

Faculty member  
Dr. Leslie Solomonian, ND

# ON THE ROAD TO THE FUTURE

Report to the Community 2016

The Canadian College of Naturopathic Medicine  
Educating naturopathic doctors for almost 40 years

ccnm  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE





# WORLD LEADER

CCNM's Department of Research is an acknowledged world leader in advancing our understanding of complementary and naturopathic medicine.



# 1ST

CCNM is the first and only naturopathic program in Canada to offer a four-year Doctor of Naturopathy degree.

# 25,000

CCNM's on-site teaching clinic, the Robert Schad Naturopathic Clinic, is the largest naturopathic teaching clinic in North America providing more than 25,000 patient visits per year.



# \$50M

CCNM's estimated economic impact on the community.



# 20+

The Ottawa Integrative Cancer Centre has established collaborations with 20-plus cancer-related organizations to date.



# \$10M

The College is conducting over \$10 million in studies examining adjunctive therapies for cancer.

# 700-800

On average, 700-800 patients visit the CCNM Brampton Naturopathic Teaching Clinic per month.

# 1978

Founded as the Ontario College of Naturopathic Medicine.

# THE FUTURE DEPENDS ON WHAT YOU DO TODAY.

MAHATMA GANDHI

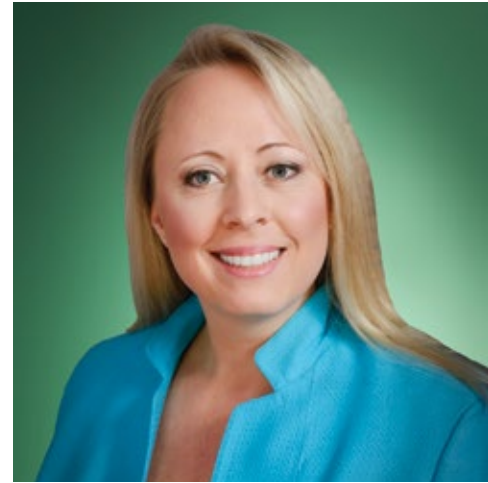
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## FROM THE CHAIR



As I complete my first year as Chair of the CCNM Board, it amazes me what the College has accomplished. Although the focus of this Report to the Community is on creating the future, I want to take a brief moment to recognize what we have achieved. I do so in the belief that understanding our accomplishments will provide us, and our many partners, the confidence and energy to create the future we believe in.

For the first time ever in Canada, graduates of a naturopathic program have received a Doctor of Naturopathy degree. The degree is awarded under the long sought after authority of the Minister of Advanced Education and Skills Development in the province of Ontario. Gaining this approval required over 12 years of work educating officials in education and health on the strength of the ND curriculum. This is a wonderful achievement and it cements the place of NDs as respected, well-educated medical providers, not only in Ontario but wherever our graduates choose to work as NDs. The Ottawa Integrative Cancer Centre (OICC) just celebrated its fifth anniversary. The celebration included a moving ceremony that featured the voice of patients, including Bryan Murray, former general manager of the Ottawa Senators hockey team, and Craig Savill, Canadian national curler. The patients spoke of the value of the care they received with respect to their quality-of-life and of the importance in integrating the adjunctive care with their chemotherapy.

At the same time, and in recognition of all that has been achieved at OICC, CCNM created the Ottawa Integrative Cancer Centre (OICC) Foundation and it has received charitable status. A campaign was launched in conjunction with the creation of the Foundation and we garnered over \$1 million in support for the OICC's activities.

In a year of turmoil for naturopathy in the North American media, CCNM has been well represented, with the College's activities

frequently featured as examples of the future of integrative care at the local, provincial and national levels.

CCNM received a \$750,000 donation to assist in the launching of an integrative cancer centre in Toronto.

I was pleased to see the College actively engage the naturopathic profession in the launch of the most significant curriculum revision process ever for the naturopathic program.

In reviewing these accomplishments, I reflected on the wonderful contributions of the faculty and staff of CCNM, as well as the contributions of my fellow board members and the many other volunteers who have moved the College forward.

Finally, as I reflect on the successes of the prior year, I recognize that this Report to the Community is primarily about the future – and that is exciting! I have seen what the future can be. The message from president and CEO Bob Bernhardt on the following page outlines the areas in which the College will focus. Changes include a major program update, the establishment of a new integrative cancer centre, the seeking of additional research funding, and the extension of our network of partnerships in health care so that our impact continues to expand. CCNM's Board is supportive of the program changes, committed to the strengthening of CCNM's financial resources, and devoted to recruiting practices that attract the best candidates for the naturopathic profession. We will achieve the future we seek, and we invite our stakeholders and partners to accompany us on this journey.

Dr. Colleen McQuarrie, ND  
Chair of the Board

## FROM THE PRESIDENT



*The future depends on what you do today.*

**Mahatma Gandhi**

This quote embodies the significance that the College places on the actions it is taking today with respect to the future that it will experience in the years ahead. Internally, we have used the phrase "The time is now!" to keep us focused on doing those things today that will create the tomorrow we wish to see. This Report to the Community reflects the actions the College is taking, and plans to take, to create the future that it seeks.

### **What are the key components that will determine this future?**

**Outstanding learning experiences for ND students.** The College has launched Curriculum Visioning 40 (CV40), the most significant revision of the program ever undertaken, to ensure that as we enter our 40th year our program is preparing our graduates for successful futures. The CV40 process has involved surveys to stakeholders with respect to the program, a summit of stakeholders to explore the feedback received, and numerous meetings of our academics to determine what is possible. The process will continue to involve consultations with selected stakeholders, focus groups with students and faculty, the engagement of professional curriculum expertise to assist in the revisions, and the work of faculty in making and implementing the change.

**Recognition for the credential.** CCNM now grants a Doctor of Naturopathy degree for graduates of the program. Securing this credential was a critical step in continuing to build the respect and recognition the profession has earned.

**Outstanding graduates.** CCNM has invested significant resources in its recruiting efforts to ensure we attract the best candidates. Through our ongoing fundraising efforts we continue to seek funds for scholarships and bursaries so that we can attract the best. We have developed strong student support programs through support from our donors.

**Model teaching clinics.** Our naturopathic clinic within Brampton Civic Hospital has been featured in numerous media reports as an example of the future – a clinic focused on naturopathic care

integrated into a standard medical facility. Practices within CCNM's on-site Robert Schad Naturopathic Clinic continue to be updated to ensure that both the standards of care and the learning experiences are exemplary.

**Model integrative care.** The Ottawa Integrative Cancer Centre has been featured in the national press on numerous occasions. The Centre works closely with local hospitals and cancer agencies and is highly valued and respected. A similar cancer centre will open in Toronto in 2017.

**Leading edge research.** CCNM is involved in research supported by well over \$10 million in grants. Much of this is in adjunctive cancer care but we also have studies underway focused on diabetes and chronic pain.

**Valuable partnerships.** CCNM has signed a memorandum of understanding with the University of Toronto, we have several research projects underway with The Ottawa Hospital, we are launching a project with the Children's Hospital of Eastern Ontario, and we are engaged in dialogue with leading Canadian cancer agencies.

**Strong ongoing support.** To drive this change we need resources. CCNM has launched the Turning Point Campaign, a fundraising campaign to gather the funds that will drive the activities required.

**Strong values.** As reflected in this Report to the Community, CCNM is committed to ensuring that its values are lived even more strongly than they are espoused.

The future is ours to create, and we take our responsibility very seriously. My hope is that many of you will join us in shaping and driving this journey.

Bob Bernhardt, PhD  
President and CEO

# LEADERSHIP

## LIVING THE FUTURE NOW AT THE BRAMPTON NATUROPATHIC TEACHING CLINIC (BNTC)



BNTC is located within the Brampton Civic Hospital.

It's a typical day for naturopathic doctor Dr. Jonathan Tokiwa, ND, lead clinic supervisor at the Brampton Naturopathic Teaching Clinic (BNTC): he meets with student interns before appointments begin to discuss the patients they'll be seeing, oversees and supervises treatment protocols, and ends the day answering questions and helping interns set their visits for the following week. On the surface, the BNTC runs like any other naturopathic clinic except for one major difference: it's located within the Brampton Civic Hospital; the first and only naturopathic teaching clinic located within a hospital setting in North America.

The BNTC is operated by CCNM in collaboration with the William Osler Health System (Osler) and Central West Local Health Integration Network (LHIN). Clinic services are free of cost, providing Peel residents greater access to community care options. The partnership also fulfills CCNM's vision to work with conventional health-care providers and provide affordable, accessible and effective health care.

When the clinic initially opened, it was met with some skepticism from medical doctors and health-care practitioners. As the BNTC gained more recognition, both inside and outside the hospital, that skepticism faded and was replaced with acceptance and collaboration.

The clinic accepts referrals from the Osler and community doctors and specialists. The key to integrating both services effectively has been open communication: supervisors at the BNTC will very often provide letters to the referring health-care provider to let them know the patients progress and treatment rationale. They also refer back as required.

"The BNTC has thrived and continued to grow in offering naturopathic medical care to Osler and the community," says Jonathan. "We have supported a vision of collaboration with all of our patients' health-care professionals and provided a key service to the growing demands of the community. This collaboration ensures our patients receive safe and high-quality health care."

*"We have supported a vision of collaboration with all of our patients' health-care professionals and provided a key service to the growing demands of the community."*

Dr. Jonathan Tokiwa, ND, lead clinic supervisor at BNTC



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# 1ST

The CCNM Brampton Naturopathic Teaching Clinic at Brampton Civic Hospital is the first naturopathic teaching clinic in a hospital setting in Canada.

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# 1 IN 5

Almost one in five youths in the Central West Local Health Integration Network area reported as overweight or obese.

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# 75,000

The number of people living in the communities served by Osler who are affected by diabetes.

source: <http://www.williamoslerhs.ca/patients-and-families/programs-services/diabetes-care>

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# 700–800

On average, 700–800 patients visit the CCNM Brampton Naturopathic Teaching Clinic per month.

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### Innovative diabetes research

It's clear that this integrative and collaborative model is working. Since opening in 2013, the clinic has gone from four patient shifts a week to 12 to keep up with patient demand. On average, 700–800 patients visit the BNTC per month and there's at least a six-week waiting list to make an appointment.

The acceptance of the BNTC has also helped open doors in the field of research. In 2015, a study to evaluate the impact of naturopathic care on type 2 diabetes was announced. It is a collaborative project among CCNM, Osler and the Wise Elephant Family Health Team (WE-FHT), and will look at the effectiveness of both naturopathic and conventional medicine in treatment.

Diabetes is more prevalent in Brampton than any other area in the province so the results of the study will provide valuable insight into both treatment options and how they can be integrated to provide the best and most effective care for patients in the future. Results of the study will be shared with diabetes centres around the world.

"Osler will provide oversight and support, the Wise Elephant FHT will provide the patient pool and conventional medical treatment, and we will provide the naturopathic care," says Jonathan. The study is currently in its recruitment and enrolment phase.

### Bridging the gap

The success of the BNTC comes at a time where Canadians are looking for health-care options outside the conventional framework. As they turn to complementary and natural treatment options for their health, it is evident that clinics like the BNTC can help bridge the gap between both worlds.

"I believe the collaborative care model with naturopathic medicine will help ease some of the burden on the current health care system," explains Jonathan. "Having naturopathic doctors as part of an integrative/collaborative care model will provide patients with additional options to address their concerns and promote a safe and comprehensive health care system." \*

*"Having naturopathic doctors as part of an integrative care model will provide patients with additional options to address their concerns and promote a safe and comprehensive health care system."*

Dr. Jonathan Tokiwa, ND, lead clinic supervisor at BNTC



Dr. James Yoon, ND (left), confers with supervisor Dr. Jonathan Tokiwa, ND, during a patient visit.



# PREPARING THE FUTURE: CURRICULUM VISIONING 40

# CV40

In 2016, CCNM began embarking on a journey to significantly change the curriculum for its four-year Doctor of Naturopathy degree program. Mindful of changes in practice over the years and feedback from practicing alumni in the field, CCNM is following a rigorous process to develop the new curriculum.

Named Curriculum Visioning 40, or “CV” 40 in honour of CCNM’s 40th anniversary in 2018, this initiative is the most extensive review of CCNM’s program since it was first conceived. As Bob Bernhardt, CCNM’s president says: “CV40 will ensure that the knowledge, skills and attitudes developed within the program reflect the needs of both the ND profession and their patients in the coming years.”

Led by a steering committee made up of Bob, the dean and associate deans, faculty members and students, the CV40 committee first developed a discussion document and accompanying survey that was shared far and wide across multiple

stakeholder groups including practicing NDs/alumni, the Canadian Association of Naturopathic Doctors, provincial associations and patients. Through this discussion document and survey, the committee obtained a wide variety of feedback that it then distilled into a framework for an in-person summit held at CCNM in the fall of 2016.

#### CV40 Summit

The CV40 Summit brought together the CCNM community in many ways. Students from all years of the program, clinic and academic faculty, newly practicing naturopathic doctors and elders of the profession, industry representatives, CCNM staff, and patients all contributed to the conversation. Participants focused on the following themes: values of the program, the role of the naturopathic doctor, the role of evidence, and the core curriculum. The topics provoked respectful debate, but there was a confluence of ideas and priorities within the group discussion.



*“I think the CV40 steering committee has received incredibly valuable feedback and insight to help in guiding the design of the new curriculum.”*

Dr. Jasmine Carino, ND, associate dean, curriculum & residency (Class of 1998)







Two students attending a lecture.

Says Dr. Jasmine Carino, ND, associate dean, curriculum & residency: "I think the CV40 steering committee has received incredibly valuable feedback and insight to help in guiding the design of the new curriculum."

In addition to the focus on the actual program, one of the goals of CV40 is also to provide a variety of learning experiences to students that reflect today's learners.

Ultimately, the hope is to establish an environment in which both students and faculty can continually develop in pursuit of the best that naturopathic medicine has to offer.

Next steps for CV40 are to begin to implement a number of changes in years two and three in the coming academic year. More significantly, beginning in CCNM's 40th year (2018) a multi-year

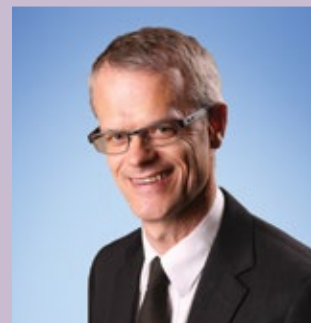


Teaching assistant Dr. Vaishna Sathanathan, ND, in a first-year physiology class.

implementation will start to provide a significantly redesigned experience for students.

Says Dr. Nick De Groot, ND: I am very excited about this opportunity to make some profound improvements to our curriculum. The changes will allow for a more focused program and employ new approaches in delivery of material that will enhance student learning. The summit was a great opportunity to talk about these important issues in naturopathic education and hear from all of our key stakeholders. I was impressed by the level of engagement and their ideas on how we can improve the program."

Stay tuned! \*



*"I am very excited about this opportunity to make some profound improvements to our curriculum. The changes will allow for a more focused program and employ new approaches in delivery of material that will enhance student learning."*

Dr. Nick De Groot, ND, dean (Class of 1998)



Faculty member Dr. Poonam Patel, ND, leads CLS213, a second-year class in clinical medicine.





# COMMITMENT

Dr. Leslie Solomonian, ND, lifting weights at CCNM's gym.

## APPLYING NATUROPATHIC PRINCIPLES ACROSS ALL ASPECTS OF LIFE

**D**r. Leslie Solomonian, ND, is a mother, naturopathic doctor, and teacher who applies naturopathic principles and philosophy to every aspect of her life. “They shape how I parent, how I care for my body, mind, and spirit, and how I interact with the world around me,” she says.

As an associate professor at CCNM, where she teaches pediatrics, philosophy, and clinical medicine, and a clinic supervisor at the Robert Schad Naturopathic Clinic (RSNC), Leslie emphasizes the importance of providing an interactive and engaging educational experience to students.

She delivers foundational principles and concepts, while facilitating active, self-directed learning, to generate a framework and commitment for life-long learning beyond the classroom. “I take tremendous pride in my work educating the next generation of NDs,” she says.

### **Clinical experience**

In her third-year pediatrics course at CCNM, Leslie hosts an annual pediatric open house for families in the community. “It’s an opportunity for students to hone their well-child exam skills and for the RSNC to showcase its services to caregivers,” Leslie says.

At the RSNC, Leslie provides mentorship and guidance for fourth-year interns as they work with patients to gain practical, hands-on experiences before entering the profession.

Leslie’s clinical work also includes a thriving private practice, where she has been for ten years. She feels that her roles as educator and clinician enrich each other.

“My clinical experience provides texture and context to my teaching, while my teaching and research ensure I stay abreast of the latest in the field,” she says.





Dr. Leslie Solomonian, ND, with her two children.



Dr. Leslie Solomonian, ND

#### A focus on pediatric wellness

Over the last four years, Leslie has further refined “Healthy Kids, Healthy Families,” a program that supports healthy lifestyles for families and caregivers with young children in a group-based setting. “Behaviours established in childhood strongly affect the health of the person for the rest of their life,” she says.

Leslie sits on a board for the Pediatric Association of Naturopathic Physicians (PedANP), an organization affiliated with the American Association of Naturopathic Physicians, whose purpose is to bring awareness to pediatric health. She is overseeing the development of a CCNM-based chapter of PedANP via a student-run pediatrics club that started up in the fall of 2016.

#### The art of mindful living

As a passionate human being and avid participant in life, Leslie maintains an active role in her community with her family and through various forms of outreach.

She ensures that she takes time to care for herself and her two children, valuing the importance of balance, open communication, and self-awareness so that everyone has proper rest, nutrition, and physical activity.

She volunteers at Yonge Street Mission’s Evergreen Centre for street-involved youth, one to two times a month, where she prioritizes “honouring these often marginalized youth as worthy and dignified human beings with the potential to make choices – large and small – that will move them in the direction of better health.” This is also a belief she holds true to herself, her family and practice.

“I love to facilitate learning. As a mom, teacher, and doctor, I spend a lot of my life helping people find answers to their questions. I too continually seek to know more, both so I can help others, and to become a richer, fuller human being.” \*

## Healthy Families Healthy Kids!

*“Behaviours established in childhood strongly affect the health of the person for the rest of their life.”*

Dr. Leslie Solomonian, ND (Class of 2005)



Dr. Leslie Solomonian, ND, an avid biker, in the East Don River Trail.



# INTEGRATE

## THE OTTAWA INTEGRATIVE CANCER CENTRE (OICC) MARKS FIVE YEARS OF MILESTONES

**5 YEAR**  
ANNIVERSARY  
2016

**T**hrough the steadfast work of many dedicated individuals, including founder and executive director Dr. Dugald Seely, ND, CCNM president Bob Bernhardt, programs and outreach coordinator Sarah Young, and marketing and communications expert Heidi Vincent, the Ottawa Integrative Cancer Centre (OICC) is increasingly viewed as a leader in advancing our understanding of complementary cancer care.

### Celebrating five years

They were all in attendance as the OICC commemorated its fifth anniversary on November 23, 2016 with friends and supporters. Many of them – patients, staff, and health-care professionals – have been with the OICC from the beginning. They remembered the design mockups, the renovations of a TV station’s former building on a quiet suburban street, and the ribbon cutting ceremony; they also celebrated the partnerships with Ottawa-based health-care centres and applauded the millions of dollars in research funding.

“It was a wonderful celebration. I was particularly impressed with the sincerity and passion of the patients’ stories,” recalls CCNM president Bob Bernhardt.

In addition to Dr. Seely, speakers included Ottawa Senators hockey advisor and former general manager Bryan Murray and world champion curler Craig Savill, who both shared their personal experiences with the OICC and the benefits of an integrative approach to health care.

“It was also a celebration of how far the OICC has come in terms of acceptance by other major medical providers in the national capital region,” Bob continues. “It was heartwarming for me to see people who might not have been able to be there if not for the OICC.”

Dr. Ellen McDonnell, ND, who came to OICC as a research resident in 2015, is simply taking it all in.

### OTTAWA INTEGRATIVE CANCER CENTRE 5TH ANNIVERSARY CELEBRATION



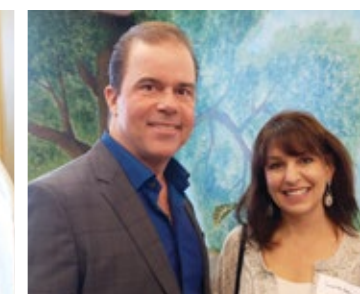
Bryan Murray, OICC Patient, Senior Advisor for the Ottawa Senators Hockey Club and Campaign Chair for the OICC’s “Changing How We Live With Cancer Campaign.”



Pierre Dorion, GM of the Ottawa Senators Hockey Club; Dr. Dugald Seely, ND, Founder and Executive Director of the OICC; Bryan Murray, Senior Advisor for the Ottawa Senators Hockey Club and Daniel Alfredsson, hockey player.



Craig Savill, OICC patient and World Curling Champion with Anne Pitman, OICC Yoga Therapist and Care Coordinator.



Randall DeMone, President, and Loretta Masaro, CEO, of Cyto-Matrix.





Photo: Ottawa Citizen / Postmedia Network Inc.

Bryan Murray (left), senior advisor for the Ottawa Senators Hockey Club and Craig Savill (right), World Curling Champion, shared their personal experiences of living with cancer at the OICC's 5th anniversary celebration.

"I joined the OICC at a time when the organization had already undergone great growth; we had over 14 practitioners including three NDs, been awarded two of the largest research grants in Canada to study integrative cancer care, and established fruitful partnerships with research institutes and community cancer organizations," she says.

"I am incredibly proud and feel fortunate to be part of the OICC team."

**Continuing to build the foundation**

In addition to the centre, the OICC Foundation, which received charitable status in December, will help improve access to cancer care for people living in Ottawa. Beginning with a \$100,000 donation from the Ottawa Senators Foundation, the OICC launched its "Changing How We Live with Cancer" campaign in the summer of 2016.

"I see patient volume, the number of practitioners and researchers, and community partnerships growing in the coming years," Ellen says of the Foundation's potential.

Bob is pleased to see the support in the region and hopes it will continue on a provincial and national stage with the creation of the Integrative Cancer Centre (ICC) at CCNM in Toronto.

"I see the OICC as the template for the new ICC. In turn, we'll have established a model that can be replicated across Canada and North America," he says.

"The OICC has developed an effective, sustainable model of whole person integrative care and research that we need in other provinces," agrees Ellen. "Large integrative clinics can be successful and show that there is a widespread demand for this type of health care."

In only five years, the OICC has taken tremendous strides in demonstrating how health-care providers – from all spectrums – are able to improve health care outcomes for patients living with cancer.

The next five years will be even better. \*

*"I see the Ottawa Integrative Cancer Centre as the template for the new Integrative Cancer Centre. In turn, we'll have established a model that can be replicated across Canada and North America."*

Bob Bernhardt, CCNM president

*"The OICC has developed an effective, sustainable model of whole person integrative care and research that we need in other provinces. Large integrative clinics can be successful and show that there is a widespread demand for this type of health care."*

Dr. Ellen McDonell, ND, OICC



Dr. Ellen McDonell, ND



# HELPING OUR STUDENTS THRIVE AS A MENTAL HEALTH INITIATIVE TAKES ROOT



Teresa Neves, CCNM student counsellor

Launched in the fall of 2016, the Thrive program aims to demystify mental health, encourage community building, and facilitate opportunities for students to support their own overall health and wellness. Pioneered by the University of British Columbia in 2009, post-secondary institutions in Canada are adopting the program with great success.

## Reducing the stigma

“We have a responsibility to create a safe community and reduce the stigma of mental health struggles,” says student counsellor Teresa Neves, who spearheaded the program at CCNM. “The Thrive experience demonstrates that improvements in student engagement, learning, resiliency, and satisfaction follow when educational institutions target student well-being.”

In what is now her 12th year at CCNM, Teresa continues to meet with students who are living with mental health challenges – over the years, hundreds of students have approached her for support and guidance. For many of them, feelings of inadequacy and falling below expectations are often accompanied by varying levels of isolation, depression, and anxiety. Their efforts to be an energetic member of CCNM’s community and fully engage in student life are hindered.

With the addition of Thrive, she can offer services which are proactive by design – up to four wellness events a month, incorporating an assortment of activities for students to focus on their mental health, empower them to develop positive habits and cultivate their own resilient nature.

## Thrive’s programming

In order for Teresa to fully launch the program, she relied on the generosity of Hooper’s Pharmacy and Vitamin Shop and is actively forming relationships with groups interested in providing support.

“This initiative has the opportunity to strategically build on expertise, energy and passion to support a robust culture of thriving for CCNM students. The participation of community leaders and mentors further reinforces the concept that we all have a role to play in building and promoting a healthy and supportive community,” she says.

In the first four months of the 2016 – 2017 school year, Teresa and two student Thrive assistants organized a bevy of mindfulness courses, a meditation open house, laughter yoga, a deep relaxation session, and a panel discussion featuring students sharing their mental health struggles in an open and compassionate environment.

Faculty members have provided their support, too. Dr. Rajesh Ragbir, ND, and Dr. Alison Creech, ND, have led sessions on nurturing the mind-body connection. And Dr. Jonathan Prousky, ND, Dr. Chris Pickrell, ND and CCNM president Bob Bernhardt have contributed their time to the *Hit the Trail* series, a guided hike in the East Don River Trail where students are invited to commune with nature.

Finally, in anticipation of the stressful exam period, Teresa organizes a visit from volunteer therapy dogs (courtesy of the Therapeutic Paws of Canada) to help uplift student morale and ease anxiety.

“I’m amazed at the range of events and programming we’ve been able to offer,” Teresa says proudly. “When students are encouraged and provided with opportunities to take care of themselves and each other, academic success, professional progress and the building of resiliency required to facilitate healing in others can more naturally follow.” \*



MEDITATION LAUGHTER YOGA MINDFULNESS COURSES MENTAL HEALTH PANEL DISCUSSION





## THE FUTURE OF COLLABORATIVE APPROACHES TO HEALTH CARE

# COLLABORATE

When the Centre for Collaborative Health (CCH) officially opened its doors on October 22, 2016, it was the culmination of a dream that began 11 years ago. The idea for the clinic was first born when CCNM alumna Elaine Lewis (Class of 2012), Yaad Shergill, Melanie Beswick and Krystle Pierre met in their undergraduate years at McMaster University. All bound for careers in health, it was during their graduate studies that their idea really started to take shape.

“We began to compare notes from the various fields we were being trained in. We found it fascinating learning from each other and realized quickly how valuable it was to have diverse approaches around the table,” says (now) naturopathic doctor Dr. Elaine Lewis, ND, co-clinic director of CCH. “Over time, the hypothetical conversations morphed into actual plans to create this collaborative model of care, by coming together in a meaningful way and impacting patients on a daily basis.”

A chance meeting with Richard Diniz, President and CEO of Hooper’s Pharmacy and Vitamin Shop last year provided the perfect avenue for the clinic to become a reality. The CCH operates adjacent to the Hooper’s Oakville location.

The centre boasts a diverse group of health professionals. In addition to Elaine, the team includes chiropractor (and co-clinic director) Dr. Yaad Shergill, DC, medical doctor Dr. Melanie Beswick MD, psychotherapists Krystle Pierre and Sim Gill, naturopathic doctor Dr. Suzanne Bartolini, ND, massage therapist Kaitlyn Ford and reiki and reflexology practitioner Kathi Elliot.

Krystle Pierre (certified mental health counsellor), Sim Gill (psychotherapist), Kathi Elliott (Reiki and reflexology practitioner), Kaitlyn Ford (registered massage therapist), Dr. Elaine Lewis, ND (co-founder and clinic director), Dr. Suzanne Bartolini, ND, Dr. Melanie Beswick, MD, and Dr. Yaad Shergill, DC (co-founder and clinic director).



**01** **Step 1**  
Introductory medical evaluation with your health care team

**02** **Step 2**  
Diagnostic testing and physical examination

**03** **Step 3**  
Collaborative treatment plan delivery, integrating other practitioners as needed

**04** **Step 4**  
Follow-up with your team

**05** **Step 5**  
Continued support as required

CCH's collaborative health model is inspired by the work that Yaad is doing as a clinical research associate at The Ottawa Hospital Pain Clinic where she is part of a team that includes anesthesiologists, psychologists, social workers, nurse practitioners, occupational therapists and family physicians.

So how does it work? As Elaine explains, collaboration begins right from the very first visit.

“The initial visit takes place with a core team of practitioners who are assigned based on the patient's presenting complaints. We take a combined case, with the various practitioners asking questions as appropriate, based on their areas of expertise. A complaint-oriented physical examination is also performed, followed by a brief meeting where practitioners discuss their early thoughts and assign a lead for the case. The team then meets with the patient to discuss their assessment and proposed treatment plan, along with expectations and follow up schedule, during which time the patient's involvement is encouraged.”

The key to collaborative success is communication: throughout the course of treatment, there is frequent communication between team members, both electronically and through case conference meetings, ensuring that everyone involved is engaged in the patient's progress.

If patient reactions to this approach are any indication, the collaborative model at CCH is here to stay.

“Patients have responded exceptionally well to the approach we use in this clinic,” says Elaine. “Early evidence has shown us that our patients health outcomes are seeing great benefit – with several team members looking after the patient simultaneously, from their own particular lens, patients are getting better faster. The response to treatment is exceptional.”



**CARE**

Strive for exceptionalism in patient care.



**COLLABORATE**

Engage patients and health professionals in collaborative health.



**TEACH**

Educate our patients and the next generation of health care experts.



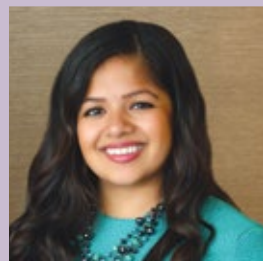
**SHARE**

Contribute to the field of healthcare research.



**SERVE**

Promote health and wellness in the Oakville community.



*“Early evidence has shown us that our patients health outcomes are seeing great benefit – with several team members looking after the patient simultaneously, from their own particular lens, patients are getting better faster.”*

Dr. Elaine Lewis, ND (Class of 2012)

Dr. Elaine Lewis, ND (right), in her role as research resident at CCNM. She and Dr. Kristi Prince, ND (left), at the Robert Schad Naturopathic Clinic.



# CCNM IS AT A TURNING POINT



Clinic supervisor Dr. Adrian Nasager, ND (bottom right), and naturopathic interns do a roundtable in a clinic preview session.

Representing a shift in the way we view the health care paradigm and the College's place in it, the Turning Point campaign is all about possibility, promise, and working together for a healthier future.

Encompassing three key areas – research and innovation, leadership in education, and collaboration and connection – the campaign is the result of over 12 months of research and meetings with students, staff, alumni, faculty, donors and other stakeholders.

#### From transaction to transformation

The excitement is palpable and infectious. CCNM's chief financial officer Paul Battistuzzi, manager of advancement Frances Makdessian, and programs and outreach coordinator Dr. Lindsey White, ND, have directed campaigns in the past, but this one feels different.

"We're leaders in naturopathic medicine and our graduates make up over 20 per cent of all NDs in North America. Our patient numbers are significant, in all of our clinics," says Frances. "The campaign is coming from a position of strength with a view towards the future. Transforming health care and transforming lives – that is the Turning Point."

Combined with a "natural evolution" taking place at the College – which Paul describes as CCNM staking its claim as a leader in governance, collaboration, and research – a critical point has

been reached, where Canadians are asking for more from the health-care system.

#### The absence of boundaries

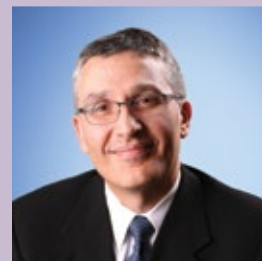
Unlike previous campaigns, the implications of the Turning Point are far-reaching and metamorphic. The College is "dreaming big," as Paul put it.

"We're pushing ourselves and not going to put limits on what we can do," says Paul. "It's not just about this campaign – it's about the one after this, and then the third and fourth one. People want to help us move and we are open to all of it."

The outcomes of the campaign are articulated in a bold, clear, and thoughtful way – a new innovation hub that pledges to unite research and innovation in a creative space, an enhanced learning environment for students in every year of the program, the pursuit of even more health-care partnerships, and technological upgrades in the area of patient care and treatment.

All of this may sound daring and assertive, but it reflects CCNM's attitude as a key player in the health-care system. Paul, Lindsey, and Frances are certainly embracing the challenge and eager for what the future will bring.

"Everything we've mentioned are springboards to transforming health," Lindsey says. "We're ready, we've started, and our sights are high." \*



*"The Turning Point campaign is the manifestation of our aspiration to change health care. We're part of the conversation and we belong here."*

Paul Battistuzzi, chief financial officer, CCNM



## CCNM TURNING POINT CAMPAIGN

*Transforming Health. Transforming Lives.*

\$3 M

#### RESEARCH & INNOVATION

Our goal is to consolidate its position as a global leader in research for complementary medical practices by establishing a new innovation hub.

\$2 M

#### LEADERSHIP IN EDUCATION

Our goal is to deliver an enriched, rigorous and engaging educational experience so that our students can pursue their professional calling with confidence.

\$2 M

#### COLLABORATION & CONNECTION

Our goal is to advance integrative and supportive practices that empower patients with access to the full spectrum of health care options delivered with the highest professional care.





# THANK YOU CCNM SUPPORTERS

The Canadian College of Naturopathic Medicine is fortunate to benefit from a long list of friends and supporters. The following individuals and corporate supporters help CCNM achieve its mission to educate, develop and train naturopathic doctors through excellence in health education, clinical services and research that integrate mind, body and spirit.

By investing in research, scholarship, teaching clinics and other areas at the College, our supporters help CCNM lead the development of primary health care through education in naturopathic medicine and foster positive change in our health, our environment and our health-care system.

CCNM is a charitable education institution, and receives no direct financial support from federal or provincial governments. Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do and support naturopathic education and research. On behalf of our students, alumni, faculty, staff and clinic patients, we thank you.

The following list recognizes cumulative giving from active supporters who contributed \$50 or more between August 1, 2015 and July 31, 2016.

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We are grateful for the gifts made in honour of and in memory of the following individuals:

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### In Memory of:

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We thank the following donors who have made gifts of a lifetime through bequests or life insurance:

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We thank the following for their generous historical contributions to CCNM.

Although they are not current donors, we appreciate their support over the years.

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The Institute of Naturopathic Education and Research (INER) operates CCNM and the Robert Schad Naturopathic Clinic (RSNC). INER is registered as a charitable organization and CCNM receives no direct government funding.

CCNM's Board of Governors consists of naturopathic doctors and laypersons from a variety of disciplines; elected by INER members. The Board's mandate is to govern the organization [the Corporation (INER) operating as the Canadian College of Naturopathic Medicine (CCNM)] through effective policy oversight and ensuring executive performance achieves the vision and goals of the organization.

\*as at July 31, 2016

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CCNM Executive Committee 2016

(L-R): Barbara Young, Paul Battistuzzi, Bob Bernhardt, Dr. Nick De Groot, ND, Simone Philogène



# VISION AND MISSION

## OUR VISION

CCNM will make naturopathic medicine an integral part of health care through pre-eminent education, research and clinical services.

## OUR MISSION

The Canadian College of Naturopathic Medicine will:

- Demonstrate excellence in education to our students, supporting them throughout their careers;
- Provide a working environment that allows our faculty and staff to excel;
- Expand our knowledge of naturopathic medicine through high quality research;
- Excel in delivering naturopathic medicine to our patients;
- Forge a strong relationship between allopathic and naturopathic medicine with a focus on affordable, accessible and effective health care;

... and so make the practice of naturopathic medicine widely acknowledged as key to maintaining patient health.

## FIVE ENDS

To drive CCNM in its pursuit of excellence in naturopathic medicine, CCNM's Board of Governors has developed five "Ends" or goals:

### Excellence in Education

Educate naturopathic doctors on the basis of clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

### High-Quality Clinical Services

Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.

### Excellence in Research

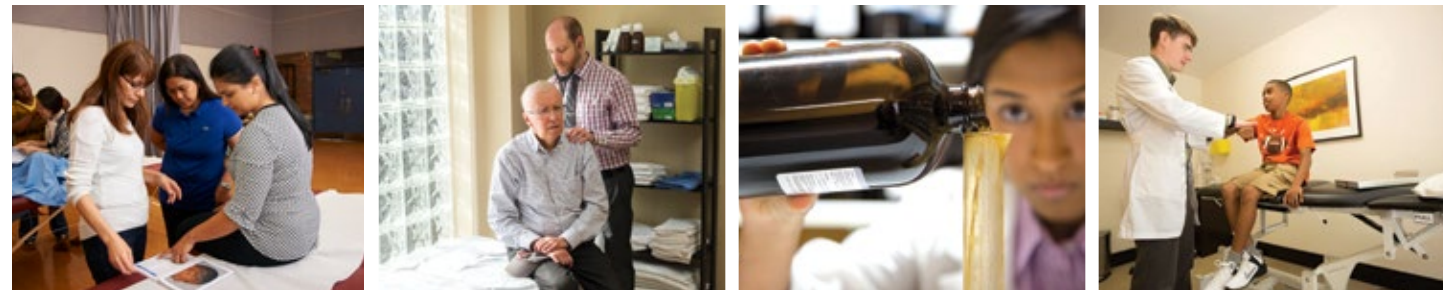
Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that foster research activity and a culture of evidence-informed clinical practice.

### Prominent National Profile

Increase the awareness and respect of the College among the profession, other health practitioners, government and the public.

### Change Agent

Foster positive change in our health, our environment, and our health-care system through the promotion of the principles and practices of naturopathic medicine.





President and CEO Bob Bernhardt (left),  
leads *Hit the Trail* in the East Don Parkland.



**The Canadian College of Naturopathic Medicine**  
Educating naturopathic doctors for almost 40 years

