



**Annual Report 2012-2013**  
**Department of Psychiatry, Dalhousie University**



**DALHOUSIE  
UNIVERSITY**

*Inspiring Minds*  
*Faculty of Medicine*



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# Head and District Chief's Message

I am sure that you will agree that this year's annual report is both informative and highly inviting – it draws the reader into our department, gives a good idea of how we function and, most importantly, tells the reader about the wonderful people who work here. Thanks are due to Ms. Kate Rogers, our Communications Coordinator, who *inter alia* creates the annual report, and is not only excellent at her job, but is a pleasure to work with.

The first few pages of this report provide illustrations of how we fulfill our departmental mission statement and adhere to our motto: “Educate. Discover. Heal.” The biannual debates have been a real hit, and enjoyed by all – thanks to residents Drs. Daniel Rasic and Jacob Cookey for initiating these spirited events. Dr. Alda and his team collaborate with other researchers around the world in their highly sophisticated and matchless work. Dr. Pajer's initiatives to establish a program for young people with suicidal ideation, employing dialectical behavior therapy (DBT), are paralleled on the adult side of our services by an initiative to develop a specific program for adult patients with borderline personality disorder.

You will note the numerous accolades received by members of the department this year, including our residents. Worthy of special note are: the lifetime research awards received by our Director of Research, Dr. Ben Rusak; the Outstanding Clinician Award received by Dr. Joanne MacDonald; and the award for best Dalhousie University 3-Minute Thesis received by Dr. Jacob Cookey on the basis of a flawless performance, which can be viewed on YouTube at <http://www.youtube.com/watch?v=hO1ouCHph0s>.

Not only is Dr. Joanne MacDonald an outstanding clinician, she is a well-rounded academic and is known as an excellent and committed teacher. With her colleagues at Reproductive Mental

Health, she has also developed an important Mothers' Mental Health Toolkit and is the project lead in a knowledge translation project aimed at developing and providing training modalities to community service providers in support of the Toolkit. This is a major project with great anticipated benefit to public health.

You will note the developments in all of our education programs. Residents in the department are now regularly participating in the Royal College Clinician Investigator Program (CIP) and formal Royal College subspecialty training programs in Child and Adolescent and Geriatric Psychiatry are being established. Our continuing education programs now reach as far as the Northwest Territories (N.W.T.)!

Within our Global Psychiatry Section, the N.W.T. project had a great start, and special recognition for its initial success is due to Dr. Arlene MacDougall, who was a Fellow with the department this year. The N.W.T.'s strategic plan for mental health, released in June, 2012 includes the following action for 2012-13: *“In partnership with Stanton Territorial Hospital, collaborate with the Department of Psychiatry at Dalhousie University to explore the potential for expanded clinical service delivery and mental health program development.”*

We are aiming to have the kind of long-term, high-quality relationship with the N.W.T. as currently pertains with our partners in the Caribbean area: Tobago, Grenada, St. Lucia and Guyana. We hope that our current

telehealth services from Halifax to patients in Yellowknife can soon be extended to patients throughout the rest of the N.W.T., as the technology improves and is made more widely available

We wish good luck to Dr. Mike Teehan in his upcoming year as CPA president. Another senior role at the CPA is occupied by Dr. Glendon Tait, Chair of the Annual Conference Committee.

In closing, I'd like to express our condolences to the families and friends of departmental members Drs. Irmgard Lenzer, Larry Buffett and Bill McCormick, and Ms. Rita MacNeil, who died during the year. Ms. MacNeil had recently participated in a memorable performance with the “Men of the Deep Pockets” at the Mental Health Foundation of Nova Scotia fundraising event, A Different Stage of Mind.

Sincerely,

Dr. Nicholas Delva



# mission statement in action

The Department of Psychiatry's mission is to develop and maintain high calibre educational, research and clinical programs that advance the field of psychiatry and mental healthcare. *Educate. Discover. Heal.*

**When two residents set out to incorporate a new, interactive way of learning into the education program, they had no idea the success they would have. In 2012 Drs. Daniel Rasic and Jacob Cookey initiated the 'debate-rounds' in the department.**

The primary department-wide academic activities in most psychiatry departments are didactic lectures. Open discussion, particularly on more controversial topics in psychiatry is often lacking. Engaging in these controversial and philosophical discussions, however, can lead to a greater appreciation of the diverse opinions and perspectives that exist within the fascinating discipline of psychiatry. In order to fulfill this need and to create a more interactive educational experience at Dalhousie University, Drs. Rasic and Cookey decided to modify the format of grand rounds. A biannual 'debate-rounds' was initiated featuring two teams of two presenters (one staff psychiatrist and one resident per team), engaging

in a structured debate on philosophical and controversial topics related to psychiatric practice. The structure of the debates is based on the Maudsley debates at King's College, London. Audiences participate through a question period where each team responds to audience questions stemming from the debate, as well as by determining the "winner" through a pre-and-post debate vote.

The debates have resulted in very high engagement at Dalhousie and are one of the best attended education sessions in the department. The debate format of one resident and one staff

psychiatrist also creates mentorship opportunities.

Since their initiation, there have been three debates. With standing room only, the inaugural debate took place on March 28, 2012 and

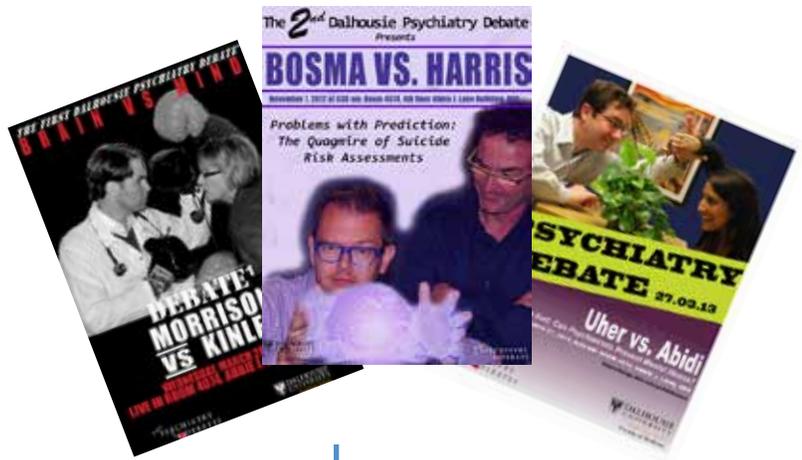


*Debaters Drs. Michael Butterfield and Sabina Abidi discuss strategy during the March 27, 2013 debate.*

*educate*

**The debates are guided by several overarching principles:**

- (1) The ‘truth’ always lies somewhere between the two sides of the debate.
- (2) The goal of the debate is learning; debating will increase the appreciation of the complexities within our discipline; the only thing the debates hope to eliminate is dogma.
- (3) Respect for divergent opinions, respect for individuals with mental illness and those who care for them.
- (4) All levels of evidence for an argument are welcomed, but the highest level of evidence should be weighed most heavily, if available for the issues at hand.



the resolution debated was “The study of Neuroscience will lead to an understanding of the mind.” Overwhelmed by the success of the first debate, Drs. Cookey and Rasic soon began preparation for the November 7

debate: “There is utility in suicide risk assessments.” The third debate took place on March 27, 2013 and posed the question as to whether psychiatrists can predict or prevent mental illness.

*If you would like more information about the debates, or are interested in getting involved in a debate, please visit the Dalhousie Debates blog site: <https://blogs.dal.ca/psychdebates/>.*

**discover**

**Working with a research clinic in Italy, Dalhousie Psychiatry researchers have produced findings that indicate genetic factors are among the strongest predictors of suicidal behavior. Dr. Martin Alda and his team have been working hard on a study that could change the future of suicide prevention.**

Patients with bipolar disorder (BD) have some of the highest risks of suicide in their lifetime. In some studies this is estimated at 15 per cent or higher. As suicide is known to cluster in families, Dr. Martin Alda and his team undertook a large study of patients with BD and their relatives. They invited a research clinic in Cagliari,



*(Clockwise from left): Dr. Martin Alda, Dr. Tomas Hajek, Ms. Joanne Petite, Ms. Claire Slaney and Dr. Giovanni Severino (representing the Cagliari cohorts). Missing from photo: Drs. Claire O'Donovan and Mirko Manchia, Ms. Julie Garnham, Ms. Caoimhe McParland and Ms. Rachel Tynski.*

Italy to collaborate on the study so they could base their observations on a large clinical sample and confirm Canadian findings in a similar clinical population. Together they examined 737 families (382 in the Maritimes and 355 in Italy) that included over 4,900 first degree relatives (parents, children and siblings). Their analyses focused on clinical and hereditary factors that influence the risk of suicidal behaviour. Among the subjects they found that 200 out of 737 had a history of suicidal behaviours (11 died and 189 made suicide attempts). Patients with early onset and with a family history of suicide had an especially high risk of suicide attempts. Long-term treatment with lithium however, seemed to have a protective effect and reduced the risk. Among the relatives, 818 suffered from a mood disorder (bipolar disorder or major depression), 59 died by suicide and another 104 attempted suicide at least once in their lives. In relatives,

just as with probands, the family history and early onset of mood disorder were associated with an increased risk of suicide. Remarkably, the patterns of these associations were very close in the Canadian and Italian families. The only difference was a somewhat lower rate of suicide attempts and family history of suicide attempts among the Italian families, thus reflecting a well established lower rate of suicide in the Italian general population. The familial pattern, higher risk in the early onset group, and the protective effect of lithium treatment were nearly identical in both samples.

Studies like this reveal many things of clinical relevance. Suicide cannot always be predicted or avoided, but there are signs that should alert clinicians. Patients with early onset of mood disorders, in particular those in their late teens and early 20s, should be considered an at-risk group. This is a strong argument for closer integration

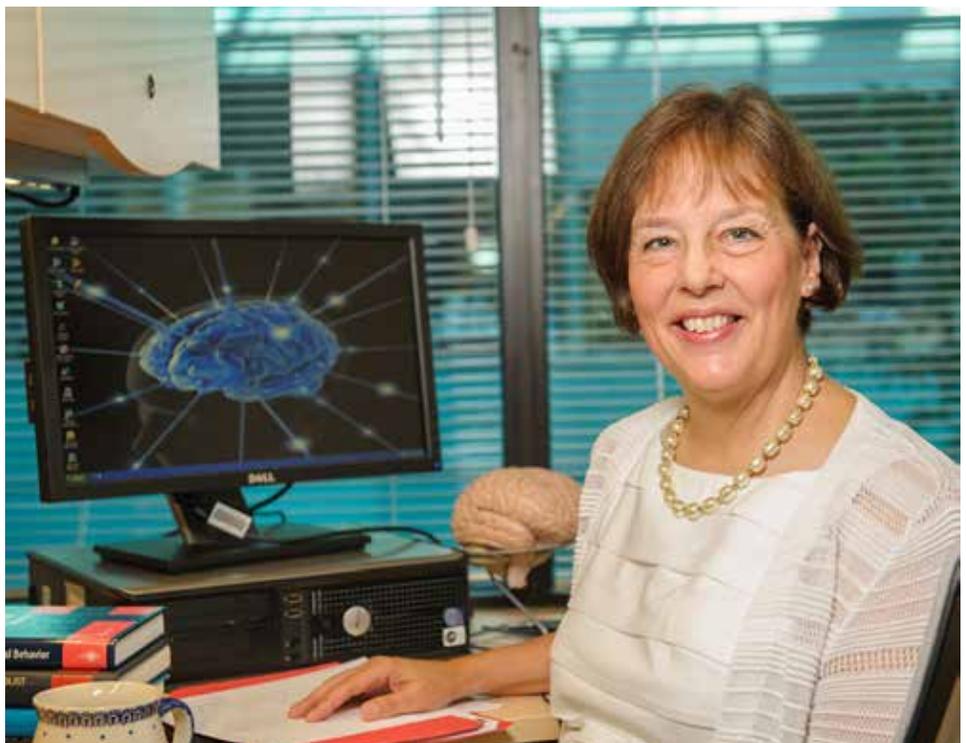
of specialized adolescent and adult mood disorder services. Family history of suicide, as well as high prevalence of mood disorders among relatives, also point to an elevated risk. This leads to the argument for services that focus on working with families whenever possible, not only individual patients. The data, together with observations of several other research groups, point to a special role of lithium in reducing the risk of suicide. Now that lithium is being replaced gradually by other mood stabilizers, clinicians should not forget its unique anti-suicidal properties. Finally, patients with bipolar disorder are at a higher risk of dying not only by suicide, but also from cardiovascular and respiratory disorders, as well as other physical causes. Observations from several countries show that such mortality is significantly lower in specialized mood disorder programs that offer patients continuous and comprehensive clinical care.

## heal

### **A generous gift from RBC and a new program for youth at the IWK Health Centre will eventually reduce the rates of suicide and attempted suicide in adolescents in the Maritimes.**

Mental health services for young people at the IWK Health Centre received a significant boost in funding thanks to RBC. In the fall of 2012 the Royal Bank of Canada announced it was giving the women and children's healthcare centre a donation of \$750,000 to be used for a self-harm prevention program and the construction of a new \$9.6-million mental health inpatient unit.

Funded by the grant, the Suicidality Training on Prevention (STOP) Maritimes Program will utilize a specific treatment known as Dialectical Behavior Therapy (DBT), a unique and effective treatment for suicidality



*Dr. Kathleen Pajer, chief of the IWK's Department of Psychiatry and head of the Division of Child and Adolescent Psychiatry, has coined the structured and systematic distribution of DBT throughout the Maritimes, STOP.*

developed by Dr. Marsha Linehan. STOP is simply an acronym created by Dr. Kathleen Pajer, chief of the IWK's Department of Psychiatry and head of the child and adolescent psychiatry division at Dalhousie University, to name a structured and systematic distribution of DBT throughout the Maritimes, with the epicenter at the IWK Health Centre. Through DBT, STOP will treat chronically self-harming adolescents by teaching personal responsibility for emotional and behavioral regulation.

### ***Clinician Training***

Each year for three years, six to eight staff members, including four psychotherapists and one psychiatrist, will be trained and certified in DBT. These individuals attend five-day training sessions with Behavioral Tech, LLC, the training organization for DBT. Participants then spend the next 6-8 months caring for patients with chronic self-harm under long-distance supervision from Behavioral Tech. The training is concluded with another week-long session. From within these initial three groups of trainees at the IWK Health Centre, a sub-group will be chosen to be further trained as trainers themselves. During the final two years of the donation period, these trainers will travel to several sites across the Maritimes to train others.

### ***About DBT***

DBT is a treatment and prevention program designed by Marsha Linehan, Ph.D., professor of psychology at the University of Washington in Seattle. It is an effective treatment for youths who are suicidal at the time they are being treated and it is the only empirically-supported intervention to prevent youths from repeated self-harm.

### **Evidence of DBT's Effectiveness**

DBT has been demonstrated in clinical trials to treat current self-harm and to prevent recurrence of future self-harm and has been used in chronically suicidal adolescents for several years. DBT is revolutionary in preventing more than half of the youths who are suicidal from repeating the acts. Moreover, it can be started when they are in the hospital for the first attempt.

### ***How it Works***

DBT for adolescents teaches the teen to regulate his or her emotions and take planned, rather than impulsive actions. It is a 12-month program that can be started on an inpatient unit and then continued into the outpatient setting or can be done completely as an outpatient.

Skills are learned through three components: a weekly session with an individual therapist, a 2.5-hour weekly meeting with a therapy group, and coaching by phone from the therapist when real-life situations challenge the youth. The content of the therapy aims to train the youth by teaching them how to do mindfulness meditation, decrease stress intolerance, differentiate emotions from thoughts, and plan self-interventions. The phone coaching



*The IWK Health Centre in Halifax.*

and group experiences reinforce these principles.

The grant from RBC has made this program possible. "The donation is a gift to anyone who has ever known the pain of suicide," says Dr. Pajer. "This program, which until now has not been available in the Maritimes, will ultimately reduce the rate of completed suicides, reduce the rate of repeated attempts and reduce the number of adolescents who require hospitalization from various forms of self-harm. It is a major step forward for Maritime families."



## Research excellence

Dr. Rusak receives his award from DMRF Chairman Mr. Frank Sobey.

**Dr. Ben Rusak was awarded** the Dalhousie Medical Research Foundation's Max Forman Senior Research Prize. The award is presented to a senior investigator in the Faculty of Medicine at Dalhousie University in recognition of that individual's dedication to excellence throughout a distinguished career in medical research. Dr. Rusak has championed research in the faculty of medicine for many years, and has made incredible contributions to the teaching of neuroscience. In these endeavours, he worked in a spirit of collaboration with scientists and clinicians from many fields. He is imbued with the vision of a united, effective, neuroscience community of excellence at Dalhousie, and in no small measure his efforts have succeeded.

## Dr. Michael Teehan named 2014 president of CPA

Dr. Michael Teehan, deputy head of the Department of Psychiatry, was named the 2014 president of the Canadian Psychiatric Association (CPA). The news came to Dr. Teehan in late July 2012 after results were received from a CPA members of NSPA vote, earlier that month. Dr.

Teehan will hold the position of 'president-elect' for the 2013 year and will officially become the CPA President in 2014.

Dr. Michael Teehan



## CPA recognizes Distinguished Fellows

The first Distinguished Fellows of the Canadian Psychiatric Association were conferred at the CPA annual conference in Montréal, QC in September 2012. Several department members were honoured: Drs. Shabbir Amanullah, Simon Brooks, Pamela Forsythe, Stan Kutcher, Bill McCormick, Rachel Morehouse, Phillipa Moss and Aidan Stokes.

### DR. STAN KUTCHER Awarded

Dr. Stan Kutcher was awarded the Paul Patterson Education Leadership Award from the Canadian Psychiatric Association. The award is given for "creatively and innovatively leading response to change in psychiatric education."

Dr. Kutcher was also chosen as the recipient of the 2013 Association of Faculties of Medicine of Canada's John Ruedy Award for Innovation in Medical Education. The John Ruedy Award was created to honour Dr. John Ruedy on his retirement as Dean of Medicine at Dalhousie University in 1999. The award is given to an individual or group who has developed innovative print materials, electronic learning aids or other teaching aids.

### DR. DANIEL RASIC successfully defends thesis

Dr. Daniel Rasic, PGY-5, successfully defended his thesis, "Time trends in the associations of religiousness and depression: Findings from the Stirling County Study," making him the first resident in the department to complete the Clinician Investigator Program.

### Not your average JOE

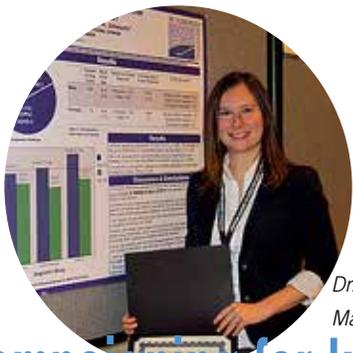
Dr. Joe Sadek received two awards from the CDHA Quality Council. The first award was for leading the Suicide Task Force and implementing the suicide prevention policy. Dr. Sadek received the second award for chairing the Morbidity and Mortality Committee and the positive work the committee has done.

## mentoring the masses

Dr. Stan Kutcher was awarded the Robert Bortolussi Mentorship award from the IWK on May 16, 2012 at the IWK Research Celebration. The award recognizes and rewards the dedication, endurance and commitment to mentoring shown by the recipient. It is given in honour of Dr. Robert Bortolussi, who throughout his career as a Pediatrician and Infectious Disease specialist, has been an outstanding model of mentoring for numerous researchers at the IWK.



*Dr. Stan Kutcher*



*Dr. Katherine Matheson*

## Campaigning for kids

Dr. Katherine Matheson, PGY-4, was awarded the Campaign for America's Kids (CAK) Junior Scholar Award from the American Academy of Child and Adolescent Psychiatry, in recognition of an outstanding research poster by a resident at the AACAP annual conference in San Francisco. She was presented with the award at American Academy of Child and Adolescent Psychiatry 59th Annual Meeting in San Francisco October 23-28, 2012.

## Canada's top publishing professors

In a study completed at the University of Regina, Drs. Christine Chambers, Sherry Stewart and Patrick McGrath were identified among the top publishing professors in clinical psychology in the country. The results of the study indicate that most CPA-accredited Canadian clinical psychology professors publish between zero and four articles annually. Drs. Sherry Stewart and Patrick McGrath are rated as the top publishers for each of the female and male categories, and would be ranked one and two respectively if the lists were to be combined. All three faculty members were ranked in the top ten.

## Ruth L. Wagner Memorial Fund awards resident

Dr. Catalina Lopez de Lara, PGY-5, was the first recipient of funds in aid of research from the Ruth L. Wagner (1928-2007) Memorial Endowed Fund. Dr. Lopez de Lara attended a course in Imaging in Psychiatric Disorders by the Neuroscience School of Advanced Studies in Italy with the support provided by the endowment. Her attendance at the course provided her with another research tool to be used towards better understanding the mechanisms underlying mood and other psychiatric disorders as well as enhancing her understanding of the contribution of neuroimaging findings to the observed psychopathology.

## A R O Y A L C E L E B R A T I O N

Dr. Pippa Moss was awarded the Queen's Diamond Jubilee medal in November 2012 for her humanitarian work. The Medal was created to mark the 2012 celebrations of the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada and is a tangible way for Canada to honour Her Majesty for her service to this country. It also serves to honour significant contributions and achievements by Canadians. MP Scott Armstrong presented Dr. Moss with the award at Fox Harb'r Golf Resort and Spa.

## BrightRED Research Awards

Dr. Anne-Sophie Champod, Dr. Yoko Ishigami-Doyle and Mr. K.Ryan Wilson, all students working with Dr. Gail Eskes, were recipients of the Heart and Stroke Foundation's BrightRed Graduate Research Awards. The goal of the BrightRed Graduate Research Award Program is to provide financial support to individuals enrolled in Masters, Doctorate, or Post-Doctorate programs who are undertaking research training in the cardiovascular and/or cerebrovascular field. Awards are available to students and trainees who are studying full-time at a university in Nova Scotia.



## An OUTSTANDING Clinician

*Dr. Nick Delva presents the award to Dr. Joanne MacDonald.*

Dr. Joanne MacDonald was awarded the Department of Psychiatry's Outstanding Clinician Award for 2012. The award recognizes members of the Department who have made outstanding contributions to the Department's mandate of providing excellence in clinical care. Dr. Joanne MacDonald is the epitome of an outstanding clinician. Nominator Dr. David Pilon put it best when he said, "Were I to recommend a psychiatrist for a loved one, Dr. MacDonald would be the first name to come to mind."

## Dr. Stan Kutcher HONOURED as Goodwill Ambassador

Dr. Stan Kutcher was named a Goodwill Ambassador for the Guidance, Counselling and Youth Development Center for Africa (GCYDCA), in recognition of his work in advancing mental health in Africa. He has worked with the GCYDCA in the development and implementation of peer educator programs in mental health and in the training of educators and counsellors in youth mental health and the identification of mental illness and community support for those with mental illness. Others similarly honoured include Archbishop Desmond Tutu and Mr. Kenneth Kaunda (first president of Zambia).

## OUR CANADIAN PHARMACIST OF THE YEAR



Dr. David Gardner was awarded the Canadian Pharmacist of the Year Award for 2012 by the Canadian Pharmacists Association. This prestigious award recognizes a pharmacist who demonstrates leadership and exemplifies the evolution of the pharmacy profession toward an expanded role in health care. Dr. Gardner received the award at the Annual Conference of the Canadian Pharmacists Association in Whistler, B.C. in early June 2012.

*Dr. David Gardner*

## CDHA Mental Health Program NATIONAL WINNER

The Capital Health Mental Health Program was the recipient of two awards at the 5th Anniversary National Mental Health Awards in 2012. The Program won a National Mental Health Award in the Community Capacity category for its work with Consumer, Family and Provider Collaboration to improve planning and delivery of mental health services.

The Nova Scotia Early Psychosis Program, part of the Mental Health Program, also received an award. Partnering with the Schizophrenia Society of Canada they won an award in the Research category for their work in cannabis use and psychosis.

Distance Mental Health Services, for which Dr. Patrick McGrath is CEO, and their Strongest Families Institute also picked up an award. Strongest Families Institute is a proven evidence-based distance mental health intervention program designed to help families in the comfort and privacy of their home at convenient times. Timely services are delivered to families with children who exhibit mild to moderate mental health problems, such as behaviour and anxiety disorders.

## Dr. Ben Rusak co-recipient of CCNP Heinz Lehmann Award

Dr. Ben Rusak was the co-recipient of the Canadian College of Neuropsychopharmacology's 2013 Heinz Lehmann Award. The award is designed to recognize outstanding contributions by an individual in the field of research in neuropsychopharmacology in Canada. Nominations were judged based on originality and uniqueness of approach to clinical or laboratory research that had led to new, significant neuropsychopharmacological knowledge of concepts, or to the development of new therapeutic agents for the treatment of mental diseases.



Dr. Ben Rusak (left) receives his award from Dr. Harold Robertson.

## Reproductive Mental Health Team awarded raising funds and voices for mental health

The Reproductive Mental Health Team was the recipient of the Family Leadership Council Patient and Family Centred Care Award.

The award was established by the IWK Family Leadership Council and recognizes a staff member, health care provider or team for outstanding patient or family centered care practice.

Led by Dr. Joanne MacDonald, the Reproductive Mental Health team provides assessment and beginning treatment and management for mental health concerns arising in reproductive care.

In February 2013, faculty members Drs. Nick Delva, Herb Orlik and Stan Kutcher joined together with more than 70 other men to exhibit their vocal abilities at *A Different Stage of Mind*, a fundraising event for the Mental Health Foundation of Nova Scotia. Robert Zed and the Men of the Deep (Pockets) closed the show singing Rita MacNeil's "Working Man." The group was taken by surprise when Rita MacNeil herself joined in the singing. Along with the overwhelmingly positive reaction from the audience, Drs. Kutcher, Delva and Orlik all remarked this was a highlight of the evening. The event was a roaring success, raising more than \$300,000 in support of those living with mental illness.

## WOMEN OF EXCELLENCE

Drs. Christine Chambers and Mary Lynch each received a 2012 Canadian Progress Club (CPC) Women of Excellence Award. Each year the Halifax Cornwallis Chapter of the Progress Club celebrates women who have made exceptional contributions to their community. Dr. Chambers received an award in the 'Education Research' category, while Dr. Lynch received her award in the 'Health, Sport and Wellness' category.



Drs. Christine Chambers (left) and Mary Lynch.



Rita MacNeil and The Men of the Deep (Pockets).

# department of psychiatry academic chairs

The Department of Psychiatry has four academic chairs: The Killam Chair in Mood Disorders, the SunLife Chair in Adolescent Mental Health, the Dr. Paul Janssen Chair in Psychotic Disorders, and the Canada Research Chair in Early Intervention.

## Martin Alda, MD, FRCPC The Killam Chair in Mood Disorders



In many areas of medicine we are witnessing a shift towards personalized treatments. Successful examples can be found especially in oncology, but also other fields such as cardiology or immunology. Attention to not only clinical diagnosis, but also disease subtype and its clinical stage are important in selecting the right treatment for the right patient. Personalized patient care depends on a number of factors including careful clinical characterization, knowledge of the long term course and outcome of the illness, as well as discovery of biological and genetic markers that can facilitate treatment selection and clinical monitoring. Several groups in psychiatry are now working towards similar goals in managing severe mental illness (schizophrenia, bipolar disorder, severe depression in particular).

Dr. Martin Alda, the Killam Chair in Mood Disorders, and the mood disorders group at Dalhousie University have been involved in similar efforts for close to 15 years. In recognition of their work, Dr. Alda was invited to give a plenary lecture, “Genetics of lithium response and personalized treatment of bipolar disorder” at the International College of Neuropsychopharmacology (CINP) Thematic Meeting on Pharmacogenomics and Personalised Medicine in Psychiatry, in Jerusalem in April 2013. The two most common themes of the conference are the need to go beyond current diagnostic classification and to diagnose and treat severe mental

illness early. Dr. Alda's clinical research has been active on both counts. He and his team have been busy working on genetic predictors of response to lithium treatment in bipolar disorder using genome-wide association and whole genome sequencing approaches. They have also been investigating biomarkers that could predict the risk of suicide in susceptible individuals. Lastly they have been working with family members, analyzing data from the youngest generation to

predict the risk of developing the illness. These studies use clinical, genetic and brain imaging methods (with Dr. Tomas Hajek) and connect naturally with the FORBOW project (Dr. Rudolf Uher). Much of this research is in collaboration with other groups in Canada, Europe and the U.S. Only by combining resources and validating each others' results will we be able to advance the treatment of our patients.

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## Stan Kutcher, MD, FRCPC Sun Life Financial Chair in Adolescent Mental Health

Led by Dr. Stan Kutcher, the Sun Life Financial Chair in Adolescent Mental Health team is currently focused on implementing programs and tools that help develop capacity to care for common mental disorders of youth in school mental health and primary care. In 2012-2013, the focus was on a number of initiatives in these areas.

In collaboration with the Nova Scotia Department of Education and the Nova Scotia Teacher's Union, the Chair's Mental Health & High School Curriculum Guide training program has been completed. Each school board has been trained on the guide, and the mental health curriculum will be implemented in every grade 9 Healthy Living class in the province. The "Go To" educator training will soon also be completed province-wide, making Nova Scotia the first Canadian jurisdiction to embed mental health literacy and full school identification, triage and support capabilities. Similar approaches are underway in hundreds of schools across Canada and research results show significant and substantial positive results.

Collaborators in China, Portugal, Zambia, Malawi and Brazil are all working to customize the guide and study its implementation in their settings.

*Transitions*, a guide to help students ease the transition from high school to college or university, has been substantially revised and redesigned. It is now available in online PDF and other formats, including an e-Book and app. It is being freely provided online to all secondary and post-secondary institutions in Canada.

The program, Identification, Diagnosis and Treatment of Adolescent Depression, has been accredited by the College of Family Physicians for Canada (Mainpro-M1 credits). The program's new accreditation will see more primary health providers take the course and in turn, become better experienced in early identification, assessment, diagnosis and evidence-based treatment of adolescent depression.

In partnership with the British Columbia Medical Association, a competency-based training program was



created to support family physicians and other primary health care providers in the identification, diagnosis and delivery of best evidence-based treatments for children and youth with common mental disorders. After piloting and evaluating the material, with support from the Ministry of Health (BC), the program is being rolled out across the province. Family physicians taking the program will receive Mainpro-C credits, while other primary care providers will acquire Maincert credits. A collaboration involving: Dr. Kutcher, Telus Inc., the Lawson Institute, Sandbox, RBC and the Boeckh Foundation are currently developing a personal electronic health record designed for youth based on these materials.

## Phil Tibbo, MD, FRCPC

### The Dr. Paul Janssen Chair in Psychotic Disorders

Over the last year Dr. Phil Tibbo, the Paul Janssen Chair in Psychotic Disorders, continued to lead, foster and mentor research in psychosis and schizophrenia. There continues to be expansion in the depth and variety of psychosis research projects and methodologies. The Janssen Chair is currently either principal investigator or co-investigator on 21 active research projects that have funding from national, provincial, or local agencies. Research areas include genetics, neuroimaging, health outcomes, cognition, education and clinical trials.

Dr. Jacob Cookey, PGY-4, is currently working with the Dr. Tibbo (Dr. Denise Bernier, Co-Supervisor) for his graduate studies in the Clinical Investigator Program. He received a Department of Psychiatry Research Fund (DPRF) grant for his research that is focused on the impact of early adolescent cannabis use on white matter microstructure in early phase psychosis using multimodal neuroimaging techniques.

Dr. Candice Crocker has joined the Janssen Chair research team as a Postdoctoral Fellow. Dr. Crocker will be focusing on manuscript preparation of neuroimaging data.

Revising the Nova Scotia Provincial Standards for Early Psychosis continued and a meeting with the Provincial Network indicated the need to involve Mental Health administrators at an early stage of planning for the implementation for the new standards. After various interviews with mental health clinicians and administrators from all the health districts and the IWK in regard to proposed standards and a grant from the Department of Health and Wellness, another face-to-face meeting of the provincial network and administrators from each of the health districts was held in March 2013. This was the first meeting in which mental health administrators from all of the health districts were present and the meeting was successful in providing a strong platform for moving forward with implementation of the new standards.

The Janssen Chair continues to support, under the leadership of Ms. Margie Crown, the *Your Mind Matters Project*. Funded by the Department of Health and Wellness, this project targets students age 18 to 19 years old who are making a transition to their first year of postsecondary education from high school. It involves creation of an innovative multimedia community education campaign (with collaboration from Egg Film) aimed at enabling these young adults to recognize early warning signs of psychosis and encourage them to take an active role in caring for their own mental health and that of their peers. This project will be rolled out to selected universities in the 2013/2014 academic year.



In collaboration with Mylen and Associates, the Chair has developed research and education materials on the use of Long Acting Injectable (LAI) antipsychotics and recovery. Canadian recommendations with respect to the use of long acting injectable antipsychotics have been published in the Canadian Journal of Psychiatry. Canada is now one of the few countries in the world that has specific recommendations to clinicians on LAI use.

In the last year the Janssen Chair played an important role in further development of the Canadian Consortium for First Episode Psychosis. This Consortium will have many potential benefits for the national community of clinicians in early phase psychosis.

The Janssen Chair has been actively collaborating with the Schizophrenia Society of Canada on a research project examining cannabis and psychosis in youth and young adults. This was a participatory research action project and in the last year won the National Research Award from the Mental Health Commission of Canada.

The Janssen Chair was invited to give the Annual Graham Goddard Lecture in the Department of Psychology on the role of neuroimaging in furthering understanding of psychosis.

## Rudolf Uher, MD, PhD, MRCPsych Canada Research Chair in Early Intervention

In the last year the Canada Research Chair in Early Intervention, Dr. Rudolf Uher, was able to obtain funding and initiate a major research project: the FORBOW study (FORBOW stands for “Families Overcoming Risk and Building Opportunities for Well-Being”). FORBOW investigates the development of mental health and mental illness with the aim to instigate early intervention and prevent the development of mental illness in young people at risk. It is the product of extensive collaboration including 18 investigators and collaborators from the Departments of Psychiatry, Psychology, and Community Health and Epidemiology.

In August 2012, FORBOW received a \$577,500 grant from the Canadian Institutes of Health Research (CIHR) and the Nova Scotia Health Research Foundation (NSHRF) Provincial Partnership Program, with some matching funds from the Department of Psychiatry at Dalhousie University. In October 2012, the FORBOW protocol was approved by the Research Ethics Board of the Capital District Health Authority. Academics from the University of Indiana and University of Bern visited to train FORBOW staff and investigators in the use of specialized assessment instruments.

In February 2012, FORBOW started recruiting young people and their parents. FORBOW works in partnership with the Department of Community Services, NS, to be inclusive of young people who are not growing up with their biological parents.

To achieve the goal of testing early preventive interventions, FORBOW needs to recruit and follow up with between 400 and 500 young people.

In addition to initiating and running FORBOW, Dr. Uher has continued and completed several other research projects. With Drs. Rasic, Hajek and Alda, he has completed a meta-analysis to estimate the risk of severe mental illness among the sons and daughters of parents with schizophrenia, bipolar disorder and major depressive disorder. This study shows that offspring of parents with severe mental illness have a one in three risk of developing severe mental illness. The manuscript reporting on this meta-analysis has received favorable reviews from one of the leading journals in psychiatry (*Schizophrenia Bulletin*) and will soon be published.

Dr. Uher has also successfully completed the largest pharmacogenetic study of antidepressants (the NEWMEDS), the results of which were published in *PLoS Medicine* in October 2012 and in the *American Journal of Psychiatry* in January 2013.

He has continued research on the gene-environment interactions causing major depressive disorder and has clarified the role of a specific gene (the serotonin transporter



gene) that sensitizes people to the effects of early adversity in the causation of chronic depression.

With Robert Power and colleagues in Sweden, Dr. Uher and his team have explored the fecundity of patients with a range of mental disorders and their siblings, showing that genetic proneness to some mental disorders, like schizophrenia or autism, confer evolutionary disadvantage while genetic proneness to other disorders, like depression, carries a hidden advantage in reproductive fitness when data from healthy relatives are considered.

Dr. Uher has also collaborated with Dr. Hajek on neuroimaging studies mapping the neural correlates of risk for bipolar disorder and revealing the neuroprotective effects of lithium treatment.

He has continued his role as a working group member and consultant for the World Health Organization on the 11th revision of the International Classification of Diseases.

Clinically, Dr. Uher is providing consultations, assessments and outpatient care as part of the Mood Disorders Program at the Capital District Health Authority. He is working closely with the Child and Adolescent Psychiatry and Reproductive Mental Health services to ensure continuity of care for women of child-bearing age. They are planning an integrated clinical-academic centre for depression treatment and study.



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.

## Education

**Director: Allan Abbass, MD, FRCPC**

The Education section of the department has enjoyed another year of positive outcomes.

Our medical students continue to develop keen interests in Psychiatry after their academic and clinical rotations. This year several applied through CaRMS and three Dalhousie grads matched to our program during the first iteration.

The Postgraduate program, under the capable leadership of Dr. Margaret Rajda, continues to produce high caliber-resident-to-junior colleagues,

several of whom will be joining the department. Dr. Rajda and Associate Director, Dr. Mark Bosma, facilitate the PGY-1 resident group. Dr. Bosma is also providing leadership to the fellowship program, including the additional sub-specialty fellows as our programs evolve through the Royal College. This year the Division of Child & Adolescent Psychiatry succeeded with their application and their accredited program will be available for fellows July 2014.

Congratulations to Dr Lara Hazelton who has accepted a key post within

the Faculty of Medicine, Continuing Education Office. She will be Co-Director of Faculty Development. Her advanced education in teaching coupled with her experience will be a great asset to the division.

The department continues to develop an academic interest in the area of education, facilitated by Education Research Grants. Dr Jackie Kinley and her group were awarded the last grant and others are also pursuing the study of education.

# Undergraduate education

## Director: Cheryl Murphy, MD, FRCPC

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 participates 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.

This year Dr. Aileen Brunet stepped in as Interim Undergraduate Director and Dr. Herbert Orlik filled in as Interim Clerkship Director during Dr. Cheryl Murphy's maternity leave, ending in January 2013.

### 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 focused on mood, anxiety and psychosis, supplemented by two or three lectures per week. Lecture content includes major clinical conditions as well as substance abuse and personality disorders. The Neurosciences block no longer includes Emotions and Health. Content from this component will be addressed in clerkship. The clinical skills 1 and 2 sessions provide opportunities for students 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 academic year, 111 core students rotated through our services and we were able to offer a total of 45 senior elective experiences.

The Dalhousie Faculty of Medicine has been working towards a more distributed education model. Psychiatry currently offers clinical clerkship rotations in Halifax Regional Municipality, Windsor, Charlottetown, Sydney, Moncton, Fredericton, Saint John and a longitudinal integrated clerkship (LIC) in Miramichi. Over the past year, we have been working towards developing Truro as a clinical rotation site for third year students. The first students will rotate through Truro in the fall of 2013.

With the continued growth of clinical rotation sites and the Dalhousie Medicine New Brunswick (DMNB) program, distributed education has evolved from telephone conferencing to videoconferencing in the state-of-the-art facilities available at the medical school.

### psychiatry student interest group

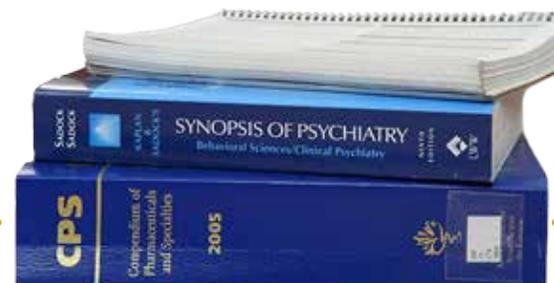
Now in its second year, the Psychiatry Student Interest Group continues to work towards its mandate of informing medical students about psychiatry, in efforts to improve perceptions and potential recruitment to this specialty.

This year, the psychiatry interest group was led by second-year medical students Maggie Lovett and Hyehyun Park. They hosted a Lifestyles in Medicine Night, as well as a number of movie nights.

The Department of Psychiatry sponsors travel for a medical student to attend the annual Psychiatry Student Interest Group Network (PsychSIGN) Conference held in conjunction with the American Psychological Association (APA). This year, Jillian Boyd, an incoming psychiatry resident, was chosen to attend the conference.



*Dr. Herb Orlik lectures to a group of undergraduate students.*



# Postgraduate education

Director: Margaret Rajda, MD, FRCPC, ABSM

## Program Improvements

**Patient Procedure Logs:** During the academic year an electronic change log was trialed. Logs help residents to keep track of their learning and find potential gaps to fill. They also inform clinical supervisors of the resident experience and help ensure the residents have an appropriate quantitative and qualitative clinical exposure. Logs will be necessary for the program to determine benchmarks of clinical experience and try to standardize the rotations experience. As the shift continues towards the competency-based education (and assessment) format, the Royal College will be placing an increased emphasis on using logs or portfolios by the programs.

**Electives outside of Maritime Provinces:** The Postgraduate Education Committee approved residents for application for up to four months away from the main teaching sites. Requests for six months of electives will be considered upon request and may be granted based on special circumstances, provided the resident body can still provide adequate coverage.

**Online Curriculum:** Our Postgraduate Curriculum materials were posted this year on the Dalhousie University server using BbLearn. This delivery method helps to evaluate the learning, as well as provides opportunities to access resources. The Postgraduate Medical Education Office also uses this system for their CanMeds curriculum.

**Shared Care and Addictions Rotations:** We now have a successful rotation in Shared Care and Addictions. Co-supervised by Drs. Curt Peters and Ron Fraser, this is a three-month core rotation for senior residents.

**Postgraduate Safety and Critical Incident Committee:** The committee reviewed residents' concerns regarding a psychiatry interview room in the IWK emergency department. In collaboration with the IWK, staff improvements were recommended and put in place by the facility.

**Examinations:** Dr. Glendon Tait is now the Chief Examiner in postgraduate education. He oversees the delivery of STACERs and the Annual Departmental Oral Examination, and chairs the board of examiners. Dr. Michael Teehan delivered a training workshop for STACER examiners. There are now 15 faculty trained to be examiners in this important exit examination.



## Program Initiatives

**Competency-Based Residency Training:** The Postgraduate Education Committee held a retreat focusing on Competency-Based Education in November 2012. In this environment, in order for residents to advance, they would have to demonstrate the achievement of defined competencies in training versus being evaluated on their performance at the end of a rotation. The current training model offered is “time based,” with the total training covering five years and including rotations lasting two, three or six months. By comparison, competency-based education has no set time limits, it is learner driven, and advancement occurs at the point of the learner’s achievement of described competencies. This shift is expected to begin at the PGY-2 level as early as July 1, 2013. For more information visit <http://www.afmc.ca/future-of-medical-educationin-canada/>.

# Residents 2012/13 Academic Year

## PGY-1

Rosemary Clarkson  
Ashley Crane  
Mandy Emms  
Sarah Fancy  
Terrance McCarville  
Ahmed Saleh  
Michal Sapieha  
Ian Sarty

## PGY-2

Alice Aylott  
Amgad Barsoum  
Marie Claire Bourque  
Nancy Boniel  
Michael Butterfield  
Anita Hickey  
Mahgul Malik  
Saima Nadeem  
Jonathan Wan

## PGY-3

Rachel Bell  
Kristen Holm  
Liisa Johnston  
Mirka Kolajova  
Vanessa Thoo

## PGY-4

Cristina Aydin  
Jacob Cookey  
Shauna Correia  
Katherine Matheson  
Soroush Sadafi  
Ashwin Varghese  
Christian Wiens

## PGY-5

Anett Bessenyei  
Sumeer Bhalla  
Catalina Lopez de Lara  
Meagan MacNeil  
Christopher Murphy  
Sabina Nagpal  
Dilruba Rahman  
Daniel Rasic  
Jennifer Slater

## Resident Achievements

- Dr. Jennifer Slater, PGY-5, won the Best Resident Presentation Award at the 22nd Annual Psychiatry Research Day.
- Dr. Michael Butterfield, with Dr. Phil Tibbo, was one of successful applicants of the October 2012 Department of Psychiatry Research Fund for their work on “Neurological soft signs in psychosis: the impact of NPAS3 gene variants on cerebellar structural and functional abnormalities.”
- Dr. Jacob Cookey, PGY-4, participated in, and won, Dalhousie’s first annual Three Minute Thesis competition, presenting his research on the impact of early, regular cannabis use on the brain in people with recent onset psychosis.
- Our Postgraduate Program won the award for best display booth at the 2012 Medical Students Career Day.
- Dr. Jacob Cookey started the two-year Clinician Investigator Program in July 2012.
- Dr. Mirka Kolajova was accepted to the Clinician Investigator Program and will begin in July 2013.

### 2013 CaRMS Matches

Jillian Boyd (Dalhousie University Medical School)  
Vhari James (Trinity College Dublin School of Medicine)  
Lesley Kirkpatrick (NUI Galway School of Medicine)  
Jennifer Ojiegbe (University of the West Indies Faculty of Medicine St. Augustine, Trinidad)  
Celia Robichaud (Dalhousie University Medical School)  
Kathleen Singh (Dalhousie University Medical School)  
Daniel Toguri (Western University)

### 2013 End of Year Awards

Clerks’ Choice Award: *Dr. Marie Claire Bourque*  
Resident’s Choice: Teacher of the Year: *Dr. Curt Peters*  
Above and Beyond Award: *Dr. David Gardner*  
PGY-5 Excellence in Mentorship: *Dr. Jackie Kinley*  
Horizon Health Network SJ Zone PGY 1 Resident of the Year Award: *Dr. Sarah Fancy*  
Alexander H. Leighton Resident of the Year Award: *Dr. Sabina Nagpal*  
Dr. Charles J. David Prize: *Dr. Michael Butterfield*  
Dr. W.O. McCormick Award: *Dr. Michael Butterfield*  
Dr. Robert & Stella Weil Fund in Psychiatry: *Dr. Shauna Correia*

*Graduating residents (clockwise from left): Drs. Anett Bessenyei, Daniel Rasic, Christopher Murphy, Meagan MacNeil, Sabina Nagpal and Catalina Lopez de Lara. Missing: Drs. Sumeer Bhalla, Dilruba Rahman and Jennifer Slater.*



# Subspecialty and Fellowship Program

Director: Mark Bosma, MD, FRCPC

The fellowship program is now called the Subspecialty and Fellowship Program, as several of our previously offered fellowship specialties are now Royal College-recognized subspecialties. In 2012 a working group of Child and Adolescent psychiatrists, under the leadership of Drs. Alexa Bagnell and Lukas Propper, submitted an application to the Royal College for

accreditation of their training program. Their application was accepted earlier this year, resulting in full accreditation for the Child and Adolescent residency training program at Dalhousie. A working group of Geriatric psychiatrists is currently preparing an application for accreditation as well with hopes to submit it later in 2013.

There is annual funding for four

subspecialty and/or fellowship positions. This year three of the positions are filled, with successful applicants starting fellowships in forensic psychiatry, early psychosis and geriatric psychiatry in summer 2013. As our programs continue to expand, we hope in the next year to promote our programs on a national level to improve recruitment.

## 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.

July 1, 2012 to June 30, 2013

*Dr. Arlene MacDougall* – Dalhousie University – One year clinical fellowship in Global Psychiatry and First Episode Psychosis.

*Dr. Arlene MacDougall and the Director of Subspecialty and Fellowship Program, Dr. Mark Bosma.*



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## Continuing Education

Director: Heather Milliken, MD, FRCPC, CSPQ

### Overview

It was another highly successful year for the Dalhousie University Department of Psychiatry Continuing Education Program. Attendance at regularly occurring events including monthly University Rounds, weekly Clinical Academic Rounds, monthly Child & Adolescent Psychiatry Academic Rounds, weekly Interprofessional Education Sessions, Sleep Rounds and monthly Seniors Mental Health Education Sessions increased significantly. In addition to current sites throughout Nova Scotia and Saint John New Brunswick, videoconferencing of University Rounds and Clinical

Academic Rounds was extended to other sites in New Brunswick and the NSH-based interprofessional rounds are now videoconferenced to the Northwest Territories.

There was a change in the organizational structure overseeing continuing education activities in the Department of Psychiatry and Capital District Addictions and Mental Health Program. The former Department of Psychiatry Continuing Education Committee and the former Capital District Mental Health Program Education Committee were merged into the Joint Department of

Psychiatry, Capital District Addictions and Mental Health Program Continuing Professional Development Committee. Representatives on this committee include faculty members, representatives from undergraduate and postgraduate education, psychiatry residents, the Primary Mental Healthcare Education Leader, nursing educators, professional practice leaders and representatives from addictions prevention and treatment services. The committee is chaired by Dr. Heather Milliken, Director of Continuing Professional Development and meets quarterly.

## Nova Scotia Hospital Academic Day

On April 26, 2013 over 230 participants from across the Maritime Provinces attended XXIV Annual Academic Day. The theme for 2013 was *Translating Knowledge into Practice: Update on Psychotic Disorders across All Ages & Stages*. A number of speakers, including Dr. Ashok Malla, the invited plenary speaker, and the department's own Drs. Sabina Abidi, Mark Bosma, Ron Fraser, David Gardner, Heather Milliken, Jason Morrison and Zenovia Ursuliak, as well as Brian Cooper OT Reg. (NS), presented on a wide-range of topics. In memory of Dr. W.O. McCormick, founder and chair for 23 years of the former NSH Annual Academic Day, the Annual Academic Day will be renamed the W.O. McCormick Annual Academic Day.

## University Rounds and Special Lectures

Date	Speaker	Topic
Sept. 2012	Dr. Ari Zaretsky, Associate Professor of Psychiatry, University of Toronto and Psychiatrist in Chief Sunnybrook Health Sciences Centre	"CBT in the New Millenium"
Oct. 2012	Dr. Janet Treasure, Professor, King's College London and Director of the Eating Disorders Unit, Maudsley Hospital	"Anorexia, Symptom or Disease: Implications for Treatment"
Nov. 2012	Dr. Elliot Gardner, Chief, Neuropsychopharmacology Section, Intramural Research Program, National Institute on Drug Abuse, National Institutes of Health, Biomedical Research Center	"Neurobiology of Addictions"
Nov. 2012	Special lecture: Dr. Andrea Waddell, Director Assessments and Evaluations, Department of Psychiatry, University of Toronto	"See One, Do One, Teach One": Psychiatry as a Procedural Specialty"
Dec. 2012	Dr. Brian Iwata, Professor of Psychology and Psychiatry at the University of Florida, Director, Florida Center on Self-Injury; Director of Prader-Willi Syndrome Program	"Experimental Approaches to Behavioural Assessment"
Jan. 2013	Special Lecture - Dr. Nader Perroud, psychiatrist & psychotherapist; head of specialized unit for treatment of borderline personality disorder and ADHD, Geneva University Hospitals	"Borderline Personality Disorder and Childhood Maltreatment: The Role of Epigenetics"
Jan. 2013	Dr. Sagar Parikh, Professor and Director of Continuing Mental Health Education, Deputy Psychiatrist-in-Chief, Department of Psychiatry, University of Toronto	"CANMAT Guide to Managing Real World Patients: Mood Disorders with Common Comorbidities"
Feb. 2013	Dr. Tamara Pringsheim, Clinical Assistant Professor, Departments of Clinical Neurosciences and Pediatrics, University of Calgary	"The Pharmacoeconomics of Antipsychotic Use in Canadian Children and Why We Need to Monitor Drug Safety"
March 2013	Dr. John Nurnberger Jr., M.D., Ph.D., Professor of Psychiatry, Director of the Institute of Psychiatric Research, Indiana University	"Predictors of Major Mood Disorders in Adolescents at risk for Bipolar Disorder"
April 2013	Dr. Bradley Lewis MD., Ph.D., Associate Professor at Gallatin School of Individualized Study with affiliated appointments in the Department of Psychiatry and the Department of Social and Cultural Analysis, New York University.	"Narrative Psychiatry: How Stories Shape Clinical Practice"
May 2013	Dr. Arnie Slive Ph.D., Psychologist, AAMFT Clinical Fellow, Lecturer, Our Lady of the Lake University, San Antonio, Texas	"Single Sessions with Families: Making the Most of One Hour"
June 2013	R.O. Jones Memorial Lecture; Dr. Sarah Hollingsworth Lisanby, Lawrence C. Katz Professor and Chair, Department of Psychiatry and Behavioral Sciences, Duke University	"Therapeutic Neuromodulation in Psychiatry: Opportunities & Challenges for our Field"

## Announcements

Dr. Heather Milliken has been elected as Chair of the Canadian Psychiatric Association Council on Psychiatric Continuing Education, effective April 2013 for a two-year renewable term.

Dr. Lara Hazelton has been appointed as Co-Director of Faculty Development in the Faculty of Medicine at Dalhousie University.

(L-R) Drs. Heather Milliken, Phil Tibbo and Ashok Malla share a laugh at the XXIV Academic Day.



# Medical Humanities Program

Coordinator: Lara Hazelton, MD, FRCPC

Now in its sixth year, the Department of Psychiatry Humanities Program collaborates with the Dalhousie Medical Humanities Program, as well as sponsoring activities of our own. Humanities coordinator, Dr. Lara Hazelton, ensures distribution of news and information regarding events of the Medical Humanities Program, arranges preceptors for elective students and collaborates with partners at the medical school and in the community.

## Medical Humanities Movie Night

On February 11, 2013, the Department of Psychiatry Medical Humanities and the Psychiatry Interest Group co-sponsored a Night at the Movies. The film was 'Side Effects,' a psychological thriller starring Jude Law as a psychiatrist who prescribes a new antidepressant medication for his patient (Rooney Mara) with unforeseen consequences. Ten medical students attended the film along with Drs. Nick Delva, Wade Juneke, Cheryl Murphy, Lara Hazelton, and Vanessa Thoo. 'Side Effects' portrays some alarmingly unprofessional behaviour by psychiatrists, which led to a lively small group discussion at Mezza Restaurant on Quinpool Road following the film. Previous movie nights have featured films such as 'A Dangerous Method' and 'Shutter Island.'

## Student Writing Competition

The third annual Dalhousie Department of Psychiatry Student Writing Competition wrapped up in October 2012. This year, submissions were separated into categories for medical students and postgraduate trainees. The first place prize in the medical student category went to Stefania Spano from Queen's University for her graphic novella 'Out of Service.' Honourable mention was given to both Carolyn Reardon from Dalhousie University and Jonathan Ding from the University of Toronto. In the postgraduate trainee category first place went to Tamar Rubin for his poem 'Chinatown.' Honourable mention was given to Baringer Singh from Queen's University.



Panels from the winning entry by Ms. Stefania Spano. To read her graphic novella in its entirety please go to: <http://uoft.me/outofservice>.





# 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.

## Research

Director: Ben Rusak, PhD, FRSC

### 2012 Department of Psychiatry Research Fund Grants

#### February 2012

- Dr. Patricia Crittenden, "Changes in attachment style in patients with personality disorders following short term intensive group psychotherapy."
- Dr. Roxanne Sterniczuk (Dr. Ben Rusak), "Circadian clock changes in an animal model of Alzheimer's disease."
- Dr. Aimee Coulombe (Dr. Penny Corkum), "Parental cognitions and behavioural sleep problems in children."
- Dr. Sanjay Rao, "Relationship between mental well-being and depression and their influence on physical health and frailty: Analysis of data from the Canadian Study of Health and Aging."

#### June 2012

- Dr. Anne-Sophie Champod, "Developing a more naturalistic approach to the measurement of attention."
- Ms. Marie-Eve Couture (Dr. Sherry Stewart), "Alcohol effects on processing of self relevant information in drinkers who drink to cope with depression."
- Dr. Derek Fisher, "Auditory change detection and auditory hallucinations in early psychosis."
- Dr. Sherry Stewart, "A motivation matched treatment for problem gamblers: Process study of the role of therapist adherence."

## October 2012

- Dr. Sean Barrett, “Cue induced craving for alcohol in daily and non-daily smokers.”
- Dr. Kathryn Birnie (Drs. Pat McGrath & Christine Chambers), “Catastrophizing and parenting during parent-child interactions about pain and conflict.”
- Dr. Michael Butterfield (Dr. Phil Tibbo), “Neurological soft signs in psychosis: the impact of NPAS3 gene variants on cerebellar structural and functional abnormalities.”
- Ms. Jamie-Lee Collins (Dr. Alissa Pencer), “A mood induced activation of laboratory alcohol consumption with coping with anxiety motivated and socially motivated drinkers.”
- Dr. Jacob Cookey (Dr. Phil Tibbo), “Multimodal neuroimaging of white matter microstructure in early phase psychosis: the impact of early adolescent cannabis use.”
- Ms. Hera Schlagintweit (Dr. Kim Good), “The Impact of the Nicotine Lozenge and Stimulus Expectancies on Cigarette Craving and Self-administration.”
- Dr. Zenovia Ursuliak, “Claymation art therapy as adjunctive treatment to promote recovery in early psychosis: A pilot study.”

## Special Events



### Research Expo

Psychiatry Research Expo is an informal, social event that highlights the diverse research expertise available to residents in the Department and to promote resident involvement in research. Research Expo 2012 was held on June 20 and residents took part in a “Speed Interview” game. Researchers set up posters around the room and learners met with each researcher for three minutes before a bell would sound and they moved on to the next.

### Research Day

The 22nd Annual Psychiatry Research Day was held November 2 at the Lord Nelson Hotel with 117 faculty, students and staff in attendance. This year's guest speaker was Dr. Candice Odgers, Associate Director, Center for Child and Family Policy/ Associate Professor, Sanford School of Public Policy, Duke University. Her talk “Childhood experiences and adult health: Evidence from genetically and geographically informative cohort studies” has been mentioned as one of the best keynotes of any Research Day. This year we also experimented with a new approach to resident research presentations. Each of the six residents who had poster presentations also had the opportunity to summarize their projects during a five-minute oral presentation on stage. The presentations were well received by all and will become an exciting addition to the annual event.



Top: Research Day keynote speaker, Dr. Candace Odgers.

Bottom (clockwise from top): Drs. Nick Delva, Candace Odgers, Sherry Stewart, Mr. Stephan MacLean, Dr. Roxanne Sterniczuk, Ms. Sarah Coupland, Drs. Jennifer Slater and Ben Rusak.

### Research Day 2012 prize winners

**Undergraduate Student:** Mr. Stephane MacLean, “Informant reports add incrementally to understanding of the perfectionism-depression connection: evidence from a longitudinal study.”

**Graduate Student:** Ms. Sarah Coupland, “Typologizing opiate dependence: Prescription versus illicit users.”

**Resident:** Dr. Jennifer Slater, “The impact of stigma on the lived experience of youth with mental illness taking antipsychotic medication.”

**Junior Faculty:** Dr. Roxanne Sterniczuk, “Disturbances to the sleep-wake cycle predict future diagnoses of Alzheimer's disease;” and Dr. Rudolf Uher, “History, symptoms or biomarkers: What will help personalize treatment for major depressive disorder?”

## Open Minds Across Canada Mental Health Symposia

On October 4 the Department of Psychiatry hosted “Open Minds Across Canada Mental Health Symposia 2012,” sponsored by Healthy Minds Canada and CIHR. This year’s presentation was titled “The Human Pain Experience: Perspectives of mind and pain from different disciplines” and featured presentations by Drs. Mary Lynch, Jason MacDougall and Jill Chorney and was moderated by Dr. Christine Chambers. The evening event in the Bethune Building was well attended by educators, healthcare professionals, students and the general public who stayed late to have questions answered by the panel. This is an annual fall event, organized by the Department of Psychiatry Research Section in collaboration with Healthy Minds Canada.

## CIHR Café Scientifique

The department hosted a CIHR-funded Café Scientifique on November 1 titled “Bad” Girls: Mad or Sad?” The event was held at the Waegwoltic Club in Halifax and moderated by Dr. Sherry Stewart. It featured presentations by Drs. Margo Watt, Kathleen Pajer and our Research Day keynote, Dr. Candice Odgers. Following the presentations, there was a question and answer period with the panel and the 68 health care professionals, students, researchers and members of the public in attendance.



Above: CIHR Café Scientifique panelists Drs. Margo Watt, Kathleen Pajer, Sherry Stewart and Dr. Candice Odgers.

Right: Dr. Margo Watt speaks during the CIHR Café Scientifique.



## 2012 Summer Studentships

### Ms. Caoimhe McParland (Supervisor: Dr. Martin Alda)

Caoimhe McParland returned to work with the Mood Disorders group in the summer of 2012 after a successful time with them two years prior. Ms. McParland is a student of Acadia University and entered her second year of studies in September. Her studentship project with Dr. Martin Alda and the Mood Disorders group examined the relative efficacy of

combination treatments with that of monotherapies using data from clinical trials of prophylaxis of Bipolar Disorder.

### Ms. Kristen Higgins (Supervisor: Dr. Phil Tibbo)

Kristen Higgins spent the summer of 2012 as a student with the Early Psychosis program after developing her research skills in psychiatric epidemiology



Ms. Kerry Clifton and Dr. Gail Eskes



Dr. Phil Tibbo and Ms. Kristin Higgins



Ms. Caoimhe McParland and Dr. Martin Alda



under the supervision of Dr. Lachlan McWilliams at Acadia University. She completed her B.Sc. Honours in Psychology degree last year and is now completing a post graduate degree in clinical psychology. She was president of the Acadia University Psychology Association and worked as a research assistant for Dr. Randy Newman in psycholinguistic research.

During her studentship, Ms. Higgins worked on delineating

the pathways to care in first episode psychosis in the Annapolis Valley Health region, following a project which has been doing the same for over a year in the Capital District Health region.

**Ms. Kerry Clifton  
(Supervisor: Dr. Gail Eskes)**

Kerry Clifton continued her work in the Eskes Lab in the summer of 2012 after graduating from Dalhousie University in May with a B.Sc. in Psychology. Ms. Clifton assisted in Dr. Eskes's Cognitive Health and Recovery lab throughout her studies at Dalhousie University and after her studentship took on a full time role as Research Coordinator for the lab.

During her studentship, Ms. Clifton coordinated the research group involved in Dr. Eskes's study investigating the effects of Mindfulness Meditation Practices on working memory and the improvement in working memory during a training paradigm.

**Ms. Michelle Hicks  
(Supervisor: Dr. Sherry Stewart)**

Michelle Hicks completed her studentship in the Stewart Lab before beginning her fourth year of a Bachelor of Science degree majoring in Psychology and Latin Studies. She'll be spending the next year completing her honours thesis. While spending the summer with Dr. Sherry Stewart, Ms. Hicks studied cross-cultural similarities and differences in the relationship of drinking motives to personality factors.

**Ms. Magda Szumilas  
(Supervisor: Dr. David Gardner)**

Magda Szumilas returned to the Department of Psychiatry to spend a summer working with Drs. David Gardner and Andrea Murphy. Previously, Ms. Szumilas spent three years working with Dr. Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health and completed a Master of Science in Community Health and Epidemiology at Dalhousie University. She is currently a third year medical school student at Dalhousie Medical School and has published ten peer reviewed publications, seven of which she is the first author.

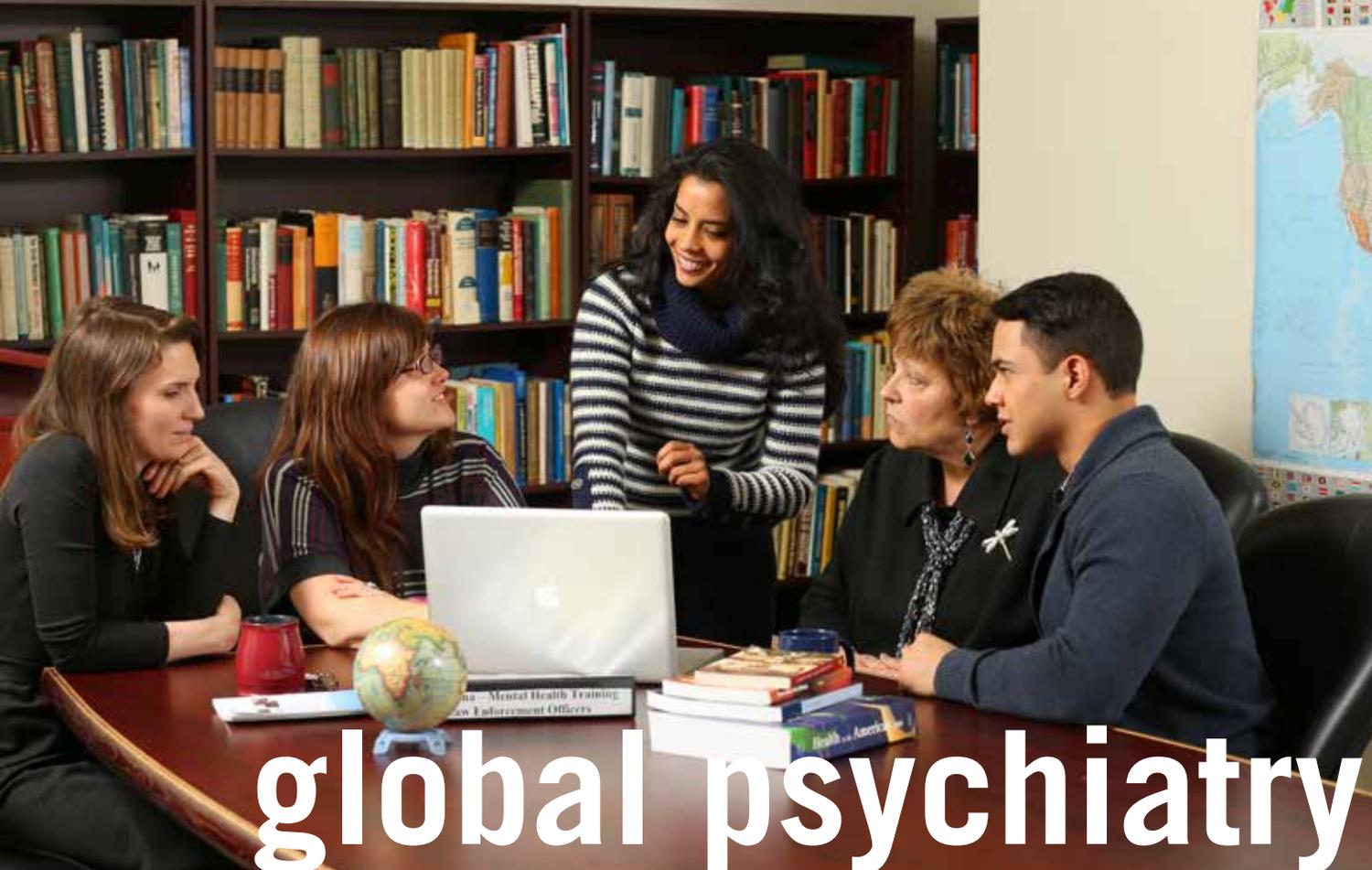
Ms. Szumilas spent her summer working on Dr. Gardner's project, "Understanding relationships of mental health consumers and community pharmacists."



*Ms. Michelle Hicks and Dr. Sherry Stewart*



*Dr. David Gardner and Ms. Magda Szumilas*



# global psychiatry

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

## Global Psychiatry

Director: **Sonia Chehil, MD, FRCPC**

### Exciting New Partnerships: The Northwest Territories (N.W.T.)

In July 2012 the Department of Psychiatry entered into a partnership with the Stanton Territorial Health Authority (STHA), Yellowknife Health and Social Service Authority (YHSSA) and the Department of Health and Social Services (DHSS) in the N.W.T. The goal of the partnership is to enhance the provision of psychiatry/mental health and addictions services across the Territories and western Nunavut. The partnership involves the provision of onsite and remote (via telepsychiatry from Halifax) clinical service delivery, the creation of on-site and remote training and education opportunities for local service providers and Dalhousie learners, the development of improved service delivery models and research/evaluation initiatives that align with the directions outlined by the N.W.T.'s 2012-2015 Mental Health and Addictions Action Plan.

Department members, including Drs. Nick Delva, Scott Theriault, Arlene MacDougall and Mr. Peter Croxall, have traveled to N.W.T. for one to two week periods. The Dalhousie

team completed a comprehensive situational analysis of mental health and addictions services in the Territories and provided this report along with a series of recommendations for system improvement to our N.W.T. partners in January. A more focused report pertaining to the N.W.T.'s forensic and correctional psychiatric services and mental health legislation was delivered in March. A number of educational, research, program and system-level initiatives are currently underway and/or in the process of being developed. The partnership will be renewed in July 2013.

Discussions began in November between Ms. Sandra Hennigar, Project Manager in Global Psychiatry, with STHA to deliver psychiatric mental health nursing education to the nursing staff on psychiatric inpatient services. The education would be offered through the Registered Nurses Professional Development Center (RNPDC) using their distance education format, with an intended start date of September 2013.

## Grand Challenges Grants

Global Psychiatry has successfully competed and been awarded three Grand Challenges Canada Research Grants:

### **Improving prevention and treatment systems based on primary health care for alcohol use problems in two Caribbean countries: Guyana and Belize**

Dr. Sonia Chehil and Eleanor Bennett, mental health coordinator, Belize Ministry of Health, are the Principal Investigators on this three year, 2.7 million dollar grant. The study is an innovative health services implementation controlled research trial designed to measure the impact of community mobilization, collaboration and partnership in health service development, implementation, uptake and delivery versus traditional health sector driven service change in four study communities.

### **Integrated innovations in global mental health: Improve treatments and expand access to care in low- and middle-income countries: Mental Health Beyond Facilities Project (mhBeF)**

Drs. Sonia Chehil and Florence Baingana, Makerere University School of Public Health, Uganda, are the Principal Investigators on this three year, 2.3 million dollar grant. Mental health beyond facilities (mhBeF) will develop an evidence-based Comprehensive Community-based Mental Health Services (CCMHS) Package, in accordance with the Mental Health Global Action Program (mhGAP), for persons with severe mental disorders and epilepsy (PWSMD) in three post-conflict countries: Uganda, Liberia and Nepal.

### **An integrated approach to addressing the challenge of depression among the youth in Malawi and Zambia**

Dr. Stan Kutcher is the Principal Investigator of this 2.3 million dollar grant along with Drs. Kenneth Hamwaka and Dixie Maluwa Banda from Malawi, in partnership with Farm Radio International. The project will help youth in Malawi and Zambia to understand depression, its symptoms, how to talk about it and how to get help if needed. This will be achieved by enhancing the capacity of teens, schools, families and communities to understand depression as a mental disorder, differentiate it from usual distress, decrease stigma associated with depression and improve the help seeking behavior and interventions for depression.

## Law-Enforcement and Mental Health Collaborative Crisis Response System in Guyana

In July 2012 Sandra Hennigar, Project Manager with Global Psychiatry, Mary Pyche, Program Leader from CDHA, Angela Balcom, Police Officer with the Mental Health Mobile Crisis Team (MHMCT), Drs. Scott Theriault and Sonia Chehil initiated the development of a Law-Enforcement and Mental Health Collaborative Crisis Response System in Guyana to facilitate mental health integration into community and primary care. This initiative was championed by the Guyana Police Force and will entail service design and development, developing care and management pathways and education of health, allied health, law enforcement, and community.

The team met with key stakeholders and quickly gained support for moving forward in addressing the recognized priority needs for training, policies and procedures to appropriately manage emotionally disturbed persons in community. Too often encounters between law enforcement and such persons in communities have resulted in tragic outcomes.

The team worked with a group of 30 persons from law enforcement, health and human services to review international models of Integrated Crisis Response Systems and begin brainstorming possible system solutions for Guyana. An abridged version of the Mental Health Police Training Program was presented. The training was highly valued and unanimously endorsed from all levels of government. The Dalhousie team agreed to seek funding opportunities to continue this work in the future.



*Constable Wiltshire of the Guyana Police Academy, a partner on the police training project.*

## WHO Collaborating Centre

The WHO/PAHO Collaborating Centre for Mental Health Training and Policy in the Department of Psychiatry at Dalhousie University has its designation through to August 2015. Dr. Stan Kutcher is the Director of the Collaborating Centre and Dr. Sonia Chehil is the Associate Director. The Centre is one of only two WHO Collaborating Centres at Dalhousie since September 2005.

### Improving diagnosis and treatment of adolescent depression in Guatemala

Drs. Stan Kutcher and Iliana Garcia Ortega continued their work in Central America in January 2013. They worked with over thirty mental health and primary care providers selected in Guatemala to receive training in the diagnosis and treatment of adolescent depression. Guatemala is the first Central American country to move forward with the implementation of this training.

The doctors visited a community primary care clinic located in a part of Guatemala City known for its poverty and multiple social challenges. After this visit and various discussions with local and national health and mental health providers/administrators, a unique evaluation approach was developed and an initial plan for its application was created. PAHO and the Ministry of Health are seeking funding to apply this evaluation in the community clinic visited by the Dalhousie WHO CC team.

## New Inpatient Psychiatry Services in Tobago

Peter Croxall and Sandra Hennigar have been working with the Tobago Regional Health Authority in the development and delivery of psychiatric inpatient services in the new Scarborough General Hospital in Tobago. The team provided consultation and guidance on the physical layout and structure of the new psychiatric hospital, with a focus on patient and staff safety. Learning needs for staff were identified with priority given to increasing skills in managing aggressive individuals. Other learning needs for psychiatric inpatient staff included nursing assessments, documentation and a number of therapeutic nursing interventions, including milieu management, group therapy and

solution-focused interventions.

Dalhousie provided a detailed plan for training the staff in the skills of prevention and management of aggression and will continue to work with the Tobago Regional Health Authority to move these action steps forward over the coming year.



*Peter Croxall (centre) meets with Dr. Parillon (seated), Chief of Psychiatry for Tobago Regional Health Authority, and mental health staff.*

## Masters of Medicine in Neuropsychiatry

The University of Guyana and the Georgetown Public Hospital have developed an innovative, practical and sustainable approach to building a well-trained workforce in priority postgraduate specialty areas such as obstetrics-gynecology, emergency medicine, pediatrics, general surgery and soon, neuropsychiatry. The Masters of Medicine in Neuropsychiatry is scheduled to debut with its first class in September 2013. Each postgraduate program is linked to international academic institutions that provide onsite clinical teaching, distance education, mentorship and support, monitoring and evaluation. Dalhousie Global Psychiatry will be the primary lead partnering organization and will work collaboratively with McMaster University for the implementation of the program.

## Mental Health Integration Into Primary Care

Dr. Sonia Chehil is taking a simple, practical approach to what has been coined 'Mental Health Integration Into Primary Care' in Guyana. Accompanied by a general medical officer, Dr. Chehil rotates through four primary care health centers where she provides clinical care to patients and families in partnership with the primary referring physician and the health care team. Clinical assessments are jointly completed, management plans are jointly developed and patients and families are engaged throughout the process. Patient and family education and support are provided for each patient.

*Dr. Stan Kutcher (right) visiting a Guatemalan Health Centre with representatives from the Pan American Health Organization (PAHO).*





# clinical division

The Department of Psychiatry at Dalhousie University and its co-leaders, CDHA and the IWK Health Centre, 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.

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## Adult Psychiatry

Clinical Director: Scott Theriault, MD, FRCPC

### General Adult Psychiatry

The areas under general adult psychiatry continued to see change over the 2012- 2013 year. Although ALC (alternative level of care) cases continue to reduce the accessibility of acute care beds, overall patient flow improved resulting in lower numbers of patients awaiting admission from the psychiatric emergency service. Work continues with the redesign of floor plans for the new acute care unit to be located on 8 Lane,

coincident with the decommissioning of the Purdy Building at the Nova Scotia Hospital. Funding has been approved for the relocation of Mayflower unit, currently on the third floor of the Purdy Building. Recent events have led to initiatives in enhancing safety for staff and patients on the acute care units, both with respect to issues of violence directed towards others and self-harm. We are now fully compliant with the

Required Organizational Practices (ROP) from Health Canada relating to suicide assessment.

The mental health program at Capital Health has merged administratively with the Addictions program to create CHAMHP (Capital Health Addictions and Mental Health Program). We hope this will lead to new opportunities for collaboration and new efficiencies in the years to come.

## Inpatients

Several important projects are underway in acute care that will have a significant impact on patient care and the working environment. Money has been approved to move the Mayflower inpatient unit from the Purdy Building at the NSH to the Abbie J. Lane. This will allow for the Purdy building to be decommissioned and for all three acute care units to be in the same building. The new unit will have mostly single rooms and a special area for patients requiring close observation. The desire is to renovate the existing 6 and 7 Lane units in a similar fashion.

Through a project called the Collaborative Care Initiative, the model of care on our inpatient units is being “re-imagined” to optimize care from the perspective of patients and their families, rather than from that of the provider. In this process a group of front line clinicians gather information about

current practice to elucidate where gaps or inconsistencies occur. A new model is then developed to eliminate these gaps and then presented to the wider team for fine-tuning and approval. This process started in fall 2012 and implementation should begin in fall 2013.

The model of care in the Psychiatric Emergency Service (PES) and the Short Stay Unit (SSU) is changing to have more direct teamwork between these two units. This has begun with the psychiatrists in the PES (Dr.



*The Purdy Building at the Nova Scotia Hospital.*

Tom MacKay) and SSU (Dr. Nicole Herschenhous) working collaboratively to see patients in both venues. The plan is to extend this so that PES, SSU and the urgent care services work as an integrated team.

## Outpatients and Community Clinics

Community mental health clinics continue to operate throughout the district. With the introduction of the “first visit” model there has been a substantial

reduction in wait times for new assessments. The community clinics are exploring the possibility of using the Choice and Partnership Approach

(CAPA) model for scheduling/workflow, a model already in operation at the IWK and in the Annapolis Valley.

## Recovery and Integration Services

There has been considerable change over the past year in the Recovery and Integration (R&I) sector. Simpson Landing, a 40 bed purpose-built residential unit spread over four contiguous bungalows at the Nova Scotia Hospital site, opened in June of 2012. The state of the art residence (meeting LEED silver designation) will provide a safe environment in which individuals with Serious Persistent Mental Illness (SPMI) can work at developing and practicing skills needed for independent or supported community living. Patients are admitted to Simpson Landing from Acute Care Services or the community. It is

envisaged that their follow-up care in the community will be provided by the community Hub for their geographic residential location.

The staffing resource for Simpson Landing came essentially from the closure of Laurel & Maritime Halls. The old Maritime Hall space was renamed Transition Hall, nominally a 12-bed unit dedicated to the care of SPMI patients with a more chronic and challenging illness trajectory. The overall bed numbers in the R&I portfolio cannot exceed 52 and the balance between Simpson Landing and Transition Hall numbers has fluctuated through the year.

The second exciting feature of the new R&I model of care came on stream in July when the first of the Hub teams got up and running. Based at what was Connections Clubhouse Halifax, Dr. Scott Theriault started to see R&I patients in the community in conjunction with the interdisciplinary team at what was restyled *Connections Halifax*. Equivalent Hubs were established at Connections Dartmouth (formerly New Beginnings Clubhouse) to serve the Dartmouth & Cole Harbour Mental Health Service areas and a totally new entity Connections Sackville to serve the Bedford-Sackville & West Hants Mental Health Service



*Simpson Landing under construction.*

areas. Where clinically indicated it is anticipated that Simpson Landing patients will be linked as early as possible to and have as many activities as possible taking place in their native communities facilitated by the Hubs. It is envisaged that R&I patients will benefit from a wrap-around model of care, having continuity between in- and-outpatient care providers working on common patient-centred care goals. Hospitalization when necessary and when safety permits will occur at Simpson Landing with follow up in the community. Hub staffing was drawn from the former Clubhouses and the

disbanded Supportive Community Outreach Team.

A third major component of R&I was the creation of a 16-bed Community Rehabilitation Treatment Unit at Memory Lane, Sackville. This is a joint venture between Capital Health Addictions & Mental Health Program and the Departments of Health & Community Services. It serves the complex rehabilitation needs of those individuals who have been deemed unclassifiable by the established care processes of the Department of Health and the Department of Community Services. Some of these patients have occupied

hospital beds without making significant gains and others have lost multiple placements in the community by way of refractory disorders or challenging behaviours. Target length of stay is 12 months. This service will start to receive patients in May 2013.

Internally, significant developments have been the expansion of the Peer Support Program for inpatients and the community-based From Recovery to Discovery Peer Support Group and the commencement of the Meriden Family Support Program.

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## Specialty Services

### Addiction Prevention and Treatment Services

The year 2012-13 was a year of challenge and transformation for Capital Health's Addictions Program. The Addictions team designed and launched a new clinical model, which has led to significant changes in client programming.

The inpatient medical detoxification program was transformed to a therapeutic treatment program, with length of stay increasing from 3-7 days to 14-21 days.

A new multidisciplinary approach to client care involving nurses, social work,

psychology, physicians and recreation therapists working together to deliver services has been introduced.

There is a new focus on evidence-based, best practice individual and group therapies, with cognitive behavioural therapy (CBT), Brief Intervention, Motivational Interviewing and Structured Relapse Prevention forming the basis of inpatient and outpatient therapies.

Emphasis has been placed on well supported transitions between different levels of services to improve client

retention, engagement and follow-up with after care.

In December 2012, the Addictions Program was integrated with the Mental Health Program, forming the new Capital Health Addictions and Mental Health Program (CHAMHP). The integration of these services will support work already underway to better meet the needs of concurrent disorders clients.

Also in the past year, it became evident that, due to provincial and federal regulations, it would no longer be possible to operate addictions inpatient

units without daily physician coverage. In late January, the Addictions Program put in place a temporary physician coverage plan, which will support the program until a permanent solution is in place.

The Addictions Program continues

to benefit from the involvement of physician learners and residents within our program, thanks to the ongoing work of consulting psychiatrist Dr. Ronald Fraser. In the past year, five residents and three medical students spent time with the program. The

medical residency program, introduced by Dr. Fraser in 2011, is foundational to meeting the future needs of Nova Scotia's population, especially the increasing needs related to treatment of opioid dependency.

## Centre for Emotions and Health

This past year the Centre for Emotions and Health continued its track record of providing internationally recognized leadership in education, research and clinical care. Dr. Joel Town won a large matching fund grant to study Intensive Short-term Dynamic Psychotherapy (ISTDP) of treatment-resistant depression. This trial is now underway.

Under the leadership of Dr. Denise Bernier, the team published data showing that a short course of ISTDP therapy in inpatients appeared to be associated with ECT usage.

In addition to several international

presentations abroad, three full time trainees, Drs. Sarah and Dion Nowoweiski from Melbourne Australia and Dr. Kostas Monas from Thessaloniki Greece, brought great energy and enthusiasm to the team during visiting professorships.

Dr. Allan Abbass collaborated with colleagues in the Germany, Belgium, Netherlands, UK, Italy, Norway and



(L-R) Drs. Allan Abbass, Denise Bernier and Joel Town.

Australia in publishing key articles, including new outcome studies in ISTDP for a broad range of disorders.

## Eating Disorder Program

There has been some exciting academic progress for the eating disorder program this year. The team has been working on a research proposal for a randomized, controlled trial of a family therapy approach for eating disorders. This project is particularly exciting because of collaboration with a world renowned eating disorder researcher, Dr. Janet

Treasure from King's College in London, England. Another partnership that the team is hoping to solidify in the near future is a collaboration with a research team from the University of Toronto who are working on a deep brain stimulation trial for patients with severe, persistent anorexia nervosa. Also, the June 2013 issue of the journal Eating

Disorders will publish an article by the team, *Reduction of Bulimia Nervosa Symptoms After Psychostimulant Initiation in Patients with Co-morbid ADHD*. This paper reflects a case series of five patients from our clinic, which has yielded some interesting results that will hopefully catalyze a larger study.

## Mental Health Day Treatment

Over the last year, the Mental Health Day Treatment team has provided opportunities for postgraduate students, as well as research opportunities for residents, and presented internationally on the role of Emotional Processing. Led by Dr. Jacqueline Kinley, the team provides an intensive service for patients from across the Atlantic Provinces. In addition to providing over 60 assessment visits per month (720

visits per year), the Day Treatment Program (DTP) staff admit and follow approximately 160 of these patients through the six-week intensive treatment cycle each year.

Under the leadership and initiative of Dr. Sandra Reyno, the program has continued to pursue research to demonstrate its effectiveness, elucidating the mechanisms underlying the changes we see in our patients and

ensuring our clinical success. The DTP currently has four active grants totaling approximately 50,000 dollars. These research

Dr. Jackie Kinley



initiatives are collaborative ventures, looking at different levels of effectiveness ranging from biomarkers (BDNF, TNF-alpha with Dr. George Robertson), psychiatric defenses, alexithymia, attachment styles (with

Dr. Patricia Crittenden), interpersonal functioning and their correlation to symptom improvement and looked into resilience. The team is collaborating with colleagues across Canada in a newly formed, CIHR-funded, Psychotherapy

Practice Research Network. We are working to develop a shared vision of practice- based psychotherapy research in Canada, focusing on enhancing knowledge translation and transfer to clinical practice.

## Mood Disorders Program

Bipolar disorder and depression rank among the top causes of morbidity and disability, so it does not come as a surprise that the Mood Disorders service continues to be very busy and they see an increasing number of patients refractory to treatment. Fortunately, modern psychiatry has been developing treatments that can help such clinical

populations. Methods include ketamine infusion or deep brain stimulation (DBS), among others. Earlier this year, the Mood Disorders Program saw the first patient treated in neurosurgery with DBS for treatment resistant chronic depression. Last year also saw more data supporting the role for specialized mood disorder programs that are

commonly found to have better clinical outcomes and lower patient morbidity and mortality. This argues for better integration of clinical care and research as well as for expansion of services to provide top-level care to all patients who need it.

# Child and Adolescent Psychiatry

Head: Kathleen Pajer, MD, FRCPC

## News and Announcements

In 2012, Maritime Outpatient Psychiatry, now called the IWK Department of Psychiatry, moved back to the IWK site.

The Division of Child and Adolescent Psychiatry welcomed three new faculty members in 2012. Dr. Jonathan Brake joined the faculty in July as a psychiatrist on the IWK Acute Care Inpatient Unit and a lecturer in the Department of Psychiatry.

Drs. David Lovas and Pam Mosher were appointed Assistant Professors in the department in November and December, respectively. Both are members of the IWK Consultation-Liaison Service. Dr. Pam Mosher is a physician for both Pediatric Palliative Care Services and Child & Adolescent Psychiatry at the IWK.

To improve the administrative functions of the IWK Department of Psychiatry and to build capacity for succession planning, the department was reorganized. The new organizational structure is as follows:

- Dr. Kathleen Pajer                      Chief
- Dr. Alexa Bagnell                      Associate Chief
- Dr. Lukas Propper                      Director, Education
- Dr. Sabina Abidi                      Head, Division Outpatient Services
- Dr. Gerald Gray                      Head, Division, Inpatient Services
- Dr. Selene Etches                      Medical Director, Choices Program
- Dr. Gerald Gray                      Medical Director, Acute Care Inpatient Unit



Dr. Alexa Bagnell

## Child & Adolescent Subspecialty Residency accredited

Dalhousie's PGY 5-6 residency program in Child & Adolescent Psychiatry was fully accredited by the Royal College of Physicians and Surgeons of Canada on the first application. This is truly an accomplishment. Planning and preparations for the program's implementation are currently underway. Program Director, Dr. Alexa Bagnell and the Child & Adolescent Psychiatry Education Committee plan to welcome their first group of residents in July 2014.

## Awards and Gifts

Fred and Elizabeth Fountain donated \$1.05 M to the QEII Foundation for youth mental health. Their generous gift, in memory of their son Alex, will support the Stay Connected Mental Health Project. This program will assist youth, ages 18-25 years, in the transition from pediatric to adult mental health services. One of the main goals of the program is to integrate care across multiple sites to avoid a lapse in service delivery. The second is to offer an associated family mentorship

program which would enhance the participation of families in the care of their loved ones.

Child and Family Day Treatment Services was awarded a Special Time to Appreciate and Recognize Staff (STARS) Team Award during Annual IWK STARS award week. This was well deserved for teams that exemplify outstanding multidisciplinary team collaboration in care.

## Research

### Dalhousie University hosts the national eating disorders conference

The 3rd Annual Eating Disorders Association of Canada (EDAC-ATAC) conference took place in Halifax in October 2012. Members of the IWK Eating Disorders Service team, Dr. Joanne Gusella, Dr. Anna Campbell, Dr. Stephanie Casey, Ms. Lisa Parkinson-McGraw and Ms. Tara White, presented their research poster "Does Maudsley Family-Based Therapy Enhance the Weight Gain of Children with Anorexia Nervosa?"

### Dr. Carrey awarded CIHR grant in February 2013

Dr. Normand Carrey was awarded a \$99,000 CIHR grant and is conducting a phenomenological study, entitled "Embedding interventions within early child care programs for preschoolers at risk for serious mental health disorders: An evidence to policy realist review." Dr. Carrey will analyze existing research to identify interventions which improve mental health outcomes for pre-schoolers at risk of experiencing emotional or behavioural challenges.



*Dr. Joanne Gusella, a member of the Eating Disorders Service, performed at the eating disorders conference in October.*

## Clinical

It has been a very busy year clinically in the Child and Adolescent Division. There have been changes in every service. Highlights from this past year are presented below.

### Specific Care Clinics

As part of the Choice and Partnership Approach (CAPA) being used to reorganize the IWK mental health and addiction (MHA) Program, the specialty clinics comprising Maritime Outpatient Psychiatry were significantly reorganized this year. They are now called Specific Care Clinics. Their purpose is to treat children and adolescents who: 1) are refractory to several courses of routine treatment; 2) are severely impaired from several co-existing psychiatric disorders; 3) are severely impaired from a psychiatric illness and significant medical illness; or 4) are a small sub-group of patients with psychiatric disorders who have unique needs that cannot be easily met in the community mental health center setting.

# Distance Site: Update from Saint John, N.B.

## Faculty Updates

Three new faculty joined the ranks in Saint John this year. Dr. O. Emmanuel Anyaegbuna now works on the inpatient unit and also in ER Mental Health. Dr. Emily Maxan is the new Consultation Liaison Psychiatrist and Dr. Arif Bungash is working at the Outpatient Adult Mental Health Clinic and is also the Psychiatry Clinical Lead for the site.

Dr. Eve Wiseman took on the role of President of the New Brunswick Psychiatric Association in November 2012 and is the New Brunswick representative on the Professional Standards and Practice Committee for the Canadian Psychiatric Association. Dr. Laurie Potter is the New Brunswick representative on the Standing Education Committee for the Canadian Psychiatric Association and has also recently joined the Fellowship Affairs Committee for the Royal College of Physicians and Surgeons of Canada.

## New Initiatives

This year saw the launch of a new initiative. The Early Psychosis Program, which targets youth ages 16-29 who appear to be experiencing psychotic symptoms of less than six months duration, is expected to open its doors in June 2013. The program, under the direction of Dr. Pamela Forsythe and Dr. Syed Shamsuddin, is based in Saint John but has affiliated staff in Charlotte County and Sussex.

## Education

There continues to be heavy involvement with Clinical Clerk and Resident teaching and with tutoring at Dalhousie Medicine New Brunswick. Faculty have also expanded the research interests with ongoing projects involving substance-abuse in adolescents, metabolic improvement in patients with severe mental illness, schizophrenia and readmission rates to our inpatient units.

Specific Care Clinics are held weekly or monthly (depending on the type of patients) at the IWK Health Centre in the clinic space at the Department of Psychiatry. The clinics provide tertiary care services to Nova Scotia and its Maritime partners. At this time, we have clinics for the following groups of patients:

- Obsessive Compulsive Disorder/Anxiety Disorders
- Bipolar
- Psychosis
- Pervasive Developmental Delay/Autism Spectrum Disorder
- Tic and Movement Disorders
- Eating Disorders
- Transgender Youths

## Community Mental Health Outpatient Care

Through the continued use of CAPA, significant progress was made on decreasing the wait list and shortening the wait time. Job planning and an overhaul of Central Referral have played a major role in the successes to date, but both processes are still in constant refinement to produce more efficiency. The psychiatrists in the Division of Child and Adolescent Psychiatry have worked hard in co-leading the CAPA changes with their allied health professional partners. These collaborations have been a critical part of the process. The following people have done a great job in these administrative positions: Dr. Lukas Propper (co-leader, Dr. Susan Jerrott); Dr. Alexa Bagnell (co-leader, Tonya Grant); Dr. Sabina Abidi (co-leader, Dr. Sharon Clarke).

## Intensive Services for Children and Adolescents

A great deal of time has been spent on planning for a significant change in the organization of intensive services for children and adolescents, one of the biggest goals in the IWK MHA Program Strategic Plan. Physicians and staff at Choices, (our multi-component treatment program for adolescent substance use), Child and Family Day Treatment, the Adolescent Centre for Treatment (ACT) and Compass have spent many hours engaged in creating two new services that will serve all children and adolescents who need intensive treatment. One will be the Children's Intensive Services program and will incorporate Compass and the children/family portion of the Day Treatment Program. The other will be the Adolescent Intensive Services program and will co-locate Choices, ACT, and the teen side of the Day Treatment Program. Some current treatment modalities will continue in both of the new programs, but additional evidence-based interventions will be added to improve care. There will also be a significant shift away from residential beds as the mainstay of care moves to day treatment. The new services are expected to open in the upcoming year.

*Saint John Regional Hospital*



## administration

Dr. Nicholas Delva

Dr. Michael Teehan

Dr. Scott Theriault

Ms. Carolyn Sisley

Ms. Suzanne Decker

Ms. Linda Ford

Ms. Kate Rogers

Ms. Sandra Millar

Department Head and CDHA District Chief

Deputy Head

Clinical Director, CDHA Department of Psychiatry

Director of Finance and Administration

Executive Assistant to Department Head

Administrative Assistant

Communications Coordinator

Finance Assistant

## education

Dr. Allan Abbass

Ms. Annette Cossar

Ms. Norma Thompson

Ms. Mandy Eslinger

Ms. Genevieve MacIntyre

Director

Administrator

Postgraduate Coordinator

Undergraduate Coordinator

Interim Education Coordinator

## research

Dr. Ben Rusak

Ms. Janet Bardon

Ms. Jennifer Brown

Director

Administrator

Administrative Assistant

## global psychiatry

Dr. Sonia Chehil

Ms. Amy MacKay

Director

Interim Administrator

## division of child and adolescent psychiatry

Dr. Kathleen Pajer

Ms. Michelle Patenaude

Ms. Jennifer Cunningham

Ms. Dawn Jensen

Ms. Amy MacKay

Ms. Bonny Halket

Ms. Joan Sweet

Ms. Robin Stinson

Ms. Janelle Duguay

Head and Chief, IWK Department of Psychiatry

Administrative Manager

Administrative Assistant

Administrative Assistant

Administrative Assistant to the Sun Life Chair

Administrative Assistant

Receptionist

Administrative Assistant

Administrative Assistant

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

## Faculty

Total Faculty Members 246

Adjunct Faculty 14

Cross Appointments 15

Professors Emeritus 2

Professors 16

Associate Professors 30

Assistant Professors 93

Lecturers 91

Adjunct Professors 8

Adjunct Associate Professors 2

Adjunct Assistant Professors 4

## Education

Residents 38

Fellows 2

## 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 Emeritus

Last Name	First Name
Munro	Alistair

### Professor

Last Name	First Name
Abbass	Allan
Alda	Martin
Delva	Nicholas
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
Kinley	Jacqueline
Lamschstein	Claudia
Milliken	Heather
O'Donovan	Claire
Orlik	Herbert
Propper	Lukas
Rajda	Margaret
Rao	Sanjay
Reynolds	Paul
Stokes	Aidan
Teehan	Michael
Theriault	Scott
Uher	Rudolf
Wiseman	Eve

### Assistant Professor

Last Name	First Name
Abidi	Sabina
Addleman	David
Aicher	Joseph
Apantaku-Olajide	Tunde
Aspin	John
Aubie	Cheryl
Banic	Zlatko
Bekele	Yilma
Bernier	Denise
Bhargava	Manoj
Bhaskara	Sreenivasa
Bosma	Mark
Brooks	Simon
Brunet	Aileen
Bryniak	Christopher
Chehil	Sonia
Chipman	Karen
Cohen	Jacqueline
Cooper	Kenneth
Croxall	Peter
de Boer	Cornelis

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

### Lecturer

Last Name	First Name
Adediran	Peter
Ahmad	Khalil

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

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

Siddhartha  
Smith  
Steele  
Stewart  
Sullivan  
Sulyman  
Taylor  
Thompson  
To  
Tomlinson  
Tulipan  
Warren  
Whitehorn  
Wilson  
Wood  
Woulff  
Zehr

Sanjay  
Edwin  
Curtis  
Christopher  
Glendon  
Mutiat  
Gretta  
Karen  
David  
Mary  
Tanya  
Katherine  
David  
Adriana  
Bill  
Nina  
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
Duffy	Anne
Horacek	Jiri
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  
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 (ACT)  
Bipolar Disorder Clinic  
Child and Family Day Treatment &  
Adolescent Day Treatment  
CHOICES Addictions Service  
Community Mental Health Clinics  
COMPASS  
Crisis Team  
Mobile Crisis  
Reproductive Mental Health  
Shared Care  
School Mental Health and Addictions Service  
Youth Forensic Services  
Clinical and Health Care Services to the  
NSYF and Secure Care Unit

Dalhousie Department of Psychiatry  
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Abbie J. Lane Memorial Building  
QEII Health Sciences Centre  
Halifax, Nova Scotia B3H 2E2  
CANADA

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