



River Valley Health  

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Régie Santé<sup>de</sup> la Vallée

# Pre-Doctoral Internship In Clinical Psychology

Fredericton, New Brunswick  
Program Brochure September 2009

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## **The Community:**

Fredericton is the capital city of New Brunswick and therefore has many of the amenities of a larger centre, and all the qualities of a small city with a population of approximately 50,000. It is located in the beautiful St. John River Valley, and is approximately one hour from the Bay of Fundy (Atlantic Ocean). Fredericton offers affordable housing, clean and quiet streets, many parks, community and recreational activities, excellent daycare centres, shopping, theatre and festivals, public transit, and restaurants. There are two universities in Fredericton (St. Thomas University and University of New Brunswick).

## **River Valley Health:**

This predoctoral internship site is currently comprised of three settings, the Dr. Everett Chalmers Regional Hospital, the Community Mental Health Centres, and the Stan Cassidy Centre for Rehabilitation, and we are planning to expand over the next year (to the Stan Cassidy Centre for Rehabilitation Autism Team, the Atlantic Operational Stress Injury Clinic, and the Upper River Valley Regional Hospital). We are entering our 6<sup>th</sup> year of our internship program, and are in the process of seeking accreditation with the Canadian Psychological Association. At present there are eighteen licensed Psychologists on staff in six settings, with the expectation to expand in the next year. As a group, we meet approximately once per month to discuss professional issues. Interns will have the opportunity to work with psychiatric adult in- and outpatients, a variety of medical patients, with children having various medical disorders, and in neurological rehabilitation. Opportunities to work with children, adolescents, families, and adults are available, as well as individual and group work.

## **Our Philosophy and Mission:**

Our internship program strives to provide excellent training, so that each intern will gain competence in all key areas of professional clinical psychology. These include assessment, diagnosis, intervention, consultation, case conceptualization, supervision, understanding of and respect for research principles, and professional ethics. We aim to provide an atmosphere of caring, integrity, respect, and responsibility toward our patients, our community, and our profession.

We honour diversity, by inviting all qualified interns to apply, and we will not discriminate by race, religion, gender, sexual orientation, age, disability, socioeconomic status or geographical location. We follow national standards for training, including an endorsement of research-based knowledge and the scientist-practitioner model.

## **The RVH Predoctoral Internship Program in Psychology**

### **An Overview and Goals**

This 1800 hour, 12-month internship program will appeal to interns wanting comprehensive training at the predoctoral level in a scientist-practitioner atmosphere, with the expectation for training toward independent practice or academic clinical psychology. In our view, independent practice requires not only extensive knowledge of psychological assessment, intervention, consultation, and knowledge of pertinent ethics and professional issues, but also a broad view of the health care system and complementary community-based services.

At present there are two positions available. The annual stipend is \$25,000, with two weeks paid vacation, sick leave, and 11 paid statutory holidays. We also offer a minimum of three professional development days and Blue Cross (dental, extended medical, and EFAP; optional).

As this internship program offers opportunities to learn in three settings, it provides a wide variety of training in both traditional mental health assessment and treatment, as well as in neuropsychology, health, and rehabilitation psychology. All sites will provide experience in participating as a member of interdisciplinary teams, and it is expected that interns will be active members of these teams. In consultation with faculty, each intern will choose two major and two minor rotations, dependent upon his or her interests, previous experience, and the availability of supervision.

Many of our psychologists and clientele are bilingual/Francophone, allowing for training at least partially in French if desired.

Psychologists at River Valley Health are regulated and licensed by the College of Psychologists of New Brunswick (CPNB). Our theoretical orientations vary, but we follow primarily cognitive-behavioural and interpersonal psychology, with some influence of psychodynamic, attachment, motivational, existential, and systemic theories, as well as neurodevelopmental and neurocognitive rehabilitation. Although there is some variability depending on area of specialization, our skills and services include psychological assessment and diagnosis, psychological treatment, and psychological consultation to clients, their families, and to other staff/professionals. We offer services in accordance with the relevant legislative acts and professional standards, guidelines, and codes of ethics. We supervise not only interns, but also psychology graduate students on practicum placements and residents (interim members of CPNB in their final year of supervision prior to licensing). We provide formal education on issues related to the practice of psychology to our fellow staff members and members of the community. Many of us are Clinical Associates of the Department of Psychology at the University of New Brunswick, and therefore serve on university committees and assist with teaching of

courses. Finally, opportunities to attend conferences and workshops for the purpose of continuing education (both in-house and in the community and province) are available.

### **The Dr. Everett Chalmers Regional Hospital (DECRH):**

The DECRH is a 330-bed regional hospital serving the greater Fredericton area and surrounding communities. Five full-time and two part-time psychologists provide psychological assessment and psychotherapy services to psychiatric in-patients and Day Therapy patients (mood, anxiety, psychotic, and personality disorders), as well as oncology, cardiology, diabetic, surgery, and dialysis patients. We also assess and treat patients with a variety of medical problems from the Family Practice inpatient unit, Geriatric and Restorative Care, Cardiac Rehabilitation and Pediatric units. Opportunities for group and individual psychotherapy and a broad range of assessment procedures are available.

### **The Stan Cassidy Centre for Rehabilitation (SCCR):**

SCCR is the only provincial centre in New Brunswick that offers intensive interdisciplinary rehabilitation for those with complex neurological disorders and diseases. Five members of the psychology staff serve on two interdisciplinary teams. We offer services to children (e.g., cerebral palsy, spina bifida, brain and spinal cord injuries, muscular dystrophy, autism, and other pervasive developmental disorders) and adults (e.g., moderate to severe acquired brain injury, spinal cord injury, complex cerebral vascular accidents, and progressive neurological diseases). We are housed in a new facility, with 20 inpatient beds and five transitional living units. We also provide services to many out-patients. On the adult team, Psychologists are an integral part of an interdisciplinary team, and provide neuropsychological assessment and consulting, personality and behavioural assessments, and a wide variety of interventions for mental health concerns. On the interdisciplinary pediatric team, Psychologists provide neuropsychological, psychodiagnostic, and behavioural assessments, and serve as consultants to other caregivers and schools. We have a newly-formed 'Autism team', and expect to be welcoming a new psychologist soon.

### **Community Mental Health Centres (CMHC):**

There are two CMHCs in our catchment area with several satellite/outreach offices in out-lying communities, which employ a total of eight psychologists (there are currently three vacant positions). Psychologists are part of interdisciplinary teams and provide services to children and adolescents and their families, as well as to adults and seniors. The clientele have a wide variety of mental health disorders and problems, and may require longer-term community-based treatment and/or support. Both CMHCs have close ties to consumer self-help groups and to the Canadian Mental Health Association.

## Curriculum and Objectives:

- 1) Interns will participate in two six-month rotations, with a major and minor rotation available during each rotation to offer breadth of experience. Each intern will carry an active caseload, and will spend approximately (but not exceeding) two-thirds of his or her time in direct client care. Interns will also participate in interdisciplinary case rounds, workshops and conferences, didactic and independent study, and various administrative activities relevant to psychological services.
- 2) Interns will develop the ability to review charts to extract pertinent information, formulate appropriate assessment questions, plan and conduct an assessment, hone clinical interviewing skills, and interpret and integrate objective and subjective assessment results to form sound case conceptualizations. Explaining assessment results to patients and their caregivers is also an important part of skill development.
- 3) Interns will learn skills in short-term and longer-term psychotherapy with a cognitive-behavioural focus. They will be exposed to other forms of psychotherapy as opportunities arise. They will carry a caseload of two or three long-term (up to one year) clients/patients, as well as several short-term clients (individuals and in groups). It is a primary goal to conduct assessments, develop rapport, formulate cases, plan and carry out psychological treatment, as well as to terminate therapy, with a variety of consumers.
- 4) Interns will be able to establish DSM-IV diagnoses (where appropriate), assess suicide risk, establish social, emotional, and cognitive status, and to learn the complex interactions of physical and mental health. They will learn to be sensitive to and aware of cultural, racial, religious, sexual, economic, physical abilities, and linguistic diversity.
- 5) Interns will develop effective written and verbal communication skills necessary for interacting with clients, their caregivers, and a variety of other professionals. They will learn to operate within their competencies, as well as to apply the many other ethical principles by which psychologists self-monitor.
- 6) Research activities are considered an important part of a psychologist's training. This will be accomplished through reading and critical analysis of relevant clinical literature in the context of seminars and supervision sessions. Interns will also have the opportunity to present their research within the psychology department and at conferences when possible.

### Supervision:

In keeping with the Canadian Psychological Association guidelines, interns will have at least four hours of individual supervision per week. At least two hours per week will be with the primary supervisor, and one with a secondary supervisor. The fourth hour

will be often with the Internship Director to discuss general ethical and professional issues, review evaluations when necessary, and to provide opportunities to ‘trouble-shoot’ any general problems or difficulties. Other faculty will offer didactic sessions in a variety of professional issues as well. Our eleven Ph.D.-level licensed psychologists will provide all primary supervision.

Clinical supervision can take many forms. Review of audio- or videotapes of assessment or psychotherapy and/or co-therapy and/or observation of group or individual therapy may be appropriate. Discussion of test selection, interpretation, case formulation and diagnosis will be included in supervision, as will planning and execution of treatment, and revision of reports. Case conferences, seminars, and individual reading time will augment each intern’s learning.

When available, interns will have the opportunity (and the responsibility) to supervise a predoctoral-level practicum student. In turn, a member of our faculty will supervise this activity.

### **Evaluation:**

In the RVH internship program, evaluation is bi-directional. At the beginning of each rotation, the supervisor and intern will develop specific competency-based goals in writing, aiming to become competent in all general areas of provision of psychological services. Each intern’s efforts to attain those goals will be reviewed regularly to monitor progress and to prevent difficulties from arising. These goals, progress, and any concerns will be forwarded to the Internship Director. Supervisors and interns will complete a formal evaluation form at the end of each rotation. Both the Internship Director and the intern will prepare a more formal evaluation at the end of the internship program. These evaluations will help each intern to recognize areas that need improvement, and to communicate formally what they are doing well. We are dedicated to providing superior training, and will also benefit from the interns’ evaluative feedback. Supervisors will meet with the Internship Director quarterly to discuss interns’ progress, and all issues related to education and professional development.

### **Physical Facilities/Support Services:**

Interns will have access to private workspace to interact with clients/patients and to write reports. Sharing of offices may be necessary, but she/he will have access to secure storage space for confidential documents. We have an excellent supply of testing material, scoring software, audiovisual equipment, library materials, and journals/textbooks. Private telephones and voicemail, computer access with e-mail and online abstracts are available, as well as access to the local university libraries. Clerical support for many administrative tasks (e.g., ordering materials, making appointments

with outpatients, and typing dictated assessment reports) may be available, depending upon the rotation.

## **Service Area/Rotations:**

The River Valley Health Internship program currently offers three major adult rotations, and one major paediatric rotation. All rotations are likely available as a minor rotation as well, depending upon supervision and physical space. Interns *will not* be expected to participate in a paediatric rotation if it is not their area of interest. Below are listed the faculty who will provide primary supervision. All rotations will offer a balance of assessment, psychotherapy, consultation, seminars, case conferences, individual learning, and administrative duties.

### Adult Mental Health:

DECRH – Supervision by Drs. D. Colquhoun & C. Lamarche

### Adult Rehabilitation & Health Psychology

DECRH – Supervision by Drs. D. Snow & R. Gupta-Rogers  
SCCR – Supervision by Drs. S. Morehouse & R. Mills

### Clinical Neuropsychology (Adult)

SCCR – Supervision by Drs. S. Morehouse, R. Mills & J.Savoie  
DECRH – Supervision by Dr. D. Colquhoun

### Clinical Neuropsychology (Child & Adolescent)

SCCR – Supervision by Dr. Y. Toupin

### Paediatric Health/Mental Health (Minor rotation)

CMHC – Supervision by Ms. H. Hamel and Ms. L.A. Renaud

## **Areas for Development:**

We have recently opened one of Canada's five new Operational Stress Injury (OSI) Clinics in our hospital region. This clinic will offer services to Veterans, current members of the Armed Forces and the RCMP who are experiencing mental health conditions as a result of their service to Canada. We have two licensed Psychologists on staff at this clinic, and so it may be offered as an internship rotation. The work will include psychological assessment, consultation, and intervention, and participation on an interdisciplinary team.

Other possible expansions to our program in the next year are a) Specialized autism team at SCCR; b) General health/mental health psychology at the new Upper River Valley Hospital; c) Community-based Paediatric rehabilitation.

## **Didactic Sessions:**

Faculty members provide didactic sessions on the topics listed below, depending upon staff availability and interns' interests. Interns will be expected to read chosen papers/chapters on these topics and to participate in discussions.

- 1) Legal and court issues
- 2) Transference/counter-transference
- 3) Reporting abuse
- 4) 'Life after the Doctorate'/licensing
- 5) Private practice
- 6) Resistance in psychotherapy
- 7) PTSD/CISD
- 8) Suicide Assessment and Prevention
- 9) Personality Disorders
- 10) Motivational Interviewing
- 11) Hypnosis
- 12) Co-morbidity, differential diagnosis
- 13) Substance abuse
- 14) Interdisciplinary Team issues/confidentiality
- 15) Referrals to other professionals/ professional boundaries
- 16) Dual relationships, rural practice
- 17) Maintaining balance/ Compassion fatigue
- 18) Technology/teletherapy
- 19) 'Positive Psychology'
- 20) Spirituality in Psychological assessment and treatment
- 21) Pain management
- 22) Sleep disorders
- 23) Legal Competency/Capacity
- 24) Supervision
- 25) Termination in Psychotherapy
- 26) Multicultural and Diversity Issues

## Faculty

### **Dr. Everett Chalmers Regional Hospital (DECRH):**

Leo Berk, B.Sc.H. (Acadia University); MA (1988, Queen's University), L.Psych. (1998)

Mr. Berk's primary theoretical orientation is cognitive-behavioural. In the Day Therapy program, he facilitates groups in cognitive-behavioural therapy, stress management and relaxation. He conducts personality and cognitive assessments in Psychiatry, Paediatrics, and for geriatric outpatients, and does some individual psychotherapy and consulting. He works with children and adolescents with eating disorders, pain and other medical problems, and with suicidal youth.

David Colquhoun, B.Sc.H. & M.Sc. (Acadia University); Ph.D. (Dalhousie University), L. Psych. (1997), Clinical Associate of UNB

Dr. Colquhoun is a psychologist on the acute inpatient psychiatric unit. His inpatient work focuses on psychodiagnostic and neuropsychological evaluation of patients with mental health difficulties or neuropsychiatric disorders. Brief individual psychotherapy is offered, primarily for the treatment of anxiety, depression and adjustment disorders. His orientation is cognitive behavioural. Dr. Colquhoun is also involved in program evaluation.

Donna Grant, B.Sc.H (Acadia University), MA (1988, University of New Brunswick), L.Psych. (1994).

Ms. Grant's theoretical orientations are primarily cognitive-behavioural and motivational. She performs psychodiagnostic and cognitive assessments, and conducts psychotherapy for in- and outpatients with a variety of medical problems. She works in Family Medicine, Palliative Care, and Geriatric and Restorative Care, as well as offers some coverage to paediatric and surgical units.

Rama Gupta-Rogers, B.Sc. (McGill), MA (Lakehead University), Ph.D. (University of New Brunswick), L.Psych. (1994), Clinical Associate of UNB

Dr. Gupta-Rogers currently works on the oncology unit and works with cancer outpatients and their families. She assists with anxiety, grief, depression, pain management, and aversion to medical procedures. Her theoretical orientation is cognitive-behavioural, and she uses hypnotherapy in some of her clinical work.

Carole Lamarche, B.A. (University of Ottawa), MA (Brock University), Ph.D. (2002, Queen's University), L.Psych. (2003), Clinical Associate of UNB

Dr. Lamarche's theoretical orientation is primarily cognitive-behavioural, but also includes interpersonal elements. She currently provides services to adults in the Mental

Health Program on the Inpatient Psychiatry Unit and in the Day Therapy Program. She conducts personality and cognitive assessments, a relaxation group and short-term psychotherapy on the Inpatient Unit. She leads a therapy group on anxiety and provides individual therapy in the Day Therapy Program. Dr. Lamarche is fluently bilingual.

Dean D. Snow, B.A. (Brock University), M.Sc. (Memorial University of Newfoundland), Ph.D. (University of New Brunswick), L.Psych. (2001) Clinical Associate, UNB.

Dr. Snow serves on inpatient surgical and medical units and the RVH Cardiac Rehabilitation Program. He also provides outpatient service to primary care programs, particularly through the Diabetes Education Centre. Dr. Snow provides general clinical assessment and therapy in these programs, in addition to consultation regarding adherence to medical regimens, and adjustment to illness and disability. In the Cardiac Rehabilitation Program Dr. Snow provides individual consultations, provides group psychoeducation around lifestyle change, stress and depression, and supports program evaluation. He has a cognitive-behavioural theoretical orientation but includes interpersonal, motivational, and psychodynamic elements in his approach.

#### **Stan Cassidy Centre for Rehabilitation (SCCR):**

Ron Harris, BA (Sir George Williams University), Ph.D. (1981, McGill University), L.Psych. (1993), Clinical Associate of UNB

Dr. Harris is currently the Administrative Director of SCCR. While his position is primarily managerial/administrative, he continues to do some clinical work including occasional consulting/advising for the other psychology staff, and occasional consulting and psychotherapy for SCCR patients. His theoretical orientation is primarily cognitive-behavioural.

Rebecca Mills, *Internship Director*, BA (Queen's University), M.Sc. (University of Alberta), Ph.D. (1995, University of British Columbia), L. Psych. (1999) Clinical Associate of UNB, Member of CCPPP Executive

Dr. Mills is currently a psychologist on the Adult Team. She administers neuropsychological and psychodiagnostic assessments to those with neurological injuries and disorders. She provides psychotherapy (adjustment, anxiety and mood disorders), pain management, consulting, and behaviour management interventions to groups and individuals in neurological rehabilitation. Her orientation is primarily cognitive-behavioural, with strong interests in psychodynamic, interpersonal, and systemic theories.

Susan Morehouse, BA (UNB), MA (UNB), Ph.D. (1999, Dalhousie University), L. Psych. (2000), Clinical Associate of UNB

Dr. Morehouse is currently a psychologist on the Adult Team. She administers neuropsychological and psychodiagnostic assessments to those with neurological injuries and disorders. She provides psychotherapy (anxiety, adjustment and mood disorders), consulting, pain management, and behaviour management interventions to groups and individuals. Her orientation is primarily cognitive-behavioural.

Joanne Savoie B.A. (Saint Thomas University), Ph.D. (1999, University of Ottawa), Post-doctoral fellowship in Neuropsychology (2001, McLean Hospital, Harvard Medical School), L.Psych (2000), Clinical Associate of UNB.

Dr. Savoie is currently a psychologist with the adult interdisciplinary team. Her primary area of interest is neuropsychological assessment and consulting. She also provides some inpatient psychotherapy with a cognitive-behavioural focus. She is fluently bilingual.

Yvon Toupin, BA (University of Ottawa), MA (Université de Quebec à Trois Rivieres), Ph.D. (2001, University of Madison), L. Psych. (1988), Clinical Associate of UNB

Dr. Toupin is a member of the paediatric interdisciplinary team. He provides neuropsychological assessments and consulting to children and adolescents with neurological disorders. Much of his work is outreach to youth, their schools and their caregivers around the province. His theoretical orientation is cognitive-behavioural. Dr. Toupin is also Board Certified by the American Board of Pediatric Neuropsychology, and is fluently bilingual.

### **Community Mental Health Centres (CMHC):**

John Harvey, BA, MA (1985, University of New Brunswick); M.Div. (1987, University of Toronto), L.Psych (1995)

Mr. Harvey is currently Program Manager for the Seniors' Team at the Fredericton Community Mental Health Centre. His position is a combination of assessment (cognitive and psychodiagnostic), psychotherapy, and management/administrative duties. His orientation is primarily cognitive-behavioural.

Helene Hemel, B.Sc. and M.Ps. (1990, Université de Montreal), L. Psych. (1997)

Ms. Hemel is a member of the Child and Family Team at the Fredericton Community Mental health Centre. She works with children, adolescents and their families. Her theoretical orientation is primarily psychodynamic, and she has particular interests in attachment issues, eating disorders, relationships, anxiety, depression, and ADHD. She performs parenting evaluations for the courts as well.

Tom Macavity, BA and MA (1994, University of New Brunswick), L.Psych. (2000)

Mr. Macavity works on the rehabilitation team for Long Term Care in the Fredericton office. His focus is psychosocial rehabilitation with the chronically mentally ill. He specializes in treating concurrent disorders (substance abuse and mental illness). His theoretical orientation is primarily cognitive, although he uses elements of dialectical behaviour therapy and behaviour modification where appropriate.

Elva McWaid, BA , M.Applied Psychology. (1994, University of New Brunswick), L.Psych. (1999)

Ms. McWaid is a psychologist at the Woodstock Mental Health Centre. She currently works on the Long Term Care Team providing therapeutic interventions and case management to clients with chronic mental health problems. Occasionally, she conducts psychological assessments. She has a strong interest in Dialectical Behavioral Therapy and has played an active role in conducting and maintaining a DBT skills training group.

Lise-Anne Renaud BA (l' Université Laval), MA (l' Université Laval, 1996), L.Psych. 2000.

Mrs. Renaud's theoretical orientation is cognitive-behavioral. She is currently providing services on the children and adolescent team of the Fredericton Mental Health Centre and is a member of the Concurrent Disorder Program (Multidisciplinary team working with youth 16-20 who have addiction issues and a mental health diagnosis).

### **Operational Stress Injury Clinic (OSI):**

Tania Bubar, BA (St. Thomas University), M.Sc. (1995, Acadia University), L.Psych. (2000)

Ms. Bubar is the Clinical Coordinator and a psychologist at the Operational Stress Injury Clinic. She oversees the nature and quality of the various core program content and the overall clinical activities of the clinic. She also works as a psychologist offering assessment and treatment services to the veteran, military, and RCMP populations served at the Operational Stress Injury Clinic.

Cindy Letts, BA (Hon.) (Simon Fraser University), MA & PhD (2008, University of New Brunswick), L. Psych. (2009).

Dr. Letts is a member of the Operational Stress Injury Clinic team. She provides assessment and treatment to Canadian Forces and R.C.M.P. members. She has strong interests in geriatrics, teaching and research. Her primary theoretical orientation is cognitive-behavioural with interpersonal, psychodynamic and motivational components.

## **Upper River Valley Hospital (URVH), Waterville, NB:**

Gael Wealleans, RN (Furness School of Nursing, UK), BSc (Hons) (University of Bath, UK), PGCE (Post graduate Certificate of Education (University of Bath, UK), Doctorate of Clinical Psychology (1998, University of Liverpool, UK).

Dr. Wealleans works as a generalist clinical psychologist, serving patients throughout the hospital, including general medical, mental health, obstetrics, cardiac care, oncology and palliative care. She provides assessment for mental health and cognitive functioning, including competency issues. Finally, she also provides brief interventions to a wide variety of clientele. She prefers a multi-modal and integrative approach, using CBT, Mindfulness-based Cognitive Therapy, and Narrative therapy. She is a strong proponent of Reflective Practice.

### **Application Procedures:**

All applications are due by November 30<sup>th</sup>, 2009 for the 2010/2011 year. We will be using the new APPIC on-line procedures. Please provide a completed APPIC application form including certification by your Director of Training, three written references, current curriculum vitae, complete graduate transcripts, and a statement of clinical experience and interests/goals. Interviews will be done in person or by telephone in January 2010. We encourage interviews by videoconference if possible. We will participate in the APPIC matching procedure.

Please direct questions and/or application materials to:

Dr. Rebecca Mills, L. Psych.  
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