, MD, FRCPC</b> LCol. Clinical Leader, Operational Trauma Stress Support Center, Royal Canadian Navy Base, Victoria, BC		<b>Robert Maunder, MD, FRCPC</b> Chair in Health and Behaviour at Sinai Health; Deputy Psychiatrist-in-Chief & Head of Psychiatry Research; Professor, Department of Psychiatry, University of Toronto

12:30 – **Speakers Panel & Discussion**

13:30 **Discussants:**

- Dr. Catherine Martin-Doto, C.Psych. (Toronto Police Service)
- Peter Rotolo (Toronto Paramedic Services)
- Cary Stather (Toronto Fire Services)
- Alison Paul, MSW, RSW (Canadian Red Cross)
- Ted Bober, MSW, RSW (PHP, Ontario Medical Association)
- Alexandra Heber, MD, FRCPC, CCPE (Chief, Psychiatry, Veterans Affairs Canada)
- Cecilia Marino, MD, PhD, FRCPC, Psychiatry, University of Toronto
- Laurie Mazurik, MD, FRCPC, MBA, Emergency Physician, Sunnybrook Health Sciences Centre



**Robert J. Ursano, MD, DLFAPA**

Professor, Psychiatry and Neuroscience  
Director, Center for the Study of  
Traumatic Stress (CSTS); Department of  
Psychiatry, Uniformed Services University  
of the Health Sciences, Bethesda; Editor:  
Textbook of Disaster Psychiatry

**FREE REGISTRATION**

**Accreditation:**

**College of Family Physicians of Canada Mainpro+ One-Credit-Per-Hour (Group Learning)**

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Faculty of Medicine, University of Toronto for up to 4 Mainpro+ credits.

**Royal College of Physicians and Surgeons of Canada – Section 1**

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim up to a maximum of 4 hours.

**Program Info:** <https://dpc2018.wordpress.com/program/pdd3/>

or <https://www.oma.org/section/search/mental-health-in-the-covid-19-pandemic-2?type=events>

**Planning  
Committee:**

Frank Sommers, Benoit Mulsant, Janet Ellis, Heather Milliken, Ted Bober, Jennifer Csamer, Nazlene Shivcharan, Helen Lee

**Supported by**



Canadian Psychiatric Association  
Association des psychiatres du Canada

