

NINET-IMH Clinic Newsletter

January 2020
www.ninet.med.ubc.ca

The NINET-IMH Clinic and Laboratory researches clinical applications of Non-Invasive Neurostimulation Therapies to improve the health of those suffering from a variety of mental illness.

NOTE FROM THE PAC MEMBERS

Dear reader,

This monthly newsletter is brought to you by NINET's Public Advisory Committee (PAC) members. We meet once a month to discuss improvements within the clinic, and our goal is to spread the word and educate the public about mental health, rTMS, and its usage in treating psychiatric disorders.

We hope that this newsletter serves the purpose of enlightening and keeping you updated with news within the NINET-IMH Clinic & Laboratory. If you would like to join the NINET-IMH PAC, please feel free to email us at ninet.lab@ubc.ca or let Rose or Ria know.

Sincerely,

NINET-IMH Public Advisory Committee (PAC) Members

NINET-IMH PAC TERMS OF REFERENCES

Over the last year, the NINET-IMH PAC members have worked together to create a terms of references for the committee, that will help inform the public as well as the members what to be expected of the PAC. We hope that this document will answer some of the questions regarding the activity and responsibilities of PAC! If anyone is interested in learning more about PAC, please find the link to the full terms of references at ninet.med.ubc.ca/updates. We would love to hear feedback! Feel free to contact us at ninet.lab@ubc.ca or let Rose or Ria know.

Purpose of the PAC

The objective of PAC is to provide a vehicle to further meaningful patient engagement and enable NINET and the NINET-IMH Clinic to work collaboratively with patients. The PAC members will collaborate in achieving the goal of public engagement and representing community interests by providing input, perspective, specific expertise, and recommendations. The responsibility for the management of the NINET-IMH Clinic ultimately rests with the principal investigator of the lab/clinic, Dr. Vila-Rodriguez.

- An excerpt from the terms of references

NEW FACES IN THE NINET CLINIC

The NINET Lab is pleased to welcome many new members in the new year! First, we welcome to the NINET counsellor **Susana F**, who will be available for counselling sessions to patients at NINET (more details on how to book an appointment down below). Next, we have three new 8x5 study volunteers **Kathy B**, **Vida L**, and **Sara P**, who will help administer the study procedures. Lastly, a psychiatry resident **Krista S**. Krista will be holding IA's and help with ratings and follow up's. Welcome all!

NINET COUNSELLING SERVICES

Starting this new year, NINET-IMH offers counselling services to patients of our clinic at a discounted price. Susana F provides trauma informed therapy, interpersonal psychotherapy, and cognitive behavioural therapy. Interested patients can request to meet with one of the NINET-IMH doctors to be referred to Susanna. Once the referral is collected by Rose or Ria, they will be in contact with you to book an appointment. If you have any other questions regarding this service, check out ninet.med.ubc.ca/clinic/counselling-services/

Counselling Services

About the therapist:

Susana is a Registered Clinical Counsellor experienced in assisting with life crises, anxiety, stress, depression, grief and loss. Passionate about Trauma and Attachment informed practices.

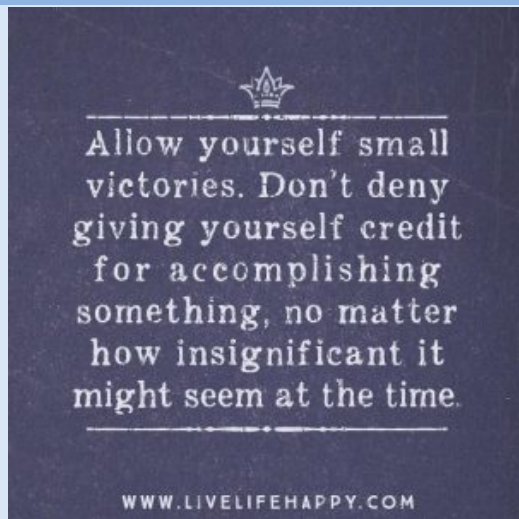
Susana has a professional background as a Child and Adolescent Psychiatrist for over 15 years in Lisbon. In Canada she pursued a master's in counselling and completed her internship with Moving Forward Family Services in Surrey. Since then, she has been offering counselling services with the organization sharing the same mission and vision "proving Counselling to the most vulnerable". She works with a diverse population experiencing multiple challenges in their lives.

She offers services to youth, adults and couples in English and Portuguese.

Outside the Counselling field she collaborates in leadership programs for young people and in parent's discussion groups.



THE THINGS THAT MATTER



By Meghan Chen

Let's just get this out of the way first: everyone's story is different, and I'm not going to even pretend to know what it feels like to have lived yours. If you told me your story, I couldn't tell you that I understood – because I really don't, and never truly will as long as I keep seeing the world through my own two eyes. What I do understand, though, is that your story matters. Even if it feels routine, or small, or punctuated by tears. It matters, because you are here for another day, and that matters.

It matters that you picked your head up off the pillow today. It matters that you got up, brushed your teeth, had a piece of toast or a glass of milk. It matters that you found your way to this website and are reading this right now. All those things are victories, small wins against the voice that told you that you couldn't do any of those things today. They might be little things, but they matter a whole lot.

And many little things that matter add up. They become a big thing that matters very much: progress. Progress doesn't have to look like stopping your medications tomorrow or going to the gym three times a week. It can look like calling a friend when all you want to do is lock yourself in your room. It can look like walking the dog, or just playing with the dog. It can look like opening the blinds, even just a crack, and letting the sunlight pour in. If the windows were boarded up yesterday, that's not just a little thing – that's big progress. Big progress, small progress, it all matters.

So today, maybe try paying attention to your little victories, to all these little things that matter so much. Maybe write them down and make a list, so that the little things that matter become a bigger thing that matters even more. Try reading that list, and you just might realize how much it matters that you did all of those things when just the day before, you didn't think you could do any of them. Yesterday, you might have felt as if nothing mattered. But every little step, every little thing that matters, is a step towards believing that you matter. And you know what? That matters.

*If you're interested in learning more about the impact that activity monitoring can have on depression, this study suggests that self-monitoring of activity has been correlated with improvements in mood; and this video by the Beck Institute for Cognitive Behavior Therapy discusses how keeping an activity log can help with tracking progress between treatment sessions.

CURRENT RESEARCH STUDIES

We are excited to introduce you to two ongoing research studies at the NINET Lab.

Accelerated 8x5

This study is a randomized, sham-controlled trial of rTMS treatments, where all participants will receive either active or sham intermittent theta burst stimulation (iTBS) treatments on the left dorsolateral prefrontal cortex (L-DLPFC). The treatment schedule is accelerated, with 8 treatments per day for only five days in total (Monday to Friday).

Exercise and TMS – Survey

This survey based study asks patients' interest and feasibility of combining exercise and rTMS treatments. This study is the first stage of a two part study, that will investigate the efficacy of an exercise-rTMS treatment. The survey takes around 5-10 minutes and the participants will receive a Starbucks gift card! Ask Rose or Ria on how to participate in the survey, next time you come to the clinic.

Exploring the Acceptability of Exercise during rTMS Treatment for Depression

Who can participate?
Patients of Dr. Vila-Rodriguez currently receiving rTMS treatment.

What does this study involve?
If you choose to participate, you will be asked to fill out a short online survey, approximately 15 minutes.

Is there any incentives?
If you choose to participate, you will receive a \$10 Starbucks gift card.

How do I participate?
Patients of Dr. Vila-Rodriguez will be approached by a clinic staff member on their 10th, 20th, or 30th treatment session. Patients in the maintenance phase of treatment will also be approached.

Questions can be directed to Jackie Lee at jackie.lee@ubc.ca

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NEW SURVEY RESEARCH

What is the purpose of the study?
We would like to know your thoughts on physical activity and how we could integrate physical activity into services involving rTMS.

Is participation voluntary?
Taking part in this study is completely voluntary. If you choose to participate, you will be asked to provide informed consent.

Will my answers be confidential?
If you choose to participate, a clinic staff will provide you with the gift card acknowledging you have attempted the survey. Clinic staff will not have access to your data. You will remain anonymous to the research team.

- Follow us on Twitter for more updates: twitter.com/ninetlab
- Visit our website for more content: ninet.med.ubc.ca
- Email us with your clinic-related questions at: ninet.lab@ubc.ca
- Send us your feedback on the newsletter at: newsletter.ninetlab@gmail.com