



Association of General Hospital Psychiatric Services

The Association of General Hospital Psychiatric Services (AGHPS)

Jane Chamberlin Award 2021 Selection

Hospital: Huron Perth Healthcare Alliance, Stratford General Hospital

Candidate's Name Christina Sebben

Position: Manager Inpatient Mental Health and Emergency Department Stratford Site

Email address: Christina.sebben@hpha.ca

Manager Christina Sebben has been instrumental at Huron Perth Healthcare Alliance in aligning physician leaders and front line staff on patient care system transformation for mental health care improvements. Demonstrating courageous, transcendent, and accountable leadership, Christina positively impacts team interest, engagement, and performance and encourages all to lead with radical empathy and humanity in the care and support of those most vulnerable.

Christina is a champion for developing and upholding high standards of care for mental health patients. After working front-line for many years in the mental health field, she is extending the expertise gained, through purposeful mentorship of mental health staff. Christina has worked tirelessly to train nurses on the Mental Health Unit (MHU) to enhance the quality of nursing practice on the MHU and in our outpatient programs. This has involved advocacy and attaining funding for staff training in geriatric mental health (PIECES) as well as personality disorders and issues of affective dysregulation (DBT skills). Her advocacy of partnerships resulted in partnering addiction agency clinicians attending rounds and consulting on the MHU to improve timely access to care for patients with substance use disorders. This past year, she was instrumental in updating the standard of MHU facilities, equipment, and hospital security personnel to address issues of patient and staff safety. Driving the inpatient department forward in evidence-based clinical care delivery change initiatives, Christina challenges the team on the integration and implementation of innovative and effective methods of clinical practice effecting improvements to patient experience, length of stay, and occupancy rate metrics resulting in greater access to acute/ critical mental health care.

Christina is a natural leader who has excellent clinical acumen and a passion for excellence in mental health care delivery. Her consistency as a leader before and during the COVID-19 pandemic has created a supportive practice environment in the midst of significant challenges: MHU staff implicitly trust her, and can count on her to support their clinical practice, as well as provide appropriate support when personal or professional challenges arise. Creating an environment that

is conducive to collaboration between team members is important to Christina and prospective psychiatry recruits and locums have commented on the high quality of nursing care provided by the nursing staff and how the MHU is distinctly a pleasant and enjoyable place to work. This is especially important, given the current staffing crisis that is affecting health-care environments.

Respecting the values and strength of the individual, and understanding a larger, more comprehensive psycho-social-environmental impact, Christina engages to develop and define community and regional partnerships that enhance client transitions and improve opportunities for success along their individual journeys. Christina sets a high team standard for the responsibility of delivering quality, evidence-based clinical care that offers a better, more consistent, patient experience. Christina is recognized as supporting HPHA positively shift the priority of mental health care and realize important progression in our path to delivering better mental health care.

Christina Sebben is a true leader where she not only supports her direct team but extends her support to all departments in the hospital. During wave 3, Christina was able to support the hospital with bed capacity, working 'outside the walls' of mental health inpatients, by supporting our elderly population with cognitive concerns. She was able to support her team by stepping up and assisting the medicine inpatient departments to support these individuals on the inpatient mental health unit. By assisting with this strategy, Christina was able to support patient flow with COVID patient on the inpatient medicine department. Christina was able and continues to build confidence in her staff and staff in other departments by sharing their learnings from this experience and create new innovative approaches to patient care.

Christina's leadership in the mental health sector exemplifies all the qualities that the Jane Chamberlin award represents: persistent, innovative and inspiring leadership. We wholeheartedly support the nomination of Christina for this honour and award.

Submitted by
Kathleen Broad, Chief of Psychiatry
Deborah Wiseman, VP Partnerships &CNE
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