

# OUR DOCS TEACH! PHYSICIAN APPRECIATION WEEK

## DR. PLANT PROUD OF WAYPOINT TEAM

By Laurene Hilderley

Dr. Sandi Plant's medical career has taken a few twists and turns, and Waypoint Centre for Mental Health Care is fortunate the last one helped her find her way here.

"Years ago I worked in dentistry. I enjoyed the work, however something was missing; interaction with patients," notes Dr. Plant, who started working at Waypoint in January 2013. "It is really difficult for people to communicate with a mouthful of hands and other paraphernalia. This led me to pursue another career, this time in medicine."

Dr. Plant attended medical school at McMaster University in Hamilton. While running a large hospital and community practice in Brantford, Dr. Plant established a niche working with individuals with developmental disorder and a psychiatric disorder (the dually diagnosed). Many of these individuals lived in group homes and she provided all of their medical and psychiatric care. Spending more and more time on mental health and seeing average wait times to see a psychiatrist as high as six months, helped lead Dr.

Plant to change her focus to psychiatry and find her way to Waypoint.

Since arriving at Waypoint she has worked in Outpatient Services, the HERO Centre and the Bayview Program for Dual Diagnosis. She is also currently President of the Medical Staff. Dr. Plant describes the clients she works with as wonderful and appreciative for the supports they receive, and compliments the staff as very skilled

and caring individuals.

"There is a strong sense of team work and the Waypoint motto "Advancing understanding, Improving lives" really rings true in both the outpatient and inpatient settings. I truly love working here and have a sense that I am making a difference, in concert with my many talented colleagues and the multidisciplinary teams. I am very proud to be a part of this organization."

Dr. Plant was impressed by the various supports offered to clients in both the inpatient and outpatient services. There is also a sense that everyone involved in the hospital truly cares about the clients, which combined with extensive programs and supports, offers the best experience for patients and clients.

Waypoint wasn't the only reason Dr. Plant decided to continue her career in the Midland and Penetanguishene area. As a young person she spent summers at a friend's cottage on Christian Island and feels Georgian Bay offers the best summer experience. She loved the serenity of the area and while the winters can be cold, they are also beautiful. "First Light at Sainte-Marie among the Hurons at the end of November is stunning. The beaches are beautiful in the summer and a leisurely jaunt on the Miss Midland is not to be missed," she says.

While many people call the north Simcoe County area home for the weekends, Dr. Plant calls it home throughout the week. Her husband's work keeps him about three hours southwest of here and that is where the two have their family home. What keeps her coming here? "The drive north and the time away are worth it due to the enjoyment and satisfaction I get from my work with Waypoint."



Dr. Sandi Plant