

FEMAP NEWSLETTER



*FEMAP TEAM (First Episode Mood and Anxiety Program): Elizabeth Osuch, M.D. FRCPC, Jennifer Barfett-Lloyd, Admin Assistant
Melody Chow, Research Assistant; Roger Covin, PhD; Jo Anne DePace, Research Coordinator*

New Location as of January 19, 2009

The FEMAP team is very excited to announce that we will be relocating to a house at 860 Richmond St., London, Ont. on Monday, January 19, 2009. The house is centrally located and situated in close proximity to major bus routes for convenient and easy access. The new location provides our clients and their families with a youth-friendly, comfortable, stigma-free community setting. FEMAP strives to meet the needs of late adolescents and young adults with mood and anxiety disorders. The new location is the optimal setting to continue to move towards this mandate. Dr. Osuch and her team look forward to welcoming everyone to our new location. Our new telephone number is **519-685-8500 x 65188 (Jennifer)**. Please drop by and say "hello".

Clinical Care Update

We are happy to report that program awareness has been progressively increasing in the past several months. Dr. Osuch has been active providing clinical and program information to the community upon request. Referrals from the mental health care community, primary health care professionals and schools are greater than ever and sources are from a broader geographical area. In addition, FEMAP has had a growing number of self-referrals. Consequently, this has created a greater demand for clinical services. FEMAP tries to work closely with all referral sources to triage and manage clients in order to provide timely services to those who contact us. The need for funding to provide ancillary staff such as nursing and social work, however, is greater than ever as wait times within FEMAP are increasing because of this increased demand.

Our psychologist, Dr. Roger Covin, has assumed an instructional role answering questions posted on the mindyourmind.ca web site by youth. This gives him the opportunity to address common emotional concerns of youth in large numbers in an educational format without assuming a clinical role.

Research

Dr. Osuch, and her research team hope to resume work on several ongoing imaging studies as soon as the imaging scanner at the Lawson Research Health Institute is up and running. This will include a new study on marijuana and depression that will hopefully lead to significant government funding. We will miss the folks at the Robarts who have assisted in fMRI scanning of previous research, but the house on Richmond Street, plus the upcoming nuclear imaging capabilities though Lawson, necessitates us transferring our scanning studies there. It will be exciting to get to know new colleagues and form collaborative relationships at Lawson Imaging.

We thank the Mind Your Mind staff (see mindyourmind.ca) for their collaboration and assistance in expanding the ongoing project evaluating stigma beginning with the FEMAP clientele to a Canada-wide project evaluating obstacles youth experience getting help for mental health nationally.

Provincial Funding Initiative

On October 17, 2008 FEMAP hosted a "Provincial Think Tank Meeting" to develop strategies to address provincial policy change and funding related to early intervention programs for mood and anxiety disorders in youth. The event was well attended by provincial government policy makers, hospital administrators, physicians and leaders in the mental health care community. The meeting was a great success and we are working towards the implementation of the strategies arising from the discussions of that day. Please see the summary report of this event attached.