

Canadian Catholic Bioethics Institute
2007 Annual Lecture in Bioethics and Conference
Bioethical Dimensions: Wellness in Body, Mind and Spirit
October 4 - 5, 2007
University of St. Michael's College, Toronto

Annual Lecture in Bioethics

Thursday, October 4, 2007 ... 7:30 p.m. ... Reception to follow

Free Admission

Broken of Mind, But Not Shattered of Spirit

Dr. Michael Higgins

President and Vice-Chancellor, St. Thomas University, Fredericton, New Brunswick

Michael William Higgins was born in Toronto on October 24, 1948 where he received his primary school education at St. Thomas Aquinas School and his secondary school education at Vaughan Road Collegiate Institute. He then studied at St. Augustine's College of Philosophy, University of Ottawa and completed his Bachelor of Arts degree in English and Philosophy (magna cum laude) at St. Francis Xavier University in Nova Scotia in 1970. He pursued graduate studies in English at York University, where he was mentored by the distinguished poet-scholar Eli Mandel, receiving his Masters degree in 1971 and his Doctoral degree in 1979. In addition, he did a Bachelor of Education degree (Theatre Arts specialization) at the University of Toronto in 1973 and graduate studies in Theology on Newman under Professor James M. Cameron at the University of St. Michael's College, Toronto.

From 1973 to 1982 Higgins taught English at St. Michael's College School in Toronto. During this period he also taught religious studies and theology courses at St. Paul's University in Ottawa, Erindale College in Mississauga, and St. Michael's College. Higgins arrived at St. Jerome's in 1982 and served the university in numerous capacities: Director of the St. Jerome's Centre for Catholic Experience; Director of the Institute for Studies in Theological Renewal; Chair of the Department of Religious Studies, St. Jerome's University; Chair of the Department of Religious Studies, University of Waterloo; Associate Dean, Vice-President and Academic Dean, as President and Vice-Chancellor. He was a professor of English and religious studies and editor of SJU's *Grail: An Ecumenical Journal* for twelve of its fourteen years. During this period the journal garnered some sixty awards for design, content, and general excellence. On July 1, 2006, Dr. Higgins was appointed as the eleventh President and Vice-Chancellor of St. Thomas University where he is cross-listed as a faculty member in the Department of English and in the Department of Religious Studies.

Along with SJU colleague Douglas R. Letson, Higgins co-edited and co-authored numerous books: *Portraits of Canadian Catholicism*, *Women and the Church: a Sourcebook*, *My Father's Business: a Biography of Gerald Emmett Cardinal Carter*, *The Jesuit Mystique*, and *Soundings: Conversations about Catholicism*, and *Power and Peril: The Catholic Church at the Crossroads*. Dr. Higgins has also co-written

a work with Donald Grayston, as well as editing and co-editing other books. His work, *The Muted Voice: Religion and the Media*, based on his Seton Lectures delivered at Mount Saint Vincent University in Halifax, is used as both as a textbook and resource in graduate and undergraduate courses across Canada. His recent award-winning biography and study, *Heretic Blood: The Spiritual Geography of Thomas Merton*, appeared in 1998 in Canada, with a US edition in 1999 and French and Italian editions in 2000. *Stalking the Holy: In Pursuit of Saint Making*, his most recent book, has been extensively and favourably reviewed in Canada, the United States and England. It was also a CBC *Ideas* series with Producer Kevin Burns and Executive Producer Bernie Lucht. Dr. Higgins has also published articles and reviews in several scholarly peer-reviewed publications, including *The American Benedictine Review*, *Cistercian Studies The Merton Annual*, and *Studies in Religion*.

Dr. Higgins has an extensive media record as a columnist, commentator, scriptwriter, narrator, researcher, and consultant dating back to 1978. He was a monthly columnist for *The Toronto Star* from 1986 to 2006. As a radio documentarian for the Canadian Broadcasting Corporation, he has prepared some fifty one-hour scripts for *Ideas*, *Celebration*, and *Testament* and has been a regular contributor to *Morningside*, *This Morning*, *Sunday Edition*, as well as to CTV's *Canada AM* and to TV Ontario's *Studio 2*. Several of his programmes have been nominated and short-listed for public-broadcasting awards. Dr. Higgins was the chief consultant for John McGreevy's six-hour television series, *Sir Peter Ustinov's Inside the Vatican*, and for John Bailey's film of Ron Hansen's novel, *Mariette in Ecstasy*. He has also served as a consultant for CBC's *Man Alive*.

Dr. Higgins and his wife Krystyna, a professional piano accompanist, liturgical musician and freelance editor, have four children, Rebecca, Andrew, Sarah, and Alexa.

Conference

Friday, October 5, 2007 ... 9:00 a.m. - 4:30 p.m.

Cost (meals included): \$100; **free for students and seniors**

Wellness in Body, Mind and Spirit - Bioethical Dimensions

Why attend?

- Health care professionals of many disciplines routinely face ethical conflicts in their practice. Attending this one-day conference on mental health will further one's critical knowledge and skills: it is a unique opportunity to learn from speakers who are experts in their field, and to engage with colleagues.
 - A certificate of attendance will be issued for anyone needing documentation for professional ongoing education requirements.
-

In 2006 two important documents demonstrate how mental health affects all Canadians. These are: *Out of the Shadows at Last: Transforming Mental Health, Mental Illness and Addiction Services in Canada*, The Final Report of The Standing Senate Committee on Social Affairs, Science and Technology, by The Honourable Michael J. L. Kirby, Chair; and The Honourable Wilbert Joseph Keon, Deputy Chair May 2006; and, *The Human Face of Mental Health and Mental Illness in Canada 2006*, by the Public Health Agency of Canada.

In consideration of these reports, the Canadian Catholic Bioethics Institute conference on *Wellness in Mind, Body, and Spirit* is intended to raise questions concerning the ethical, clinical, theological and spiritual dimensions of mental health, to provide updates on current work in mental health, and create an opportunity for all interested in mental health to exchange ideas.

Topics will address mental health issues by looking at bioethical, physical, theological and spiritual dimensions from a Catholic perspective. The program features an outstanding series of lectures followed by small group discussions.

Conference Objectives:

- to explore the meaning of suffering and dignity for those with mental health issues and their families;
- to raise deeper questions concerning important ethical, theological and spiritual dimensions;
- to provide updates on topics relevant to professionals working with persons with mental health concerns;
- to offer bioethics topics aimed at enhancing knowledge;
- to provide a forum for interaction and sharing of ideas with colleagues.

Certificate of Attendance (see top of document)

Speakers and Topics

- **Dr. Barry Brown**

Bioethicist, CCBI, and Chair ethica Clinical Research Inc.:

Falling through the Cracks: Some Flaws in Mental Health Policy

Until his retirement in 1999, Dr. Brown was Associate Professor of Philosophy, St. Michael's College, and University of Toronto, where he was co-founder and coordinator of the bioethics program there, and taught this field for over 25 years with a special interest in research ethics, genetics and reproduction, and issues in mental health. He served as a member of the Health Professions Regulatory Advisory Council of Ontario from 1998 to 2006, working on the recommendations for the regulation of complementary and alternative medicine. From 1996 to the present, he has been the Chair of the Research Ethics Board of ethica Clinical Research Inc. a contract research organization (CRO) in Montreal. Dr. Brown has been a member of the Board of Directors of the Canadian Catholic Bioethics Institute, and remains active as a volunteer in lay bioethics education. At present, he is a member of the Advisory Panel for the Factfinder's Project on Herbicide Spraying at Canadian Forces Base Gagetown, NB, Department of National Defence.

The first objective of this presentation is to identify the consequences of mental health legislation or practice which allows persons of minimal competence to care for themselves to evade treatment, leading to serious decline in health, physical and mental, and homelessness. One of the factors in this evasion is the social shunning of the mentally ill. The second objective is to address the continuing problem of the stigma of mental illness, and to propose some ways of reducing the discrimination which stigma entails. I will propose that we abandon the radical Cartesian distinction between mind and body, and speak only of illnesses of the person as a single entity.

- **Debbie Collins**

Falling through the Cracks: Some Flaws in Mental Health Policy

Debbie Collins, originally from North Bay and later Barrie, has been living in Midland Ontario, since 1998. Debbie's personal journey includes healing from anxiety and depression that included reaching out to mental health services.

If you asked Debbie three years ago whether she'd be sharing her story of mental health healing in front of a group of people, she probably would have said "Absolutely not!"

A lot has changed. Today, not only is Debbie speaking in front of people about her healing journey, she is volunteering as a peer spiritual care group co-facilitator at the Mental Health Centre Penetanguishene, and also pursuing further education.

- **Chaplain Christopher DeBono**

CAPPE Specialist, Coordinator, Spiritual & Volunteer Services, Mental Health Centre Penetanguishene
Spirituality and Mental Health

Chaplain Christopher De Bono, M.Div., Th.D (c.) CAPPE Specialist, holds a Masters in Divinity from Regis College, University of Toronto. A certified specialist by CAPPE, he is now pursuing doctoral studies in pastoral theology at the University of Toronto.

For the past four years, Christopher has been the director of Spiritual Care Services at the Mental Health Care Penetanguishene. He manages a team of four chaplains and one aboriginal healer. In addition to his role as a manager and clinician in a mental health care setting, Christopher has also worked in acute hospital care, neonatal care, a children's hospital and piloted home care chaplaincy

A Roman Catholic, Christopher is passionate about how spirituality and religion can contribute to health, and especially in how to grow spiritual care programs.

Christopher lives in Midland with his wife Susannah Johnson, who is chaplain at Huronia District Hospital in Midland.

- **Dr. Edward Rzakki**

Past Chief, Department of Psychiatry and Medical Director, Mental Health and Addictions Program, William Osler Health Centre (Toronto):

So you want to see a psychiatrist: Mental health from a psychiatrist's perspective

Dr. Rzakki graduated from Medicine, University of Toronto and Fellowship in Psychiatry in 1967. He achieved rank of Assistant Professor of Psychiatry while on staff at Toronto General Hospital where he was involved in undergraduate and postgraduate education of medical students and residents. When Etobicoke General Hospital opened in 1972, Dr. Rzakki was the founding Chief of Psychiatry and introduced a continuity of care model of treatment. He was Chief of Staff at EGH from 1986 to 1997.

When Peel Memorial Hospital in Brampton and Etobicoke General Hospital merged, Dr. Rzakki was appointed Corporate Chief of Psychiatry and Medical Director of the Mental Health and Addictions Program for William Osler Health Centre (1999 to 2006).

Throughout his career, Dr. Rzakki was involved in administrative positions and served on many health planning committees including The Hospital Council of Metropolitan Toronto and the Toronto District Health Council. He was a founding member of the Association of General Hospital Psychiatric Services, and Chairman of the Academy of Medicine, section of Psychiatry. He served as President of the Ontario Psychiatric Association (1995) as well as a member of the executive committee of the Canadian Psychiatric Association (1994 to 1996). His primary practice is as a general hospital psychiatrist. Dr. Rzakki also has an office practice.

- **Dr. Bill Sullivan**

Family Physician, Department of Family and Community Medicine, St. Michael's Hospital and Surrey Place Centre; Director, International Association of Catholic Bioethicists:

Historical and ethical considerations of non-treatment and inappropriate treatment decisions regarding persons with a developmental disability (DD)

William Sullivan is a family physician at St. Michael's Hospital and Surrey Place Centre in Toronto, and an assistant professor in the Department of Family and Community Medicine at the University of Toronto. He is the founding director of the Canadian Catholic Bioethics Institute (2001), and the founding director of the International Association of Catholic Bioethicists (2005).

The non-treatment of newborns with a DD, such as Down syndrome and duodenal atresia, was a key medical-ethical issue that contributed to increased public discussion of medical ethics in the United States during the early 1970s. Another key issue was the sterilization of adults with DD through public policies in Canada and elsewhere from the 1920s to 1970s. This paper will sketch the historical context of these medical decisions and critique their justifications. The critique will centre on ethical reflections regarding the dignity of human persons, development and decline in human life, human relations and interdependence, and social justice. The paper will also argue for a positive role that medical ethics can play in addressing these issues, which continue to emerge in the contemporary health care of persons with DD, especially those with behavioural and psychiatric challenges. It will highlight specific clinical and ethical challenges in ensuring consent to treatment in persons with DD.