

Department of Psychiatry, Dalhousie University

Educate. Discover. Heal.



**DALHOUSIE
UNIVERSITY**
Inspiring Minds
Faculty of Medicine



 **DALHOUSIE
UNIVERSITY**
Founded 1818

DEPARTMENT OF PSYCHIATRY MISSION & VISION

Our Motto

Educate. Discover. Heal.

Our Mission

To develop and maintain high calibre educational, research and clinical programs that advance the field of psychiatry and mental healthcare.

Our Vision

Healing minds through best evidence-based care and innovative community programs to achieve better mental health and eradicate the stigma associated with mental illness;
Inspiring minds through education, scientific study and training in mental health and illness.



Executive Committee Members (clockwise from left): Dr. Keri-Leigh Cassidy, Dr. Claire O'Donovan, Dr. Michael Teehan, Dr. Allan Abbass, Dr. Nick Delva, Dr. Kathleen Pajer, Mr. Peter Croxall, Dr. Ben Rusak, Ms. Suzanne Decker, Dr. Scott Theriault, Ms. Carolyn Sisley and Dr. Sonia Chehil.

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REPORT FROM THE HEAD

In 2011-12, the Department of Psychiatry continued to build on its strengths, and realized a number of important goals.

Our Mission and Vision were revised, and honed to the essentials.

Preparation for restoration of full accreditation for our postgraduate training program included a day-long Departmental retreat in August, 2011. At this event, all of the previously identified flaws found in prior reviews were studied with a view to ensuring that any shortcomings had either been addressed, or would be fully dealt with in advance of the Faculty-wide Royal College postgraduate program assessment in February, 2012. Our Director of Postgraduate Education, Dr. Margaret Rajda, our new Deputy Postgraduate Program Director, Dr. Mark Bosma, our residents, faculty and staff, and leaders within the Faculty of Medicine and the CDHA and IWK mental health and addictions programs all worked together to ensure that our already solid postgraduate program was appreciated by the reviewers to be worthy of full accreditation. The current status of Full Accreditation will last until the next faculty-wide review, scheduled for 2018.

Meanwhile our undergraduate program continued to provide excellent education for the medical students: for the third year in a row, Dalhousie medical graduates placed second in the psychiatry section of the LMCC Part I examination. Thus over the past five years, our students have placed first, second or third out of the 17 medical schools in Canada. Congratulations are in order to all of the teachers who contributed to this outcome!

Another educational achievement was the appointment of Dr. Bianca Horner as our Primary Mental Healthcare Education Leader. We are confident that Dr. Horner will play

an effective role in the development of collaborative mental healthcare in Nova Scotia and beyond.

The newly created Provincial Psychiatric Intensive Care Unit (PICU) was another important Departmental initiative, several years in the realization. This unit, housed at the East Coast Forensic Hospital (ECFH), is run under the Nova Scotia Involuntary Psychiatric Treatment Act. For many years, the only way for highly aggressive and disruptive patients suffering from psychosis or mania to receive treatment in the safe and secure setting of the ECFH was for them to be charged with an offence. The creation of the PICU permitted the care of such highly disturbed individuals to be decriminalized. Thus patients in the PICU, who have been declared involuntary just as they would have been in general inpatient units, receive respectful, confidential, expert care in a safe and attractive setting, and are discharged back to the referring units as soon as they are stable. The PICU is a Provincial resource, and its existence places Nova Scotia at the forefront in providing this type of acute care.

Beyond the establishment and initial success of the PICU, restructuring of mental health and addictions services has continued in both the CDHA and the IWK Health Centre, and the details can be found in the latter parts of this annual report.

Another major achievement of the year was the installation of Dr. Rudolf Uher as our fourth Academic Chair: the Canada Research Chair in Early Intervention in Psychiatry. Our other researchers, including the three other Academic Chairs and their teams, continue to be highly productive, with local, provincial, national, and international impacts. The greater level of research involvement afforded by participation in the Royal College



Clinician Investigator Program (CIP) has now become a familiar and attractive option to our residents, with Dr. Daniel Rasic nearing completion of his CIP and Dr. Jacob Coockey embarking on his. In our postgraduate program, CIP residents benefit from continued inclusion in the residency, formally completing two successive years in PGY-4, with continued involvement in some elements of clinical training while devoting at least 80% of their time to research.

Many members of the Department deserve congratulations, and not all are mentioned in the pages of this report. I would like to thank all who contribute to our Department being a fine place to work, a source of pride to us all, and a place of healing and comfort to our patients.

Sincerely,

Dr. Nicholas Delva
Head and District Chief

MISSION STATEMENT IN ACTION: *EDUCATE. DISCOVER. HEAL*

Here are just a few of the many people at Dalhousie University Department of Psychiatry who embody our Mission Statement as researchers, clinicians, and educators and work every day to improve the mental health of not only Nova Scotians, but all individuals and families affected by mental illness.

Residency program regains Full Accreditation status

THE ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF CANADA accreditation visit took place on February 13-14, 2012. In preparation for the surveyor's visit, the Department held a Postgraduate Education retreat in August 2011. Invited guests included leaders in administrative health programs: Dr. Nick Delva, Dr. Scott Theriault, Mr. Peter Croxall, Dr. Ruth Carter, Dean Tom Marrie and Assistant Dean Guy Brisseau.

The residents, faculty and postgraduate committee worked exceptionally hard to address the weaknesses identified in previous surveys and to strengthen the residency program.

A great deal of time and effort was put forth by Drs. Margaret Rajda and Mark Bosma to meet with groups individually to answer any questions and inform them how the process works.

The outcome of the survey visit was the recommendation of full approval, confirmed in May 2012 by the Royal College Accreditation Committee. The next Royal College accreditation survey will occur in year 2018.



Faculty members discuss the upcoming accreditation visit at the Postgraduate retreat, August 2011.

Dr. Gail Eskes leads multidisciplinary team to develop innovative brain repair services and technologies



Dr. Gail Eskes discusses research with research associates Dr. Yoko Ishigami and Christopher Dean.

BRAIN DISEASES OR INJURIES ARE LEADING CAUSES of death and disability in Canada. There is growing recognition that cognitive disabilities (e.g., problems with attention, memory and thinking) due to brain injury or disease are common, often unrecognized, and sources of chronic disability for individuals living in the community. Thus, new and effective cognitive treatments are needed that can be easily accessed, and can be intensively carried out by the patient in their own environment, with only limited supervision needed by the therapist.

Funded by ACOA (Atlantic Canada Opportunities Agency) through the AIF (Atlantic Innovation Fund) program, with matching funds from the Brain Repair Centre, NSHRF (Nova Scotia Health Research Foundation), Capital Health and Dalhousie University, this \$1.8M project seeks to move Atlantic Canada to the forefront of this growing wave of research and development directed toward the need for cognitive interventions by developing innovative and scientifically-based technologies that can be used to treat the cognitive impairments seen with brain disease and injury. The project will establish the Cognitive Health and Recovery Laboratory in the Brain Repair Centre, working in concert with Dalhousie University and Capital Health. The team is

also working with a local software development company, Redspace (division of Team Space), who bring expertise in design of education and video game software.

Dr. Gail Eskes is the principal investigator and will work with Drs. Ivar Mendez, Ray Klein and David Westwood to develop a computerized, game-like set of cognitive training exercises, the Cognitive Repair Kit, for treatment of common cognitive impairments seen in neurological disease, such as stroke and Parkinson's disease. Towards this end, several lines of research will take place in order to create the scientific base needed for effective design and validation of the training kit. These projects will include developing an assessment tool for a better understanding of common attention deficits using up-to-date models of cognitive neuroscience; identifying the best training approaches for these deficits; using this information to design a game-like set of exercises that target the deficits (the Cognitive Repair Kit); establishing initial efficacy of the Kit in treating attention deficits and improving functional capabilities; and examining whether the use of the Cognitive Repair Kit can synergize with other treatments (such as stem cell therapy) for PD, establishing a basis for the idea of a multi-modal approach to brain repair.

PICU proves valuable to Department, province

Left: The dayroom space at the PICU. Below L-R: Doors to four of the six bedrooms; the airing court; inside a bedroom.



THE CAPITAL HEALTH MENTAL HEALTH PROGRAM and the Dalhousie Department of Psychiatry opened the doors of the Psychiatric Intensive Care Unit (PICU) at the East Coast Forensic Hospital on May 1, 2011 the first time.

This was the first unit of its kind in the province and is used as a short-term stabilization facility for patients who exhibit behaviour deemed to be too aggressive and potentially harmful to other patients in standard mental health units.

“The idea to create the unit was in evolution for a number of years,” said Dr. Scott Theriault, clinical director CDHA Department of Psychiatry and associate professor with the Dalhousie Department of Psychiatry.

“There were issues related to aggressive patients mixing on patient units and an understanding that such patients couldn’t be effectively managed there.”

The six-bed unit is located within the rehabilitation area in

the East Coast Forensic Hospital. It features a large dayroom space with arm chairs and a television, as well as a spacious outdoor patio known as an airing court. There are five psychiatrists at the hospital who make rotations through the unit.

In the past, hostile psychiatric patients often faced charges of assault and were moved to the East Coast Forensic Hospital. When the PICU opened we saw these patients moved to a secure area, more conducive to their rehabilitation, separate from the correctional system.

“Length of stay at the unit is very dependent of the person’s illness presentation,” said Theriault. “It can range from one night to several weeks in some cases.”

The PICU has had 10 admissions since its opening and is considered an extremely valuable resource for the province.

DEPARTMENT OF PSYCHIATRY ACADEMIC CHAIRS

The Dalhousie Department of Psychiatry is home to four academic chairs: The Killam Chair in Mood Disorders, the Sun Life Financial Chair in Adolescent Mental Health, the Dr. Paul Janssen Chair in Psychotic Disorders, and the Canada Research Chair in Early Intervention.

THE KILLAM CHAIR IN MOOD DISORDERS

MARTIN ALDA, MD, FRCPC

THE KILLAM CHAIR IN MOOD DISORDERS has been involved in a number of exciting research projects over the past year. Some have just started, while others are coming to fruition.

Among the former is a study of bipolar disorder, which started last year and is funded by a grant from Genome Quebec. Dr. Martin Alda and his team have joined forces with a newly established consortium to sequence the whole genomes of patients with bipolar disorder. The inaugural meeting of the consortium was early in 2012 in Los Angeles and included members of leading research groups from the U.S., U.K. and Canada.

While the sequencing project has a few more years to go, finalization of the whole genome association study of lithium response in bipolar disorder has begun. The study, done in collaboration with the ConLiGen consortium, has now moved into the final stages of data analysis. It will be possible to follow the results of the ConLiGen study and we may be able to replicate the results in another study on bipolar disorder started this past year.

Collaboration on another bipolar disorder study has been initiated with the National Institute of Mental Health in the United States. Results from this study, if confirmed in a large sample, could lead to a development of biomarkers of treatment response to lithium.

Dr. Alda has been working with Drs. Tomas Hajek and Claire O'Donovan on a study to determine the long-term effects of lithium on patients with bipolar disorder. Lithium has been used for over 60 years in bipolar disorder, but its mechanism of action remains a mystery.

Suicide remains the most tragic outcome for many patients with mood disorders. Dr. Alda has been fortunate to



collaborate with the Lithium Clinic in Cagliari, Italy. The Cagliari clinic has the same approach to clinical care and research as the Killam Chair, allowing for the combination of data for large-scale investigations. In 2011 Dr. Mirko Manchia completed the analysis of suicide behavior, confirming that the risk of suicide runs in families and that lithium treatment is effective in reducing the rate of suicides and suicide attempts.

Dr. Alda also collaborates with Dr. Alessio Squassina from the Cagliari group on a study of gene expression in relation to the risk of suicide. The results from the two centres are remarkably consistent and show a striking difference in responsiveness of the gene to lithium regulation in those subjects who died by suicide.

The successful collaboration of Dalhousie and Cagliari Universities was formalized by an agreement signed last October in Ottawa by Dr. Martha Crago, the Vice President for Research at Dalhousie University and by His Excellency Andrea Meloni, the Italian Ambassador in Canada.



SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH

STAN KUTCHER, MD, FRCPC

THE SUN LIFE FINANCIAL CHAIR in Adolescent Mental Health is a joint development between the IWK and Dalhousie University. Conceived in 2006, the Chair team is currently focused on implementing programs and tools that help to develop capacity building to care for common mental disorders of children and youth in primary care and in school mental health. In 2011-2012, the Chair team drove a number of initiatives in these areas.

In collaboration with the British Columbia Medical Association (BCMA), a comprehensive training program was developed for primary care providers. A train the trainer model was designed using the best evidence-based, primary-care friendly approaches to diagnose, treat and manage effectively the common mental disorders of children and youth: ADHD; Anxiety Disorders; and Depression. The results show that with proper training and support, many young people can have their mental disorders effectively treated in the primary care setting.

The Chair collaborated with PAHO in Latin America. The physician training program, “Identification, Diagnosis and Treatment of Adolescent Depression for Primary Health Care Providers” was contextualized for and used as a first step toward establishing a child and youth mental health treatment network in Latin America. The training course includes information to help first-contact health providers understand how to identify, diagnose and treat major depressive disorder in adolescents and resources for assessing suicide risks and youth. The project was funded through a grant from Health Canada, and representatives from Guatemala, El Salvador, Nicaragua, Honduras, Costa Rica and Panama all committed to moving the project forward and implementing the program in their respective countries. The preliminary data from this

initiative show significant positive impact.

In collaboration with the Nova Scotia Provincial Department of Education, the unified team has been working to integrate the High School and Mental Health Curriculum (developed in cooperation with the Canadian Mental Health Association National Office) to all schools in Nova Scotia. The curriculum guide is part of a larger school mental health education training program. Training workshops have been hosted in Halifax and Yarmouth, with the expectation that the curriculum will be embedded in every grade nine class in Nova Scotia within the upcoming school year. Preliminary data shows that just one curriculum training program can significantly improve both knowledge and attitudes in teachers.

The team has four simultaneous implementations of the High School and Mental Health Curriculum in Ontario. The team is collaborating with researchers in Ottawa, who are evaluating the program through a RCT (Randomized Control Trial) and with researchers in Kingston. Several school boards in South Western Ontario are implementing the program and a large collaborative project with Ontario Shores Centre for Mental Health Sciences has successfully implemented training, research and project applications across Central Ontario.

Dr. Kutcher is co-chair of the mental health section of Sandbox, a national child and youth health and development initiative. He has also been appointed a member of the Senate and Expert Panel on Child and Youth Mental Health for the Senate of Canada. He continues to serve as a member of the Child and Youth Advisory Committee of the Mental Health Commission of Canada.

THE DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS

PHIL TIBBO, MD, FRCPC



THE MANDATE OF THE JANSSEN CHAIR includes not only continuation, but the promotion and expansion of research in psychotic disorders. Over the last year a number of research grant applications have been successful, representing a wide range of research projects. Abstracts from some of these projects have been presented at the 7th International Conference on Early Psychosis in Amsterdam, the International Congress on Schizophrenia Research in Colorado Springs, the 15th World Congress of Psychiatry in Buenos Aires, Argentina, the Society of Biological Psychiatry in Philadelphia, and at the Dalhousie Department of Psychiatry's 21st Annual Research Day in Halifax.

Three psychiatry residents have recently indicated their interest (and took early electives) in completing their research requirement with the Janssen Chair's research group. Dr. Jacob Cookey, will be enrolling in the Clinical Investigator Program and thus will be starting his Master's degree with the Chair's research group in July 2012. Dr. Cookey will be focusing on a neuroimaging study focused on age of initial cannabis use in first episode psychosis.

Dr. Tibbo was recently named to the Board of Directors for the Schizophrenia Society of Canada (SSC) and Vice-Chair of the SSC Foundation. In this role he will have a more general advocacy role nationally, in addition to assisting the

Foundation in its research mandate.

Dr. Tibbo has also collaborated with Dr. Ashok Malla (Montreal) to create the Canadian Consortium in First Episode Psychosis.

In 2011 Dr. Tibbo was part of a working group created to revise the provincial standards in first episode psychosis, regarding first episode psychosis assessment and treatment. The ultimate goal is to ensure that all Nova Scotian youth in the early phases of psychotic illness and their families receive the same assessment, treatment, and access to resources. The revised standards are in the process of being accepted by government.

Dr. Tibbo is also one of the lead facilitators of the Provincial First Episode Psychosis Network. The Network is made up of clinicians representing each of the provincial health districts, IWK, Health Canada and the Nova Scotia Early Psychosis Program. The Network is currently focusing on three major initiatives: 1) Development of state of the art services for youth in a pre-psychotic stage; 2) Optimal assessment and treatment of first episode psychosis; and 3) Province-wide sharing of innovative education materials. Significant progress has already been made in each of these areas.



CANADA RESEARCH CHAIR IN EARLY INTERVENTION

RUDOLPH UHER, MUDr, PhD, MRCPsych

DR. RUDOLF UHER, A CLINICAL PSYCHIATRIST trained at the Maudsley Hospital in London and one of the world's leading experts in gene-environment interactions and in pharmacogenetics, is the Department's first Canada Research Chair. Dr. Uher's research will focus on early intervention to prevent severe mental illness.

As the Canada Research Chair in Early Intervention in Psychiatry, Dr. Uher will focus on the early stages of the development of severe mental illness and try to determine whether there are effective ways to prevent its progression.

"I'm trained as an adult psychiatrist, but most mental illness starts in the teenage years and early adulthood," says Dr. Uher. "Often I see adults who have been ill for 20 or 30 years and we are limited in what benefits we may achieve with treatment after the illness has done its ravages. I believe that early intervention has the potential to achieve much better outcomes."

Dr. Uher's research will be focusing on severe mental illness – psychosis, bipolar disorder and severe types of major depression. Because it is a preventive study, he'll be working with a population who is at high risk of developing mental illness. These will be young people who have a combination of family history (a parent with severe mental illness) and other antecedents or milder sorts of problems such as anxiety, cognitive delays, or psychotic-like experiences in childhood. "The risk of developing severe mental illness is about 40 per cent when there is a family history plus these antecedents, which is high enough to warrant an intervention," he says.

Dr. Uher is working on a cross-diagnostic basis and collaborates with professionals from the Mood Disorders, Early Psychosis and Reproductive Mental Health teams. Currently he is working mostly with the mood disorders team and is busy writing grant applications and making plans for collaboration. In the fall he hopes to recruit staff and begin seeking out high-risk individuals.

The research process will be split into sub-projects for funding purposes and to keep the research team going while working towards the long-term aims. The first stages will involve recruiting young people between the ages of three and 17 and, over a year, determining who is eligible to participate in intervention studies. Participants will be grouped by age: four to eight-year-olds, nine to 12-year-olds and 12 to 16-year-olds. Half of those eligible will be offered psychological interventions, which are safe and relatively free of side-effects. Dr. Uher is hoping the experience will be reassuring for parents and children alike. The interventions will teach parents and children some useful skills and tools and give them the confidence to use them.

"We should have some interesting outcomes and results in five years," he says. "But what matters most is where these children are in early adulthood and how they are functioning at that point. I will need to see long term outcomes that really matter: educational achievement, employment, relationships and freedom from any disabling mental illness."

Because this is a longitudinal study Dr. Uher believes it will take around 10 years to arrive at the most important results.

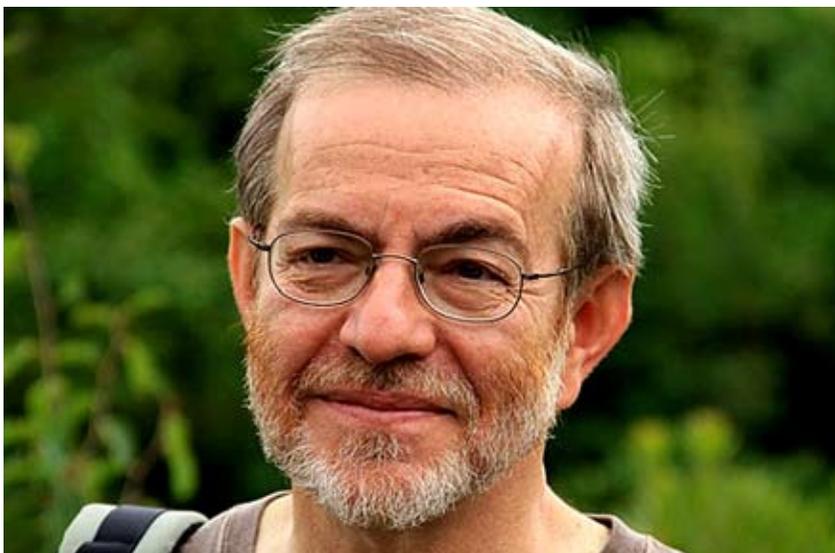
DEPARTMENT OF PSYCHIATRY AWARDS AND ACCOLADES

DISTINGUISHED SCIENTIST: RUSAK

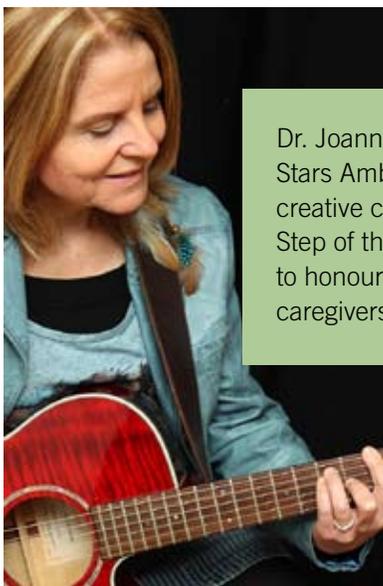
DR. BENJAMIN RUSAK RECEIVED a Distinguished Scientist Award recognizing the significant impact his work has had internationally in the basic science of sleep and circadian rhythms from the Canadian Sleep Society.

Dr. Rusak has made major

contributions to our knowledge of the mechanisms regulating circadian rhythms and sleep in mammals and has been a tireless proponent of the importance of these fields to our understanding of both basic physiology and human health.



Dr. Ben Rusak received the Distinguished Scientist Award from the Canadian Sleep Society.



Dr. Joanne Gusella received the IWK Stars Ambassador award for her creative contribution of a song “Every Step of the Way” which she co-wrote to honour the children and their caregivers at the IWK.

OTHER AWARDS

Dr. Stanley Kutcher was awarded the Schizophrenia Society of Canada’s annual Michael Smith Award. The award recognizes those researchers and clinicians working in Canada who have supported people with schizophrenia and psychosis and their families in their efforts to achieve an improved quality of life.

Drs. Benjamin Rusak and Sherry Stewart were inducted into the ‘Decade Club’ for service to the Nova Scotia Health Research Foundation.

Dr. Catalina Lopez de Lara (PGY-4) was awarded the Dr. Oswald Avery Prize for Genetics Research.

QUALITY COUNCIL

THE CDHA MENTAL HEALTH COUNCIL

received a Meaningful Involvement Consumers Award (MICA) from the Department of Health and Wellness for its work on the Triangle of Care initiative, the collaboration between consumer, family and provider. The Council included Drs. Edward Gordon, Joe Sadek, Andrew Harris, Nick Delva and Ian Slayter as members.

Dr. Ian Slayter received a Vision Award from the Mental Health Foundation of Nova Scotia for his leadership of the Triangle of Care project as chair of Quality Council.

RASIC AND COOKEY: YOUNG CLINICAL INVESTIGATORS

DR. DANIEL RASIC, the first resident in the Department to participate in the Clinician Investigator (CIP) Program, has continued his research over the 2011-2012 year, focusing on the psychiatric epidemiology with specific attention to relationships between religion and mental illness, as well as effects of sociodemographic factors, alcohol use, smoking and social cohesion on these relationships. The CIP is an accredited Royal College training program that provides residents the opportunity to undertake research training with the intention of pursuing a career path of a clinician-scientist. Dr. Rasic is scheduled to complete his training in the summer of 2012.

Dr. Jacob Coockey has also been accepted into the Clinical Investigator Program (CIP). Dr. Coockey has chosen to do a two year, medical sciences graduate program (MSGP) at Dalhousie with courses focusing on neuroimaging.



Residents Jacob Coockey and Daniel Rasic.

His thesis project will be looking at the relative impact early cannabis use has on the developing brain in early onset schizophrenia, using diffusion tensor imaging (DTI). This research will be based in the Nova Scotia Early Psychosis Clinic, and supervised by Dr. Philip Tibbo along with Dr. Denise Bernier and Dr. Aaron Newman.

2011 DEPARTMENT OF PSYCHIATRY OUTSTANDING CLINICIAN AWARD



DR. EDWARD YUZDA WAS AWARDED the Department of Psychiatry's Outstanding Clinician Award for 2011. The award recognizes members of the Department who have made outstanding contributions to the Department's mandate of providing excellent clinical care. Dr. Yuzda has been a member of the Department in Saint John since 2005 and focuses his clinical duties in the outpatient area, primarily at the Mental Health Clinic on the Acute Team.

ACCOLADES

Dr. Anne Duffy's article, "The early natural history of bipolar disorder: what we have learned from longitudinal high-risk research" (Canadian Journal of Psychiatry, 2010), was reviewed in the Faculty 1000 Library. This organization reviews and ranks articles from the life sciences and it is an honour to have one's paper selected for inclusion in the library.

On March 22nd, the Inaugural Lecture was given in an Endowed Grand Rounds series at the Massachusetts General Hospital that honours two members of our Department: Jane Murphy who is Adjunct Professor, and the late Alec Leighton who was Professor in our Department beginning in 1975. The name for the Grand Rounds is: The Jane Murphy Alec Leighton Annual Lectureship in Psychiatric Epidemiology.

Drs. Pamela J. Forsythe and Rachel L. Morehouse were chosen as fellows of the Canadian Psychiatric Association. Election to Fellowship in the CPA is an honour that rewards members of the CPA for excellence in their specialty.

Dr. Sonia Chehil was elected to the Board of the World Federation for Mental Health for 2011-2013 and was appointed Vice President for Latin America.

Dr. Lara Hazelton was awarded the 2012 Royal College Fellowship for Studies in Medical Education (SME). The funds will be used to support her thesis research.

EDUCATION SECTION

The Dalhousie Department of Psychiatry offers undergraduate, postgraduate and continuing education in psychiatry within the Faculty of Medicine. The five-year residency program trains the next generation of psychiatrists with help from over 100 faculty members serving the child and adolescent, adult, and senior populations.

Dr. Margaret Rajda and resident Dr. Jacob Cooney.



education

ALLAN ABBASS, MD, FRCPC
DIRECTOR

THE 2011-2012 YEAR HAS BEEN BUSY for the Education section of the Department.

Following extensive efforts at all levels, including the deanship, the postgraduate program was given full accreditation. Congratulations to Dr. Margaret Rajda and all those who made that possible.

We created a new post in the postgraduate division: Deputy Director. This position was filled by former resident, now staff, Dr. Mark Bosma. We are happy to have been able to continue to retain standout graduates from our own residency program.

Much has been happening with the new Undergraduate curriculum. Ms. Mandy Esliger has taken on the busy undergraduate coordinator post. Dr. Aileen Brunet has been filling in as Director of Undergraduate Education during Dr. Cheryl Murphy's absence.

One of the Department's Masters in Education candidates, Dr. Lara Hazelton was awarded the 2012 Royal College Fellowship for Studies in Medical Education (SME). The funds will be used to support her thesis research: "To Identify How Residency Program Directors Interpret and Integrate "Elements" of CanMEDS Professional Role Into the Postgraduate Curricula."

Academic Day was, as always, a success. This is the last to be formally led by Dr. Bill McCormick who is lessening his role in the Department after many years of stellar service in education.

A big thank you to the educators, directors and administrators in the department for making this a standout centre of excellent education.

undergraduate education

CHERYL MURPHY, MD, FRCPC
DIRECTOR

THE PSYCHIATRY UNDERGRADUATE PROGRAM is designed to provide high quality education in psychiatry to Dalhousie University medical students throughout the four years of their training. The faculty participate in a variety of educational experiences including acting as case-based or clinical skills tutors in the first and second year core curriculum, clinical supervisors for core or elective students and facilitating didactic seminars.

Pre-clerkship (Year 1 and 2)

Three weeks are focused on psychiatry in the Neurosciences Unit in the second year. Students work through six cases primarily focused on mood, anxiety and psychosis, supplemented by 2-3 lectures per week. Parallel to this, the clinical skills curriculum provides an opportunity to learn about and practice psychiatric interviewing skills. Students in both first and second year also have a half day clinical elective that they can choose to spend in psychiatry.

Clerkship (Year 3 and 4)

Students spend six weeks in core psychiatry in the third year clerkship. The fourth year is focused on elective experience, which can range from 2-4 weeks in duration. This year 109 core students rotated through our services and we were able to offer a total of 39 senior elective experiences.

Psychiatry Student Interest Group

The Psychiatry student interest group was a new pilot initiative in 2011. The goal is to provide students with an opportunity to learn more about the practice of psychiatry outside of the formal curriculum and to foster interest in psychiatry as a potential career path. Several successful events, including a career night and a movie night were held this year.



Top: Dr. Cheryl Murphy;
Bottom: Resident Dr.
Vanessa Thoo, chair of the
Psychiatry Interest Group.

postgraduate education

MARGARET RAJDA, MD, FRCPC, ABSM
DIRECTOR

THE PSYCHIATRY RESIDENCY PROGRAM has regained Full Accreditation Status by the Royal College Accreditation Survey Team, ending the provisional ratings previously held by the program.

Dr. Mark Bosma accepted the position as Deputy Program Director as of September 1, 2011, with the portfolio of junior residents, fellowships and sub-specialty training.

An Evaluations and Promotion Committee was struck to deal with evaluation review and the promotion process. Original members of the committee are Drs. Mark Bosma, Edward Gordon, Lukas Propper, Tanya Pellow and Margaret Rajda. This committee developed and distributed a new policy regarding attendance at academic half day for residents. The

Postgraduate Committee reviewed and approved this policy in January 2012.

An elective rotation was made available in Community Psychiatry in Windsor, supervised by Drs. Lorraine Lazier and Brian Burke.

The Postgraduate Education Committee approved a new policy regarding Training Modification and a new policy regarding PGY-1 Out of Town Electives.

Our PGY-1 residents can now augment their Psychotherapy Training thanks to the Saint John teaching site's purchase of licenses to the University of McMaster Psychotherapy Training e-Resources, an interactive online curriculum.

Graduating residents clockwise from top: Emily Maxan, Amanda Ginnish, Katie Manders and Jonathan Brake.



2012 End of Year Awards

Clerks' Choice Award – Liisa Johnston
Residents' Choice "Teacher of the Year" – Ezio Dini
Above and Beyond Award – Alan McLuckie
PGY-1 Resident of the Year – Marie Claire Bourque
Dr. Charles J. David Memorial Prize – Kristen Holm
Dr. W.O. McCormick Award – Jacob Coockey and Daniel Rasic
Dr. Robert & Stella Weil Fund in Psychiatry – Katherine Matheson
Alexander H. Leighton Resident of the Year – Meagan MacNeil

Awards & Achievements

- Dr. Daniel Rasic was successful in his CIHR application for the Banting and Best Masters Award. His application was highly rated in the top five per cent of application scores.
- Dr. Jacob Coockey was accepted into the Clinician Investigator Program (CIP).
- Drs. Sabina Nagpal and Daniel Rasic won Dalhousie University Killam Postgraduate scholarships. Dr. Rasic used this award to pursue a Masters of Science degree in Community Health and Epidemiology. Dr. Nagpal is pursuing a Master's degree in Public Health at the London School of Hygiene and Tropical Medicine.
- Dr. Daniel Rasic published his first book: "The Pirates of Aden."
- The QEII Foundation Program "Angels in Action" informed us that a \$10,000 donation was made in honour of Dr. Kristen Holm, PGY-1 resident in recognition of the exceptional care and support she gave to a patient. The donation will go towards the Charles V. Keating Emergency Department.



(L-R) Chief Resident Katherine Matheson and Associate Chief Resident Liisa Johnston

Fellowships

August 1 2009 -July 31 2012

Dr. Mirko Manchia- University of Cagliari, Italy -
Three year Clinical Fellowship in Mood Disorders.
Research in the area of bipolar treatment with lithium.

2012 CaRMS Matches

Rosemary Clarkson (University of Toronto)
Ashley Crane (Memorial University)
Mandy Emms (Dalhousie)
Sarah Fancy (Dalhousie)
Terrence McCarvill (Dalhousie)
Ahmed Saleh (University of Alexandria Faculty of Medicine, Egypt)
Michal Sapielha (Medical University of Lodz, Poland)
Ian Sarty (Dalhousie)

Residents 2011/12 Academic Year

PGY-1: Alice Aylott, Amgad Barsoum, Marie Claire Bourque, Michael Butterfield, Jonathan Cherry, Maghul Malik, Saima Nadeem and Jonathan Wan

PGY-2: Rachel Bell, Nancy Boniel, Kristen Holm, Liisa Johnston, Mirka Kolajova, Anita Hickey (Ray) and Vanessa Thoo

PGY-3: Cristina Aydin, Jacob Coockey, Shauna Correia, Katherine Matheson, Soroush Sadafi, Christian Wiens and Ashwin Varghese

PGY-4: Sumeer Bhalla, Anett Bessenyei, Catalina Lopez De Lara, Meagan MacNeil, Sabina Nagpal, Daniel Rasic and Jennifer Slater

PGY-5: Jonathan Brake, Amanda Ginnish, Katherine Manders, Emily Maxan, Christopher Murphy, Dilruba Rahman, Miroslava Stingu-Baxter, Lee Simpson and Adriana Wilson

continuing education

HEATHER MILLIKEN, MD, FRCPC, CSPQ
DIRECTOR

A NUMBER OF EXCITING INNOVATIONS

were introduced in continuing education programs during the past year. There was a change in the format and name of the regularly occurring Tuesday and Friday educational sessions at the Nova Scotia Hospital. The name of the weekly Tuesday sessions was changed to “Nova Scotia Hospital Inter-professional Education Series” to better reflect the interdisciplinary nature of these sessions, with the first Tuesday of each month featuring a presenter from Psychiatry. Friday morning sessions were renamed “Innovations in Care” and now take place monthly.

Dr. Bill McCormick handed over the role of coordinating the Nova Scotia Hospital educational sessions to the CDHA Mental Health Program Education Committee. Dr. Lara Hazelton has assumed responsibility for the organization and recruitment of presenters from Psychiatry.

On July 1, 2011 Dr. Bianca Lauria-Horner assumed the position of Primary Mental Healthcare Education Leader and became a member of the Department’s Continuing Medical Education committee. Her role includes

the development and implementation of educational programs for a range of primary mental healthcare providers including family physicians, community groups and law enforcement, involvement in the collaborative care program and research on the delivery of primary mental healthcare education programs.

One of the highlights of the year was the inaugural Dalhousie Psychiatry Debate held on March 28, 2012. Structured after the internationally recognized Maudsley debates at King’s College, the resolution debated was “The Study of Neuroscience will Lead to an Understanding of the Mind.” Thanks to our talented debate teams, Drs. Jason Morrison and Daniel Rasic and Drs. Jacqueline Kinley and Jacob Cooley, the inaugural debate was a great success. As a result we will now be incorporating Psychiatry Debates into our CME schedule on a regular basis with one debate to be held in the fall and one in the spring.

Videoconferencing of educational activities from both the QEII and NSH sites was extended to more sites in Capital Health, throughout Nova Scotia and to Saint John New Brunswick.



(L-R): Drs. Jackie Kinley and Jacob Cooley; Drs. Daniel Rasic and Jason Morrison; the debate vote.

WORKSHOPS 2011-2012

“Teaching Skills for Psychiatrists” – Drs. M. Rajda, M. Bosma and A. Wilson

“Maximizing Your Use of the New RCPSC MOC Program” – Dr. H. Milliken

UNIVERSITY ROUNDS SPEAKERS

September 2011- Dr. Chawki Benkelfat, James McGill Chair & Professor of Psychiatry, Coordinator, Mental Illness and Addictions, McGill University Health Center Research Institute (MUHC-RI)
Topic: “Serotonergic Mechanisms in Impulsive Aggression: Patient vs Community Sample Studies”

October 2011- Dr. Ruben Del Prado, UNAIDS Country Coordinator in Guyana
Topic: “Adolescents Living with HIV”.

November 2011- Dr. Susan McGurk, Associate Professor of Psychiatry, Dartmouth Medical School Psychiatric Research Center
Topic: “Cognitive Remediation and Supported Employment in Severe Mental Illness: The Thinking Skills for Work Program”.

January 2012 - Dr. Lily Hechtman, Professor of Psychiatry and Pediatrics, Director of Research, Division of Child Psychiatry, McGill University
Topic: “Challenges in the Diagnoses and Treatment of Attention Deficit Disorder in Adults”

February 2012- Dr. Susan Leiff, Professor, Department of Psychiatry, Vice Chair of Education, Department of Psychiatry, Director of Academic Leadership Development, Centre for Faculty Development, Faculty of Medicine, University of Toronto
Topic: “Kick Your Feedback Up A Notch!”

March 2012 - Dr. Rick Beninger Professor of Psychiatry and Psychology, McGill University
Topic: “Dopamine and Social Cooperation: New Insights for Understanding Schizophrenia”

Nova Scotia Hospital Academic Day

ON APRIL 15, THE SHEARWATER SEA KING CLUB was filled to capacity for Academic Day XXII. The theme for 2011 was “Concurrent Disorders Across Diagnoses and Across the Life Span.” A number of speakers, including Dr. Kathryn J. Gill from McGill University, Dr. Rosemary Meier from the University of Toronto and the Department’s own Drs. Ronald Fraser, Sabina Abidi and Risk Kronfli, spoke on the topic

of Concurrent Disorders, while Ms. Brigitte Neuman gave a mother’s perspective on experiencing concurrent disorders. The day was a tremendous success with the presentations encouraging a great deal of discussion on some very important issues such as Concurrent Disorders in the Elderly, Concurrent Disorders with Attention Deficit Disorders, and Cannabis use and Psychosis.

medical humanities

LARA HAZELTON, MD, FRCPC
COORDINATOR

THE DEPARTMENT OF PSYCHIATRY COLLABORATES WITH THE DALHOUSIE MEDICAL HUMANITIES PROGRAM, as well as sponsoring activities on their own. Every year the program sponsors tables at the annual Gold Headed Cane Award Dinner and Quill and the Stethoscope Dinner. Elective opportunities for medical students in the medical humanities are available.

Medical Humanities Student Writing Competition

The second annual Dalhousie Department of Psychiatry Student Writing Competition wrapped up in October 2011. This year, word of the contest was spread to medical

students at other Canadian medical schools through the Canadian Organization for Undergraduate Psychiatric Education (COUPE) and the Canadian Association of Medical Education’s Arts, Humanities and Social Sciences in Medicine (CAME – HSSM) network. As a result, entries came from medical schools right across Canada, outnumbering the entries by Dalhousie students. The first place prize went to Ms. Meghan Doraty from the University of Calgary for her essay ‘Cadaver Girl.’ Honourable mention was given to both Mr. Mohammad Bardi of the University of British Columbia and Ms. Amanda Lepp from Queen’s University.

Artist in Residence Collaboration

On June 15, 2011 Miro Davis and Don Rieder, Artists in Residence with the Dalhousie Medical Humanities-HEALS (Healing & Education through the Arts & Life-Skills) Program, facilitated a workshop aimed to engage psychiatry residents in a way that fostered creativity and physician wellness. With Don, a performer and director, the residents explored movement, through individual, paired and group experiences. Miro Davis is a mixed-media artist who has been working on the Caduceus Project, which is a large scale sculpture of metal work and ceramics contributed to by members of the medical and healthcare community. The art pieces symbolize what each individual values in the healing professions and what brought them to this work. The psychiatry residents contributed feathers to the wings of the medical symbol. The Caduceus along with an accompanying audio component is currently on tour, being displayed at various medical settings across Canada.

Below left: Psychiatry residents’ contribution to the Caduceus Project. Right: the completed Caduceus Project.



RESEARCH SECTION



Research is one of the core functions of the Department of Psychiatry. Activities span a wide variety of topics and involve basic research, clinical research, clinical trials and population health. Much of the research involves collaborations with members of other clinical and basic science departments within the Dalhousie Faculty of Medicine, in the affiliated hospitals and in other organizations.

Dr. Kathleen Pajer reviews findings with research associate Lisa Currie.

research

BENJAMIN RUSAK, PhD, FRSC
DIRECTOR

2011 Department of Psychiatry Research Fund Grants

February 2011

- Dr. Jackie Kinley, "Plasmas BDNF changes in patients with significant psychopathology following a six week Mental Health Day Treatment Program: Does psychotherapy change the brain?"
- Mr. David McAllindon, "Memory for serial order in schizophrenia."
- Dr. David Whitehorn, "Mindfulness-based support group for family members: A feasibility study."
- Dr. Bev Butler, "The Topical Niacin Skin Flush Test."
- Ms. Laura Goodman, (Dr. Shannon Johnson) "Metacognitive therapy for adolescents with autism spectrum disorders."

June 2011

- Dr. Kim Good, "Diffusion-tensor magnetic resonance imaging in patients with dementia of the Alzheimer's type."

October 2011

- Dr. Mirko Manchia, "Investigation of the effects of in vivo lithium treatment on gene expression levels using lymphoblastoid cell lines from human healthy subjects."
- Mr. Mark Petter, (Dr. Pat McGrath, Dr. Christine Chambers) "The effects of mindfulness on pain in adolescents."
- Dr. George Robertson, "Gene signaling events responsible for the neuroprotective effects of AF4."

Special Events

Research Expo

Psychiatry Research Expo is an annual informal, social event that highlights the diverse research expertise available to residents in the Department of Psychiatry and to promote resident involvement in research. This year's event was well attended by both faculty and residents with over 20 posters displayed. Residents and faculty members had an opportunity to meet informally and discuss research opportunities in the Department.



Above: Keynote speaker Dr. Christopher Van Dyck.

Right: Judges review a poster at the 21st Annual Psychiatry Research Day.



Research Day

The 21st Annual Psychiatry Research Day was held October 28 at the Lord Nelson Hotel with 105 faculty, students, and staff in attendance. This year's guest speaker was Dr. Christopher Van Dyck, Professor of Psychiatry, Yale University. His presentation, "Toward primary prevention trials: Anti-amyloid therapies and amyloid imaging in individuals at risk for Alzheimer's disease" was a highlight of the day.

RESEARCH DAY 2011 PRIZE WINNERS

Resident

Dr. Mirka Kolajova, "Polysubstance trajectories of injection drug users."

Undergraduate Student

Mr. Matthew MacNeil, "Intrapersonal discrepancies confer vulnerability to depressive symptoms: A three-wave cross-lagged panel analysis."

Graduate Student

Mr. Andre Benoit, "Examining sleep architecture in children with ADHD and their typically developing peers."

Psychiatry Staff

Ms. Kimberly Dillen, "Pathways to mental health care: A shorter duration of untreated psychosis."

Junior Faculty

Dr. Mirko Manchia, "Phenotypic definition of response to lithium treatment in the ConLiGen consortium."

2011 Summer Studentships

- Dr. Gail Eskes and student Andrew Clouter
- Drs. Anne Duffy and Simon Sherry and student Tyler James
- Dr. Normand Carrey and student Caitlin Reid
- Drs. Ben Rusak and Penny Corkum and student Jessica Waldon

2011 Research in Psychiatry Education Methods

- Dr. Normand Carrey, "An intervention to develop reflective skills in a family therapy program."

CIHR Café Scientifique

“Early Intervention and Treatment in Alzheimer’s Disease” – October 27, 2011

The event was held at the Waegwoltic Club in Halifax and moderated by Dr. Kim Good. It featured presentations by Drs. Mark Bosma, Gail Eskes, Don Weaver, Professor and Canada Research Chair in Clinical Neuroscience and our Research Day keynote, Dr. Chris Van Dyck.

“Brain Fitness: Facts and Fiction” – November 21, 2011

The event was held at Murphy’s Restaurant in Halifax and moderated by Dr. Gail Eskes and Mr. Wayne Grigsby of the Chester Arts Centre. Presenters included Drs. Ben Rusak, Lara Hazelton, Derek Kimmerly, an exercise physiologist at Dalhousie University, and Janice Keefe, Canada Research Chair in Aging and Caregiving Policy at Mount St. Vincent University.



Drs. Gail Eskes, Mark Bosma, Christopher Van Dyck and Don Weaver.

Open Minds Across Canada Mental Health Symposia

On October 1, 2011 the Department hosted “Open Minds Across Canada Mental Health Symposia 2011” sponsored by Healthy Minds Canada (previously the Canadian Psychiatric Research Foundation) and CIHR. Presenters included Drs. Martin Alda, Lukas Propper, and Abigail Ortiz who spoke on various topics in psychiatric research. The Saturday morning event on Dalhousie’s campus was well attended by educators, healthcare professionals, students, and the general public who stayed late to have questions answered by the panel. This has become an annual fall event, organized by the Department Research Section in collaboration with Healthy Minds Canada.

Postdoctoral Researchers



Dr. Lindsay Berrigan (Supervisor: Dr. John Fisk)

Drs. Berrigan and Fisk are investigating how cognitive dysfunction and mental health disorders are related in people who have multiple sclerosis (MS) and how these disorders affect health outcomes, like quality of life. They are examining these issues by linking results of cognitive tests with information on mental health symptoms from population-based databases and self-reports, and patient-reported quality of life. Through a better understanding of the relations between cognitive dysfunction, mental health disorders, and health outcomes, they hope to determine avenues to improve the quality of life of persons with MS.



Dr. Mirko Manchia (Supervisor: Dr. Martin Alda)

Dr. Manchia's research interests have been on the genetic basis of bipolar disorder (BD) and related phenotypes, in particular treatment response and suicidal behaviour. He has worked on research projects focused on the identification of molecular predictors (genes, proteins) of lithium response in BD. Once implemented in clinical settings, these findings will help clinicians to individualize therapeutic choices (i.e., personalized medicine). Moreover, in collaboration with the University of Cagliari (Italy), Dr. Manchia has analyzed the role of clinical and genetic determinants on suicide risk in mood disorders.



Dr. Roxanne Sterniczuk (Supervisors: Drs. Ben Rusak and Ken Rockwood)

Dr. Sterniczuk's current research is focused on early behavioural and cellular changes in Alzheimer's disease (AD), particularly those that occur prior to the manifestation of cognitive deterioration. She is specifically interested in understanding the early disruptions to the sleep/wake cycle in AD, as well as the associated underlying alterations to the circadian clock. Using post-mortem tissue in both humans and animals, she is exploring whether there are any changes to the circadian clock in the presence of AD in humans. While using a transgenic mouse model of AD, she is examining the cellular and molecular changes that occur within the circadian clock prior to AD-associated neuropathology. She is also studying the power of sleep disorder symptoms to predict a later diagnosis of AD.



Dr. Stephanie Jones (Supervisor: Drs. Gail Eskes and David Westwood)

Dr. Jones' research focuses on measuring attentional abilities in healthy adults across the lifespan as an important precursor to identifying deficits in attention in those affected by stroke and Parkinson's disease, as well as in developing rehabilitation methods aimed at improving attentional deficits in these patients. She is also examining the relationships between attention and body awareness in healthy individuals and those experiencing attentional deficits due to stroke.

Dr. Anne-Sophie Champod (Supervisor: Dr. Gail Eskes)

Dr. Champod is working on several different projects aiming to develop cognitive assessment and rehabilitation tools for attention deficits in stroke populations. She is exploring the effects of different training parameters on the effectiveness of prism adaptation, a promising rehabilitation technique for visuo-spatial neglect after stroke. She is also involved in research projects focused on other stroke-related topics, such as cognitive

L-R: Drs. Stephanie Jones, Gail Eskes, Anne-Sophie Champod and Yoko Ishigami.

predictors of stroke outcomes, and the effects of hypoxia on working memory as a model for sleep apnea (a condition that is commonly co-morbid with stroke).

Dr. Yoko Ishigami (Supervisor: Dr. Gail Eskes)

Dr. Ishigami is currently investigating the effects of alertness on prism adaptation (a potential rehabilitation technique for spatial neglect) to establish a more effective standard care for neglect. She is also investigating physiological correlates of alerting in healthy young and older adults to understand how alertness interacts with orienting and executive control and to examine its potential as a tool to boost other attention components. Areas of research interest include visual attention, its development, its disorders, its aging, and its individual differences.

DALHOUSIE GLOBAL PSYCHIATRY



The Global Psychiatry Section is a collective of health providers, administrators, individuals, researchers, and community members working together in Dalhousie's Department of Psychiatry to promote mental health across the globe.

Clockwise from right: Ms. Julie O'Grady, Ms. Sandra Hennigar, Ms. Susan Charlton, Dr. Mark Bosma, Ms. Donalda Edgar, Dr. Scott Theriault, Dr. Sonia Chehil, Dr. Matthew Morgan, Mr. Peter Croxall, Ms. Loretta Whitehorne and Dr. Sabina Abidi.

g l o b a l psychiatry

SONIA CHEHIL, MD FRCPC
DIRECTOR

GLOBAL ADVOCACY IN EQUITY FOR MENTAL HEALTH was the primary drive for 2011. The Global Psychiatry section and the Guyana Ministry of Health continued their ongoing campaign to prioritize mental health on the global development agenda. They were recognized as dedicated advocates for the inclusion of mental health in the United Nations Summit on Non-Communicable Diseases held in New York in September.

Dr. Sonia Chehil joined the board of the World Federation for Mental Health (WFMH) and is the Regional VP for Latin America. She will continue representing the Department of Psychiatry in the ongoing quest to gain mental health's rightful position as a global health priority in its own right.

WFMH has been central to the global lobbying campaign for mental health. Advocacy activities in 2011 included the presentation of position statements at the World Health Assembly meeting and the WHO meeting for health ministers in Moscow, as well as the sponsorship with other partners (including Global Psychiatry) of a pre-summit meeting on Global Mental Health in New York.

WFMH is currently in the process of developing key strategic activities including the development of a People's

Charter for Mental Health that will outline goals, tasks and outcome measures for improving mental health systems at national and regional levels.

WFMH and the Movement for Global Mental Health (a network of individuals and organizations committed to improving the availability, access and quality of services for people with mental disorders worldwide) are joining forces with the WHO and other multilateral and civil society agencies to promote the prioritization of mental health on the global stage. Together, this grand coalition of local, national and global actors aims to push Mental Health past the tipping point to the forefront of the global health agenda.



Dr. Sonia Chehil and Dr. Gabriel Ibvijaro, (WFMH Regional VP Europe) at the Pre-Summit meetings in New York.

Highlights



Psychiatric Nursing students in Guyana.

The first Post-RN Psychiatric Mental Health Nursing Program (PMHNP) class graduates

The Guyana Ministry of Health and Global Psychiatry take their hats off in recognition of the Herculean efforts of the CDHA/RNPDC (Registered Nurse Professional Development Centre) Nursing Team and the dedication of the Guyana nursing students. Led by Sandra Hennigar, the team, including Loretta Whitehorne, Donaldal Edgar, and Susan Charlton, devoted countless hours to ensuring the program's success. Eight students began the program in January 2011. All students completing the program successfully passed their licensing exams. Two students who are currently on medical leave will write the exams upon their return and are expected to join their classmate's achievements.



Primary Care Physicians and Nurses work with the specialty MH team to integrate MH into the well-established Antenatal Care Pathway in Tobago.

Integrating Mental Health into Primary Care in the Caribbean

Global Psychiatry completed phase one of integrating mental health into primary care in several Caribbean Countries including Grenada, Tobago and Guyana. The task of implementation is innovative and unique in each setting – reflecting individual countries' distinct social, cultural, economic, geographic and political context as well as differences in health system design and health service capacity.



Guyana Revenue Authority workshop participants.

Dalhousie Promotes MH in the Workforce in Guyana

Global Psychiatry and the Guyana Ministry of Health (MOH) have embarked on a campaign to address Mental Health in the workforce. The first of a series of MH workshops designed to increase mental health awareness and promote mental health through self-care and self-management was held in January for the staff of the Guyana Revenue Authority (GRA). This initial workshop focused on understanding 'Stress' and understanding the relationship between stress and mental and physical health.



Ms. Lucy Anderson, Health Promotion Coordinator Guyana MOH at the MH health workshop for Youth Friendly Health Services.

Dalhousie helps promote mental health for youth in Guyana

The Mental Health Department of the Guyana Ministry of Health conducted its first training session on Anxiety and Depression for staff of the Adolescent Health and Wellness Unit and Youth Friendly Health Services. The objective of the workshop was to assist staff in developing the base competencies for early identification, screening and referral of persons at risk for depression and/or anxiety.

Dalhousie supports the integration of Mental Health in the Voluntary Counseling and Testing (VCT) for HIV Prevention Program in Guyana.

Global Psychiatry joined the Guyana MOH's National HIV/AIDS Program and GHARP (Guyana HIV/AIDS Reduction and Prevention Project) in an initiative to build mental health awareness and basic mental health competencies for the early identification, screening, referral and provision of basic psychosocial support in VCT counselors currently working throughout the country. GHARP provides technical support to the USAID's HIV/AIDS prevention, care, and treatment program in Guyana and includes partners from Management Sciences for Health (MSH), Howard Delafield International (HDI), and the AIDS Healthcare Foundation (AHF). The first workshop on 'Domestic Violence and Mental Health' was completed in March 2012.



Dr. Sonia Chehil and the Guyana VCT counselors.

WHO Collaborating Centre

The World Health Organization/Pan American Health Organization (WHO/PAHO) has re-designated the WHO/PAHO Collaborating Centre for Mental Health Training and Policy in the Department of Psychiatry at Dalhousie University. The designation is effective to August 2015. Dr. Stan Kutcher is the Director of the Collaborating Centre and Dr. Sonia Chehil in the Associate Director. The Centre is one of only two WHO Collaborating Centers at Dalhousie and has been active since September 2005.

Improving Standards of Care in Tobago, Grenada and Guyana

Mr. Peter Croxall and Dr. Scott Theriault are assisting the mental health teams in Tobago, Grenada and Guyana to develop hospital-and community-based mental health standards and policies to improve the quality of care provided to patients and families affected by mental illness.

Understanding Suicide and Suicide Behaviors in Guyana

Drs. Sabina Abidi, Mark Bosma, Scott Theriault and Mr. Peter Croxall participated in case interviews and data collection for the Suicide Follow-Back Study which was completed in Region 6 of Guyana in 2011. The results of the study are to be released this year and will inform policy and collective action to curb the suicide scourge in a country with one of the highest rates of suicide deaths in the region of Latin America and the Caribbean.

Dr. Jorge Rodriguez, head of mental health and addictions from PAHO-Washington, Dr. Victor Aparicio (Sub regional director for Central America/PAHO), Dr. Amaralis Amador (Head of mental health Caja del Seguro, Panama), Dr. Stan Kutcher, and Dr. Iliana Garcia-Ortega (research associate with the Sun Life Chair).



Adolescent depression program developed by Dr. Stan Kutcher to be used to train mental health care providers in Central America

Dr. Stan Kutcher and the Sun Life Financial Chair team developed a training course that includes information to help first contact health providers understand how to identify, diagnose and treat major depressive disorder in adolescents and resources for assessing suicide risks and youth. They presented the program to government mental health decision makers, key mental health and primary care providers from Central America and senior PAHO representatives at a workshop on March 6-9. The team was successful in training participants and establishing a Central America child and youth mental health collaborative network. Representatives from Guatemala, El Salvador, Nicaragua, Honduras, Costa Rica and Panama all committed to moving the project forward in their respective countries.

CLINICAL DIVISION

Dalhousie Psychiatry and its co-leaders, CDHA and the IWK, are committed to identifying and promoting the highest standards of clinical practice. Faculty members hold key positions in clinical programs, provide consultation and assistance to community-based mental health programs, work to ensure physicians are equipped with the knowledge and skills to identify mental illness, and conduct research that leads to improved treatment and outcomes.

The Nova Scotia Hospital is one of several facilities providing a full range of mental health programs within Capital Health.



adult psychiatry

SCOTT THERIAULT, MD, FRCPC
CLINICAL DIRECTOR



Dr. Scott Theriault

General Adult Psychiatry

The area of general psychiatry delivers the bulk of psychiatric care and education in the Department, through general inpatient and outpatient services. In the 2011-2012 year, Dr. Ian Slayter resigned as Clinical Director, General Psychiatric Services. Dr. Scott Theriault was subsequently appointed Clinical Director, CDHA Department of

Psychiatry, while Dr. Jason Morrison was appointed Deputy Clinical Director of Acute Care.

Inpatients

It was work as usual for the four Inpatient general psychiatry units. The Psychiatric Intensive Care Unit (PICU) at the East Coast Forensic Hospital (ECFH) opened in May 2011. The mandate of the PICU is to provide a secure environment

for acutely aggressive individuals who are posing significant management difficulties to local mental health services. The PICU has furthered the ability to manage very aggressive patients and maintain safety on the units. In the year since its opening there have been 10 admissions to the unit. Patients have been admitted from across the province and the majority had been diagnosed with Bipolar Disorder. With the opening of the Bungalows at the NSH site, we hope to move forward in the 2012-13 year with plans to decommission the remaining units at the NSH and relocate all general inpatient services to the Abbie Lane site.

Outpatients and Community Clinics

There are five Community Mental Health Outpatient services in the Capital District Outpatient services.

Outpatient teams have continued to fine-tune the First Visit (FV) process over the last year. The First Visit process uses solution-focused therapy to reduce wait times. Family physicians send referrals to the clinics and ask the patient to call the clinic directly for a visit. Patients with needs that

cannot be delivered by FV are referred to appropriate services and disciplines within the community clinics. The community clinics continue to develop areas of service delivery in collaborative care, anxiety disorders and in realigning services to dovetail with the Recovery and Integration initiative.

Recovery and Integration Services (Rehabilitation)

Over the last year work has continued on the hubs—community-based rehabilitation services. In the 2012-2013 year, Recovery and Integration Services (R&I) will launch a central intake process for patients with Serious and Persistent

Specialty Services

Addiction Prevention and Treatment Services

Addiction Prevention and Treatment Services (APTS) has begun to transform services to a new clinical model founded on evidence-based best practices. In Community-Based Services, this has required clinical staff training for the delivery of new best-practice interventions, including Brief Intervention (BI) therapy, Structured Relapse Prevention (SRP) therapy and Cognitive Behavioural Therapy (CBT).

APTS' Withdrawal Management Inpatient and Day Programs are also undergoing major transformations. Redirecting resources made available by the discontinuation of the Compass Structured Residential Treatment Program, APTS is enhancing its Withdrawal Management programs (inpatient and day) and its Methadone Treatment Services.

In the community, APTS' approach has been to focus on capacity building to enhance the skills of their partners in dealing with addiction-related issues. APTS' one-day Addictions 101 customized training programs and two-day Beyond the Label Workshops have provided crucial training for hundreds of service providers, health professionals and community workers. A partnership with Halifax's largest homeless shelter, Metro Turning Point, is being launched this year to provide on-site service to Shelter clients and special training for Shelter staff, who estimate 80 per cent of their clients are struggling with addictions and mental illness.

Centre for Emotions and Health

This year the Centre for Emotions and Health continued to provide specialty short term therapy services to the Emergency Department, Psychiatry inpatients and other outpatients with treatment resistant somatic symptoms of anxiety and depression.

A new week of curriculum on "Emotions and Health" was delivered to and well received by Med 2 students. This teaching focuses on emotion physiology, pathophysiology and brief psychotherapy.

The service has provided courses to a range of international trainees and had visiting professionals from Europe.

The Centre continues to provide services which reduce

Mental Illness (SPMI) and integrate the services provided by the SCOTeam (Supportive Community Outreach) functions into the hubs.

The bungalow project, the inpatient arm of Recovery and Integration Services, is expected to open in June 2012. The project, supported by the Province of NS and with funding from the Nova Scotia Mental Health Foundation, will see home-like housing for forty patients in the facility built at the Nova Scotia Hospital site.

healthcare costs, medication costs and disability payments by between 10 and 20 times the treatment cost.

Consultation/Liaison Service

The consultation/liaison service serves six hospitals within the CDHA. Residents rotating through the service now have an opportunity to work with Dr. Mark Rubens at the Dartmouth General Hospital.

The service runs several outpatient clinics with other specialties including Epilepsy co-morbidity, Multiple Sclerosis, Traumatic Brain Injury and Psychosocial Oncology. The service is hoping to develop a collaborative clinic with Cardiology in Heart Failure by this fall.

Early Psychosis Program

Over the past year members of the Nova Scotia Early Psychosis Program (NSEPP) team worked with Addiction Prevention and Treatment Services (APTS) to continue improvement in NSEPP's capacity for treating addictions (specifically cannabis). A mindfulness-based therapy program for NSEPP family members was also developed from a Department of Psychiatry Research Fund grant.

NSEPP staff had significant involvement in the redevelopment of the provincial standards of care for early phase psychosis. It is expected final approval and roll-out will take place in the summer of 2012.

Forensic Psychiatry

In the past year the East Coast Forensic Hospital (ECFH) became the sole site for rehabilitation psychiatry rotations for Dalhousie psychiatry residents. There are large numbers of learners at the ECFH from every discipline and every level of medical training.

Dr. Aileen Brunet has assumed the role of Clinical Director at ECFH, taking over from Dr. Scott Theriault.

A multidisciplinary group at the ECFH is currently examining the psychosocial rehabilitation approach being used with an aim of improving the efficiency and effectiveness of interventions that are being delivered to the NCR (not-

criminally-responsible) patient group and working on how to better incorporate substance abuse treatment into programming.

Psychiatrists and other disciplines at the ECFH continue to be involved with the Mental Health Court Program, NS Forensic Sexual Behaviour Program, IWK Youth Justice Service, Hyde Inquiry Training Subcommittee, NS College of Physicians & Surgeons Complaints Committee, Undergraduate Education and other committees within and outside CDHA. Other disciplines are also actively involved with departmental endeavours by being Professional Practice Leaders for their discipline and contributing to program development such as the Borderline Personality Disorder program.

Geriatric Psychiatry Program

In January 2012, the Seniors Mental Health Team received recognition from the Department as an academic training program and was named Dalhousie's "Geriatric Psychiatry Program." The physicians and interdisciplinary team members are involved in training Dalhousie residents in a new core six-month geriatric psychiatry rotation, family physicians in the Health Care of the Elderly program, Geriatric Medicine residents, and fellows in Geriatric Psychiatry. This past year, Dr. Marla Davidson completed a fellowship under supervision of Dr. Sameh Hassan, and is now working as a Geriatric Psychiatrist at the University of Saskatchewan. As the only subspecialty training program in Geriatric Psychiatry in Atlantic Canada, in the near future Dalhousie's Geriatric Psychiatry Program will need to pursue official designation by the Royal College of Physicians and Surgeons of Canada as a subspecialty training centre.

The team also offers a CME-accredited Seniors Mental Health Tele-education Series to the other District Health Authorities through Nova Scotia's Seniors Mental Health Network (NSSMHN).

Members of the team are actively involved at the national level with the new training requirements and examination development in Geriatric Psychiatry, through the Canadian Academy of Geriatric Psychiatry (CAGP) and the Royal College of Physicians and Surgeons Canada.

The team welcomed Dr. Janya Freer in June 2011. Dr. Freer is a Geriatric Psychiatrist and experienced cognitive behavioural therapist who is the physician leader of the Seniors Mental Health Healthy Living Program.

Mental Health Day Treatment

Over the last year, in addition to articulating and publishing a rational empirical approach to treating severe mental illness, the Mental Health Day Treatment team provided opportunities for postgraduate electives in intensive group psychotherapy and research in an integrated bio-psycho-social model. The team developed a comprehensive research program in order

to gain a more integrated and complete understanding of psychiatric disorders from a cellular to psychosocial level.

There are various grant-funded studies underway and the team was recently jointly successful in securing a CIHR grant with Dr. Giorgia Tasca, and other psychotherapy researchers across the country, for developing a shared vision of practice-based psychotherapy research in Canada.

Mood Disorders Program

The Mood Disorders Program at CDHA welcomed a full-time psychologist for the first time in March 2012. This was a substantial change and signifies major progress for the service. The Mood Disorders Program has also had Dr. Rudolf Uher, the Canada Research Chair in Early Intervention, working on the service. Dr. Uher's prior experience from the National Referral Unit for Affective Disorders in London, UK, adds further expertise in the Program, especially in the area of depressive disorders.

With the enlarged team, the Mood Disorders Program is able to provide comprehensive care for all types of severe mood disorders. With the capacity to provide top-notch assessment, pharmacological and psychological treatment, patients can expect the highest standards of care from this team.

Reproductive Mental Health Services

Revision of the Mothers' Mental Health Toolkit, a knowledge-translation project targeting community-based mother-child service providers, began in January 2012. This novel community collaboration was developed by Joanne MacDonald MD, FRCPC, and Coleen Flynn, MSW, of Reproductive Mental Health Service (RMHS) and is partially funded by The Federal Public Health Agency of Canada (PHAC).

The RMHS team, in collaboration with the Dartmouth Family Centre, worked to develop the Mothers' Mental Health Toolkit: A Resource for the Community. It was first published in October of 2010, with an accompanying French translation. Dr. MacDonald and Coleen Flynn delivered regional training to Family Resource Centres in use of the Toolkit in the Fall of 2010 to Gander for Newfoundland, Moncton for New Brunswick/PEI and Halifax for Nova Scotia.

In November 2011, the National Projects Fund of the PHAC awarded a targeted grant for \$550,000 over two years to a Mothers' Mental Health Toolkit: Reaching the National Community.

Revision of the Toolkit 1 by a national advisory group of community-based leaders began in January 2012. The revision process is expected to be completed by June 2012. The dissemination of distance and direct training across Canada will follow. The project will end in the Fall of 2013.

child & adolescent psychiatry

KATHLEEN PAJER, MD, MPH
HEAD

THE 2011-12 YEAR HAS BEEN a year of change for the Division of Child and Adolescent Psychiatry. In August, 2011 Dr. Herbert Orlik stepped down as Chief of IWK Psychiatry and Head of the Division of Child and Adolescent Psychiatry. The Division welcomed Dr. Kathleen Pajer who assumed these roles.

Dr. Normand Carrey returned from his leave of absence and Dr. Selene Etches joined the division, as a psychiatrist for the CHOICES adolescent addictions treatment centre at the IWK Health Centre. The division is looking forward to more new additions to the faculty in the upcoming year.

AN EXCITING CHALLENGE this year was the reorganization of outpatient services within the Division of Child and Adolescent Psychiatry and the Mental Health and Addictions Program at the IWK Health Centre. In November, Drs. Ann York and Steven Kingsbury of the United Kingdom came to Halifax to train the Child and Adolescent psychiatrists and allied health professionals in the Choice and Partnership Approach to outpatient services delivery, an innovative method of managing care that is based on queue theory and production efficiency research. The changes are already noticeable; everyone on the waiting list has had contact with a care provider if they still needed service.

Dr. Pajer is currently undertaking a reorganization of the Division of Child and Adolescent Psychiatry. Several new administrative positions were developed and will be filled on July 1.

The IWK Mental Health and Addictions Program also opened up a new secure psychiatric inpatient facility at the Nova Scotia Youth Facility. The new unit has all the most up-to-date equipment, technology and architectural features possible to provide excellent care for youths in juvenile justice who have co-morbid psychiatric illnesses. Dr. David Mulhall has joined the team as part-time faculty and will care for the youth in the secure unit, and Dr. Khalil Ahmad visits once a week.



Top: The IWK Health Centre.

Bottom: Dr. Stan Kutcher on *Surviving :)*
The Teenage Brain.

Highlights

Dr. Stan Kutcher was a featured expert on the adolescent brain in the national CBC program, *Surviving :)* *The Teenage Brain* which aired on January 19th, 2012.

In June, Dr. Stephanie Casey spoke at a New Brunswick conference on treating eating disorders. The conference was held at the Moncton Hospital and was aimed at medical specialists, parents, siblings and teachers to help them better understand the condition and related disorders. Dr. Casey gave three television interviews after her presentation.

RESEARCH

Dr. Kathleen Pajer received an award of \$329,000 from the U.S. National Institute of Mental Health to test a theory that the mother-child transmission of antisocial disorders is partially mediated by fetal programming from the mother's stress response system.

Dr. Alexa Bagnell co-edited the January 2012 edition of *Child and Adolescent Psychiatric Clinics of North America*. The issue was devoted to school mental health and Dr. Bagnell also co-authored three of the papers.

Dr. Wade Junek published a two-part investigation of governmental monitoring of child and adolescent mental health in Canada in the February 2012 issue of the *Journal of the Canadian Academy of Child and Adolescent Psychiatry*.

Drs. Lukas Propper and Herb Orlik co-authored an article titled "Pharmacotherapy of Severe Disruptive Behavioural Symptoms Associated with Autism" in a recent edition of the *Child & Adolescent Psychopharmacology News*. Both authors are Child and Adolescent psychiatrists and recognized experts in autism, psychiatric co-morbidity associated with autism, and pharmacotherapy of autism.

Drs. Anne Duffy, John Nurnberger, and Melvin McNnis presented "Longitudinal studies of individuals at genetic high risk for bipolar disorder: Current status from three countries" at the XIXth World Congress of Psychiatric Genetics.

Dr. Kathleen Pajer presented *Advancing Biomarker Sciences in Pediatric Psychiatry* at the Research Forum at AACAP/CACAP Annual Meeting.

Dalhousie PhD candidate and Bedford resident Yifeng Wei (supervised by Dr. Stan Kutcher and Dr. Patrick McGrath) was awarded one of the largest Doctoral Research Awards available from the CIHR to support her research in the field of mental health education.

Research

Child and Adolescent Psychiatry had a very successful research year. Our faculty received 14 grants, two from the Canadian Institute of Health Research (CIHR) and one from the National Institute of Mental Health in the U.S. There were a total of 27 peer-reviewed publications and 45 academic presentations.

Education

Dr. Lukas Propper accepted the position of Director of Child and Adolescent Psychiatry Education and Ms. Michelle Patenaude is now the Education Coordinator. Under the direction of Dr. Propper, the Division successfully overhauled the education program and passed the Royal College of Physicians and Surgeons of Canada accreditation in February 2012. New features of the education program include: educational objectives based on CanMEDs components, the introduction of a comprehensive orientation binder for all core PGY-3 residents, a new teaching portfolio for core residents and a Guide for the IWK Emergency On-Call in question-and-answer format.

Drs. Propper and Bagnell are co-leading the preparation for the Royal College of Physicians and Surgeons of Canada application for the Dalhousie University Child and Adolescent Psychiatry Fellowship. This will be submitted in October 2012 and with hopes to have fellows begin training in July 2013.



Dr. Lukas Propper



Dr. Alexa Bagnell

Administration

Administration

Dr. Nicholas Delva	Department Head and CDHA District Chief
Dr. Michael Teehan	Deputy Head
Dr. Scott Theriault	Clinical Director, CDHA Department of Psychiatry
Ms. Carolyn Sisley	Director of Finance and Administration
Ms. Suzanne Decker	Executive Assistant to Department Head
Ms. Linda Ford	Administrative Assistant
Ms. Kate Rogers	Communications Coordinator
Ms. Sandra Millar	Finance Assistant

Education

Dr. Allan Abbass	Director
Ms. Annette Cossar	Administrator
Ms. Norma Thompson	Postgraduate Coordinator
Ms. Mandy Eslinger	Undergraduate Coordinator
Ms. Carrie Wipp	Education Coordinator

Research

Dr. Ben Rusak	Director
Ms. Janet Bardon	Administrator
Ms. Jennifer MacDonnell	Administrative Assistant

Global Psychiatry

Dr. Sonia Chehil	Director
Ms. Julie O'Grady	Administrator

Child and Adolescent Psychiatry Division

Dr. Kathleen Pajer	Head and Chief, IWK Department of Psychiatry
Ms. Michelle Patenaude	Administrative Manager
Ms. Jennifer Cunningham	Administrative Assistant
Ms. Candace Jessome	Administrative Assistant
Ms. Amy MacKay	Administrative Assistant to the Sun Life Chair
Ms. Bonny Halket	Administrative Assistant
Ms. Joan Sweet	Receptionist
Ms. Sarah Tamlyn	Administrative Assistant
Ms. Jill Wright	Administrative Assistant

Departmental Summary

The Dalhousie Department of Psychiatry is made up of the following:

Faculty

Total Faculty Members: 229

Professors Emeriti – 3

Professors – 23

Associate Professors – 29

Assistant Professors – 92

Lecturers - 82

Cross Appointments - 15

Adjunct Faculty - 11

Joint Appointments – 3

Education

Residents - 38

Fellows - 1

Faculty

Clinical Section Heads

Consultation/Liaison - Dr. Andrew Harris
 Seniors – Dr. Keri-Leigh Cassidy
 Mood Disorders – Dr. Martin Alda
 First Episode Psychosis – Dr. Phil Tibbo
 Centre for Emotions and Health – Dr.
 Allan Abbass
 ECFH Clinical Director – Dr. Aileen
 Brunet

Clinical Academic Leaders

Addiction Prevention and Treatment
 Services – Dr. Ron Fraser
 Mayflower Unit – Dr. Joe Sadek
 Dartmouth City Team – Dr. Philip Mills
 ECT – Dr. Michael Flynn
 Bedford/Sackville – Dr. Matthew Morgan
 Cole Harbour – Dr. Curt Peters
 Bayers Road – Dr. Doug Maynes

Full Faculty

Professors Emeriti

Last Name	First Name
McCormick	William
Munro	Alistair

Professor

Last Name	First Name
Abbass	Allan
Alda	Martin
Delva	Nicholas
Duffy	Anne
Gardner	David
Kutcher	Stan
Lynch	Mary
Morehouse	Rachel
Pajer	Kathleen
Robertson	George
Rusak	Benjamin
Stewart	Sherry
Tibbo	Philip

Associate Professor

Last Name	First Name
Bagnell	Alexa
Carrey	Normand
Cassidy	Keri-Leigh
Chisholm	Terry
Eskes	Gail
Fisk	John
Flynn	Michael
Good	Kim
Hajek	Tomas
Harris	Andrew
Hazelton	Lara
Milliken	Heather
O'Donovan	Claire
Orlik	Herbert
Propper	Lukas
Rajda	Margaret
Rao	Sanjay
Reynolds	Paul
Stokes	Aidan
Teehan	Michael
Therriault	Scott
Uher	Rudolf
Wiseman	Eve

Assistant Professor

Last Name	First Name
Abidi	Sabina
Addleman	David
Aicher	Joseph
Aspin	John
Aubie	Cheryl
Bains	Ravinder
Banic	Zlatko
Bekele	Yilma
Bernier	Denise
Bhargava	Manoj
Bhaskara	Sreenivasa
Bosma	Mark
Brooks	Simon
Brunet	Aileen
Bryniak	Christopher
Carandang	Carlo
Casey	Stephanie
Chehil	Sonia

Cohen	Jacqueline
Cooper	Kenneth
Croxall	Peter
Doucet	Jerome
Doucet	John
Etches	Selene
Faridi	Anjum
Fisher	Derek
Forsythe	Pamela
Fostey	Alan
Fraser	Ron
Gordon	Edward
Gray	Gerald
Hann	Gerald
Hassan	Sameh
Hipwell	Alexander
Horner-Lauria	Bianca
Hoyt	Linda
Howard	Richard
Hudec	Mary-Ann
James	Sherry
Jayaram	Kadamby
Jetly	Rakesh
Kelln	Brad
Kinley	Jacqueline
Kronfli	Risk
Lazier	Lorraine
Laurencic	Georgia
Lewitzka	Ute
Liaшко	Vitaly
Libbus	Yvonne
Lock	Elizabeth
MacDonald	Joanne
MacKay	Tom
Maynes	Douglas
Mills	Phillip
Morrison	Deborah
Morrison	Jason
Murphy	Cheryl
Neilson	Grainne
Ortiz	Abigail
Pearce	Patricia
Pellow	Tanya
Pencer	Alissa
Pottie	Colin
Relija	Malgorzata
Rubens	Mark
Ruzickova	Martina
Sadek	Joseph
Satyanarayana	Satyendra
Schmidt	Matthias
Scholten	Monique
Shahid	Raheel
Slayter	Ian
Tahir	Laeq
Tait	Glendon
Town	Joel
Thompson	Sarah
Ursuliak	Zenovia
Veasey	Duncan
Walentynowicz	Magdalena
Whitby	David
White	Kimberley
Yuzda	Edward
Zinck	Suzanne

Lecturer

Last Name	First Name
Ahmad	Khalil

Aladetoyinbo
Alexiadis
Ali
Amanullah
Aquino
Assh
Beck
Bergin
Bhalla
Bhattacharyya
Bilski-Pitrowski
Black
Borst
Bradley
Burke
Butler
Butler
Calkin
Childs
Davis
Dhar
Dini
Fraser
Garvey
Gleich
Goia
Grant-Oyeye
Gusella
Jefferson
John
Joshi
Junek
Keizer
Keshen
Khan
Laskowski
MacDonald
MacNeill
Maguire
McAllindon
McKim-Dawes
McLuckie
Mershati
Millar
Milligan
Milliken
Morgan
Moss
Muir
Mulhall
Muthu
Ortiz
Parker
Peters
Pilon
Poder
Potter
Pottle
Riives
Roberts
Robertson
Ross
Rowe
Russell
Sadiq
Shamsuddin
Siddhartha
Smith
Steele

Kehinde
Maria
Javad
Shabbir
Emmanuel
Donna
Nancy
Siobhan
Dinesh
Amal
Miroslaw
Katharine
Sjoerd
William
Brian
Bev
Gordon
Cynthia
Christopher
Donna
Neelma
Ezio
John
Brian
Stephen
Livi
Lind
Joanne
Steven
Omana
Vinod
R. Wade
Heather
Aaron
Niaz
Derek
Shannon
Kara
Hugh
David
Kathleen
Alan
Abdel
James
Scott
Jaqueline
Matthew
Phillipa
Ava
David
Murugesan
Ana
Deborah
Curt
David
Kuli
Laurie
Robert
Mai
Delyth
Nancy
Michael
Helen
David
Syed
Syed
Sanjay
Edwin
Curtis

Stewart
Sullivan
Taylor
Thompson
To
Tomlinson
Tulipan
Whitehorn
Wilson
Wood
Woulff
Zbuk
Zehr

Christopher
Glendon
Gretta
Karen
David
Mary
Tanya
David
Adriana
Bill
Nina
Randall
Richard

Cross-Appointed Faculty

Professor Emeritus

Last Name	First Name
Robertson	Harold

Professor

Last Name	First Name
Leslie	Ron
McGrath	Patrick
Semba	Kazue
Chambers	Christine

Associate Professor

Last Name	First Name
Corkum	Penny
LeBlanc	John
Murphy	Andrea
Newman	Aaron
Vallis	Michael

Assistant Professor

Last Name	First Name
Barrett	Sean
Johnson	Shannon
Kaiser	Archibald
Sherry	Simon
Westwood	David

Adjunct Faculty

Professor

Last Name	First Name
Kisely	Stephen
Kopala	Lili
Murphy	Jane
Patel	Vikram
Walker	Douglas
Walter	Garry

Associate Professor

Last Name	First Name
Cook	Allan
Crittenden	Patricia

Assistant Professor

Last Name	First Name
Burley	Joseph
Marceau-Crooks	Helene
Upshall	Phil
Walker	Douglas

Clinical Services

CDHA Psychiatry

Addiction Prevention and Treatment Services
Centre for Emotions and Health
Community Focused Living/Coral Hall
Consultation/Liaison
Day Treatment
Developmental Mental Health
Early Psychosis
Eating Disorders
Emergency
Forensic Psychiatry
Inpatient
Mood Disorders
Outpatient
Recovery and Integration Services
Reproductive Mental Health
Seniors Mental Health
Shared Care
Short Stay Unit
Sleep Disorders

Child and Adolescent Psychiatry

Acute Inpatient Unit
Adolescent Centre for Treatment
Adolescent Day Treatment
Anxiety (TAG)
Autism
Child and Family Day Treatment
Child Welfare Team
CHOICES
Community Mental Health Clinics
Compass
Eating Disorders
Family Therapy
Forensic Assessments
Intensive Community Based Treatment
Mood Disorders
Psychiatric Services to the NS Youth Facility
Psychosis
Shared Care
Tourettes Syndrome
Transgender

2011-2012 Annual Report

**Educate.
Discover.
Heal.**



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