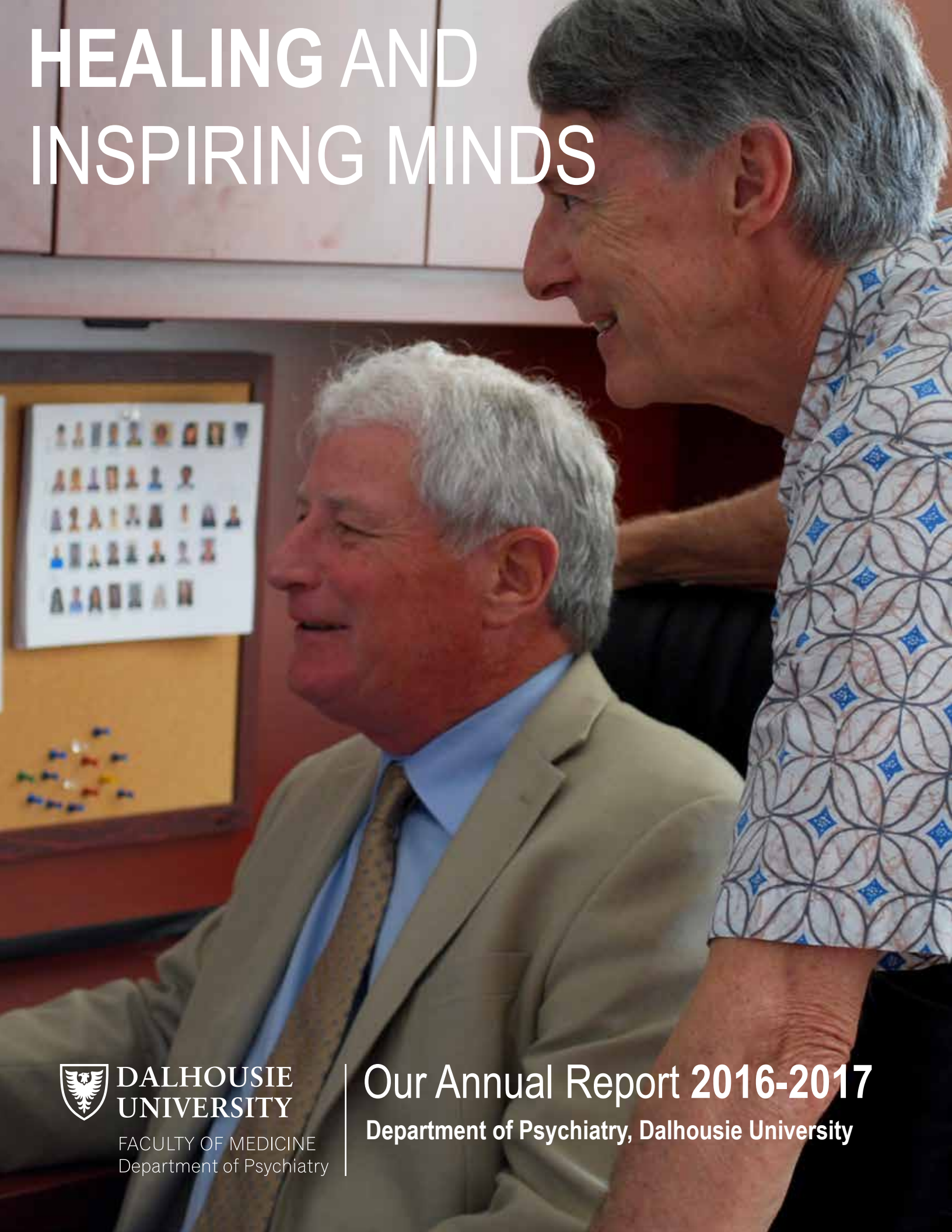


# HEALING AND INSPIRING MINDS



**DALHOUSIE  
UNIVERSITY**

FACULTY OF MEDICINE  
Department of Psychiatry

**Our Annual Report 2016-2017**

**Department of Psychiatry, Dalhousie University**

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# CHANGING LIVES

## *The Department of Psychiatry's Mission and Vision*

The Department of Psychiatry is a clinical academic department within the Faculty of Medicine at Dalhousie University in Halifax, Nova Scotia. Our mission is to develop and maintain high calibre educational, research and clinical programs that advance the field of psychiatry and mental healthcare. Our vision is that we are *healing minds* through

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

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# A MESSAGE FROM THE DEPARTMENT HEAD: DR. MICHAEL TEEHAN

This is the first annual report of activities under my watch. As I read through the contents of the report, my anxiety decreased, and was replaced with a sense of quiet satisfaction and pride. As you will see, this has been quite a year.

Dr. Delva left the department in tip top shape, and was good enough to prepare me well for the transition. Under his guidance, the department has gone from strength to strength. In the final days of his tenure, the long anticipated remuneration package, or Academic Funding Plan (AFP), was finally agreed upon with all parties. On July 1, I inherited a stable, productive, and well run organization. I could not have asked for a more secure base on which to build.

I owe a debt of gratitude to many people for the support I have received in the past year. I sense great unity of purpose throughout the membership. In my regular contacts with leadership of the department, and of the Mental Health and Addictions program, this has been quite evident. I feel blessed to have such talent and strength in our leaders, as we face the many challenges surrounding us.

Dr. Delva, in his final annual report, paid particular attention to our residents and their contribution to the department's goals and objectives. This has been another very successful year for the postgraduate program, with all eight final year trainees passing RCPSC with flying colours. At outset of residency training, we attracted a record number of applications and filled all of our positions with excellent candidates, who I look forward to meeting and congratulating on July 4.

On the subject of education, we held a retreat on May 12, ably led by Dr. Margaret Rajda, to revitalize our programs and map the way forward. It was attended by a large number of faculty, whose passion and creativity made it an exciting and rewarding experience.

Our research continues to grow and prosper, in spite of the grins in granting agencies and the ever increasing competition for funding. The facts and figures at the end of this report speak for themselves.

Members of the department have been showered with honours this year. There are nine pages of this report devoted to featuring the honours granted for clinical, educational and research efforts. It would be invidious of me to single out among them. To one and all, you have brought renown to the department and are all richly deserving of the honours bestowed.

Our academic chairs continue to be the engines of productivity for which they were set up. Dr. Stan Kutcher will be honoured for his 10 years of superlative work in the Sun Life Chair in Child and Adolescent studies, at a gala event in April. Dr. Phil Tibbo, Janssen Chair in Psychotic Disorders and Dr. Martin Alda, Killam Chair in Mood disorders, have both had a highly productive and successful year. Dr Rudolf Uher has had his CRC Tier 2 Chair renewed for a further five years in recognition of the work he has done at Dalhousie. Dr. Sherry Stewart was successful in her quest for a CRC Tier 1 Chair and you will see her appear in the report next year.

Sadly, we have had some departures from our ranks. Dr. Ava Muir, long a pillar of acute care services has moved to Ontario. Dr. Janya Freer, who helped to usher in our

first training program in the subspecialty of seniors mental health, has moved B.C. Dr. Neelma Dhar, who was the first resident I supervised in 1985, is moving to be near her family, also in B.C. Dr. Ed Gordon has decided to remain in Ireland, having spent the past year in a consultant post there. Dr. Ana Ortiz, who worked as a hospitalist in our service will also be moving westward. Finally, Dr. Doug Maynes will end his many years of service in April of this year. We wish them all every happiness and success in the next phases of their lives.

And we do also have new arrivals. We welcome Dr. Olugbenga Williams to the Dual Disorder service on Emerald Hall. Dr. Kristen Holm, a recent graduate joined the 6 Lane staff last September. Dr. Anita Hickey, also from our residency program joined the Division of Child and Adolescent Psychiatry, and we also welcomed Dr. Lourdes Soto-Moreno to the division. Dr. Jeff Buttle moved to Halifax from B.C. and is now working in the Occupational Stress Injury clinic for veterans. More recently, Dr. Mirka Kolajova has been recruited to replace Dr. Muir on the Mayflower unit, and also joining in the next few months is Dr. Sanjana Sridharan, who will work clinically on 6 Lane, and will assume the role of deputy clinical director for acute care services.

I would like to offer thanks to some of our faculty who are relinquishing leadership roles. Dr. Heather Milliken has served for close to twenty years as director of continuing professional development. Dr. Lara Hazelton has been appointed to the position. Also, Dr. Curt Peters will be stepping down from his role in acute care services, where he has given sterling service. Drs. Sherry Stewart and Rudolf Uher are owed thanks for holding the fort as joint directors of research during Dr. Ben Rusak's sabbatical year. We look forward to Ben's return in July.

The M.Sc. Program in Psychiatry, first conceived in the time of Dr. Stan Kutcher's headship, has filled the first class and will begin in September. Kudos to the many indefatigable champions who were never daunted by the obstacles. We wish it every success. The external reviewers whose report catalyzed the final approval of the program strongly recommended that this effort be

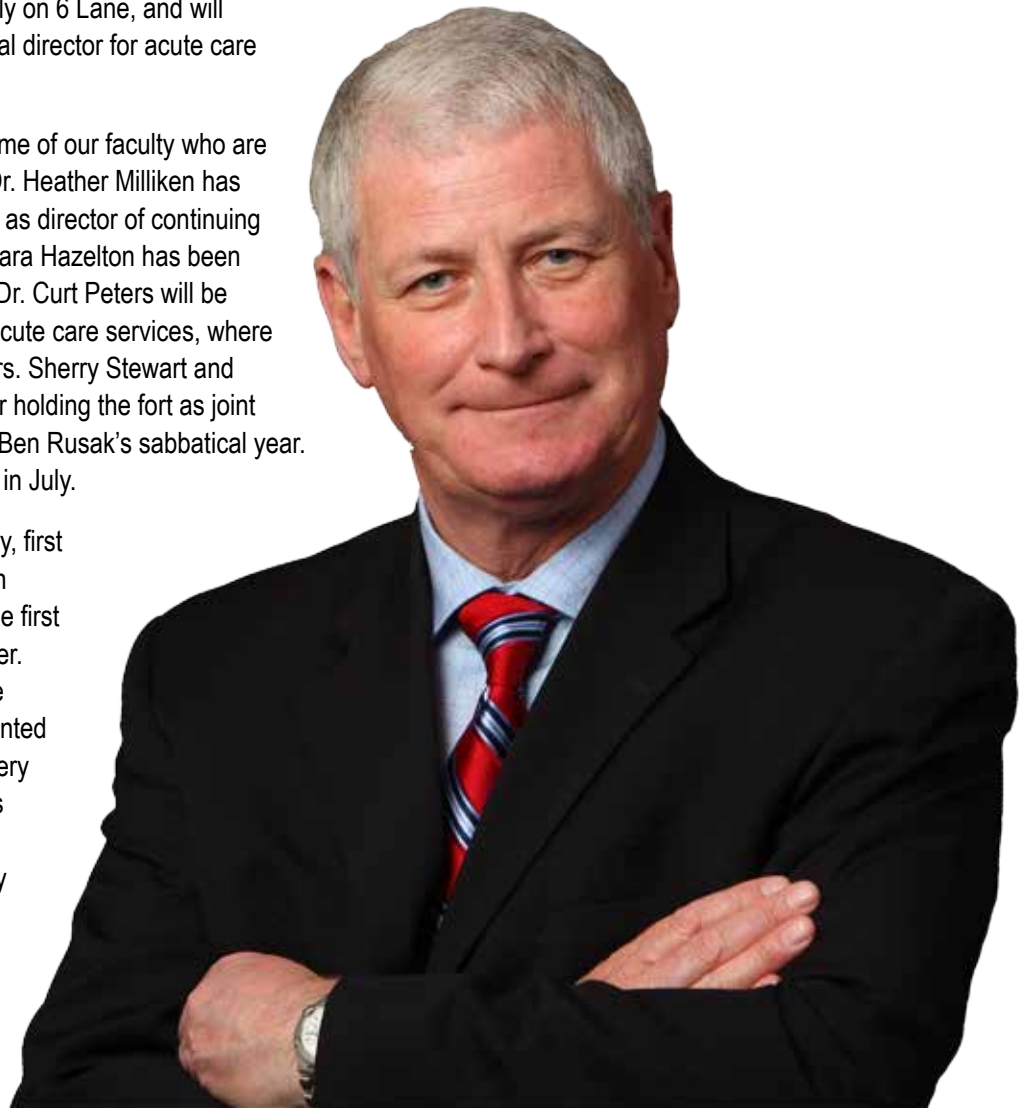
followed quickly by the establishment of a Ph.D. program. Stay tuned, as good news may be coming.

Again, my heartfelt thanks to every member of the department for your support and encouragement during this year.



**DR. MICHAEL TEEHAN, MD, FRCPC**

Head, Department of Psychiatry, Dalhousie University  
Chief, Department of Psychiatry, Central Zone, Nova Scotia Health Authority



# MISSION STATEMENT IN ACTION

*How are we bringing our mission statement: to educate, to discover, and to heal, to life?*



CaRMS interview rooms set up on the 8th floor of the Abbie J. Lane building.



Dalhousie Psychiatry cookies for CaRMS candidates.

## EDUCATE

### *CaRMS recruitment a continued success in department*

With seven or eight positions available for postgraduate trainees in the department, the desire is to fill them all during the first round of CaRMS (Canadian Resident Matching Service) recruitment. For the last two years the Department of Psychiatry has done just that. With a strong residency program and supportive team running the CaRMS process, the department has seen much success.

In July 2017 the Department of Psychiatry will welcome eight new trainees to our residency program. All eight learners matched with our program during the first round of CaRMS recruitment, a significant accomplishment for the department. A combination of things has contributed to this success, the first being a very smooth recruitment process to begin with. In the last few years however, a few changes were made to the interview procedure

to streamline the process for candidates. “We start the interview day with an overall orientation to the program,” says Dr. Mark Bosma, director of postgraduate education in the department. “There are then three points of assessment for the candidates, and participation in two OSCE (objective structured clinical examination) stations to assess communication skills. The interview was substantially changed to incorporate behavioural-type questions, and a meeting with the program director was added to allow a personal connection to be made with all candidates.” A catered lunch follows for applicants, faculty, current residents and staff. “This may seem trivial,” says Dr. Bosma, “but candidates truly appreciate the small touches.”

Beyond the adjustments made to the interview process,

there has been an overall increase in interest in psychiatry as a career, and this is a trend that has been made apparent across the country, with most other psychiatry programs filling all their residency positions. We are not clear at this time why there seems to be a boost in interest, but those involved in CaRMS recruitment are hoping the trend continues.

Preparing for CaRMS requires a small army. It takes a great deal of time and many different teams of people, including faculty and residents, and perhaps most importantly, the administrative staff, who according to Dr. Bosma, ensure the success of CaRMs with their incredible organizational skills. It is a lengthy process and takes many months of work. Booking of faculty, the caterer, and interview space is

**“CaRMS would not be a success without the tremendous efforts of our resident body.”**

done months ahead of time. Once applications are received, several faculty members spend hours reviewing candidate files to decide who will be invited for interviews. Candidates are then contacted several weeks in advance, and a large portion of time is devoted to creating the interview schedule. This year there were four interview days running from 7:00am to 3:00pm, and involving between 20-30 faculty and resident volunteers. Once the interviews are complete all

files are reviewed and a day is spent ranking the candidates for the match. If all positions aren't filled, the whole process must happen again. Needless to say, preparing and executing CaRMS is a great deal of work.

Not only have we been lucky to fill all our residency positions the last couple of years, but we have had a high number of Dalhousie candidates match with us. “Significant efforts have been made in collaboration with our undergraduate section to engage medical students early in their training, and foster their interest in a career in psychiatry,” says Dr. Bosma. “For example,” he continues, “multiple faculty attend annual student interest group meetings to meet medical students at different levels of training and encourage their interest in psychiatry.” When students show interest in psychiatry they are also encouraged to participate in elective experiences and every effort is made to meet with them individually to answer any questions they may have about the program.

We have been very fortunate to be so successful in our CaRMs recruitment efforts. Though there are several people who ensure this success, Dr. Bosma says without the current residents, none of it would be possible. “CaRMS would not be a success without the tremendous efforts of our resident body,” he says. “They foster medical student interest, engage with CaRMS candidates, and act as ambassadors for our program. Their dedication and efforts are what truly result in the success of CaRMS.”



CaRMs OSCE in progress.

# DISCOVER

## Community pharmacists aim for better mental health care

Following the success of the *More Than Meds* community pharmacy mental health partnership project, Drs. Andrea Murphy and David Gardner led the development and implementation of the *Bloom Program* – the mental health and addictions community pharmacy partnership program of Nova Scotia. Supported by the Department of Health and Wellness’s Mental Health and Addictions strategy (2014-17), the *Bloom Program* demonstration project aimed to improve access to care, system navigation, support, and identification and management of medication and health issues of Nova Scotians living with mental health and addiction problems.

In the demonstration project, over 215 patients were enrolled in 23 pharmacies. The program offered each participant six months of enhanced care. Eligibility criteria included having at least one medication issue and at least one self-identified mental health problem. Leading diagnoses included anxiety, depressive, and sleep disorders (36-69 per cent) followed

by substance use disorder, trauma, bipolar disorder, obsessive-compulsive disorder, and psychotic disorders (7-16 per cent). Fewer patients identified ADHD, disruptive disorders, personality, or eating disorders to qualify for the program. The leading medication issue at enrolment was inadequate treatment response (80 per cent); less frequently were adverse effects, support for treatment termination and simplification, and non-adherence. Over two-thirds of patients were taking multiple psychiatric medications as well as multiple physical health medications.

**“This program is a first in many respects. It is patient centred – it aims to identify and support the resolution of health problems important to the individual.”**



From left to right: Caroline Pitfield, Dr. Andrea Murphy, Dr. David Gardner, Dr. Jane Philpott, Leo Glavine, Darren Fisher, and Denise Perret.



Evaluation involved chart reviews, surveys, and interviews with patients, pharmacy staff, physicians, and NGOs. Of the 202 charts available for evaluation, there were 1,233 documented patient-care meetings involving an estimated 1,687 actions taken by pharmacists in the care and support of the *Bloom Program* patients. At discharge from the program, 78 per cent of health and medication issues were improved or resolved and satisfaction rates were very positive; 92 per cent indicated they would recommend the program to others.

Based on the findings of the demonstration project, the *Bloom Program* is continuing with plans for expansion. At its foundation, the *Bloom Program's* model of care is patient-centred, holistic, and collaborative. Before a pharmacy can participate it must meet the pharmacy enrolment criteria, which includes establishing links in the community, making available mental health and addictions resources in the pharmacy, communications with local health providers including physicians and district mental health and addictions services, and the completion of training (involving instruction from Department of Psychiatry faculty Drs. Stan Kutcher, David Gardner, Jason Morrison, Mark Bosma, and Sabina Abidi).

“This program is a first in many respects. It is patient centred – it aims to identify and support the resolution of health problems important to the individual,” says Dr. Gardner. “It is collaborative, but without the need for co-location of health providers. It is eligible to all Nova Scotians, and it allows for the evaluation of a new funding model – capitation – on patient outcomes, system efficiencies, pharmacist behaviour, and, ultimately, health spending.”

In January of 2017, the *Bloom Program* was at the forefront of discussion among the federal Minister of Health, the Honourable Dr. Jane Philpott, who was traveling across Canada visiting provinces and territories to learn of innovations in mental health care, and Drs. Murphy and Gardner. Nova Scotia's Minister of Health, Mr. Leo Glavine, Deputy Minister of Health, Denise Perret, and MP Darren Fisher also participated in the meeting.

Drs. Murphy and Gardner provided the officials with an overview of the *Bloom Program* and evaluation findings. The question and answer period was lively and Dr. Gardner noted they had very encouraging feedback about the program and great questions that showed their interest in the mental health and addictions roles of community pharmacists.



Bloom Program discussions. From left to right: Dr. Andrea Murphy (foreground), David Gardner, Leo Glavine, Dr. Jane Philpott, and Darren Fisher.

# HEAL

## *Department sees major changes in leadership*

There have been some big changes in leadership in the Department of Psychiatry over the last year. The biggest no doubt, was that we saw Dr. Nicholas Delva depart and Dr. Michael Teehan take over as head. At this same time, Dr. Scott Theriault, clinical director of the NSHA Department of Psychiatry, accepted the position of deputy head of the department and Dr. Alexa Bagnell officially accepted the position of division head of child and adolescent psychiatry and chief of psychiatry at the IWK. You have likely noticed very little in the way of changes as all three physicians have been holding leadership positions in the department for some time. They bring a wealth of knowledge and experience to the table and the department is fortunate to have them leading the team.

On July 1, 2016, the Department of Psychiatry at Dalhousie welcomed a new department head. Going hand in hand, the Nova Scotia Health Authority Central Zone welcomed a new chief. Dr. Michael Teehan, former deputy head in the department, stepped into both roles, taking over from Dr. Delva, who departed after fulfilling his 10 year tenure. Dr. Delva's time in the department was marked by constant

**“Dr. Delva was immensely considerate as we approached the hand over and afterwards.”**

change, both academic and clinical. A steadfast leader, who worked tirelessly to achieve a better working environment for all of his colleagues, while also always remaining motivated to ensure that the department fulfilled its academic mission and that patient care had priority, Dr. Delva remained a constant support to Dr. Teehan both before and after his departure. “Dr. Delva was immensely considerate as we approached the hand over and afterwards. From about the end of 2015, I was copied on almost all correspondence, sat in on all meetings that had importance for the future, and benefitted from advice and example during the handover,” says Dr. Teehan. “Dr. Delva has remained available at all times for sage advice and the occasional short therapy session. His friendship has meant a great deal to me, and I continue to value the support he so freely offers.”







Dr. Nick Delva (right) works with Dr. Michael Teehan before his departure as department head.

Dr. Teehan is no stranger to holding leadership positions. He was the deputy head of the department since 2007, and in 2010 was appointed Dalhousie Medical School's assistant dean of student affairs. Now nearly a year into his headship however, he understands what an enormous responsibility it is to manage the full department. "Though I had worked closely with Nick Delva as deputy head for several years, it is an entirely different matter to take on the full responsibility," he says. "As I had expected, I am being supported by a very strong team. The department has well developed structures to govern our daily activities and long term strategy. I have mostly been comfortable with our direction, while recognizing that I still have much to learn."

Even the strongest teams have challenges, and the Department of Psychiatry is no exception. The role of the department within the newly formed health authorities, NSHA and the IWK, has created some questions around future directions, which, according to Dr. Teehan, are emerging slowly. "The future role and responsibility of the department in a provincial mental health and addiction system will need to be developed with great care, and thoughtful planning," he says. "There is major work ahead."

Dr. Teehan will be aided in that work by Drs. Theriault and Bagnell. Dr. Theriault has been practicing psychiatry for 25

years. During that time, he has developed and maintained an interest in more than the clinical side of psychiatry. He has a real appreciation of the things that underpin the successful practice of psychiatry in today's complex health environment. This includes the distribution and management of psychiatric resources, the fiscal and legal environment that we operate in, and in an academic environment, the educational and research-base that informs practice for psychiatry and other partners, such as primary care, and generates the next generation of psychiatrists. Dr. Theriault, who remained the clinical director of the NSHA Department of Psychiatry when he took on the deputy head position, is optimistic about the future of the department. Having just finalized a new fiscal agreement with government, and aiming to realize a provincial vision for mental health and addictions, he hopes he can help to ensure that members of the department are compensated fairly for their work. "I am also hoping that the department has an impact on planning and service delivery that is commensurate with the impact that the department has had on the mental health of those they serve," he says.

Unlike Dr. Theriault who took on a new role when he became deputy head, Dr. Alexa Bagnell held the position of division head and chief for child and adolescent psychiatry for more than two years prior to her official appointment.



Drs. Scott Theriault and Alexa Bagnell.

**“Having the privilege to lead this group was definitely a key factor in the decision to apply for the role of head and chief.”**

When Dr. Kathleen Pajer left the department in 2014 Dr. Bagnell stepped into the post in the interim. She took the job reluctantly she recalls, not sure it would be the right fit.

“The first six months were extremely challenging and I definitely learned a ton,” she says. “I surprised myself by really enjoying thinking systemically and broadly about child and youth mental health and how the IWK could work within this system to improve our care of children, youth and families locally and regionally.”

She says she also really enjoyed the co-leadership work with the director of the IWK Mental Health and Addictions Program, Dr. Ruth Carter and more recently Maureen Brennan. She remarks on the excellent team she works with at the IWK and says, “Having the privilege to lead this group was definitely a key factor in the decision to apply for the role of head and chief.”

Like Dr. Bagnell, Dr. Teehan has been very pleased with the relationship forged with the director of Mental Health and Addictions for the NSHA central zone, Trevor Briggs. “We have complementary roles and I strongly value Trevor’s approach to tackling problems as a team. We actively plan initiatives together, and our respective teams are also in synch,” he says. “We have the same dynamic at play in the IWK, with our head and chief, Dr. Alexa Bagnell, in her relationship with the IWK director of Mental Health and Addictions, Maureen Brennan. We face problems and difficulties every day, but facing them with a united front makes this much more manageable.”

Change can be a frightening thing. The Department of Psychiatry at Dalhousie saw a great deal of it during the 2016-2017 year: the departure of a trusted leader in Dr. Nick Delva, a new head on both the adult and child and adolescent psychiatry sides of things, and a new deputy head. Change is not so frightening however, when you are supported by experienced, trusted leaders. This is what the department is so fortunate to have in Drs. Teehan, Theriault and Bagnell. All three will work to ensure the department moves forward in a positive direction.

# 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!*



Photos (L-R): Drs. Rudolf Uher, Cheryl Murphy and Stan Kutcher.

## **Dr. Rudolf Uher receives prestigious research prize**

Dr. Rudolf Uher was awarded the Royal-Mach-Gaensslen Prize for Mental Health Research — a \$100,000 national prize that celebrates promising young mental health researchers by helping fund their studies. Dr. Uher will be putting this prize toward his four-year-old research project called Families Overcoming Risks and Building Opportunities for Well-Being (FORBOW). FORBOW aims to reduce the risk of the severe mental illness (SMI), including bipolar disorder, major depression and schizophrenia by utilizing early intervention techniques. The FORBOW team monitors the children of parents with mental illness, as well as children of healthy parents, identify antecedents, and test whether early interventions enhance health and prevent later problems. Dr. Uher received his award in the fall and gave lectures at several universities in Canada over the year, including one given at a special event in his honour at Dalhousie on December 1.

## **Dr. Cheryl Murphy receives Dalhousie education award**

Dr. Cheryl Murphy was awarded the 2016 Early Career Faculty Award of Excellence in Teaching from Dalhousie University. Nominees for this award are considered on the basis of their ongoing dedication to exceptional teaching and development in educational leadership at the onset of their career. Dr. Murphy was selected on the basis of her continual strive for excellence, reported through evidence of reflective scholarship, teaching innovation, relationship building and lasting impact as an educator to students and colleagues. Dr. Murphy was formally presented with her award at a ceremony in October 2016.

## **Dr. Stan Kutcher given prestigious title in China**

Due to his outstanding academic achievements Dr. Stan Kutcher was appointed the prestigious title of guest professor at Peking University in China. He will hold the title until September 2018.



Photos (L-R): Dr. David Pilon receives his award from Janet Simm, president and CEO of Northwood; Dr. David Lovas; Drs. Alexa Bagnell and Herb Orlik.

## Dr. David Pilon awarded

On April 9, 2016, Dr. David Pilon was presented with the Northwood Foundation Live More Distinction Award for Innovation for his contribution and support to mental health programming and strategy development at Northwood, Atlantic Canada's largest not-for-profit continuing care organization. Northwood has been a significant participant in the Care-by-Design Mental Health initiative, co-chaired by Dr. Pilon and Dr. Barry Clarke (Integrated Continuing Care). This initiative helped to identify a model for the provision of mental health care within the long term care sector and to enhance primary care mental health supports to all long term care residents. Northwood has also begun mental health programming offering recreational and psychoeducational groups. The award recognizes Dr. Pilon's contribution and support of Northwood's effort to improve the mental health of its residents.

## Dr. David Lovas receives CIHR funding

Dr. David Lovas (along with co-principal investigator Leslie Anne Campbell) received funding from the CIHR SPOR Engagement Grant for the project *Opening the Door: Inviting Patient and Family Perspectives on Pediatric Mental Health Emergencies in Nova Scotia*.

## Child and adolescent psychiatry faculty members awarded

Drs. Alexa Bagnell and Herb Orlik were both awarded by Doctors Nova Scotia at a ceremony at Digby Pines Golf Resort and Spa on June 3 and 4 during the Achievement Awards Ceremony and Luncheon during Doctors Nova Scotia's 162nd annual conference.

Dr. Bagnell was named the 2016 winner of the Dr. William Grigor Award. This award is presented to a physician under the age of 50 who has made an outstanding contribution benefiting the health of Nova Scotians. The award is named in honour of Dr. William Grigor, the first president of Doctors Nova Scotia.

Dr. Orlik received the 2016 Distinguished Service Award. This award is presented to a physician who has made an outstanding contribution to the medical profession and to the people of Nova Scotia resulting in raising the standards of medical practice, or an outstanding contribution to the art and science of medicine. This award is in fact the highest award that Doctors Nova Scotia can bestow upon a person in the medical profession.



Photos (L-R): Dr. Keri-Leigh Cassidy; Dr. Aquino receives his award from Steven Gaetz of St. John Ambulance (Photo: Scott Munn); Dr. Gail Eskes.

### Dr. Keri-Leigh Cassidy receives CAGP award

Dr. Keri-Leigh Cassidy was the recipient of the prestigious 2016 Canadian Academy of Geriatric Psychiatry (CAGP) Outstanding Contributions in Geriatric Psychiatry Award. This CAGP award recognizes a geriatric psychiatrist who has made a significant contribution to geriatric psychiatry in Canada through education, research or innovations in service delivery, and is the highest honour bestowed by the Academy. Dr. Cassidy has demonstrated exceptional academic leadership and innovation in geriatric psychiatry in Canada over the past 15 years. Dr. Cassidy is Canada's leading expert in the field in the area of late-life cognitive behaviour therapy (CBT), developing an "enhanced CBT" treatment approach for late-life depressive and anxiety disorders, modified to better meet seniors needs. Dr. Cassidy is also the founder of a national mental health promotion effort, The Fountain of Health Initiative for Optimal Aging (FoH). The FoH translates current science of healthy aging to the public and to healthcare providers offering tools to promote wellness and resilience in aging. As co-founder of the World Aging and Brain Health Institute (WABHI) and Editor of the World Psychiatric Association section on Positive Psychiatry, Dr. Cassidy also offers international leadership in the area of positive psychiatry of aging, a new branch of psychiatry on the neurobiology of healthy aging, well-being and resilience across the lifespan. Dr. Cassidy's body of work demonstrates commitment to better serving seniors, dedication to education and training, novel research and innovation to address problems of healthcare sustainability. Her efforts reflect new directions in which geriatric psychiatry will have an increasingly important place within healthcare in Canada.

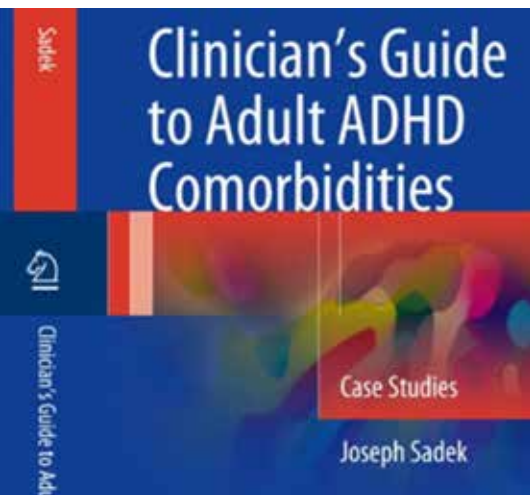
### Dr. Emmanuel Aquino presented with Outstanding Healthcare Provider award

On May 3, 2016 Dr. Emmanuel Aquino was presented with the Mental Health Foundation of Nova Scotia's Outstanding Healthcare Provider award at their *Let's Keep Talking* event featuring Margaret Trudeau. Dr. Aquino was recognized for his endless generosity and tireless support of the Healthy Minds Cooperative, a member-owned not-for-profit enterprise whose shareholders are people with lived experience of mental illness, or have an interest in the topic of mental health. Over the course of more than four decades, Dr. Aquino has served thousands of mental health consumers, helping along the way in their road to recovery.

### Dr. Gail Eskes receives funding from the Heart and Stroke Foundation

Dr. Gail Eskes received a grant from the Heart and Stroke Foundation of Canada for her proposal titled *The Behavioural and neural mechanisms in prism adaptation treatment for spatial neglect*. The foundation recognized her novel approach of prism adaptation when working with stroke victims as being very promising. Dr. Eskes was congratulated by Dean of Medicine, Dr. David Anderson, who said he looks forward to hearing more about her studies to determine how to make the temporary adaptation a more permanent change in brain function.





Photos (L-R): Dr. Joseph Sadek's new book; Drs. Rudolf Uher and Lara Hazelton.

### Dr. Joseph Sadek publishes article in encyclopedia; new book

Dr. Joseph Sadek published an article on Stimulant Medication in the SAGE Encyclopedia of Abnormal and Clinical Psychology. The SAGE Encyclopedia of Abnormal and Clinical Psychology, a 7-volume, A-Z work (print and/or electronic formats), is an authoritative work. Its more than 1400 entries provide information on fundamental approaches and theories, various mental health disorders, assessment tools and psychotherapeutic interventions, and the social, legal, and cultural frameworks that have contributed to debates in abnormal and clinical psychology. It provides students with an accessible reference for understanding the full scope of the field of clinical and abnormal psychology.

Dr. Sadek also published his second book, *Clinician's Guide to Adult ADHD Comorbidities*. This book is published by Springer and captures some important disorders that co-occur with ADHD such as anxiety, depression, bipolar mood disorders, substance use disorders and personality disorders. One chapter is dedicated to reviewing malingering and ADHD and another chapter discusses the recent findings around the link between obesity and ADHD. The cases are practical and relevant for clinicians. The literature reviews are extensive and clear. Several resources, including questionnaires, rating scales, websites and ample references, are included to help clinicians expand their knowledge on ADHD comorbidities.

### Dr. Rudolf Uher becomes member of RSC College of New Scholars, Artists and Scientists

Dr. Rudolf Uher was named to the Royal Society of Canada's College of New Scholars, Artists and Scientists. The society is Canada's first national system of multidisciplinary recognition for the emerging generation of Canadian intellectual leadership. The members of the College are Canadians and Permanent Residents who, at an early stage in their career, have demonstrated a high level of achievement. Dr. Uher was recognized for his dedication to reduce the burden of severe mental illness. His FORBOW project aims to bring early interventions to youth at developmental stages when they still can make a large difference and give the youth a chance to return to a healthy trajectory of learning and functioning.

### Dr. Lara Hazelton completes family medicine teaching certificate

Dr. Lara Hazelton completed the requirements for the Teaching Certificate in Family Medicine at the Dalhousie Department of Family Medicine. This certificate is awarded to a physician who teaches family medicine residents and who has completed four areas of study: Study Modules; Attendance at a Faculty Development Event; Reflective Essay and Peer Feedback. Dr. Hazelton is the first specialist to complete the certificate. She was recognized at the November department meeting where she was presented with her certificate by a representative from the Department of Family Medicine.



Photos (L-R): Drs. John Fraser, Stan Kutcher and Christine Chambers.

### **Dr. John Fraser receives Dr. Allan Cohen Memorial Award**

Dr. John Fraser was the recipient of the Dr. Allan Cohen Memorial Award for Community Service from the Faculty of Medicine. This award honours the late Dr. Allan Cohen, a distinguished member of Dalhousie Medical School and recognizes faculty, staff, and students who work to fulfill the mission of the Medical School by displaying outstanding community service with health-related organizations and causes.

Dr. Fraser has spent 37 years working in the North End Community Health Centre (NECHC), where he has worked tirelessly with marginalized, disenfranchised, underserved populations. The community served by the NECHC faces very high rates of poverty, homelessness, addiction, and mental illness. Dr. Fraser has also spent 25 years providing a weekly clinic at Turning Point, the city's largest men's shelter. In addition, he has been involved in Mobile Outreach Street Health (MOSH), providing back-up physician services to the outreach team (nurses, occupational therapist) who offer health care to the homeless on the street and in shelters.

Over a period of many years, Dr. Fraser has been engaged in program development in the community and served on countless community committees. He holds board directorships at local and provincial organizations and is a medical advisor for Canada World Youth, an international non-profit organization dedicated to providing dynamic youth with an opportunity to learn about other communities, cultures and people while developing leadership and communication skills.

### **Dr. Stan Kutcher acknowledged by Learning Partnership**

Dr. Stan Kutcher was acknowledged by the Learning Partnership on June 8, 2016 during the Halifax Champions of Public Education Tribute Luncheon. Dr. Kutcher was recognized for his commitment and contributions to mental health work in over 20 countries as a renowned global expert in adolescent mental health and leader in mental health research, advocacy, training, and policy.

### **Dr. Christine Chambers presented with Jeffrey Lawson Award**

Dr. Christine Chambers was the recipient of the 2016 Jeffrey Lawson Award for Advocacy in Children's Pain Relief. The Jeffrey Lawson Award was established in 1996 in memory of Jeffrey Lawson, whose mother, Jill, brought to the attention of professional organizations the practice of performing surgery and other procedures on children without the benefit of analgesia. The award recognizes advocacy efforts to improve management of pain in children.

### **Child and adolescent psychiatrists complete Royal College exams**

The Division of Child and Adolescent Psychiatry would like to extend sincere congratulations to both Dr. Ahmed Alwazeer and Dr. Anita Hickey on their successful completion of the Royal College general psychiatry exams in May 2016.



Photos (L-R): Drs. Patrick McGrath (right), Gail Eskes and Joshua Smalley.

### Dr. Patrick McGrath receives HealthCareCAN's prestigious Legacy of Leadership Award

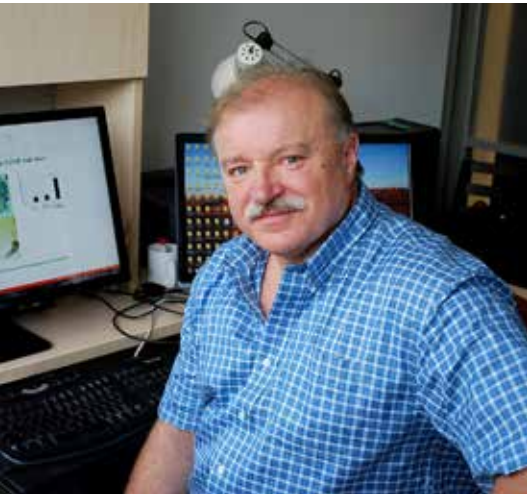
Dr. Patrick McGrath was the recipient of the inaugural HealthCareCAN Legacy of Leadership award. HealthCareCAN is the national voice of healthcare organizations across Canada, fostering informed and continuous, results-oriented discovery and innovation across the continuum of healthcare. They act with others to enhance the health of the people of Canada; to build the capability for high quality care; and to help ensure value for money in publicly financed, healthcare programs. The prestigious award recognizes exceptional individuals who have made long-lasting and outstanding contributions to advancing Canada's health system and have demonstrated significant and sustained commitment toward the enhancement of the health of Canadians. He created *Translating Research into Care* grants – a partnership amongst clinician scientists, administrators, patients, the QEII and IWK Foundations. He was instrumental in the development of BIOTIC, a translational imaging research facility and the IWK Research Registry to enable patient participation in research. Dr. McGrath is also a professor of Science, Pediatrics, Community Health and Epidemiology and Psychiatry at Dalhousie University where he founded and led for over a decade, the clinical psychology PhD program. He created the not for profit Strongest Families Institute that delivers mental health care to thousands of families across Canada, Finland and Vietnam. His research has helped inform pediatric pain internationally. Dr. McGrath received this award at the 2016 National Health Leadership Conference on June 7, 2016 in Ottawa.

### Dr. Gail Eskes accepts Progress Club Women of Excellence Award

Dr. Gail Eskes was chosen as a 2016 recipient of a Progress Club Women of Excellence Award. Dr. Eskes was the winner in the area of Education and Research. Now in its 27th year, the Progress Club Women of Excellence Awards honour seven inspirational women who play an important role in the community. The event raises funds for Phoenix Youth Programs and has raised well over a million dollars to date. Dr. Eskes was presented with her award at the gala dinner on Nov. 16, 2016.

### Kudos for Dr. Joshua Smalley

Dr. Joshua Smalley received an IWK Kudos award from the Emergency Mental Health and Addictions Services (EMHAS) team for the work ethic that he displayed while working in the Emergency Department. On February 2 he picked up a last minute on-call shift and it was not an easy one. Dr. Smalley is recognized for his hard work, his willingness to be a support and his ability to confront difficult situations head on.



Photos (L-R): Dr. George Robertson; Michelle LeBlanc's award; Dr. Normand Carrey.

### **Dr. George Robertson presented with CCNP award**

Dr. George Robertson was presented with the Canadian College of Neuropsychopharmacology's Innovations in Neuropsychopharmacology Research Award in June 2016. The award is designed to recognize innovative research in neuropsychopharmacology. Dr. Robertson's primary goal of his research is to develop drugs that will prevent the death of brain cells responsible for neurodegenerative disorders such as Alzheimer's disease, stroke, multiple sclerosis and Parkinson's disease. Dr. Robertson completed his doctoral studies in 1989 in the Department of Pharmacology at Dalhousie University. After completing postdoctoral studies in the Division of Neurological Sciences at the University of British Columbia in 1992, he was appointed as an assistant professor in the Department of Pharmacology at the University of Ottawa and promoted to the rank of associate professor in 1996. Dr. Robertson has also worked in the industrial sector having been Director of the Neuroprotection Program for the biotechnology company Apoptogen Inc. (1996-1998) and head of the Department of Pharmacology at the Merck Frosst Centre for Therapeutic Research (1998-2002) in Kirkland, Quebec. Dr. Robertson has published over 100 peer-reviewed papers of which 24 have been cited at least 100 times. His research has been supported by grants and training awards from Genome Canada, Canadian Institutes for Health Research (CIHR), Atlantic Canada Innovation Fund, Nova Scotia Health Research Foundation, Canadian Stroke Network, Heart and Stroke Foundation (Ontario and Nova Scotia), Michael J Fox Foundation for Parkinson's disease, Parkinson Society of Canada, Ontario Mental Health Foundation and Multiple Sclerosis Society of Canada.

### **Michelle LeBlanc recognized at IWK**

Early in the summer of 2016 administrative manager of child and adolescent psychiatry at the IWK, Michelle LeBlanc, was recognized for her work with the mental health and addictions program. She was presented with a Leadership Award for Collaborative Management by Ruth Carter, director of the mental health and addictions program at the IWK. The award was given to show appreciation and acknowledgment for Michelle's outstanding contributions to the program.

### **Dr. Suzanne Zinck awarded by Department of Paediatrics**

Dr. Suzanne Zinck, along with Dr. Arati Mokashi (IWK Endocrinology), as co-presenter, was awarded for Best Pediatric Grand Rounds Presentation for 2015-16 for "The Transgender Child" at the Department of Paediatrics Spring Awards & Graduation Dinner on June 17.

### **Dr. Normand Carrey awarded by CACAP**

Dr. Normand Carrey was the 2016 recipient of the Naomi Rae Grant award from the Canadian Academy of Child and Adolescent Psychiatry. This award recognizes innovative and important work in community intervention and prevention in our field, and recognizes Dr. Carrey's dedicated leadership work in both 0-5 early interventions, as well as in our family therapy training program.



Photos (L-R): Dr. Martin Alda; Drs. David Lovas, Alec Hipwell and Donna Davis; Dr. Selene Etches.

### **Dr. Martin Alda presented with Mogens Schou award**

Dr. Martin Alda was presented with the Mogens Schou Award for research. The Mogens Schou Award is presented by the International Society for Bipolar Disorders (ISBD.) It is a lifetime achievement award and comes in three categories: research, education and advocacy. Dr. Alda received his award this year at the ISBD meeting in Amsterdam. The award was presented to him by professor Jules Angst from Zurich, a distinguished scholar working in mood disorders for over 50 years. Previous winners of the award include some of the most prominent people in the field of mood disorders.

### **Department recognizes past and present faculty members for excellence in clinical care, education and research**

In late November 2016 three faculty members were awarded for their outstanding contributions to the department. Dr. Donna Davis was recognized with not only the Outstanding Clinician Award, but also with the inaugural Dr. Larry Buffet Outstanding Teacher Award. Dr. Alec Hipwell, a recently retired, longstanding member of the department was honoured with the Outstanding Clinician Lifetime Achievement Award, and Dr. David Lovas was presented with the 2016 Educator of the Year Award. They were all presented with certificates in front of their peers during the bi-annual department meeting.

### **Dr. Patricia Pottie named award finalist by RBC**

Dr. Patricia Pottie was named a finalist for the RBC Canadian Women Entrepreneur Award in the area of social change. Dr. Pottie was recognized for her work with the Strongest Families Institute. The RBC Canadian Women Entrepreneur Awards recognizes female business leaders from across Canada who make impressive and substantial contributions to the local, Canadian or global economy. Candidates share a strong entrepreneurial vision and a relentless passion in pursuing their dreams. This year there were more than 5,000 women nominated from across the country. Dr. Pottie was one of 18 finalists.

### **Dr. Selene Etches recognized**

Dr. Selene Etches was recognized by the medical director, Dr. Joanna Holland, and division head, Dr. Amy Ornstein, of the Division of General Paediatrics for her positive collaborative patient care experiences. Specifically highlighted was Dr. Etches' collegial attitude, her helpfulness in navigating the system for best patient care, and her clear communication to members of the health care team. We are very proud to have Dr. Etches as part of our team, and would like to extend our sincere thanks for her dedication to patient care and outstanding collaboration with our paediatric colleagues.



Photos (L-R): Drs. David Whitehorn and Constance LeBlanc; Dr. Allan Abbass (center) with Drs. Zeb Little (left) and Joshua Pretsky from UCLA; Dr. Patrick McGrath.

## Dr. David Whitehorn wins Wayne Putnam Award

Dr. David Whitehorn, assistant professor in the Department of Psychiatry, was awarded the 2015 R. Wayne Putnam Award for outstanding contributions to community continuing professional development. The award was presented by Dr. Constance LeBlanc, associate dean for continuing professional development at Dalhousie Faculty of Medicine.

Dr. Whitehorn was recognized for his work with the Nova Scotia Early Psychosis Network, particularly the *Key Findings in Early Psychosis Knowledge Sharing Initiative*, funded by the Nova Scotia Health Research Foundation, which the network conducted over the past two years involving multi-stakeholder meetings throughout the province. In addition to his work in Early Psychosis, Dr. Whitehorn, who is director of the non-profit Atlantic Contemplative Centre, was recognized for his contributions to teaching and support for mindfulness practices among health care professionals.

## Dr. Allan Abbass honoured by UCLA

Dr. Allan Abbass was named the 2016 Distinguished Professor of Psychiatry at UCLA for "Dedicated Service and Leadership in Psychiatric Education." He gave a series of lectures to the public, faculty and residents at UCLA in September on his specialty, intensive short term psychotherapy (ISTP).

## Dr. Patrick McGrath appointed Chair in the College of Reviewers by CIHR

Dr. Patrick McGrath, the Integrated Vice President, Research and Innovation at the IWK Health Centre and Nova Scotia Health Authority, was appointed by the Canadian Institute of Health Research as a chair in the College of Reviewers. The slate of College Chairs, which will have sufficient diversity of health research and knowledge translation expertise to reflect the breadth of the Canadian health research enterprise, will be appointed to ensure capacity to provide independent, expert and relevant advice to CIHR in the building of the College into an internationally recognized resource.

The role of the College Chair is to ensure that the peer review system supports the selection of the most innovative and cutting-edge proposals for research and knowledge translation, while continuing to be fair, well-managed and transparent. Dr. McGrath began his appointment on July 1, 2016 and will fulfill a three-year term.

## The Canadian Association of Paediatric Health Centres (CAPHC) announces best of 2016 webinar series

Drs. Stan Kutcher 's and Yifeng Wei's webinar, *What Role Can Schools Play in the Pathway to Youth Mental Health Care?* was ranked number one in the CAPHC best of 2016. The two discussed the important role that schools play in the *Pathway Through Care* model.

# ACADEMIC CHAIRS

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

## **The Killam Chair in Mood Disorders** **Dr. Martin Alda**

In the 2016-2017 academic year the Killam Chair in Mood Disorders, Dr. Martin Alda, and his research team have been active in several areas. They continue their genetic studies of bipolar disorder and pharmacogenetics of lithium response. Some recent findings point to newly discovered susceptibility genes for bipolar disorder. More results are expected from the next wave of analyses by the Psychiatric

Genomics Consortium later this year.

The pharmacogenetic study of lithium response conducted by the PGBD (Pharmacogenetics of Bipolar Disorders) consortium is generating exciting findings. The Mood Disorders Team has analyzed the clinical predictors of response to lithium, confirming earlier findings of better



Dr. Martin Alda (left) and Dr. Manuel Sanchez de Carmona, president of the International Society for Bipolar Disorders.

**“These studies point to developmental changes in people with bipolar disorder that could further help in understanding the basic mechanisms of the illness.”**

response in patients with recurrent, as opposed to chronic, pre-treatment clinical course.

Further intriguing results are also coming from studies of neurons derived from human induced pluripotent stem cells. Recently they replicated the earlier finding of hyperexcitability of neurons derived from cells of people with bipolar disorder and their highly specific response to lithium (Stern et al. *Molecular Psychiatry*, in press). Moreover, these studies point to developmental changes in people with bipolar disorder that could further help in understanding the basic mechanisms of the illness. Both latter studies took advantage of stem cells generated from transformed lymphoblasts – a major advancement as they, along with other research groups, have collected literally thousands of such samples from well characterized patients and family members that can be now used to test specific hypotheses about bipolar disorder and its associated clinical features.

Genetic studies are large, but not the only focus of the Chair’s team. This year they completed and published the study of methylene blue for treatment of residual symptoms of bipolar disorder in the *British Journal of Psychiatry*.

One activity that kept several of the Chair’s team busy in the last year is development of the next edition of the *Canadian Guidelines for treatment of bipolar disorder*. Dr. Alda and Dr. Claire O’Donovan are involved in the sections on maintenance treatment and on comorbid conditions respectively.

As you have read in our awards section, in July 2016 Dr. Alda received the Mogens Schou Award for Research from the International Society for Bipolar Disorder. The Award was presented to him by professor Jules Angst at the annual meeting of the Society in Amsterdam.

**THE MOGENS SCHOU AWARD  
FOR RESEARCH**

presented to

**MARTIN ALDA, MD FRCPC  
PROFESSOR OF PSYCHIATRY  
AND KILLAM CHAIR**

July 13, 2016

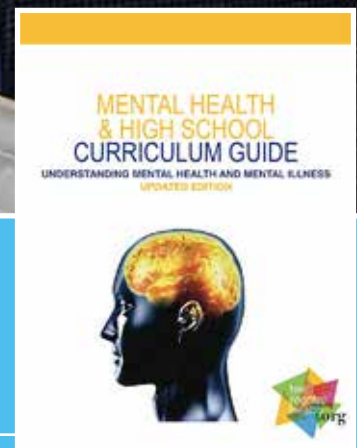


# The Sun Life Financial Chair in Adolescent Mental Health

## Dr. Stan Kutcher

It has been 10 years since Dr. Stan Kutcher was appointed to the Chair. Over the past decade, Dr. Kutcher and his team have achieved significant accomplishments while creating global awareness about the importance of youth mental health. In February, the team revealed its ten-year report entitled *Ten Years of Substantive Impact Improving Mental Health Care for Young People*. The report showcases projects, collaborations, awards and some of the results the Chair has achieved over its ten year journey. The full document can be found online at <http://teenmentalhealth.org/10-years/>.

On November 24, educators, students, project partners and government officials gathered at Saint Mary's University for an event focused on campus mental health. The Medavie Health Foundation announced a \$600,000 grant to support the 'Pathway Through Mental Health Care' project. The model, developed and led by Dr. Kutcher, is a three-year initiative that will be implemented in six different maritime



## Mental Health and High School Curriculum Guide

Since its release, Dr. Kutcher has been approached by organizations in different countries to develop versions of *The Guide* for use in their regions. A recent example of this is a partnership with the Washington Superintendent of Public Instruction and Project Aware. In July, Drs. Kutcher and Yifeng Wei delivered a two-day Train the Trainer session to prepare Washington State classroom teachers to effectively apply *The Guide* in their classrooms. There will be a research project in the region, looking at the outcomes of the curriculum's effectiveness in teachers and students. This fall, the two travelled to Finland and visited

the University of Turku. They are working with Dr. Andre Sourander to modify and adapt the *Mental Health and High School Curriculum Guide* as well as *Transitions*, a manual designed to help post-secondary students navigate university life. They hope to modify these resources for use in Finland's schools and post-secondary institutions to develop research on the impact they have in other countries. In October, Dr. Kutcher traveled to Tokyo, Japan to continue work with partners there around school mental health literacy.

colleges and universities – Mount Saint Vincent University, Saint Mary's University, St. Francis Xavier University, NSCC, Mount Allison University and Holland College. The initiative will focus on teaching mental health literacy, training faculty to be better prepared to identify students who may require mental health care and providing upgraded training to health care providers. Dr. Kutcher hopes this initiative will lead to a model that can be applied across Canada.

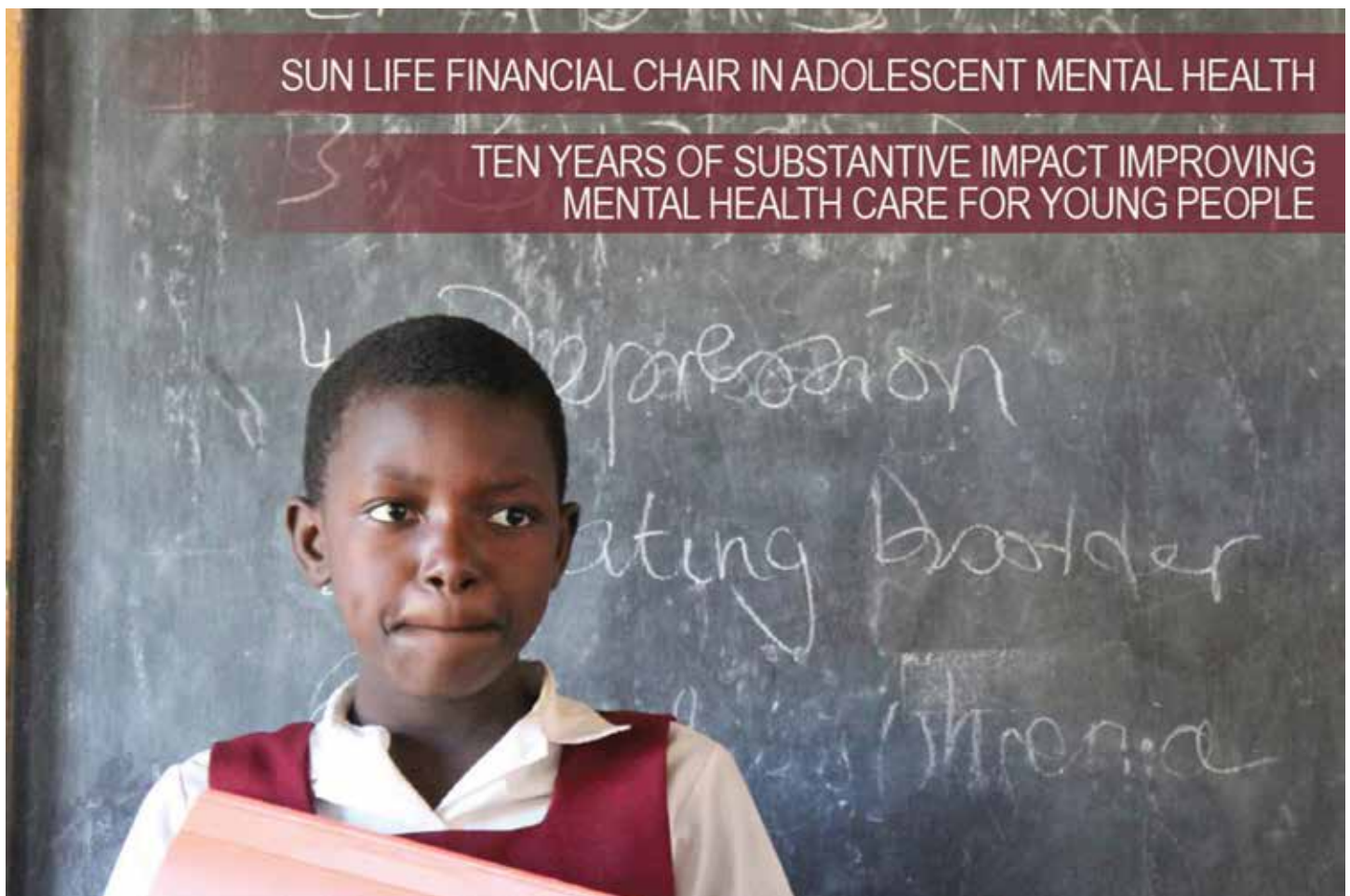
**“Since the Chair’s inception, each project has been informed by a simple, innovative method for integrating education and healthcare called the *Pathway Through Care.*”**

The development of the pre-service teacher mental health literacy curriculum resource, in partnership with faculties of education at the University of British Columbia, University of Western Ontario, and St. Francis Xavier University, has made significant strides over the past

year. In May, the curriculum was officially unveiled under the TeachMentalHealth.Org brand at CSSE to significant interest. TeachMentalHealth.Org is a modular resource that can be used as a cohesive whole or subdivided and incorporated into existing courses, be presented face-to-face or entirely online, and be instructor-led or student-driven. The curriculum is being piloted at St. FX and Western.

In September, Dr. Kutcher, Dr. Yifeng Wei and Andrew Baxter of Alberta Health Services presented groundbreaking research demonstrating the immense success of several TeenMentalHealth.Org resources since being integrated into the Alberta School System. The data demonstrates a 200 per cent increase in youth accessing mental health care with the majority being diagnosed with moderate to severe mental disorders. This evidence marks the first time ever this kind of impact has been reported in access to mental health care based on the implementation of school mental health literacy.

Recently the Government of the Yukon released their first Mental Wellness Strategy, entitled *Forward Together*. The



The cover of the Chair's 10-year report which can be accessed online at <http://teenmentalhealth.org/10-years/>.

strategy, aimed at mental wellness for all ages, calls for a 10-year implementation plan as suggested by a panel of mental health experts lead by McMaster University's Dr. Gillian Mulvale and Dr. Kutcher. This strategy has been many years in the making. In 2010, the Mental Health Commission of Canada released *Evergreen: A National Child and Youth Mental Health Framework for Canada*, a project that Dr. Kutcher helped develop.

Since the Chair's inception, each project has been informed by a simple, innovative method for integrating education and healthcare called the *Pathway Through Care* (<http://teenmentalhealth.org/pathwaythroughcare>). In January, the team launched the *Pathway Through Care* video, funded by the Nova Scotia Health Research Foundation and created by Wonderlust Media, to outline the model's simplicity and ability to be integrated into any society. Since its launch, the video has been viewed almost 10,000 times and has been very well received both online and through traditional media.

In April 2016, Dr. Kutcher represented the WHO Collaborating Centre, by presenting the successful African Youth Depression Intervention project at the World Bank/WHO Mental Health Summit in Washington. He also took part in a panel discussion on innovations in mental health care.

At the researchED 2016 National Conference in London, Dr. Kutcher delivered a keynote on Mental Health Literacy in Schools: A simple, sustainable and effective evidence based approach. He presented similar work at the Faculty of Public Health UK Annual Conference earlier in the year.

In December, The Mental Health Innovation Network released a report entitled *Stories of Change from the Global Mental Health Innovator Community*. The report focuses on six innovative initiatives addressing mental health in all areas of the world. One of the featured stories profiles TeenMentalHealth.Org's unique youth mental health initiative conducted in Malawi and Tanzania in partnership with Grand Challenges Canada and Farm Radio International. Using radio programming, school mental health literacy and training of community health care providers, this project has demonstrated an effective intervention addressing youth depression that can now be scaled up globally.

In May 2016, Dr. Kutcher was appointed Co-Chair of the Advisory Panel to the Minister of Health and Wellness on Innovation in Mental Health and Addictions. Dr. Kutcher was joined by eight other mental health experts, including Dr. Allan Abbass, to complete initial recommendations for improving the province's mental health outcomes. The first wave of recommendations was announced in March.



teen  
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Dr. Phil Tibbo working with a student.

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

### *Dr. Phil Tibbo*

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 the furthering of our understanding on the biological underpinnings of psychosis and investigations of novel treatment options, the role of substance use in psychosis development, service delivery, and importantly the translation of this knowledge to various stakeholders. His contributions to schizophrenia research and leadership in Canada will be recognized by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in May with the 2017 'Champion Award.'

**“There is recognition of the need for standards to allow more synergy of care nationally.”**

Over the last year, Dr. Tibbo and his research team have published research papers in leading journals and book chapters on the effects of substance use on

brain neurochemistry in early phase psychosis (using neuroimaging techniques); publications on the specific interactions of cannabis, adolescent brain development and psychosis; and the delivery of addiction treatment services in early intervention programs across Canada. In 2016 he also co-authored a comparison of early intervention service delivery across Canada, resulting in the recognition of the need for standards to allow more synergy of care nationally. Two unique studies examining families have also been accepted for publication (families' perspectives on relapse prevention and mindfulness based therapy for families in early intervention programs). A clinical perspectives paper on the role of clozapine in early phase psychosis led the way for an ongoing multi site chart review study in this area. Dr. Tibbo presented his work as an invited plenary lecturer and in workshops at national and international conferences such as the International Early Psychosis Association meeting in Milan Italy. Active research projects also include the investigation of engagement to mental health care and the use of supports (e.g. peer support workers) around the transition out of early intervention care.

The Janssen Chair continues to support, under the

leadership of Margie Crown, the *Because Your Mind Matters* project ([www.becauseyourmindmatters.ca](http://www.becauseyourmindmatters.ca)). This excellent product 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. This project will continue into the next year.

A knowledge translation project called the *Key Findings in Early Psychosis* wrapped up at the end of 2016. The objectives of this project were to provide ongoing access to relevant and up-to-date information on major findings in the field of early psychosis to multi-stakeholders around Nova Scotia. One day conferences were held around the province over the last two years, with the last being in Yarmouth in November 2016, creating a community of learning that continues in electronic formats.

Dr. Tibbo was named president of the national Canadian Consortium for Early Intervention in Psychosis (CCEIP) in 2016, which has advocacy, training, service delivery and research arms. In addition to leadership of this organization, Dr. Tibbo and CCEIP members are developing clinical

tools for use in early phase psychosis. These clinically relevant tools will aid in optimizing outcomes, including the development of a relapse prediction tool for clinicians and family members, a novel tool for monitoring side effects of medication, an antipsychotic treatment selection tool and physician order sets for psychosis. Dr. Tibbo has also chaired, with CCEIP members and in collaboration with the CPA and Myelin and Associates (medical education company), two unique RCPSC CME Section 3 programs for physicians that focus on maximizing positive outcomes for early phase psychosis patients and the use of clinical tools in practice. Another large project that Dr. Tibbo will be involved in with the CCEIP is the development of national comprehensive guidelines for care in early phase psychosis.

The Janssen Chair also keeps busy fulfilling his mandate as a board member of the Schizophrenia Society of Canada, Chair of the Schizophrenia Society of Canada Foundation, 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 graduate program committee of the new MSc in Psychiatry program at Dalhousie Psychiatry.

## WeedMyths

A particular focus of the Chair's research has been on the effects of cannabis on the developing adolescent brain. He continued his collaborations with the Canadian Centre on Substance Abuse as a panel member in community-focused presentations across the country on this topic. In partnership with the Mental Health Foundation of Nova Scotia and the Nova Scotia Early Psychosis Program (NSEPP), Dr. Tibbo led the development in 2016 of a community education campaign informed by youth, for youth, called *WeedMyths*. This took the form of Instagram and Youtube videos, bus shelter ads, a website ([www.weedmyths.ca](http://www.weedmyths.ca)) and print material in the Halifax area. The metrics on this campaign is under analysis, however the interim analyses showed great uptake by Halifax youth in the 12-24 year age group. As expected, this campaign received

**WEED**  
*Is harmless?*

Weed can cause or worsen:  
Agitation  
Aggression  
Anxiety  
Suicidal Thoughts  
Psychosis

Maybe it's not just a bad trip?

NSEPP  
Mental Health Foundation

[www.WeedMyths.ca](http://www.WeedMyths.ca)

*Drive better on*  
**WEED?**

Weed effects driving by:  
Decreasing reaction time  
Decreasing visual skills  
Decreasing attention  
Impairing decision making

Any substance that alters your thinking will impact your ability to drive safely.

NSEPP  
Mental Health Foundation

[www.WeedMyths.ca](http://www.WeedMyths.ca)

significant media attention (print, radio, TV). Dr Tibbo was also asked to write position statements on cannabis and youth mental health for both the Canadian Consortium for Early Intervention in Psychosis (CCEIP), as well as the Canadian Psychiatric Association (CPA). Dr. Tibbo's team will continue to work in this area as it is a priority research and clinical need.

# The Canada Research Chair in Early Intervention

## Dr. Rudolf Uher

Over two million Canadians are living with severe mental illness, such as schizophrenia, bipolar disorder and major depressive disorder. Severe mental illness affects people from a young age and can be disabling. There are many treatments that can help but there is no cure that can stop the illness for good. The Canada Research Chair in Early Interventions in Psychiatry, Dr. Rudolf Uher, and his collaborators are working on groundbreaking projects that aims to prevent severe mental illness. Their prevention program works in two steps: First, identify who is at risk. Second, intervene at the right time and give people the tools they need to stay healthy. Three hundred and fifty youth from Nova Scotia are taking part in the Families Overcoming Risks and Building Opportunities for Well-being (FORBOW) project. This is the only program in the world that works with youth as young as nine years to prevent the full range of severe mental illness.

Dr. Uher launched FORBOW in 2013 and the study is now entering its fifth year. The 2016/2017 year has been a successful year for FORBOW. This was the first time that FORBOW researchers could tell how well their assessments predict who will develop severe mental illness. They found that a combination of mood lability, anxiety and unusual experiences predicts the new onsets of illness with high accuracy and with several years to spare that provide an opportunity for pre-emptive interventions. The first 40 participants have completed the *Skills for Wellness*

**“First, identify who is at risk. Second, intervene at the right time and give people the tools they need to stay healthy.”**

FORBOW team members Drs. Rudolf Uher and Barbara Pavlova.



(SWELL) course that teaches youth mental health skills in a personalized way tailored to remedy each young person's vulnerabilities. It turns out that young people like participating in SWELL and benefit from the course. Further follow-up will show how well SWELL can prevent severe mental illness from developing.

The last year has also seen major additions to the FORBOW study, which are partly the work of graduate students supervised by Dr. Uher. Lynn MacKenzie uses a computerized task that measures how we make emotional decisions. She has shown that the ability to make the right decisions in the context of uncertain rewards and losses is linked to the young-person's vulnerability for unusual experiences, including hallucinations. Alyson Zwicker has been collecting tubes of saliva to measure genetic factors that may make some youth more vulnerable to develop mental illness or more sensitive to their environment. She is preparing a project that will apply genetic counseling to help vulnerable young people avoid one of the major causes of mental illness: marijuana. Also in 2016, Vlad Drobinin initiated a brain scanning project and one hundred FORBOW participants have already taken part. Vlad is looking at the shapes of the brain surface and connections between the brain structure to map the development and pinpoint the best time for early intervention. The brain scans may also

help to assess how the pre-emptive early interventions are helping healthy brain development. We are excited about the potential of genetic and brain measurements to help target prevention to those who are most likely to benefit.

The novelty and impact of Dr. Uher and the FORBOW team have helped attract attention and resources to Nova Scotia. Over the last year, Dr. Uher has received six grants and awards totaling more than two million dollars in research funds. Thanks to this, the FORBOW team is now employing eight members of staff and the continuation of FORBOW is assured for the next five years. In the fall of 2016, Dr. Uher was awarded the national Royal-Mach-Gaensslen Prize for Mental Health Research and was elected a member of the College of New Scholars, Artists and Scientists of the Royal Society of Canada. In 2017, the Canadian Psychiatric Association has selected Dr. Uher to deliver the Distinguished Member lecture at the Association's 67th Annual Conference to be held in Ottawa in September 2017. The renewal for another five years of Dr. Uher's Canada Research Chair will ensure the continuation of this groundbreaking research in Nova Scotia. If you would like to see updates on FORBOW and other project by Dr. Uher's team, please go to [www.forbow.org](http://www.forbow.org), or follow @ProjectFORBOW and @RudolfUher on Twitter.

# EDUCATION

*We offer undergraduate, postgraduate, graduate 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.*

## Director of Education: Dr. Margaret Rajda

The 2016-2017 academic year was a productive one in education. The inaugural Dr. Larry Buffett Outstanding Teacher Award was awarded to Dr. Donna Davis in recognition of her outstanding performance in a teaching and clinical supervisor role in the Department of Psychiatry. Many qualified nominees were put forward which is a terrific sign of a robust organization and says a lot about Dr. Davis as the successful candidate. The Educator of the Year Award in 2016 went to Dr. David Lovas.

The 2017 CaRMS match was exceptionally successful. As you have read in the education mission statement in action, we fully matched in the first round! Thank you to our dedicated faculty, staff and residents who participated and continue to act as ambassadors of our program; you make all of the difference. The new recruits begin July 1, 2017; please help them feel welcome when you have the opportunity. You'll find the detailed CaRMS results in the postgraduate report.



Dr. Margaret Rajda (left) presents Dr. Davis with her award.



In July 2016 we welcomed Dr. Stacy Campbell, fellow in psychotherapy who trained over the last year with Dr. Jackie Kinley. Two new subspecialty residents will join our department in July: Dr. Daljit Bhangoo (Geriatric Psychiatry) and Dr. Gaelle Belanger (Child and Adolescent Psychiatry). Four of our PGY-4 residents (Drs. Kathleen Singh, Ian MacKay, Celia Robichaud and Sarah Fancy) were accepted for subspecialty training in 2018.

A Masters in Psychiatry Research (MSc) program will begin in the 2017-2018 academic year. Several applications were submitted and six very strong students were accepted.

The department exceeded the required commitment to undergraduate medical school teaching activities, 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.

Welcome to Dr. Alice Aylott, the new undergraduate Skilled Clinician component head and thank you to Dr. Allan Abbass for several years dedicated work in this capacity. Also this year, Dr. Nicole Herschenhou took on the position of psychotherapy coordinator.

Thank you to Dr. Milliken for her 20 years of dedication to the Department of Psychiatry as director of continuing professional development. Her hard work and unwavering commitment has been greatly appreciated. Also congratulations to Dr. Milliken on her recent appointment

as Chair of the CPA Continuing Professional Development Committee.

As usual the W. O. McCormick Academic Day was a great success, with registration sold out even though the amount of available seating had increased.

We continue to benefit from distributing Rounds with Adobe Connect. Many barriers were removed with the use of this technology and the participation from the community has increased. The inaugural Joint Psychiatry and Neuroscience Rounds took place on March 29, 2017. Thank you to our residents Dr. Celia Robichaud and Dr. Abraham Nunes for getting this started.

Implementation of the faculty database has been in full preparation mode to be ready for IPP season in April 2017. In terms of education, the Clinical Academic Rounds evaluations will remain electronic, but eventually will be accessed through the faculty database. TWIP news will also be distributed in a weekly digest format, generated from the database

Looking forward, the Education Management Team has some strategic planning underway. The education and department leaders will meet in May of 2017 to discuss the way forward and prioritize to meet the department's education mandate.

As the academic year draws to a close, the PGY-5 residents are preparing for their Royal College examinations. We wish them best of luck!



Dr. Herb Orlik lectures to undergraduate students.

## *Undergraduate Education*

### Director of Undergraduate Education: Dr. Cheryl Murphy

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.

We would like to extend our thanks to the faculty who are involved in the teaching and assessment of our students. It is only through their efforts that the psychiatry undergraduate program continues to be a success.

### *Pre-clerkship (Year 1 and 2)*

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

## Psychiatry Interest Group

The medical student Psychiatry Interest Group is in its sixth year and is currently led by first-year medical students Shannon Lilly and Victoria Sullivan with the assistance of Claire Stewart. The group continues to work towards its mandate of increasing awareness and facilitating discussion about mental health, as well as encouraging students' interest in the field of psychiatry. Members have been involved in numerous activities, including: a "Lifestyles in Medicine" night where students had the opportunity to interact with and learn from many residents and attending physicians about a career in psychiatry, a psychiatry-based movie night, shadowing the Mental Health Mobile Crisis Team, a psychiatry interviewing skills session, and an upcoming panel discussion.

### Clerkship (Year 3 and 4)

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

During the first year of clerkship, faculty and residents in the Halifax area, deliver the core curriculum of 18 seminars to our clerks in Halifax and to distant sites via videoconferencing. Saint John delivers 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 one recorded video developed by faculty.

The department currently offers traditional clinical clerkship rotations at various sites in Nova Scotia (Amherst, Halifax, Sydney, Truro and Windsor), Prince Edward Island (Charlottetown) and Dalhousie Medicine New Brunswick (Fredericton and Saint John). We also have three Longitudinal Integrated Clerkship (LIC) sites in Miramichi, Upper River Valley/Waterville and Moncton.

The Department of Psychiatry sponsors travel for a medical student to attend the annual Psychiatry Student Interest Group Network (PsychSIGN) Conference held in conjunction with the American Psychiatric Association conference. This year, Heidi Bentley was chosen to attend the conference.

### 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 an equivalent level compared to Dalhousie students. The Department of Psychiatry received four IMUs and two IMGs into the Link Program in 2016/17.

# Postgraduate Education

## Director of Postgraduate Education: Dr. Mark Bosma

The postgraduate education section had another very busy year, 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. While several strengths were highlighted, some weaknesses were identified, and efforts have been made to address these issues over the past academic year. Specifically, many of the rotation and psychotherapy objectives of training have been updated and approved by the Residency Program Committee (RPC). The task of reviewing all objectives will be completed in the 2017/2018 year, with the goal of creating a set of documents that are easily understood and implemented by faculty and residents. Efforts have been made to improve the evaluation component of the program, and faculty and residents now meet more regularly to review and discuss mid and end-of-rotation evaluations. To enhance the Rehabilitation & Integration rotation, residents have now returned to the Connections sites, spending one day per week assessing and managing community-based patients with SPMI (severe and persistent mental illness).

Ongoing internal review of the program has also resulted in significant positive change. Based on feedback from residents, the Shared Care rotation has been modified to enhance the collaborative role of the resident in working with interdisciplinary clinicians. Residents now spend time at the North End Clinic, working with a mental health nurse to provide collaborative care to patients with SPMI. Residents also work directly with Family Medicine residents at the Dalhousie Family Medicine Clinics, providing guidance on how best to assess and manage patient care. Special thanks must be given to Drs. Sonia Chehil, Kulli Poder, Bill Bradley, and Fiona Bergin for their leadership in implementing these changes.

The Consultation/Liaison rotation has also been modified to enhance resident experience. In addition to responding to consultation requests from medical and surgical wards, residents now spend time in a variety of outpatient clinics, including Psychosocial Oncology with Dr. Andrew Harris, a Multiple Sclerosis clinic with Dr. Alice Aylott, Behavioral





## ***Class of 2017***

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Congratulations to our graduating residents: Back row (L-R): Drs. Terrance McCarvill and Michal Sapieha; Front row (L-R): Drs. Liisa Johnston, Miroslava Kolajova, Daniel Tojuri, Mahgul Malik, Ahmed Saleh and Ashley Crane (missing from photo).

### **2016-2017 Year End Awards:**

Teacher of the Year: Dr. Andrew Harris

Above and Beyond (Residents' Choice): Sarah MacDonald, RN

PGY5 Excellence Award: Dr. Jonathan Wan

Dr. Herbert Orlik Child & Adolescent Psychiatry Resident Award PGY3: Dr. Jillian Boyd

Geriatric Psychiatry Resident Award: Dr. Olga Yashchuk

Clerks' Choice Award: Dr. Abraham Nunes

Alexander H. Leighton Resident of the Year: Dr. Kathleen Singh

Horizon Health Network SJ Zone PGY1: Dr. Chelcie Soroka

Dr. Charles J. David Prize in Psychiatry PGY2: Dr. Laura Downing

Dr. W.O. McCormick Award: Drs. Kathleen Singh and Daniel Toguri

Loonie Awards: Drs. Celia Robichaud and Abraham Nunes

Dr. Robert & Stella Weil Fund in Psychiatry: Dr. Joshua Smalley



## CaRMS 2017

The 2017 CaRMS match was a great success. Due to the incredible efforts of the residents, education administrative staff, and faculty, all eight spots were filled in the first match. In July, we look forward to welcoming the following residents, five of whom are from Dalhousie.

Lauren Chan, University of Alberta  
Jillian Cottreau, Queen's University  
Emily Fraser, Dalhousie University

Amy Gough, Dalhousie University  
Holly Greer, Dalhousie University  
Marissa LeBlanc, Dalhousie University  
Cinera States, Dalhousie University  
Po Chi (Angela) Wang, University of British Columbia

We also had the pleasure of welcoming Madeline Ferracuti to our current PGY 1 class as of March 8, 2017. Madeline has transferred to psychiatry from family medicine.

Resident Dr. Mirka Kolajova and faculty member, Dr. Lukas Propper interview a candidate during CaRMS.

Neurology with Dr. Sultan Darvesh, and Sleep Disorders with Dr. Margaret Rajda. Residents also participate in the care of patients at the Dartmouth General Hospital, which is now a regular training site for this rotation.

In April 2016 Dr. Nicole Herschenhaus was offered and accepted the role of psychotherapy coordinator. Over the past year, Dr. Herschenhaus has been working to improve the process by which residents can access patients appropriate for psychotherapy training. Further plans for the 2017/2018 academic year include enhancing the psychotherapy curriculum through addition of education on the effects of trauma, and modification of training in Dialectical Behaviour Therapy (DBT).

### Teaching

Teaching residents in the clinical and classroom settings continues to be the main focus of the residency training program. Several recent teaching initiatives were continued in the program this year, including an interviewing skills course, and a series of formulation workshops for junior and senior residents. During the summer of 2016, 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. 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 positive, and the course will continue to be offered on an annual basis.

To enhance interview skills through regular formal feedback, changes were made to the annual interview skills examination process. Residents must now participate in two semi-organized practice oral assessments, a formal mid-year oral assessment, and an end-of-year oral examination. With the new process, resident participation has improved; ensuring feedback is received on these important skills. At the end of the 2016/2017 academic year, an OSCE assessment will be piloted to help residents prepare for the Royal College examination in PGY-5.

Several other important components of the curriculum have been well-reviewed, and will be maintained in the 2017-2018 curriculum. These include the monthly Journal Club, quarterly Neuroscience Rounds, and Research & Appraisal series.

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 October 2016 the residents held a retreat at the Atlantica Oak Island Restort. The retreat focused on wellness activities, and career planning with a seminar delivered by psychiatrists working in multiple practice settings. The event was well attended by residents, and will be held again in September 2017 at Liscombe Lodge.

### **Child and Adolescent Psychiatry Residency Program**

Our subspecialty residency will welcome three residents in July 2017 and our faculty has been involved in curriculum development and evaluation tools led by the new program director, Dr. David Lovas. Nationally, our faculty remain very active in the Canadian Academy of Child and Adolescent Psychiatry contributing significantly to the scientific program of the annual meeting and strategic planning activities for the future of our organization. The faculty is also well represented with three members, Drs. Abidi, Lovas, and Bagnell, on the RCPSC subspecialty committee in child and adolescent psychiatry.

# RESIDENTS 2016-2017 ACADEMIC YEAR

## **Class of 2017 PGY-5**

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

## **Class of 2018 PGY-4**

Emms, Mandy  
Fancy, Sarah  
Kirkpatrick, Lesley  
MacKay, Ian  
Ojiegbe, Jennifer  
Robichaud, Celia  
Singh, Kathleen

## **Class of 2019 PGY-3**

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

## **Class of 2020 PGY-2**

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

## **Class of 2021 PGY-1**

Boudreau, Christelle  
Ferracuti, Madaline  
MacMullin, Gregory  
McClelland, Christine  
Rizzardo, Tyson  
Soroka, Chelcie  
Stevenson, Graham



Dr. Sherry James

## ***Fellowship and Subspecialty Training***

### **Director of Fellowship and Subspecialty Training: Dr. Sherry James**

#### ***Fellowship Training in Psychiatry***

Fellowship training provides a trainee the opportunity to develop expert clinical and/or research skills in various areas of psychiatry following residency training. Dalhousie currently offers fellowship opportunities in the areas of mood disorders, early psychosis, intensive short-term dynamic psychotherapy and psychodynamics/group psychotherapy.

During the 2016-2017 academic year we had the pleasure of having Dr. Stacy Campbell from the University of Saskatchewan completing fellowship training in psychodynamics and group psychotherapy with Dr. Jacqueline Kinley and her team at the Mental Health Day Treatment Program (MHDTP). She was a welcome addition to the MHDTP and has been valued by our psychiatry residents for her contributions to their learning this year.

#### ***Subspecialty Residency Training in Psychiatry***

A subspecialty residency is a Royal College-accredited training program wherein residents complete a course of training to develop expert clinical and research skills in a specialized area of psychiatry. Dalhousie currently offers

subspecialty training in the areas of geriatric psychiatry and child and adolescent psychiatry. Typically, psychiatry residents apply for subspecialty training in their fourth year of the general psychiatry residency, and plan fifth year electives as part of subspecialty training requirements to potentially complete subspecialty training as a PGY-6.

While there were no subspecialty residents training during this academic year, both subspecialty residencies at Dalhousie's Department of Psychiatry are gearing up to welcome a number of exceptional trainees in July 2017. The geriatric psychiatry team will be joined by Dr. Daljit Bhangoo (PGY6) from the University of Manitoba, while our own residents, Drs Ian MacKay and Kathleen Singh will begin electives in preparation to officially begin subspecialty training in geriatric psychiatry in 2018. Similarly, the Division of Child and Adolescent Psychiatry welcomes Dr. Gaelle Belanger from McGill University in 2017 to complete subspecialty training, while Dalhousie's Drs. Celia Robichaud and Sarah Fancy will embark on electives in child and adolescent psychiatry for their official subspecialty training start in the department in 2018. We are very fortunate and excited to have such a talented group of residents choose to further their training with us.



## Fellowship Reflection: Dr. Stacy Campbell

**Why did you choose to pursue this fellowship?** My decision to apply for this fellowship really arose from the wonderful elective experience I had at the Mental Health Day Treatment Program during my final year of residency. I had spent a lot of time learning about different individual therapy modalities during my training at the University of Saskatchewan, but my group experience was limited. At the time, there was no local Day Program and no psychiatrists were running therapy groups. During my elective I was amazed to see the powerful changes that were possible in an intensive group environment. I was also struck by how much I appreciated the support the team environment provided, especially when working with a challenging patient population. I realized that this was the career path I wanted to pursue and I thought a fellowship year would give me the opportunity to gain more knowledge of the underlying theory and increase my confidence as a therapist.

**What has been the highlight of the year?** As a group therapist, I can't help but smile that the highlight of my year has been being a part of a group myself, a group of colleagues and mentors who have provided a listening ear and the wisdom of many years of experience. It really is

amazing to step back and see how much my fellowship year parallels group developmental stages, and now sadly I'm entering termination. I really want to thank all the staff at the MHDTP as well as Drs. Jackie Kinley and Zenovia Ursuliak for all their support. I have grown not only as a therapist, but also as a person.

I have also really enjoyed my work with the residents. From teaching a whirlwind overview of psychodynamics, to helping supervise group and individual therapy, it has been wonderful getting to know everyone. Regardless of whether folks end up including formal psychotherapy in their practice or not, my hope is that everyone continues to try to listen and truly understand every patient's story. I believe it is what makes our work so meaningful.

**What does the future hold?** Right now, who knows! I am currently exploring options in Alberta in order to be closer to my family. I have aging parents and a one-year old nephew that I would like to spend more time with. In the meantime, I'm hoping to celebrate the end of ten years of training by taking a bit of time off this summer to travel and do some hiking and biking. Wish me luck as my journey continues!



Mental Health Day Treatment staff clockwise from left: Alice Embree, Jennifer Eames, Dr. Jackie Kinley, Kim Morash, Megan Horner, Mary Clare Bauld, Dr. Stacy Campbell, and Marie Kavanaugh.

# Masters in Psychiatry Research (M.Sc.)

Graduate Program Coordinators:  
Drs. Sherry Stewart & Kim Good

The newly developed Masters in Psychiatry Research (M.Sc.) was approved in April 2016 and the first class of six students will be starting in September 2017. The M.Sc. program was borne out of Dr. Stan Kutcher's interest in having an in-house method to train residents for careers in psychiatry research during his time as department head. The current program is not restricted to residents, but rather, all students with a Bachelor (honours) degree in a related field who wish to gain knowledge of current issues in psychiatry research. The two year, thesis-based, graduate program equips students with the skills and knowledge needed to succeed as professionals in clinical and neuroscience research concerning mental health and illness. The coursework covers relevant current topics including clinical trials, genetics, neuroimaging, participatory research, psychotherapy research, early interventions, and personalized psychiatry. Students will improve their skills in critical appraisal, study design, statistics, data analysis, and scientific writing.



## M.Sc. Program Objectives

1. Produce competent, skilled, ethical, and intellectually curious researchers of topics related to areas of psychiatry and mental health,
2. Ensure that graduates have a thorough understanding of the nature of various forms of psychiatric and mental health disorders,
3. Produce graduates who have an understanding of the neural and psychosocial contributors to various psychiatric and mental health disorders,
4. Provide exposure to different modalities of research aimed at the understanding of origins and treatment of psychiatric/mental health disorders,
5. Impart knowledge and skills in conducting psychiatric outcome and process research, whether psychotherapeutic or psychopharmacological, and
6. Provide trainees with the opportunity to develop high-level research expertise on a relevant topic in psychiatry or mental health.

In order to meet these objectives, the methods by which learning will occur are flexible, including didactic coursework, seminars and thesis research. For some, the thesis project will provide the opportunity to gain exposure to clinical populations, while for others it will provide the opportunity to obtain relevant basic science research exposure.

# Continuing Professional Development

## Director of Continuing Professional Development: Dr. Heather Milliken

Chaired by Dr. Heather Milliken, director of continuing professional development, the joint multidisciplinary Department of Psychiatry/Central Zone Mental Health & Addictions Program Continuing Professional Development Committee organized a very full and successful schedule of continuing education (CE)/continuing professional development (CPD) activities during the past academic year. Regularly scheduled events included University Rounds

with invited internationally/nationally recognized speakers, Clinical Academic Rounds and Child and Adolescent Psychiatry Academic Rounds.

### 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.

## UNIVERSITY ROUNDS 2016-2017

Date	Speaker	Topic
Sept. 28, 2016	Dr. Colleen Carney Ryerson University	"The Case for Cognitive Behavioural Insomnia Therapy (CBT-I) in those with Comorbid Depression"
Oct. 18, 2016	David Winston RH	"Differential Treatment of Depression with Botanical and Nutritional Medicine"
Nov. 16, 2016	Dr. Rakesh Jetley Canadian Armed Forces	"100 Years since the Great War: What has the Canadian Military Learned about PTSD"
Dec. 14, 2016	Dr. Craig Campbell RCPSC	"Using Data and Feedback to Improve: What are the Options? What are the Risks?"
Jan. 18, 2017	Dr. Gary Remington University of Toronto	"10 Things I have Learned About Schizophrenia"
Feb. 15, 2017	Dr. David Robinson Bluewater Health	"Diabetes and Mental Health"
April 19, 2017	Dr. Thomas Trappenberg Faculty of Computer Science, Dalhousie	"Deep Learning and Computational Psychiatry"
May 17, 2017	Dr. Jill Chorney Pediatric Pain Clinic IWK	"Making Research Matter: Engaging Stakeholders to Improve Outcomes"



(L-R) Debaters Drs. Nicole Herschenous and Kathleen Singh.



(L-R) Debaters Drs. Joseph Sadek and Daniel Toguri.

## Inaugural Joint Department of Psychiatry/Clinical Neurosciences Rounds

Through the use of Adobe Connect and telehealth participants from the Departments of Psychiatry, Neurology, Neurosurgery, Neuropathology and Neuroradiology attended the inaugural joint Department of Psychiatry/Clinical Neurosciences Rounds on March 29. Psychiatry residents Drs. Celia Robichaud and Abraham Nunes and neurology resident Dr. Ben Whatley gave an excellent presentation on the topic *Two Departments, One Brain: Emergence and Dissolution of the Neuropsychiatric Partition*. This will now become an annual event.

## Psychiatry Debate

The 9th Psychiatry Debate on the motion *It is the duty of the mental health system to prevent suicide* was held on November 23. Dr. Michael Teehan was the moderator and residents Drs. Kathleen Singh and Dan Toguri and faculty Drs. Nicole Herschenous and Joseph Sadek debated the motion. Based on the success of our model, a number of other University Departments of Psychiatry have now added Psychiatry Debates to their regular schedule of CE activities.

## 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 annually in conjunction with the Atlantic Provinces Psychiatric Association annual conference. This year's R.O. Jones Memorial Lecturer, Dr. Sanjeev Sockalingam from the University of Toronto, gave an excellent and very relevant presentation on June 7 on *Mental Health Capacity Building in Primary Care: Notable Trends and Innovations*.

The year ended with the third annual Neuroscience Jeopardy, which was once again a highly competitive, informative and lively event.

With the consent of the speakers, PDF copies of all Clinical Academic/University Rounds presentations continue to be posted at [www.psych.dal.ca](http://www.psych.dal.ca)

As our goal is to provide the highest quality continuing education activities, all of these Department of Psychiatry sponsored educational events are accredited for RCPSC MOC Section 1 group learning activity credits.



Academic Day 2017 Top (L to R) Drs. Laurence Kirmayer, Carolyn Thomson, Lukas Propper, and David Gardner. Middle (L to R) Drs. Gail Knudson, Ingrid Waldron, and David Pilon. Front (L to R) Drs. Heather Milliken, and Amy Bombay.

Through the use of Adobe Connect, which provides online live webcasting of the weekly Clinical Academic/ University Rounds, attendance has continued to increase including, for the first time this year, clinicians in PEI.

## Workshops

Participants at Dr. Milliken's workshop, *Updates to the RCPSC MOC Program & the RCPSC "Competence by Design" Initiative: What You Need to Know!*, were able to earn four Section 2 RCPSC MOC credits.

As interest in this workshop far exceeded the number that could be accommodated, the workshop will be offered again in the fall of 2017. Other faculty development workshops, including one on evaluation are also being planned for 2017.

## XXVIII W.O. McCormick Academic Day

This year's Academic Day, on the theme *Diversity in Mental Health*, took place on May 5 and was another highly successful, sold out conference with 260 participants consisting of physicians, multidisciplinary mental health professionals, educators, mental health court staff, residents

and students attending. Chaired by Dr. Heather Milliken, the morning session consisted of a presentation by keynote speaker Dr. Laurence Kirmayer from McGill University on *Transcultural Psychiatry*, followed by presentations by local speakers Dr. Ingrid Waldron on *Troubled Waters: The Psychological Impact of Environmental Racism in African Nova Scotian Communities*, and Dr. Carolyn Thomson on *Resilience*.

Chaired by Dr. Lukas Propper the afternoon session featured the presentation by keynote speaker Dr. Gail Knudson from UBC on *Transgender Mental Health*, followed by presentations by local speakers Dr. Amy Bombay on *Indigenous Mental Health*, and Dr. David Gardner on *The Impact of Differences in Age, Gender and Physical Health on the use of Psychotropic Medications in Clinical Practice*.

Videos of the speakers' presentations are available on the Department of Psychiatry website [www.psych.dal.ca](http://www.psych.dal.ca)

## Child and Adolescent Psychiatry Education Activities

### **Annual Atlantic Provinces Child & Adolescent Psychiatry Conference (APCAPC) 2016**

The 9th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference took place May 27 to 29 at White Point Beach Resort. The theme of the conference was *Back to the future: a time for change in the future of child and adolescent psychiatry* and was well attended by colleagues and psychiatry residents from across the province as well as from Newfoundland. This year's conference focused on the history of and ideas for the future of child and adolescent psychiatry in areas such as education, clinical service delivery, community outreach and research. The keynote speaker was Dr. Simon Davidson, child and adolescent psychiatrist from the Children's Hospital of Eastern Ontario (CHEO). Dr. Davidson is the medical director of the Mental Health Patient Service Unit, the regional chief of the Specialized Psychiatric and Mental Health Services for Children and Youth and the chief strategic planning executive of the Ontario Centre of Excellence for Child and Youth Mental Health. His presentation, *The Winning Partnership: Authentic Engagement and Transitional Mental Health Services*, was both timely and appropriate given the provincial changes taking place in Nova Scotia at this time.

Other presenters included the Sobey's Family Child and Adolescent Mental Health Outcomes Chair, Dr. Leslie Anne Campbell, and Drs. Lesley Kirkpatrick, Sarah Fancy, Lukas Proper, Sabina Abidi, Suzanne Zinck, and Wade Junek.

### **IWK November 2016 Faculty Retreat**

In November 2016 the Division of Child and Adolescent Psychiatry bi-annual faculty retreat took place in the MacDonald Building on Dalhousie's Studley Campus. The faculty retreat was well attended by 17 faculty members from across the province and focused on both educational and clinical topics with two riveting presentations: *Teaching on Track and on Time* presented by Dr. Lisa Bonang, director of Community Faculty Development, Dalhousie CPD, and *Withdrawal Management & Cannabis Use Disorders* presented by our own Dr. Selene Etches. Both presentations were extremely well received, generating lively discussion and being described as "helpful, comprehensive, and [...] extremely relevant to current practice."

### **IACAPAP Conference**

The 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress (IACAPAP) conference took place on September 18-22, 2016 in Calgary, AB. This event was very well represented by our faculty, including a key note presentation by Dr. Stan Kutcher: *Integrated Youth Mental Health: An African Odyssey*. This presentation addressed the challenge of youth depression in Sub-Saharan Africa, and the work he participated in with the Grand Challenges project over the past three years in the applied areas of Malawi and Tanzania.

Drs. Lukas Proper, Alexa Bagnell, David Lovas, John Aspin and Wade Junek also presented at the conference. A booth was sponsored by Dalhousie Department of Psychiatry for the purpose of recruiting for an outpatient psychiatry position, promoting the subspecialty residency and promoting other child and adolescent psychiatry recruitment in the province.

## Medical Humanities

### Humanities Coordinator: Dr. Joanne MacDonald

In spring 2016 Dr. Joanne MacDonald, coordinator for medical humanities in the Department of Psychiatry, completed co-facilitation of the 12-week faculty development series *Humanism and Professionalism through the Humanities*, in collaboration with the Dalhousie Faculty of Medicine HEALS Humanities office. The pilot curriculum and syllabus created is under review and HEALS leadership hope to reoffer it in 2017 with online and distance applications available.

Department of Psychiatry representatives participated in the first annual *Celebration of the Humanities* conference at Dalhousie May 7-8, 2016. The event included a gala dinner, awards presentation and auction that helped raise funds for the HEALS program.

A resident Humanities Interest Group was established in October 2016 and held their first event for residents and faculty: an interactive arts-based presentation and discussion with portrait artist, Dr. Mark Gilbert on "Observations in Portrait Art & Psychotherapy," on November 16. Discussion focused on the lessons from 'sitting' in portraiture for reflection and presence in psychotherapeutic relationships and alliance.

A Clinical Academic Rounds annual visiting Humanities presentation launched May 11, 2016 with Dr. Jean Wittenberg, professor of psychiatry at Sick Kids/University of Toronto, presenting his cross-cultural knowledge translation work with aboriginal communities around attachment program delivery. Guest discussants Lee Merrigan-Thomas and Charlotte Bernard from the M'ikmaq Child Development Centre lent a local commentary on culturally informed practice and the importance of historical and sociologically informed perspectives in mental health collaboration with distinct populations.

The annual Canada wide Humanities Writing Contest submission period was moved to March this year and enthusiastic submissions have been coming in again from both undergraduate and resident writers. Watch *Headlines* for the winning submissions and other bi-monthly Humanities updates and commentary.

## Education in Saint John, New Brunswick

All psychiatry faculty members in Saint John, 21 in total, supervise clerks and residents in person and by telephone while on-call.

Dr. Rachel Morehouse continues to offer an experience for residents and clerks to complete a computer module, attend a clinic, and a sleep study at the Sleep Clinic.

Five faculty members were preceptors for 12 Dalhousie clerks completing their six-week rotation. Since December 2016, other faculty working in the outpatient clinic were able to provide a day or half day in adult, child and adolescent, and geriatric psychiatry when possible.

Dr. Pamela Forsythe continued in her role of preceptor for six family medicine residents completing their four-week block. Nine faculty members working in the outpatient clinic taught and supervised family medicine residents for a day or half day during their block.

Dr. Emily Maxan continued in her role as preceptor for six first year psychiatry residents during their eight-week rotation. Having transitioned to the inpatient unit from the ER/CL service, Drs. Kehinde Aladetoyinbo and Claude Botha have taken over the role of preceptor for first year psychiatry residents as of March 2017 (upon Dr. Christine McClelland starting her rotation).

Nine faculty members have provided 56 hours of observed interview and teaching sessions (mock-oral style lasting two hours total).

Drs. Anjum Faridi and Botha have provided one week and five weeks of teaching Med 4 elective students respectively.

Drs. Claudia Lamschtein and Maxan co-facilitated with colleagues Drs. Mark Bosma and Cheryl Murphy in Halifax on the PIER II session on Competency in December 2016.

Dr. Morehouse continued to teach Professional Competencies to medical students each Tuesday from August 2016-May 2017.

Dr. Tunde Apantaku-Olajide stepped down from his role in postgraduate education as of March 1 2017, and Dr. Maxan stepped into the role.

# 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.

## Co-Directors of Research: Drs. Sherry Stewart and Rudolf Uher

### 2016 Department of Psychiatry Research Fund Grants

#### April 2016

- Dr. Alissa Pencer – “Personality vulnerability and motives for substance use (alcohol and cannabis) in early psychosis patients.”
- Joshua Salmon (Dr. Sherry Stewart) – “Exploring marijuana use in veterans recovering from PTSD: A cue-reactivity experiment.”
- Dr. Phil Tibbo – “Engagement to early intervention services for psychosis: Investigation of rates and associated factors.”
- Dr. Ian Weaver – “Impact of early repeated procedural pain-related stress in a neonatal intensive care unit on genes with immune system-related functions and maternal skin contact as an intervention.”

#### October 2016

- Michelle Tougas (Drs. Christine Chambers, Penny Corkum and Malgorzata Rajda) – “Listening to youth with chronic pain, along with their parents and health care providers, to modify an evidence-based online sleep intervention.”
- Hera Schlagintweit (Drs. Kim Good, Sean Barrett) – “The impact of tobacco and nicotine administration on craving, mood, and withdrawal in intermittent and dependent smokers.”

### 2016 Department of Psychiatry Summer Studentship Program

- Dr. Cindy Calkin - 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 (TRIO-BD). *Student:* Kathleen Cairns – Dalhousie University, BSc - Major in neuroscience, minor in French
- Dr. George Robertson - Determining how quetiapine stimulates remyelination. *Student:* Matthew Chedrawe – Dalhousie University, BSc – Major in Neuroscience
- Dr. Gail Eskes - Developing a training program for improving deficits in attention (vigilance). *Student:* Richard Drake – Saint Mary’s University, BSc – Major in Psychology, BA Major in Linguistics, minor in German Studies
- Dr. Sherry Stewart - Examining gambling motives, mood and gambling involvement across the menstrual cycle. *Student:* Kayla Joyce – Dalhousie University, BSc Major in Psychology

### 2016 Nova Scotia Psychosis Research Unit Summer Studentship Program

- Ben Rusak - Circadian sleep organization in an animal model of schizophrenia. *Student:* Mikaela Friedrich – Dalhousie University, BSc – Joint Major in Chemistry and Neuroscience





Research Day winners, organizers and speakers: Top (L-R): Drs. Terrie Moffitt, Abraham Nunes, and Gabrielle Rigney. Middle: Dr. Sherry Stewart, Kayla Joyce, and Sarah Bartel. Front: Jill Cumby and Dr Rudolf Uher.

## Special Events

### Research Day 2016

On October 14, the 26th annual Department of Psychiatry Research Day took place at the Lord Nelson Hotel gathering together 103 faculty, students, staff members and researchers for 32 informative poster presentations and 12 outstanding oral presentations including two talks from keynote speaker Dr. Terrie Moffitt of Duke University.

*Research Day prizes were awarded to:*

- Best Undergraduate Presentation: Kayla Joyce – “A retrospective study of female gambling behaviour across the menstrual cycle.”
- Best Graduate Student Presentation: Sara Bartel – “Heavy episodic drinking among romantic partners: Support for the partner influence hypothesis using a 3-year longitudinal design.”

- Best Resident Presentation: Dr. Abraham Nunes – “Of meals, models, and habits in the brain: A review of reinforcement learning studies in eating disorders.”
- Best Junior Faculty Presentation: Dr. Gabrielle Rigney – “Towards improving children’s sleep using a school-based sleep education program: A randomized controlled trial.”
- Best Psychiatry Staff Presentation: Jill Cumby – “Needs of parents with severe mental illness and their offspring.”

### Café Scientifique 2016

The Café Scientifique, entitled “Down to the roots: The origins of mental illness in childhood”, was held at the Lord Nelson Hotel on the evening of October 13. The event was moderated by Dr. Rudolf Uher, and featured presentations by Dr. Margaret Robinson (Dalhousie sociology), Aja Neergaard-Greve (visiting researcher from Denmark), and Victoria Patterson (Dalhousie psychiatry staff) with a question-and answer session among members of the audience and the panel, including Dr. Terrie Moffitt, Research Day keynote speaker.

## Who responds best to cognitive behavioral therapy and who responds best to antidepressants in the treatment of depression?

Depression is a major cause of suffering, loss of income, healthcare costs, disability and premature death and can be treated with psychological therapies or with antidepressant drugs. Some individuals with depression preferentially respond to psychological therapy and others to antidepressant drugs, but it is difficult to predict who will benefit from what kind of treatment. Previous research has discovered several clinical characteristics and blood-tests that predict poor outcome of treatment with antidepressants. It is likely that these same predictors may indicate a higher chance of responding to psychological therapy.

The question of who responds best to cognitive behavioral therapy and who responds best to antidepressants in the treatment of depression is exactly what we hope to answer through a new research study led by Dr. Rudolf Uher. In partnership with the Canadian Biomarker Integration Network in Depression (CAN-BIND), and thanks to additional funding from the Canadian Depression Research and Intervention Network (CDRIN) Maritimes Hub and the Dalhousie Department of Psychiatry, Dr. Uher and his research staff, Beth McDougall and Melissa Demill, are

conducting a randomized clinical trial on personalized treatments for Major Depressive Disorder and Persistent Depressive Disorder. This clinical trial aims to determine whether depression symptom profile, history of childhood abuse, a blood marker of inflammation, and a genetic test can meaningfully predict who will benefit from antidepressants and who will benefit from psychotherapy. To do this, they are measuring these characteristics in up to 360 individuals with depression and then allocating them by chance to receive either best-evidence psychological treatment, or best-evidence antidepressant drug treatment for 16 weeks. If this study is successful, the results will help physicians, mental health professionals, and patients make better informed personalized decisions about first line treatment for depression.

Study enrollment is ongoing and they are hoping to recruit 40 participants by the end of 2017. If you are interested in this study or would like to refer a patient to the trial, please contact the coordinator at [beth.mcdougall@nshealth.ca](mailto:beth.mcdougall@nshealth.ca) or at 902-473-5313.

Research staff Beth McDougall (left) and Melissa Demill.



## Child & Adolescent Psychiatry Research

Child and Adolescent Psychiatry faculty had a productive research year, with 39 presentations at conferences, 21 published articles and books, and four grants funded.

### **Grant Funding Highlights**

#### **Dr. Stanley Kutcher:**

- T.R. Meighen Family Foundation. The Sandbox Project Charity. Co-investigator (\$25,000)
- Medavie Foundation. LIST (Learn, Identify, Support & Treat): A Comprehensive Mental Health Development and Pathway to Mental Health care for Postsecondary Settings – Frugal Innovation in Adolescent Mental Health (\$607,500.00)
- Max Bell Foundation. National Scale Up and Scale Out in Canada of Evidence Based School Mental Health Literacy Resource (\$459,500).

#### **Dr. David Lovas:**

- CIHR Operating Grant - Analyses of Existing Canadian Cohorts & Databases. In Through the Out Door: Do Increasing Pediatric Emergency Mental Health Presentations Reflect Poorer Access to Primary and Outpatient Mental Health Care? Principal Knowledge User (\$74,856)

#### **Dr. Alexa Bagnell**

- Newton A and Bagnell A (2016 - 2017). Breathe Study: Randomized Controlled Trial [Grant] - CIHR (\$330,000)

*\* For a complete list of grants received by department members please see page 76.*



Dr. Barbara Pavlova works with research associate Victoria Patterson.

## Featured Researcher

### Dr. Barbara Pavlova

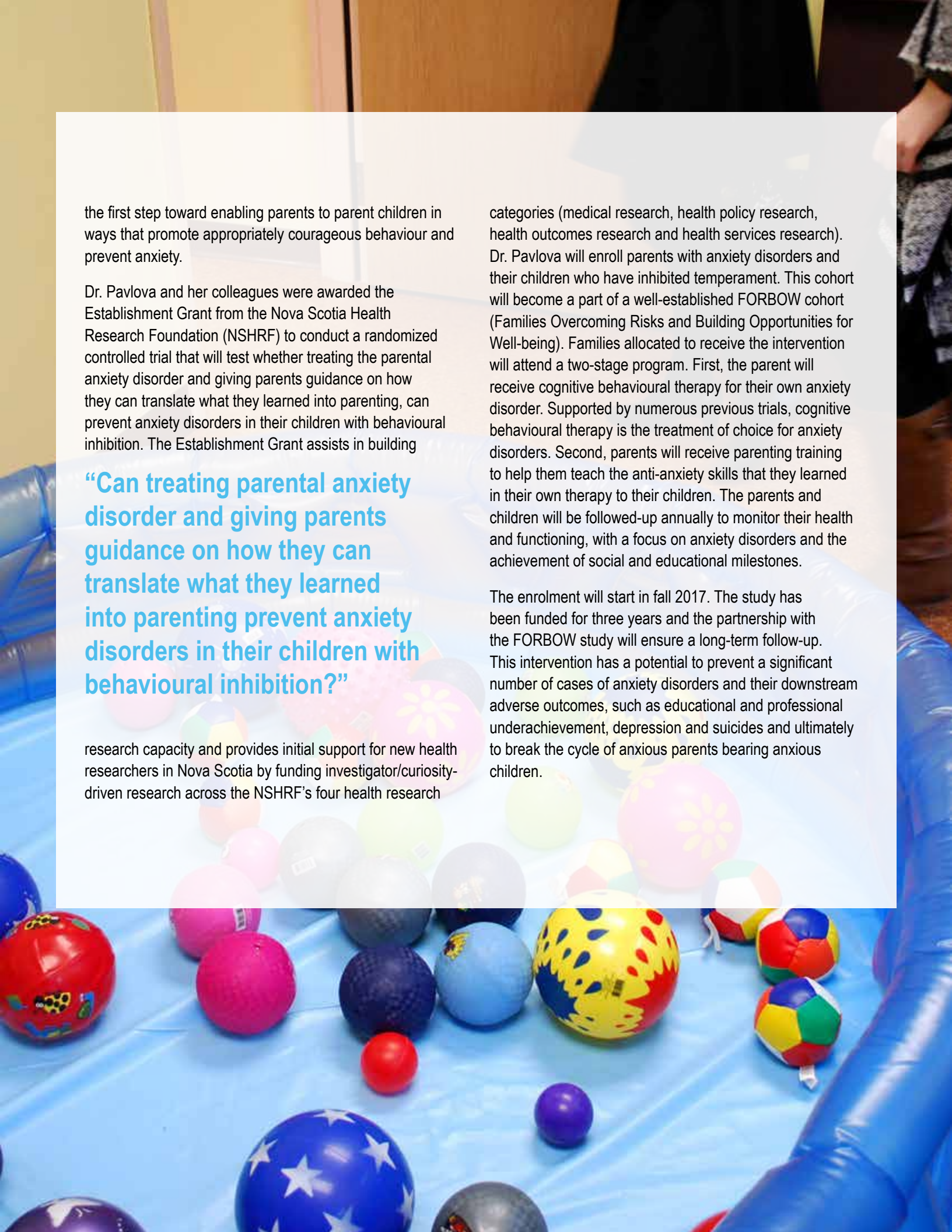
#### *Courageous parents, Courageous Children (COACH)*

Anxiety disorders in childhood are associated with a number of adverse outcomes later in life. People who experienced an anxiety disorder as children are not only more likely to have anxiety in adulthood, but are also at higher risk for depression, bipolar disorder, substance use problems, educational underachievement, and suicidal behaviour. Hence, early identification and prevention of anxiety in childhood is a public health priority. In order to make the biggest possible impact, we need to target our preventative efforts at those most at risk for anxiety disorders. Dr. Barbara Pavlova and her team are setting out to do just that.

Children who have a parent with an anxiety disorder and who are behaviourally inhibited (i.e. find new situations

distressing and withdraw from them) are at a very high risk for developing anxiety disorders. Previous research suggests that parenting and role modeling by parents plays a key role in the development of anxiety disorders. Parents who are anxious are more likely to display parenting behaviours that increase the likelihood of their children also developing anxiety disorders. Therefore, successful prevention may require treating parents before focusing on children.

While sensitive parenting can offset risk factors for developing anxiety disorders, it is difficult to parent in an anti-anxiety fashion if the parent has an anxiety disorder him or herself. Treating the parental anxiety disorder may be

A close-up photograph of a child's hands holding a colorful ball. The child is wearing a white long-sleeved shirt. The background is a light-colored wall. The ball is multi-colored with red, yellow, and blue sections. The child's hands are positioned at the top of the frame, with the fingers gripping the ball. The lighting is bright, highlighting the texture of the ball and the child's skin.

the first step toward enabling parents to parent children in ways that promote appropriately courageous behaviour and prevent anxiety.

Dr. Pavlova and her colleagues were awarded the Establishment Grant from the Nova Scotia Health Research Foundation (NSHRF) to conduct a randomized controlled trial that will test whether treating the parental anxiety disorder and giving parents guidance on how they can translate what they learned into parenting, can prevent anxiety disorders in their children with behavioural inhibition. The Establishment Grant assists in building

**“Can treating parental anxiety disorder and giving parents guidance on how they can translate what they learned into parenting prevent anxiety disorders in their children with behavioural inhibition?”**

research capacity and provides initial support for new health researchers in Nova Scotia by funding investigator/curiosity-driven research across the NSHRF’s four health research

categories (medical research, health policy research, health outcomes research and health services research). Dr. Pavlova will enroll parents with anxiety disorders and their children who have inhibited temperament. This cohort will become a part of a well-established FORBOW cohort (Families Overcoming Risks and Building Opportunities for Well-being). Families allocated to receive the intervention will attend a two-stage program. First, the parent will receive cognitive behavioural therapy for their own anxiety disorder. Supported by numerous previous trials, cognitive behavioural therapy is the treatment of choice for anxiety disorders. Second, parents will receive parenting training to help them teach the anti-anxiety skills that they learned in their own therapy to their children. The parents and children will be followed-up annually to monitor their health and functioning, with a focus on anxiety disorders and the achievement of social and educational milestones.

The enrolment will start in fall 2017. The study has been funded for three years and the partnership with the FORBOW study will ensure a long-term follow-up. This intervention has a potential to prevent a significant number of cases of anxiety disorders and their downstream adverse outcomes, such as educational and professional underachievement, depression and suicides and ultimately to break the cycle of anxious parents bearing anxious children.

# CLINICAL ACTIVITIES

*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.*

## Adult General Psychiatry

**Clinical Director of Adult Psychiatry:  
Dr. Scott Theriault**

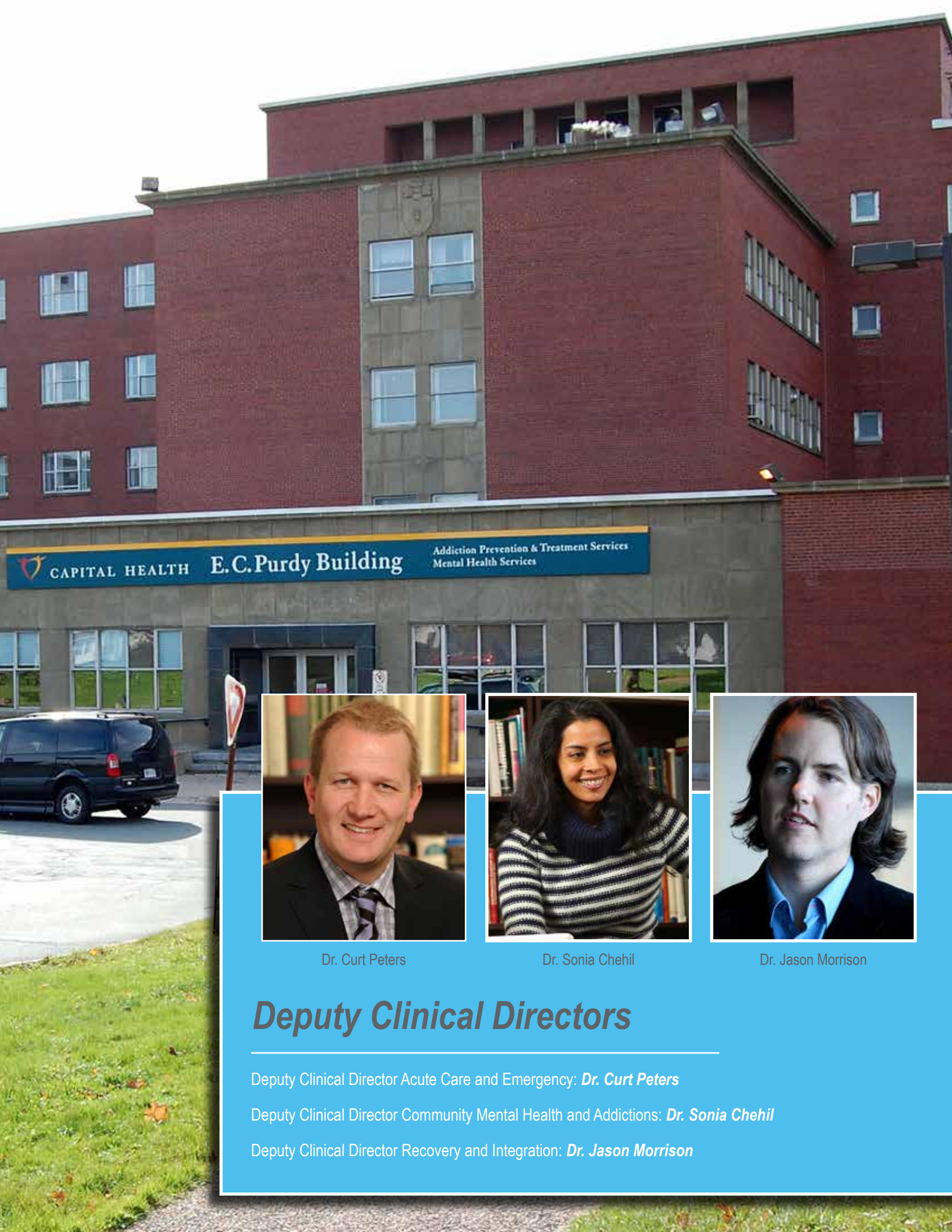
The 2016-17 year for general adult psychiatry was a dynamic one professionally. For health reasons, clinical director, Dr. Scott Theriault, was absent from the department in the latter part of the 2015-16 year, and the early months of the 2016-17 year. Aided immensely by the support of his colleagues, he was able to return to his duties in June, and in July was honoured to be named Deputy Head of the Department of Psychiatry.

Administratively, and as part of the development and evolution of the Nova Scotia Health Authority, there has been considerable effort put into health services planning. One of seven planning “streams,” the work has been chaired by the director for mental health and addictions, Dr. Linda Courey and co-chaired by Drs. Theriault and Amr Aty from Truro.

Clinically, the work of general adult psychiatry continues to fall into three main categories:

- general adult inpatient psychiatry,
- community mental health clinics and
- recovery and integration, a program devoted to individuals with severe and persistent mental illness, and which has both inpatient and outpatient components (with beds at Simpson Landing and Transition Hall at the Nova Scotia Hospital (NSHA) site, and relationships with the Community Transition program, a joint program of mental health and addictions and the Department of Community Services).





CAPITAL HEALTH **E. C. Purdy Building** Addiction Prevention & Treatment Services  
Mental Health Services



Dr. Curt Peters



Dr. Sonia Chehil



Dr. Jason Morrison

## *Deputy Clinical Directors*

Deputy Clinical Director Acute Care and Emergency: *Dr. Curt Peters*

Deputy Clinical Director Community Mental Health and Addictions: *Dr. Sonia Chehil*

Deputy Clinical Director Recovery and Integration: *Dr. Jason Morrison*

## ***Psychiatric Acute Care and Emergency Services***

From providing psychiatric care in the emergency department or through mobile crisis to providing inpatient psychiatric care on the acute care unit or the short stay unit, acute care psychiatric inpatient services continue to function with a goal of providing excellence and evidence-based interventions. Multidisciplinary teams work towards efficient patient care aimed at addressing biological, as well as psychosocial needs, whether the presenting issue is acute crisis or a relapse of severe symptoms and functional impairment in the context of a major mental illness.

There was no change in the overall number of beds in general adult inpatient psychiatry in the 2016-17 year, with continuing operation of our units at the Nova Scotia Hospital and 6 and 7 Lane at the Abbie J Lane building. Bed pressures eased overall compared to previous years, and our average length of stay is keeping with the norms of other units nationally, as determined by CIHI (Canadian Institute for Health Information) data, although occupancy rates remain high. Aply led by Dr. Curt Peters as deputy clinical director of acute care and emergency services, a major challenge has been to provide stable psychiatric coverage for the units in the face of several departures (and some arrivals) of psychiatric staff. The staff changes have been positive however, and led to new ideas and standardized approaches on the different units. We continue to work towards effective collaboration with our outpatient mental health partners, both mental health clinics, as well as community services. Transitions between services are always a significant event in patient care and we continue to work on ways to facilitate effective transitions to avoid a gap in care. One of our goals this year is to work towards a permanent core psychiatric staff on the acute care inpatient units, backed up by locum psychiatrists who can step in to provide coverage as needed. Locum psychiatrists have proven themselves essential to fill gaps in this service when needed and have been much appreciated. We are also working towards more standardized policies and procedures and are working together with psychiatric and mental health services in all the provincial zones to accomplish this. This

approach works well in the setting of one health authority with the ability to share resources and ideas ultimately leading to more effective care of Nova Scotians.

The 2016-17 academic year brought some incremental, but important changes to the short stay unit and psychiatric emergency services. The units have been closely linked under two staff psychiatrists and a skilled team of nurses, social work, and support staff. The goal has been to provide both consistency and continuity for patients in order to enhance their overall care. This has been further supported by the ongoing recognition of the crisis portfolio, the amalgamation of the above services working closely with Mental Health Urgent Care and the Mental Health Mobile Crisis Team.

In previous years we noted, with anticipation, plans for refurbishment of the Abbie J. Lane site, an outdated unit lagging behind the expectations of a modern psychiatric unit, and the closure of the remaining unit at the Nova Scotia Hospital, a building with significant and serious structural problems. Unfortunately, no progress was made on this issue in 2016-17 and we await word on funding, with no clear indication as to when it may be forthcoming.

## ***Community Mental Health and Addictions***

The Department of Psychiatry continues to operate five community mental health clinics: Bayers Road, Dartmouth, Cole Harbour, Cobequid and Hants. Led by deputy clinical director, Dr. Sonia Chehil, the five clinics continue to work to harmonize practices across sites to allow for consistency of services and patient experience. Work continues on clarifying role expectations for psychiatry, with a continuing focus on psychiatrists as consultants and our relationship with our primary care partners. Several members have contributed to health services planning. As in all other areas of general psychiatry, we continue to grapple with changes in staffing complement and the need to provide adequate psychiatric coverage at all sites.

In keeping with the NSHA's Healthier Together 2016-19 Strategic Plan, we have established, and are successfully implementing, a model of co-leadership (administrative and physician) in the Central Zone (CZ) Community Mental



Health and Addictions (CMH&A) Program. Dr. Chehil and James MacLean, co-leads for CZ CMH&A Program, work closely with Health Services Manager & Psychiatrist dyads representing each of the five CMH&A sites as well as Specialty Addictions Services. Together, the co-leadership teams have been actively engaged in CMH&A services planning, implementation and evaluation.

Program leads and deputy clinical directors have been actively engaged in strengthening patient transition/transfer processes between CZ CMH&A and other secondary and tertiary care MH&A services including Recovery and Integration (R&I), Emergency Services, Acute Care Services, and sub-specialty programs as well as our primary care partners.

The vast majority of patients (approximately 70 per cent) accessing CMH&A are referred to the service by a primary care physician and over 92 per cent of patients seen by psychiatry in CMH&A have a GP listed in their patient record, yet, many of the patients are not connected to GPs for ongoing monitoring and care for their psychiatric symptoms. For patients with moderate-severe psychiatric disorder, primary care partnership and collaboration with our services in care planning and management across the course and spectrum of illness is an essential non-negotiable of prevention and recovery. Establishing mechanisms to improve both primary care physician access

to specialized MH&A services (including direct access to psychiatry consultation and advice for patients at risk for or experiencing with moderate to severe disorder), as well as primary care physician aftercare and ongoing partnership/collaboration with MH&A services must be made an actionable priority for our service. We have begun to map GP practices to CMH&A clinic catchment areas as a step towards active engagement with our physician colleagues. In parallel, we are implementing mechanisms within our intake teams to streamline GP referrals directly to psychiatry as appropriate.

Over the past four to five years, the volume of referrals received by CMH&A teams has remained relatively stable. The number of unique individuals seen by our service has decreased however, while the wait-times to first treatment visit have been slowly increasing across all teams. In partnership with our Quality & Evaluation colleagues, we have been working to better understand the populations served and the services provided through each of the CMH&A sites. Our commitment to making data relevant has pushed us to sift through the morass of statistical data now available through PHS and STAR and be intentional about what data we focus on and why. Patryk Simon and colleagues have been leading us through a process of identifying and prioritizing SMART objectives to guide and focus data collection/analysis and improve data quality.

Clinical director, Dr. Scott Theriault works with deputy clinical director of community mental health and addictions, Dr. Sonia Chehil.





Simpson Landing, part of the Recovery and Integration service.

## Recovery and Integration

As in the other areas, psychiatric resources and infrastructure problems have been an issue for the Recovery and Integration (R&I) program. Despite this, R&I continues, as do all the other areas, to provide excellent care for patients in need, and to provide an excellent learning environment for learners.

Dr. Jason Morrison, as deputy clinical director, continues to provide oversight to the R&I program and we are hopeful that some of the staff shortages seen in 2016-17 can be mitigated in the upcoming year. As with inpatient psychiatry, we await resolution of some ongoing physical space problems, particularly acute in our community locations in Dartmouth and Halifax.

With the moratorium on new initiatives continuing due to provincial planning, the year was spent largely continuing to work away on existing issues and programs.

As mentioned, lack of psychiatry resources continued to be a major strain in R&I. Dr. Ed Gordon took a one year leave of absence and Dr. Mahmoud Awara moved from Simpson Landing (SL) to full time at Connections Dartmouth to replace him, while Dr. Emmanuel Aquino covered both Transition Hall and SL. In spite of these challenges we managed to successfully implement a new format for the resident core rotation by adding an outpatient experience at Connections to the inpatient SL component. On SL the resident takes a lead medical role with the staff psychiatrist functioning in more of a supervisory role. This change

addressed both the residents' educational need for an outpatient experience and more independence congruent with their senior resident status, and helped us skate over a significant manpower shortage.

Our major infrastructure problems remain unresolved. After waiting over two years for NSHA funding to assess the viability of our Connections Halifax building it still has not been completed. The lease extension for Connections Dartmouth will also expire this year and given the ongoing uncertainty surrounding provincial planning we will again seek a lease extension, hopefully to align with the Dartmouth Community Mental Health building lease ending in 2020.

We have built upon our strengths in our psychological services by recruiting two new part time psychologists this year following the departure of Dr. Liz Pienkos. Dr. Colin DeFreitis will focus on inpatient work and has ambitions to develop a cognitive remediation program. Dr. Alim Awadia will focus on outpatient work and will be a training supervisor for our staff learning CBT. Dr. Awadia is a popular supervisor with the Dalhousie clinical psychology PhD students and he will have several trainees working with him, further increasing our available clinical expertise. Historically it has been difficult to recruit psychologists to services like R&I and inpatients, in part due to discomfort with the severe and persistent mentally ill (SPMI) patient population. It is expected that this exposure to the severely mentally ill with an excellent mentor will make it easier for us to recruit and retain well trained psychologists interested in working with this population in the NSHA generally.

# Adult Specialty Services

## Centre for Emotions and Health

The Centre for Emotions and Health is a specialty service that is comprised of clinicians linked to the Departments of Family Medicine, Emergency Medicine and Psychiatry. The team continues to be quite active with over a dozen invited international presentations and 20 publications this year. In 2017 they will also complete two randomized controlled trials of their treatment method for Treatment Resistant Depression and for Medically Unexplained Symptoms in the emergency department. This work complements their active research collaborations with universities on four continents. The work continues to be recognized by international institutions with clinical academic leader of the service, Dr. Allan Abbass, being named the Distinguished Professor of 2016 at UCLA.

## Mental Health Day Treatment

Over the last year, the Mental Health Day Treatment team has been home to psychiatric fellow Dr. Stacy Campbell, whose interest is in Psychodynamic and Group Psychotherapy. The service has also provided intensive elective training opportunities to senior postgraduate residents and research opportunities for students.



## What is Mental Health Day Treatment?

The Mental Health Day Treatment Program provides an intensive group-based six week psychotherapy program which targets not just social skill development, but deep interpersonal and intra-psychic change. Patients show symptoms of personality disorder and report a history of relational trauma. The program uses a rational empirical approach to treating attachment trauma and mental illness.

Co-led by Dr. Jacqueline Kinley and Marie Kavanaugh MSW, the Day Treatment Program staff provide over 60 assessment visits per month, and approximately 160 difficult patients go through the six-week intensive treatment cycle each year.

Seen above: Clinical academic leader for Mental Health Day Treatment, Dr. Jacqueline Kinley



Dr. Tom Ransom (right) from Endocrinology joins (L-R) Drs. Cindy Calkin and Martina Ruzickova as part of the Mood and Metabolism Team.

Under the leadership and initiative of Dr. Sandra Reyno, the program has continued to pursue research to demonstrate its effectiveness, elucidating the mechanisms underlying the changes we see in our patients and ensuring our clinical success. Recognized internationally, the team presented on the Neurobiology of Attachment Trauma at the North American Society for Psychotherapy Research and Integration (NASPRI) annual conference in Berkeley, California in fall 2016. The research initiatives are collaborative ventures, looking at different levels of effectiveness ranging from biomarkers (BDNF, TNF-alpha with Dr. George Robertson), to the application of neuroscience to the understanding and treatment of stress, attachment trauma and the development of resilience.

Knowledge translation initiatives continue including the recent publication of *Project for a Scientific Psychiatry: A Neurobiologically informed, phasic, brain-based model of integrated psychotherapy*, in the *Journal of Psychotherapy Integration*. Other efforts include workbooks, videos, and clinical manual, all made possible with generous funding support, to contribute to improvements in clinical practice and the lives of not only our direct patients, but others who suffer from psychological disease and distress.

## Mood Disorders

Drs. Cindy Calkin and Martina Ruzickova with the Mood Disorders team are expanding their Mood and Metabolism Program, a unique and innovative interdisciplinary clinical program to improve care for bipolar patients and a unique opportunity to prospectively collect relevant data regarding bipolar disorder (BD) and metabolic parameters. Patients have been very engaged and welcome this new standard of care. Drs. Calkin and Ruzickova hope to expand this resource to be available to bipolar patients who are followed outside of the Mood Disorders Program. Dr. Thomas Ransom, endocrinologist, has joined the program's team to provide his expertise and clinical care related to metabolic dysregulation. He will be assessing and treating patients quarterly within the Mood Disorders clinic to optimize comorbid diabetes, insulin resistance, hypertension, dyslipidemia, obesity and metabolic syndrome; all medical conditions found at much higher rates in bipolar patients. Through the research program, the group has shown that obesity, insulin resistance (IR) and type 2 diabetes (T2D) are found at much higher rates in patients with BD compared to the general population and these metabolic abnormalities

are associated with a more chronic course of bipolar illness, and poor response to mood stabilizing treatment. These results led to Dr. Calkin developing the Mood and Metabolism Program and recommendations to screen for IR in BD patients yearly. Their prospective preliminary results suggest that treating IR could improve outcomes in chronically unwell bipolar patients.

### **Geriatric Psychiatry Program**

The Geriatric Psychiatry Program has had a busy year of transitions. Following the departure of Dr. Janya Freer this fall, Dr. Beverley Cassidy and Dr. Terry Chisholm joined our team. Thanks to our newest and existing team members, our program continues to build momentum in the areas of education, research, clinical care, and health promotion.

Dr. Terry Chisholm is our new geriatric subspecialty training program director. We have now accepted our first three subspecialty residents into the program to begin in July 2017: Dr. Daljit Bhango, Dr. Kathleen Singh and Dr. Ian MacKay. Our subspecialty training program committee has continued to meet on a quarterly basis, and our team is working to prepare a fully developed Royal College accredited subspecialty curriculum.

We also continue training all residents in their core geriatric psychiatry experience both at the Nova Scotia Hospital and the QEII sites. We offer a formal biweekly curriculum throughout the residents' six months of training and the multidisciplinary team members of the Seniors Mental Health team are very involved in resident training as well.

Dr. Beverley Cassidy is leading the development of health promotion tools within the Fountain of Health Initiative. The Fountain of Health Initiative is a national health promotion initiative developed at Dalhousie University offering evidence-based information on brain health and resilience with health behaviour change tools. The project received a \$50,000 grant from Baycrest this year to bring clinician materials to front line care in the Nova Scotia Health Authority. The intervention takes only 10 minutes with two 10 minute follow up visits. To learn more about the materials and watch a short educational video visit <https://fountainofhealth.ca/clinicians-corner>.

The Fountain of Health National Team includes representatives from Canadian Academy of Geriatric Psychiatry, the Canadian Medical Association and the Canadian Coalition for Seniors Mental Health (CCSMH) among others. Dr. Beverley Cassidy is leading the National Speakers' Bureau, offering talks by experts across the country on brain health and resilience topics. She is also leading the development of an app to activate health behavior change in frontline care.

Drs. Meagan MacNeil and Keri-Leigh Cassidy are leading the program's enhanced Cognitive Behavioural Therapy. Resident training in this group therapy was accredited this year by the postgraduate training program. Drs. K. Cassidy and Freer authored a book chapter on late life psychotherapy for the CAGP national examination review book, which was published this year and Dr. K. Cassidy was the invited national lecturer on the topic of late life psychotherapy for the Canadian Academy for Geriatric Psychiatry online national review course this year.

# Child and Adolescent Psychiatry

## Chief and Head, Child and Adolescent Psychiatry: Dr. Alexa Bagnell

The Division of Child and Adolescent Psychiatry based at the IWK had a productive year with ongoing program development and work within the provincial system in child and youth mental health. We welcomed two new colleagues, Drs. Lourdes Soto-Moreno and Anita Hickey, during the 2016-2017 year. They have been a tremendous addition to our group and increased psychiatric resources in our community mental health and addictions clinics. Our faculty remains very active in education, research and advocacy with publications locally, nationally and internationally. The launch of the IWK Health Centre new strategic plan, *Aspire*,

coincided with the successful end of the IWK Mental Health and Addictions Program strategic plan. The new strategic directions align with the strategic directions within our services over the coming years with emphasis on evidence based care pathways and continued improvement through evaluation and using resources wisely. The IWK has adopted value stream mapping based on lean principles to support these goals and improve patient care. The IWK community mental health and addictions clinics are the first service to participate in this work that started in July 2017.

Dr. Alexa Bagnell



## C&A Leadership

In August 2016, Dr. Alexa Bagnell was officially announced as the Chief of Psychiatry at the IWK Health Centre, and Head of Division of Child and Adolescent Psychiatry with Dalhousie University Department of Psychiatry. She

accepted this appointment effective July 1, 2016 and will serve a five year term. At the same time Dr. Sabina Abidi accepted the position of Associate Chief of Child & Adolescent Psychiatry with the IWK Health Centre.

Our faculty and the IWK Mental Health and Addictions Program have taken a leadership role in provincial mental health services planning for children and youth, while supporting capacity building in primary care and with provincial partners. This year the IWK helped lead work on developing a provincial mandate for child and youth mental health services at the tier 3 level, which has now been approved across the province. There continues to be a focus on recruitment to our faculty and advocating for resource planning and recruitment of child and adolescent psychiatrists to other parts of the province. Further development and roll-out of the co-leadership model has advanced within our program and is now being further developed in our forensics service.

## Clinical

### 2016 World Café

In May 2016 the IWK Mental Health and Addictions Team held a World Café to celebrate the completion of the five-year strategic plan, as set out in 2011. The event was very well attended with over 220 faculty, physicians, clinicians, and staff in attendance. Highlights of the accomplishments include the streamlining of clinical services resulting in a significant decrease in wait times for our clients and their families, the renovations of our inpatient services at the Garron Centre, and the leadership of Dr. Ruth Carter in organizing and implementing the strategic plan. In addition, there were 24 five-minute presentations from different teams and services regarding the impact they have observed in client care, as well as where they would like to see their division in future years. One of the most significant highlights of the day was the amazing experiences shared by the First Voice Panel. The authenticity of the client's stories, the advice offered by the panelist, and the realities they confronted when seeking treatment were truly moving and eye opening.

### Adolescent Intensive Services (AIS)

The AIS team has been working together to continue to provide excellent service to youth locally and provincially requiring intensive day program and residential care service. As part of our continued review of demand and capacity across the MHA Program, the decision was made to temporarily suspend services for one of the care areas at AIS (the Orange Care area) and to temporarily reassign some staff resources to areas of high need within the MHA Program. The clinical needs and outcomes are continuing

to be evaluated to help inform decisions around appropriate allocation of resources. Drs. Abidi and Bagnell had been providing psychiatry coverage and co-leadership at AIS in 2016, developing a co-leadership primer with co-leaders Maureen Brennan and Lyn Frankton, supported by a consultant working with the team. Dr. Alwazeer moved into the clinical psychiatry position in the service in September 2016. The team has greatly appreciated his expertise and the care he has provided to the youth and families served. Dr. Abidi remains co-leader for AIS.

### Attachment, Regulation and Competency (ARC) training

ARC training has taken place from November 2016-January 2017 as the next stage in Trauma Informed Care work led by the Trauma Informed Care team at the IWK. The initial one day training included partners in care from health, education, justice and community services. The ARC two day training for IWK clinicians took place in January 2017 with Dr. Joe Spinazzola, the executive director of the Trauma Center and vice president of Behavioral Health and Trauma Services at Justice Resource Institute in Boston, MA. The training continues monthly with teams around supervision in the ARC model.

### Children's Intensive Services (CIS)

Renovations on the Atlantic Provinces Special Education Authority (APSEA) building were completed, and the Children's Intensive Services (combined children's and family day treatment and residential services) opened as of January 2016. Dr. Aidan Stokes is psychiatry co-lead of this service.

### Eating Disorders

The eating disorders team, in conjunction with pediatrics and Garron centre team members, developed an algorithm and care path guidelines for eating disorder patients requiring inpatient admission. The goal was to improve the care experience for patients and families by having patients admitted primarily to the Garron Centre, and having their medical needs addressed on the inpatient psychiatry unit with the support of the pediatrics team. Standard orders and treatment guidelines were approved to improve and standardize care. The algorithm was launched in spring 2016, and has been very successful with a significant reduction in patient days on the medical unit, and an overall reduction in days in hospital. The success of this care path work was a huge team effort, led by Drs. Herb Orlik and Alexa Bagnell from psychiatry.



Dr. David Lovas



Dr. Jose Mejia

### ***Emergency Mental Health and Addictions Services (EMHAS)***

A new assessment form has been developed at the IWK which is designed to streamline data collection and ensure consistency. This project was co-led by Dr. David Lovas, EMHAS psychiatry lead. The project was very successful and now consideration is being given to sharing this form for utilization across the province.

### ***Forensic Services***

This service is in the process of internal review of its work, with the goal of better integrating and streamlining services within forensics and the rest of the mental health and addictions program. Dr. Alexa Bagnell is co-lead with Roz MacKinnon and they are helping to guide future direction in team structure, patient care and leadership. Dr. Jose Mejia is psychiatry forensics lead for this service and brings significant experience from other national youth forensic centers.

### ***Specialty Care Clinics***

An autism external review took place in fall 2016 to make recommendations on autism services at the IWK, commissioned by IWK CEO, Tracy Kitch. The results of this review will help to guide development and planning around this service. Work is proceeding on algorithms for

care pathways including: Transhealth, Eating Disorders and Concurrent Disorders.

*OCD specific care clinic* - Brigadoon OCD Weekend Family Camp ("Camp Just Right") successfully had a first camp weekend for youth and families from Oct. 21-23, 2016, supported through the IWK foundation and BellAliant. Clinicians and trainees from IWK Health Centre and Dalhousie University volunteered time over the weekend to make this event a great success.

### ***Value Stream Mapping/ Lean Health Care***

The IWK Community Mental Health and Addictions Program has been participating in IWK Value Stream Mapping to introduce system improvement in both access and quality of patient and family care. Drs. Sabina Abidi and Alexa Bagnell have been leading this work for psychiatry in collaboration with other leaders in the program. This has been very involved work within IWK leadership and the clinicians within the program. Results thus far have shown positive trends with improvement in flow from referrals and a decrease in wait for first appointment and treatment appointments for children and youth. The work from the Value Stream Mapping in defining the mandate of CMHA around tier 3 services and is being utilized in collaboration with provincial child and adolescent mental health and addictions services within NSHA. Dr. Abidi's interview on Kaizan offers more details about this work.



## Dr. Sabina Abidi: Value Stream Mapping/Lean Health Care

**What is Kaizen?** Kaizen is a Japanese word for “continuous improvement,” and is an approach that systematically seeks to achieve small, incremental changes in processes in order to improve efficiency, quality and outcomes. The name represents a “change for the better” emphasizing the benefit of creating a culture of continuous service improvement; within health systems it has the principles of lean medicine at its heart.

**Why are we initiating this process now?** Kaizen principles are being implemented at the IWK Health Centre, with Community Mental Health and Addictions having been chosen (along with several other services, including obstetrics and gynecology and ambulatory care) to spearhead the process. In some ways, Kaizen principles augment the historical framework laid out at the IWK (the CAPA system), as both have system efficiency at the root.

**Where do C&A psychiatry faculty, residents, and staff fit into the process?** All aspects of Kaizen implementation has been actively informed by psychiatry under a co-leadership model led by Drs. Sabina Abidi and Alexa Bagnell.

CAP staff are directly impacted by the principles of Kaizen. Staff will notice an increase in the number of patients, changes to the length of time a patient spends with a physician/clinician, and a significant change in administrative processes as we work toward more efficient means of patient care provision.

The resident experience will be unchanged in terms of the

quality and type of training that they receive. The new flows and processes will be value-added for both the patients and the learners, but will not be seen directly in their environment. For these trainees, it will be important to be immersed in an environment governed by Kaizen principles, as many of the trainees will go on to work at health care centers where these principles are already in effect across North America.

**How does Kaizen work with the patient and family experience in Mental Health and Addictions?** All changes that have been, and will be, implemented were informed by families. Our ultimate goal for patients and families is decreased wait times and increased collaborative care.

**If we were sitting here a year from now, what Kaizen accomplishments do you feel we will be celebrating?** The process of implementing cultural change and adjusting the fine details of how we offer service is challenging. As such, we have identified two main areas for change: wait times for a patient’s first (choice) appointment, and wait time for a patient’s first partnership appointment.

A year from now, we would like a substantial decrease in wait time for intervention, with a patients’ first appointment scheduled within four weeks (67 per cent decrease in wait time), and their first partnership appointment within two weeks (50 per cent decrease in wait time). We hope that these measures will allow us to quantify success and provide consistently high quality, timely and effective patient-centered care.



Dr. Sabina Abidi

## 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.

*Some highlights for this year are:*

Dr. Selene Etches presented on the effects of cannabis use in adolescence to the Preston Health Network

On November 25, Dr. Sabina Abidi presented on *Psychosis in Schools: when things seem unreal* at CEC High School in Truro. This event was well attended by approximately 100 high school teachers, and evoked a lively discussion and questions.

Early in December Dr. Kutcher and Yifeng Wei made a trip to Vancouver where they held a training session for educators and staff of the North Vancouver School District. The topics were: *Teen Mental Health & Mental Illness:*

*Creating a Common Language & Shared Understanding and Teen Mental Health & Mental Illness - Mental Health & High School Curriculum.* They also hosted a parent night, for parents of students in the school district.

Our faculty members were also featured in many media outlets, including:

In a very well received lecture, youth in New Minas benefited from Dr. Selene Etches' knowledge on substance abuse. She spoke to the group about the effects of drug use on brain development, and the ways in which addictions can affect the lives of young people.

Dr. Selene Etches spoke to CBC news regarding the consequences of cannabis use in youth earlier this year.

Drs. Alexa Bagnell and Stan Kutcher were featured in a Global TV News article *Tortured Mind: What happens when mental health education isn't taught to kids.* The article focuses on the importance of mental health literacy in young people.

(L-R) Drs. Sabina Abidi and Alexa Bagnell



## Advocacy

### ***IWK Division of Child/Adolescent Psychiatry Position Statement on cannabis***

On behalf of the division, Dr. Selene Etches drafted a position statement on cannabis prescribing for psychiatric illness in youth. The faculty unanimously accepted the statement and is in process of sharing this with other medical and provincial groups looking at this issue.

Dr. Selene Etches was part of the IWK Health Centre working group on recommendations for children, youth and women around legalization of cannabis. This group has produced a document with recommendations around legalization and monitoring for cannabis including the most recent scientific evidence regarding risk in these populations. The IWK recommendations on cannabis legislation, with a specific focus on children & youth and pregnant women & newborns are being shared with government and important stakeholders.

### ***Bell Let's Talk Day 2017***

Dr. Alexa Bagnell was once again the regional expert for Bell Let's Talk Day. A record breaking *Bell Let's Talk Day* took place on Jan. 25, 2017 with over \$6.5 million raised for Canadian Mental Health initiatives, coming from 131,705,010 tweets, Instagram posts, and text messages. In January 2017, *Bell Let's Talk Day* announced a \$2 million dollar gift in collaboration with the Atlantic provinces to the Strongest Families Institute to support more families in Atlantic Canada receiving this distance based intervention for mild anxiety disorders and behaviour problems in children and youth.



Dr. Alexa Bagnell is a regional expert for *Bell Let's Talk Day*.

Olympian Clara Hughes is the national spokesperson for *Bell Let's talk Day*.

# PROVINCIAL PROGRAMS & INITIATIVES

*Our faculty have been involved in a variety of programs and initiatives across the province in 2016-2017.*

## ***Nova Scotia Mental Health Services Planning***

The Mental Health and Addictions Planning Advisory Committee, which includes representatives from the Nova Scotia Health Authority, including Drs. Michael Teehan and Scott Theriault, IWK Health Centre, including Dr. Alexa Bagnell, Department of Health and Wellness Physician Services and the Department of Community Services, has been working hard over the last two years to establish a credible, evidence-based provincial model of service delivery, a set of strategic priorities and a framework for

action which will help improve the lives of people and their families experiencing mental health, substance use and gambling problems in Nova Scotia. This work is part of a larger Health Services Planning effort whose goal is to use the best evidence and engage Nova Scotians in order to create an accessible health system that offers the right care, in the right place, at the right time. Drs. Teehan, Theriault and Bagnell have been actively involved in the mental health services planning and a progress report is expected from Dr. Linda Courey, senior director of mental health and addictions for NSHA, in the near future.



Dr. Phil Tibbo from the Early Psychosis Program

## **Mental Health and Addictions Provincial Leadership Team**

The Mental Health and Addictions Provincial Leadership Team is made up of the directors of mental health and addictions services from the four NSHA provincial zones, along with their medical co-leads, as well leaders from the IWK, and senior director of mental health and addictions, Dr. Linda Courey and senior policy analyst Ruth Harding. Drs. Alexa Bagnell, Michael Teehan and Scott Theriault are all involved. The team meets monthly with a rotating location. Their purpose is to address standards of care and policy in mental health and addictions across the province. In the last year they have discussed a policy on passes for involuntary admitted patients, policies on the use of seclusion, and policies for transferring patients within and between zones.

## **Nova Scotia Child and Adolescent Psychiatry Network**

The Nova Scotia Child and Adolescent Psychiatry Network is made up of the child and adolescent psychiatrists across the province who connect quarterly via Skype. Dr. Alexa Bagnell is the provincial liaison. Their goal is to pool resources and knowledge to ensure the best possible care is provided to patients in Nova Scotia. They focus on strategies, resources, best practices and pressing issues.

## **Dual Diagnosis Program (Mental Illness & Intellectual Disabilities)**

The Nova Scotia Health Authority Dual Diagnosis Program provides provincial tertiary services for persons 19 years and older who are living with an intellectual disability and complex mental illness or challenging behaviours. These behaviours are those that the primary or secondary service providers, such as family physicians, community psychiatrists, or a general mental health team, have been unable to effectively address. The team, led by Dr. Mutiat Sulyman, also provides inpatient and outpatient/community-based services through their Community Outreach Assessment Support and Treatment Team (COAST) across the province. This past year Dr. Sulyman developed a guideline, *Practical suggestions for assessment and treatment of adults with dual diagnosis: mental illness and*

*intellectual disability*, that has been submitted for publication in the Journal of the Canadian Family Physician. She also submitted a report on service development to the provincial planning committee consultant in 2016.

## **Early Psychosis Program**

The Nova Scotia Early Psychosis Program (NSEPP) is a specialized, community-focused, mental health program for young people between the ages of 15-35 and their families, who are experiencing a first episode of psychosis. Under the direction of Dr. Phil Tibbo, they are currently working to develop a provincial model for Early Intervention Services (EIS) in Psychosis for Nova Scotia based on the already operational provincial network for early psychosis. The new model, however, will greatly expand on the activities and role of the network. The Early Psychosis Intervention for Nova Scotia (EPINS) model aims to provide early detection and optimal stage-specific care for people aged 12-35 years who are experiencing, or are at high risk of developing, a psychotic disorder.

In the past several years Dr. Tibbo has been involved in the revision of the Nova Scotia Provincial Standards of Care for Early Phase Psychosis, has co-written the Canadian guidelines/recommendations for use of long-acting injectable antipsychotics in psychosis, was the lead author on the CPA position on cannabis and youth mental health, and has been an invited speaker countless times on best practices/standards for early intervention care locally, nationally and internationally. He has been the recipient of two knowledge translation grants from the Nova Scotia Health Research Foundation to translate research knowledge around early phase psychosis to the province, and has chaired the development of two Royal College accredited CME programs that will be delivered nationally for psychiatry.

## **East Coast Forensic Hospital**

The East Coast Forensic Hospital (ECFH) is a 92-bed hospital co-located with the Central Nova Scotia Correctional Facility (CNSCF) in Dartmouth. The ECFH provides forensic services in the form of court ordered assessments of fitness to stand trial, criminal responsibility and dangerous offender status, psychiatric assessment and treatment of CNSCF prisoners and treatment, and rehabilitation and risk

management of individuals who are under the jurisdiction of the Nova Scotia Criminal Code Review Board. The ECFH also monitors and manages CNSCF prisoners when they are residing in the community. The five psychiatrists who work at the ECFH liaise with community physicians regularly in relation to their patients or their services.

Within the ECFH is the *Psychiatric Intensive Care Unit (PICU)*. The PICU is a six-bed provincial resource based at the East Coast Forensic Hospital (ECFH) and is meant for patients who have been involuntarily admitted under the Involuntary Psychiatric Treatment Act because they are posing significant management difficulties at their originating hospital. This takes the form of severely agitated/and or aggressive behaviour as a result of mental illness.

### **Eating Disorder Program**

The NSHA Eating Disorder Program is comprised of an intensive outpatient program that involves a number of outpatient groups which support a variety of concerns associated with eating disorders, and an inpatient program for those patients that require it. Patients come from across Nova Scotia and the other Atlantic Provinces. The program is led by Dr. Aaron Keshen, who this year assisted in the development of the provincial eating disorder guidelines for the Nova Scotia Eating Disorder Network, and has presented other educational content to the Network. Dr. Keshen has also led Canadian Psychiatric Association approved CME on Binge Eating Disorder, and grand rounds presentations in the Department of Psychiatry here at Dalhousie. In partnership with key eating disorder researchers from Toronto and the UK, his current research includes implantation of new approaches to clinical practice, such as an eating disorder Smartphone app.

### **Mood Disorders Program**

The Mood Disorders Program is research intensive, academic program providing assessment and treatment for people with primary mood disorders (major depression and bipolar disorder). Led by Dr. Martin Alda, this year members of the services were involved in a variety of planning and initiatives. Drs. Alda and Claire O'Donovan were part of a team developing the 2017 edition of the guidelines for treatment of bipolar disorder and Drs. Rudolf Uher and Barbara Pavlova were involved in the guidelines for the treatment of depression. Drs. Alda, Tomas Hajek and Cindy Calkin are part of the task force of the International Society for Bipolar Disorders (ISBD) on the use of lithium, and Dr.

Alda is the co-chair of the ISBD task force on staging of bipolar disorder, of which Dr. Hajek is a member. Members of the program are also active teachers and researchers, having published 79 peer-reviewed papers in top journals and provided training for medical students, psychiatry residents, psychology interns and nursing students.

### **Reproductive Mental Health**

The Reproductive Mental Health Service (RMHS) is a subspecialty multidisciplinary mental health team located at the IWK Health Centre with funding shared by the IWK and NSHA. It is a clinic for women over the age of 18 who are pregnant or postpartum, and currently suffering from mental illness. Led by Dr. Tanya Tulipan, RMHS offers consultation, diagnostic assessment and clarification, medication recommendations, psychopharmacological and psychotherapeutic treatment on a short-term basis. They receive referrals from all over the province, as well as some from New Brunswick and PEI. RMHS team members also provide a significant amount of consultative support and capacity building support to primary care providers.

### **Seniors Mental Health**

The multi-disciplinary team of Seniors Mental Health provides assessment, consultation and time-limited treatment. This service is offered to clients over the age of 65 with new-onset mental health problems, or pre-existing mental health problems complicated by dementia or multiple medical co-morbidities. Several programs and initiatives are currently underway for the Seniors Mental Health Team, led by Dr. Keri-Leigh Cassidy. Dr. Cassidy is involved in a committee within the Department of Community Services (DCS) that aims to close the gap in services for clients of DCS who have increased physical and mental healthcare needs in the context of population aging. She is also the co-chair of the provincial Seniors Mental Health (SMH) Network connecting all provincial zones in service delivery, and a member of the advisory committee and working group member for the NS Dementia Strategy which is working to develop a provincial approach to dementia prevention and treatment. Beyond committee involvement, Dr. Cassidy has led the development of the Fountain of Health Initiative, a provincial and national initiative with the purpose of translating current science of brain health and resilience to the public healthcare providers. This work has been presented provincially, nationally and internationally.

# FACTS AND FIGURES

*The Department of Psychiatry at Dalhousie University by the numbers*

## Faculty Numbers

255 faculty members including 16 cross appointments and 15 adjunct members

## Clinical Care

79,865 days were spent in adult inpatient services

83.2 per cent bed occupancy rate in adult mental health and addictions services

1,515 discharges from adult inpatient care

147,481 visits to adult outpatient services:  
 • 53,286 to mental health and addictions/community mental health clinics  
 • 14,111 to forensic services

and offender health  
 • 29,738 to specialty mental health services  
 • 14,694 to inpatient/urgent care & crisis  
 • 35,652 to recovery and integrations services

2,335 visits at the child and adolescent community mental health services

2,285 visits at the child and adolescent specific care clinics

933 registrations to reproductive mental health services

22 registrations to the Garron Centre Aftercare

6 registrations to child and adolescent shared care

411 registrations in child and adolescent forensic services

68 registrations to the Young Mothers Project

496 visits to the IWK emergency department seen by psychiatrists (\*Q4 not included)

102 registrations to Children's Intensive Services day treatment and aftercare

113 Psychiatry Registrations to Adolescent Intensive Services (AIS) (24/5 & 24/7) and 913 visits to the AIS day stream

## Education

39 residents and 1 fellow

113 core students rotated through our services at traditional clerkship sites:  
 • 65 in the Halifax Regional Municipality  
 • 17 at distributed sites  
 • 31 at Dalhousie Medicine New Brunswick sites with 11 of those at the LIC sites

1960.5 tutor hours delivered to UGME for case-based tutorials, clinical skills, OSCE examinations and various component head roles

117 elective requests (43 from Dalhousie students); 50 students accepted from Dalhousie, Canadian and International universities

The largest commitments for our faculty tutors were to Skilled Clinician II (320 hours), Professional Competencies I (264 hours), Neuroscience (144 hours) and Professional Competencies II (140 hours).

3 faculty were psychiatry component heads for 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

Of the 8 matched CaRMS applicants, 5 of those are Dalhousie graduates

## Research

A total of 42 students were supervised for various research projects

23 faculty members were engaged in research

31 grants were awarded to faculty members

A total of 96 peer reviewed publications, 83 abstracts, 8 book chapters and 1 book were produced by faculty

The Department of Psychiatry received a total of \$33,217,417 in grant money, including, \$6,289,081 in new grant money

# FACULTY AND ADMINISTRATION

*The Department of Psychiatry faculty members and administration as of March 31, 2017*

## FACULTY

### Professor

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

### Associate Professor

<i>Last Name</i>	<i>First Name</i>
Awara	Mahmoud
Bagnell	Alexa
Calkin	Cynthia
Carrey	Normand
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
Teehan	Michael
Therriault	Scott
Wiseman	Eve

### Assistant Professor

<i>Last Name</i>	<i>First Name</i>
Abidi	Sabina
Addleman	David
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
Aty	Amr
Aubie	Cheryl
Aylott	Alice
Banic	Zlatko
Banjo	Oluwafemi
Bekele	Yilma
Bergin	Siobhan
Bernier	Denise
Berrigan	Lindsay
Bessenyei	Anett
Bhalla	Dinesh
Bhalla	Sumeer
Bhargava	Manoj
Bhaskara	Sreenivasa
Bilski-Pitrowski	Miroslaw
Black	Katharine
Bombay	Amy
Borst	Sjoerd
Bosma	Mark
Botha	Claude
Bradley	William
Brake	Jonathan
Brunet	Aileen
Bungash	Arif
Burke	Brian
Butler	Bev
Butler	Gordon
Cassidy	Beverley
Champod	Anne Sophie

Chandler	James
Chehil	Sonia
Chernin	Andrea
Childs	Christopher
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
Gray	Gerald
Gunatilake	Kumarage
Gusella	Joanne
Hann	Gerald
Hassan	Sameh
Herschenhous	Nicole
Hickey	Anita
Holm	Kristen
Hoyt	Linda
Hudec	Mary-Ann
James	Sherry
Jetly	Rakesh
Johnston	Mark
Joshi	Vinod
Keizer	Heather
Kelkile	Teshome
Kelln	Brad
Keshen	Aaron
Khan	Niaz
Kronfli	Risk



Lazier	Lorraine	Russell	David
Laskowski	Derek	Ruzickova	Martina
Lawal	Waheed	Sadafi	Soroush
Liashko	Vitaly	Sadiq	Syed
Libbus	Yvonne	Satyanarayana	Satyendra
Lock	Elizabeth	Savenkov	Oleg
Lovas	David	Scholten	Monique
MacDonald	Joanne	Shahid	Raheel
MacDonald	Shannon	Shamsuddin	Syed
MacKay	Tom	Siddhartha	Sanjay
MacNeil	Meagan	Singh	Anurita
MacNeill	Kara	Sinha	Nachiketa
Maguire	Hugh	Slyater	Ian
Maynes	Douglas	Smith	Edwin
Maxan	Emily	Soto-Moreno	Lourdes
Mershati	Abdel	Stewart	Christopher
Milligan	Scott	Sullivan	Glendon
Mills	Phillip	Sulyman	Mutiat
Mishra	Achal	Tahir	Laeq
Morgan	Matthew	Taylor	Gretta
Morrison	Jason	Thompson	Karen
Moss	Phillipa	Thompson	Sarah
Muir	Ava	Tulipan	Tanya
Mulhall	David	Umar	Amir
Murphy	Cheryl	Ursuliak	Zenovia
Murphy	Christopher	Walentynowicz	Magdalena
Muthu	Murugesan	Wan	Jonathan
Neilson	Grainne	Warren	Katherine
Njoku	Anthony	White	Kimberley
Ortiz	Ana	Whitehorn	David
Parker	Deborah	Williams	Olugbenga
Pavlova	Barbara	Wilson	Adriana
Pearce	Patricia	Woulff	Nina
Pellow	Tanya	Yuzda	Edward
Pencer	Alissa	Zinck	Suzanne
Peters	Curt		
Pilon	David		
Poder	Kulli		
Pogosyan	Maryna		
Pottie	Patricia		
Pottle	Robert		
Rahman	Faisal		
Relija	Malgorzata		
Roberts	Delyth		
Robertson	Nancy		
Rosen	Natalie		
Rowe	Helen		
Rubens	Mark		

**Lecturer**

<i>Last Name</i>	<i>First Name</i>
Jones	Amy
McAllindon	David
Olugbenga,	Alabi
Zehr	Richard

**CROSS-APPOINTED FACULTY****Professor Emeritus**

<i>Last Name</i>	<i>First Name</i>
Robertson	Harold

**Professor**

<i>Last Name</i>	<i>First Name</i>
Corkum	Penny
Leslie	Ron
McGrath	Patrick
Semba	Kazue
Chambers	Christine

**Associate Professor**

<i>Last Name</i>	<i>First Name</i>
LeBlanc	John
Murphy	Andrea
Newman	Aaron
Vallis	Michael

**Assistant Professor**

<i>Last Name</i>	<i>First Name</i>
Barrett	Sean
Cooper	Angela
Johnson	Shannon
Kaiser	Archibald
Sherry	Simon
Weaver	Ian

**ADJUNCT FACULTY**

<i>Last Name</i>	<i>First Name</i>
Burley	Joseph
Cook	Allan
Crittenden	Patricia
Duffy	Anne
Gardner	William
Horacek	Jiri
Kisely	Stephen
MacDougall	Arlene
McLuckie	Alan
Murphy	Jane
Ortiz	Abigail
Pajer	Kathleen
Patel	Vikram
Tait	Glendon
Town	Joel

## ADMINISTRATION

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

## EDUCATION

Dr. Margaret Rajda	Director
Annette Cossar	Administrator
Mandy Eslinger	Undergraduate Coordinator
Tracy Fraser-Maclsaac	Education Coordinator
Carrie Wipp	Postgraduate Coordinator

## RESEARCH

Drs. Sherry Stewart & Rudolf Uher	Directors
Jennifer Brown	Administrative Assistant
Annette Cossar	Administrator

## DIVISION OF CHILD AND ADOLESCENT PSYCHIATRY

Dr. Alexa Bagnell	Head and Chief, IWK Department of Psychiatry
Megan Bellefontaine	Education Coordinator
Jennifer Cunningham	Administrative Assistant
Patricia Evans	Administrative Assistant
Debi Follett	Administrative Assistant
Dawn Jensen	Administrative Assistant
Ashley Johnson	Administrative Assistant
Michelle LeBlanc	Administrative Manager
Kate Park	Administrative Assistant to the Sun Life Chair
Robin Stinson	Receptionist
Joan Sweet	Administrative Assistant

## **NSHA LEADERSHIP**

### **Head/Chief**

Dr. Michael Teehan

### **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

### **Geriatric Psychiatry**

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. Sreenivasa Bhaskara

### **Cole Harbour**

Dr. Kulli Poder

### **Bayers Road**

Dr. Sonia Chehil

### **Intellectual Disabilities**

Dr. Mutiat Sulyman

## **IWK LEADERSHIP**

### **Head/Chief**

Dr. Alexa Bagnell

### **Associate Chief**

Dr. Sabina Abidi

### **Director, C&A Education**

Dr. Lukas Propper

### **IWK Head, Division of**

#### **Outpatient Services**

Dr. Sabina Abidi

### **IWK Head, Division of**

#### **Inpatient Services**

Vacant

## **IWK MEDICAL DIRECTORS**

### **Medical Director of Inpatient Services**

Dr. Jonathan Brake

### **Medical Director of**

#### **Adolescent Intensive**

#### **Services (AIS)**

Dr. Ahmed Alwazeer

## **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. Lourdes Soto-Moreno

### **Emergency Mental Health and**

#### **Addictions Service (EMHAS)**

Dr. David Lovas

# Adult Psychiatry Services

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Addiction Prevention and Treatment Services

Centre for Emotions and Health

Community Mental Health

Consultation/Liaison

Dual Diagnosis (Mental Illness & Intellectual Disabilities)

Early Psychosis

Eating Disorders

Emergency

Forensic Psychiatry Services

Inpatient Psychiatry

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

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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, Concurrent Disorders, Obsessive Compulsive  
Disorder, Tourette's/Movement Disorders, Early Psychosis, Autism  
Spectrum Disorders

# 2016-2017 REPORTS

## Department Research Grants and Contracts

Whitehorn D, Tibbo P (2015-2016). The experience of mindfulness and recovery: A Qualitative study. - Department of Psychiatry - \$9100.

Semba K, Robertson G, Deurveilher S, Rusak B (2014-2016). Analysis of circadian activity rhythms in a mouse model of schizophrenia. - Department of Psychiatry - \$10000.

McAllindon D, Tibbo P, Bernier D, Crocker C (2016-2018). Assessment of frontal white phospholipid metabolism in early phase schizophrenia: A localized 31P MRS study. Part 1: Testing the methodology and controls. - Department of Psychiatry - \$9360.

Joshi N, Good K (2016-2017). Association between lifetime caffeine intake, and olfaction in a sample of First Degree Relatives of Parkinson's patients. - Department of Psychiatry - \$10000.

Keshen A, Treasure J (2014-2017). Efficacy of ECHO. - Department of Psychiatry - \$10000.

Tibbo P, Crocker C, Teehan M, Ursuliak Z, Morrison J, Robertson N, Alexiadis M (2016-2018). Engagement to Early Intervention Services for Psychosis: Investigation of rates and associated factors. - Department of Psychiatry - \$9950.

Brake J, Simms D (2015-2017). Evaluating DBT in treating suicidal and self-injuring adolescents. - Department of Psychiatry - \$10000.

Usuliak Z, Waldron I, Kiamiri D, Scokett A, Corra L, Burrell, L, Bombay A (2016-2016). 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. - Department of Psychiatry - \$10000.

Alda M, O'Donovan C (2012-2018). Investigation of the effects of in vivo lithium treatment on gene expression levels using lymphoblastoid cell lines from human health subjects. - Department of Psychiatry - \$9929.

Tougas M, Corkum P, Chambers C, Rigney G, Rajda M (2017-2019). Listening to youth with chronic pain, along with their parents and health care providers to modify an evidence base online sleep intervention. - Department of Psychiatry - \$7503.

Lovas D (2015-2016). Mindfulness for adolescents with chronic pain study. - Department of Psychiatry - \$9808.17.

Uher R, Pilon D (2016-2017). Personalized indications for cognitive behavioural therapy and antidepressants in the treatment of major depressive disorder. - Department of Psychiatry - \$47276.

Town J, Abbass A (2012-2018). The Halifax Treatment Refractory Depression Study. - Department of Psychiatry - \$50000.

Fisher D, Tibbo P (2016-2017). The Impact of Caffeine on Cognition in Schizophrenia. - Department of Psychiatry - \$9776.

Pencer A, Tibbo P, Abidi S, Stewart S, Chinneck A, Kehayes IL (2016-2018). Personality Vulnerability and Motives for Substance Use (Alcohol and Cannabis) in Early Psychosis Patients. - Department of Psychiatry - \$9951.

Joyce K, Stewart S (2016-2018). Examining gambling motives, mood and gambling involvement across the menstrual cycle. - Department of Psychiatry - \$4000.

## International Research Grants and Contracts

Lau E, Lee T, Tseng CH, Wing YK, Wong ML, Rusak B (2015-2016). Sleep and risk-related decision-making in adolescents and young adults. - Hong Kong Research Grants Council - \$66149.

Hajek T, Spaniel F, Kolenic M, Alda M (2016-2020). Diabetes and pre-diabetes as biological risk factors for brain atrophy and

memory impairment in schizophrenia. - AZV - Granting Agency, Ministry of Health, Czech Republic - \$493138.

Spaniel F, Hajek T, Kolenic M, Alda M (2016-2020). Improving early diagnosis of schizophrenia and bipolar I disorder by combining magnetic resonance imaging and machine learning. - AZV, Grant Agency, Ministry of Health, Czech Republic - \$565374.

Uher R (2016-2018). Brain connectivity as an early indicator of preventive intervention effects in youth at risk for severe mental illness. - Behavioral Brain Research Foundation - NARSAD - \$130005.

Hajek T (2015-2017). Are Prediabetes, Diabetes Modifiable Risk Factors for Brain Changes in Bipolar Disorder?. - Brain and Behavior Research Foundation - \$99812.

Calkin C, Alda M, Chengappa R, O'Donovan C (2015-2018). Treating insulin resistance as a strategy to improve outcome in refractory bipolar disorder. - Stanley Medical Research Institute - \$900096.

Rusak B (2017-2019). Sleep on it: Effects of daytime naps and nighttime sleep on emotional processing in college students. - Hong Kong Research Grants Council - \$21352.

O'Reilly C, Chen T, Gardner D, Murphy A, Rosen A, Salvador-Carulla L, Burge F, Kutcher S, Ewart S, Himmelman (2016-2017). Community Pharmacists and People at Risk of Suicide: An Examination of Experiences, Attitudes, and Stigma. - Pharmacy Council of New South Wales - \$9265.85.

## National Research Grants and Contracts

Campbell LA, Lovas D (2016-2017). SPOR Patient Engagement Collaboration Grant -. - CIHR and NSHRF - \$12464.

Bruneau J, Stewart S (2015-2020). CRISM-Quebec-Maritimes: Research on interventions in drug misuse. - CIHR and CRISM - \$1749350.

Wekerle C, Stewart S (2014-2019). Understanding health risks and promoting resilience in male youth with sexual violence experience. - CIHR - \$1495070.

Martin D, Cunsolo-Wilcox A, Bartlett C, Castleden H, Lewis D, Jackson L, Young T, MacMillan J, McNally M, Bombay A, et. al. (2016-2016). Wabanaki Network for Indigenous Health Research Mentorship and Capacity-Building. - CIHR: Indigenous Mentorship Network Program - \$25000.

Turecki, Uher R (2013-2018). Role of microRNA in Major Depression and Suicide. - CIHR - \$883261.

Matheson K, Graham K, Cunsolo Wilcox A, Musquahs C, Bombay A (2016-2023). Youth Futures: Bringing together Indigenous and Western approaches to promote youth resilience and prosperity in First Nations communities. - Social Sciences and Humanities Research Council Partnership - \$2500000.

Uher R, Tibbo P, Abidi S, Bagnell A, Carrey N, Eskes G, Gardner W, Hajek T, Levy A, MacDonald J, Pajer K, Pavlova B, Propper L (2012-2017). Opportunities for very early intervention in youth at high risk for severe mental illness. - CIHR - \$288773.

Jackson L, Melanson P, Bombay A, Martin D, Wein F (2015-2016). Sharing out knowledge and moving forward collectively to improve access to healthcare for Atlantic Canadians. - CIHR - \$10000.

Ursuliak Z, Bombay A, Waldron I, Kiamiri D, Sockett A, Corra L, Burrell L (2016-2017). How do people living with anxiety and depression in HRM get well?. - Dalhousie Psychiatry Research Fund and Canadian Depression Research and Intervention Network - \$10000.

Semba K, Deurveilher S, Eskes G, Rusak B (2012-2017). Neurobehavioral impact of chronic sleep restriction. - CIHR - \$606710.

Uher R, Pilon D (2016-2017). Personalized indications for cognitive behavioural therapy and antidepressants in the treatment of major depressive disorder. - Ontario Brain Institute - \$47276.

Bombay A (2016-2016). Introducing the Wabanaki Research Mentorship Network. - CIHR - \$1000.

Stewart S, Leonard K, MacKinnon S, Sherry S (2015-2018). Tests of the social influence hypothesis on drinking motives and drinking behavior in dating couples. - Social Sciences and Humanities Research Council of Canada - \$223300.

Simon Sherry, Sherry Stewart (2013-2018). Not so perfect after all: Self-critical perfectionism in romantic relationships and breakups. - Social Sciences and Humanities Research Council of Canada - \$181400.

Bombay A, Currie V (2015-2016). This is What I Wish You Knew. - Royal Society of Canada - \$3000.

Bombay A (2016-2016). Exploring the cumulative effects of familial IRS attendance in relation to psychological distress, suicidal ideation, and suicide attempts among Aboriginal peoples living off-reserve. - Aboriginal Affairs and Northern Development Canada, the Canadian Research Data Centres Network, and Statistics Canada - \$6000.

Kutcher S (2015-2016). Know Before you Go - Transitions Grade 12 Teaching Guide. - Sun Life Canada - \$118000.

McGrath P, Walker J, Bagnell A (2011-2016). Developing a Web-based Program to Assist Parents in Helping the Anxious Child: A Public Health Approach for Prevention and Early Intervention. - CIHR - \$800000.

MacDonald J (2014-2016). Young Mother's Project (Mental Health Early Interventions). - Bragg Foundation - \$50000.

Bombay A, Taunton C (2015-2016). This is What I Wish You Knew": Urban Aboriginal Artists Tell Their Stories of Identity and Reconciliation. - Canada Council for the Arts - \$75000.

Bouchard S, Renaud P, Gosselin P, Cote G, Marchand A, Stewart S, Clark D, Piercey D, O'Connor K, Turgeon L, Quay S (2008-2018). Canadian cyberpsychology and anxiety (CCA) virtual lab creative works project. - Canada Foundation for Innovation and Infrastructure (Dalhousie Portion) - \$22397.

Uher R (2014-2019). Families Overcoming Risks and Building Opportunities for Well-being (FORBOW). - CFI - \$385753.

Conrod P, Stewart S (2011-2017). A cluster randomised trial investigating the effects of delaying onset of substance use on adolescent cognitive development. - CIHR - \$1446301.

Castleden H, Cunsolo A, Brascoupe S, Lewis D, Bombay A, Henderson C, Bartlet, C, Stefanelli R et al (2017-2021). A SHARED Future: Achieving Strength, and Autonomy through Renewable Energy Development for the Future. - CIHR - \$2000000.

Stewart S (2001-2016). An Investigation of the Motivations Underlying Undergraduates' Alcohol Consumption Behaviour. - CIHR - \$350000.

Newton A and Bagnell A (2016-2017). Breathe Study: Randomized Controlled Trial. - CIHR - \$330000.

Bagnell A (2015-2020). 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. - CIHR - \$200000.

Wang J, Robertson G, Bance M (2014-2016). Cochlear gene therapy targeting the protection against aging related hearing loss and neuronal degeneration. - CIHR - \$250000.

Bagnell A, Newton A (2015-2017). Mobile EMI for Anxiety CBT support in Adolescents. - CIHR - \$200000.

Good K, Robertson H, Rolheiser T, Leslie R, Fisk J, Rusak B, Philips G, Schoeffer K, Rockwood K (2011-2017). Early and preclinical diagnosis of Parkinson's disease using olfactory testing and diffusion tensor imaging of olfactory bulb and substantia nigra. - CIHR - \$680000.

Poulin MJ, Eskes G (2015-2020). Effects of aerobic exercise on cognition and brain health in older adults at increased risk of Alzheimer disease and dementia: probing the biological mechanisms using translational physiology. - CIHR - \$890551.

Uher R (2016-2021). Families Overcoming Risks and Building Opportunities for Well-being (FORBOW): Early Intervention Targets Psychopathological Antecedents to Pre-empt Severe Mental Illness in Youth at Risk. - CIHR - \$1190609.

Uher R, Abidi S, Alda M, Bagnell A, Gardner W, Hajek T, MacDonald J, Morrison J, Pajer K, Pavlova B, Propper L, Rao S, Tibbo P (2015-2016). Families Overcoming Risks and Building Opportunities for Well-being (FORBOW): Evaluating pre-emptive early interventions for antecedents to prevent severe mental illness. - CIHR - \$100000.

- Corkum P, Chambers C, Rajda M, Rusak B (2011-2016). Impact of poor sleep on children's emotional, attentional and behavioral functioning. - CIHR - \$434811.
- Campbell LA, Lovas DA, Kephart G, McWilliam S, McGrath P (2017-2018). In Through the Out Door: Do Increasing Pediatric Emergency Mental Health Presentations Reflect Poorer Access to Primary and Outpatient Mental Health Care?. - CIHR - \$74856.
- Hajek T, Calkin C, Uher R, Alda M (2015-2020). Is type 2 diabetes mellitus a risk factor for neuroanatomical changes, cognitive impairment and oxidative stress in bipolar disorders?. - CIHR - \$679220.
- Newton A, McGrath P, Bagnell A (2012-2017). Breathe Study: Developing an Internet-based program for anxious youth who visit the emergency department for mental health care. - RBC Foundation - Children's Mental Health Project - \$500000.
- Carrier J, Rusak B (2015-2020). Canadian Sleep and Circadian Network. - CIHR - \$2000000.
- Stuart H, Shu-Ping C, Krupa T, Stewart S, Teehan M, Dobson K (2014-2016). The caring campus - An intervention project. - Movember Canada - \$1730887.
- Newman A, Eskes G, Bance M, Boe S, Johnson S, Klein R, Robertson G, Trappenberg T (2011-2016). RADIANT: Rehabilitation and Diagnostic Innovation in Applied Neuro Technologies. - NSERC - \$1950000.
- Symons D, Carrey N (2015-2018). Attachment-based interventions for high-risk parents. - NSERC - \$150000.
- Rusak B (2013-2018). Roles of sleep in cognitive, neural and physiological functions. - Natural Sciences and Engineering Research Council - \$125000.
- Stewart SH, Weirs R, Salemink E (2014-2016). Modifying the automatic approach bias toward gambling stimuli in problem gamblers: A novel intervention for changing excessive gambling behavior. - National Center for Responsible Gaming - \$150000.
- Kutcher S (2015-2017). Sun Life Financial Know Before You Go - Transitions Grade 12 Teaching Guide. - Sun Life Financial - \$118000.
- Robertson G (2014-2017). Neuroprotection and remyelination in MS by improved mitochondrial performance. - Multiple Sclerosis Society of Canada - \$312540.
- Kutcher S (2016-2019). LIST (Learn, Identify, Support, Treat): A Comprehensive Mental Health Development and Pathway to Mental Health Care for Postsecondary Settings - Frugal Innovation in Adolescent Mental Health. - Medavie Foundation - \$607500.
- Kutcher S (2016-2021). National Scale Up and Scale Out in Canada of Evidence Based School Mental Health Literacy Resource. - Max Bell Foundation - \$459000.
- Stewart S, Goldstein A, Ellery M (2013-2017). Gambling to relax and gambling to forget: Questionnaire and daily diary studies of subtypes of coping motives for gambling. - Manitoba Lotteries and Manitoba Gambling Research Program - \$450000.
- Milliken H (2014-2016). Canadian Non-Interventional Prospective Cohort Study on the Real-Life Assessment of Abilify Maintenance in Schizophrenia. - Lundbeck Canada Inc - \$36000.
- Eskes G (2016-2019). The behavioural and neural mechanisms in prism adaptation treatment for spatial neglect. - Heart and Stroke Foundation of Canada - \$187544.
- Robertson G (2015-2018). Mitochondrial calcium uptake and targeted therapeutics. - Heart and Stroke Foundation of Canada - \$268000.
- Heather Milliken (2014-2016). Canadian Sustenna Treatment Assessment Registry (CanSTAR): An Open-Label, Non-Randomized Registry of the Natural Use of Paliperidone Palmitate in Canada. - Janssen Inc - \$60000.
- Leroux D, Obed D, Bombay A (2017-2018). Illiniak: Inuit student learning journeys. - Inuit Tapiriit Kanatami ArcticNet Northern Travel Fund - \$35000.
- Milliken H (2014-2017). ReLIAM Study on MAINTENA. - Otsuka - \$55000.

## Regional Research Grants and Contracts

Uher R, Abidi M, Bagnell A, Morrison J, Pavolva B, Pencer A, Stewart S, Tibbo P (2014-2017). Cognitive-behavioural therapy for psychotic-like experiences and basic symptoms in children and adolescents: a pilot randomized controlled trial. - NSHRF - \$147275.

Whitehorn D, Abidi S, Tibbo P (2015-2017). Early and Optimal Treatment of Mental Disorder Involving Psychosis: Major Findings for Key Stakeholders - Year 2. - NSHRF - \$10000.

Uher R (2017-2021). Families Overcoming Risks and Building Opportunities for Well-being. - NSHRF - \$200000.

Uher R, Pilon D, Cooney J, McDougall E, Jayabarathan A (2017-2018). Improving outcomes of depression through person-centered measurement-based care and individualized feedback. - NSHRF - \$50000.

Stewart S, Barrett S (2015-2016). Scotia support grant. - NSHRF - \$50000.

Stewart S, Barrett S (2015-2017). Scotia Support Grant. - NSHRF - \$50000.

Stewart S, Barrett S (2016-2018). Scotia support grant. - NSHRF - \$50000.

Uher R, Pilon D, Rusak B (2014-2017). CDRIN Maritimes Depression Hub. - CDRIN - \$164000.

Uher R, Pilon D, Rusak B (2014-2017). CDRIN Maritimes Depression Hub. - CDHA and IWK - \$50000.

Uher R, Pilon D, Rusak B (2014-2017). CDRIN Maritimes Depression Hub. - Dalhousie Faculty of Medicine - \$50000.

Uher R, Pilon D, Rusak B (2014-2017). CDRIN Maritimes Depression Hub. - Department of Psychiatry - \$164000.

Uher R, Pilon D, Rusak B (2014-2017). CDRIN Maritimes Depression Hub. - NSHRF - \$25000.

Murphy A, Gardner D, Martin-Misener R, Kutcher S (2016-2017). Building the role of community pharmacists in mental illness and addictions care. - NSHRF - \$10000.

Krigolson O, Eskes G (2013-2016). Aging and the Brain: Is reduced function of medial-frontal cortex responsible for motor control deficits in the elderly?. - NSHRF - \$148252.

Stewart S, McGrath D, Wan J, Zack M, Peloquin M (2012-2016). A pilot study of sex differences in stimulant and opiate drug effects on gambling motivation in pathological gamblers and controls. - NSHRF - \$14998.

Tibbo P (2016-2017). Youth and Cannabis: Addressing the Myths. - Mental Health Foundation of Nova Scotia - \$19425.

Murphy A, Gardner D (2014-2016). Development of the Bloom Program: the mental health and addictions community pharmacy partnership program. - NS Department of Health and Wellness - \$466000.

Kutcher S (2014-2016). Critically Evaluating School Mental Health. - Nova Scotia Department of Education and Early Childhood Development - \$50000.

Gardner DM (2016-2017). Sleepwell - prototype development. - Drug Evaluation Alliance of Nova Scotia, Department of Health and Wellness - \$7900.

Kutcher S (2015-2016). Family Mental Health Resource Distribution. - Mental Health Foundation of Nova Scotia - \$20000.

Milliken H, Tibbo P, Teehan M, Alexiadis M, Robertson N, Good K, Gardner D (2010-2016). A 1 year randomized, controlled, open label study of the impact of flexible doses of niacin (Niaspan) as an adjunct to antipsychotic medications in the treatment of first episode psychosis. - Mental Health Foundation of Nova Scotia - \$895049.

Murphy A, Gardner D (2015-2017). Bloom program demonstration project evaluation. - Department of Health and Wellness, NS - \$118598.

Bombay A, Glode-Desrocher P, Currie V (2016-2017). This is What I Wish You Knew: Identity and Well-being among Urban Aboriginal Peoples in Halifax. - Urban Aboriginal Knowledge Network - \$15000.



Bombay A (2015-2016). Research Contract. - Union of Nova Scotia Indians - \$10000.

Abbass A (2009-2018). Study of Treatment Resistent Depression. - Private Donation - \$41000.

## Organizational Research Grants and Contracts

Tibbo P, Briggs T, Abidi S, Ursuliak Z, Crocker C, Hughes J, Crown M, Cox A (2016-2018). An investigation of the effectiveness of peer support interventions on transitions from a specialized first episode psychosis program to community mental health care. - NSHA - \$59545.

Jones S, Salmon J, Eskes G (2015-2017). Assessing attention: A tablet-based proof of concept project using the Dalhousie Computerized Attention Battery (DalCAB). - Brain Repair Centre - Knowledge Translation Award - \$30000.

Waldron I, Terashima M, Bombay A (2016-2016). Investigating the association between polluting industries in Mi'kmaw and African Nova Scotian communities and psychological distress. - Faculty of Health Professions Research and Development Grant - \$5000.

Eskes G, Bernard A, Drapeau D, George R, Matwin S, Milne A, Schmidt M (2015-2017). Is it feasible to evaluate cognitive changes after surgery with computerized neuropsychological assessment in patients aged 55 or older undergoing major surgery?. - Capital Health Research Fund - \$14744.

Fisher D, Tibbo P (2016-2018). An investigation of sex as a mediating factor of the auditory mismatch negativity's utility as a biomarker in early-phase psychosis. - NSHA - \$14970.

Uher R, Hajek T (2014-2016). Effect of cognitive-behavioral intervention on the trajectories of brain development in adolescents at risk for severe mental illness. - NSHA - \$15000.

Eskes G, Boyce J, Champod A, King M, Braha R (2015-2017). Feasibility and effectiveness study of implementing prism adaptation as a treatment for spatial neglect after right hemisphere stroke. - NSHA - \$29347.

Abbass A (2006-2016). Healthy Workplace Grant. - NSHA - \$650.

Stewart S, Salmon J, Barret S, Rasic D (2016-2017). Marijuana use in veterans recovering from post traumatic stress disorder (PTSD): A cue-reactivity experiment. - NSHA - \$15000.

Barrett S, Good K (2016-2017). Physiological and neural responses to tobacco-related cues in current dependent and non-dependent occasional smokers. - NSHA - \$15000.

Eskes G, Boe S, Ishigami Y, Krigolson O, Westwood D (2014-2016). The behavioral and neural mechanisms in prism adaption treatment for spatial neglect. - NSHA - \$14912.

Town J, Abbass A (2012-2018). The Halifax Treatment Refractory Depression Study. - Capital Health Research Fund - \$50000.

LeBlanc C, Hazelton L, MacLeod T, Leddin D, Miller S, Chapman K, Wong J (2015-2016). Choosing Wisely: Continuing professional development. - Dalhousie University - \$5000.

Robertson G (2016-2017). Therapeutic support of peroxisomal and mitochondrial function as a combinatorial approach to promote spinal cord repair. - The Brain Repair Centre - \$30000.

Gardner D, Murphy A, O'Reilly C, Chen T, Kutcher S, Rosen A, Salvador Carulla L, Flight P (2016-2017). Community Pharmacists' Knowledge, Attitudes, and Experiences with Patients at Risk of Suicide. - Dalhousie University Department of Pharmacy Endowment Fund - \$14000.

Steenbeck A, Bombay A, Waldron, I (2016-2017). Exploring diversity and cultural competence in the School of Nursing: Creating a more inclusive environment for nursing students. - Dalhousie University - \$5000.

Bombay A, Vukic A (2016-2016). Experiential learning through a course in community-based research with Indigenous populations: Providing opportunities for continued involvement in research. - Dalhousie University - \$10000.

Murphy AL, Gardner DM, O'Reilly CL, Chen T (2016-2016). Developing a prioritized research agenda in community pharmacy-based mental health and addictions care. - Dalhousie University - \$5000.

Uher R (2016-2017). Using brain measurements to target early interventions and prevent mental illness. - Dalhousie Medical Research Foundation - \$11733.

Uher R (2016-2017). Can a genetic test prevent teenage cannabis brain damage?. - Dalhousie Medical Research Foundation - \$12394.

Bosma M (2015-2016). Remediation in Postgraduate Medical Education: An Environmental Scan. - Dalhousie Faculty of Medicine - Living Lab - \$3320.

Latimer M, Stymiest L, Bombay A (2016-2016). Truth and Reconciliation in Action: The Health of First Nation, Metis and Inuit Children. - IWK - \$1000.

Pilon D, Tibbo P, Abidi S, Hughes J, Crown M, Ursuliak Z (2015-2016). Sustaining clinical gains for young adults with psychosis transitioning from specialized to community mental health care. - IWK - \$2887.62.

## Invited Presentations - National and International

Tibbo P - Cannabis effects on youth mental health: Translating research to treatment and policy (2017) - Alberta Psychiatric Association - Banff, AB

Uher R - Families Overcoming Risks and Building Opportunities for Well-being (2017) - Conversations at the Royal Mental Health Centre (public lecture & live Facebook streaming) - Ottawa, ON

Sadek J - ADHD diagnosis and management (2017) - Corrections Canada - Springhill Corrections [Workshop]

Bombay A - The long-term and intergenerational effects of the Indian Residential School system in Canada: Implications for Indigenous healing and wellness (2017) - Annual meeting of the Canadian Developmental Origins of Health and Disease Network - Montebello, Quebec, Canada

Bombay A - Responding to the Truth and Reconciliation Commission Calls to Action and the legacy of the Indian residential school system: Assessing the larger context and current needs for continued healing and the elimination of health inequities (2017) - First Nations Information Governance Centre - Ottawa, ON [Workshop]

Abbass A - ISTDP for Resistant Populations (2017) - University of Lund - Sweden [Workshop]

Abbass A - ISTDP for Somatic Disorders (2017) - University of Lund - Sweden [Clinical Academic Rounds]

Abbass A - Danish Immersion in ISTDP (2017) - ISTDP Immersion - Copenhagen Denmark [Conference Workshop]

Brake J - Lessons Learned and Tools for Rolling out Successful Mental Health Programs for High Risk Youth. Using DBT for Chronically Suicidal, Self-Harming Adolescents (2016) - Children's Mental Health of Ontario (CMHO): Focus on Quality - Toronto, ON [Conference Workshop]

Tibbo P - Reducing Rates of Addiction (2016) - Health Canada - Ottawa, ON [Panel]

Uher R - Early identification of risk and intervention to pre-empt severe mental illness in youth (2016) - Social Genetic and Developmental Psychiatry Centre Seminar, King's College London - London, UK [Seminar]

Bombay A - Intergenerational transmission of trauma and resilience (2016) - We Belong: The International Forum on Life Promotion to Address Indigenous Suicide - Vancouver, BC, Canada

Uher R - Experience from a prevention trial within a cohort of youth at high risk of severe mental illness (2016) - Ethics of Trials Within Cohorts International Symposium - London, UK [Symposium]

- Uher R - Recent Advances in Major Depressive Disorder (2016) - 16th Annual Conference of Mood & Anxiety Disorders - Kingston, ON [Plenary]
- Abbass A - Pain in body and mind: ISTDP and psychosomatic illness. Plenary Session. Nordic Psychiatric Conference November (2016) - Norway Psychiatric Association Meeting - Stavanger Norway [Keynote]
- Abbass A - Evaluating Emotional Factors in PTSD (2016) - PTSD Annual Conference for First Responders - Antigonish NS [Keynote]
- Abbass A - Working with pain: Treating psychosomatic illness with the use of ISTDP. 1 day workshop. Nordic Psychiatric Conference (2016) - Norway Psychiatric Association - Stavanger Norway [Seminar]
- Bombay A - Intergenerational trauma and resilience in Indigenous populations (2016) - House of Commons' Standing Committee on Indigenous and Northern Affairs - Ottawa, Ontario
- Uher R - Skills for Wellness: an early intervention to pre-empt mood and psychotic disorders in non-treatment seeking high-risk youth (2016) - Early Interventions in Mental Health, International Early Psychosis Association (IEPA) - Milan, IT
- Kutcher S - Integrated Youth Mental Health: An African Odyssey (2016) - The 22nd International Association of Child and Adolescent Psychiatry and Allied Professionals World Congress (IACAPAP) - Calgary, AB
- Black K - Panel discussion participant (2016) - The 37th International Audio-Visual Symposium on the Metapsychology of the Unconscious. - Montreal, Quebec, Canada [Panel]
- Cassidy B - Fountain of Health Initiative for Optimal Aging: Impact of Music Therapy in Long Term Care Facilities in Nova Scotia (2016) - International Mental Health Nursing Association meeting - London, England
- Good K - Predict Parkinson's Project: Olfactory function, cognition and diffusion tensor imaging as early assessments of risk (2016) - 11th International Conference on Non Motor Dysfunction in Parkinson's Disease and Related Disorders - Ljubljana, Slovenia
- Morrison J - Schizophrenia as a Network Disorder: The Clinical Perspective (2016) - 4th Halifax International Epilepsy Conference & Retreat Network Diseases - White Point Resort, NS [Plenary]
- Bagnell A - A Pan-Canadian eHealth Research Symposium on the Treatment of Adolescent Anxiety and Depression (2016) - 22nd International Association for Child and Adolescent Psychiatry and Allied Professionals Conference - Calgary, Alberta [Symposium]
- Milliken H - Updates to the Royal College of Physicians and Surgeons of Canada Maintenance of Certification Program and the RCPSC Competence by Design Initiative: What Every Psychiatrist and Resident Needs to Know (2016) - 66th Canadian Psychiatric Association Annual Conference - Toronto, ON
- Bagnell A, Lovas D, Pavlova B, Uher R - Developmental antecedents, early identification & prevention of mental illness in high risk youth (2016) - International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) conference - Calgary, AB [Symposium]
- Kinley J - Physician's role in Psychotherapy (2016) - Canadian Psychiatric Association Conference - Toronto, ON
- Aspin J - Dalhousie University Family Therapy Training Program for residents (2016) - International Association of Child and Adolescent Psychiatry Professionals - Calgary AB [Seminar]
- Abbass A - ISTDP for Treatment Resistant Depression (2016) - IEDTA Bi Annual Conference - Amsterdam, NL [Keynote]
- Abbass A - Reaching through Resistance to Emotional Closeness: Treatment of Refractory and Complex Patients (2016) - New Center for Psychoanalysis - LA California [Workshop]
- Abbass A - Treating Personality Disorders and Fragility with ISTDP (2016) - New Cenbter for Psychoanalysis - LA California [Workshop]
- Abbass A - Short-term Dynamic Psychotherapy for Depression (2016) - IEDTA Bi Annual Conference - Amsterdam, NL [Keynote]
- Abbass A - UCLA. Resident Presentations for Distinguished Professor of 2016 Award (2016) - UCLA California - LA California

## [Workshop]

Abbass A - UCLA. Keynote Presentation for Distinguished Professor of 2016 Award (2016) - UCLA California - LA California [Clinical Academic Rounds]

Abbass A - ISTDP for Psychosomatic Presentations. Atelier Psychotherapy (2016) - Atelier Psychotherapy Organization Conference - Sargans Switzerland. [Seminar]

Lauria-Horner B - Results of Randomized Control Trial Evaluating the Replication of the British Columbia Adult Mental Health Physician Support Program in Nova Scotia (2016) - Collaborative Care Conference Workshop - Kelowna, BC [Conference Workshop]

Pavlova B - Skills for Wellness, Early intervention to promote mental health in youth (2016) - Canadian Depression Research and Intervention Network joint annual conference - Halifax, NS [Symposium]

Kutcher S - Keynote (2016) - Faculty of Public Health Annual Conference - Brighton, UK [Keynote]

Kutcher S - Doctor, the patient will see you now on screen 4! (2016) - eHealth Annual Conference and Tradeshow - Vancouver, BC [Panel]

Kutcher S - eHealth or eShelf? (2016) - eHealth Annual Conference and Tradeshow - Vancouver, BC [Panel]

Stewart S - The intersection between mental health, physical health, and substance use: The role of psychology in bridging the gaps in care (2016) - Annual Convention of the Canadian Psychological Association - Victoria, BC [Conference Workshop]

Stewart S, Tibbo P - Myth Busting: The effects of cannabis use during adolescence (2016) - Canadian Centre for Substance Abuse - St. John's, NL [Panel]

Uher R - Will a genetic test help us select treatment for individuals with depression? (2016) - University of Pennsylvania - Philadelphia

Hajek T - Relevance of Brain Plasticity to Neuroprogression and Staging of Bipolar Disorders - Opposing Effects of Illness Burden and Lithium Treatment (2016) - 25th European Congress of Psychiatry - Madrid, Spain

Kutcher S - Mental Health literacy in undergraduate and graduate teacher education (2016) - The Canadian Society for the Study of Education XLIV Annual Conference - Calgary, AB [Panel]

Kutcher S - TeachMentalHealth: Developing Mental Health Literacy in Teaching Education (2016) - The Canadian Society for the Study of Education XLIV Annual Conference - Calgary, AB

Kutcher S - Mental Health Issues in the Classroom (2016) - Broadcast Educators Association of Canada Conference - Halifax, NS

Lauria-Horner B - Novel Skill-Based Approaches and Their Impact on Health Care Professional Management (2016) - Annual International Conference of the Association of Psychology and Psychiatry for Adults and Children - Athens, Greece

Abbass A - Direct Detection and Treatment of Emotional Factors in Somatic Presentations Using Davanloo's ISTDP (2016) - Tavistock Clinic - London UK [Workshop]

Uher R - Combination of genetic risk and psychopathological antecedents as indication for pre-emptive early interventions (2016) - Society of Biological Psychiatry - Atlanta [Symposium]

Abbass A - Assessment and management of the Resistant Psychotherapy patient: Timing and application of interventions (2016) - 4th Norwegian ISTDP Immersion - Norway

Bombay A - The Wabanaki Mentorship Network (2016) - Institute of Aboriginal Peoples Health National Gathering of Graduate Students and New Investigators meeting - Ottawa, ON

Kutcher S - A primary care training program for adolescent depression in Canada: Development and details (2016) - 8th International Congress on Psychopharmacology & 3rd International Child and Adolescent Pharmacology Symposium - Antalya, Turkey [Symposium]

Kutcher S - Mental Health Promotion in Africa: The Focus on Adolescents (2016) - Dissemination of Effective Depression and Suicide Prevention Programs, Euthymia Inaugural Conference - Lisbon, Portugal

Kutcher S - Mental Health Promotion in Africa: The Focus on Adolescents. Dissemination of Effective Depression and Suicide Prevention Programs (2016) - Euthymia Inaugural Conference - Lisbon, Portugal

Uher R - Genes & Environment in the Development of Mental Health & Illness (2016) - Canadian Human & Statistical Genetics - Halifax, NS

Kutcher S - Ensuring Equitable Access and Outcomes: Interventions for Diverse Populations (2016) - Solving the Grand Challenges in Global Mental Health: Maintaining Momentum on the Road to Scale Up. Grand Challenges Canada and US National Institute of Mental Health - Washington, DC [Panel]

Kutcher S - Ensuring Equitable Access and Outcomes: Interventions for Diverse Populations. Solving the Grand Challenges in Global Mental Health: Maintaining Momentum on the Road to Scale Up (2016) - Grand Challenges Canada and US National Institute of Mental Health (NIMH) - Washinton, DC

Kutcher S - Innovations in Mental Health Promotion, Protection, Care and Funding (2016) - Out of the Shadows: Making Mental Health a Global Priority. World Bank and the World Health Organization - Washington, DC [Panel]

Kutcher S - Innovations in Mental Health Promotion, Protection, Care and Funding. Out of the Shadows: Making Mental Health a Global Priority (2016) - World Bank and the World Health Organization - Washington, DC [Panel]

Uher R - Guidelines for depression pharmacotherapy & depression psychotherapy (topic lead) (2016) - Canadian Network for Mood and Anxiety Treatments meeting - Toronto, ON [Panel]

Uher R - Anxiety and affective lability in youth at familial risk for major mood disorders: A FORBOW study report (2016) - Anxiety and Depression Association of America - Philadelphia, PA

Uher R - Transdiagnostic antecedent-based strategy for early detection of individuals at risk of severe mental illness: A FORBOW study report (2016) - Schizophrenia International Research Society - Florence, Italy

## Invited Presentations - Regional and Local

Cookey J - General Psychiatric Practice - Discussion Forum (2017) - Families Matter Group - Dartmouth, NS

Uher R - Preventing Mental Illness (2017) - University of Calgary - Calgary, AB [Seminar]

Uher R - Preventing Mental Illness (2017) - Djavad Mowafaghian Centre for Brain Health, University of British Columbia - Vancouver, BC [Seminar]

Bombay A - Indigenous health and well-being: Issues related Aging (2017) - Geriatric Academic Rounds, Faculty of Medicine, Dalhousie University - Halifax, NS [Clinical Academic Rounds]

Bombay A - Income-related inequalities in health among Canadian Indigenous populations: 2001-2012 (2017) - Community Health & Epidemiology Seminar Series - Halifax, NS [Seminar]

Bombay A - Chronic disease: The role of historical trauma and the intergenerational effects of Indian Residential schools (2017) - Nova Scotia Native Women's Association - Millbrook First Nation, Nova Scotia

Bombay A - Intergenerational trauma and resilience in First Nations contexts (2017) - Department of Educational and Counselling Psychology Seminar Series - Montreal, Quebec, Canada [Seminar]

Williams O - Down's Syndrome and Dementia (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS

Zinck S - Transgender Health: Three faculty present on Mental Health, Primary Care and Endocrinology treatment considerations (2017) - Dalhousie University Faculty of Medicine - Tupper Building, Theatre A [Inter-Professional Education]

- Zinck S - Sacred Sorrows: Depression and Anxiety and the Journey to Healing (2017) - Atlantic School of Theology/St Mary's University - Halifax, NS [Inter-Professional Education]
- Cassidy B, MacNeil M - Maximizing the Newest Stage of Life: Positive Aging (2017) - Alzheimer's Society Awareness Breakfast - Westin, Halifax Nova Scotia, Canada
- Morrison J - The Nova Scotia Early Psychosis Program (2017) - Dalhousie University - Department of Family Medicine - Halifax, NS [Clinical Academic Rounds]
- Morrison J, Pilon D - Who are these people are what do they do anyway? Your Senior Leadership Team in the Central Zone Mental Health & Addictions Program (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]
- Zinck S - Working with Gender Dysphoria in Youth (2016) - IWK Health Authority, Mental Health & Addictions Program, Provincial Forensics Teams, Team Education Retreat - Windsor, NS [Seminar]
- Morrison J - Cognitive Behavioural Therapy: A Primer for Family Physicians (2016) - Dalhousie Family Medicine Refresher Course - Halifax, NS [Workshop]
- Alexiadis M - Is it Psychosis? (2016) - Dalhousie University - Faculty of Medicine - Refresher Course - Halifax, NS
- Bombay A - The intergenerational effects of residential schools and lateral violence in First Nations communities (2016) - Lac Seul First Nation community gathering - Lac Seul First Nation
- Abidi S - Psychosis in youth: When everything seems unreal (2016) - Dalhousie University - Department of Psychiatry - Truro, Nova Scotia [Inter-Professional Education]
- Milliken H - Substance Use and Psychosis (2016) - Dalhousie University - Faculty of Medicine Community Hospital CPD program - Dartmouth, NS
- Bosma M, Murphy C, Rajda M, Teehan M - An Interactive Workshop to Enhance Teaching Skills (2016) - Dalhousie University - Department of Psychiatry - Saint John, NB [Workshop]
- Bagnell A - My Mental Health 101 (Keynote) (2016) - Halifax West High School Mental Health Day - Halifax, NS
- Bombay A - Sampling, methodology, and key findings from the First Nations Regional Early Childhood, Education and Employment Survey (2016) - Membertou First Nation - Membertou First Nation, NS. [Seminar]
- Milliken H - Overview of NSEPP: Sackville Connections Team Presentation (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Inter-Professional Education]
- Cassidy B - CBT Express: Activating Health Behavior Change in Primary Care with Fountain of Health (2016) - Dalhousie Refresher Course - World Trade and Convention Centre [Symposium]
- Bombay A - Truth and Reconciliation in Canada: The need for Action (2016) - Community Knowledge Exchange City Series - Halifax, NS [Workshop]
- Bombay A - Introducing the Wabanaki Research Network (2016) - Atlantic First Nation Health Conference - Dartmouth, NS
- Parker D - Running for your Life: The impact of a running group at the BPD treatment program (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]
- Carrey N - Interdisciplinary Collaboration in the Early Years (2016) - Conference - Halifax, Nova Scotia, Canada [Conference Workshop]
- Bombay A - Interdisciplinary research exploring the intergenerational transmission of trauma from the Indian residential School system in Canada (2016) - Canadian Nursing Students' Association Atlantic Regional Conference - Halifax, NS
- Lovas D - Are the Kids Alright? Investigating the Apparent Epidemic in Pediatric Emergency Mental Health Presentations (2016) - IWK / Emergency Medicine Department - Halifax, NS [Inter-Professional Education]

Bosma M - An Approach to Dementia Diagnosis and Management (2016) - Alzheimer's Society of Nova Scotia Annual Conference - Halifax, NS [Keynote]

Zinck S - The Transgender Child & Family (2016) - CME - Dalhousie University Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Bradley B - Family Matters meets the doctor (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Panel]

Uher R - Preventing Mental Illness (2016) - Dalhousie Faculty of Medicine Graduate Student Mental Health Awareness Week - Halifax, NS

Abbass A - Understanding the physical impact on grieving (2016) - Dalhousie University Staff - Halifax, NS [Workshop]

Ursuliak Z - The Gut Microbiome and Inflammation (2016) - Collège d'Études Ostéopathiques, Halifax campus - Halifax, NS

Hazelton L - I know it when I see it: Professionalism as it is taught and learned (2016) - Dalhousie Dept of Pediatrics - Halifax [Clinical Academic Rounds]

Abbass A - Rapid assessment and Handling of Resistance in Psychotherapy: ISTDP for the Moderate to Highly Resistant Client (2016) - 13th Halifax Immersion in Intensive Short Term Dynamic Psychotherapy - Halifax, NS

Milliken H - Update on the Early Psychosis Program: Dartmouth Community Team Outreach (2016) - Dalhousie University - Department of Psychiatry - Dartmouth NS [Inter-Professional Education]

Murphy C - Teaching and Learning at Dalhousie University, panel presentation (2016) - Dalhousie University, Center for Teaching and Learning, Faculty Orientation - Halifax, NS [Panel]

Etches S - Homebridge Network - Motivational Interviewing 2 Day Workshop (2016) - HomeBridge Youth Society - Dartmouth, NS [Workshop]

Parker D - Approach to Personality Disorders (2016) - Central Zone Addictions and Mental Health Program Orientation series - Halifax, NS

Tibbo P - Outreach Presentation (2016) - Halifax Connections - Halifax, NS

Morrison J, Singh K - Journal Club (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Journal Club]

Kutcher S - Key Trends and Challenges - What does the research say about mental health? (2016) - Council of Atlantic Ministers of Education and Training (CAMET) Mental Health Symposium - Halifax, NS [Symposium]

Uher R - Families Overcoming Risk and Building Opportunities for Well-being (2016) - Canadian College of Neuropsychopharmacology - Canadian Depression Research and Intervention Network joint annual conference - Halifax, NS [Symposium]

Butterfield M, Cookey J, Lovas D, Robichaud C - They Blinded Me with (Jeopardy neuro) SCIENCE! (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Parker D - Personality disorder presentation (2016) - Laing House - Halifax, NS

MacDonald J - Maternal mental health education (2016) - Public Health Nursing and Mental Health and Addictions - Halifax, NS

Carrey N - Emotional Regulation (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Kutcher S - Keynote Speaker (2016) - Opening Doors - End Family Violence - Millbrook First Nation, NS [Keynote]

Carrey N, Nadeem S - Factors Affecting Emotional Regulation in Teens Presenting to the Emergency Department with Suicidal Ideations / Self Harm Behaviours (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Child and Adolescent Rounds]

Bombay A - Indigenous healing and trauma: Intergenerational solutions (2016) - Research and Education for Solutions to Violence

and Abuse Annual Conference - Calgary, AB

Abbass A - Evaluating and Handling Resistance and Complexity in Intensive Short-term Dynamic Psychotherapy (2016) - University of Kentucky - Kentucky [Clinical Academic Rounds]

Kutcher S - Improving mental health care for young people and their families - What can communities do? (2016) - Tedx, Nova Scotia Community College - Dartmouth, NS

Cookey J - Eating d/o, OCD, Depression and Anxiety (2016) - Prince Andrew High School - Dartmouth, NS

Kutcher S - Solving the Grand Challenges in Global Mental Health: Addressing Youth Depression in Africa (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Kutcher S - Horizontally Integrated Pathway to Youth Mental Health Care in Malawi and Tanzania: A Global Innovation Ready for Canadian Application? (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Child and Adolescent Rounds]

Tulipan T - Pratique sensible aux traumatismes (2016) - Francophone Mental Health Community in the Maritimes - Atlantic Canada [Webinar]

Cookey J, Murray K, Poder K - "Oh, not another one!" - Motivation and barriers for using standardized outcome measure tools in community mental health programs (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Kutcher S - Campus Mental Health: Are we getting it right, or are we getting it wrong? (2016) - Interchange 2016 Conference - Halifax, NS

Brunet A - CCRB System (2016) - Atlantic Psychiatric Conference - Charlottetown, PEI

Ursuliak Z - Treatment of Psychosis (2016) - NSEPP Family Education - Halifax, NS

Stewart S - Overcoming the fear of fear: Treating anxiety sensitivity (2016) - University of Nebraska - Department of Psychology - Lincoln, NE [Workshop]

Bradley B - Family Matters meets the doctor (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Panel]

Abidi S, Propper L, Zinck S - DSM-5 classification and diagnostic challenges with a focus on autism spectrum disorder, schizophrenia spectrum and disruptive mood dysregulation disorder (2016) - 9th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference - White Point Beach Resort, NS

Zinck S - Depression 101 (2016) - Mental Health Awareness Week, CP Allen High School - Bedford, NS

Aubie C, Keshen A - Innovative Model for Self-Help Family Support: Preliminary Clinical and Research Evidence (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Abbass A - Direct Detection and Treatment of Emotional Factors in Somatic Presentations Using Davanloo's ISTDP (2016) - The Tavistock Clinic - London, UK

Aty A - Treating Resistant Depression (2016) - Colchester East Hants Health Centre - Colchester East Hants, NS

Hajek T - Neuroprotective effects of lithium? Food for thought (2016) - Centre for Affective Disorders - London, UK

Abbass A - First Nations Suicides (2016) - Government groups - Halifax, NS

Robertson N - Team Presentation at Simpson's Landing (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS

Good K - Olfactory Function and Other Biomarkers: Potential Identifiers of Premotor Parkinson's Disease (2016) - University of Pennsylvania - Philadelphia, PA

Abbass A - Direct Detection and Treatment of Emotional factors in Somatic Presentations: Using ISTDP (2016) - University of Aarhus - Denmark



- Abbass A - Assessment and management of the Resistant Psychotherapy patient: Timing and application of intervention (2016) - Norway Institute of ISTDP - Drammen Norway [Workshop]
- Etches S - Helping People Change: Motivational Interviewing and Enhancement Techniques (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS
- Ursuliak Z - Motivational Interviewing: Fundamental Skills for Working with People (2016) - Dalhousie Department of Psychiatry Academic Day - Halifax, NS
- Kutcher S - New Directions in School Mental Health - making things right (2016) - Edmonton Catholic School Board - Edmonton, AB
- Kutcher S - New Directions in School Mental Health - making things right (2016) - Edmonton Catholic School Board - Edmonton, AB
- Kutcher S - Addressing Suicide Prevention and Adolescent Depression in the School Setting (2016) - Edmonton Catholic School Board - Edmonton, AB
- Kutcher S - Addressing Suicide Prevention and Adolescent Depression in the School Setting (2016) - Edmonton Catholic School Board - Edmonton, AB
- Sulyman M - People with Intellectual Disabilities and its Challenges (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]
- Kutcher S - Youth mental health in schools: the need, the challenge, the opportunity (2016) - Edmonton Public School Board - Edmonton, AB
- Kutcher S - Youth mental health in Schools: the need, the challenge, the opportunity (2016) - Edmonton Public School Board - Edmonton, AB
- Kutcher S - Understanding Youth Suicide: a schools based approach (2016) - Edmonton Public School Board - Edmonton, AB
- Bosma M, James S - How To Give Effective Feedback (2016) - Dalhousie University - Professional Development Session - Saint John, NB
- Aspin J, Carrey N - Family Therapy (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Child and Adolescent Rounds]
- Calkin C - Pearls of wisdom: responsibilities of developing a drug trial (2016) - Dalhousie University - Centre for Clinical Research - Halifax, NS
- Cookey J - Psychiatry as a profession (2016) - Southdale Woodside School (African Heritage Program) - Dartmouth, NS
- Tibbo P - Outreach Presentation (2016) - Connections Dartmouth - Dartmouth, NS
- Bagnell A - Anxiety in Children and Adolescents (2016) - Avonview School - Windsor, NS
- Abbass A - Psychotherapy Services for Complex and Refractory Patients (2016) - Dalhousie University - Department of Psychiatry, Academic Day - Halifax, NS
- Abbass A - Unlocking the Unconscious: theoretical and empirical basis with videotape demonstration (2016) - Harvard University - Cambridge, MA [Clinical Academic Rounds]
- Abbass A - ISTDP Training Day with Dr. Allan Abbass (2016) - Boston Institute for ISTDP - Boston, USA
- Abbass A - Intensive Short-term Dynamic Psychotherapy for Somatization: Evidence base, Patient Spectra and Key Processes (2016) - Harvard University - Cambridge, MA
- O'Donovan C - Mental Health First Aid certificate (2016) - Acadia University - Wolfville, NS
- Lovas D - Are the Kids Alright? Investigating the Apparent Epidemic in Pediatric Emergency Mental Health Presentations (2016) - Dalhousie University - Department of Psychiatry - Halifax, NS [Child and Adolescent Rounds]

Propper L - Comorbid mental health issues and treatment options for children and adolescents with autism (2016) - Autism Nova Scotia, IWK Health Centre - Halifax, NS

Robertson N - Mental Health Team presentation (2016) - Bayer's Road Community Mental Health - Halifax, NS

Bagnell A - Anxiety in Young Children (2016) - Progress Centre - Halifax, NS

Morrison J - Cognitive-Behavioural Therapy - A Primer for Family Physicians (2016) - Dalhousie Spring Refresher Course (Therapeutics) - Halifax, NS

Cassidy B - Mood and Mine Games: the Neurobiology of Cognition, Mood and Physical Activity in Aging (2016) - Acadia University - Department of Kinesiology Academic Day - Wolfville, NS

Good K - Olfactory Function and Other Biomarkers: Potential Identifiers of Premotor Parkinson's Disease (2016) - Atlantic Clinical Neurosciences Society - St. John, NB

## Peer Reviewed Journal Publications

Whitehorn D, Campbell ME, Cosgrove P, Abidi S, Tibbo P (2017). A Mindfulness Based Support Group for Families in Early Psychosis: A pilot qualitative study. *Journal of Mental Health and Addictions Nursing*, 1(1), e30-e34. [Published].

Pavlova B, Perlis RH, Mantere O, Sellgren CM, Isometsä E, Mitchell PB, Alda M, Uher R (2017). Prevalence of current anxiety disorders in people with bipolar disorder during euthymia: a meta-analysis. *Psychological Medicine*, 47(6), 1107-1115. [Published] PubMed ID: 27995827.

Pillay J, Boylan K, Carrey N, Newton A, Vandermeer B, Nuspl M, MacGregor T, Ahmed Jafri SH, Featherstone R, Hartling L (2017). First- and Second-Generation Antipsychotics in Child and Adolescent: Review update. AHRQ. [Review - Published] DOI: doi: <https://doi.org/10.23970/AHRQEPCER184>.

Salmon JP, Jones SA, Wright CP, Butler BC, Klein RM, Eskes GA (2017). Methods for validating chronometry of computerized tests. *Journal of clinical and experimental neuropsychology*, 39(2), 190-210. [Published] PubMed ID: 27532256.

Nealis LJ, Collins JL, Lee-Baggley DL, Sherry SB, Stewart SH (2017). One of these things is not like the others: Testing trajectories in drinking frequency, drinking quantity, and alcohol-related problems in undergraduate women. *Addictive behaviors*, 66, 66-69. [Published] PubMed ID: 27888767.

Town JM, Lomax V, Abbass AA, Hardy G (2017). The role of emotion in psychotherapeutic change for medically unexplained symptoms. *Psychotherapy research : journal of the Society for Psychotherapy Research*, 1-13. [Published] PubMed ID: 28287345.

Williams R, Malla A, Roy MA, Joobar R, Manchanda R, Tibbo P, Banks N, Agid O (2017). What Is the Place of Clozapine in the Treatment of Early Psychosis in Canada? *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 62(2), 109-114. [Review - Published] PubMed ID: 27310245.

Stern S, Santos R, Marchetto MC, Mendes AP, Rouleau GA, Biesmans S, Wang QW, Yao J, Charnay P, Bang AG, Alda M, Gage FH (2017). Neurons derived from patients with bipolar disorder divide into intrinsically different sub-populations of neurons, predicting the patients' responsiveness to lithium. *Molecular Psychiatry*. [Published] PubMed ID: 28242870.

Vosahlikova M, Ujcikova H, Chernyavskiy O, Brejchova J, Roubalova L, Alda M, Svoboda P (2017). Effect of therapeutic concentration of lithium on live HEK293 cells; increase of Na<sup>(+)</sup>/K<sup>(+)</sup>-ATPase, change of overall protein composition and alteration of surface layer of plasma membrane. *Biochimica et Biophysica Acta*, 1861(5 Pt A), 1099-1112. [Published] PubMed ID: 28215700.

Maussion G, Cruceanu C, Rosenfeld JA, Bell SC, Jollant F, Szatkiewicz J, Collins RL, Hanscom C, Kolobova I, de Champfleury NM, Blumenthal I, Chiang C, Ota V, Hultman C, O'Dushlaine C, McCarroll S, Alda M, Jacquemont S, Ordlu Z, Marshall CR, Carter MT, Shaffer LG, Sklar P, Girirajan S, Morton CC, Gusella JF, Turecki G, Stavropoulos DJ, Sullivan PF, Scherer SW, Talkowski ME, Ernst C (2017). Implication of LRRC4C and DPP6 in neurodevelopmental disorders. *American Journal of Medical Genetics. Part A*, 173(2), 395-406. [Published] PubMed ID: 27759917.

Maussion G, Cruceanu C, Rosenfeld JA, Bell SC, Jollant F, Szatkiewicz J, Collins RL, Hanscom C, Kolobova I, de Champfleury NM, Blumenthal I, Chiang C, Ota V, Hultman C, O'Dushlaine C, McCarroll S, Alda M, Jacquemont S, Ordulu Z, Marshall CR, Carter MT, Shaffer LG, Sklar P, Girirajan S, Morton CC, Gusella JF, Turecki G, Stavropoulos DJ, Sullivan PF, Scherer SW, Talkowski ME, Ernst C (2017). Cover Image, Volume 173A, Number 2, February 2017. *American Journal of Medical Genetics. Part A*, 173(2), i. [Published] PubMed ID: 28102589.

Marouli E, Graff M, Medina-Gomez C, Lo KS, Wood AR, Kjaer TR, Fine RS, Lu Y, Schurmann C, Highland HM, Rieger S, Thorleifsson G, Justice AE, Lamparter D, Stirrups KE, Turcot V, Young KL, Winkler TW, Esko T, Karaderi T, Locke AE, Masca NG, Ng MC, Mudgal P, Rivas MA, Vedantam S, Mahajan A, Guo X, Abecasis G, Aben KK, Adair LS, Alam DS, Albrecht E, Allin KH, Allison M, Amouyel P, Appel EV, Arveiler D, Asselbergs FW, Auer PL, Balkau B, Banas B, Bang LE, Benn M, Bergmann S, Bielak LF, Blüher M, Boeing H, Boerwinkle E, Böger CA, Bonnycastle LL, Bork-Jensen J, Bots ML, Bottinger EP, Bowden DW, Brandslund I, Breen G, Brilliant MH, Broer L, Burt AA, Butterworth AS, Carey DJ, Caulfield MJ, Chambers JC, Chasman DI, Chen YI, Chowdhury R, Christensen C, Chu AY, Cocca M, Collins FS, Cook JP, Corley J, Galbany JC, Cox AJ, Cuellar-Partida G, Danesh J, Davies G, de Bakker PI, de Borst GJ, de Denus S, de Groot MC, de Mutsert R, Deary IJ, Dedoussis G, Demerath EW, den Hollander AI, Dennis JG, Di Angelantonio E, Drenos F, Du M, Dunning AM, Easton DF, Ebeling T, Edwards TL, Ellinor PT, Elliott P, Evangelou E, Farmaki AE, Faul JD, Feitosa MF, Feng S, Ferrannini E, Ferrario MM, Ferrières J, Florez JC, Ford I, Fornage M, Franks PW, Frikke-Schmidt R, Galesloot TE, Gan W, Gandin I, Gasparini P, Giedraitis V, Giri A, Grotto G, Gordon SD, Gordon-Larsen P, Gorski M, Grarup N, Grove ML, Gudnason V, Gustafsson S, Hansen T, Harris KM, Harris TB, Hattersley AT, Hayward C, He L, Heid IM, Heikkilä K, Helgeland Ø, Hernessniemi J, Hewitt AW, Hocking LJ, Hollensted M, Holmen OL, Hovingh GK, Howson JM, Hoyng CB, Huang PL, Hveem K, Ikram MA, Ingelsson E, Jackson AU, Jansson JH, Jarvik GP, Jensen GB, Jhun MA, Jia Y, Jiang X, Johansson S, Jørgensen ME, Jørgensen T, Jousilahti P, Jukema JW, Kahali B, Kahn RS, Kähönen M, Kamstrup PR, Kanoni S, Kaprio J, Karaleftheri M, Kardia SL, Karpe F, Kee F, Keeman R, Kiemenev LA, Kitajima H, Kluivers KB, Kocher T, Komulainen P, Kontto J, Kooner JS, Kooperberg C, Kovacs P, Kriebel J, Kuivaniemi H, Küry S, Kuusisto J, La Bianca M, Laakso M, Lakka TA, Lange EM, Lange LA, Langefeld CD, Langenberg C, Larson EB, Lee IT, Lehtimäki T, Lewis CE, Li H, Li J, Li-Gao R, Lin H, Lin LA, Lin X, Lind L, Lindström J, Linneberg A, Liu Y, Liu Y, Lophatananon A, Luan J, Lubitz SA, Lyytikäinen LP, Mackey DA, Madden PA, Manning AK, Männistö S, Marenne G, Marten J, Martin NG, Mazul AL, Meidtner K, Metspalu A, Mitchell P, Mohlke KL, Mook-Kanamori DO, Morgan A, Morris AD, Morris AP, Müller-Nurasyid M, Munroe PB, Nalls MA, Nauck M, Nelson CP, Neville M, Nielsen SF, Nikus K, Njølstad PR, Nordestgaard BG, Ntalla I, O'Connell JR, Oksa H, Loohuis LM, Ophoff RA, Owen KR, Packard CJ, Padmanabhan S, Palmer CN, Pasterkamp G, Patel AP, Pattie A, Pedersen O, Peissig PL, Peloso GM, Pennell CE, Perola M, Perry JA, Perry JR, Person TN, Pirie A, Polasek O, Posthuma D, Raitakari OT, Rasheed A, Rauramaa R, Reilly DF, Reiner AP, Renström F, Ridker PM, Rioux JD, Robertson N, Robino A, Rolandsson O, Rudan I, Ruth KS, Saleheen D, Salomaa V, Samani NJ, Sandow K, Sapkota Y, Sattar N, Schmidt MK, Schreiner PJ, Schulze MB, Scott RA, Segura-Lepe MP, Shah S, Sim X, Sivapalaratnam S, Small KS, Smith AV, Smith JA, Southam L, Spector TD, Speliotes EK, Starr JM, Steinthorsdottir V, Stringham HM, Stumvoll M, Surendran P, 't Hart LM, Tansey KE, Tardif JC, Taylor KD, Teumer A, Thompson DJ, Thorsteinsdottir U, Thuesen BH, Tönjes A, Tromp G, Trompet S, Tsaftakakis E, Tuomilehto J, Tybjaerg-Hansen A, Tyrer JP, Uher R, Uitterlinden AG, Ulivi S, van der Laan SW, Van Der Leij AR, van Duijn CM, van Schoor NM, van Setten J, Varbo A, Varga TV, Varma R, Edwards DR, Vermeulen SH, Vestergaard H, Vitart V, Vogt TF, Vozi D, Walker M, Wang F, Wang CA, Wang S, Wang Y, Wareham NJ, Warren HR, Wessel J, Willems SM, Wilson JG, Witte DR, Woods MO, Wu Y, Yaghootkar H, Yao J, Yao P, Yerges-Armstrong LM, Young R, Zeggini E, Zhan X, Zhang W, Zhao JH, Zhao W, Zhao W, Zheng H, Zhou W, Rotter JI, Boehnke M, Kathiresan S, McCarthy MI, Willer CJ, Stefansson K, Borecki IB, Liu DJ, North KE, Heard-Costa NL, Pers TH, Lindgren CM, Oxvig C, Kutalik Z, Rivadeneira F, Loos RJ, Frayling TM, Hirschhorn JN, Deloukas P, Lettre G (2017). Rare and low-frequency coding variants alter human adult height. *Nature*, 542(7640), 186-190. [Published] PubMed ID: 28146470.

Boerner KE, Chambers CT, McGrath PJ, LoLordo V, Uher R (2017). The impact of parental modeling on child pain responses: The role of parent and child sex. *The journal of pain : official journal of the American Pain Society*. [Published] PubMed ID: 28161474.

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## Books and Chapters

Squassina A, Pisanu C, Alda M (2017). Effect of lithium on gene expression modulation [Book Chapter]. In: Malhi GS, Masson, M, Bellivier F (Eds), *The Science and Practice of Lithium Therapy*. Springer International Publishing: Cham, Switzerland.

Hassan Sameh (2017). Synthetic Cannabinoids in Dementia [Book Chapter]. In: *Handbook of Cannabis and Related Pathologies*. Academic Press: London, UK.

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## Other Publications

Tibbo P, Crocker CE, Lam RW, Meyer J, Sareen J, Aitchison KJ (2017) Implications of Cannabis Legalization on Youth and Young Adults - Canadian Psychiatric Association [Policy Statement] [View here](#)

Abbass A (2017) ISTDP for Treatment Resistant Depression- Manual - Department of Psychiatry [Manual]

Stewart Sherry (2016) Announcing the winner of the inaugural JGI Scholar's Award for Research Excellence (Category B: Cognitive, Developmental, Biobehavioral, and Neuroimaging Research) - Journal of Gambling Issues [Opinion Editorial (Op-Ed) Piece]

Stewart Sherry & Yi, Sunghwan (2016) A tribute to Dr. Karen Gough (Finlay) - passed away January 24, 2016 - Journal of Gambling Issues [Opinion Editorial (Op-Ed) Piece]

Castleden H, Bombay A, Stewart J, Young J (2016) Youth chapter of the First Nations Regional Early Education and Employment Survey for Nova Scotia, Prince Edwards Island, and New Brunswick (Tobique First Nation) - Union of Nova Scotia Indians

Martin D, Bombay A, Stewart J, Young J (2016) Child chapter of the First Nations Regional Early Education and Employment Survey for Nova Scotia, Prince Edwards Island, and New Brunswick (Tobique First Nation) - Union of Nova Scotia Indians

Bombay A, Stewart J, Young, J (2016) Adult chapter of the First Nations Regional Early Education and Employment Survey for Nova Scotia, Prince Edwards Island, and New Brunswick (Tobique First Nation) - Union of Nova Scotia Indians

Kutcher S (2016) Suicide Risk Management - BMJ Point of Care [Best Practice Recommendations] [View here](#)

Jacobs L, Gardner DM, Murphy AL (2016) The Bloom Program Outcomes Evaluation Report - Government of Nova Scotia - Department of Health and Wellness [Expert Consensus]

Stewart SH (2016) Announcing the Winner of the Inaugural JGI Scholar's Award for Research Excellence (Category A: Clinical, Social, and/or Policy Research) - Journal of Gambling Issues [Opinion Editorial (Op-Ed) Piece]

Sulyman Mutiat (2016) Dual Diagnosis Patients need options to living in Hospitals - The Chronicle Herald [Opinion Editorial (Op-Ed) Piece] [View here](#)

Kinley J (2016) Position Paper on Psychotherapy - Canadian Psychiatric Association [Comment]

Bombay A, Young J (2016) Responding to the legacy of the Indian Residential School system and historical trauma: Past approaches and current needs - First Nations Governance and Information Centre [Expert Consensus]

## Scholarly Projects (unfunded)

Murphy A, Gardner D, Jacobs L (2017). Bloom program workshop [Medical Education or Training]

Hajek T, Alda M, Nunes A (2017 - 2018). Use of machine learning to differentiate patients with bipolar disorders from controls based on brain structure - ENIGMA secondary proposal [Development and Innovation]

Rajda M, MacNeil M, Isaacs J, Corkum P (2016 - 2018). Group Cognitive Behavioral Therapy for Insomnia (CBT-I) in Older Adults: Clinical Outcomes of a Pilot Study [Clinical]

Nicole Herschenhous, Curt Peters, Jason Morrison (2016 - 2017). Rational suicide and the provision of palliative care in a patient with severe, treatment-refractory psychiatric illness [Clinical]

## Scientific and Conference Abstracts

Jones, L, Mahu, I T, Swansburg, J, MacDonald, C, Chafe, K, Saiko, A, Morin, JF, Laroque, F, Conrod, PJ, Sherry S, & Stewart SH. Do motives for drug use predict frequency and craving in clients with opiate addiction receiving OST? [Poster] 15th annual Crossroads Interdisciplinary Health Research Conference (Halifax, NS), March 2017.

Vidovic, V, Smith, MM, Sherry SB, Stewart SH, & Saklofske, D H. Does perfectionism confer risk for anxiety symptoms? A meta-analysis of longitudinal studies. [Oral] 15th annual Crossroads Interdisciplinary Health Research Conference (Halifax, NS), March 2017.

LeBlanc, C, MacLeod, T, Hazelton L, Picketts, L, Miller, S, Bonang, L, Wong, J. How to Talk to Your Patients When You Can't Give Them What They Want: Study of the Impact of Online Learning for Choosing Wisely Communication. [Oral] 2017 Choosing Wisely National Meeting, (Calgary, AB.), February 2017.

Stewart SH, Joyce, K, Hudson, A, Goldstein, A, Ellery, M, McGrath, D, & Collins, P. A retrospective study of women's gambling behaviour across the menstrual cycle. [Poster] New Horizon's in Responsible Gambling Conference (Vancouver, BC), February 2017.

Aitchison KJ, Lodhi R, Crocker C, Macintyre G, Tibbo P, Purdon SE. Cannabis: is this really harmless? Plenary Keynote Speech. [Oral] 7th World Gene Convention 2016 (Shanghai, China), November 2016.

Abbass A, Town J, Stride C, Bernier D. A Randomized Controlled Trial of Intensive Short-term Dynamic Psychotherapy for Treatment Refractory Depression. [Poster] Research Day (Halifax, NS), October 2016.

Campbell LA, Wilson M, Lovas DA. Opening the Door: Inviting Patient and Family Perspectives on Pediatric Mental Health Emergencies in Nova Scotia. [Poster] 2016 Canadian Association of Paediatric Health Centres (CAPHC) Annual Conference (Halifax, NS), October 2016.

Tibbo P, Achim A, Malla A, Banks N, Roy MA. Preliminary exploration of the current use of long-acting injectable antipsychotics in Canadian early intervention services for psychosis. [Poster] International Early Psychosis Association (IEPA) Bi-Annual Meeting (Milan, Italy), October 2016. Published: October 2016, *Early Intervention in Psychiatry*, 10 179.

Tibbo P, CCEIP. The CCEIP Relapse Risk Assessment in Early Phase Psychosis Questionnaire. [Poster] International Early Psychosis Association (IEPA) Bi-Annual Meeting (Milan, Italy), October 2016. Published: October 2016, *Early Intervention in Psychiatry*, 10 151.

Tibbo P, CCEIP. The CCEIP Decision-Making Tool. [Poster] International Early Psychosis Association (IEPA) Bi-Annual Meeting (Milan, Italy), October 2016. Published: October 2016, *Early Intervention in Psychiatry*, 10 151.

MacKenzie L, Patterson V, Drobinin V, Elaine S, Bagnell A, Abidi S, Propper L, Pavlova B, Uher R. Verbal Memory Impairment in Children of Parents Who Experience Psychotic Symptoms. [Poster] IEPA 10th International Conference on Early Intervention in

Mental Health – "Looking Back, Moving Forward" (Milan, IT), October 2016.

Fisher H, Caspi A, Moffitt T, York-Smith M, Newbury J, Uher R, Arseneault L. Poly-victimisation and Adolescent Psychotic Symptoms in a Nationally-Representative Prospective Cohort Study of Twins. [Poster] IEPA 10th International Conference on Early Intervention in Mental Health – (Milan, IT), October 2016.

Uher R, Propper L, Lovas D, Bagnall A, Abidi S, Pavlova B, Alda M. A Transdiagnostic Strategy for Early Identification of Risk for Severe Mental Illness. [Poster] IEPA 10th International Conference on Early Intervention in Mental Health – "Looking Back, Moving Forward" (Milan, IT), October 2016.

Uher R, Pavlova B, Awadia A, Bagnell A, Abidi S, Pencer A, Morrison J. Skills for Wellness: An Early Intervention to Preempt Mood and Psychotic Disorders in Non-treatment Seeking High-risk Youth. [Poster] IEPA 10th International Conference on Early Intervention in Mental Health – (Milan, IT), October 2016.

Nolin M, Abdel-Baki A, Tibbo P, Banks N, Malla A. Early Intervention for Psychosis in Quebec (Canada): Successes and Challenges for Both Academic and Non-Academic Programs. [Poster] International Early Psychosis Association (IEPA) Bi-Annual Meeting (Milan, Italy), October 2016. Published: October 2016, *Early Intervention in Psychiatry*, 10 210.

Tibbo P, Abidi S, Methot D, Burke L, Whitehorn D. Key Findings in Early Psychosis: A knowledge sharing initiative. [Poster] International Early Psychosis Association (IEPA) Bi-Annual Meeting (Milan, Italy), October 2016. Published: October 2016, *Early Intervention in Psychiatry*, 10 147.

Lal S, Czesak A, Marandola G, Tibbo P, Manchanda R, Williams R, Joobor R, Banks N, Malla A. Factors Related to Relapse from the Perspectives of Young Adults Receiving Services for First-Episode Psychosis. [Poster] International Early Psychosis Association (IEPA) Bi-Annual Meeting (Milan, Italy), October 2016. Published: October 2016, *Early Intervention in Psychiatry*, 10 143.

Roy MA, Malla A, Joobor R, Demers MF, Abdel Baki A, Raedler T, Banks N, Tibbo P, Agid O, Williams R. Clozapine use in Early Intervention programs across Canada. [Poster] International Early Psychosis Association (IEPA) Bi-Annual Meeting (Milan, Italy), October 2016. Published: October 2016, *Early Intervention in Psychiatry*, 10 148.

Milliken H, Butler B, Audas L. The Cognitive Effects of Niaspan as an Adjunct to Atypical Antipsychotic Medication in the Treatment of First Episode Psychosis: A Case Study. [Poster] The 10th International Conference on Early Intervention in Mental Health (Milan, Italy), October 2016.

Tibbo P, Ursuliak Z, Abidi S, Crown M, Crocker C, Hughes J. Improving the transition from early intervention services to community care. [Poster] International Early Psychosis Association (IEPA) Bi-annual Meeting (Milan, Italy), October 2016. Published: October 2016, *Early Intervention in Psychiatry*, 10 213.

Milliken H, Butler B, Audas L. The Cognitive Effects of Niaspan as an Adjunct to Atypical Antipsychotic Medication in the Treatment of First Episode Psychosis: A Case Study. [Poster] Department of Psychiatry Annual Research Day (Halifax, NS), October 2016.

Tibbo P. Service Delivery Research in Early Intervention for Psychosis. [Oral] Dalhousie Department of Psychiatry 26th Annual Research Day (Halifax, NS, Canada), October 2016.

Higgins K, Pencer A, Tibbo P, Crocker C. Impact of an early psychosis program on cognitive functioning: An examination of time and sex differences in the first six months of treatment. [Poster] Dalhousie Department of Psychiatry 26th Annual Research Day (Halifax, NS, Canada), October 2016.

Sapieha M, Tibbo P. Gender differences in engagement through the early psychosis program based on initial referral source. [Poster] Dalhousie Department of Psychiatry 26th Annual Research Day (Halifax, NS, Canada), October 2016.

Holmans M, Tibbo P, Crocker C. A preliminary study of cannabis use impact on females with early psychosis. [Poster] Dalhousie Department of Psychiatry 26th Annual Research Day (Halifax, NS, Canada), October 2016.

Crocker C, McAllindon D, Bernier D, Jakeman D, Tibbo P. Differences in Brain Metabolites Between Males and Females with First-Episode Psychosis. [Poster] Dalhousie Department of Psychiatry 26th Annual Research Day (Halifax, NS, Canada), October 2016.

Good K. Predict Parkinson's Project: Olfactory function, cognition and diffusion tensor imaging as early assessment of risk. [Oral] Non Motor Dysfunctions in Parkinson's and Related Disorders (Ljubjana, Slovenia), October 2016.

- Cassidy B. Paradigm Shifts in Psychotherapy for Seniors with Depression and Anxiety: Enhanced Cognitive Behavioral Therapy (eCBT) and Novel Knowledge Transfer Initiatives across Health Settings. [Poster] Canadian Academy Geriatric Psychiatry Annual Scientific Meeting (Quebec, QC), October 2016.
- Mahu, I, Swansburg, J, & Stewart SH. Four-Factor Personality Model and Polysubstance Use in Methadone Maintenance Therapy Clients. [Poster] 50th Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT-SIG) (New York, NY), October 2016.
- Kehayes, I L, Hudson, A, Thompson, K, Wekerle, C, & Stewart SH. Consequences of alcohol-involved sexual victimization in college men and women. [Poster] Dalhousie University Department of Psychiatry's 26th Research Day (Halifax, NS), October 2016.
- 25 Collins, J-L, Thompson, K, & Stewart SH. A test of the mediating roles of drinking motives and contexts in explaining the relation of social anxiety to alcohol-related problems. [Poster] 50th Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT) (New York, NY), October 2016.
- Cowie, M E, Stewart SH, Salmon, J P, Collins, P, Saleminck, E, Boffo, M, de Jong, D, Smits, R, & Wiers, R W. A Prospective Examination of the Relation between Cognitive Distortions and Gambling Behavior and Problems in a Sample of Dutch Gamblers. [Poster] Dalhousie University's 26th Annual Psychiatry Research Day (Halifax, NS), October 2016.
- Ivany, M, Thompson, K, Davis-MacNevin, P, Hudson, A, & Stewart SH. The challenge of coping with stress in university: A student perspective. [Poster] Dalhousie University's 26th Annual Psychiatry Research Day (Halifax, NS), October 2016.
- Bartel, S, Sherry S, Molnar, D, Mushquash, A, Leonard, K, Flett, G L, & Stewart SH. Heavy episodic drinking among romantic partners: Support for the partner influence hypothesis using a 3-Year longitudinal design. [Poster] Dalhousie University's 26th Annual Psychiatry Research Day (Halifax, NS), October 2016.
- Joyce, K, Hudson, A, Goldstein, A, Ellery, M, McGrath, D, & Stewart SH. A retrospective study of female gambling behaviour across the menstrual cycle. [Oral] Dalhousie University's 26th Annual Psychiatry Research Day (Halifax, NS), October 2016.
- Abbass A. Modified Short-term Dynamic Psychotherapy: addressing neurobiological, affective and interpersonal function. [Oral] Schizophrenia Society of Canada Meeting (Halifax, NS), October 2016.
- Meagan MacNeil, Keri-Leigh Cassidy. Changing Attitudes Towards Aging Using a CBT Framework and Education in Participants of an Enhanced CBT Group (eCBT) for Seniors with Anxiety and Depression. [Oral] Canadian Academy of Geriatric Psychiatry 25th Annual Scientific Meeting (Quebec City, Quebec, Canada), September 2016.
- Warren, A, Bosma M, Hazelton L. Remediation in an Era of Competency Based Education. (Workshop). [Oral] International Conference on Residency Education (ICRE) (Niagara Falls, ON.), September 2016.
- Gautam M, Hazelton L, Casiro O, Bushe G, Kirby F. Engage Others: Effective Communication Skills for Leaders. [Poster] Toronto International Symposium on Leadership Education for Physicians. (Niagara Falls, ON.), September 2016.
- Sterniczuk R, Good KP, Leslie R, Fisk J, Phillips G, McKelvey R, Schoffer K, Rockwood K, Wojtowicz M, Rolheiser T, Theou O, Lewis D, Armstrong M, Khan MN, Chaisson P, MacKnight C, Schmidt M, Newman A, Rusak B, Robertson H. Examination of non-motor symptoms in early-stage Parkinson's disease. [Poster] World Parkinson Congress (Portland Oregon), September 2016.
- Wan J, Murphy C. Combining web-based interactive modules with small-group learning in undergraduate medical teaching. [Poster] Association for Academic Psychiatry Annual Meeting (San Juan, Puerto Rico), September 2016.
- Milliken H. Updates to the RCPSC Maintenance of Certification Program and the RCPSC Competence by Design Initiative. [Oral] CPA 66th annual conference (Toronto, Ontario, Canada), September 2016.
- Newton M, Bagnell A, Wilansky P, Shahab R. A Pan-Canadian eHealth Research Symposium on the Treatment of Adolescent Anxiety and Depression. [Oral] 22nd International Association of Child and Adolescent Psychiatry and Allied Professionals Conference (Calgary, Alberta), September 2016. Published: October 2016, IACACAP 2016, 25(Supplement) 153.
- Tibbo P, Malla A, Hastings T. New Clinical Tools for Intervention in Early Psychosis. [Oral] Canadian Psychiatric Association Annual Conference (Toronto, ON, Canada), September 2016.

Tibbo P, Borsato A, Hardy K, Banks N. ARC Self Assessment Program. [Poster] Canadian Psychiatric Association (CPA) Annual Conference (Toronto, Ontario), September 2016.

Uher R, Lovas D, Bagnell A, Pavlova B, Propper L, Abidi S, Cumby J, Alda M. Developmental antecedents, early identification and prevention of severe mental illness in high-risk youth. [Oral] 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress and the 36th Annual Conference for the Canadian Academy of Child and Adolescent Psychiatry (Calgary, AL), September 2016. Published: September 2016, IACAPAP 2016 Abstracts 125.

Gardner W, Robb M, Junek W, Pajer K. Rethinking Child Psychiatric Assessment: Quality of Care, Family Engagement, and System Outcomes. [Oral] International Association of Child and Adolescent Psychiatry and Allied Professionals / Canadian Academy of Child and Adolescent Psychiatry Joint Meeting (Calgary, AB), September 2016.

Fisher D, Tibbo P. Mismatch Negativity (MMN) Elicited by Simple Deviance and Pattern Deviance in Early Psychosis. [Poster] Society for Psychosocial Research (SPR) Annual Meeting (Minneapolis, Minnesota), September 2016.

Propper L, Cumby J, Drobinin V, Glover JM, MacKenzie LE, Morash-Conway J, Neville S, Abidi A, Bagnell A, Lovas D, Gardner W, Pajer K, Hajek T, Alda M, Uher R. Disruptive mood dysregulation disorder and familial history of major mood disorders: FORBOW data. [Poster] 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress and the 36th Annual Conference for the Canadian Academy of Child and Adolescent Psychiatry (Calgary, AL), September 2016. Published: September 2016, IACAPAP 2016 Abstracts 235.

Abbass A. Treatment Resistant Depression. [Oral] IEDTA Bi Annual Conference (Amsterdam, NL), September 2016.

Abbass A, Town J. Research in Short-term Dynamic Therapy. International Experiential Dynamic Therapy Association,. [Oral] IEDTA Bi Annual Conference (Amsterdam, NL), September 2016.

Stewart-Hill B, Stewart SH, Cowie M, Salmon JP, Collins P, Salemink E, Boffo M, deJong D, Smits R, & Weirs R. Validation of the Gambling Cognitions Inventory in a Sample of Dutch Gamblers and its Relation to Gambling-Related Problems and Behaviors. [Poster] 17th Annual NCRG Conference on Gambling and Addiction (Las Vegas, Nevada.), September 2016.

Salmon JP, Cowie M, Collins P, Salemink E, Boffo M, Weirs R, & Stewart SH. Measuring implicit biases towards gambling stimuli in problem gamblers from Canada and the Netherlands: The perils of cross-cultural internet research. [Poster] 17th Annual NCRG Conference on Gambling and Addiction (Las Vegas, Nevada.), September 2016.

Campbell LA, Lovas DA, Kephart G, Blake J. In Through the Out Door: Understanding Increasing Rates of Pediatric Emergency Mental Health Presentations from a System Perspective. [Oral] Operational Research Applied to Health Services (ORAHS) 2016 (Pamplona, Spain), July 2016.

Hajek T. Effects of lithium, illness burden and insulin resistance on the brains of patients with bipolar disorders. [Oral] 18th Annual Conference of Society for Bipolar Disorders and 8th Biennial conference of the International Society for Affective Disorders (Amsterdam, Netherlands), July 2016.

Calkin CV. C. Calkin. Insulin resistance takes center stage: a new paradigm in the progression of bipolar disorder. [Poster] International Society for Bipolar Disorders/ Affective Disorders annual meeting (Amsterdam), July 2016. Published: July 2016, Special Issue: 18th Annual Conference of the International Society for Bipolar Disorders & 8th Biennial Conference of the International Society for Affective Disorders, 18(S1) 100.

Uher R. Unmet needs of parents with major mood disorders and their offspring: towards acceptable early interventions in families at risk. [Poster] 18th Annual Conference of the International-Society-for-Bipolar-Disorders / 8th Biennial Conference of the International-Society-for-Affective-Disorders (Amsterdam, Netherlands), July 2016.

Wojtowicz M, Good K, Storey C, Robertson R, Fisk JD. Olfaction, information processing speed, and performance variability in early Parkinson's disease. [Poster] International Neuropsychological Society (London, UK), July 2016.

Wojtowicz M, Good K, Storey C, Robertson H, Fisk J. Olfaction and Cognition in First-degree Relatives of Individuals with Parkinson's Disease. [Poster] International Neuropsychological Society (London, UK), July 2016.

Stewart S, Olthuis J, Watt M, MacKinnon SP. Transdiagnostic treatment for posttraumatic stress and alcohol use behaviors and

cognitions: A randomized controlled trial. [Poster] Cutting-edge research on nature, etiology, and treatment symposium conducted at the PTSD: Causes, Consequences, Responses Multidisciplinary Conference (St. John's, NL), July 2016.

Stewart S, Thompson K, Moore C, Hudson A, Wekerle C. A chained mediation model from childhood maltreatment to problem drinking through PTSD symptoms and drinking to cope: Investigation in youth receiving child welfare services. [Poster] Cutting-edge research on nature, etiology, and treatment symposium conducted at the PTSD: Causes, Consequences, Responses Multidisciplinary Conference (St. John's, NL), July 2016.

Bowen GM, Zurawski R, Thacker R, Good K(2016) , Calgary AB. Exploring the issue of scientists being encouraged to directly engage the general public. [Poster] Canadian Society for Studies in Education (Calgary AB), June 2016.

Lodhi RJ, Wang Y, MacIntyre G, Crocker C, Carvalho Henriques B, Sivapalan S, Rossolatos D, Whitford R, Tibbo P, Purdon SE, Aitchison KJ. In young Canadians, COMT and BDNF variants significantly affect age of onset of psychosis after cannabis use. [Poster] Canadian College of Neuropsychopharmacology Annual Meeting (Halifax, NS, Canada), June 2016.

Lepage M, Tibbo P, Shah J, Chakravatry M, Palaniyappan L. The psychosis continuum: Neuroimaging explorations of at-risk and first episode populations. [Poster] Joint CCNP/CDRIN Meeting (Halifax, Nova Scotia), June 2016.

Hazelton Lara, Allen, M, MacLeod, T, LeBlanc, C, Boudreau, M. Medical Faculty Understanding of Treatment Effect Measures and Use in Their Clinical Teaching. [Oral] 17th Annual Symposium on Medical/Health Professions Education and Interprofessional Learning. Dalhousie Division of Medical Education. (Halifax), June 2016.

Hazelton Lara, Warren, A, Silver Smith, C, LeBlanc, C, Rajda, M, Boudreau M, Shearer, C. Remediation in Postgraduate Medical Education: Practice, Perspectives and Professional Development Requirements. [Oral] 17th Annual Symposium on Medical/Health Professions Education and Interprofessional Learning. Dalhousie Division of Medical Education (Halifax), June 2016.

LeBlanc, C, MacLeod, T, Bonang, L, Miller, S, Hazelton Lara, Wong, J, Picketts, L. Try-Try-Apply for Choosing Wisely Canada: A Continuing Professional Development Initiative. [Oral] 17th Annual Symposium on Medical/Health Professions Education and Interprofessional Learning. (Halifax), June 2016.

Stewart S, MacKinnon SP, Couture ME, Cooper ML, Kuntsche E, O'Connor RM, and the DRINC Team. Drinking motives in 10 countries: A cross-cultural comparison. [Poster] Social influences on addictive behavior symposium conducted at the 77th Canadian Psychological Association Annual Convention (Victoria, BC), June 2016.

Stewart S, Martin M, Zahradnik M, Stevens D, Ungar M, Wekerle C, Mahu IT. Role of resilience in alcohol / drug use in Canadian First Nations youth. [Poster] Health consequences of violence exposure among youth symposium conducted at the 77th Canadian Psychological Association Annual Convention (Victoria, BC), June 2016.

Stewart S, Hudson A, Wekerle C, Ellenbogen S, Goldstein A, Waechter R. Posttraumatic symptoms explain links between childhood sexual assault and problem drinking in adolescents: The Maltreatment and Adolescent Pathways study. [Poster] Health consequences of violence exposure among youth symposium conducted at the 77th Canadian Psychological Association Annual Convention (Victoria, BC), June 2016.

Bowen GM, Zurawski R, Thacker R, Good K. Exploring the issue of scientists being encouraged to directly engage the general public. [Poster] Canadian Society for Studies in Education (Calgary, AB), June 2016.

Stewart S, Fraser R, Kehayes IL, Mackinnon SP, Leonard K. An investigation of similarity in couples, drinking motivations and drinking behaviours. [Poster] Social influences on addictive behavior symposium conducted at the 77th Canadian Psychological Association Annual Convention (Victoria, BC), June 2016.

Stewart S, Castellanos-Ryan N, Vitaro F, Conrod PJ. Why my friends drink is why I drink. [Poster] Social influences on addictive behavior symposium conducted at the 77th Canadian Psychological Association Annual Convention (Victoria, BC), June 2016.

Stewart S. How does inexpensive research fare in the journal review process? [Poster] Doing quality research in health psychology cheaply symposium conducted at the 77th Canadian Psychological Association Annual Convention (Victoria, BC), June 2016.

Konstantinidis G, Decaire J, Chen S, Krupa T, Stuart H, Stewart SH. Queen's for the boys: Engaging male students in health promotion activities at Queen's University. [Poster] 24th Annual Convention of the Society for Prevention Research (San Francisco,

CA), June 2016.

Henderson L, Dobson K, Stewart SH. Man-up for mental health: Challenging male drinking culture at University of Calgary. [Poster] 24th Annual Convention of the Society for Prevention Research (San Francisco, CA), June 2016.

Stewart SH, Davis-MacNevin P, Thompson K, Teehan M, Hudson A. The Prosocial project: An evaluation of student-led interventions to reduce alcohol-related harm and promote mental health at Dalhousie. [Poster] 24th Annual Convention of the Society for Prevention Research (San Francisco, CA), June 2016.

MacKenzie LE, Patterson V, Drobinin V, Pavlova B, Fisher H, Abidi S, Bagnell A, Propper L, Alda M, Uher R. Emotional decision-making and psychotic symptoms in youth at high familial risk for severe mental illness. [Oral] 71st Annual Society of Biological Psychiatry Meeting (Atlanta, GA), May 2016.

Aitchison K, Lodhi R, Wang Y, Rossolatos D, Whitford R, Macintyre G, Crocker C, Flanagan RJ, Rietschel M, Maier W, Dernovesek M, Souery D, Cattaneo A, Uher R, Craig IWC, McGuffin P, Henriques B, Siapalan S, Tibbo P, Purdon S. Effects of gender on moderating gene-environment interactions in depression and psychosis. [Poster] Society of Biological Psychiatry 71st Annual Scientific Convention and Meeting (Atlanta, Georgia), May 2016.

Uher R, Abidi S, Bagnell S, Propper L, Morrison J, Hajek T, Tibbo P, Alda M. Combination of genetic risk and psychopathological antecedents as indication for pre-emptive early interventions. [Poster] Society of Biological Psychiatry 71st Annual Scientific Convention and Meeting (Atlanta Georgia), May 2016. Published: May 2016, Biological Psychiatry Abstract 488.

Abbass A. Psychotherapy Services for Complex and Refractory Patients. [Oral] Academic Day (Halifax, NS), May 2016.

Jones S, Green J, Skene E, Eskes G. Does working memory training work? A pilot study in Parkinson's Disease. [Poster] 44th Annual Meeting of the International Neuropsychological Society (Canada), May 2016.

Allen M, MacLeod T, O'Brien B, Holloway G, Hazelton L, Simpson D, Handfield-Jones R, Sinclair D. The presentation and understanding of statistical measures of treatment benefit/harms in Canadian medical education. [Oral] Canadian Conference on Medical Education: Accountability from Self to Society (Montreal, QC), April 2016.

## Editorial Member Activities

Stewart S : 2017 - present: Addictions [Associate Editor] .

Stewart S : 2016 - present: Cannabis [Member of Editorial Board] .

Calkin C : 2016 - present: Bipolar Disorders - An International Journal of Psychiatry and Neurosciences [Member of Editorial Board].

Stewart S : 2016 - present: Frontiers in Psychology [Member of Editorial Board] .

Stewart S : 2016 - present: Cognitive Therapy and Research [Associate Editor] .

Stewart S : 2016 - present: Journal of Personality and Social Psychology: Personality Processes and Individual Differences [Member of Editorial Board] .

Hazelton L : 2016 - present: Pharos [Member of Editorial Board] .

Sadek J : 2016 - present: Academic Psychiatry [Member of Editorial Board] .

Hajek T : 2016 - present: International Journal of Bipolar Disorders Editorial Board [Member of Editorial Board] .

Hajek T : 2015 - 2016: Current Alzheimer Research [Guest Editor] .

Lauria-Horner B : 2015 - present: Dual Diagnosis: Open Access [Member of Editorial Board] .

Lauria-Horner B : 2014 - present: Journal of Neuroscience and Rehabilitation [Member of Editorial Board] .



- Abbass A : 2014 - present: Applied Psychology [Member of Editorial Board] .
- Stewart S : 2014 - present: Psychology of Addictive Behaviors [Member of Editorial Board] .
- Propper L : 2014 - present: Austin Journal of Psychiatry and Behavioural Science [Member of Editorial Board] .
- Lauria-Horner B : 2013 - present: Journal of Neurology and Psychology, Avens Publishing Group [Member of Editorial Board] .
- Gardner D : 2013 - present: Canada's Foremost Mental Health and Addiction Network, Centre for Addiction and Mental Health [Member of Editorial Board] PORTICO National Editorial Board.
- Uher R : 2013 - present: Social Psychiatry and Psychiatric Epidemiology [Member of Editorial Board] .
- Propper L : 2013 - present: Annals of Psychiatry and Mental Health [Member of Editorial Board] .
- Kutcher S : 2013 - present: Journal of Medical Science [Member of Editorial Board] .
- Stewart S : 2012 - present: Journal of Behavioral Addictions [Member of Editorial Board] .
- Alda M : 2012 - present: International Journal of Bipolar Disorders [Member of Editorial Board] .
- Uher R : 2012 - present: Depression and Anxiety [Associate Editor] .
- Alda M : 2012 - present: Journal of Psychiatry and Neuroscience [Associate Editor] .
- Abbass A : 2012 - present: Psyche Nuova [Member of Editorial Board] .
- Delva N : 2011 - present: Journal of ECT [Member of Editorial Board] .
- Abbass A : 2010 - present: Journal of Unified Psychotherapy, American Psychiatric Association [Member of Editorial Board].
- Alda M : 2010 - present: Pharmacopsychiatry [Member of Editorial Board] .
- Alda M : 2010 - present: Depression Research and Treatment [Member of Editorial Board] .
- Stewart S : 2010 - present: Journal of Gambling Issues [Editor in Chief] .
- Propper L : 2009 - present: Child and Adolescent Psychopharmacology News [Member of Editorial Board] .
- Alda M : 2007 - present: Open Psychiatry Journal [Member of Editorial Board] .
- Alda M : 2007 - present: Open Neuroscience Journal [Member of Editorial Board] .
- Kutcher S : 2007 - present: Journal of Psychiatric Research [Member of Editorial Board] .
- Delva N : 2007 - present: Canadian Journal of Psychiatry [Member of Editorial Board] .
- Stewart S : 2006 - present: Current Drug Abuse Reviews [Associate Editor] .
- Gardner D : 2005 - present: Canadian Pharmacists Association (CPhA): eTherapeutics (Therapeutic Choices; Compendium of Pharmaceutical Specialties) [Member of Editorial Board] .
- Teehan M : 2005 - present: Au'jourd'hui (Psychiatry Today) [Member of Editorial Board] .
- Tibbo P : 2005 - present: Canadian Journal of Psychiatry [Member of Editorial Board] .
- Kutcher S : 2004 - present: Neuropsychiatric Disease and Treatment [Honorary Member] .
- Alda M : 2001 - present: Bipolar Disorders [Member of Editorial Board] .
- Gardner D : 1998 - present: Journal of Clinical Pharmacy and Therapeutics (Blackwell Science, Oxford) [Associate Editor].
- Kutcher S : 1998 - present: Journal of Child and Adolescent Psychopharmacology [Member of Editorial Board] .

Carrey N : 1998 - present: Child and Adolescent Psychopharmacology News [Member of Editorial Board] .

Carrey N : 1998 - present: Atlantic Psychopharmacology Quarterly [Member of Editorial Board] .

Alda M : 1997 - present: Psychiatrie [Member of Editorial Board] .

Kutcher S : 1996 - present: Child and Adolescent Pharmacology News [Member of Editorial Board] .

## Research Ethics Board Members:

Stewart S : 2012 - 2016: Health Sciences Research Ethics Board [Member] - Dalhousie University

MacNeil M : 2015 - present: Research Ethics Board [Member] - NSHA



