

# THE RESEARCH NOOK

A Waypoint Research Institute Newsletter

In this edition of *The Research Nook*:

- Announcing our new Research Chair
- WRI in the news
- What's new at the WRI
- WRI spotlights
- Recent publications
- Recent & upcoming events

## ➤➤➤ WAYPOINT APPOINTS A NEW RESEARCH CHAIR IN FORENSIC MENTAL HEALTH

The WRI is thrilled to congratulate **Dr. Zoe Hilton** on her appointment as Waypoint's new Research Chair in Forensic Mental Health.

Dr. N. Zoe Hilton is currently a Senior Research Scientist with the Waypoint Research Institute, and a Professor in the Temerty Faculty of Medicine Department of Psychiatry, University of Toronto. She is a Registered Psychologist and a Fellow of the Canadian Psychological Association. Her new position is a collaboration between Waypoint and the University of Toronto Faculty of Medicine. She has made significant contributions to the fields of domestic violence, risk assessment and the physical and psychological wellbeing of patients and staff at psychiatric hospitals.

In this vital role, Dr. Hilton will work towards further understanding of forensic mental health science. These health care services are often confused with corrections, which can confer a 'double stigma' of mental illness and justice system involvement. Her research leadership reaches around the globe and her experience will help establish Waypoint as a centre of excellence in forensic mental health research. Congratulations Dr. Hilton!



# WHAT'S NEW AT THE WRI

## THE WRI 10TH ANNIVERSARY WEEK EVENTS

In November, the WRI celebrated a decade of groundbreaking contributions that are advancing understanding of mental health and addiction and improving lives locally and globally. This 10th anniversary highlights the pivotal role WRI plays in influencing healthcare practices and policy, and most importantly, advancing access to evidence-based treatments in partnership with people with lived and living experience of mental illness, empowering them to shape science and care delivery. The WRI celebrated its anniversary week by hosting two events in the Atrium lobby, sharing information about their important research and giving away swag. Thank you to all who joined us in celebrating!



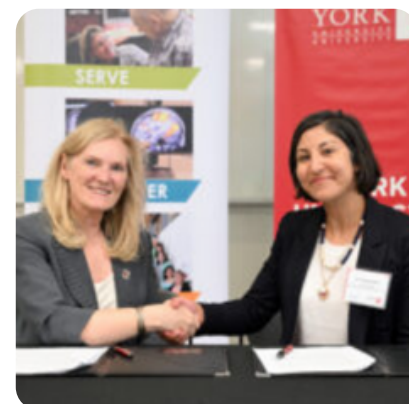
## THE 10TH ANNUAL SHINE THE LIGHT GALA IN SUPPORT OF THE WRI

Members of the Waypoint Research Institute team were thrilled to be a part of the 10th Annual Shine the Light Gala, held on December 8th, 2023 at the Midland Cultural Centre. The WRI is incredibly grateful for the support and generosity of all the volunteers, guests, sponsors, and musical guest Susan Aglukark in making this event a success. We would like to express our sincere gratitude to our Fundraising and Communications colleagues for organizing this wonderful event.



## WAYPOINT PARTNERS WITH YORK UNIVERSITY TO ADVANCE HEALTH RESEARCH & MEDICAL EDUCATION

In October 2023, Waypoint's President and CEO Dr. Nadiya Sunderji and York University's President and Vice Chanellor Rhonda Lenton came together to formalize an MOU to support continued opportunities for shared learning and research. This collaborative work will include opportunities for clinical placements and experiential learning; medical education and continuing education for healthcare professionals and hospital staff; and research partnerships on a variety of topics. The WRI is excited to support this work through collaborating with York academic partners and alumni and providing experiential learning opportunities for students.



## RECENT PUBLICATIONS

Hilton, Z., Eke, A. W., Kim, S., & Ham, E. (2023). **Coercive control in police reports of intimate partner violence: Conceptual definition and association with recidivism.** *Psychology of violence*, 13(4), 277-285. <https://doi.org/10.1037/vio0000457>

Melvin, A., Canning, C., Chowdhury, F., Hunter, S., & Kim, S. (2023). **Exploring the lived experiences of participants and facilitators of an online mindfulness program during COVID-19: a phenomenological study.** *Frontiers in Public Health*, 11, 1278725. <https://doi.org/10.3389/fpubh.2023.1278725>

Zhao, J., Bolshaw-Walker, H., & Hilton, Z. (2024). **Engaging forensic psychiatry patients in health-care decision making.** *The Lancet Psychiatry*. [https://doi.org/10.1016/S2215-0366\(23\)00427-3](https://doi.org/10.1016/S2215-0366(23)00427-3)

## WRI IN THE NEWS



### WAYPOINT RESEARCH INSTITUTE MARKS 10 YEARS OF PIONEERING MENTAL HEALTH AND ADDICTION RESEARCH

November 29, 2023. This article is available directly on the [Cision](#) website.



### WAYPOINT CENTRE LOOKS TO ATTRACT NEW TALENT WITH RECRUITMENT EVENT

October 11, 2023. This article is available on [Simcoe.com](#).



### WAYPOINT SIGNS 3-YEAR MOU WITH YORK TO 'IMPROVE OVERALL HEALTH'

October 23, 2023. This article is available on [OrilliaMatters.com](#).



### WAYPOINT RESEARCH UNIT CELEBRATES 10 YEARS OF 'GROUNDBREAKING INITIATIVES'

December 9, 2023. This article is available on [OrilliaMatters.com](#).



### IMPROVING LIVES BY ADVANCING UNDERSTANDING OF MENTAL HEALTH AND ADDICTION

December 26, 2023. This article is available on [Hospital News](#).





## **DR. ZOE HILTON HOSTED AS A VISITING RESEARCHER AT KINGSTON UNIVERSITY**

In October, 2023, **Dr. Zoe Hilton** was a Visiting Researcher at Kingston University in London, UK.

Dr. Hilton previously spoke on a panel for a Justice Canada committee reviewing proposed legislation to criminalize coercive control in interpersonal relationships. The visit was hosted by Dr. Brandon Sparks, Senior Lecturer in Forensic Psychology at Kingston University, who studies sexual offending, intimate partner violence, and incels.

Drs. Hilton and Sparks designed and planned a study on sextortion (sexual image-based extortion) and perceptions of how existing laws apply to this offence. There is currently no law in the Criminal Code of Canada against coercive control and related offenses such as sextortion, but the Minister of Justice and Attorney General of Canada Arif Virani expressed openness to criminalizing these acts. The UK already has laws that are relevant to this type of offence, and Dr. Hilton's time as a Visiting Researcher was spent exploring these laws, policing practices, and victim supports for coercive control and related offences. The study by Drs. Hilton and Sparks will contribute to our understanding of how people see this behavior and appropriate offences.

The Visiting Researcher role helps to raise Waypoint's academic profile and expand the WRI's international partnerships. While at Kingston University, Dr. Hilton lectured as part of the M.Sc. program in Forensic Psychology and talked about research being conducted at Waypoint. She also met with Dr. Amanda Robinson, Professor of Criminology at Cardiff University, who studies domestic violence and coercive control in collaboration with policing services in Wales and internationally.

Since returning from Kingston University, Dr. Hilton has received REB approvals for the sextortion study at both Kingston University and MacEwan University in Alberta, and data collection is underway this winter. We are also pleased to share that Dr. Sparks will be giving a Waypoint Talk on March 26th, 2024- stay tuned for details!

Dr. Hilton expresses her appreciation to Waypoint for the opportunity to participate in Kingston University's Visiting Researcher program.

**Kingston  
University**  
London



## **DR. JUNQIANG ZHAO RECEIVES A CIHR OPERATING GRANT** ✨

The WRI is pleased to congratulate **Dr. Junqiang Zhao** on receiving funding through the **CIHR Institute of Aging's** Brain Health and Cognitive Impairment in Aging (BHClA): Knowledge Synthesis and Mobilization Grants competition. Dr. Zhao's project, *Shared decision-making with the aging populations in forensic mental health settings: A knowledge synthesis and research priority setting study using an integrated knowledge translation approach*, is set to begin in January 2024.

 **CIHR  
IRSC** Canadian Institutes of  
Health Research  
Instituts de recherche  
en santé du Canada

## THE WRI IS HIRING!

We are currently recruiting through the program below:

- [CIHR's Health System Impact Program](#)

Keep an eye on our [Careers Page](#), as we are continually offering exciting employment opportunities within the department!

## RECENT EVENTS

### OTTAWA PATIENT SAFETY CONFERENCE



**Valentina Tamayo Velasquez** prepared and presented a poster entitled “*The development of an early warning score and alerting system for adverse events in psychiatry.*”

### 16TH ANNUAL CONFERENCE ON THE SCIENCE OF DISSEMINATION AND IMPLEMENTATION IN HEALTH



**Dr. Junqiang Zhao** prepared and presented a poster entitled “*How social media supports health professionals' knowledge uptake in clinical practice: A realist inquiry.*”

### INTERNATIONAL COUNCIL FOR CARING COMMUNITIES WINDSOR CONSULTATION



**Dr. Soyeon Kim** co-presented on “*Empowerment and leadership across the life-span.*”

## THE PCFC CORNER

The Patient/Client and Family Council (PCFC) is involved in a number of research projects with the WRI, particularly ones focused on patient-oriented research (POR).

### Patient-oriented research (POR)

POR recognizes that patients have lived expertise of their health condition(s) and the relevant health care systems. POR values this knowledge and engages patients as equal partners to conduct research that is relevant to them. This ultimately leads to better patient outcomes!

Stay tuned for an update from PCFC in the April 2024 Research Nook on some of the projects we're currently supporting and examples of how we're supporting them.

# UPCOMING EVENTS

## WINTER 2024 SCHEDULE

## WAYPOINT TALKS

Join us on Thursday, January 30th from 10-11:30am EDT for our first Waypoint Talks event of 2024! **Dr. Bernard Le Foll** will be presenting on, “*Deep TMS as a novel treatment approach for smokers: How the neuroscience of the insular cortex led to a new treatment modality*”. Learn more and register to attend [here](#).

Next, we be joined by **Dr. Junqiang Zhao** to present on, “*Integrating implementation science into clinical quality improvement initiatives*”. The first Waypoint Talks: Building Your Research Toolkit event of the year will be held on Thursday, February 27th, 2024 from 10-11:30am EDT. Learn more and register to attend [here](#).

## SAVE THE DATE: CAFE SCIENTIFIQUE EVENT AT WAYPOINT

We invite you to join the Forensic Patient-Oriented Research team, frontline staff, patients, and more to participate in our hybrid knowledge-sharing event on June 6th, 2024 from 10am-3pm EST at the Waypoint Centre for Mental Health Care. We will share our research findings, engage in group discussion, and plan our next steps for continuing this work. Details can be found [here](#). Stay tuned for invitations & more information!

## YOUR VOICE MATTERS!

We want your input. What stories or updates would you like us to profile in our next edition? If you have any suggestions or would like to contribute to writing for our newsletter, please email us at [waypointresearchinstitute@waypointcentre.ca](mailto:waypointresearchinstitute@waypointcentre.ca)

**Waypoint**  
CENTRE for MENTAL HEALTH CARE  
CENTRE de SOINS de SANTÉ MENTALE

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