

# Meet our Mentors



## Dr. Amy Brown

Grad Year: 2001 (CMCC)

Dr. Amy Brown divides her time between a community-based multidisciplinary practice and a practice within Langs Community Health Centre in Cambridge which is currently part of an innovative Ontario Works pilot with the Region of Waterloo. She sees a variety of patients who are jointly managed with a physiotherapist and massage therapists. Dr. Brown sits on her local Health Links Steering Committee and is involved with the LHIN sub-region health leadership planning table. She is also a consultant for the OCA Outreach program.



## Dr. Michelle Camastra

Grad Year: 2016 (CMCC)

Dr. Michelle Camastra started practicing as an independent contractor in a multidisciplinary clinic in Newmarket after graduation, eventually becoming the sole proprietor of a clinic in Oshawa with two chiropractors, a physiotherapist and two reception staff. Her entrepreneurial spirit helped her learn the business of running a practice early on. Her goal for 2019 is to continue growing the business and create a one-stop interprofessional health care centre. Dr. Camastra's career path over the last three years has provided valuable lessons on starting your own clinic from the ground up.



## Dr. Darcy Driscoll

Grad Year: 1998 (Parker)

Dr. Darcy Driscoll graduated from Western with a master's in medical biophysics. He was granted a scholarship to Parker University to study the effects of spinal adjustments on the autonomic and cardiovascular systems. Afterwards he returned to Ontario to start a private practice in Thorold. His many achievements include being on faculty for the Parker Research Institute and the publishing of articles in medical and chiropractic journals. Dr. Driscoll also developed a volunteer chiropractic program at the St. Catharines Community Health Centre (Quest CHC) to help people unable to afford or access chiropractic care. As a result of his efforts there are currently seven chiropractors who volunteer to help people in the local community through this program.

## SPEED MENTORING SAMPLE QUESTIONS

- *What are clinic owners looking for in an associate?*
- *Where/how do you start looking for an associate position?*
- *What are the pros/cons to associating vs. owning?*
- *What strategies are used for networking with other health care professionals?*
- *What strategies are used for making yourself known in a community?*
- *What recommendations/advice can be offered for new graduates making the transition from school to practice?*
- *What are some good practice-building strategies?*

We're here for you.

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