



OMA PHP Town Hall on Spirituality in Medicine and Recovery Panelists

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Dr. Yusra Ahmad

Community & Academic psychiatrist in Toronto

MD, FRCPC

Dr. Ahmad graduated with a BA from the University of Chicago and an MD from the University of Toronto where she completed her residency in psychiatry.

Dr. Ahmad is dedicated to community work & advocacy around diverse issues such as marginalization, homelessness, poverty, refugee mental health, gender-based violence and the struggles of Muslim youth & families.

She created a trauma-informed group therapy program entitled Mindfully Muslim which blends mindfulness-based interventions with the sacred wisdom & teachings of Islam. She presented this program at the 2019 World Psychiatric Association Congress on Religion & Psychiatry in Jerusalem. Because of this work, she was awarded the 2019 Breakout Community Psychiatry Advocacy Award by the Ontario Psychiatric Association & her program was profiled in the centrefold feature article, "Race, Religion & Mental Health" in Chatelaine.

Dr. Ahmad embraces multifaith initiatives and has led prayers at the World Parliament of Religions in 2018 and in 2021. She served as a film consultant for the award-winning dramatic series, "Transplant," which aired on CTV & NBC/Universal.

A poet at heart, Dr. Ahmad loves to live in between the lines. She cares deeply about people and their stories.



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Dr. Kenneth Fung

MD FRCPC MSc FAPA DFCPA

Dr. Kenneth Fung is Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital, University Health Network. He is Professor and Director of Global Mental Health with the Department of Psychiatry, University of Toronto. His research, teaching, and clinical interest include both cultural psychiatry and psychotherapy, especially Acceptance and Commitment Therapy (ACT), CBT, and mindfulness, with projects and collaborations in China, Hong Kong, and South Korea. He conducts community-based research and projects in stigma, resilience, mental health promotion, trauma, caregivers for children with ASD, immigrant and refugee mental health, and pandemic response. He is the Block Co-coordinator of the Cultural Psychiatry Core Seminars for psychiatry residents, and the seminar co-lead and psychotherapy supervisor in Cognitive Behavioral Therapy (CBT) at the University Health Network. He is also psychiatric consultant to the Hong Fook Mental Health Association.

Dr. Fung is the immediate Past President and co-chair of the Education Committee of the Society of the Study of Psychiatry and Culture, the immediate past chair of the Transcultural Section of the Canadian Psychiatric Association, an active Board Member of the World Association for Cultural Psychiatry, and a Mental Health Equity Ambassador of the American Psychiatric Association. For the Association of Contextual Behavioral Science (ACBS), he is a member of the Centering Science Pillar, Lead of the Asian Culture and CBS SIG, past Chair of the Ontario Chapter, Board of Director of the ACBS Foundation, and on the Editorial Board and EDI Committee of the Journal of Contextual Behavioral Science (JCBS). He is a past Chair and current officer as the Historian of the Federation of Chinese American and Chinese Canadian Medical Societies (FCMS). He is a Board Member of the Ontario Psychiatric Association.

He is recognized as a Distinguished Fellow of the Canadian Psychiatric Association, Fellow of the American Psychiatric Association, and Fellow of Association of Contextual Behavioral Science (ACBS). His awards include the 2015 Social Responsibility Award from the University of Toronto Faculty of Medicine; the 2016 American Psychiatric Association Foundation Award for Advancing Minority Health; the 2017 College of Physicians and Surgeons of Ontario Council Award; the 2018 Psychotherapy Award for Academic Excellence from University of Toronto; and the 2020 Colin Woolf Award For Sustained Excellence in Teaching; and the Canada 150 Medal. As a supporter of the arts, he is current Chair of the Board of Directors of the Little Pear Garden Dance Company.



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Dr. Michael Kaufman

Emeritus Medical Director PHP

Dr. Kaufmann graduated with a degree in medicine from the University of Toronto in 1979. He completed his training in Family Medicine at the University of Toronto then received certification from the College of Family Physicians of Canada in 1981. The College of Family Physicians honoured him in 1991 with a Fellowship award.

After practicing family and addiction medicine in rural Ontario, in 1995 Dr. Kaufmann became the founding Director of the Physician Health Program of the Ontario Medical Association - a service to assist doctors and other health professionals with substance use problems, psychiatric disorders and other personal health challenges. He received certification in Addiction Medicine from the American and Canadian Societies of Addiction Medicine, is presently a Fellow of the American and International Societies of Addiction Medicine and a diplomate of the American Board of Addiction Medicine.

Dr. Kaufmann has occupied several leadership roles with the Canadian Medical Association regarding physician wellbeing and in 2015 he was the recipient of the Misericordia award from the CMA recognizing his career- long contributions to the field of physician health.

In 2003 Dr. Kaufmann was awarded a Queen's Golden Jubilee Medal in recognition of his work in the field of doctors' health. In 2007 he received the Courage to Come Back award from the Centre for Addiction and Mental Health and in 2009 he was awarded a Lifetime Achievement in Addiction Medicine Award from the Addiction Medicine Section of the Ontario Medical Association. In 2019 Dr. Kaufmann was honoured with Lifetime Membership Awards from both the Ontario and Canadian Medical Associations.

Dr. Kaufmann retired as PHP Medical Director in 2017 and is now PHP Emeritus Medical Director and a physician health consultant, speaker and mentor. In 2019 he became the inaugural Physician Wellness Director of the Osler Healthcare System in Brampton, Ontario, a position he held for one year continuing his tradition of pioneering work in the field.

At home, Dr. Kaufmann enjoys community volunteering, writing, music, golf, skiing and plenty of time to share with his wife, Judy.



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Dr. Chase McMurren

Indigenous Health Theme Lead in the MD Program

Indigenous Practitioner Liaison within the Office of Indigenous Health in the Temerty Faculty of Medicine at the University of Toronto

Chase Everett McMurren lives and works in Tkarón:to | [GichiKiiwenging](#) | Toronto, though comes from Lethbridge, which is on traditional [Siksikaitisitapi](#) | Blackfoot Confederacy Territory and is covered by [Treaty 7](#). His clan is the Turtle and his spirit name is Water Song Medicine Keeper. His ancestors are [Michif/Métis](#), Celtic, French and Ukrainian. Dr. McMurren feels privileged to practice medicine & provides integrative medical psychotherapy, primarily for physicians and artists struggling with grief and overwhelm. Dr. McMurren also has a small home-visiting palliative practice for long-living people with advanced illness. Currently, Dr. McMurren serves as the Indigenous Health Theme Lead in the MD Program and the Indigenous Practitioner Liaison within the Office of Indigenous Health in the Temerty Faculty of Medicine at the University of Toronto. At the moment, Dr. McMurren is honoured to be the Co-Chair of the *Practicing Well* Implementation Group at the Ontario College of Family Physicians, & the Co-Chair of the National Consortium for Indigenous Medical Education ([NCIME](#)) Working Group on Physician Wellness and Joy in Work.



'By Stef and Ethan'

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Dr. Rose Zacharias (*pronounced: Zach uh-RYE-us*)

OMA President

Dr. Rose Zacharias is a family physician with a hospital-based practice. For the last 20 years, she has practiced as an emergency department physician, a hospitalist and surgical assistant, primarily at Orillia Soldiers' Memorial Hospital. She currently works in a COVID-19 screening unit, providing medical coverage to psychiatry in-patients at Waypoint Centre for Mental Health in Penetanguishene. Dr. Zacharias has been a member of the Ontario Medical Association Board of Directors since 2020.

Her advocacy work is focused on physician mental health and wellbeing and she is involved in physician wellness initiatives, from implementing a peer support program at the start of the pandemic to involvement in the Organizational Wellness Network at the OMA's Physician Health Program. Dr. Zacharias is known as a conversation catalyst, bringing depth and curiosity to conversations, from her medical and wellbeing practice to the boardroom and beyond. As a graduate of Harvard University's Media and Medicine Certificate Program, she enjoys writing and believes in the power of combining evidence and narrative to bring about positive change. She is married to a pediatrician and they have four children.



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Ted Bober

Director of Clinical Services

MSW, RSW

Mr. Ted Bober is the director of clinical services at the Physician Health Program. He has over 30 years of experience as a hospital administrator and clinician working with community and hospital-based mental health and addiction services. As a social worker, Ted believes that helping responses need to address immediate needs in practical terms and over time include a social justice and advocacy approach to reduce stigma and barriers to treatment while increasing compassion and support from one's professional community and workplace.

Ted has a keen interest in enhancing professional health and peak performance during high-stress-high stakes work. He has served as a consultant to first responders following disasters in Canada and the US and provided training to organizations such as the Transportation Safety Board of Canada, Ministry of the Attorney General and Indian Residential School Adjudication Secretariat. He has presented at scientific conferences in Canada, the USA, and the UK and is the co-author of the book "In the Line of Fire: Traumatic Stress in the Emergency Services" published by Oxford University Press.



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Lisa Lefebvre

Associate Medical Director

MDCM, MPH, CCFP(AM), CCSAM, DABAM, FASAM, CMRO

Dr. Lisa Lefebvre joined the OMA's Physician Health Program (PHP) as an associate medical director in September 2014. She is an assistant professor in the Department of Family and Community Medicine at the University of Toronto and is cross appointed in the Department of Psychiatry. Dr. Lefebvre completed a fellowship in addiction medicine at the University of Toronto in 2006. She became a diplomate of the American Board of Addiction Medicine in 2009 and completed her Master of Public Health degree at the University of Toronto in 2011. In 2016, Dr. Lefebvre became a fellow of the American Society of Addiction Medicine and was granted a Certificate of Added Competence in Addiction Medicine in 2019—the inaugural year for this certification. Dr. Lefebvre is also certified by the Medical Review Officer Certification Council (MROCC).

Dr. Lefebvre served as program director of the University of Toronto Addiction Medicine fellowship for seven years. During this time, the program underwent a significant expansion, culminating in its accreditation by the American Board of Addiction Medicine in 2013. Dr. Lefebvre continues to supervise fellowship level trainees.

Dr. Lefebvre is the immediate past chair of the Canadian Society of Addiction Medicine Education Committee and is co-chair of the Ontario College of Family Physicians' new Practising Well Program. Dr. Lefebvre developed an interest in physician advocacy early in her career and served as an OMA Council delegate from 2008 to 2014 and as a CMA council delegate from 2011 to 2017. Her clinical interest lies in occupational addiction medicine with a particular focus on safety-sensitive workers as well as in the treatment of opioid use disorder.



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Laura Mattila

Senior Director

MA

Ms. Laura Mattila joined the OMA as the Senior Director for the Physician Health Program in 2020. Laura completed her Master of Arts degree from the University of Toronto with a specialization in Sociology of Health and Mental Health and has completed professional development through the Rotman School of Management and the Mental Health Commission of Canada. Laura has more than 10 years of experience in healthcare leadership including at the Centre for Addiction and Mental Health (CAMH) and the Hospital for Sick Children (SickKids) in Toronto as well as at Sault Area Hospital (SAH) in Sault Ste. Marie, Ontario. Laura has held volunteer executive board of director positions in the non-profit sector in the areas of mental health and women's employment.



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Jon Novick

Medical Director
MDCM FRCPC MRO

Dr. Jon S. Novick is a psychiatrist, psychoanalyst and addiction medicine specialist who runs a private practice in Oakville, Ontario and is an associate medical director with the OMA Physician Health Program in Toronto. He attended McGill University for medical school followed by residency training in adult psychiatry at Brown University and Long Island Jewish Medical Center, and psychoanalytic training with the Toronto Psychoanalytic Institute.

As an assistant professor in the Department of Psychiatry at the University of Toronto with a focused interest in medical psychotherapy, he has supervised and mentored many students and residents during the past two decades. He also served as the first Career Exploration Faculty Lead and the first Director of the Career Advising System with the MD Program at the University of Toronto.

Dr. Novick is certified by the Royal College of Physicians and Surgeons of Canada, the American Board of Psychiatry and Neurology, the American Board of Preventive Medicine (Addiction Medicine), and as a Medical Review Officer. He is also a fellow of the American Society of Addiction Medicine.

In addition to assisting physicians struggling with mental health and addiction problems, he enjoys helping learners with career development and established physicians find the best work-life balance. Originally from the United States, Dr. Novick now lives in the Greater Toronto Area with his husband and two kids. He is a proud member of the MTV Generation.



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José Silveira

Associate Medical Director

B.Sc., M.D., FRCPC, Dip ABAM

Dr. José Silveira is an associate professor in the Department of Psychiatry at the University of Toronto and is certified by the Royal College of Physicians and Surgeons of Canada in Psychiatry. He is also a Diplomate of the American Board of Addiction Medicine and is accredited by the American Society of Addiction Medicine since 2004. Over the past 22 years, Dr. Silveira has worked at the Academic Health Sciences Centers, a community teaching hospital and works extensively with community-based physicians through the Ontario College of Family Physicians and the Center for Effective Practice.

Since 2012, Dr. Silveira has been an addiction psychiatrist with the National Basketball Association (NBA) / National Basketball Players Association (NBPA) Player Assistance/Anti-Drug Program Clinicians Network. His leadership experience spans 20 years and includes departmental chief, medical director, chair of the Medical Advisory Committee (MAC) at St. Josephs Health Centre-Toronto (SJHC), and co-chair of Corporate MAC for Unity Health Toronto. He has also served as chair of the SJHC Quality of Care Committee and chair of the Credentialing Committee.

Dr. Silveira's professional focus is to support the delivery of mental health and addiction care through primary care and community networks. He has worked closely with the Ontario College of Family Physicians since 2001 facilitating continuing education workshops for primary care physicians and was on the steering committee of the Ontario College of Family Physicians Collaborative Mental Health Network until 2020. As a mentor in the latter program, Dr. Silveira has provided support to family physicians across Ontario since 2001. Working with the Centre for Effective Practice, he has been an invited lead or committee member on several point-of-care tools to assist primary care providers in managing complex conditions. He has served as a psychiatrist providing shared care with numerous CHCs and FHTs throughout his career and has developed and delivered peer reviewed workshops and seminars based on naturally emerging clinical dilemmas derived from case discussions with primary care providers. Dr. Silveira has been nominated and/or received 12 teaching awards over the course of his career.



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Dr. Samantha Wallenius

Associate Medical Director

MD, FRCPC

Dr. Samantha Cook Wallenius is a psychiatrist who has practiced general adult inpatient and outpatient psychiatry in Sault Ste. Marie, Ontario since 2008.

Dr. Wallenius obtained her medical degree from the University of Toronto Faculty of Medicine in 2003 and completed her Psychiatry Residency through the University of Toronto in 2008.

Dr. Wallenius has special clinical interests in treating the Dual Diagnosis population, Physician Mental Health and Indigenous health and wellbeing. Additionally, she has always had an interest in the intersection between Medicine and the Legal System, and recently commenced studies in the LLM -Health Law program at Osgoode Hall Law School.

Since 2008, Dr. Wallenius has been on Faculty at the Northern Ontario School of Medicine as an Assistant Professor. She has also been the Site Director for the NOSM Postgraduate Medical Education Psychiatry Residency program since 2019.

In 2021, Dr. Wallenius expanded her academic involvement when she was appointed to the position of Assistant Program Director, General Psychiatry – Collaborative Indigenous Residency Stream in the Department of Psychiatry at the University of Toronto and continues to serve in this capacity.

Outside of her professional roles, Dr. Wallenius loves travelling, cooking, reading, and playing the piano. However, the one place where she is truly able to relax and renew is at her cottage with her family. She and her husband and have two boys, who continue to surprise, delight and amaze as they grow and develop their own interests and personalities. Dr. Wallenius also considers herself very fortunate to have had the steadfast guidance and encouragement of her parents, who have played an integral role throughout her life, helped shape the person she has become, and continue to be great supports.



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