



SHAPING OUR FUTURE

DEPARTMENT OF PSYCHIATRY 2015-2016 ANNUAL REPORT



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

**Dalhousie
Department of
Psychiatry Annual
Report 2015-2016**

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EDUCATE. DISCOVER. HEAL.

Developing and maintaining high calibre educational, research and clinical programs that advance the field of psychiatry and mental healthcare.

Message from the head & chief: Dr. Nicholas Delva



This is my last opportunity to provide a message as department head in our annual report: Dr. Michael Teehan, who has been deputy head since 2007, will be taking over on July 1, and I am confident that he will find the work of department head to be as enjoyable a challenge as have I.

Our department has a wide range of strengths, many of which are described in this report. I have always said to the residents, who are our junior colleagues, that this is a department in which they can fulfill their dreams – they can gain clinical expertise in many areas; there are numerous opportunities in research, from bench research to studies of human populations; and there is much expertise in and enthusiasm for teaching, with many faculty members having higher degrees in education. Our residents have become ever stronger partners in the success of our department, and this is exemplified in the first story in this annual report, in which the contributions of Drs. Michael Butterfield and Celia Robichaud to the success of the new quarterly neuroscience rounds are described. Our residents are valued teachers and have made an excellent impression on our undergraduate medical students. Our residents also provide considerable on-call coverage and management of patients in both outpatient and inpatient settings. Crucial to the success of our department is

the leadership demonstrated by our residents. I have let our residents know how grateful we are for their many contributions, which have led to improved morale not only for the residents themselves, but for the whole department.

I would also like to thank the members of the department who left this year: Dr. Abigail Ortiz, who was with the mood disorders service and moved to Ottawa, Ontario; and Dr. Kene Ezeibe, child and adolescent psychiatrist, who moved to Red Deer, Alberta. They are both much missed. My thanks also to Dr. Jackie Kinley for her long-term service as director of resident psychotherapy training.

Our faculty members have continued to show great leadership in the development of ever more effective and patient-centred clinical services. These efforts include the work co-led by Dr. Jason Morrison and described on pages 12 to 14, on improving the pathways of care for persons with psychosis, depression, bipolar disorder, personality disorders, and anxiety disorders. We are now poised to implement the recommendations of the pathways working groups on a provincial level.

Limited space constrains me from commenting more on the many positive stories in this report. Congratulations are in order for many members of the department for their well-

earned awards and other successes, described on pages 15 to 24.

In closing, I would like to thank all the faculty, residents and staff with whom I have had the pleasure to work over the past ten years. I will be relocating to Ontario, but will remain attached to the department and look forward to keeping in close contact, and being kept abreast of new developments.

Dr. Nicholas Delva MD, FRCPC



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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.

Educate

Neuroscience rounds see success in department

Dr. David Lovas develops new education sessions focused on neuroscience

It has been two successful years of neuroscience rounds in the Department of Psychiatry. Dr. David Lovas had barely arrived in the department as a junior faculty member before he was sought out to start on their development. Drs. Margaret Rajda and Mark Bosma approached him and requested that he examine and redesign the neuroscience curriculum in the adult residency program. Dr. Lovas was simultaneously excited and leery about the prospect. "I was fortunate to have received excellent training in clinically-relevant neuroscience in my residency and fellowships, and had always appreciated applying a neuroscience lens to my work," he says. "But I am not a PhD, and I am close enough to my own training to remember the disparate reactions to what I perceived to be our excellent and fascinating neuroscience courses." Dr. Lovas feels some psychiatrists-in-training really want to learn about their organ of interest, and others seem to want to ignore it. This would no doubt be a challenge to take on, but in the end it was a challenge he accepted.

The process was far from a solo mission. Drs. Rajda and Bosma knew the challenge would be getting the psychiatrists interested and proposed that Dr. Lovas partner with some residents to help brainstorm, poll the resident body, and to help champion and implement the plan. Drs. Michael Butterfield and Jacob Cookey were the residents they recommended, and Dr. Lovas admits he couldn't have asked for a better team (referred to candidly in some circles as "LovaButterCookie").

They first set to work on two parallel tracks: 1) reviewing the literature of what had been done in resident neuroscience teaching; 2) polling the residents to get their sense of what they wanted in neuroscience education and what they felt was currently lacking. Their

perceived needs were always the core driver, and from their feedback they gleaned a number of key overarching goals for their work:

1) To decrease what has been described in the literature as the “neurophobia” common among psychiatrists (Bullmore, Fletcher & Jones, BJP, 2009). “We aren’t trying to make everyone into a neuroscientist or neuropsychiatrist,” says Dr. Lovas, “but we want the residents to leave the program with a level of comfort engaging with neuroscience topics as it pertains to their clinical work, should they choose to.”

2) To facilitate neuroscience literacy. They anticipate that the science will continue to change at an exponential rate so it will be difficult to keep up to speed on the entirety of the field, but rather to maintain a degree of neuroscience literacy. In this way, graduates can be in a better position to adapt to our changing field once they are in practice.

3) To familiarize residents with the neuroscience they may expect to find on their Royal College exams.

With these aims in mind, and with some specific content areas identified by the residents, the team sculpted a case-based, literature-informed, highly interactive, ‘flipped



The organizers of the neuroscience rounds (L-R): Drs. Celia Robichaud, Michael Butterfield, Jacob Coockey and David Lovas.

classroom' approach to neuroscience education called the Clinical Neuroscience in Psychiatry (CNIP) Rounds. Each CNIP rounds lasts two hours and centers around a particular condition, with past topics including addiction, bipolar disorder, and anxiety. The structure of the neuroscience teaching is based on the National Institute of Mental Health's Research Domain Criteria (RDoC) matrices – genes, molecules, cells, circuits/physiology, and behaviors – such that all five domains are reviewed for each condition. The rounds are led by teams of two or three residents who prepare a case with the given condition, in collaboration with an expert faculty member advisor. After the case presentation, the resident audience members are broken into five groups – one for each of the RDoC matrices. The resident presenters have reviewed the science literature in advance, with the assistance of the expert faculty member, so they all can help guide the audience groups in their literature searches (on their laptops, tablets, etc). The groups typically have a scribe who draws diagrams that they will use to present their findings. After the groups present to the larger group the faculty expert often leads a discussion on the application of the neuroscience in clinical practice. Sometimes role playing is also used to explore how to discuss this information with patients and families effectively.

The resident feedback has been excellent, but Drs. Lovas, Butterfield and Cookey continue to strive to refine and improve how we engage in neuroscience education. The loss of Dr. Butterfield will be keenly felt as he graduates in 2016 from the residency program, but succession planning has been excellent, and they are very excited to have Dr. Celia Robichaud stepping in. "We are also much indebted to all faculty that have supported this initiative with their time and expertise as faculty mentors," says Dr. Lovas. "And of course, many thanks to the residents who have participated and given us essential feedback."

The neuroscience rounds take place every three months and have been highly successful. Drs. Lovas, Butterfield, Cookey and Robichaud have started to plan for the 2016-2017 academic year.



Top: The neuroscience rounds organizing team. Middle: (L-R) Drs. Michael Butterfield and Jonathan Wan at the neuroscience rounds. Bottom: (L-R) Drs. Ashley Crane, Terry McCarville and Michal Sapieha facilitate the rounds.

Discover

Faculty Award encourages Indigenous health research

Dr. Amy Bombay explores relationship between Indian residential schools and mental health

When Dr. Amy Bombay joined the department in 2014 she had already been working consistently on her research about intergenerational effects of Indian residential schools on mental health outcomes. Now two years into her appointment, her research has expanded as collaborations with local, national and international organizations have presented new and exciting opportunities.

Dr. Bombay came to Dalhousie after receiving a Dalhousie Diversity Faculty Award, a program that began in 2011 to increase representation of minority groups among professors and to provide role models across all faculties.

While Dr. Bombay was completing her postdoctoral fellowship at the University of Ottawa, she applied for the Diversity Faculty Award, excited by the idea of continuing her research and teaching at Dalhousie. “My graduate and postdoctoral work generally focused on exploring determinants of mental health outcomes among Indigenous peoples, and so the Diversity Faculty Award’s call for an Indigenous scholar who conducts Indigenous Health Research was a perfect fit for me,” says Dr. Bombay. “Not only do I love the city of Halifax, but I was particularly attracted to coming to Dalhousie because of the great network of researchers that are already here exploring Indigenous issues.”

Her interest in Indigenous issues and about the importance of considering history and culture in the provision of health services and programs was elicited by her family’s experience of being affected by this widespread government policy that was implemented over generations. “Although it was a rare topic of conversation, I knew my grandparents, aunts, and uncles had gone to Indian residential schools,” she says. “I didn’t really know what this meant, nor did I understand the effects that Indian residential schools had on our family and on many other Indigenous peoples across the country.”

She decided to do her own research about residential schools during her undergraduate degree, and was appalled to learn of the history and background related to this government policy. This realization sparked her interest in Indigenous health issues, and during her graduate studies she was able to conduct several studies exploring the intergenerational effects of Indian residential schools on mental health outcomes. She and her co-investigators, Dr. Kim Matheson and Dr. Hymie Anisman, initiated a program of research assessing how trauma is transmitted through families affected by Indian residential schools.

This research identified individual, familial, and community-

level pathways by which parental residential school attendance is related to well-being among the children of survivors. This included increased exposure to childhood and adult stressors, alterations in certain aspects of Aboriginal identity, exposure to trauma-related parental communication, and altered appraisals of stressful events. Likewise, they've also identified factors that protect against the negative long-term effects, including cultural pride and belongingness. With her training in both quantitative and qualitative statistical analyses, Dr. Bombay conducted the analyses for these projects and has been able to disseminate these findings through a variety of ways to numerous audiences. Having an in-depth understanding of the pathways involved in the transmission of residential school trauma is extremely important for understanding

resilience among Indigenous youth in Canada, as their long-term effects are still recognized by these communities as being a continuing contributor to the social problems that are present.

Dr. Bombay is also involved in various national and international collaborations exploring resilience among Indigenous youth. She is currently leading a project in Halifax with the Mi'kmaq Native Friendship Centre (MNFC). This project was initiated by MNFC to explore cultural identity and resilience among urban youth and adults in the city. This research is being carried out in parallel to a community-based arts project called "This is What I Wish You Knew," which aims to bring together urban youth, adults and Elders in Halifax to explore well-being and how it relates to being Indigenous in the city.



Dr. Amy Bombay

Ten Indigenous university students from various cultural backgrounds attending Dalhousie University, Saint Mary's University, and NSCAD received training in community based research methods for course credit, while also serving as co-researchers and research assistants on the project.

She is also co-lead of a recently funded research hub focusing on youth resilience as part of a research partnership with First Nation communities in Northwestern Ontario. One of the main objectives of this project is to identify the multiple factors that enable First Nations communities in this region to build on their strengths in order to foster youth resilience and to empower them to prosper as leaders in their communities.

Dr. Bombay's Faculty Diversity Award has provided her with protected research time aimed to encourage and facilitate research related to the well-being of Indigenous peoples at Dalhousie. Her interdisciplinary program of research has explored interrelationships between historical, social, psychological, physiological, cultural, and systemic determinants of Indigenous well-being. She has led and been involved in various quantitative, qualitative, and mixed-methods projects investigating factors related to well-being and resilience among Indigenous adults and youth living on and off reserve. Her varied experiences as a researcher working with Indigenous organizations and communities, and her lived experience as an Indigenous person growing up in the city, provides her with a unique perspective.

Dr. Bombay hopes her research will help to explain which factors are important in contributing to the transmission of trauma across generations, and which factors can serve as protective factors that can help to reduce and eventually put an end to these intergenerational cycles of poor health and well-being among Indigenous peoples in Canada. In all of her projects, the goal is to serve the needs of the communities she is working with and to increase well-being among Indigenous peoples and communities.

Heal

Improving efficiency in our programs

Clinical Pathways Project aims to standardize and improve the quality of treatment for the most common psychiatric disorders

When the Addictions and Mental Health Programs merged in 2013, the new director Trevor Briggs proposed, as a key strategic goal, answering a simple question: what is our core business as a mental health and addictions program? The program had been running deficits for several years, yet there remained important clinical areas that were not adequately resourced. The idea was that if the most important clinical priorities could be identified then it would be possible to make best use of limited resources.

Trevor Briggs and Dr. Nick Delva approached Dr. Jason Morrison, deputy clinical director of Recovery and Integration, and Dorothy Edem, program leader in Recovery and Integration, to lead a project that would determine the core business of the program. The clinical pathways project arose from this process.

As a starting point, the transitional leadership team, including Trevor Briggs, Drs. Scott Theriault, Nick Delva, Philip Mills and Jason Morrison, along with the mental health program leaders, reviewed all clinical services to see if there were any that were not priority areas for a mental health and addictions program, but none were identified. "It seemed that to find resources for new services we would need to improve efficiency within existing programs," recalls Dr. Morrison.



Dr. Jason Morrison

A first attempt at this was made by completing a value stream mapping procedure for schizophrenia care. This procedure is a Lean management tool that takes an in-depth look at a specific procedure to identify areas of difficulty or waste and attempts to redesign the process to improve efficiency and add value. It was discovered that patients with schizophrenia formed the great majority of patients in our expensive inpatient services and had much longer lengths of stay than the national average. There was also significant service duplication for this patient population in outpatient services, leading to confusion as to where to refer patients. Care was not standardized and there was no overall governance to ensure patients received appropriate evidence-based care.

Although this initial process looked specifically at care for those with schizophrenia, similar problems affected other areas of care as well. The clinical pathways project was proposed as a way to tackle these problems by trying to standardize and improve the quality of treatment for the most common psychiatric disorders.

The goal of the project was to create a care pathway for common psychiatric disorders using a stepped-care framework. The pathway would outline the evidence-based treatments that should be offered, and how alternative or more intensive services would be offered for more complex or treatment refractory patients. “As a starting point, focus would be placed on the five most common diagnoses in our services: anxiety disorders, bipolar disorder, major depression, personality disorders, and schizophrenia,” says Dr. Morrison.

Small groups composed of frontline clinicians, managers, family members and people with lived experience were assembled for each pathway. Each was led by an academic psychiatrist and a non-physician clinician. They followed a value stream mapping procedure to map out the current system of care, identify where the problems were, imagine a future state that addressed these problems, and then determine the



Clinical Pathways Project team. *Back row:* Suzanne Decker (executive assistant), Krista Ross (MHA intern), Cori Ferguson (business manager), Shauna Blundon (project manager), Dorothy Edem (co-lead), Dr. Scott Theriault (clinical director), Darryl MacNeil (industrial engineer); *Front row:* Dr. Nick Delva (head and chief), Jennifer DeCaria (project manager), Maureen Wheller (communications), Trevor Briggs (Central Zone Addictions and Mental Health program director), Patryk Simon (decision support), Dr. Jason Morrison (co-lead)

resources needed to create this future state. “We used a novel methodology by having all five groups come and work in the same location once a month to complete this work,” says Dr. Morrison. “This allowed for efficient coaching on using this procedure, discussions of problems common to all pathways during the lunch hour, and a chance to meet and discuss with other teams.” The work took place from September 2014 to February 2015 and each team created a detailed report of their work.

Concurrent with the five groups working on clinical pathways, three other groups were created to address gaps in critical services required to support the pathways. These included a group to improve IT/data capture and examine the feasibility for a common database to measure clinical outcomes, a group to examine how training and skills gaps could be addressed in staff, and a group to determine the management system that would be required to oversee the implementation and outcomes of these new care pathways. Overall about 70 people were engaged in the process (including more than 15 psychiatrists). In the spring of 2015 they were preparing to begin communicating the work to the wider MH&A program and to get feedback prior to developing an implementation plan for fall 2015.

At the same time, the province collapsed nine regional health authorities into a single health authority and the focus turned to creating a provincial plan. Dr. Morrison and the clinical pathways team were asked to put their work on hold so that a process to create a single provincial strategy could be developed. “Although this certainly stalled our momentum, it seems clear that the provincial plan is to develop a provincial stepped care model for MH&A very much in line with what was proposed in the clinical pathway work,” says Dr. Morrison. “I am excited that the hard work and expertise our staff brought to the clinical pathways project will now inform the provincial model, thus expanding the scope of the project.”

Dr. Brian Rush, a research psychologist from the Centre for Addiction and Mental Health, was brought

in by the NSHA as a consultant to create a report on the implementation of a provincial strategy. Several department members, including Dr. Morrison and Dr. Sonia Chehil, have been involved in the process. When the report is complete the plan for implementation of the clinical pathways project province-wide will become clearer.

AWARDS AND ACCOLADES

Faculty members in the Department of Psychiatry have lots to be proud of at the end of this year. Kudos to so many successes!

Dr. Allan Abbass making mark on international psychiatry

Dr. Allan Abbass was the recipient of two prestigious awards. He was named Visiting Professor of the Tavistock in London UK. The Tavistock is the leading psychotherapy research centre in the world. He will be charged with facilitating training and research in Intensive Short- term Dynamic Psychotherapy (ISTDP) for treatment refractory and psychosomatic patient populations treated in the National Health Service. This is his second UK Visiting professorship, the other being with University of Derby.

Dr. Abbass has helped develop similar services in the past two years in Italy, Norway, Australia, other parts of Canada and the U.S. based on his and his colleagues' teaching and research in ISTDP. There is global interest in the method, which is a form of 'deliberate practice' with a detailed study of each case, video review and outcome study to improve care.

In early February Dr. Abbass was also named the 2016 Distinguished Professor of Psychiatry at UCLA's Department of Psychiatry and Biobehavioral Sciences. With this honour, given to thought leaders and those psychiatrists impacting global psychiatry, he will visit UCLA this fall and provide workshops to faculty and residents.

These recognitions have come alongside a long line of training requests and university invitations. This year alone he has been invited to present at Harvard University, University of Kentucky, Memorial University, University of Zurich, University of Lund (Sweden), University of Kaunas (in Lithuania), University of Manitoba, University of Toronto and University of Southern California. He provides training to local trainers and facilitates clinical-research projects now in several regions in North America, Europe and Australia.

Dr. Natalie Rosen receives CIHR New Investigator Award

In July 2015 Dr. Natalie Rosen learned she was a successful applicant for a CIHR New Investigator Award. This salary-based award protects 75 per cent of her time for research. Her research study "Genito-pelvic pain in women and couples: Causes, consequences and treatment" was one of only 40 projects funded in Canada.

Dr. Eskes recognized by Heart and Stroke Foundation

Dr. Gail Eskes was recognized by the Heart and Stroke Foundation for her tremendous contributions to the development and updates of the Canadian Stroke Best Practice Recommendations. Her work, specifically on the *Mood, Cognition and Fatigue Module* update was published in the International Journal of Stroke and the recommendations have been recognized and adopted by healthcare professionals across Canada as the primary source for setting standards and direction for stroke care delivery.



Alexa Bagnell wins Dalhousie alumni award

Dr. Alexa Bagnell was presented with the Dalhousie Medical Alumni Association's (DMAA) Young Alumna of the Year Award. This award recognizes a Dalhousie Medical School graduate in the first two decades of his/her career who has made a significant contribution to Dalhousie medical school, other medical schools or to their community. Dr. Bagnell was recognized for her dedication to the mental health of children and adolescents in the Maritime Provinces. She received the award at the 57th annual DMAA Alumni Awards Gala Dinner on October 16.



Department members receive Global Health Certificate

Dr. Peter (Toluwatope) Adediran and Ms. Sandra Hennigar received certificates in Global Health at the 2015 Dalhousie Global Health Awards. The Global Health Certificate course is an overview of various aspects of health systems within a global context, rather than in-depth coverage of a single topic and it is meant to help learners develop a variety of perspectives through which to view and analyze other challenges in health.



Dr. David Lovas passes Boards

Dr. David Lovas successfully passed the American Board of Psychiatry and Neurology (ABPN) Child Psychiatry Boards in December 2015.

Top: Dr. Gail Eskes in her lab. Middle: Dr. Alexa Bagnell. Bottom: Dr. Peter Adediran (front centre) and Ms. Sandra Hennigar (back centre) with the Global Health Certificate group.



Dr. Stan Kutcher nominated to Board of Directors of Royal College Canada International

Dr. Stan Kutcher was nominated to the Board of Directors of Royal College Canada International for a three year term beginning Oct. 16, 2015. Royal College International (RCI), a wholly-owned subsidiary of the Royal College of Physicians and Surgeons of Canada (Royal College), conducts international outreach by forming academic partnerships worldwide with organizations sharing the Royal College’s values. RCI is a start-up corporation having been first established as a not-for-profit corporation in 2010, and becoming registered as a charity in 2011.

RCI is described as one of three “means” through which the Royal College is intent on achieving the “ends” of key result area (KRA) 5-International outreach – of its strategic plan. Residency education conferences, and international development/humanitarian responses are also included in the Royal College’s international efforts.

Drs. Rajda and Abidi accepted into ELAM program

Drs. Margaret Rajda and Sabina Abidi were nominated and accepted into the Dalhousie Faculty of Medicine’s Emerging Leaders in Academic Medicine (ELAM) program. This is a new program in academic leadership for clinical and basic science faculty. The program provides an opportunity for faculty with limited leadership experience to become more familiar with the functioning of the medical school and acquire knowledge and skills to take on expanded roles in their academic settings. The four-month program focuses on topics such as: Getting to Know the Faculty of Medicine; Understanding Your Leadership Style; Goal Setting and Time Management; Collaboration, Collegiality and Productive Conflict; Serving on Committees and Chairing Meetings; Managing Projects; and Mentoring and Coaching.



Dr. Tomas Hajek's work was featured in the *Psychiatric Times*.

Child and Adolescent Psychiatry faculty receive IWK award

Drs. Normand Carrey and John Aspin, and Ms. Amy Jones, MSW, received the IWK Family Leadership Council's Annual Award for Excellence in Patient and Family Centered Care in September 2015.

The Family Therapy Team was nominated for the exceptional work that they do with the Family Therapy Level I and Level II Training Clinic in the Mental Health and Addictions program. The nominator, Ms. Tony Grant, commented on how the "Family Therapy Learning Clinic partners with the family focusing on the needs and values of the patient and family." In addition she highlighted how through this clinic, "right from the beginning the family is in charge of what type of services they would like to receive" and how "families are respected and considered the experts in their own lives. [And how] they are an equal partner in their treatment, sharing responsibility and success." She summarized the work of this team

by saying: "over the past few years, Amy Jones, Dr. Normand Carrey and Dr. John Aspin have demonstrated great commitment to maintaining this wonderful and needed service for our community members. They have also provided excellent leadership and collaboration with both IWK and community partners to ensure that the next generation of family therapists are trained to work in partnership with families to ensure they are getting the best care possible."

Research from the Mood Disorders Clinic featured in *Psychiatric Times*

A talk on diabetes in bipolar disorder given by Dr. Tomas Hajek at the American Psychiatric Association's (APA) Annual meeting was featured in an article in *Psychiatric Times*. In his talk, *Insulin Resistance or Type 2 Diabetes Mellitus: Risk Factors for Brain Alterations in Bipolar Disorders*, Dr. Hajek spoke about the research done in the Mood Disorders Clinic. Comorbid conditions are more of a rule than an exception in bipolar disorder and diabetes



in particular is important to consider. Besides having an elevated risk of developing type 2 diabetes, those with bipolar disorder and diabetes do not respond well to their treatment and their illness tends to be more severe. These adverse psychiatric outcomes could perhaps be related to negative effects of diabetes on the brain. Indeed, researchers from the Mood Disorders Clinic showed for the first time that diabetes or even pre-diabetes may be potentially modifiable risk factors for brain changes in patients with bipolar disorders.

Dr. Grainne Neilson successfully completes subspecialty exam

Dr. Grainne Neilson successfully completed her subspecialty certification in forensic psychiatry from the Royal College of Physicians and Surgeons of Canada. With this achievement, all department members specializing in forensic psychiatry are fully Royal College qualified.

Geriatric psychiatrists complete exams

This year Dr. Mark Bosma and Dr. Meagan MacNeil passed the Royal College subspecialty examination and are the only psychiatrists currently in the province to have accomplished this milestone.

Dr. Stan Kutcher assists Ministries of Health in Malawi and Tanzania

Dr. Stan Kutcher was appointed as Technical Advisor in Mental Health to the Ministry of Health in Malawi. Following his recent project in adolescent depression based in Malawi, he has been asked to assist in the development of their mental health policy. Dr. Kutcher was also appointed as an international consultant to the Ministry of Health and Social Welfare, Republic of Tanzania, for a three-year period beginning in January. He will offer his assistance in the development of mental health policy, strategies, programs and training for the Republic of Tanzania.

Dr. Rajda receives Program Directors' Award

Dr. Margaret Rajda received the Dalhousie Program Directors' Award in the Leadership category in June 2015. The award recognizes outstanding contributions of residency program directors who teach residents and fellows; develop, organize and administer training programs; develop innovative approaches to teaching, research, and evaluation; or serve as mentors and advocates to postgraduate medical trainees. Dr. Rajda has spent a substantial amount of time teaching and mentoring medical students, internal medicine residents, and psychiatry residents. She provides direct clinical supervision not only to psychiatry residents, but also oral and maxillofacial surgery residents and respiratory therapy students. She was instrumental in achieving full accreditation status by the Royal College for the psychiatry residency program. Dr. Rajda has given countless invited lectures and frequently participates in community educational activities by teaching physicians in the community. She has also contributed to numerous publications and abstracts. Dr. Rajda has indeed made exceptional contributions to education in psychiatry as program director, and is most deserving of this award. Ever humble she admits she certainly could not have accomplished all she has on her own. "I did it with a little help from my friends."

Dr. Jackie Kinley contributes to development of psychotherapy web resource

In early November the American Group Psychotherapy Association announced the publication of "Evidence-Based Practice in Group Psychotherapy," a new web resource for practitioners and consumers of group therapy services that provides an overview of the effectiveness of group psychotherapy for a range of problems and disorders.

Developed under the auspices of the Science to Service Task Force, Dr. Jacqueline Kinley joined a blue ribbon panel of clinical and research experts in the field of group psychotherapy to develop the resource. The site provides concise information on areas of group practice that have



Dr. Margaret Rajda with her Program Director's Award.

indisputably strong, and current, supporting evidence. The inclusion of highlights, narrative summaries and supporting references in each section, along with an organization by disorder, provide a thorough, yet highly accessible set of resources for professionals and the public.

Dr. Christine Chambers awarded

In October 2015 Dr. Christine Chambers was named the Canada Research Chair in Children's Pain (Tier I). Tier I Research Chairs are outstanding researchers acknowledged by their peers as world leaders in their field. In December she was announced as the inaugural recipient of the IWK/Dalhousie University Department of Pediatrics Research Award. This award is presented to a faculty member greater than 10 years from appointment.

Dr. Phil Tibbo recipient of Michael Smith Award for Schizophrenia

Dr. Philip Tibbo received the 2015 Michael Smith Award in the fall of 2015. This award recognizes those researchers and clinicians working in Canada who have supported people with schizophrenia and psychosis and their families in their efforts to achieve the mission of the Schizophrenia Society of Canada: To improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy, and research. Dr. Tibbo’s excellence as an advocate, clinician, and researcher in schizophrenia epitomizes the mandate of the SSC. He has tirelessly and effectively contributed to all these domains, locally, nationally and internationally.



Dr. Fraser winner of CPA award

Dr. Ron Fraser was the recipient of the 2015 C.A. Roberts Award for Clinical Leadership. This award, dedicated to the memory of Dr. C.A. Roberts, is presented annually to a psychiatrist-clinician who has contributed significantly to improving patient care. Dr. Fraser has been unstinting and most effective in the provision of care patients with addictions. He literally transformed the nature of adult addiction services in Halifax. He successfully battled entrenched practices and forces to create a much better and more responsive and effective system of care for persons with addiction. He is a highly esteemed teacher and educates and inspires learners in many professional disciplines. He is a remarkable individual and is highly respected by all who know of his commitment, effectiveness and compassion on the treatment of persons with addictions.



Top: Dr. Phil Tibbo. Bottom: Dr. Ron Fraser is presented with his award by the chair of the CPA Professional Standards and Practice Committee, Dr. Doug Urness (photo: Jay Shaw).

Dr. Alexa Bagnell to develop app

On March 16 Dr. Alexa Bagnell received a CIHR Operating Grant to build and test a mobile CBT app for clinicians and youth as a co-principal investigator. The grant, valued at \$100,000, is titled: Knowledge to Action in Mental Health Care: Mobile Ecological Momentary Intervention (mobile EMI) to Help Adolescents Adhere to Evidence-Based Treatment for their Anxiety Disorder.



Dr. Abidi, Stokes and Moss presented with CACAP Awards

Congratulations to three of our child and adolescent psychiatry faculty who were recognized with national awards at the Canadian Academy of Child and Adolescent Psychiatry meeting in October 2015. Dr. Sabina Abidi was awarded the Naomi Rae Grant Award for her work in community outreach and innovative service development for children and youth with mental illnesses. Dr. Aidan Stokes received the Award of Special Recognition for his career in leadership, clinical care and advocacy in Child and Adolescent Psychiatry, and the significant impact he has had on the field regionally and nationally. Dr. Pippa Moss was presented the Dr. Paul Steinhauer Award for Advocacy in Child and Adolescent Psychiatry, for her work as a rural child and adolescent psychiatrist, which has had significant impact locally, nationally and internationally.



Dr. Jason Morrison named Clinician of the Year

Dr. Jason Morrison was the recipient of the Department of Psychiatry’s 2015 Outstanding Clinician Award. He has taken initiatives to improve patient care in multiple portfolios, and has been very effective in enacting substantial, and at times very challenging changes, in a consistently collaborative manner. During his time working as Deputy Clinical Director in Mental Health Acute Care he was engaged in improving how we deliver services to patients and families. As part of the leadership team for the Collaborative Care Initiative he was always engaged in the work with the change team and asked the critical questions at the right time that kept the momentum focused on evidence-based excellence in programming and consistency in service delivery. He supported the concept of inter-professional collaborative care models. A skillful leader, Dr. Morrison has brought clarity and guidance to his team. Staff describe him as approachable, conscientious, trustworthy, supportive but he can also challenge appropriately, listens to others’ views, and is adaptable. Dr. Morrison is a tremendous asset to the department.

Top: (L-R) Drs. Sabina Abidi, Aidan Stokes and Pippa Moss. Bottom:(L-R) Dr. Jason Morrison receives his award from Dr. Nick Delva.

Dr. Pamela Forsythe appointed Chair-elect of CPA Board

The Canadian Psychiatric Association (CPA) welcomed a new Chair of the Board during their Annual General Meeting in Vancouver in October. That Chair is none other than our own Dr. Pamela Forsythe, assistant professor and psychiatrist in Saint John, New Brunswick. A Distinguished Fellow of the CPA, she becomes the first woman to chair the CPA Board.

In the fall of 2014, after some deliberation, Dr. Forsythe answered a call for candidates to fill the position of chair of the board. "I have always appreciated my involvement with the CPA and wanted to reconnect in a more meaningful way," she says of her decision to put her name forward. The nominating committee issued an invitation for her to meet with the Board during their spring meetings in Ottawa in April, at which time she was voted into the position.

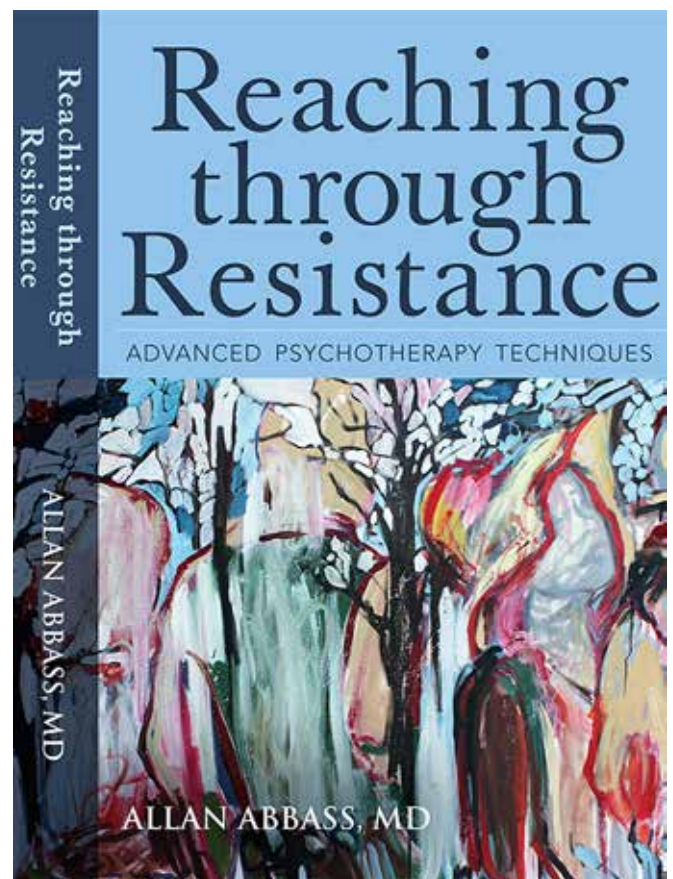
Dr. Sadek completes training at Harvard

Dr. Joseph Sadek completed a one year research training program at Harvard University and obtained a Global Clinical Scholars Research Training (GCSRT) certification. The Harvard Medical School GCSRT is a one-year program of blended learning that is intended for clinicians and clinician-scientists who desire rigorous training in the methods and conduct of clinical research. The blended learning approach combines traditional face-to-face teaching methods with computer-mediated activities to form an integrated instructional approach. Scholars have access to program faculty throughout the year for methodological guidance and support.

Dr. Allan Abbass publishes first book

Dr Allan Abbass published his first book, *Reaching through Resistance: Advanced Psychotherapy Techniques*, a detailed guide to psychotherapy assessment and treatment for the very common clinical population of treatment resistant patients.

The book, based on 25 years of videotape-based case



Top: Dr. Joe Sadek celebrating his completed training at Harvard.
Bottom: Dr. Allan Abbass's first book.



study and empirical research and teaching, has met with great prepublication reviews and it has reached number one Bestseller on Amazon.com and Amazon in Germany, the UK, Italy and Canada in the category new psychotherapy books. Dr. Abbass has been interviewed about the book, three journals have requested to review it and due to brisk prepublication orders, it has had to go to a second printing before its publication date. Reviews by leaders in the fields of psychiatry and psychotherapy have been glowing.

Dr. Christine Chambers launches It Doesn't Have To Hurt initiative with media partner YummyMummyClub.ca

On September 21, with funding from the Canadian Institutes of Health Research Knowledge to Action program, Dr. Christine Chambers, at the Centre for Pediatric Pain Research at the IWK Health Centre and Dalhousie University, launched a year-long initiative with the YummyMummyClub.ca (YMC) with the aim of getting research evidence about pediatric pain directly into the hands of parents who can use it.

The initiative spans a 12-month period of targeted dissemination and discussion of content about children's pain on YMC blogs, videos, Twitter parties, Facebook polls, and social media images, all posted and promoted on the YMC website and social media. The partnership capitalizes on YMC's monthly reach of over five million people. Research objectives include documenting the reach of the initiative (e.g., number of content views) and evaluating the impact of the initiative by using surveys and telephone interviews to look at changes in parent knowledge and behaviour to prevent and minimize children's pain.

The desire is that this work will bridge a critical knowledge to action gap in children's pain. This partnership model has strong potential as an approach for mobilizing evidence to the public, and could be applied to other areas of children's health and health more generally.



Mr. Tim Utting presents Dr. Martin Alda with the 2015 Douglas Utting Prize (Photo: Jorge Martinez)

Dr. Martin Alda wins Douglas Utting Prize

In summer 2015 Dr. Martin Alda learned he was the recipient of the Douglass Utting Prize, an award presented to a person or group working in Canada who has made major contributions to promoting the awareness of depression and/or suicide and /or to advancing the understanding and treatment of depression. The following November, as part of being awarded this prize, he gave a public lecture in Montreal on the risk of suicide behaviour in people with bipolar disorder.

The Douglas Utting Prize is given in honour of the late Douglas Utting, who suffered from depression and passed away in 1985. His family established the Douglas Utting Foundation in his memory. Dr. Alda epitomizes excellence as a clinician scientist in the areas of depression and suicide. He was able to meet the Utting family in November when he received his award; something he recalls fondly. "It is a great honour to receive this award and I am so glad to have been able to meet the members of the Utting family and acknowledge their contribution

to research and to reducing stigma of mental illness." Dr. Alda's remarkable scientific contributions and unremitting work on the study of bipolar disorder distinguish him as worthy of recognition. We congratulate him on this great honour.

Dr. Christine Chambers named to College of New Scholars, Artists and Scientists

Dr. Christine Chambers was named to The Royal Society of Canada's (RSC) College of New Scholars, Artists and Scientists in 2015. Those named to the College represent the emerging generation of scholarly, scientific and artistic leadership in Canada. The college is Canada's first national system of multidisciplinary recognition for scholars who have demonstrated a high level of achievement at an early stage in their career. Dr. Chambers is recognized internationally for her significant contributions to the understanding of pain in children. Dr. Chambers is one of 48 who were named to the College for 2015.



Department members strongly featured in February 2016 issue of Doctors Nova Scotia magazine

Subscribers to doctorsNS, the official magazine of Doctors Nova Scotia, saw Dr. Sabina Abidi's smiling face when they received their February 2016 issue. The child and adolescent psychiatrist and assistant professor in the Department of Psychiatry, graced the cover of the magazine, with a feature on the importance of being flexible when it comes to patients. The interview focuses on Dr. Abidi's readiness to meet the patients and their families in multiple environments if necessary, decreasing the emphasis on traditional face-to-face care. Outside of meeting patients in her office or clinic, she often uses Telehealth to connect with patients remotely, or meets them at home, at school, or in a coffee shop. She also discusses her interest in collaborative mental healthcare and the importance in working with primary care providers to increase the resources and level of communication and collaboration to enable them to provide care for youth with mild and moderate problems, thus freeing up space for tertiary care for those with more severe issues.

Also featured in the magazine is a piece co-written by Dr. Bianca Lauria-Horner, associate professor in the department. Titled 'Fostering Mental Health,' it describes the results of a physician practice support program study. Dr. Lara Hazelton also contributed an article, on involving patients in medical education and the benefits to both the patient and the students.

Last, but certainly not least, three of our residents, Drs. Marie Claire Bourque, Alice Aylott and Mirka Kolajova, co-wrote an article on resident wellness. The one-page piece describes the crucial role residents play in the healthcare system and the increasingly common high levels of psychological distress they face related to emotional exhaustion, depersonalization and feeling low levels of personal achievement. Our psychiatry residents have spearheaded a Working Group on Resident Wellness and have written a paper outlining evidence-based recommendations to ease the burden faced by residents.

Dr. Normand Carrey and Creators at Play launch YouTube video

In late December Dr. Normand Carrey and *Creators at Play*, a collective of videographers, designers, and musicians dedicated to sharing unique stories, launched a YouTube video called *Ready or not: mental health and pregnancy*. It is known that how a mother feels about herself during pregnancy already starts affecting her future view of the baby even before he/she is born. Dr. Carrey and his team wanted to produce a straightforward video that appealed to mothers, especially young mothers, in a medium (animation in a YouTube format) that they would have access to and find easily understandable. The producers of this video are simply a group of individuals brought together for this common purpose. It was launched with this idea in mind, and released on YouTube Dec. 25, 2015. You can view the video here: <https://www.youtube.com/watch?v=Co4jKXp1gp8>.

ACADEMIC CHAIRS

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

The Killam Chair in Mood Disorders

Dr. Martin Alda, MD, FRCPC

Dr. Martin Alda, the Killam Chair in Mood Disorders, and his team have been active in several areas over the last year.

Their CIHR and Genome Quebec-funded genetic study of bipolar disorder responsive to lithium is in its final year. In the past year they have reported two intriguing (and related) findings. In a postmortem study of brains of people with bipolar disorder they found abnormal expression of multiple genes coding for G protein-coupled receptor (GPCR) genes (Cruceanu et al. *American Journal of Psychiatry*, 2015) and in a whole-exome sequencing project they found that the same gene family harboured an excessive number of mutations (Cruceanu et al. *Nature Communications*, in revision). These findings point to the key role of GPCR genes in bipolar disorder. The team will test this hypothesis further in the ConLiGen data.

The genetic study of response to lithium conducted with the ConLiGen (www.conligen.org) consortium recently saw its first genome-wide association results published (Hou et al. *Lancet* 2016, with M. Alda as one of the five senior authors). In Halifax, Dr. Alda and his team were responsible for phenotypic characterization of the sample and contributed the largest proportion of the data. The main result of the study is a confirmed association of favourable response to lithium with long non-coding RNA, a molecule that is involved in functional regulation of multiple genes. The ConLiGen study is now moving towards secondary analyses of the data. These will include analyses of specific genes and gene families as well as meta-analysis of molecular genetic studies of lithium response.

Other exciting results are coming from a prospective pharmacogenetic study of lithium response conducted with the PGBD consortium (<http://www.lithium.ucsd.edu/>). The

consortium recently reported findings of hyperexcitability of neurons derived from induced pluripotent stem cells from people with bipolar disorder, in comparison with cells from healthy control individuals (Mertens et al. Nature 2015). This hyperexcitability was attenuated by in vitro lithium treatment, but only in cells from lithium responders. On the other hand, the cells derived from non-responders to lithium normalized their firing pattern after in vitro treatment with lamotrigine. These findings have important implications: The observed cellular phenotype of bipolar disorder could be used for much more efficient screening of novel treatments. Once the production of such stem cells can be done on a large scale, it could also lead to predictive testing to select treatment for individual patients – rather than relying on the trial and error approach.

The power of large scale collaborations is obvious. The brain imaging ENIGMA consortium has now published the

largest analysis of structural MRI data in bipolar disorder, totaling over 1700 cases and 2500 controls (Hibar et al. Molecular Psychiatry, in press). The Chair's group also contributed to the Psychiatric Genomics Consortium analysis of a number of novel susceptibility genes for bipolar disorder.

Much of Dr. Alda's and his colleagues' energy went into writing a number of grant applications. This is becoming a new reality in the current uncertain funding situation given the transformation of the CIHR funding programs with the resulting decrease in funding success rate.

In November 2015 Dr. Alda was awarded the Douglas Utting prize for research in mood disorders and suicide. And in September, he travelled to Santiago de Chile to give two plenary lectures at the regional meeting of the Society for Bipolar Disorders.



Mood Disorders team members (L-R): Julie Garnham, Drs. Cindy Calkin and Martin Alda, and Claire Slaney.

The Sun Life Financial Chair in Adolescent Mental Health

Dr. Stan Kutcher, MD, FRCPC

It's been a busy year for the Sun Life Financial Chair in Adolescent Mental Health, Dr. Stan Kutcher, and his team, as they continue to work towards improving mental health literacy locally, nationally and internationally. Though many previously ongoing projects have progressed, new initiatives in Canada and abroad have also been implemented.

School Mental Health

Mental Health and High School Curriculum Guide (Updated Edition): The updated edition of the *Mental Health and High School Curriculum Guide* has recently been released (free to download) on teenmentalhealth.org and has been made available for purchase online through Amazon. Recognized as the only Canadian evidence-based mental health literacy



Dr. Stan Kutcher trains teachers at the University of British Columbia (Photo: UBC).

curriculum resource, the *Guide* is used by both educators and students in junior high and secondary schools. Integration of the *Guide* into school systems continues across Canada, the United States and abroad.

Pre-Service Teacher Mental Health Literacy Program: The field-testing phase of the Pre-Service Teacher Education Project is underway. The first draft of the Mental Health Literacy Curriculum was completed in the fall, designed at the end of 2015, and tested with Bachelor of Education students at St. Francis Xavier University starting in January. The curriculum draft was also sent to participant observers (representatives from faculties of education and educational organizations across Canada) in early 2016 for their feedback. At present, the team is working

to edit the curriculum based on feedback from participant observers and on lessons learned when the curriculum was implemented at St. FX. The updated curriculum will be tested at both Western University and the University of British Columbia starting in the fall of 2016.

School Mental Health: Global Challenges and Opportunities: A new text entitled *School Mental Health: Global Challenges and Opportunities* was published by Cambridge University Press. Edited by Dr. Stan Kutcher and Ms. Yifeng Wei (along with Dr. Mark D. Weist of the University of South Carolina), the text provides vivid examples of school mental health innovations from eighteen countries, addressing mental health promotion and interventions head on. It will be an essential resource for educators, health providers, policy makers, researchers and other stakeholders engaged in helping students achieve mental health and enhance their learning outcomes.

Tokyo University Delegation visits Nova Scotia: In January, the team welcomed a delegation from Tokyo University to learn about school mental health initiatives in the province. Community partners from the Department of Education, Halifax Regional School Board, IWK Health Centre, Nova Scotia Health Authority and Mount Saint Vincent University came together to deliver a broad overview of the school-based mental health approaches available in Nova Scotia. With great support from these partners, the delegation was able to gain an in-depth understanding of youth mental health in the school systems – something that they hope to implement in their region. The team is now developing plans for a joint Canada-Japan collaboration with Tokyo University.



Dr. Stan Kutcher and three members of the Tokyo University team, sporting their Dalhousie hats, at a Welcome Reception for the delegation.

Mental Health Resources

Transitions project at Saint Mary's University: In September, the team collaborated with Saint Mary's University's Sobey School of Business to disseminate the *Transitions* program to first year students to help them transition smoothly from secondary schools to university

life. Approximately 400 students received this program and participated in a cohort research study on the impact of this program. Research findings show that *Transitions* improved students' mental health knowledge, changed their attitudes towards mental illness, and enhanced their help-seeking efficacy.

Family Mental Health Resource Distribution: Dr. Kutcher and his team received a Capital Health Addictions and Mental Health Program Grant from the Mental Health Foundation of Nova Scotia. The aim of this project was to provide evidence-based information and resources about mental health to Nova Scotian families to help them gain a better understanding about mental health and mental illness, reduce stigma against mental illness and encourage help-seeking behaviours. The grant was used to distribute key resources to clinicians for use with families to whom they are providing care.

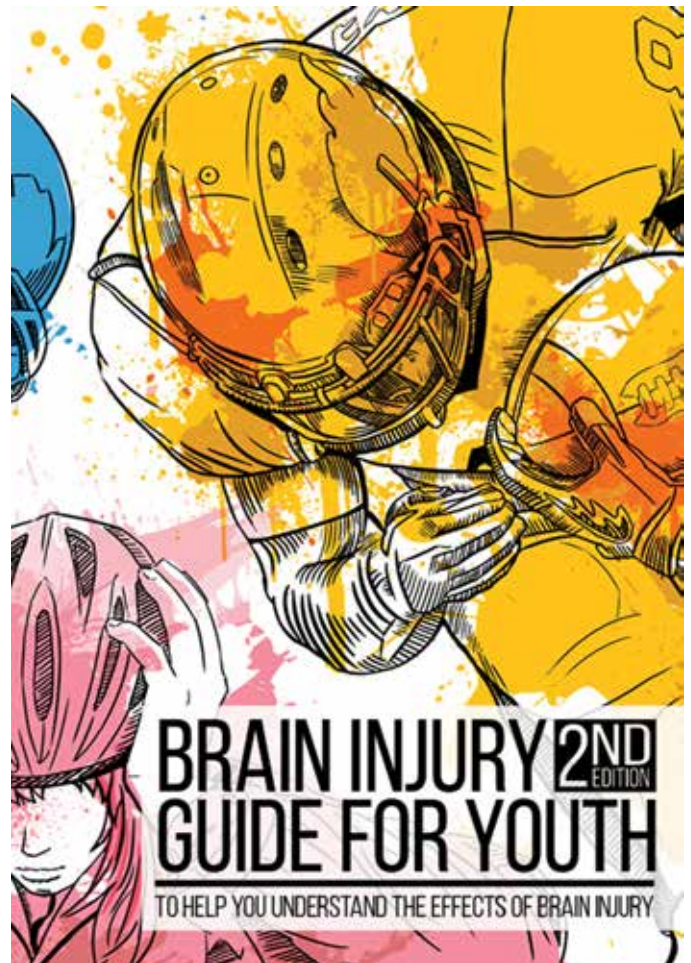
Brain Injury Guides: The second editions of the *Brain Injury Guide for Youth* (designated for youth) and *Brain Injury in Adolescence* (designed for the adult in a young person's life: a parent, a coach, a teacher, etc.) have recently been made available to download, free of charge, at teenmentalhealth.org. These educational resources provide information on concussion prevention, management and recovery, as well as examining other potential mental health risks of a brain injury.

International Innovation in Mental Health

World Health Organization Collaborating Centre Re-designation: The Department of Psychiatry at Dalhousie University was re-designated as a Pan American Health Organization/World Health Organization (PAHO/WHO) Collaborating Centre for Mental Health Training and Policy. Through this re-designation process, Dr. Kutcher will continue his role as director of the centre. This is an important step in continuing many evidence-based projects in developing areas of Latin America.

Mental Health On Air documentary launch in Halifax: On January 23, community members and local leaders

in youth mental health gathered for the Halifax launch of *Mental Health On Air: Healthy Minds, Resilient Communities*. The event, presented in partnership with Farm Radio International, focused on an innovative youth depression intervention (funded by Grand Challenges Canada) in Malawi and Tanzania, where two radio shows, along with school-based listening clubs, teacher mental health curriculum training and community health care worker training, are helping to foster the next generation of young leaders and to provide, for the first time, stigma reduction and access to mental health care for young people in these countries.



The Brain Injury Guide for Youth, one of two brain injury guides developed by the Sun Life Financial Chair team.

The Dr. Paul Janssen Chair in Psychotic Disorders

Dr. Phil Tibbo, MD, FRCPC

The Dr. Paul Janssen Chair in Psychotic Disorders, Dr. Phil Tibbo, continues in his mandate to lead, foster, and mentor research in psychosis and schizophrenia. Under his direction the department continues to see the breadth and depth of psychosis research expand, including not only the furthering of our understanding of the biological underpinnings of psychosis, but investigations of novel treatment options, the role of substance use in psychosis development, service delivery, and the translation of this knowledge to various stakeholders. His contributions to schizophrenia research and leadership in Canada were recognized in 2015 with the Michael Smith Award from the Schizophrenia Society of Canada.

Over the last year, Dr. Tibbo and his research team have published five papers and two book chapters, and an additional nine papers have been submitted for publication. Dr. Tibbo was asked to present his work regarding a novel approach to investigate brain white matter in early phase schizophrenia using proton magnetic resonance spectroscopy at the International Congress on Schizophrenia Research. Other areas covered in these papers included the role of substance use at the early phase of psychosis, and approach to care in early intervention services for psychosis, with collaborations examining genetics and neuropsychiatric variables in psychosis.

A particular focus of the Chair's recent research has been



Dr. Phil Tibbo, The Dr. Paul Janssen Chair in Psychotic Disorders.

on the effects of cannabis on the developing adolescent brain. Last year Dr. Tibbo was asked to partake in live panel discussions across the country with the Canadian Centre on Substance Abuse, on the subject of youth and cannabis. His radio, newspaper and TV coverage in the last year have helped further the research in this area. Dr. Tibbo's team will continue to work in this area as a priority.

The Dr. Paul Janssen Chair continues to support, under the leadership of Ms. Margie Crown, the Because Your Mind Matters project (www.becauseyourmindmatters.ca). This excellent program aims to promote early help-seeking and reduce delays in getting appropriate treatment for psychosis by targeting first year university/college students (18-19 yrs old) who are making that transition to postsecondary education. Over the last year this project has reached over 800 students, with presentation of the material to Dalhousie, Kings College, SMU, and MSVU. The website itself has over 8,000 hits per video and the feedback received by students and faculty remain resoundingly positive. This project will continue into the next year.

Another knowledge translation project supported by the Dr. Paul Janssen Chair is the Key Findings in Early Psychosis project. The objectives of this project are to provide ongoing access to relevant and up-to-date information on major findings in the field of early psychosis in a multi-stakeholder context. Meetings for this project include mental health clinicians and administrators, family members, people with lived experience of psychosis, employees and volunteers in community agencies and government. The training consists of a one-day multi-stakeholder meeting followed by ongoing updates via email. The meeting content is also available online. The meetings have been held once a year for the past two years in each of the four health care zones in Nova Scotia. Participant evaluations have been very positive and members of the Nova Scotia Early Psychosis Network

have also noted the positive impact of this knowledge sharing initiative in their zones.

Dr. Tibbo continues as a board member of the National Canadian Consortium for Early Intervention in Psychosis (CCEIP) which has advocacy, training, service delivery and research arms. Dr. Tibbo is playing a role in several projects including the development of a relapse prediction tool for clinicians and family members, a novel tool for monitoring side effects of medication, the role of clozapine in early phase psychosis, and defining clinical effectiveness. This group has also been researching service delivery models for psychosis early intervention in Canada and presented this work at the CPA and the World Psychiatric Association meetings in 2014, with a subsequent paper accepted to the Canadian Journal of Psychiatry. Dr. Tibbo has also chaired, with CCEIP members and in collaboration with the CPA and Myelin and Associates (medical education company), a unique CME Section 3 program for physicians that focuses on maximizing positive outcomes for early phase psychosis patients. This has had a successful early roll-out across the country. Dr. Tibbo will also be involved with the CCEIP in the development of national comprehensive guidelines for care in early phase psychosis.

The Dr. Paul Janssen Chair also fulfills his mandate as a board member of the Schizophrenia Society of Canada, Chair of the Schizophrenia Society of Canada Foundation, member of the editorial board of the Canadian Journal of Psychiatry, member of the CPA Research Committee, and more locally as Director of the Nova Scotia Early Psychosis Program and Co-Chair of Quality Council.

The Canada Research Chair in Early Intervention

Dr. Rudolf Uher, MD PhD MRCPsych

Severe mental illness, such as schizophrenia bipolar disorder, and depression, affects over 2,500,000 Canadians. In a large proportion of these, the onset of mental illness can be predicted and avoided through early interventions. The Canada Research Chair in Early Intervention, Dr. Rudolf Uher, and his colleagues at Dalhousie are testing new ways of identifying risk and intervening early to help young people develop positive mental health and avoid mental illness. In the Families Overcoming Risks and Building Opportunities for Well-being (FORBOW) study, they track the development of three hundred children and youth who are attending annual sessions with the study team. They



Dr. Rudolf Uher

have found that a set of early antecedents that can be identified when the children are nine to 12-years-old can predict who is at risk for severe mental illness with high accuracy. The development of illness in those with early risk factors however, may be avoidable. Dr. Uher believes that mental health is a skill that needs to be learned and cultivated. Some of the youth in this study are receiving the Skills for Wellness (SWELL) intervention, which equips them with skills to overcome current and future challenges and develop in a healthy way. The initial experience with SWELL is encouraging: youth like to participate in this skill coaching course and they are doing much better at the end of it than before in a number of areas. The investigators will need another five years to determine what extent SWELL protects against severe mental illness. In the meantime, Dr. Uher's team is using innovative genetic and cognitive testing and brain imaging technology to speed up the discovery, with the help of three talented graduate students working under Dr. Uher's supervision. Alyson Zwicker is developing a genetic test from saliva that may help select the youth who may benefit from the early intervention. Lynn Mackenzie, another graduate student at Dalhousie, is using computerized tests of emotional cognition to map the risk for mental illness. Thanks to the NARSAD Independent Investigator Award that Dr. Uher received in 2016, the youth participating in FORBOW and SWELL will also have the opportunity to participate in a brain study using magnetic imaging. With the new brain measurement, Vlad Drobinin, the third graduate student working with Dr. Uher, may be able to see the effects of SWELL in the developing brain. It would be advantageous if we did not need to wait five years to find out whether the intervention is successful and a brain scan will help us to see the results much earlier.

For more information, see www.forbow.org



Lynn MacKenzie, a graduate student working with Dr. Uher.

EDUCATION

We offer 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.

Excellence in Education

Director of Education: Dr. Margaret Rajda, MD, FRCPC, ABSM

The 2015-2016 academic year was another busy one in education. The 2016 CaRMS match was exceptionally successful and all seven residency positions were filled on March 2. The new residents will arrive to start training on July 1, 2016.

The university conducted an internal review of all postgraduate programs in November 2015. Our residency program received positive feedback and demonstrated excellent resident morale.

After many years of dedicated service, Dr. Jacqueline Kinley stepped down from the post of psychotherapy coordinator. Dr. Nicole Herschenhaus has taken on this position, effective April 2016.

The department exceeded the required commitment to undergraduate medical school teaching activities during the last academic year, with faculty and residents receiving very high teacher ratings by the students. The teaching activity has a direct effect on the students' level of interest in psychiatry, as evidenced by the growing numbers of Dalhousie applicants to our psychiatry residency program.

As usual the W. O. McCormick Academic Day was a great success, with registration sold out well in advance of the event.

This year the electronic delivery of Wednesday morning academic and university rounds changed from Telehealth to the Adobe Connect platform. This change improved delivery of the sessions and significantly increased participation from off-site locations. The evaluations of the rounds are now distributed and completed online, which allows for a more efficient data collection process and timely feedback to the presenters.

Undergraduate Education in the Department of Psychiatry

Director of Undergraduate Education:
Dr. 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 participate in a variety of educational experiences including acting as case-based or clinical skills tutors in the first and second year core curriculum, clinical supervisors for core or elective students, and facilitating didactic seminars.

Pre-clerkship (Year 1 and 2)

Three weeks in the second year are focused on psychiatry in the Neurosciences Unit. Students work through six cases primarily focused on mood, anxiety and psychosis, supplemented by 2-3 lectures per week. Lecture content includes major clinical conditions as well as substance abuse

CAREER NIGHT

The Department of Psychiatry was involved in the annual Career Evening for Medical Students on Oct. 15, 2015. Various residents and faculty volunteered and helped promote psychiatry as a career. Our booth offered a psychosis simulation experience for students and a draw for a textbook, among other things.

Featured right: The associate program director and director, fellowship and subspecialty training programs, Dr. Sherry James, and the director of postgraduate education, Dr. Mark Bosma, at the psychiatry booth at the Career Evening.



and personality disorders. The Skilled Clinician sessions, in the second year, 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.

Dalhousie – IMU Link Program

Each year, Dalhousie University accepts a small number of students from the International Medical University (IMU) in Malaysia, to complete the final two years of their undergraduate medical education at Dalhousie. Prior to beginning the clerkship year at Dalhousie University, the students are required to participate in and complete the Link program that provides them with the core clinical skills and practice sessions as taught throughout the first and second year medical program at Dalhousie. This program is designed to help the students to practice history and physical examinations, diagnosis and case presentations and to become familiar with hospital and health care systems in which they will be working. The ultimate goal of the Link program is to ensure that IMU students are entering clerkship at a level equivalent to Dalhousie students. The Department of Psychiatry accepted four IMUs and two IMGs in the Link Program in 2015/16.

Clerkship (Year 3 and 4)

In the third year of medical school, students enter a two-year clerkship. In the first year, students spend six weeks in core clinical psychiatry rotations and in the second year; students are focused on elective experiences which range from two to four weeks in duration.

During the first year of clerkship, the Halifax faculty and residents deliver the core curriculum of 18 seminars to our clerks in Halifax and to distant sites via videoconferencing. Saint John faculty deliver an equivalent curriculum to their clerks on-site. In addition, the department offers three online self-study modules, which have been developed by our faculty and residents, and two recorded videos developed by faculty.

With two existing successful Longitudinal Integrated Clerkship (LIC) sites in Miramichi and Upper River Valley/Waterville, Dalhousie Medicine New Brunswick (DMNB)'s Moncton site moved from the traditional clerkship model to an LIC model in September 2015. The department currently offers clinical clerkship rotations in HRM, Amherst, Charlottetown, Truro, Sydney, Windsor, Moncton, Fredericton, Saint John, Miramichi and Waterville.

Psychiatry Student Interest Group

The medical student Psychiatry Interest Group is in its fifth year and is currently led by first-year medical students Anastasia McCarvill and Claire Stewart with the assistance of third-year clerk Holly Greer. The group continues to work towards its mandate of increasing awareness and facilitating discussion about mental health as well as encouraging interest in the field of psychiatry. Members have been actively involved in numerous activities, including: a “Lifestyles in Medicine” night with the support of many psychiatry residents and attending physicians, a psychiatry interviewing skills session, an evening to discuss various psychiatry electives available to medical students and an upcoming psychiatry based movie night. Students have also been able to experience an exciting shift with the Mental Health Mobile Crisis Team.

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 APA. This year, Anastasia McCarvill was chosen to attend the conference.



Graduating residents (L-R): Drs. Marie Claire Bourque, Jonathan Wan, Michael Butterfield, Alice Aylott, Anita Hickey, Kristin Holm, Saima Nadeem, and Amgad Barsoum.

Postgraduate Education in the Department of Psychiatry

Director of Postgraduate Education: Dr. Mark Bosma, MD, FRCPC
Associate Director of Postgraduate Education: Dr. Sherry James, MD, FRCPC, MEd

It has been a very busy year in the area of postgraduate education, with several major initiatives occurring. In November 2015, Dalhousie Postgraduate Medical Education (PGME) conducted an internal review of the residency program. This process ensures that our program is constantly striving to meet and maintain Royal College accreditation standards. Several strengths were identified, including resident morale and collegiality, broad exposure to psychopathology across the life span, and dedicated and skilled teaching faculty. As to be expected, some weaknesses were also identified and are being addressed by the Residency Program Committee (RPC). This review will lead to many positive changes for our program, including a more robust curriculum for career planning, review of rotation objectives to ensure they are user friendly for residents and faculty, ongoing efforts to optimize the call experience at the IWK training site, and a return of residents to the Connections (Recovery and Integration Program) sites.

Some faculty changes occurred within the RPC. Dr. Jackie Kinley stepped down from her position as postgraduate psychotherapy coordinator. Dr. Kinley was instrumental in developing the current psychotherapy curriculum, which provides excellent clinical supervision complemented by a timely and comprehensive didactic schedule. In April 2016 Dr. Nicole Herschenhou accepted the role of psychotherapy coordinator, and will continue to promote excellence in psychotherapy education starting in the 2016-2017 academic year.

In April 2016, Drs. Mark Bosma and Sherry James visited the Saint John training site to meet with faculty. Saint John provides education for the PGY-1 residents, who spend two months training in psychiatry at the Saint John Regional Hospital. There have been many faculty changes in Saint John, and the visit provided an opportunity to connect with faculty both well-known and new to the program. To continue to facilitate our strong relationship

with Saint John, it was agreed that a site visit will occur on an annual basis.

Teaching

Teaching residents in the clinical and classroom settings continues to be the main focus of the residency training program. Several new teaching initiatives were introduced to the program this year, including an interviewing skills course, and a series of formulation workshops for junior and senior residents. During the summer of 2015, all residents participated in an interviewing skills course each Wednesday morning. The first hour focused on an important component of the interview, facilitated by a faculty member each week. This was followed by a PGY-3 resident conducting a practice STACER watched by their peers, followed by discussion to stimulate skill development in interview, case presentation, diagnostic, formulation, and management skills. Feedback was very





CaRMS

The 2016 CaRMS match was a great success. Due to the incredible efforts of the residents, education administrative staff, and faculty, all seven spots were filled in the first match! In July, we look forward to welcoming the following residents, four of whom are from Dalhousie.

Christelle Boudreau ~ Université de Sherbrooke
Elizabeth Han ~ University of Toronto
Gregory MacMullin ~ Dalhousie University
Christine McClelland ~ Dalhousie University
Tyson Rizzardo ~ University of British Columbia
Chelcie Soroka ~ Dalhousie University
Graham Stevenson ~ Dalhousie University

Clockwise from left: Drs. Christine McClelland, Tyson Rizzardo, Gregory MacMullin, Graham Stevenson, Christelle Boudreau, Chelcie Soroka, and Elizabeth Han.

RESIDENTS 2015-2016 ACADEMIC YEAR

Class of 2016 PGY-5

Aylott, Alice
Barsoum, Amgad
Bourque, Marie Claire
Butterfield, Michael
Hickey, Anita
Holm, Kristen
Nadeem, Saima
Wan, Jonathan

Class of 2017 PGY-4

Crane, Ashley
Johnston, Liisa
Kolajova, Miroslava (Mirka)
Malik, Mahgul
McCarville, Terrance
Saleh, Ahmed
Sapieha, Michal
Toguri, Daniel

Class of 2018 PGY-3

Boyd, Jillian
Clarkson, Rosemary
Emms, Mandy
Fancy, Sarah
James, Vhari
Kirkpatrick, Lesley
MacKay, Ian
Ojiegbe, Jennifer
Robichaud, Celia
Singh, Kathleen

Class of 2019 PGY-2

Alwatban, Omar
Green, Joshua
Murray, Kerry Ann
Nunes, Abraham
Paradis, Justin
Sarty, Ian
Smalley, Joshua George
Yashchuk, Olga

Class of 2020 PGY-1

Downing, Laura
Hassanali, Nadia
Havenga, Matthew
Lahti, Melissa
Manning, Alexandra
Radchuck, Katherine
Zhou, Crystal

positive, and the course will continue to be offered annually.

As it has been consistently identified that formulation skills are not taught early enough, the PGY-2 residents had a series of seminars in which they watched a film, and then practiced formulation skills by focusing on an interesting character. These sessions were enhanced with teaching focused on different methods/views of psychological understanding of patients. PGY-3 residents had a series of sessions in which they brought cases to be presented to their cohort, in order to practice formulation skills. PGY-4 residents also had a short series of sessions, in which the facilitator presented interesting cases, expecting residents to rapidly develop and present a formulation. It is hoped that continued teaching of formulation skills will help residents prepare for senior level examinations, and enhance understanding and management of patients in the clinical setting.

Several other important components of the curriculum have been well reviewed, and will be incorporated into the 2016-2017 curriculum. These include the monthly Journal Club, and quarterly Neuroscience Rounds. As well, a research methods series of seminars has been incorporated into the PGY-2 curriculum, to prepare residents to engage in a scholarly project.

A strong academic curriculum has always been a focus of the residency program. To continue this tradition, a postgraduate sub-committee continues to work on curriculum renewal. This involves review of current curriculum components, with input from junior and senior residents, to refresh and reorganize the academic day schedule for the next academic year.

Resident Retreat

In September 2015 the residents held a retreat at Whitepoint Resort. The retreat focused on wellness activities, with residents participating in a scavenger hunt. A seminar on conflict management was presented by a local expert. The event was well attended by residents, and will be held again in September 2016 at the Atlantica Resort near Chester.

2015-2016 Year End Awards

Clerks' Choice Award: Dr. Abraham Nunes

Horizon Network Award (PGY-1): Dr. Crystal Zhou

Dr. Charles David Award (PGY-2): Dr. Abraham Nunes

Dr. Herb Orlik Award (PGY-3): Dr. Celia Robichaud

Alexander Leighton Resident of the Year: Dr. Celia Robichaud

Dr. Robert and Stella Weil Award: Dr. Liisa Johnston

W.O. McCormick Award : Dr. Anita Hickey

Teacher of the Year (Residents' Choice): Dr. Ahmed Alwazeer

PGY-5 Excellence Award: Dr. Tom MacKay

Above and Beyond Award (Residents' Choice): Gregg Lambert

W.O. McCormick Loonie Awards: Dr. Jenni Ojiegbe, Dr. Kerry Ann Murray, Dr. Mahgul Malik

Fellowship and Subspecialty Training in the Department of Psychiatry

Director of Fellowship and Subspecialty Residency Training: Dr. Sherry James, MD, FRCPC, MEd

Fellowships in Psychiatry

Fellowship training provides a trainee the opportunity to develop expert clinical and/or research skills in a given subspecialty of psychiatry. Dalhousie currently offers several fellowship opportunities in a range of subspecialty areas. Faculty are often interested in developing new fellowships in additional areas of psychiatry, which is exciting for graduating residents who may be seeking additional training.

There were no fellows training in the department during the 2015-2016 academic year, but we are pleased to be welcoming Dr. Stacy Campbell from the University of Saskatchewan as of July 1, 2016. Dr. Campbell will be training in Psychodynamics and Group Psychotherapy under the supervision of Dr. Jacqueline Kinley at the Mental Health Day Treatment Program.

Subspecialty Residency Training in Psychiatry

A subspecialty residency is a Royal College-accredited program wherein the resident follows a course of training to develop expert clinical and research skills in a Royal College-recognized subspecialty of psychiatry. Dalhousie currently offers subspecialty training in child and adolescent psychiatry and geriatric psychiatry. Though there were no subspecialty trainees with us for the 2015-2016 year, Dr. Maghul Malik plans to begin her training in child and adolescent psychiatry in July 2017.

Child and Adolescent Psychiatry Residency Program

Dr. David Lovas has accepted the position of program director for the child and adolescent psychiatry residency program starting October 2016. Dr. Alexa Bagnell will remain program director until this transition.

Dr. Ferid Fathalli, who graduated from our Child and Adolescent Psychiatry Subspecialty Residency Training Program in 2015, passed the Royal College Child and Adolescent Psychiatry exam. Dr. Fathalli is now an assistant professor in the Department of Psychiatry at McGill University.

As noted above, Dr. Maghul Malik has accepted a position in the Child and Adolescent Psychiatry (CAP) Subspecialty Residency Training Program. Dr. Malik is a graduate of Saba University School of Medicine and is currently completing her residency training at Dalhousie University. The IWK faculty is looking forward to welcoming her and working with her over the next two years of subspecialty training.

Continuing Education in the Department of Psychiatry

Director of Continuing Education: Dr. Heather Milliken, MD, FRCPC, CSPQ



Dr. Ferid Fathalli graduated from the subspecialty training program in 2015.

Chaired by Dr. Heather Milliken, the joint multidisciplinary Department of Psychiatry/NSHA Central Zone Addictions and Mental Health Program Continuing Professional Development Committee organized a very full and successful schedule of continuing education/continuing professional development (CE/CPD) activities during the past academic year. Regularly scheduled events included University Rounds, Clinical Academic Rounds, Child and Adolescent Psychiatry Academic Rounds, Psychiatry Debates, Neuroscience Jeopardy, Sleep Rounds and monthly Seniors Mental Health Education Sessions, as well as a number of workshops. Our goal is to provide the highest quality continuing education activities, and all of these Department of Psychiatry sponsored educational events are accredited for RCPSC MOC Section 1 group learning activity credits.

The introduction of Adobe Connect to provide online live webcasting of the weekly Clinical Academic/ University

Rounds has been very successful. Attendance at these continuing education activities has increased significantly with approximately 100-125 participants from throughout Nova Scotia and New Brunswick each session.

The implementation of electronic evaluations has also gone very well. Dalhousie faculty psychiatrists and residents complete their evaluations in One45 and non-Dalhousie psychiatrists and non-psychiatrists access the evaluations via a link on www.psych.dal.ca. The number of evaluations submitted each week has increased and we are able to provide feedback to presenters in a much more timely fashion.

Another innovation this year has been, with the consent of the speakers, the posting of PDF copies of all Clinical Academic/University Rounds presentations at www.psych.dal.ca.

XXVII W.O. McCormick Academic Day

This year's Academic Day on the theme "Psychotherapies in Clinical Practice: A Potpourri" was another highly successful, sold out conference, with 237 multidisciplinary mental health professionals, residents and students participating. Educationally co-sponsored by Dalhousie Faculty of Medicine Continuing Professional Development, the conference was designated for up to 7.00 credit hours for MAINPRO-MI of the College of Family Physicians of Canada and as an accredited group learning Section 1 Royal College of Physicians and Surgeons of Canada Maintenance of Certification activity.

This year, in addition to the lectures from the two invited keynote speakers, four symposia were held with presentations from panels of local experts on a variety of themes related to psychotherapy.

Chaired by Dr. Heather Milliken, the morning session began with opening remarks from The Honourable Leo A. Glavine, Minister of Health and Wellness and Minister of Seniors, and Drs. Nicholas Delva and David Pilon. This was followed by keynote speaker Stefan G. Hofmann, Ph.D., professor of psychology at the Department of



Top: Director of Continuing Education Dr. Heather Milliken. Bottom: The Honourable Leo A. Glavine, Minister of Health and Wellness and Minister of Seniors speaks at Academic Day.



Academic day speakers and organizers.

Psychological and Brain Sciences and director of the Psychotherapy and Emotion Research Laboratory at Boston University. His presentation, “Cognitive Behaviour Therapy in the Treatment of Anxiety Disorders,” described how modern cognitive behavioural therapy (CBT) can enrich therapeutic strategies when treating anxiety and related disorders. The symposium, “An Introduction to Third-Wave Cognitive Behavioural Therapies: Acceptance and Commitment Therapy, Dialectical Behaviour Therapy and Mindfulness-Based Approaches, began with a presentation by Dr. Jacqueline Cohen, co-lead of the NSHA Central Zone Borderline Personality Disorder Treatment Program. She reviewed the evolution of CBT and discussed some of the themes common to third-wave CBT. Dr. Cohen also spoke about Dialectical Behaviour Therapy (DBT) and the ways in which dialectics, radical

acceptance and a return to learning theory have shaped treatment with complex clients. Dr. David Whitehorn, director of the Atlantic Contemplative Centre, described the essential components of mindfulness-based approaches and the role of mindfulness in cultivating compassion. Dr. Dayna Lee-Bagley, a clinical health psychologist at the QEII HSC Transplant Program and Behaviour Change Institute, provided an introduction to Acceptance and Commitment Therapy (ACT) and described its essential features. During the symposium participants were invited to participate in experiential exercises demonstrating third-wave CBT.

The morning session concluded with the presentation “Motivational Interviewing: Fundamental Skills for Working with People.” Drs. Zenovia Ursuliak and Selene Etches,

along with Scott Janssen, the clinical practice educator with Mental Health & Addictions Services, Central Zone, NSHA, introduced the conceptual framework for motivational interviewing and used demonstrations and clinical cases to teach participants fundamental motivational interviewing skills.

Chaired by Dr. Patricia Pearce, the afternoon session began with keynote speaker, Anne Mahoney, PhD., RPsych., FCGPA, from Calgary, Alberta, presenting on “When is a Group not a Group?: The Fundamentals of Group Therapy.” In this lecture the process necessary to transform a collection of individuals into a cohesive group was described and its application to a wide variety of group formats (short term, long term, inpatient, outpatient, structured and process groups) was discussed.

In the presentation “Training in Psychotherapy,” Dr. Jackie Kinley, chair of the psychotherapy section at the Canadian Psychiatric Association and Dr. Marie Claire Bourque, PGY5, discussed the role of supervision in training in psychotherapy from both the trainer’s and trainee’s perspectives. Factors that may influence the effectiveness of psychotherapy supervision and the impact of supervision on the patient, the learner and the supervisor were described.

The afternoon session ended with the symposium “Psychotherapy Services for Complex and Refractory Populations.” In his presentation “Direct Evaluation and Management of Treatment Resistance in Psychiatric Patients,” Dr. Allan Abbass outlined the biopsychosocial factors that are common in treatment-resistant populations and described the growing evidence base for the use of Intensive Short-term Dynamic Psychotherapy (ISTDP) in these populations. Dr. Joel Town presented on the topic “Tailoring Psychotherapy to the Needs of Individuals.” He discussed the clinical applications of the results of his research regarding “what works in psychotherapy, for whom and why?”

Videos of the speakers’ presentations are available on the Department of Psychiatry website www.psych.dal.ca

Psychiatry Debate

Introduced in 2012, our series of Psychiatry Debates continues to be one of the most popular of our annual continuing education activities and through an initiative of the CPA Council on Psychiatric Continuing Education (COPCE) chaired by Dr. Heather Milliken, numerous other departments across Canada have now successfully introduced Psychiatry Debates into their Continuing Education schedule.

The 8th Psychiatry Debate was held on October 14 on the motion “Should Patients with Treatment-Resistant Depression Have Access to Physician-Assisted Dying.” Drs. Ava Muir & Mahgul Malik argued in favour of the motion and Drs. Curt Peters and Jennifer Ojiegbe opposed. As a result of pre-and-post-debate polling of the audience, the debate was declared “a draw.” Visit the Dalhousie Psychiatry Debates blogsite at <https://blogs.dal.ca/psychdebates/> to view videos of all of the Psychiatry Debates.



Top (L-R): Debaters Drs. Curt Peters and Jennifer Ojiegbe. Bottom (L-R): Drs. Ava Muir and Mahgul Malik argue their point.



Dr. Celia Robichaud channels Jeopardy's Alex Trebek alongside Dr. Jacob Cooley during Neuroscience Jeopardy.

Neurosciences Jeopardy

Introduced for the first time last year by Drs. Jacob Cooley, David Lovas & Michael Butterfield, this highly interactive, educational and entertaining continuing education activity has now become a regular annual event. This year's Neuroscience Jeopardy held on June 15 brought a successful conclusion to the 2015-2016 Clinical Academic/University Rounds schedule.

R.O. Jones Memorial Lecture

Named in honour of the late Dr. Robert Orville Jones, who among his many achievements, founded the Dalhousie Department of Psychiatry in 1949 and was the charter president of the Canadian Psychiatric Association, the R.O. Jones Memorial Lecture is held in conjunction with the Atlantic Provinces Psychiatric Association annual conference.

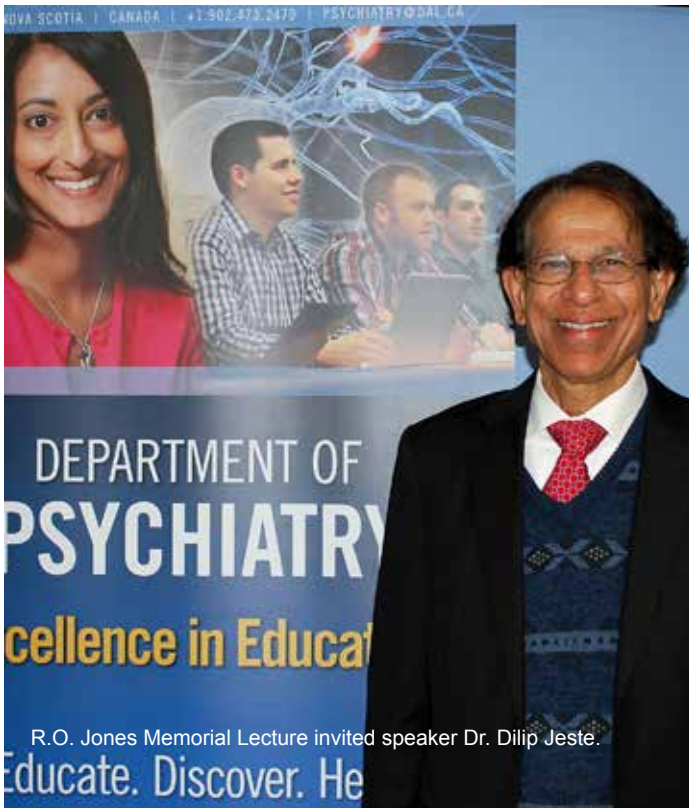
This year's lecture was held on June 8. Invited guest speaker Dr. Dilip V. Jeste, Associate Dean for Healthy Aging and Senior Care, Estelle and Edgar Chair in Aging,

Director of the Sam and Rose Stein Institute for Research on Aging and Distinguished Professor of Psychiatry and Neurosciences, University of California, San Diego, presented on the topic "The Positive Psychiatry of Aging."

Faculty Development Workshops

On March 31, 2016 Drs. Cheryl Murphy & Mark Bosma facilitated a two-hour workshop on "How to Write Good Quality MCQs." Participants were eligible to earn a maximum of six Performance Assessment (Section 3) credits as defined by the RCPSC Maintenance of Certification (MOC) Program.

On April 15, 2016 Drs. Mark Bosma & Sabina Abidi conducted a two-hour workshop on "STACER Assessor Training." A similar workshop was also conducted earlier for faculty in the Child and Adolescent Psychiatry Division. Participants could earn a maximum of four Section 2 credits as defined by the RCPSC MOC Program by incorporating the workshop into a Personal Learning Project (PLP).



University Rounds

We were fortunate this year to have nationally and internationally recognized speakers present on a diverse range of topics at our monthly University Rounds. A number of our University Rounds speakers also gave one-hour lectures to all of our psychiatry residents.

Sept. 16, 2015 **Dr. Eric Teboul**, psychiatrist, Ste. Jerome Regional Hospital & Lakeshore General Hospital, Quebec: *Gaining insight into lack of insight. An evidence-based examination of lack of insight and its implications for the treatment of psychotic disorders.*

Sept. 23, 2015 **Dr. Ann York**, consultant child & adolescent psychiatrist, St. George's Mental Health NHS Trust & senior lecturer, St. George's Medical School, London UK: *Choice, access and what matters to us all. Creating services we all want to use and work in.*

Oct. 21, 2015 **Dr. Jon Davine**, associate professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University: *Making Your Presentations More Interactive: The Better Way!*

Nov. 18, 2015 **Dr. Benicio Frey**, associate professor, Department of Psychiatry and Behavioural Neurosciences, head, Mood Disorders Program, McMaster University: *Cognitive Function in Mood Disorders: From Neurobiology to Treatment.*

Dec. 16, 2015 **Dr. Abe Sniderman**, assistant professor, Departments of Psychiatry and Medicine, University of Toronto, director, Neuropsychiatry Clinic Brain and Spinal Care Program Toronto Rehabilitation Institute University Health Network: *Myelin, Mind and Matter: A Primer of the Neuropsychiatric Syndromes in Multiple Sclerosis.*

Feb. 17, 2016 **Dr. Tomas Paus**, Professor of Psychology and Psychiatry, University of Toronto, Tanenbaum Chair in Population Neuroscience & Senior Scientist, The Rotman Research Institute: *White matter transport system.*

March 17, 2016 **Dr. Gustavo Turecki**, professor & chair, Department of Psychiatry, McGill University, director McGill Group for Suicide Studies, co-director, Douglas-Bell Canada Brain Bank, head, Depressive Disorders Program Douglas Institute: *Revisiting suicide risk: experience, development and psychopathology.*

April 20, 2016 **Dr. Paul Kurdyak**, associate professor Department of Psychiatry and Institute for Health Policy, Management and Evaluation, University of Toronto, director, Health Outcomes and Performance Assessment (HOPE) Research Unit, medical director, Performance Improvement CAMH, lead, Mental Health & Addictions Program, Institute for Clinical Evaluative Science (ICES): *Access to mental health care and performance measurement: emerging developments in Ontario.*

May 11, 2016 **Dr. Jean-Victor Wittenberg**, associate professor, Department of Psychiatry, University of Toronto, head, Infant Psychiatry Program, Hospital for Sick Children: *Developing infant mental health consultations in the context of first nations culture and traditions.*

SAINT JOHN, NEW BRUNSWICK

The Department of Psychiatry in Saint John had the following educational events for psychiatrists and mental health staff in the past year. These educational events were funded by a private donor through the Saint John Regional Hospital Foundation.

On Sept. 11, 2015 an ECT workshop was facilitated by Dr. Kiran Rabheru, professor of psychiatry at the University of Ottawa. Dr. Rabheru facilitated the world's first simulation-based ECT course in the University of Ottawa.

The session, attended by 13 psychiatrists, two residents and three ECT nursing staff, enhanced the expertise of the mental health services in the delivery of this important treatment. It also partly facilitated the creation of a collaborative group with the goal of working on the improvements required for the ECT service and preparing for the forthcoming nationwide accreditation of ECT services.

On Oct. 2, 2015 a psychopharmacology workshop was facilitated by Dr. Carl Salzman, professor at the Department of Psychiatry at Harvard University. Attended by 25 psychiatrists, nearly 50 mental health nurses and clinicians, as well as several clinicians from other areas, this event enhanced the expertise of mental health staff in Saint John and Fredericton relating to psychopharmacology which in turn directly impacts on the quality of care provided to clients.

On Nov. 5, 2015 a Cognitive Behavioural Therapy (CBT) workshop was facilitated by Dr. Christine Padesky, world-renowned presenter, author and expert in CBT. The workshop was attended by 135 psychiatrists, nurses and other clinicians, and demonstrated how to individualize CBT in pace, content and interpersonal style to match client needs and build skills.

Medical Humanities in the Department of Psychiatry

Humanities Coordinator: Dr. Joanne MacDonald MD, FRCPC

The 2015 year in humanities began with a video interview project where faculty members shared their impressions and experience of the medical humanities within their lives as psychiatrists. Dr. Nick Delva described how his previous curiosity about history and philosophy influenced his career in psychiatry; Dr. Michael Teehan described how the importance of storytelling in Irish culture shapes his connection to his patients; Dr. Alexa Bagnell shared that a humanities summer elective in the history of psychiatry led her to choose to work in mental health; and Dr. Mark Bosma described how what he thought was a leisure interest in film now enlivens education in formulation with residents. The full video interviews are on the department website and can be found via <http://tinyurl.com/h43k5wz>.

Dr. Joanne MacDonald presented to the residents in August to increase interest in humanities topics and projects. The fall saw the call-out for the Annual Dalhousie Psychiatry Writing Contest with 18 submissions from medical schools all across the country. Savannah Silva from McMaster won in the undergraduate category for her poem *Cautery* that put us right within the student's first experience in the surgical suite. Heather Dawn Lasko, a family medicine resident from the University of Toronto won in the postgraduate category, writing *Grandfather's Chair*, which shared her experience with addiction as both a family member and a new physician. Honourable mention went to undergrad Paige Zhang who

challenged her own thoughts and feelings about caring for a patient following an overdose in *Breaths*. Postgraduate honourable mention went to a family medicine resident at U of T, Marissa Tsoi, who charted the relationship ups and downs with a partner struggling with depression in *Chaos Love Theory*, and also to Dalhousie family medicine resident Joanne Reid who described being stopped in her rushing about to witness the experience of a mother's cancer for a nine-year-old girl in *Positive Scarf Sign*. All the writing demonstrated how psychiatric education supports many areas of practice in medicine.

Early in the winter, Dr. MacDonald partnered with Dr. Marika Warren in Bioethics and Dr. Wendy Stewart in Pediatrics and Humanities-HEALS to design and deliver an interdisciplinary faculty series on developing humanism and professionalism for educators, an iteration of a project already begun in the medical schools at Duke in North Carolina and University of Calgary in Alberta. The 12-week faculty discussion sessions began on March 1 and

will be re-offered next year in winter 2017. The faculty explorations have brought considerable reflection about how to develop core humanism and professionalism skills and resiliency from early medical education through to the busy days and nights of residencies and fellowships. Ideas we hope to develop further in 2016-2017.

Dr. MacDonald hopes to find ways to include humanities content in many aspects of the Department of Psychiatry's educational activities. Resident interests in history, humanities, philosophy, arts and literature will be explored in 2016-2017 and we hope to have visiting artist presentations each year.

Watch for them and regular pieces on humanities topics in *Headlines* newsletter.

HUMANITIES CONVERSATIONS

Dr. Joanne MacDonald initiated a video interview project where faculty members shared their impressions and experience of the medical humanities within their lives as psychiatrists.

Featured right: (Clockwise from left) Drs. Mark Bosma, Alexa Bagnell, Nick Delva and Michael Teehan discuss the humanities with Dr. Joanne MacDonald.



RESEARCH

Research 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 departments within the Faculty of Medicine, in the affiliated hospitals and in other organizations.

Advancing Psychiatry Through Discovery

Director of Research: Dr. Benjamin Rusak, PhD, FRSC

Grant Funding

2015 Department of Psychiatry Research Fund Grants

The Department of Psychiatry funds small projects (up to \$10,000) to members of the department to facilitate the development of new research projects. These funds are intended to serve as seed funding to initiate a project, bring together new research teams or to obtain initial data required for submission of a larger proposal to another agency. The Department of Psychiatry Research Fund also fully funds small-scale projects that can be completed within 1-2 years.

April 2015

- Ms. Katelynn Boerner - Social modeling in pediatric pain: The role of parent and child sex and gender
- Dr. Stan Kutcher - The Impact of Transitions: A mental health literacy resource for post-secondary students to improve mental health knowledge, reduce stigma and promote help-seeking efficacy
 - Dr. David Lovas - Mindfulness for adolescents with chronic pain (MAP Study)
- Ms. Heather Reckling - Theory of mind understanding in young children at familial risk for severe mental illness

October 2015

- Dr. Derek Fisher - The impact of caffeine on cognition in schizophrenia
- Dr. David McAllindon - Assessment of frontal white matter phospholipids metabolism in early phase schizophrenia: A localized 31P-MRS study. Part 1: Testing the methodology with controls.
 - Dr. Namrata Joshi - Association between lifetime caffeine intake and olfaction in a sample of first degree relatives of Parkinson's patients

2015 People with Lived Experience Research Fund

The involvement of people with lived experience (PLE) of depression, bipolar illness and related disorders (comprising primarily current and former patients and their family members) in research is central to the success of the CDRIN Maritimes Depression Hub and its activities. In 2015, to encourage this involvement, the Department of Psychiatry began funding small research grants (up to \$10,000) for research projects initiated by PLE of depression and related illnesses in collaboration with experienced researchers. This funding is called the People with Lived Experience Research Fund (PLERF).

October 2015

Drs. Zenovia Ursuliak and Amy Bombay - How do people living with symptoms of anxiety and depression in Halifax Regional Municipality (HRM) get well? A pilot study of treatment preferences and experiences in people with lived experience



Dr. Zenovia Ursuliak (above), along with Dr. Amy Bombay, was awarded PLERF funding in 2015.

2015 Department of Psychiatry Summer Studentship Program

Dr. Joel Town (Marc Brousseau) *Halifax Somatic Symptom pilot project: Measuring treatment adherence and predicting change in symptom distress.*

Marc Brousseau is a volunteer research assistant at the Centre for Emotions and Health and a student at Saint Mary's University completing a Bachelor of Arts degree with honours in Psychology. Marc plans to apply to medical school and has keen interest in pursuing a career in psychiatry.



Dr. Cindy Calkin (Kathleen Cairns) *Treating insulin resistance as a strategy to improve outcome in refractory bipolar disorder: a randomized, double-blind, placebo-control study of the efficacy of metformin in patients with insulin resistance and non-remitting bipolar disorder.*

Kathleen Cairns previously worked with Dr. Kathi Pajer on the “Stress in Moms and Babies” and “Third Trimester HPA Axis Reactivity Predicts Postpartum Depression Project.” Kathleen is pursuing a Bachelor of Science degree with a major in neuroscience and a minor in French at Dalhousie University.



Dr. Sherry Stewart (Megan Cowie) *Investigating automatic approach bias toward gambling stimuli in problem gamblers.*

Megan Cowie began volunteering in Dr. Stewart's research lab in the addictive behaviors area in 2014 and has also been involved as a volunteer in Dr. Simon Gadbois' canine behaviour lab. Megan is currently pursuing a Bachelor of Science degree with a major in psychology at Dalhousie University.



Top: (L-R) Marc Brousseau and Dr. Joel Town; Middle: (L-R) Kathleen Cairns and Dr. Cindy Calkin; Bottom: (L-R) Megan Cowie and Dr. Sherry Stewart.



Dr. Phil Tibbo and Madison Holmans.

2015 Nova Scotia Psychosis Research Unit Summer Studentship Program

Dr. Phil Tibbo (Madison Holmans) *Gender and Cannabis use influences on outcome measures in early phase psychosis.*

Madison Holmans completed two co-ops at Capital Health while working on her undergraduate degree. She spent the summer of 2013 in the Seniors Mental Health Program and the summer of 2014 in the Nova Scotia Early Psychosis Program. Ms. Holmans is currently pursuing a Bachelor of Arts degree with a major in psychology and minor in religious studies at Saint Mary's University.



Research Day keynote speaker Dr. Jeffrey Daskalakis.

Special Events

Research Day 2015

On October 23, the 25th annual Department of Psychiatry Research Day took place at the Lord Nelson Hotel in Halifax. Research Day 2015 gathered together faculty, students, staff and researchers for outstanding presentations including an enlightening talk by Dr. Jeffrey Daskalakis, Temerty Chair in Therapeutic Brain Intervention and Chief of the Mood and Anxiety Division of the Centre for Addiction and Mental Health titled, "Innovations in Brain Stimulation for Depression."

Research Day prizes were awarded to:

Best Undergraduate Presentation: Ana Jemcov – "How Beliefs and Response Expectancies Impact Ratings of Nicotine Replacement Therapy's Effectiveness for Dependent Smokers."

Best Graduate Student Presentation: Fiona Davidson – "The Impact of Sleep Restriction on Typically Developing Children's Attention" and Lynn MacKenzie – "Stimulant medication and psychotic symptoms in offspring of parents with mental illness."

Best Resident Presentation: Dr. Michael Butterfield
– “Evaluation of Novel Protocol for Treatment of Alcohol Withdrawal Syndrome in Psychiatric Inpatient Populations.”

Best Junior Faculty Presentation: Dr. Amanda Hudson -
“Examining mood and drinking motives over the menstrual cycle using daily diary methods” and Dr. Alessio Squassina -
“A genome wide investigation of miRNAs suggests new potential biomarkers in suicide.”

Café Scientifique 2015

The department hosted a Café Scientifique at the Royal Bank Theatre on the evening of October 22, entitled “New Approaches in Treatment: Depression and Anxiety.” The event was moderated by Beth McDougall, project coordinator and analyst for CDRIN (Canadian Depression Research and Intervention Network) Maritimes Depression Hub, and featured presentations by Dr. Alexa Bagnell, Dr. Rudolf Uher, Aaron Goodwin and the Research Day keynote speaker, Dr. Jeffrey Daskalakis. Following the presentations there was a lively question-and answer session among members of the audience and the panel. There were 115 health care professionals, students, researchers and members of the public in attendance.



Research Day speakers and award winners: (Clockwise from left): Dr. Michael Butterfield, Dr. Michael Teehan, Dr. Jeffrey Daskalakis, Dr. Alessio Squassina, Lynn MacKenzie, and Dr. Amanda Hudson.

The Early Years- Child Welfare (EY-CW) Engage Project

Finding the best mental health interventions for preschoolers and their families

Giving vulnerable children in the early years (0-5) the best mental health interventions is a smart and effective way to build a solid foundation to prevent psychopathology and enhance optimal growth and functioning. Over the last four years, the team consisting of Dr. Normand Carrey, Dr. Alan McLuckie, Robin Green and Valerie Shapiro, have been reviewing literature in order to find the best, evidence-based interventions for preschoolers who have been traumatized and suffer from other types of psychiatric psychopathology. These children are either with their biological families, or are in foster and adoptive care. There has been an explosion of therapeutic interventions including some fairly well-established interventions backed by lots of research including the Circle of Security and Parent-Child Interaction Therapy. Other types of therapies include preventative approaches or target populations that are at-risk. The team has also been

interested in looking at systemic factors (inter-agency collaboration) in order to engage families more effectively. They have also looked at how relational trauma such as intimate partner violence can affect a parent's ability to provide and care effectively for their children.

Dr. Carrey and his team have assessed this evidence through different types of systematic review methodologies such as the scoping review and the realist review. His group has obtained CIHR funding in two separate competitions. Their collaborations now extend not only through Nova Scotia, but through Canada as well, including Alberta, Ontario and Quebec. They have presented the work in different venues, including webinars, posters at scientific conferences and special presentations. The goal is to break down disciplinary barriers and become more effective advocates for mental health interventions in the early years.

Dr. Normand Carrey (right)

Child and Adolescent Psychiatry Research

Child and Adolescent Psychiatry faculty had a productive research year, with 29 presentations at conferences, 14 published articles and five projects receiving grant funding.

The new Sobey Family Chair in Child and Adolescent Mental Health Outcomes was established and is an exciting collaboration with IWK and Dalhousie in improving mental health care service for our province's youth.

Dalhousie University approved a Canada Research Chair in Developmental Psychopathology in Youth Mental Health, and the Dalhousie Department of Psychiatry and IWK Health Centre are working together in the search process and excited about the potential for this chair in collaboration with the other research work in the Department of Psychiatry and the IWK.

Grant funding highlights

Dr. David Lovas: Mindfulness for adolescents for chronic pain, DPRF Grant, June 2015. *Opening the Door: Inviting Patient and Family Perspectives on Pediatric Mental Health Emergencies in Nova Scotia*, SPOR CIHR grant with Dr. Lesley Ann Campbell, March 2016.

Dr. Stanley Kutcher: Phase 3A National Pre-Service teacher Education Mental Health. ECHO Foundation August 6, 2015. *Family Mental Health Resource Distribution. Mental Health Foundation of Nova Scotia CHAMAP Grant May, 2015.*

Sobey Family Chair in Child and Adolescent Mental Health Outcomes

Dr. Lesley Ann Campbell, Department of Community Health & Epidemiology, was awarded the new Sobey Family Chair in Child and Adolescent Mental Health Outcomes. The first of its kind in Canada, the chair is a cross appointment between the IWK Health Centre and Dalhousie University, and was made possible by a \$3 million donation from members of the Sobey family. According to Tracy Kitch, president & CEO of the IWK Health Centre, this chair represents an opportunity to work

with clinicians, families, children, partners, government, and private industry to pioneer new thinking, create understanding and transform health care. In her new role, Dr. Campbell will focus on the development of a program of outcomes research in conjunction with the Mental Health and Addictions program at the IWK Health Centre.

Canadian Clinical Practice Guidelines for Treatment of Schizophrenia and Psychosis

Dr. Sabina Abidi was invited to participate as a member of the Canadian Consortium developing 2016 Canadian Clinical Practice Guidelines (CPG) for the Treatment of Schizophrenia and Other Psychotic Disorders. Funded (2015) by the Mathison Centre for Mental Health Research and Education/ Hotchkiss Brain Institute. Dr. Abidi is leading the working group for publication of guidelines for pharmacological treatment of children/adolescents with schizophrenia and other psychotic disorders. The project/collaboration team members met in fall 2015 and the work is ongoing.



Dr. Sabina Abidi

Presentations

Dr. Alexa Bagnell was plenary speaker at the *Banff XLVIII: School Mental Health: Challenges and Emerging Opportunities* from March 20 to 23, 2016. She presented on mental health literacy for schools and youth, work that has been going on in Nova Scotia schools over the past decade, including the online MyHealth magazine, co-founded by Dr. Bagnell, and Dr. Kutcher's school mental health curriculum development as the Sun Life Chair in Adolescent Mental Health, which is now internationally recognized and implemented.

Dr. Suzanne Zinck participated in the review of CAMH Child and Adolescent Gender Identity Clinic in Toronto in October 2015.

Dr. Lukas Propper presented *Developmental psychopathology in offspring of parents with severe mental illness* at the CACAP Annual Conference in Quebec City, in October 2015. Dr. Propper also presented on psychiatric

comorbidity and use of psychotropic drugs in autism at a pediatric clinic in Kentville, NS in February 2016.

Dr. Selene Etches presented *Cannabis Use in Adolescents* at the Canadian Centre on Substance Abuse: Issues of Substance Conference in Montreal, QC in November 2016.

Dr. Stan Kutcher presented *The Mental Health System: What needs to change?* at the Consensus Conference on the Mental Health of Emerging Adults: Making transitions a priority in Canada Mental Health Commission of Canada in Ottawa, Ontario in November 2015. Dr. Kutcher was also the keynote speaker at the BC School Counsellors Association conference in October 2015. He spoke on *Collaborative approach to building supports for youth*. Also that month he presented on *Transitions— An Evidence Based Mental Health Literacy Resource for First Year Post-Secondary Students* at the 3rd International Conference of Youth Mental Health in Montreal, Quebec.



Dr. Alexa Bagnell speaks at Cafe Scientifique in October 2015.

GLOBAL PSYCHIATRY

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

Mental Health: A Global Issue

Director of Global Psychiatry: Dr. Sonia Chehil, MD, FRCPC

The last year has been a quiet one for Global Psychiatry, quite a contrast from previous years. There were no calls for consultation or assistance from our Caribbean partners and with a busy work schedule at home there was limited time to pursue other opportunities. This fluctuation in international calls is reflective of the ebbs and flow of international work. In addition, the Dalhousie Department of Psychiatry partnership with the Northwest Territories came to an end on March 31, 2015, and thus Global Psychiatry activity within Canada was also much reduced. Over the past year, however, the government of the NWT developed an action plan for mental health which included recommendations for “the establishment of academic ties to university training programs that facilitate ongoing resident rotations and faculty supervision in both inpatient and outpatient psychiatric care” to be achieved by exploring “academic ties to universities providing psychiatric training programs” and reviewing “options for residency placements on an ongoing basis” with the deliverable being “Improved training opportunities for staff, and exchange of best practices.” This can be seen as an endorsement of the three-year partnership, and recognition of its achievements.

In the coming year, Global Psychiatry will undertake a review of its international and global efforts since its inception. This will be an account of its activities, the financial and resource impacts on the department as well as an opportunity to reflect upon lessons learned. This review will assist in decisions on what to do in the future and how to conduct the next global psychiatry projects.

Global mental health issues do not simply belong to international partners who work to improve their mental health care delivery systems through education and training, advocacy, research strengthening, improvements in clinical care and the promotion of social policy. Many of these concerns are present in any mental health care system. It

was therefore decided to look at both the local and national scene to determine what direction to take in these two areas. Since the mandate for Global Psychiatry is conducted through the lens of social justice, innovation and integrated leadership we explored some of those factors that have a negative influence on the mental health of all Canadians, both locally and nationally.

It was interesting to see how many factors that negatively affect the mental health of Nova Scotians and Canadians alike are tied to poverty. Throughout the year Sandra Hennigar, program leader with Global Psychiatry, attended several sessions that highlighted the absence of a

Canadian antipoverty strategy. How does an individual or family secure safe affordable housing in a dwindling subsidized housing market when your source of income is social assistance which hasn't increased its housing allowance in over 20 years? What does one do with the \$.10 an hour increase in minimum wage—how does that help an already struggling household to meet their financial needs? These are all important questions that we continuously need to ask and seek direction on from our governments whom we elect to make Canada a good place to live—a place full of opportunities and choices. But does everyone have the same opportunities and



Sandra Hennigar, program leader with Global Psychiatry.



Dr. Sonia Chehil, director of Global Psychiatry.

choices available to them? We would suggest that most who live marginally in our societies would not think they have access to the resources and opportunities that could improve their quality of life or that of their families. Because many of the issues related to poverty, housing and access to services receive advocacy at the grass roots level, Sandra became involved in the Face of Poverty Consultation Group, a Multi-faith Coalition Working to Eliminate Poverty. Many of the committee members' work lives or lived experience makes them knowledgeable about poverty and ways to promote activities that keeps the advocacy agenda active and current. Assigned members of the group attend the monthly meetings of the Standing Committee for Community Services as a way to stay abreast of the issues and determine whether there is a future role for action. Some members meet with other grass roots organizations with similar mandates and interests.

An important piece of work being supported by the Coalition was done by The Canadian Centre for Policy Alternatives, Nova Scotia Office. They produced a paper that outlines a completely different way to structure wages for the working poor which would enable that sector of our communities to better support their families in a way that enables them to function within society as contributing households. The document outlining this strategy called "Working for a Living, Not Living for Work: The Halifax Living Wage 2015" can be found at policyalternatives.ca.

CLINICAL DIVISION

The Department of Psychiatry and its co-leaders, NSHA and the IWK Health Centre, are committed to identifying and promoting the highest standards of clinical practice.

Promoting the Highest Standards of Care

Clinical Director: Dr. Scott Theriault MD, FRCPC
Chief of Psychiatry, Child & Adolescent Psychiatry: Dr. Alexa Bagnell, MD, FRCPC

Adult General Psychiatry

Acute Care and Emergency Services

Acute-care psychiatric services at the QEII Health Sciences Centre and the Nova Scotia Hospital provide mental healthcare on a continuum from the mental health mobile crisis team through to acute inpatient care. This includes the psychiatric assessment unit in the emergency department and the short stay unit. It has been a year during which we have had some turnover and yet also have developed more stability of processes which has led to better flow through the various acute care services that we provide. This has helped to increase bed availability. Those patients with serious mental illness and episodes of relapse are accessing care when needed on the acute care unit and those patients with acute crises and difficulty coping are able to stabilize and problem solve through the short stay unit or through the urgent care service. The psychiatric assessment unit in the emergency department has been well staffed and is effective at assessing and directing patients to address their psychiatric needs in the most ideal fashion with our mental health resources. This effective patient flow has led to reduced time for mental health patients in the emergency department, which is greatly appreciated by our colleagues in emergency medicine. We are developing better collaboration for both admissions and discharges with our partners in community mental health care which helps with continuity and smooth transitions. We're also working towards better transitions between the child and adolescent psychiatric service and adult acute care services, offering assistance to the adolescent psychiatric inpatient unit as needed for 18-year-olds. Each of these initiatives has shown positive progress and we continue to work on improving further.

We have experienced challenges over this year due to our physical facilities and times when, as a result of fires and floods we have had to relocate to the Nova Scotia Hospital site. This has gone remarkably smoothly without significant disruption to patient care. We also continue to provide quality care at the Mayflower unit which is aging and in the planning stage of being decommissioned and relocated to the QEII site.

There has been some turnover of the allied health professionals in addition to some changes with our psychiatric staff. This always creates some challenges but with strong teams already in place changes of staff are managed well to maintain our current quality of care.

Clarity & Metrics: A Focus for Community Mental Health Psychiatry

In the fall of 2015, both positions for the deputy clinical director (Dr. Sonia Chehil) and program lead (Mr. James MacLean) for the Central Zone Mental Health & Addictions Program (CMH&A) were filled. Together, James MacLean and Dr. Chehil are the Community Mental Health & Addictions co-leadership team for Central Zone. The Central Zone CMH services are primarily provided from five community-based clinical sites: Bayers Road, Bedford/Sackville, Cole Harbour, Dartmouth, and West Hants.

Within the constellation of clinical

services provided by the Department of Psychiatry, community mental health is the cornerstone of psychiatric services. There are currently 20 psychiatrists working within community mental health teams. The community psychiatrists work to ensure that development of mental health care services, programs and interventions for persons requiring psychiatric care are accessible, effective (based on current knowledge and understanding), appropriate, equitable, and based on best evidence. As a group, we have been actively engaged in informing and participating in service planning for secondary care level MH&A services within our clinical teams, within the Department of Psychiatry, and with NSHA leadership.

One of the priorities of our advocacy and work in 2015 has included collaborating with our specialized multi-disciplinary teams and partners across the MH&A program to define the package of specialty care services provided from the community clinics within the context of the MH&A Program and the broader health system. We recognize that community mental health is one part of a continuum of services required to address population mental health need across the full range of complexity and severity - from mental health promotion and prevention, to the support, treatment and care of persons experiencing emotional distress and broader mental health problems, to severe and persistent disorder. Within this continuum, our challenge was to develop a standard,

measurable definition of the core clinical role and function of psychiatry in service provision in our community clinics.

Our clinical role and ultimate responsibility as specialist physicians is to ensure that we are all providing appropriate, timely, specialized assessment, intervention and management, as well as time-limited and ongoing co-managed care for those suffering from clinically significant psychiatric symptoms (moderate-severe psychiatric symptoms associated with functional impairment) and psychiatric disorders. In addition, we have a responsibility to ensure that community mental health builds well-defined collaborative pathways with our partners in primary care, other secondary care services, and sub-specialty services to improve timely patient access to the most appropriate services based on patient need at each stage of an individual's illness and recovery journey.

In the past year, we have worked to delineate psychiatry care streams that are responsive to our partners in primary care and reflect the clinical need of the patient populations we serve. The care streams will allow us to quantify and standardize the care we provide across all five central zone clinical sites and to make informed decisions around resource allocation. These 'streams of work' include the following:

1. One time consultation – direct family physician referral to psychiatry for one time

consultation

2. Short/medium-term co-management with mental health clinician and family physician
3. Ongoing co-management with mental health clinician and family physician
4. Telephone general psychiatric advice

In addition, we have worked to develop mechanisms to improve patient flow through CMH and across service levels. In the coming year, we will be working with our clinical teams and primary care partners to implement an intake process for CMH that ensures appropriate, timely access to psychiatric consultation services. Internally, we will be working with partners across services to improve patient transition/transfer processes.

Recovery & Integration Service

The Recovery & Integration service is dedicated to providing recovery-focused medical and psychosocial rehabilitation services to patients with psychotic disorders and significant functional impairment. Outpatient services occur at the three Connections locations (Halifax, Dartmouth and Sackville) while the inpatient service is located at Simpson Landing on the Nova Scotia Hospital site.

The outpatient services continue to grow. Utilization data from 2015 shows:

- Number of unique patients followed by Connections has grown from 312 in 2012 to 742 in 2015.



Simpson Landing, part of the Recovery & Integration service.

• 27.33 per cent of all outpatient visits in the mental health program occurred at Connections last year. The number of patient visits grew from 1,462 in 2012, to 9,930 in 2013, to 22,763 in 2014 and 30,824 in 2015. The huge jump between 2012 and 2014 is to a large extent due to vast improvements in registering and capturing patient visits.

The buildings at all three Connections locations are old and generally inadequate for current needs. To address this, Connections Sackville relocated to space within the Cobequid Health Centre in January 2016. An attempt to find a better building for Connections Dartmouth failed, with no new landlord making an offer. Options to potentially co-locate when other MH&A clinic leases expire in the future will be explored this year. We are also waiting on funds from the Nova Scotia Health Authority Central Zone to study whether the building housing Connections Halifax can be refurbished or whether we need to find new space.

There are several ongoing initiatives to improve care:

• A new clinical model for outpatient services has been developed. This model seeks to more clearly define

the role of staff and our clinical services now that it has transformed from a clubhouse model to one providing clinical care to some of the most complex patients in the MH&A program. So far a streamlined process for referral has been implemented. We are also reviewing our psychosocial offerings to ensure they align with best practice for our population.

• We began to offer individual CBT and a psychotherapy group based on positive psychology principles. This year we will we expand to offer group psychotherapy for patients with persistent auditory hallucinations.

• A working group within R&I has identified four clinical outcome measures we plan to track as performance indicators (BPRS, QPR, BASIS-24 and the Camberwell). This work should dovetail with work within the Quality team looking at a scheme for capturing clinical outcome measures program wide.

• With the help of Dr. Bosma, we plan to pilot a resident spending a significant part of their Continuing Care rotation within a Connections clinic this summer.



Dr. Joel Town



Dr. Allan Abbass

Adult Specialty Services

The Centre for Emotions and Health

The past year has seen continued productivity in this small tertiary clinical service. Under the research leadership of Dr. Joel Town, the service has collected and analyzed the preliminary findings from the Halifax Depression Study, a randomized controlled trial (RCT) of Time Limited Intensive Short-term Dynamic Psychotherapy (ISTDP) for Treatment Resistant Depression. A second pilot RCT study is underway of ISTDP for patients with somatic symptom disorders in the emergency department. Dr. Town also continues to provide an assessment and treatment service for medically unexplained symptoms (MUS) in local emergency departments.

In April 2015, Dr. Angela Cooper took on a new position as part of a pilot project in collaboration with Family Medicine. The project aims to offer a specialist ISTDP assessment and treatment service to patients with MUS within two family medicine centres. Dr. Cooper is also involved in monthly teaching, training and consultations with family medicine practitioners in order to build confidence,

knowledge and skills in assessing and working with MUS presentations. The service is actively involved in research and evaluation and has a number of projects for the future including qualitative research projects designed to assess physicians', residents' and patients' views on the service as well as their attitudes towards MUS since the project was implemented.

Dr. Richard Zehr, in his linked position with the Integrated Chronic Care Service (ICCS), won a 2015 Quality Team Award for an initiative to improve care for complex patients by providing a "Voice to the Patient."

Dr. Allan Abbass continues to be widely sought out for training in psychotherapy with complex patient populations. He is writing a manual for family doctors on *How to Assess and Manage MUS* with an internist, Dr. Howard Schubiner. As you have read, he was awarded a Visiting Professorship at the prestigious Tavistock Clinic in London and also named Distinguished Professor of Psychiatry for 2016 at the University of California, Los Angeles. He continues to publish and support collaborative research at universities in Italy, Norway, the UK, the USA and Australia.



Dr. Janya Freer is a member of the Geriatric Psychiatry team.

Geriatric Psychiatry Program

The Geriatric Psychiatry Program has focused on some major projects over the last year: the dissemination of the Fountain of Health Initiative for Optimal Aging, the propagation of the Dalhousie Enhanced Cognitive Behavioural Therapy Program and ongoing developments in the Royal College subspecialty training program.

Fountain of Health Initiative for Optimal Aging

The Fountain of Health Initiative for Optimal Aging is a national seniors' mental health promotion initiative developed at Dalhousie University that offers evidence-based information on healthy aging, as well as behavior change tools for use by the public, and clinicians. The five key areas of healthy aging include: social activity, positive attitudes towards aging, physical activity, taking care of one's mental health and lifelong learning. The Fountain of Health team received funding for two provincial pilots: the *Family Physician Engagement Project* funded by the Nova Scotia Department of Seniors through a Positive Aging Grant and the *Peer Leadership Pilot Project* funded by New Horizons for Seniors Program. The *Family Physician Engagement Project* included a clinician guide to use in combination with other Fountain of Health tools such as the *Healthy Living Handbook* and a four minute educational video on the Fountain of Health website. The guide provides an introduction, a step-by-step process to use in guiding patients toward self-management, information about SMART goal setting, and tracking tools. Ten family doctors, two nurse practitioners and other clinicians are participating. Once clinicians submit the post evaluation surveys, an overall evaluation will take place and a final report will be produced. The *Fountain of Health Peer Leadership Project* provided senior peer leaders six modules covering topics from the overall Fountain of Health initiative, goal setting covering each of the five key areas of healthy aging from the Fountain of Health initiative. Eight senior peer leaders were recruited and trained in a half-day orientation focusing on Fountain of Health information and preparation and delivery of the modules. At a provincial level, Fountain of Health also received a private donation through the Mental

Health Association of Nova Scotia for two half time music therapists being piloted in long term care.

Enhanced Cognitive Behavioural Therapy Program

Drs. Meagan MacNeil, Janya Freer and Keri-Leigh Cassidy are providing leadership in further developing the training program in enhanced Cognitive Behavioural Therapy. They offer resident training in this group therapy in the fall and the spring each year. They are adding new clinical materials and conducting quality assurance research on this program.

Royal College Geriatric Psychiatry Subspecialty and Training

Dr. Janya Freer continues in her role as the Geriatric Subspecialty Training program director. Together with Dr. Cheryl Murphy they have been working hard to fully develop the Royal College accredited subspecialty training program curriculum. There is a strong level of interest among residents in the training program, with several residents starting research electives with expressed interest in pursuing subspecialty training in geriatric psychiatry.

The geriatric psychiatry team continues training all the residents in their core geriatric psychiatry experience: Drs. Michael Flynn, Sameh Hassan and Meagan MacNeil provide three months of training at the Nova Scotia Hospital site, and Drs. Bosma, Murphy, Freer and Cassidy provide three months of training at the QEII site. Together, they also offer a formal bi-weekly curriculum throughout the residents' six months of training.

At the national level, Dr. Mark Bosma will formally step into his role as the Chair of the Royal College Geriatric Psychiatry Subspecialty Committee this July. Dr. Cheryl Murphy is the Region 5 Representative on this national committee, as well as on the Royal College Geriatric Psychiatry Subspecialty Examination Board. Drs. Janya Freer and Keri-Leigh Cassidy are board members of the Canadian Academy of Geriatric Psychiatry (CAGP).



Top: (L-R) Drs. Keri-Leigh Cassidy, Cheryl Murphy and Mark Bosma are among those psychiatrists who train residents in geriatric psychiatry at the QEII site.



Child and adolescent psychiatrist, Dr. Aidan Stokes.

Child and Adolescent Psychiatry

The Division of Child and Adolescent Psychiatry had a very busy year. In 2015-2016 the new Children's Intensive Services (integrating day and residential programs) opened at the Atlantic Provinces Special Education Authority (APSEA) site across from the IWK Health Centre. Faculty continued to be very active in education, research and advocacy, with publications, presentations and awards locally, nationally and internationally. The IWK Department of Psychiatry underwent a review as part of the search and survey process to establish a new IWK chief of psychiatry. The provincial child and adolescent psychiatry network continued to work to establish stronger collaborations and clinical psychiatric care delivery for our province's youth. A working group was established for provincial mental health services with IWK, Dalhousie and NSHA at the table to work on utilizing resources and expertise more efficiently and effectively in meeting the mental health needs of Nova Scotians. Co-leadership was identified as a key area of development, and IWK psychiatry and mental

health and addictions managers embarked in developing processes and guidelines in operationalizing this model. The IWK Mental Health and Addictions program is coming to the end of its five-year strategic plan and the IWK Health Centre is launching a new strategic plan for 2016-2020. There is a clear focus on recruitment of child and adolescent psychiatrists as strategic priorities for the coming year.

Our faculty have a history of strong involvement in national child and adolescent psychiatry organizations. Past presidents of the Canadian Academy of Child and Adolescent Psychiatry include Dr. Aidan Stokes and Dr. Wade Junek. Dr. Alexa Bagnell is the current chair of the Canadian Child Psychiatry Educators (CAP COPE). Dalhousie has also been active on the Royal College subspecialty committee with Dr. Bagnell and Dr. Junek both members in creating the national Child and Adolescent Psychiatry Subspecialty, and Dr. Sabina Abidi recently joining this committee as the Atlantic Canada representative.

IWK Acute Care Psychiatric Inpatient Unit (Garron Centre)

On Dec. 10, 2015 the Garron Centre activated Code Census, with the unit at full capacity. This heavy demand has continued over four months, with only a handful of days when the unit was below census. Staff and faculty have worked tirelessly to ensure the unit was covered, and deserve recognition for an outstanding job.

The level of acuity was high, which necessitated some creative problem solving over the course of the last four months. Collaborative work with colleagues in the adult system led to the development of a set of guidelines which will enable admission of 18-year-olds to Central Zone inpatient beds when it is not possible to admit to the Garron Centre due to lack of bed availability.

Facility dog

Jennifer Gillivan, CEO of the IWK Foundation and Tracy Kitch, CEO of the IWK Health Centre have shown their support of an 18-24 month process for the Garron Centre to have its first facility dog. The dog will remain at the Garron Centre during the day and go home at the end of his/her workday with their handler, which has yet to be determined. The team will be working with Lisa Partridge, canine behaviour expert, to make sure all proper steps and procedures are taken to ensure the success of the furriest member of the Garron Centre team. The Garron Centre is the first inpatient unit in Canada of its kind to have a facility dog.

LEADERSHIP CHANGES

The Division of Child and Adolescent Psychiatry has had a few changes in leadership due to some departing faculty. The executive leadership team as of January 2016 is:

Dr. Alexa Bagnell, *Interim Chief/Head*

Dr. Sabina Abidi, *Interim Deputy Chief & Director of Outpatient Care*

Dr. Jonathan Brake, *Psychiatry Co-Lead Inpatient Care*

Dr. Lukas Propper, *Director of C&A Education*

Dr. David Lovas, *Psychiatry Co-Lead EMHAS*

Dr. Aidan Stokes, *Psychiatry Co-Lead Children's Intensive Services*

Michelle LeBlanc, *Administrative Manager IWK Psychiatry*

Featured (clockwise from left): Drs. Aidan Stokes, Alexa Bagnell, Sabina Abidi, and Lukas Propper.



IWK Emergency Mental Health and Addictions Service (EMHAS)

The IWK EMHAS team and Dalhousie University is collaborating with the Stay Connected Mental Health Project – a five year plan to integrate a process of identifying young people with mental health and addictions challenges early on, teaching youth health care self-management and building rapport between pediatric and adult services in Halifax. The Stay Connected Mental Health Project involves the pediatric and adult health authorities, and a number of community partners such as Laing House, a peer support organization for youth ages 16-29 with a diagnosis of mental illness, and Healthy Minds Co-operative, a health care co-operative that provides peer bases services to mental health consumers and their families. Local universities are also involved, with a goal to support youth with mental health and addictions problems to stay connected to the care they require.

The new EMHAS intake form rolled out on Nov. 27, 2015. This form was designed to standardize the information collected, and to streamline the process for patients and families. Often when a patient enters the emergency department, they see multiple clinicians. This form will cut down on redundant questions, as well as clinicians' time. Input was given by many stakeholders, including residents, social workers, nurses, emergency workers, and physicians. The project was very successful and now consideration is being given to sharing this form for utilization across the province.

IWK Eating Disorder Clinic

The Eating Disorder specific care clinic has been restructured to increase access to treatment, and has developed a training clinic in Family Based Therapy. The clinic is led by Dr. Herb Orlik, and Jessica Wournell, eating disorder resource nurse. A new admission criteria and transfer algorithm has been created for patients with Anorexia Nervosa, along with staff training in fall 2015 with the goal to admit the majority of patients directly to Garron

Centre for inpatient eating disorder treatment. Work is currently underway for standardized anorexia nervosa admission orders, and is to be submitted for approval to the Forms Committee in spring 2016.

Children's Intensive Services

On Aug. 26, 2015 the Children's Intensive Service (formerly Compass and Child and Family Day Treatment) admitted their first group of children – offering a day only service utilizing the Collaborative Problem Solving Model. Renovations on the APSEA building were completed in December 2015, and the Children's Intensive Services (combined children's and family day treatment and Compass) opened as of January 2016. Dr. Aidan Stokes is psychiatry co-lead of this service with Barb Casey, Manager.

CAPA

The IWK Psychiatry Faculty and Mental Health and Addictions Program (MHAP) hosted co-leaders (psychiatrists and managers) visiting from the Children's Hospital of Eastern Ontario and Royal Ottawa Hospital in October 2015 for a two-day trip to learn more about CAPA implementation at the IWK. The group from Ottawa joined in a Choice clinic, outpatient CMHA clinic team meeting, specific care clinic assessment with the OCD clinic and toured central referral and the IWK facilities, including the new Garron Centre to see how flow of patient care and service delivery is designed with CAPA. Visiting faculty were hosted by Dr. Alexa Bagnell and other members of IWK faculty and MHAP leadership at a dinner while they were in Halifax. CHEO launched CAPA in their child and adolescent outpatient clinics in February 2016 and the IWK has been involved in continuing to support their leadership in this implementation process.

Annual Atlantic Provinces Child & Adolescent Psychiatry Conference (APCAP) 2015

In June 2015 the 8th annual APCAP conference was held at beautiful White Point Beach Resort in Nova Scotia, organized by Dr. Sabina Abidi and Debi Follett.

The conference was very well attended by colleagues from across the Maritime Provinces for a weekend of learning, networking and collaboration. The theme of the conference was: Innovative models and experiences in (medical) education provision in the field of child/adolescent psychiatry. Keynote Dr. Steven Schlozman, assistant professor of psychiatry, Harvard Medical School and associate director, Clay Centre for Young Healthy Minds, Massachusetts General Hospital, discussed "This is your brain on stories: the neurobiological importance of narrative and play in the teaching and practice of child psychiatry."

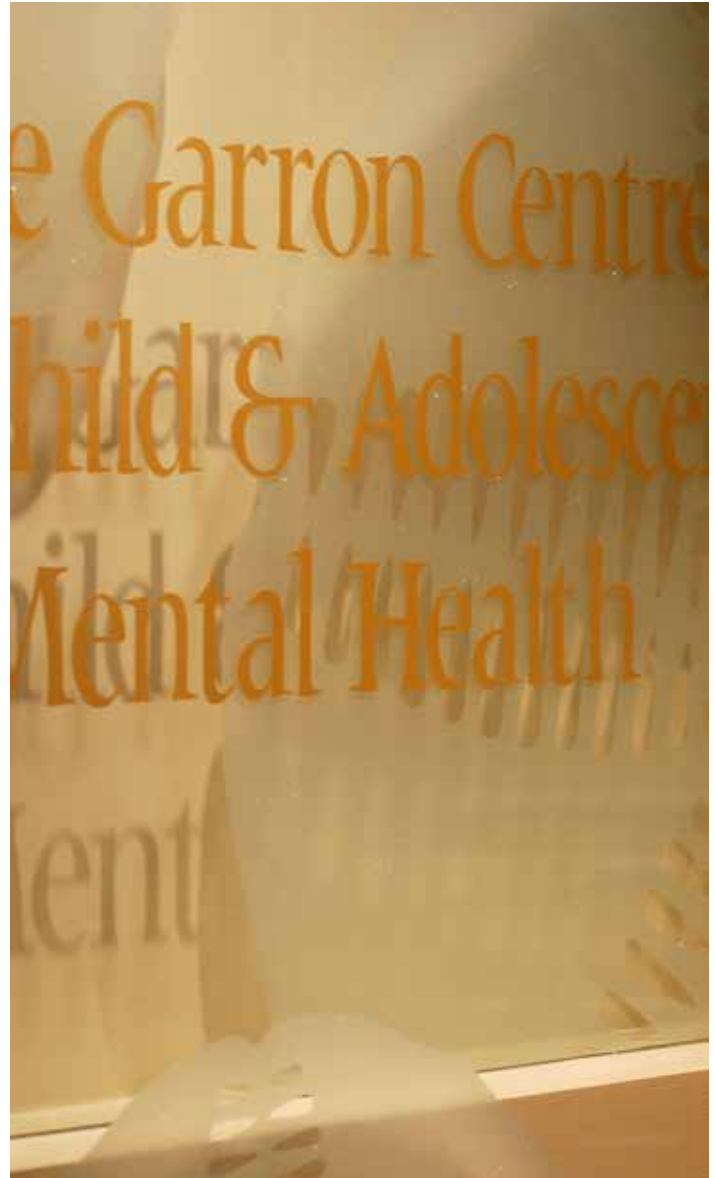
Community Outreach

Child and Adolescent Psychiatry faculty members were active in the community, delivering many presentations and workshops for teachers, students, guidance counselors and the general public.

The work and opinions of Drs. Alexa Bagnell and Stan Kutcher were highlighted in a January 12 CBC News article titled Cutting and self-harm can be a 'decision for life' outlining the dangers of self-harm in youth. Drs. Bagnell and Kutcher emphasized the increase of self-harm behaviours presenting in youth populations and the need for increased care for these individuals.

Dr. Selene Etches participated in a provincial cannabis panel in January 2016 with Dalhousie faculty Drs. Phil Tibbo and Sherry Stewart regarding the risks of marijuana use in the developing adolescent brain. The report that was released in June 2015 by the CCSA indicated that regular cannabis use early in life can result in behavioural and cognitive impairments, including poor academic performance and deficits in attention, information processing and memory. The Halifax panel discussions attracted widespread coverage in many national media outlets. The Canadian Press story was featured on the websites for The Globe and Mail, CBC, CTV, Metro News, and Global News.

Drs. Alexa Bagnell and Selene Etches each participated



The Garron Centre is one of the IWK facilities toured by colleagues from Ottawa during CAPA.

in the new Opening Doors Events organized by the Nova Scotia Mental Health Foundation in partnership with communities across the province. These events took place in Pictou in October 2015 and Annapolis Valley in March 2016. These events are open to the public to increase awareness and decrease stigma around mental illness, and combine voices of lived experience, community outreach and mental health experts.

2015-2016 FACULTY AND ADMINISTRATION

The Department of Psychiatry
faculty members and
administration as of March 31,
2016.

Our Faculty

FACULTY

Professor

<i>Last Name</i>	<i>First Name</i>
Abbass	Allan
Alda	Martin
Delva	Nicholas
Eskes	Gail
Gardner	David
Hajek	Tomas
Kutcher	Stan
Lynch	Mary
Morehouse	Rachel
Robertson	George
Rusak	Benjamin
Stewart	Sherry
Tibbo	Philip

Associate Professor

<i>Last Name</i>	<i>First Name</i>
Awara	Mahmoud
Bagnell	Alexa
Carrey	Normand
Cassidy	Keri-Leigh
Chisholm	Terry
Fisk	John
Good	Kim
Harris	Andrew
Hazelton	Lara
Junek	R. Wade
Kinley	Jacqueline
Lamschstein	Claudia
Lauria-Horner	Bianca
Mejia	Jose
Milliken	Heather
O'Donovan	Claire
Orlik	Herbert
Propper	Lukas

Rajda	Margaret
Rao	Sanjay
Reynolds	Paul
Sadek	Joseph
Stokes	Aidan
Tait	Glendon
Teehan	Michael
Theriault	Scott
Uher	Rudolf
Wiseman	Eve

Assistant Professor

<i>Last Name</i>	<i>First Name</i>
Abidi	Sabina
Addleman	David
Adediran	Peter
Aicher	Joseph
Akinmokun	Adebusola
Aladetoyinbo	Kehinde
Aldridge	David
Alexiadis	Maria
Ali	Javad
Alugo	Tolupe
Alwazeer	Ahmed
Amanullah	Shabbir
Anthony	Rozario
Anyaeqbuna	Okechuku
Apantaku-Olajide	Tunde
Aquino	Emmanuel
Arif	Bungash
Aspin	John
Assh	Donna
Aty	Amr
Aubie	Cheryl
Banic	Zlatko
Banjo	Oluwafemi
Bekele	Yilma
Bergin	Siobhan
Bernier	Denise

Berrigan	Lindsay
Bessenyei	Anett
Bhalla	Dinesh
Bhargava	Manoj
Bhaskara	Sreenivasa
Bilski-Pitrowski	Miroslaw
Black	Katharine
Bombay	Amy
Borst	Sjoerd
Bosma	Mark
Bradley	William
Brake	Jonathan
Brooks	Simon
Brunet	Aileen
Burke	Brian
Butler	Bev
Butler	Gordon
Calkin	Cynthia
Cassidy	Beverley
Champod	Anne Sophie
Chehil	Sonia
Chipman	Karen
Cohen	Jacqueline
Cohen	Sebastien
Cookey	Jacob
Cooper	Kenneth
Croxall	Peter
Davis	Donna
de Boer	Cornelis
Dhar	Neelma
Dini	Ezio
Doucet	Jerome
Doucet	John
Etches	Selene
Ezeibe	Kenechukwu
Faridi	Anjum
Ferguson	Jeanne
Fisher	Derek
Flynn	Michael
Forsythe	Pamela

Fostey Alan
 Fraser John
 Fraser Ron
 Ginnish Amanda
 Gordon Edward
 Grant-Oyeye Lind
 Gray Gerald
 Gusella Joanne
 Hann Gerald
 Hassan Sameh
 Herschenhous Nicole
 Hoyt Linda
 Hudec Mary-Ann
 James Sherry
 Jetly Rakesh
 Johnston Mark
 Joshi Vinod
 Keizer Heather
 Kelln Brad
 Keshen Aaron
 Khan Niaz
 Kronfli Risk
 Lazier Lorraine
 Laskowski Derek
 Lawal Waheed
 Liashko Vitaly
 Libbus Yvonne
 Lock Elizabeth
 Lovas David
 MacDonald Joanne
 MacDonald Shannon
 MacKay Tom
 MacNeil Meagan
 MacNeill Kara
 Maguire Hugh
 Maynes Douglas
 Maxan Emily
 Mershati Abdel
 Milligan Scott
 Mills Phillip
 Mishra Achal
 Morgan Matthew
 Morrison Jason
 Moss Phillipa
 Muir Ava
 Mulhall David
 Murphy Cheryl
 Muthu Murugesan
 Neilson Grainne
 Njoku Anthony
 Ortiz Abigail
 Ortiz Ana
 Parker Deborah
 Pavlova Barbara
 Pearce Patricia
 Pellow Tanya
 Pencer Alissa
 Peters Curt

Pilon David
 Poder Kulli
 Pogosyan Maryna
 Pottie Patricia
 Pottle Robert
 Relija Malgorzata
 Riives Mai
 Roberts Delyth
 Robertson Nancy
 Rosen Natalie
 Rowe Helen
 Rubens Mark
 Russell David
 Ruzickova Martina
 Sadiq Syed
 Satyanarayana Satyendra
 Schmidt Matthias
 Scholten Monique
 Shahid Raheel
 Shamsuddin Syed
 Siddhartha Sanjay
 Sinha Nachiketa
 Slayter Ian
 Smith Edwin
 Stewart Christopher
 Sullivan Glendon
 Sulyman Mutiat
 Tahir Laeeq
 Taylor Gretta
 Thompson Karen
 Town Joel
 Thompson Sarah
 Tulipan Tanya
 Umar Amir
 Ursuliak Zenovia
 Walentynowicz Magdalena
 Warren Katherine
 White Kimberley
 Whitehorn David
 Wilson Adriana
 Woulff Nina
 Yuzda Edward
 Zinck Suzanne

Lecturer

Last Name First Name
 Jones Amy
 McAllindon David
 Zehr Richard

CROSS-APPOINTED FACULTY

Professor Emeritus

Last Name First Name
 Robertson Harold

Professor

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

Associate Professor

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

Assistant Professor

Last Name First Name
 Barrett Sean
 Cooper Angela
 Johnson Shannon
 Kaiser Archibald
 Sherry Simon
 Weaver Ian
 Westwood David

ADJUNCT FACULTY

Professor

Last Name First Name
 Duffy Anne
 Horacek Jiri
 Kisely Stephen
 Kopala Lili
 Murphy Jane
 Pajer Kathleen
 Patel Vikram
 Walter Garry

Associate Professor

Last Name First Name
 Cook Allan
 Crittenden Patricia

Assistant Professor

Last Name First Name
 Burley Joseph
 MacDougall Arlene
 Marceau-Crooks Helene
 McLuckie Alan

Our affiliated sites

Adult Psychiatry Services

Addiction Prevention and Treatment Services
 Centre for Emotions and Health
 Community Mental Health
 Consultation/Liaison
 Early Psychosis
 Eating Disorders
 Emergency
 Forensic Psychiatry Services
 Inpatient Psychiatry
 Intellectual Disabilities
 Mental Health Day Treatment
 Mobile Crisis
 Mood Disorders
 Recovery and Integration Services
 Reproductive Mental Health
 Seniors Mental Health
 Shared Care
 Short Stay Unit
 Sleep Disorders

Child and Adolescent Psychiatry Services

IWK Acute Care Psychiatric Inpatient Unit (Garron Centre)
 IWK Consultation/Liaison Service
 IWK Emergency Mental Health and Addictions Service (EMHAS)
 Children's Intensive Services (CIS)
 Adolescent Intensive Services (AIS)
 Youth Forensic Services (includes Nova Scotia Youth Facility Secure Care Unit)
 Community Mental Health and Addictions Clinics
 Specific Care Outpatient Clinics: Eating Disorders, Bipolar Disorders, Obsessive Compulsive Disorder, Tourette's/Movement Disorders, Early Psychosis, Shared Care, Autism Spectrum Disorders

Our leadership

NSHA LEADERSHIP

Head/Chief

Dr. Nicholas Delva

Clinical Director

Dr. Scott Theriault

Deputy Clinical Director

Acute Care

Dr. Curt Peters

Deputy Clinical Director

Recovery and Integration

Dr. Jason Morrison

Deputy Clinical Director

Community Mental Health

Dr. Sonia Chehil

NSHA CLINICAL

ACADEMIC LEADERS

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

Addiction Prevention and Treatment Services

Dr. Philip Mills

Mayflower Unit

Dr. Joe Sadek

Dartmouth City Team

Dr. Philip Mills

ECT

Dr. Michael Flynn

Bedford/Sackville

Dr. Matthew Morgan

Cole Harbour

Dr. Kulli Poder

Bayers Road

Dr. Sonia Chehil

Intellectual Disabilities

Dr. Mutiat Sulyman

IWK LEADERSHIP

Head/Chief (Interim)

Dr. Alexa Bagnell

Associate Chief (Interim)

Dr. Sabina Abidi

Director, C&A Education

Dr. Lukas Propper

IWK Head, Outpatient

Services

Dr. Sabina Abidi

IWK Head, Inpatient

Services

Dr. Jonathan Brake

IWK PHYSICIAN CO-LEADERS

Dartmouth Community Mental Health Clinic

Dr. Sabina Abidi

Halifax Community Mental Health Clinic

Dr. Suzanne Zinck

Sackville Community Mental Health Clinic

Dr. Ahmed Alwazeer

Emergency Mental Health and Addictions Service (EMHAS)

Dr. David Lovas

Our Administration

Administration

Dr. Nicholas Delva	Department Head and Chief, NSHA Central Zone
Dr. Michael Teehan	Deputy Head
Dr. Scott Theriault	Clinical Director, NSHA Central Zone
Ms. Carolyn Sisley	Director of Finance and Administration
Ms. Janet Bardon	Physician Resource Manager
Ms. Kate Porter	Executive Assistant to Department Head
Ms. Linda Ford	Administrative Assistant
Ms. Kate Rogers	Communications Coordinator
Ms. Sandra Millar	Finance Assistant

Education

Dr. Margaret Rajda	Director
Ms. Annette Cossar	Administrator
Mr. Leigh Thibideau	Postgraduate Coordinator
Ms. Mandy Eslinger	Undergraduate Coordinator
Ms. Tracy Fraser-Maclsaac	Education Coordinator

Research

Dr. Ben Rusak	Director
Ms. Annette Cossar	Administrator
Ms. Jennifer Brown	Administrative Assistant

Global Psychiatry

Dr. Sonia Chehil	Director
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Division Of Child And Adolescent Psychiatry

Dr. Alexa Bagnell	Head and Chief, IWK Department of Psychiatry (Interim)
Ms. Michelle LeBlanc	Administrative Manager
Ms. Jennifer Cunningham	Administrative Assistant
Ms. Dawn Jensen	Administrative Assistant
Ms. Amy MacKay	Administrative Assistant to the Sun Life Chair
Ms. Patricia Evans	Administrative Assistant
Ms. Joan Sweet	Receptionist
Ms. Robin Stinson	Administrative Assistant
Ms. Megan Bellefontaine	Education Coordinator

FACTS AND FIGURES

The Department of Psychiatry at Dalhousie by the numbers. 2015-2016 was another successful year.

Faculty Numbers

In 2015/2016 there were **244** faculty members in the Department of Psychiatry, including 16 cross-appointments and 16 adjunct members.

Clinical Care

79,168 days were spent in adult inpatient services

1,581 discharges from adult inpatient care

164,377 visits to adult outpatient services:

- 40,083 to the community mental health clinics
- 19,331 to addictions services
- 12,260 to forensic services and offender health
- 27,613 to specialty mental health services
- 12,699 to emergency services and urgent care
- 36,673 to recovery and integrations services

2,477 registrations at the child and adolescent community mental health services

2,277 registrations at the child and adolescent specific care clinics

1,000 registrations to reproductive mental health services

91 registrations to the Garron Centre Aftercare/Daycare

31 registrations to child and adolescent shared care

272 registrations in child and adolescent forensic services

244 registrations to the Young Mothers Project

694 visits to the IWK emergency department seen by psychiatrists

Education

The Department of Psychiatry has a total of **41** residents

112 core students rotated through psychiatry services:
• 69 in HRM

- 13 at distant clerkship sites in Amherst, Truro, Sydney and Charlottetown
- 30 at Dalhousie Medicine New Brunswick (DMNB) clerkship sites in Saint John and Fredericton.
- Five of those DMNB students were part of the LIC in Moncton, four in Miramichi and two in Waterville.

The department delivered **1900** tutor hours to Undergraduate Medical Education.

- 392 department-led education activities (Skilled Clinician II, LMCC CRAM Course and the IMU Link Program)
- 145 examiner hours for OSCE examinations.

The department received **92** elective requests (33 of those from Dalhousie students)

Of those 92 elective requests, the department accepted **55** students from Dalhousie, Canadian and international universities

Four faculty were psychiatry component heads for Professional Competencies, Neurosciences, Skilled Clinician II and Sexuality

10 of our faculty dedicated their time to supervising a Med 1 student on their first day of medical school

Research

A total of **52** students were supervised for various research projects

The Department of Psychiatry received a total of **\$2,264,223** in new grant money

Department of Psychiatry faculty accepted invitations and presented their research **128** times

A total of **142** peer reviewed publications and **three** books were published by Department of Psychiatry faculty



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry



IWK Health Centre



*nova scotia
health authority*

DALHOUSIE DEPARTMENT OF PSYCHIATRY
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HALIFAX, NOVA SCOTIA B3H 2E2 CANADA
PSYCHIATRY.MEDICINE.DAL.CA