Waypoint Research Institute

Issue 14 | October 2026

The Research Nook

Announcing InSPIRE 2027

Save the Date!

The Waypoint Research Institute invites you to save the date for InSPIRE 2027 (Integrating Science, Practice, Innovation, Research and Experience), taking place May 4–5, 2027, at the Nottawasaga Resort & Conference Centre in Alliston, Ontario. Join researchers, clinicians, people with lived experience and community partners to share knowledge, explore new ideas and help advance mental health and substance use care.

Our Keynote Speaker & Theme

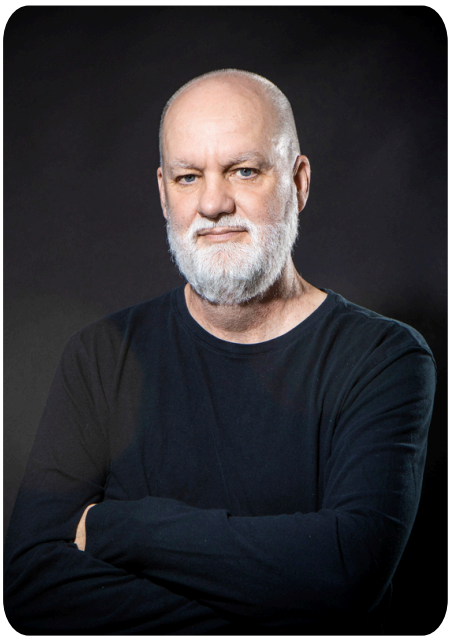
We're pleased to announce **André Picard**, author and health columnist at the Globe and Mail, as our keynote speaker! This year's theme, **Advancing Integrated Healthcare through Connection**, explores how collaboration across mental health, substance use health, primary care and community services can create more connected, person-centred care and improve outcomes.

Call for Abstracts Coming Soon

Additional details about abstract submissions, registration, and more will be shared soon through our conference website, mailing list and Waypoint's channels- stay tuned! We look forward to seeing you in Alliston!

2027 inspire conference

Integrating Science, Practice, Innovation, Research & Experience



André Picard

InSPIRE 2027's keynote speaker is an award-winning national health writer and author.

Waypoint Research Institute

What's New at the WRI

Clinical Research Facilities

Research Lab Update

Over the last 6 months, the WRI has established a research lab to handle biological specimens. The lab is located in the Service Mall of the Atrium Building, and contains a refrigerated centrifuge, biosafety cabinet and -80 freezer. It is anticipated that the lab will mostly process blood samples to freeze for analysis, though the lab may be able to process other biological specimens in the future. Additional supplies and equipment will be purchased over the coming months, and instructional manuals/standard operating procedures will be prepared for individuals operating within the research lab.

Research TMS Suite

Earlier this fall, Waypoint purchased a second transcranial magnetic stimulation (TMS) machine to expand capacity for TMS-based research and help meet the growing clinical demand for TMS treatment. The machine contains both H1 and H4 coils, and has sham coil functionality to support randomized control trials. This is an exciting addition to the hospital that will strengthen our research capacity and support future clinicals trials evaluating TMS interventions in mental health and addictions.

Expanding Facilities

The Research Lab (pictured above) and the Research TMS Suite (pictured below).

Trauma Reduction Implementation Guide

The Trauma Reduction Implementation Study (TRIS) team led by **Dr. N. Zoe Hilton** is excited to share the **Reducing Trauma Among Psychiatric Workers** manual and accompanying workbook. This step-by-step guide aims to support psychiatric healthcare organizations in reducing occupational exposure to workplace violence, reducing the incidence of serious injury, and preventing and mitigating related psychological trauma. Building on the 12 recommendations for psychiatric hospitals detailed by Hilton et al. (2020), this manual draws on evidence from literature reviews, multi-site surveys, healthcare worker interviews, focus groups, and multi-stakeholder planning events. Explore the manual and workbook **here** (English and French versions available).

Waypoint Research Institute

Conferences & Events

Recent Presentations

WRI staff have had the opportunity to present at several recent conferences and events, including:

- Dr. Christopher Canning led a keynote presentation on, *A path forward: Canada's national action plan on criminal justice and mental health* at the National Union of General and Public Employees (NUPGE) Occupational Health and Safety conference in Ottawa on October 9, 2026.
- Dane Mauer-Vakil delivered a symposium presentation entitled, "*When substance use meets bipolar disorder: A transdiagnostic forensic perspective on risk and care needs*" at the International Society for Bipolar Disorders Annual Research Conference in Vancouver, British Columbia on September 30, 2026.
- Several WRI staff presented at the Canadian Knowledge Mobilization Forum in Toronto from July 28th-29th, including Arina Bogdan from the STREAM Lab, Sevil Deljavan and Dr. Elnaz Moghimi from the Mhaven project, and Kristy Allen on behalf of the WRI.

Waypoint Talks

Click here to watch our September Waypoint Talks session, ***Defining Coercive Control in Intimate Partner Violence***.

Mhaven 2027: Call for Abstracts

From Vision to Action

The Mhaven team is excited to announce **Mhaven 2027: From Vision to Action**, a two-day community event that will bring together people working across gender-based violence (GBV) and intimate partner violence (IPV) research, prevention, response, support, and recovery. The event will take place on March 24-25, 2027 at Horshoe Valley Resort in Barrie, Ontario. Abstract submissions are open until October 31st for Lightning Talks and Poster Presentations- learn more and submit your abstract here.

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

Intensive Workshop in Prolonged Exposure (PE) for PTSD

CTSA-Approved

- **Dates:** November 16-19th, 2026
- **Time:** 8:00 am-4:00 pm EST daily
- **Location:** Virtual live training
- **Cost:** $950 CAD

Key Learnings

- Empirical support for PE
- Emotional Processing Therapy underlying PE
- Standard PE protocol
- Managing common issues that arise during PE
- Delivering PE treatment

Register at
PEworkshopnov2026.eventbrite.ca
by November 12th at 5 pm
to save your spot!

with Dr. Tejas Srinivas, C.Psych.

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Recent Publications

Canning, C., Evans, C., Deljavan, S., Allen, K., Chouinard, L.J., Scott, A., Moghimi, E., Poursanidou, K., Junes, S., Wintermute, J. and Zimmermann, K. (2026), **Developing forensic patient-oriented research guidelines: a rapid review using an integrated knowledge translation approach.** *Frontiers in Psychiatry,* 17:1805912. doi: 10.3389/fpsyt.2026.1805912

Mauer-Vakil, D., Pereira, E., Canning, C., Le Foll, B., and Bardwell, G. (2026). **Substance Use Disorder in Forensic Hospitals: A Scoping Review of Practices and Interventions. Drug and Alcohol Dependence Reports.** *Drug and Alcohol Dependence Reports.* https://doi.org/10.1016/j.dadr.2026.100465

Moghimi, E., Melvin, A., Knyahnytskyi, A., Zimmermann, K., Genereaux, S., Kinoshameg, S., Nolan, C., MacDonald, H., Sciarotta, D., Asadpour, K., Zafar, S., Hilton, N. Z., Duquette, A., Sumabat, A. R. M. N., Deljavan, S., Stephenson, C., Ham, E., & Alavi, N. (2026). **An Intersectional Exploration of Service Needs Among Individuals who Survived and/or Engaged in Intimate Partner Violence.** *Journal of Interpersonal Violence*, 0(0). https://doi.org/10.1177/08862605261480139

Zhou, L., Hilton, N. Z., Allen, K., Rodrigues, N., Ham, E., Canning, C., Hansen, C., and Zhao, J. (2026). **Reducing trauma among psychiatric workers: An implementation manual.** [Unpublished report]. *Waypoint Research Institute and The Royal.* https://www.traumaamongpsychiatricworkers.net/tris-implementation-manual

Tajirian, T., Igoumenou, A., Canning, C., & Lockett, H., Roberts, R., Erskine, V., Ybarra, R., Stergiopoulos, V., Morris, D., & Kirkwood, A. (2026). **Protecting and improving the physical health of people living with mental health conditions — 2026 Global Leadership Exchange Equally Well match summary report.** *Centre for Addiction and Mental Health and Waypoint Centre for Mental Health Care.* doi:10.13140/RG.2.2.32237.14563

WRI In the News

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

Expanding access to rTMS at Waypoint

September 17, 2026. This article is available on the Waypoint website.

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

Preventing Gender-Based and Intimate Partner Violence: Why Engaging Boys and Young Men Early Matters

July 15, 2026. This article is available on the Waypoint website.

Waypoint Research Institute

WRI Opportunities

We are currently recruiting for the following positions:

- ***Research Analyst (TPT)***

Keep an eye on our **Careers Page**, as we are continually offering exciting employment opportunities within the department!

Shine the Light Gala

Save the Date!

Waypoint's highly anticipated An Evening to Shine the Light signature fundraising event returns on Friday, November 6, 2026, at the Midland Cultural Centre, featuring local band Born Ruffians, who just released their ninth album, Beauty's Pride.

Presented by TD Bank, the evening promises an unforgettable fusion of music, meaning, and giving back. Guests will enjoy inspiring stories, a gourmet dining experience by Feast Catering & Events, a lively silent auction, and a powerful live performance, all in support of advancing critical Mental Health, Addictions and Women's Programs, including the **Mhaven project**.

Tickets Available

Click here to get tickets and learn more!

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**

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