

CREATIVE SYNERGY: SASHBEAR AND HINCKS DELLCREST —WORKING TOGETHER 2013 TO PRESENT



A children's mental health treatment,
research, and teaching centre

- AUGUST 2013: PRECIPITATING EVENT: V and family return from only 4 weeks of treatment at 3 East McLean Hospital DBT Program completely transformed. Intense curiosity and awe from HDC team.
- OCTOBER 2013: V and family invite HDC Residential Team to CAMH BPD Forum. We meet sashbear, Lynn and Mike, resulting in instant good karma.
- DECEMBER 2013: sashbear invited to present to HDC Residential staff, families and youth. Introduced to Donna Duncan, CEO HDC.
- FEBRUARY 2014: sashbear present to teachers groups at HDC Institute.
- SEPTEMBER 2014: Meetings commence between sashbear, Family Connections, CAMH and HDC about starting a Family Connections group at HDC.
- NOVEMBER 2014: V commences peer-led/staff-facilitated DBTI skills teaching to HDC Residential teens.

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- JANUARY 2015 to APRIL 2015 : Sheryl Trachter M.S.W., sashbear/Family Connections provides pro- bono DBTI training to 26 HDC staff based on F.C. curriculum. Research component incorporated to assess staff burnout pre and post training, modelled on Fruzzetti study. (In progress).
- MARCH 2015: sashbear AGM: Dr Korenblum HDC and Dr O Halpin introduced to Dr Anthony Ruocco, U of T , presenter on BPD Optical Imaging research. Roxana Sultan, HDC VP of Clinical Transformation, follows up and formal collaboration results between HDC, HSC, and U of T. on the world's first Adolescent BPD Neuroimaging Study .
- MAY 2015: sashbear Borderline Walk. Donna Duncan CEO HDC opens walk.
- JUNE 2015: Lynn Courey arranges site visit to 3 East Mc Lean DBT Program for herself, Sheryl Trachter and HDC team.

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- OCTOBER 2015: sashbear,V and Helen O H present in Montreal at the International Society for the Study of Personality Disorders.(I.S.S.P.D.) Dr Aguirre, Dr Ruocco, Dr Fruzzetti and Dr Hoffman (F.C.) all presenting on their areas of expertise.
- OCTOBER 2015: sashbear, Dr Fruzzetti, and Dr Hoffman provide two day Family Connections training hosted by HDC Institute.
- NOVEMBER 2015: HDC/HSC/U of T Adolescent BPD Neuroimaging study commences. Rosanna Ruppert, Family Connections agrees to help recruiting control subjects
- DECEMBER 2015 sashbear presents Grand Rounds at HDC.

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- FEBRUARY 2016: Dr Blaise Aguirre provides 2 days of training to HDC staff.
- FEBRUARY 2016: sashbear films Dr Blaise Aguirre at HDC for part of “ coming out as BPD” documentary, involving interviews with 14 people self-identifying as having BPD/Emotional Dysregulation.
- FEBRUARY 2016. First Family Connections/HDC group begins at HDC with Rosanna Ruppert (F.C.) and J, a trained HDC parent co-facilitating with HDC staff. Dr Perry Hoffman, FC originator, provides the F.C. Research Protocol and measures and her blessing for the group outcome research.
- FEBRUARY 2016. Dr Aguirre begins distance consultation with HDC staff group.
- MARCH 8 and 9 2016 : sashbear and HDC co-host workshop on Treatments for BPD at HDC Institute.
- MARCH 6 2016: Here we all are, what a wonderful journey it has been!