A photograph of two researchers, an older man with glasses and a beard, and a younger man with glasses, examining a white head model. The model is wearing a blue cap with numerous white EEG electrodes. The background shows computer monitors displaying data. The text 'Department of Psychiatry' is in black, and '2017-2018 Annual Report' is in large white letters.

# Department of Psychiatry 2017-2018 Annual Report





# 2017-2018

## Department of Psychiatry

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# Message from the Head. A year in review.

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It is a great pleasure to look back on this very successful and eventful year in the life of the Department of Psychiatry. At the front of this document are the raw figures which tell the story of our productivity. The number of patients served in the diverse programs we provide is indeed impressive. Our educational activities are outstanding, as we gear up for the changes that Competency by Design will bring. With \$2.58M in new grants and \$16.3M in ongoing funding, our research is obviously thriving. We can be proud of the effort our faculty has expended in our core clinical and academic activities.

We have had some new arrivals and some departures during this year. Joining us were Drs. Sanjana Shridharan, Jeff Buttle, Miroslava Kolajova, Anand Natarajan, Johnson Agbodo, Zhila Fazeli, Candice Crocker, Ingrid Waldron, and Yifeng Wei. Dr. Amr Aty left to return to his native Egypt in December, and Dr. Doug Maynes formally retired during the year.

Clinical programs are preparing for some disruption in Dartmouth after the Purdy building was deemed unsafe to house 24/7 programs by the fire marshal. Accordingly, the Mayflower unit will relocate to Coral Hall temporarily, and the inpatient addictions unit will be housed at Simpson Landing. During the year, Eastern and Northern zones have continued to suffer with lack of psychiatric resources. Through the Bayers Road clinic we have been offering telehealth services to those areas as a means of support. We are also joining a committee to aid recruitment in those zones.

Dr. Phil Tibbo has spearheaded an initiative to make specialty services more accessible to rural parts of the province. He and the team have developed a program offering support and consultation to all zones, coordinated from the NS Early Psychosis Program.

Provincial Services Planning, ongoing since 2015, wrapped up late in the year with the publication of its work in a document called Milestones on our Journey. Many members of the department contributed to the work, and continue to work with colleagues throughout the province to carry out the recommendations of the report.

Once again we have had awards and honours showered on our department this year. You find details on page 20 onwards. Congratulations to all who have been honoured.

As we prepare to move into a new era of postgraduate training, preparations have been gearing up. In both the main program and in our subspecialty programs evaluation

committees have been struck. Faculty Development is at the heart of the new approach and there has been much activity on that front. We will be hiring an evaluation specialist in medical education in the near future. Our education leaders continue to work with the Royal College of Physicians and Surgeons to prepare for this seismic shift. Meanwhile our success in matching highly qualified candidates in the CaRMS match continues. We will welcome our new trainees in early July. And on that note I wish every success and happiness to an excellent graduating class of 2018.

Subspecialty training in our two active programs has been ramping up and we will soon see our trained subspecialists joining their colleagues in the field. We continue to support both programs through our practice plan, and have been advocating with government to shift that burden to the province, which benefits from attracting these specialists.

We are nearing the completion of the first full year of our graduate training program in Research in Psychiatry. Our first class have had a highly successful year and have been very visible in the department. The recruitment went very well for the second incoming class, with two of the candidates winning Killam scholarships.

Dr. Patrick McGrath has taken on the task of setting up a PhD program to complement the Master's. He has been highly effective with this process and we are confident the final hurdles will be cleared in the near future. The success of this application was greatly helped by how well the setting up of the Master's program unfolded. Our thanks are due to Sherry Stewart and Kim Good who have co-led the program, and to the many faculty who teach and supervise the students. A special thanks to Jen Brown, whose work has led to smooth sailing in this new endeavour.

All in all this has been a very good year for our department.



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

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







# Department of Psychiatry at a Glance 2017-2018

The Department of Psychiatry is a clinical academic department within the Faculty of Medicine at Dalhousie University in Halifax, Nova Scotia. Our mission is threefold—to provide excellent clinical care, superior educational programs and cutting edge research in psychiatry.

We're home to more than 250 faculty located across the province, country and even some around the world. Locally, faculty work out of the Queen Elizabeth II (QEII) Health Sciences Centre, the IWK Health Centre, the East Coast Forensic Hospital, the Nova Scotia Hospital and various community clinics in the province.

## 254

FACULTY MEMBERS

## 17

CROSS-APPOINTED

## 14

ADJUNCT

## Clinical Care

# 80,742

DAYS WERE SPENT IN ADULT INPATIENT SERVICES

# 1,534

DISCHARGES FROM ADULT INPATIENT CARE (INCLUDES 206 FROM ECFH)

# 137,102

VISITS TO ADULT OUTPATIENT SERVICES (DOES NOT INCLUDE MHMCT AND PSYCH ER):

**49,130** VISITS TO MENTAL HEALTH AND ADDICTIONS/ COMMUNITY MENTAL HEALTH CLINICS

**11,881** VISITS TO FORENSIC SERVICES AND OFFENDER HEALTH

**29,468** VISITS TO SPECIALTY MENTAL HEALTH SERVICES

**13,290** VISITS TO INPATIENT/ URGENT CARE & CRISIS

**33,333** VISITS TO RECOVERY AND INTEGRATIONS SERVICES

# 51,051

VISITS AT THE CHILD AND ADOLESCENT OUTPATIENT SERVICES

**6,100** VISITS TO ADOLESCENT INTENSIVE SERVICES

**1,930** VISITS TO CHILDREN'S RESPONSE UNIT

**4,374** VISITS TO C&A SPECIFIC CARE CLINICS

**20,429** VISITS TO C&A MENTAL HEALTH & ADDICTIONS COMMUNITY CLINICS

**2,2575** VISITS TO C&A CRISIS SERVICES AND FUNDS (FOLLOW UP NEXT DAY SERVICE)

**611** VISITS TO GARRON CENTRE AFTERCARE

**1,764** VISITS TO REPRODUCTIVE MENTAL HEALTH

**2,586** VISITS TO SCHOOL MENTAL HEALTH

**10,123** VISITS TO C&A FORENSICS



## Research

80

STUDENTS WERE SUPERVISED FOR VARIOUS RESEARCH PROJECTS:

20 UNDERGRADUATE

16 GRADUATE

7 RESEARCH IN MEDICINE

33 DOCTORATE

4 POSTGRADUATE FELLOWS

112

PEER REVIEWED JOURNALS

84

ABSTRACTS PRODUCED BY FACULTY

10

BOOK CHAPTERS PRODUCED BY FACULTY

\$2.85M

\$2,853,697 IN NEW GRANT MONEY

\$16.3M

\$16,250,386 IN CONTINUING GRANTS

24

FACULTY MEMBERS ACTIVELY ENGAGED IN RESEARCH

## Education

39

RESIDENTS

2

SUBSPECIALTY RESIDENTS

8

OF EIGHT CANDIDATES MATCHED DURING FIRST ROUND OF CARMS

3

CARMS MATCHES FROM DALHOUSIE

120

CORE STUDENTS ROTATED THROUGH OUR SERVICES AT TRADITIONAL CLERKSHIP SITES:

73 IN THE HALIFAX REGIONAL MUNICIPALITY

17 AT DISTRIBUTED SITES IN AMHERST, CHARLOTTETOWN, SYDNEY AND TRURO

30 AT DALHOUSIE MEDICINE NEW BRUNSWICK SITES WITH 16 OF THOSE AT LONGITUDINAL INTEGRATED CLERKSHIP (LIC) SITES

3

NEW SELF-DIRECTED LEARNING MODULES WERE DEVELOPED AND INTRODUCED INTO CLERKSHIP

1901.5

TEACHING HOURS TO UNDERGRADUATE MEDICAL EDUCATION

133

ELECTIVE REQUESTS

47 FROM DALHOUSIE STUDENTS

57 OF THE REQUESTS COMPLETED THE ELECTIVE

39

HOURS OF CPD PROVIDED FOR GROUP LEARNING, SECTION 1, MAINTENANCE OF CERTIFICATION CREDITS





DALHOUSIE  
UNIVERSITY

Founded 1818




# Our Mission Statement in Action



Educate. Discover. Heal. The Department of Psychiatry's mission is to develop and maintain high calibre educational, research and clinical programs that advance the field of psychiatry and mental healthcare. Here we highlight some of our faculty who are working to bring that mission to life.





## Educate: Innovation in teaching

Thanks to the collaboration and originality of two of our faculty members, the Department of Psychiatry hosted innovative teaching sessions in late 2017. On Nov 7 and 17, the department hosted *Delivering Effective Feedback*, which consisted of a series of mini-lectures, group activities, and simulation to provide a comprehensive overview of effective feedback. It was developed and presented by Undergraduate Director Dr. Cheryl Murphy and Postgraduate Director Dr. Mark Bosma. For the first time actors were trained to act as students, allowing for a very authentic educational experience. The sessions were extremely well received, earning participants the coveted section 3 credits from the Royal College MOC.

*Delivering Effective Feedback* is the brainchild of Drs. Murphy and Bosma, who had delivered similar training to residents using peer role play. They wanted a more realistic experience which led them to develop this method using a simulated student. The program was informed by principles of effective teaching, making it interactive and incorporating opportunities for reflection and practice. The session was very interactive. It included mini didactics, demonstration, and group discussion, followed by an opportunity

for participants to practice giving feedback to the simulated learners in pre-designed scenarios that are typical of feedback that may present challenges for faculty to deliver. The standardized learners were trained to respond differently based on how the feedback was delivered. Faculty had an opportunity to reflect on their practice and receive feedback from their peers, which could then be put into immediate practice with the simulated learners. The goal was for participants to successfully discuss the purpose of effective feedback, outline its characteristics, and apply the principles of effective feedback into their own practice.

"It was very satisfying to see an idea come to life and have it work," says Dr. Murphy. "Faculty were very engaged during the session, and appeared to appreciate the authenticity of the simulated learner encounter." Dr. Murphy, who has a master's degree in medical education with expertise in curriculum development, worked with Dr. Bosma and Jacquie Thillaye, a simulated patient educator at the Centre for Collaborative Learning and Research with extensive experience in training for simulation, to hire the actors and develop scripts to train them for the session. She and Dr. Bosma

were also able to draw on their own experience from earlier in the year when they facilitated the *Teaching Residents to Teach* course. "Though we didn't have actors for that session, we were able to use that experience to improve how we ran this course," says Dr. Bosma.

The course was evaluated immediately after completion and the feedback was overwhelmingly positive. Responses indicated faculty appreciated the opportunity to practice the delivery of feedback and found the simulated learners to be far more authentic than peer role play. The desire, not surprisingly, is that participants incorporate the methods they learned into their own practice. Though this has not yet been formally evaluated, participants were asked to set some goals for themselves around feedback delivery at the end of the session, and were in turn reminded to incorporate the skills they learned during the course several months after when they were sent a card outlining their goals.

*Delivering Effective Feedback* will be offered again during the 2018-2019 academic year. It will be part of a package of regular sessions developed by Drs. Murphy and Bosma to support faculty in their role as teachers.



# Discover: Master's in Psychiatry Research

On Sept. 5, 2017 our inaugural Master's in Psychiatry Research class began their training in the Department of Psychiatry. Of the six students, three are Dalhousie graduates, one is from Saint Mary's University in Halifax, one is from the University of Manitoba and one is from York University.

Awards and accolades among this group include two Nova Scotia Graduate scholarships, two Nova Scotia Health Research Foundation Scotia scholarships, a Social Sciences and Humanities Research Council and Canadian Institute of Health Research scholarship, a Maritime Support for People and Patient-Oriented Research and Trials (SUPPORT) Unit scholarship, a Building Research for Integrated Primary Healthcare (BRIC) scholarship, and a Dalhousie Faculty of Medicine Graduate scholarship.

Meet our class of 2019:

**Emily Howes-Vallis**

**Supervisor:** Dr. Rudolf Uher

**I completed my undergrad at:** Dalhousie University. I completed my B.A. Honours in psychology.

**My thesis focuses on:** My thesis focuses on the relationship between visual memory and psychotic symptoms in the Families Overcoming Risks and Building Opportunities for Well-Being (FORBOW) cohort.

**Most challenging aspect of the master's program:** I have enjoyed the challenge of learning how to create research questions that are feasible and innovative.

**What I like most about the program:** I enjoy attending lectures by a variety of researchers from the Department of Psychiatry and learning about different research methods within psychiatric research.

**What I look forward to accomplishing in my second year of the program:** I am looking forward to presenting at conferences in the

coming year.

**My plans after I graduate in 2019:** I hope to complete medical school and a PhD in the future.

**Kayla Joyce**

**Supervisor:** Dr. Sherry Stewart

**I completed my undergrad at:** I completed my B.Sc. in psychology with First Class Honour's at Dalhousie University.

**My thesis focuses on:** My thesis focuses on fluctuations in mood, cannabis use motives, and cannabis use levels in females across their menstrual cycle.

**Most challenging aspect of the master's program:** When I first started the program, there was a lot that needed to be completed to get my research started, all whilst enrolled in classes and having other commitments. This helped me refine my time management skills, however, and ever since, things are going much more smoothly.



Emily Howes-Vallis



Kayla Joyce



***What I like most about the***

***program:*** I enjoy the multidisciplinary aspect of the psychiatry department here at Dalhousie. It opens you up to a breadth of opportunity to learn about a diverse range of topics within the field. Being taught by a multitude of professors in the department during this degree has really helped me to expand my understanding of psychiatric disorders.

***What I look forward to***

***accomplishing in my second year of the program:*** I am looking forward to taking an addictions-specific course, which is directly in my area of study, as well as getting to analyze the data I have gathered for my thesis and interpreting the results.

***My plans after I graduate in 2019:***

Following graduation in 2019, I am planning to enroll in a clinical psychology program.

**Hayley Riel**

**Supervisor:** Drs. Phil Tibbo and Derek Fisher

***I completed my undergrad at:***

I completed my undergrad at the University of Manitoba.

***My thesis focuses on:*** Examining sex as a moderator on the auditory mismatch negativity's utility as a biomarker in early-phase psychosis.

***What I like most about the***

***program:*** I enjoy how the program really emphasizes research, and that the classes we take are made to enhance our research knowledge.

***What I look forward to***

***accomplishing in my second year of the program:*** I look forward to finishing collecting data from participants and begin analyzing to see what results we have.

***My plans after I graduate in 2019:***

After the master's program I hope to apply to medical school.

**Maria Simmons**

**Supervisor:** Drs. Jackie Kinley and Phil Tibbo

***I completed my undergrad at:*** I completed my undergrad at Saint

Mary's University.

***My thesis focuses on:*** My thesis focuses on how levels of functional connectivity during a negative mood induction task at pre-treatment correlate with pre-and-post-treatment outcomes.

***Most challenging aspect of the***

***master's program:*** The most challenging aspect so far has been learning about fMRI techniques and data processing has been challenging.

***What I like most about the***

***program:*** I enjoy hearing about new research and treatments in each area of psychiatry during our lectures.

***What I look forward to***

***accomplishing in my second year of the program:*** I'm excited to see how the results of my research will unfold.

***My plans after I graduate in 2019:***

After I graduate in 2019, I plan on applying to medical school and continuing my education.



Hayley Riel



Maria Simmons



## Jad Sinno

**Supervisor:** Dr. Amy Bombay

***I completed my undergrad at:***

Dalhousie University. I completed a bachelor's of science in neuroscience and statistics with a minor in philosophy.

***My thesis focuses on:*** My thesis is on Transcultural Psychiatry: Exploring how different ethno-racial groups in HRM access the mental health care system.

***Most challenging aspect of the master's program:*** Coming up with a research question (and project) that is not too ambitious, such that it cannot be completed in two years, but not too simple, such that it fails to contribute anything meaningful to the literature. Developing a well-informed "Goldilocks" research question was rather challenging.

***What I like most about the program:*** Being able to learn from, and work alongside so many brilliant and talented researchers. I enjoyed particularly being exposed to numerous perspectives and methods

that have informed my personal approach to research.

***What I look forward to accomplishing in my second year of the program:*** I really would like to help contribute to the literature on the mental health of individuals within the LGBTQ2IA+ community by exploring their experiences, struggles, and preferences.

***My plans after I graduate in 2019:*** To access a legal education, so that I may incorporate that in my future research.

## Mehmet Topyurek

**Supervisor:** Dr. Kim Good

***I completed my undergrad at:*** My undergraduate degree in honours psychology was completed at York University (Toronto, ON).

***My thesis focuses on:*** Together with Dr. Good, our focus is on caffeine and its effects on schizophrenia patients.

***Most challenging aspect of the master's program:*** The most challenging part of the master's

program is organizing many research ideas into one study that must be completed within two years.

***What I like most about the program:*** Faculty and staff represent what is great about the psychiatry research program at Dalhousie University. There is a great climate among people who are friendly, where there is no shortage of help and advice. My greatest privilege has been working under the supervision of Dr. Good.

***What I look forward to accomplishing in my second year of the program:*** The second year of our program is one I look particularly forward to. I am impatient to begin data analysis and reporting the results of our study.

***My plans after I graduate in 2019:*** The most likely outcome after graduating is to continue my education in the field of mental health research.



Jad Sinno



Mehmet Topyurek



## Heal: Province-wide early psychosis service

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The Early Psychosis Program in Halifax is at the leading edge of care for first episode psychosis and will soon be a program accessible across the province. Led by Dr. Phil Tibbo, the Dr. Paul Janssen Chair in Psychotic Disorders, as well as clinical leader for the program, the provincial Early Psychosis Intervention Nova Scotia (EPINS) service will focus on reducing the duration of untreated psychosis (DUP) through early identification, and with comprehensive evidence-based phase specific treatment, potentially reduce the burden and severity of illness. It will aim to minimize the disruption of the lives of youth and young adults who experience psychosis, so that they may achieve success in their educational, vocational, social and other roles. The EPINS will strive to minimize the societal impact of psychosis including reducing demand in other areas of mental health, the health and social services system, and reducing the burden on families. If all goes well, the EPINS will be fully functional by winter 2018.


The field of early psychosis and the development of early intervention psychosis services began in the early 1990s. The field is based on the premise that early identification coupled with comprehensive stage specific treatment leads to better outcomes for people experiencing a first episode of a psychotic disorder. There is now abundant evidence supporting that view and research demonstrating the clinical and cost effectiveness of early intervention psychosis services.

Canada has been a leader in the field of early psychosis. The Nova Scotia Early Psychosis Program (NSEPP) was founded 20 years ago and, along with programs in London, Toronto, Calgary and Victoria, was one of the first early psychosis programs in Canada. Today every province

in the country with the exception of P.E.I., has at least one program, and Ontario boasts more than 50 alone. Provincial governments have recognized the importance of early intervention services and some have dedicated financial resources to support EPI services including BC, Ontario, Quebec, and New Brunswick, as well as supporting the development of provincial standards of care. Additionally there is now a national organization, the Canadian Consortium for Early Intervention in Psychosis (CCEIP, [epicanada.org](http://epicanada.org)) comprised of a dedicated group of clinicians and researchers whose mission is to enhance optimum care for Canadians in the early phase of

“By the end of the first year I hope there will be a clear process of identification, assessment and treatment of early phase psychosis in each of the zones.”





psychosis through improved service models and the generation and translation of knowledge.

The NSEPP developed as a clinical academic program associated with the Dalhousie University Department of Psychiatry, as well as the public mental health system. As it has evolved, the NSEPP has come to provide clinical care to people living in what now is called the Central Zone of the Nova Scotia Health Authority (NSHA), but has always been involved in offering consultation and education for clinicians and families throughout the province. This included helping to develop Mental Health Service Standards for Early Psychosis as part of the Department of Health service standards initiative, which were adopted by the province in 2004. Part of this was the implementation of a Nova Scotia Early Psychosis Network. The network, with leadership from the NSEPP and support from Dalhousie University Department of Psychiatry and the Department of Health and Wellness, has provided an active mechanism by which clinicians,

managers, families and consumers from throughout the province have worked together with the goal of enhancing care for young people who develop psychosis or are at high risk of doing so.

The Nova Scotia provincial early psychosis intervention network has focused on educational activities, supporting program development and creating a strong provincial network of people dedicated to early detection and optimal care for young people with psychosis. Over the past several years, with grant funding from the Nova Scotia Health Research Foundation, the network has conducted a province-wide knowledge sharing initiative titled *Key Findings in Early Psychosis*. One-day meetings were held twice in each of the four provincial zones of the NSHA, with a total attendance of over four hundred. The result has been an online community of learning, as well as the development of web-based resource materials.


This existing early psychosis network has laid the groundwork for a provincial Early Intervention

Psychosis service, with many members of the network now having a decade or more of experience with the clinical and service organization issues involved.

In 2017 Dr. Phil Tibbo was approached by senior leadership within the mental health and addictions program at NSHA to expand the services of the early psychosis program to the entire province, in part because of the active provincial network that already existed. From this, Early Psychosis Intervention Nova Scotia (EPINS) was born. Compared to the existing network, EPINS has more formal structure, with defined provincial leadership roles, as well as an improved and supported organization and structure within each zone. The services are intended 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.

The EPINS will focus on seven key objectives: 1) to enhance early case identification; 2) to provide quick





access to competent professional assessment after identification; 3) to provide integrated evidence-based care; 4) to provide continuity of care; 5) to provide care and treatment that fully engages the patient and their family; 6) to ensure that effective transitions from early intervention care allow for the maintenance of gains made; and 7) to evaluate and research the processes and outcomes associated with the Early Intervention Services in the province. Dr. Tibbo will fulfill the duties of the EPINS clinical director and provide overall leadership, ensuring the service is consistent with the latest research findings, clinical guidelines and service standards. He will work with a dedicated team consisting of a provincial coordinator charged with the overall coordination of the EPINS, an education resource coordinator who will develop and oversee the dissemination of education materials, and the evaluation process coordinator who will develop and oversee the process of gathering and analyzing clinical and program evaluation data. Each zone in the province will also have a designated

EPI (early psychosis intervention) team and a zone facilitator.

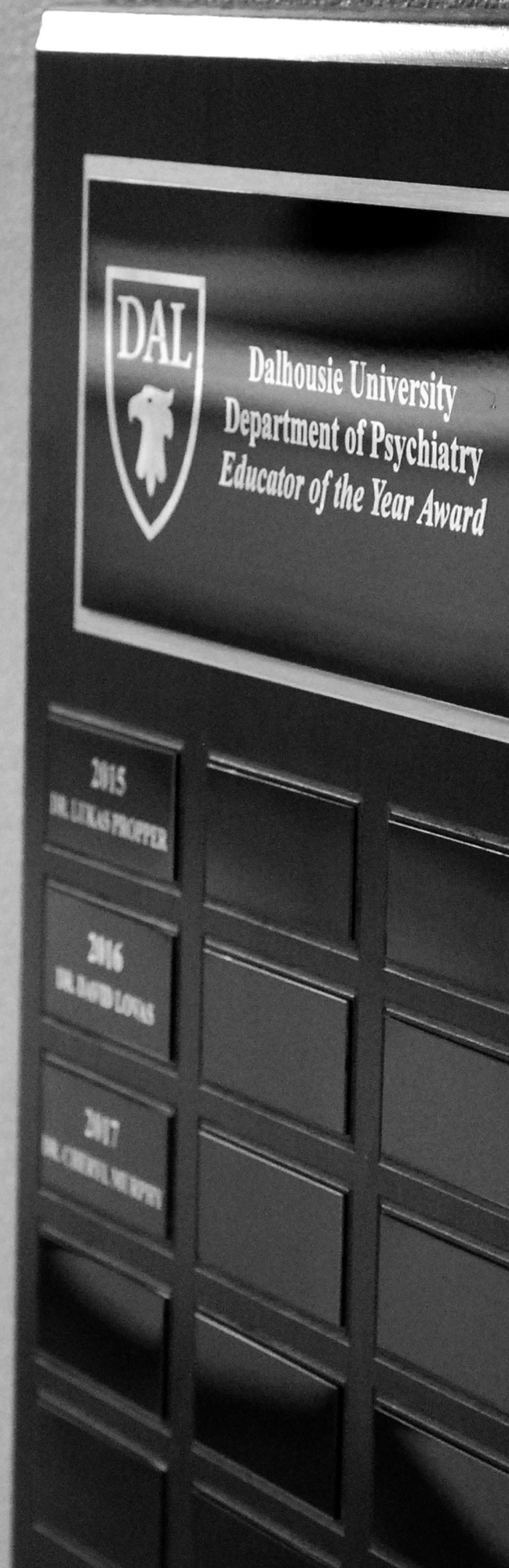
Since October 2017 Dr. Tibbo has been meeting monthly with the EPINS operational steering group consisting of representatives from the four provincial zones and the IWK, Drs. Glen Berry, Mary Gillis, Mel Davidson, and Sabina Abidi, the EPINS Evaluation Process Coordinator David Whitehorn, and a family representative, Donna Methot, to work on the development of services in each of the zones. They have also been holding monthly web-based education rounds for individuals interested or working in EPP around the province. A person with lived experience will also join the team in spring 2018. Once the EPINS is fully operational there will be monthly clinical rounds to discuss cases and relevant clinical issues, as well as monthly education rounds to provide a range of educational offerings. Both sessions will be made available by teleconference, videoconference, or online recording.

The steering group is in the process of planning and rolling out individual

pieces of the program as they occur. The Western and Northern zones have mostly finalized their groups in their respective zones. The steering group is identifying what further capacity building needs to be done in the zones before organizing further education. Once the provincial coordinator position is filled they will be able to fully implement the program.

Dr. Tibbo is confident the program will be a success. "By the end of the first year I hope there will be a clear process of identification, assessment and treatment of early phase psychosis (following standards of care in this area) in each of the zones," he says. "I also hope by that time a process of assessing access and outcomes will be in place." In five years' time the desire is to have a fully functional provincial early phase psychosis intervention program, with fidelity to evidenced-based standards of care, improving the outcomes of youth and young adults who have been diagnosed with a primary psychotic disorder.





2015  
DR. LITIAS PROPPER

2016  
DR. DAVID LOVAT

2017  
DR. CHRISTINE M. ROY



# Awards and Accolades

Members of the Department of Psychiatry have much to be proud of at the end of this year. Kudos to so many successes!



# Highlights from 2017-2018

## Dr. Selene Etches named Outstanding Clinician for 2017

Dr. Selene Etches was nominated by her peers, and was the successful recipient of the 2017 Outstanding Clinician Award in the Department of Psychiatry. The award recognizes someone who has made outstanding contributions to the department's mandate of providing excellence in clinical care. Dr. Etches has devoted the last five years to caring for a unique and complex group of adolescents with concurrent disorders in mental health and addictions. She has become a provincial leader in evidence-based treatments of substance use disorders and a passionate advocate and educator for her patient population. Her dedication to increasing access to evidence-based care for youth with substance use disorders has led to a subspecialty clinic with community outreach and services ranging across the continuum from outpatient to inpatient levels of care. Her expertise is widely recognized provincially and nationally. Her colleagues sing her praises and say that she has truly transformed how our health centre and our province approaches addictions and concurrent mental health disorders in youth. She is an inspiration to the trainees, faculty, clinicians and patients she works with and most deserving of the Outstanding Clinician Award for 2017.

## Two faculty members awarded by Doctors NS

Drs. Keri-Leigh Cassidy and Pippa Moss were successful recipients of two of the Doctors Nova Scotia's annual achievement awards. Dr. Cassidy was the recipient of Doctors Nova Scotia's Physician Health Promotion Award. This award is given to a physician who has made an outstanding contribution to health promotion, safety and preventative care among Nova Scotians. Dr. Moss is the recipient of Doctors Nova Scotia's Rural Physician of the Year Award. This award is bestowed upon a rural physician who has made an outstanding contribution to the health of individuals, to various community groups and/or to non-profit organizations in rural communities of Nova Scotia. Both physicians received awards at a ceremony at the World Trade and Convention Centre on June 3, 2017 during the Achievement Awards Ceremony and Luncheon during Doctors Nova Scotia's 163rd annual conference.

## Dr. Cindy Calkin awarded NARSAD grant

Dr. Cindy Calkin was awarded a NARSAD Independent Investigator Award from the Brain and Behaviour Research Foundation. A NARSAD Grant is one of the highest distinctions in the field of mental health research. This year they awarded \$3.9 million to 40 mid-career scientists for basic research to understand what happens in the brain to cause mental illness; new technologies to advance



*Dr. Selene Etches receives the 2017 Outstanding Clinician Award from Dr. Michael Teehan.*



*Dr. Cindy Calkin*



or create new ways of studying and understanding the brain; diagnostic tools / early intervention to recognize early signs of mental illness and treat as early as possible; and next-generation therapies that reduce symptoms of mental illness and ultimately cure and prevent brain and behavior disorders. Dr. Calkin received her grant in the basic research category, focusing on bipolar disorder. She is studying the relationship between the progression of bipolar disorder and declining health of the blood-brain barrier, a thin web of small vessels that protect the brain from foreign molecules. She and her team will compare healthy controls and people with bipolar disorder, and also measure the corresponding brain electrical activity in both groups, while gauging the severity of individuals' bipolar disorder. This is Dr. Calkin's second NARSAD grant, having received the Young Investigator Award previously.

### Dr. Phil Tibbo named Champion of Mental Health by CAMIMH

Dr. Phil Tibbo has received another well-earned accolade. In early April 2017 he was named a 2017 Champion of Mental Health by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH). The annual Champions Awards celebrate individuals and organizations whose outstanding contributions have advanced the mental health agenda in Canada in the past year. Dr. Tibbo's

accomplishments and dedication as a clinical researcher in schizophrenia are quite evident in his publications, his success in obtaining peer-reviewed grant funding, his awards, his supervision of graduate students, and requests that he be a guest speaker. His leadership and superior ability to develop clinical research collaborations and teams has truly advanced schizophrenia research in Canada.

Dr. Tibbo was named a Champion in the researcher/clinician category and was celebrated along with the other winners, including Stone Hearth Bakery of Halifax, on May 3 at a gala in Ottawa.

### Dr. Sherry Stewart receives Award of Excellence in Graduate Supervision

Dr. Sherry Stewart received the Award of Excellence in Graduate Supervision from the Dalhousie Centre for Learning and Teaching. This university-wide award recognizes the successful mentorship of graduate students through an enriching, supportive and productive learning environment. Dr. Stewart is known for her commitment to graduate supervision, with students describing her as the 'best supervisor ever.' She takes great pride in the role she plays as a mentor and displays immense enthusiasm in her work. Dr. Stewart received her award at a celebration in the fall of 2017.



(L-R): MP Darren Fisher, Dr. Phil Tibbo, Florence Budden (president of the Schizophrenia Society of Canada), MPs Seamus O'Regan and Scott Brison.



Dr. Sherry Stewart



## Dr. Cheryl Murphy receives Educator of the Year award

Dr. Cheryl Murphy was the 2017 recipient of the Educator of the Year Award. Dr. Murphy was nominated by her peers and is recognized as an exceptional faculty member who has demonstrated excellence in teaching, mentorship in scholarly activity, and/or leadership and innovation in the development of educational programming. Her excellence as an educator is evident in her formal roles as Director of Undergraduate Education in the Department of Psychiatry and as a clinician-educator in the Geriatric Psychiatry Program. She has been the clerkship director since 2005, overseeing all Dalhousie students' psychiatry rotation at both the Halifax and New Brunswick campuses. Dr. Murphy is also a med 1/2 core curriculum tutor, a med 2 clinical skills tutor, a med 3 teacher, and a family medicine resident geriatric psychiatry rotation supervisor. She has worked to increase interest in psychiatry at the undergraduate level by improving the curriculum, providing individual student mentoring, ensuring close collaboration with postgraduate training and by fostering the development and continuation of the psychiatry interest group. Her efforts help to support our postgraduate program's ability to attract high quality candidates. She excels as a mentor in medical education across levels of learners. She has supervised residents/fellows in medical education electives, and in medical education scholarly projects.

Dr. Murphy has made substantial contributions to the Geriatric Psychiatry Program application for Royal College subspecialty training program accreditation and program

delivery. She has provided innovation in educational programming in various areas of the Department of Psychiatry and made contributions to education at a national level. She has been very involved with the Royal College for many years, as well as other national education organizations like COPE, and COUPE, a national psychiatry undergraduate group. She won the Dalhousie University Faculty Award of Excellence in Teaching in 2015-16 and is certainly deserving of the 2017 Educator of the Year Award.

## Stan Kutcher receives ACPC Award

Dr. Stan Kutcher received the ACPC Award for Creative Professional Activity from the Canadian Psychiatric Association in 2017. This award highlights the importance of creative professional activity in Canadian departments of psychiatry by rewarding exceptional contributions. Dr. Kutcher received the award due to his innovation, creativity and contributions to the development of professional practices in mental health.

## Drs. Donna Davis and Kara MacNeil awarded by the Faculty of Medicine

Drs. Donna Davis and Kara MacNeil both received awards from the Faculty of Medicine at Dalhousie in 2017. Dr. Davis was the recipient of the 2017 Faculty of Medicine Award for Excellence in Clinical Practice. This award recognizes a clinical faculty member with eight or more years of experience in patient care and service to the teaching hospital and/or community. The recipient of the award is someone who is an excellent role model in



Dr. Cheryl Murphy receives the 2017 Educator of the Year Award from Dr. Michael Teehan.



Dr. Stan Kutcher



delivering patient care of an exceptionally high quality, has exceptional clinical skills, cooperates with other health professionals and responds to the needs of patients and their families. Dr. Davis is continually recognized for her warm and educational leadership style, unique relationships and demonstrated advocacy for her patients. She is also awarded on account of her establishing a patient family engagement strategy that became a model for other clinicians. She shows empathy to not only her patients and their families, but also her colleagues and other staff members.

Dr. MacNeil received the Faculty of Medicine Community Teacher of the year Award. This award recognizes excellence in community-based teaching outside of a major academic centre (Halifax, NS and Saint John, NB). Dr. MacNeill has been extensively involved in education and teaching of not only medical students and residents, but also of colleagues and the community. Based in Amherst, she spends a significant portion of her time committed to teaching and was instrumental in having New Glasgow and Amherst recognized as designated clerkship sites for psychiatry. She has had at least three students who initially did not consider psychiatry as a career, choose the field following their clinical rotation. She works to show students the importance of psychiatry as its own discipline, but also how it integrates into non-psychiatric practice and to decrease stigma by showing students the actual reality behind stereotypes (including psychosocial determinants of health). As a result of her commitment to teaching, Dalhousie now has students who list Amherst as their top choice when they pick a location for their psychiatry rotation.

Both Drs. Davis and MacNeil received their awards on June 8 at the Faculty of Medicine's annual faculty meeting.

### Dr. Joseph Sadek receives Sobey MBA 25th Anniversary Alumni Impact Award

Five Saint Mary's MBA alumni whose careers have made a significant impact on the region, their industries, and in some cases, the world, were recognized on April 28, 2017. Among them was Dr. Joseph Sadek. He received the special one-time Alumni Impact Award at an event celebrating the program's 25th anniversary. Dr. Sadek was recognized for his impact on the field of ADHD in Canada and his service to university students, the people of NS by promoting mental health and suicide prevention.

### Drs. David Gardner and Patrick McGrath each named a CAMH Difference Maker

On November 6 two faculty members were honoured at a ceremony at the Cunard Centre in Halifax for their contributions to mental health in Canada. Drs. David Gardner and Patrick McGrath were each named as one of 150 Difference Makers by the Centre for Addictions and Mental Health (CAMH). The CAMH Difference Makers is a national movement to nominate and celebrate 150 Canadians making a difference in mental health. They launched a cross-Canada call for nominations in April 2017 looking for those that are influencing change and giving new reasons for hope. After 3,700 names were put forward, the nominations' committee recommended to the national committee the 150 Canadians who they felt best represented the country, our diversity and the variety



Dr. Joseph Sadek (second from left) is presented with the Sobey MBA 25th Anniversary Alumni Impact Award.



(L-R) Drs. Patrick McGrath and David Gardner.



of stories about the difference and the progress we are making in mental health. Eight individuals were chosen from Nova Scotia and we are thrilled to have two of our faculty members representing the country among them.

### Dr. Sherry James receives Outstanding Teacher Award

Dr. Sherry James was the recipient of the 2017 Larry Buffet Outstanding Teacher Award. This award is a peer recognition of an exceptional faculty member who has demonstrated an outstanding performance in a teaching and clinical supervisor role for learners. Dr. James has demonstrated excellence in clinical teaching by consistently providing excellent clinical supervision to residents and medical students in both her roles as a rotation primary site supervisor at the Bedford Sackville Clinic, and as the associate director of the postgraduate education program. She models and guides the professional development of learners, overseeing the PGY-1s and participating in the female staff psychiatry mentorship group. She inspires and supports the learners in integration of theoretical knowledge with clinical practice and demonstrates exceptional enthusiasm for clinical teaching. Dr. James receives consistent positive feedback from learners in all realms of her work and demonstrates professionalism and collegiality. As a former colleague of Dr. Buffet's, and one who is occupying his office, it seems especially fitting to honour her with this award.



Dr. Sherry James receives the 2017 Outstanding Teacher Award from Dr. Michael Teehan.

### Faculty recognized for long-service

Drs. Emmanuel Aquino, Aidan Stokes and Siobhan Bergin all received long-service awards from the Nova Scotia Health Authority on Nov. 8, 2017. Both Drs. Aquino and Stokes were recognized for 40 years of service, while Dr. Bergin was honoured for 25 years. The awards were presented by Dr. Ken West, president of the Medical Staff Association Central Zone. Congratulations to each of you on your outstanding contributions.

At the IWK, Dr. Normand Carrey and Dr. Stan Kutcher were acknowledged for 20 years of service, and Dr. John Aspin was acknowledged for 15 years of service. Their contributions to the team are immense and they are all applauded for their performance. Their achievements and successes have built the foundation of the division at the IWK Health Center.

### Three clinician-researchers from the Department of Psychiatry receive more than \$2.4 million in funding from the Government of Canada

Twice a year, the Canadian Institute of Health Research (CIHR) awards grants to individuals and groups across the country. The fall 2017 competition approved 512 research grants and 33 bridge grants, for a total of approximately \$372 million in funding. Researchers in Nova Scotia submitted 94 applications for funding. Only 12 of those were approved. Dr. Phil Tibbo, the Dr. Paul Janssen Chair in Psychotic Disorders and a researcher in the department,



Long Service Award recipients, (L-R) Drs. Siobhan Bergin, Claire O'Donovan, who accepted on behalf of her husband, Columba McParland, Emmanuel Aquino, and Aidan Stokes.



was successful in receiving one of those grants and is the primary investigator on his project. His grant is one of only three grants received by researchers from the Nova Scotia Health Authority. Dr. Sherry Stewart and Dr. Rudolf Uher, two other researchers in the department, were also successful in receiving grants as co-investigator, on grants with principal investigators outside the province.

### Subspecialty resident, Dr. Daljit Bhangoo, receives CAGP award

Dr. Daljit Bhangoo received the Geriatric Psychiatry Training Award from the Canadian Academy of Geriatric Psychiatry (CAGP) based on his research project that aims to determine how much academic exposure medical students and psychiatry residents get to older adult mental health. The information collected may provide some insight into the career choices that future physicians make, especially if they are underexposed to seniors mental health. The purpose of the award offered by the CAGP is to support the development and completion of a scholarly project during their training. Dr. Bhangoo will be presenting at the CAGP meeting in Halifax October 2018.

### C&A physicians complete Royal College Exams

Drs. Ahmed Alwazeer and Selene Etches successfully completed their Royal College child and adolescent psychiatry exams.

### Dr. Natalie Rosen receives New Investigator Award from CPA; receives fellowship

Dr. Natalie Rosen, who is a psychologist cross-appointed in the Department of Psychiatry, was presented with the New Investigator Award in the Health Psychology Section of the Canadian Psychological Association. This is awarded to individuals that are early in their career (i.e., have completed their PhD or post-doctoral work within the previous 10 years) and have made a significant contribution to the field of health psychology. The award was presented to Dr. Rosen at the CPA conference on June 8, 2017.

Dr. Rosen also applied for and was awarded a six-month fellowship from the Stellenbosch Institute for Advanced Studies (STIAS), in Stellenbosch, South Africa. She will develop a novel theoretical model to incorporate the cognitions, affect, and behaviours of both women with vulvodynia and their partners, and how they contribute to the development and maintenance of this condition. As a Clinical Psychologist specializing in the treatment of vulvodynia and female sexual dysfunction more generally, she will also offer evidence-based lectures/workshops to locally-based researchers and clinicians. Dr. Rosen will complete the fellowship from July to December 2018.



Dr. Daljit Bhangoo accepting his award from the CAGP.



Dr. Natalie Rosen





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Helping The Way People Think



# Academic Chairs

High-level research in psychiatry



The Department of Psychiatry has five 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, the Canada Research Chair in Early Intervention, and the Canada Research Chair in Addictions and Mental Health.





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

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In the 2017-2018 year the Killam Chair in Mood Disorders, Dr. Martin Alda, and his research group have been active in several areas.

They continue their genetic studies of bipolar disorder and pharmacogenetics of lithium response. One recently completed study is the multicenter genomewide association analysis of bipolar disorder conducted by the Psychiatric Genomics Consortium, of which the mood disorders group is a member. This has been the largest genome-wide association study of bipolar disorder to date; it included 20,352 cases and 31,358 controls of European descent. The results show a total of 30 genetic loci that achieved genomewide significance, of which 20 genes are novel, not reported before. A paper reporting these findings is currently under review.

The team's pharmacogenetic studies are progressing as well. They have recently reported a negative

association of polygenic risk scores for schizophrenia with response to lithium (Amare et al. JAMA Psychiatry 2018) and are now completing similar analyses with polygenic risk scores for depression.

In the last three years the chair's team collaborated on several studies of neurons derived from induced pluripotent stem cells. These studies generated exciting findings and as the next step, they are proposing to move these studies closer to clinical applications and develop efficient screening platforms for such testing in Canada, both at Dalhousie University and at Montreal Neurological Institute.

Genetic studies are a large, but not the only focus of the mood disorders group. Led by Dr. Tomas Hajek, they continue brain imaging studies of bipolar disorder in relation to the risk and the burden of the illness. Dr. Abraham Nunes and Dr. Hajek jointly oversaw the largest machine learning

analysis of brain imaging data in bipolar disorder using the ENIGMA consortium data. A paper reporting the results is currently under review.

The development of the next edition of the Canadian Guidelines for Treatment of Bipolar Disorder kept several members of the chair's team busy over the last year. Dr. Alda and Dr. Claire O'Donovan are among the authors of the guidelines published in March 2018.

The team's track record in studies of lithium has been recognized by the recently established R-LINK consortium funded by the Horizon 202 of the European Union. Dr. Alda is a member of the Scientific Advisory Board for this prospective study of lithium response.

To further support their work, they also continue applying for more substantial research funding through both CIHR and Genome Canada.



A close-up portrait of Dr. Stan Kutcher, a man with grey hair and glasses, smiling slightly. He is wearing a dark shirt. The background is a blurred green and yellow graphic with the letters 'te', 'm', and 'hea' visible.

## Dr. Stan Kutcher: The Sun Life Chair in Adolescent Mental Health

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It's been a busy year for the Sun Life Financial Chair in Adolescent Mental Health team, led by Dr. Stan Kutcher, as they continue to work towards improving mental health literacy locally, nationally, and internationally.

Over the past year Dr. Kutcher has traveled worldwide conducting mental health literacy professional learning sessions and presentations in several provinces and countries. In Canada they included, Nova Scotia, New Brunswick, Newfoundland and Labrador, Prince Edward Island, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Nunavut. Globally they include China, the Bahamas, the United Kingdom and Romania.

There continue to be several ongoing projects with various partners (including the University of Toronto), focusing particularly on resource and training implementation in Romania, Finland, Australia, the United Kingdom, British Columbia,

Alberta, Saskatchewan, the state of Washington, Bangladesh, Guatemala, Nicaragua, China, Wales and Portugal. All of these projects extend into the coming year.

Dr. Kutcher was an invited keynote speaker at several conferences including the Canadian Association of School System Administrators (CASSA) Conference in Halifax this past July, the Annual Nova Scotia Teacher's Union (NSTU) Conference and the Annual General Meeting and Conference of the Nova Scotia School Boards Association. He also conducted webinars for the Canadian Association of Paediatric Health Centres (CAPHC), the International School Health Network and BC Chiropractic on a wide range of topics related to adolescent mental health.

Ongoing collaborations with partners and awareness building were important during various mental health promotion days/weeks. This was achieved through social media

campaigns and booth presentations during Mental Health Awareness Week (May. 1-7), World Suicide Prevention Day (Sep. 10), Mental Illness Awareness Week (Oct. 1-7), World Mental Health Day (Oct. 12) and most recently Bell Let's Talk Day (Jan. 31), which saw the launch of the #GetLiterate campaign that has been used widely on social media since its launch, sparking new conversations about the importance of mental health literacy.

In October, *Bringing Mental Health to Schools*, a fully online, self-guided, mental health literacy curriculum resource was launched through the Faculty of Education at the University of British Columbia. Developed from the face-to-face training on how to implement the *Mental Health and High School Curriculum Guide (the Guide)* in the classroom, the course has attracted over 850 registrants to date. Since the launch of the course, schools in the North and



West Vancouver districts began implementing the *Guide* resource in every grade nine classroom. Feedback from both students and teachers has been positive and more districts in the area plan to follow their lead.

In addition to this online course, in collaboration with St. Francis Xavier University, Western University and Dalhousie University, the chair is currently developing an online professional development course for pre-service teachers through the Faculty of Education at the University of British Columbia. The course will be marketed as *Teach Mental Health* and will be included in some university pre-service programs. It will be online, self-guided and easily accessible to any pre-service teacher regardless if their post-secondary institution includes it as part of their teacher-education program. *Teach Mental Health* is expected to launch in June 2018.

The chair marked its tenth anniversary this past year and to commemorate the occasion, a celebration was held at Dalhousie University's Great Hall in late April. Dr. Michael Teehan, head of the Department of Psychiatry, moderated the event which included Mayor Mike Savage, former IWK President Tracy Kitch, Dean of Dalhousie's Faculty of Medicine, David Anderson, and Minister of Immigration, Lena Diab, all praising the positive influence the chair has had on the local and national adolescent mental health community over the past decade. The complete ten-year report can be found by visiting: <http://teenmentalhealth.org/10-years/>.

This past summer, the chair team hosted the fifth Mental Health Academy. The two-day event was held in the Bella Rose Theatre

at Halifax West High School and welcomed 285 professionals from various sectors of health and education. The conference covered a wide range of topics related to adolescent mental health and consisted of four keynote presentations paired with a series of breakouts. Satisfaction surveys were conducted after the Academy and the feedback was overwhelmingly positive with many hoping to attend a similar event in the future.

Ahead of the Academy, a three-day blended professional learning (on the *Go-To Educator* and *Curriculum Guide*) session was held and led by Dr. Kutcher which hosted guests from Romania, Portugal, England, the Northwest Territories, Yukon, British Columbia, and the Maritime provinces. The group of 35 attendees were formally trained with the ability to bring back their knowledge and train others in their own communities.

This past year, *Transitions* underwent revisions and updates making it the third edition, *Transitions: Making the most of your campus experience*. The resource was distributed to post-secondary partner institutions of the LIST (Learn, Identify, Support and Treat) project, in order to be made accessible to first-year students upon arrival at university. All participating locations (Mount Allison University, Mount Saint Vincent University, St. Mary's University, NSCC and Holland College) also received clinical upgrade training for their staff. The project is currently gathering data on the success of the resource on campus and the response from first-year students. Data collection is expected to wrap-up sometime this spring.

*The Mental Health and High School Curriculum Guide* also underwent revisions over the past year. The

updated version was sent to all partners allowing them to reflect the changes in their own versions. Most recently, *the Guide* was translated into French and the corresponding training slides are currently going through the translation process and should be completed in the coming months. These translated versions will be made widely available to French school boards across Canada for their use and implementation.

A new portal on the TeenMentalHealth.Org website which hosts all mental health literacy resources, including *the Guide*, went live this past March. The site includes a master trainer's portal for those who have received training and require access to the slides and appropriate handouts. It also outlines the different professional development offered along with information on our mental health literacy resources, including *Transitions*, *Know Before You Go* and the *Mental Health and High School Curriculum Guide*. To view the full site: <http://teenmentalhealth.org/schoolmhl>.

This past year Dr. Kutcher was appointed to a two-year term with the Royal College International Program Review Accreditation Committee. President and CEO of the Royal College of Physicians and Surgeons of Canada, Dr. Andrew Padmos, confirmed the appointment which will run from February 2018 until February 2020.



# Dr. Phil Tibbo: The Dr. Paul Janssen Chair in Psychotic Disorders

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The Dr. Paul Janssen Chair in Psychotic Disorders, Dr. Phil Tibbo, continues in his mandate to lead, foster, and mentor research in psychosis and schizophrenia. Under his direction the department continues to see the breadth and depth of psychosis research expand, including not only the furthering of our understanding on the biological underpinnings of psychosis, but 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.

Since being named to the chair, Dr. Tibbo has held, as principal investigator (PI), co-PI, or co-investigator, 36 peer-reviewed grants, including seven CIHR grants. He was recently successful with a CIHR project grant (September 2017 competition) as PI on a study entitled *Cannabis effects on white matter microstructure and outcomes in early phase psychosis: a 1 year dual site longitudinal study*. This research study aims to characterize the effects of cannabis on white matter structure and connectivity (using DTI), myelin content (with T1 mapping) and microstructural integrity (neurite orientation dispersion and density imaging (NODDI)) longitudinally. This research program applied longitudinally is positioned to establish or refute the adverse effect of cannabis use on the brain's connective architecture and associated outcome measures, not only in otherwise healthy young

adults, but importantly in early phase psychosis. This two-site study is one of the first to use NODDI methodology for psychiatric research in North America, a new and unique imaging method that can better characterize more complex white matter configurations. Thus, the chair and his team will be employing a pioneering assessment of the potential outcome-modifying impact of regular cannabis use longitudinally in early phase psychosis, results that can be incorporated into targeted treatment strategies to maximize recovery outcomes for these young adults.

Parallel and complimentary to this study, in 2017 Dr. Candace Crocker, a member of the chair's research team, was awarded a Dalhousie Psychiatry Research Fund (DPRF) grant titled *Cannabis effects on white matter in females with early phase psychosis*. While there are fewer females using regularly, those that do reach dependence earlier, have worse side effects, have more difficult withdrawal symptoms and worse clinical outcomes compared to males. A sex specific investigation is extremely important in our understanding of these differences.

In addition to the above new studies, in the last year the chair also continued his research in early phase psychosis services delivery with CIHR and NSHA TRIC (level 3) supported research in transitions of care (including peer support research), as well as a DPRF funded investigation of engagement to care.

The chair also continued his research collaborations with colleagues on other funded research in early phase psychosis, including Dr. Derek Fisher (researching MMN as a biomarker), Dr. Alissa Pencer (personality factors and motivation for cannabis use) and Dr. Jacob Cooke (alcohol and cannabis use) locally, as well as nationally (e.g. Drs. Palaniyappan (London) and Malla (Montreal)).

The chair and his research team have published six papers, with four submitted for review in 2017/2018, in addition to published abstracts/conference proceedings at national and international research meetings. The chair also wrote the Canadian Psychiatric Association (CPA) position paper on cannabis and youth mental health (CJP 2018). Additionally the chair has been invited to lecture across the country and internationally on various topics associated with early phase psychosis. This includes university grand rounds, Research and Academic Day, provincial and national psychiatric annual meetings, provincial and national schizophrenia society's annual meetings, early intervention in psychosis conferences, and special lectures.

A particular focus of the chair's research and knowledge translation activity has been on the effects of cannabis on youth mental health (e.g. weedmyths.ca). Recognized for cannabis and young adult mental health expertise, the chair had been invited as an expert consultant/speaker to various levels of government and governmental





agencies including: the Mental Health Commission of Canada; Canadian Center on Substance Use; Health Canada, Cannabis Legalization and Regulation Branch (Cannabis public education and awareness); and the Canadian Public Health Association (consultant to the public health approach to cannabis). The chair is also currently working with the Nova Scotia Department of Health and Wellness as a consultant on provincial cannabis awareness and education.

The chair continues as president of the Canadian Consortium for Early Intervention in Psychosis (CCEIP), the national organization of early

intervention programs for psychosis in Canada. In this role he ensures that CCEIP reaches its mandate and vision, “to enhance optimum care for Canadians in the early phase of psychosis through improved service models and the generation and translation of knowledge.” Dr. Tibbo also continues as co-chair of the CPA Junior Research Colloquium (mentoring psychiatry residents in research), member of the CPA research committee, as well as director of the Nova Scotia Early Psychosis Program (NSEPP). In 2017 he was asked by senior leadership of the NSHA Mental Health and Addictions to develop a

provincial model of care, evaluation and research for EPP in Nova Scotia. The model was approved, and processes have begun to roll out this model’s deliverables.

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, and editorial board member of the Canadian Journal of Psychiatry. In 2017, as chair of the SSCF he led the development of a joint studentship between the SSCF and the CCNP, supporting two MSc students and one PhD student in psychosis research.





## Dr. Rudolf Uher: The Canada Research Chair in Early Intervention

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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 could stop the illness for good. The Canada Research Chair in Early Intervention in Psychiatry, Dr. Rudolf Uher, and his collaborators are working on a groundbreaking project 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. Over four hundred 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 sixth year. In March 2018, after five years of since initial enrolment, FORBOW welcomed its 400th youth participant. With over 1,200 annual assessments completed, FORBOW researchers can now tell how well their assessments predict who is at risk to develop severe mental illness. They found that a combination of mood lability, anxiety and unusual experiences predicts new onsets of illness with high accuracy and with several years to spare that provide an opportunity for pre-emptive interventions. The first 60

participants have completed the Skills for Wellness (SWELL) course that teaches youth mental health skills in a personalized way tailored to remedy each young person's vulnerabilities. Young people have reported how much they enjoy participating in SWELL and benefit from the course. Further follow-up will show whether SWELL can prevent severe mental illness from developing.

The last two years have also seen major additional development in the FORBOW study, which is partly the work of graduate students supervised by Dr. Uher. Emily Howes Vallis uses tasks that measure the ability to think without words and remember shapes. She is showing that such non-verbal cognition reflects the young person's vulnerability for





unusual experiences. 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 leading a project that applies genetic counseling to help vulnerable young people avoid one of the major causes of mental illness: marijuana. Since 2016, Vlad Drobinin has been leading a brain scanning project and 150 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 when the best time for early intervention is. The brain scans also help to assess how the pre-emptive early interventions are helping healthy brain development.

In April 2018, Emily, Vlad, and Alyson received prestigious scholarships that confirm the caliber of their work. We are excited about the potential of cognitive, 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 eighteen grants and awards totaling more than four million dollars in research funds. Thanks to this, the FORBOW team is now employing eleven staff members and it is providing training to seven graduate students. Dr. Uher has previously been awarded the international Max Hamilton Prize and the national Royal-Mach-Gaensslen

Prize for Mental Health Research. He was also elected a member of the College of New Scholars, Artists and Scientists of the Royal Society of Canada. In September 2017, Dr. Uher delivered the Distinguished Member lecture at the Canadian Psychiatric Association's 67th Annual Conference. The successful renewal of Dr. Uher's Canada Research Chair ensures the continuation of this groundbreaking research in Nova Scotia. If you would like to see updates on FORBOW and other projects by Dr. Uher's team, please go to [www.forbow.org](http://www.forbow.org), or follow @ProjectFORBOW and @RudolfUher on Twitter.



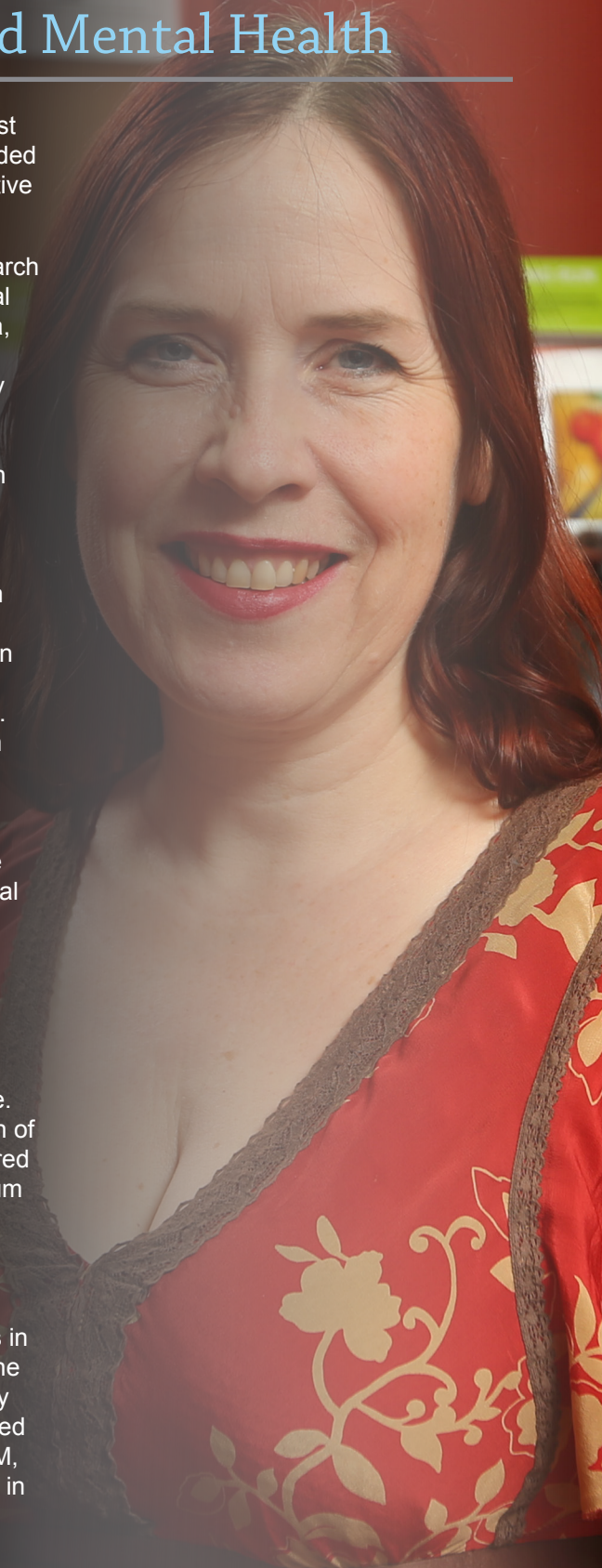
# Dr. Sherry Stewart: The Canada Research Chair in Addictions and Mental Health

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Dr. Sherry Stewart is the Department of Psychiatry's newest research chair. She holds the CIHR Tier 1 Canada Research Chair in Addictions and Mental Health. This seven year, renewable research chair is focused on concurrent emotional and addictive disorders. Those with an emotional disorder (i.e., anxiety-related or mood disorder) are two-to-six times more likely to develop an addictive disorder (i.e., substance use or gambling disorder). Those with co-occurring emotional disorders and addictive disorders experience more severe symptoms, poorer treatment response, and greater relapse rates than those with either disorder alone. With Canada Foundation for Innovation funding, and a newly renovated bar lab in her Mood Anxiety and Addiction Comorbidity Lab (MAAC Lab), Dr. Stewart's research program is designed to advance understanding of biopsychosocial factors contributing to the complex interplay between emotional disorders and addictive disorders, and to develop, evaluate, and disseminate into practice, effective interventions for these concurrent disorders. Dr. Stewart's program is currently investigating the role of memory associations in explaining the overlap of post-traumatic stress disorder with cannabis misuse, and examining the role of depressive mood variability in explaining changes in women's engagement in various addictive behaviours (e.g., gambling, alcohol use) across the menstrual cycle. She is also co-investigator and site lead on a recent \$1.7 million CIHR Project grant (PI: Dr. P. Conrod) to test a dissemination strategy for her empirically-supported personality-targeted interventions for preventing substance abuse and co-occurring mental health problems

in Canadian adolescents – the first national prevention trial to be funded via the Canadian Research Initiative in Substance Misuse (CRISM).

CRISM is a unique national research network anchored by four regional nodes located in British Columbia, Alberta-Prairies, Ontario, and Québec-Atlantic, jointly funded by CIHR and Health Canada. Each of the four nodes has engaged a diverse group of leading addiction intervention researchers, health service and treatment providers, governmental policy makers, and consumer advocates, all of whom recognize the need for enhanced regional and national collaboration and innovative interventions to better address substance misuse. Dr. Stewart leads the Atlantic arm of the CRISM's Quebec-Atlantic node (Node PI: Dr. J. Bruneau) and she is an active member of the CRISM Quebec-Atlantic node steering committee and its national executive committee. Through her collaborations with local and regional stakeholders within the addictions community, she has brought together an Atlantic team of more than 50 experts to be involved in this important initiative. Dr. Stewart's group led the launch of the CRISM Atlantic arm and chaired the first CRISM Atlantic symposium in fall 2017. Dr. Stewart also co-leads the first Quebec-Atlantic CRISM demonstration project on polysubstance misuse amongst opiate substitution therapy clients in HRM and Montreal. She is also the co-lead of the national emergency health threat working group, funded by Health Canada through CRISM, for responding to the opioid crisis in youth.





# 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.



# Education

Director: Dr. Malgorzata Rajda

It has been an exciting year for education in the department. In May a very productive education strategy planning retreat was held and was well-attended by members of the Education Management Team (EMT) and department leadership. The collective contributions of all who attended formulated the educational priorities for the future direction of education within the department.

Several initiatives from the retreat have been implemented with the creation of "Kudos Corner" in the departmental newsletter *Headlines* to promote a culture of acknowledgement, expressing gratitude for faculty contributions, and the approval of a new evaluation specialist position to promote educational scholarship. This position will be filled in late spring 2018.

Advancing the department's education mandate, Drs. Cheryl Murphy and Mark Bosma developed and facilitated an innovative feedback workshop using simulated learners (see education mission statement in action). Additionally, the department purchased the leading e-learning development and course authoring software, Articulate 360, to advance our delivery of educational content. Mandy Eslinger, undergraduate coordinator, has completed the training and is now a resource for moving curriculum to asynchronous online learning.

A warm welcome is extended to Dr. Lara Hazelton as our new Director of Continuing Professional Development. Dr. Hazelton hit the ground running with preparation for the 2018 W.O. McCormick Academic Day and recruitment of excellent speakers for our 2017/2018 university rounds.

In fellowship and sub-specialty

residency news, in July 2017 we welcomed two subspecialty residents: Dr. Gaelle Belanger to child and adolescent psychiatry and Dr. Daljit Bhangoo to geriatric psychiatry. In July 2018, we will accept four more subspecialty residents: Dr. Sarah Fancy and Dr. Celia Robichaud to child and adolescent psychiatry and Dr. Ian MacKay and Dr. Kathleen Singh to geriatric psychiatry; all from our Dalhousie residency program.

We celebrated another successful CaRMS year, matching all eight spots during the first round, for the third year in a row. We look forward to welcoming our new residents in July.

We also celebrated Dr. Sherry James as the recipient of the 2017 Dr. Larry Buffet Outstanding Teacher Award and Dr. Cheryl Murphy as the recipient of the 2017 Educator of the Year Award.

The Master's in Psychiatry Research program is finishing up its inaugural year. We are very proud of our first six students who have all successfully defended their thesis proposals. Now that the program is established we are looking forward to accepting our next intake of students in September.

In undergraduate news, Dalhousie's Medical School received full accreditation for an eight-year term.



# Undergraduate Education

Director: 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 the Medical Doctor (M.D.) program. In the pre-clinical years students receive seven weeks of psychiatry content via case-based learning, lectures, electives and hands-on psychiatric assessment skills training. In the clinical years, students complete six-weeks of core clinical experience in psychiatry combined with lectures and self-directed learning modules. Students can also complete electives in psychiatry throughout the M.D. program.

Reflecting on the annual undergraduate activities, Med 1 student and Psychiatry Interest Group co-chair, Talia Bond, was this year's successful candidate to have her attendance at the annual Psychiatry Student Interest Group Network (PsychSIGN) conference (held in conjunction with the American Psychiatric Association conference) sponsored by the department. For the second year in a row, Dr. Abraham

Nunes (PGY-3) was chosen by the clinical clerks as the Clerks' Choice award winner for his outstanding teaching efforts. Overall, our residents received 63 nominations from the clerks, a testament to how valued they are for their dedication to teaching. In June, the department participated in the annual Global Health Office's Link Program preparing five students from the International Medical University (IMU) in Malaysia for entry into Clerkship in September. Dr. Cheryl Murphy and Mandy Esliger attended the Association of Directors of Medical Student Education in Psychiatry (ADMSEP) annual meeting in New Mexico returning with numerous ideas on how to innovate in the undergraduate curriculum.

Commencing the 2017/2018 academic year, three new self-directed learning modules were introduced into the psychiatry clerkship. Two of the modules were developed under the direction of Dr. Herb Orlik to revamp the child and adolescent curriculum and introduce clinical case scenarios. The modules

are followed by interactive classroom case discussions and an additional didactic session. The third module was developed under the direction of Dr. Shannon MacDonald as new curriculum to enhance clerks' helping skills with patients identifying as transgender. Mandy Esliger provided guidance to the faculty and completed the development of the modules. To date, all modules have been well received by the clinical clerks.

In other aspects of clerkship, the timing of the annual Med 3 Observed Structured Clinical Encounter (OSCE) has changed from the end of, to midway through Med 3 to allow for sufficient remediation time for students before progressing to Med 4. The Fredericton clerkship site has transitioned from a Traditional Block Clerkship (TBC) to a Longitudinal Integrated Clerkship (LIC) leaving Saint John as the only Traditional Block Clerkship site in New Brunswick.

Last but not least, as mentioned, Dalhousie's Medical School received full accreditation for an eight-year term.

## Psychiatry Student Interest Group

The medical student Psychiatry Interest Group is in its seventh year and is currently led by first-year medical students Talia Bond and Peri Fenwick. 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. The first event of the year was the "Lifestyles in Medicine" night, where first and second year students had the opportunity to interact with and learn from residents and attending physicians about the diverse opportunities available in the field of psychiatry. The students were keen to ask questions and gain a better understanding of what a day in the life of a psychiatrist is like. The Psychiatry Interest Group is also planning a psychiatry-based movie night with a focus on geriatric mental health, in collaboration with Dr. Cheryl Murphy and Dr. Mark Bosma.

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, Talia Bond was chosen to attend the conference and she is looking forward to meeting other like-minded students interested in psychiatry.





## Postgraduate Education

Director: Dr. Mark Bosma

The Postgraduate Education section had a successful 2017-2018 academic year, with several major initiatives occurring. In November 2015, Dalhousie Postgraduate Medical Education (PGME) conducted an internal review of the residency program. The process ensures that our program is constantly striving to meet and maintain Royal College accreditation standards. Through the hard work of the Residency Program Committee (RPC), all weaknesses identified at the review have now been corrected, with confirmation provided by PGME in early 2018. The next major accreditation step will

occur in November 2018, when the Royal College will be surveying all programs at Dalhousie University as part of the regular accreditation cycle. In preparation for this, the RPC has been reviewing the Royal College's updated accreditation standards, to ensure our program is fully prepared. Many faculty and all residents will be expected to participate in the accreditation visit, and orientation to the process will be organized for fall 2018.

### Accreditation

In anticipation of the accreditation visit, all program documentation has been reviewed in the 2017/2018 year.

Almost all rotation objectives have been updated to ensure they are easily understood and implemented by faculty and residents, along with their corresponding mid and end-of-rotation evaluations. The program has also updated and/or adopted policies, including the Resident Safety Policy and Resident Supervision Policy, to ensure that accreditation standards are met.

### Program updates

In response to resident feedback, changes have been made to several core rotations to improve the training experience. Residents training in Recovery & Integration psychiatry,





which occurs in PGY-4, spend their time at East Coast Forensic Hospital (ECFH) or Simpson Landing. To add an outpatient experience, residents training at Simpson Landing have been able to attend clinic at one of the Connections sites since 2016. Residents at ECFH started attending Connections in January 2018, allowing them to have exposure to a different model of patient care and recovery. The Shared Care rotation has also experienced significant changes. Residents were concerned that the experience was too fragmented, with limited flexibility to attend to other longitudinal requirements, such as psychotherapy

training. In response, residents now spend one full day a week with Esther MacInnis (mental health nurse) at the North End Clinic, and a day a week with Dr. Brian Burke at the Bayers Road outpatient site, where they participate in delivery of mental health service to Cape Breton via telepsychiatry. Special thanks must be given to Drs. Sonia Chehil, Bill Bradley, and Kulli Poder for their dedication to the Shared Care experience over the past year.

As we head towards the 2018/2019 academic year, many other tasks are at various stages of completion. To engage residents in the process of

curriculum design, a survey was sent to all residents requesting their input on academic day processes and content. The results of this survey will be used by the curriculum sub-committee of the RPC when planning the 2018/2019 academic day curriculum in spring 2018. A survey was also sent to residents about their on call experience. As delivery of call has not been evaluated for some time, a working group of RPC members will be organized to review the current on-call process, using the survey results to guide the process.



## CaRMS

The 2018 CaRMS match was a great success. Due to the incredible efforts of the residents, administrative staff, and faculty, all eight spots were filled in the first match. In July, we look forward to welcoming the following residents, three of whom are from Dalhousie:

- Mackenzie Armstrong, Dalhousie University
- Patricia Celan, University of British Columbia
- Courtney Handford, University of Alberta
- Katherine Lines, Dalhousie University
- Michelle MacDonald, University of Calgary
- Shiloh Riccotti, Western University
- Cody Sherren, Queen's University
- Kate Stymiest, Dalhousie University

We also had the pleasure of welcoming Dr. Anthony Pianosi to our current PGY 2 class as of Nov. 1, 2017. Dr. Pianosi transferred to us from NOSM (Northern Ontario School of Medicine).

## Competency-based medical education

Finally, some updates must be made about the advent of competency-based medical education, which is being implemented by the Royal College under the brand *Competency By Design*. To prepare for this change, the specialty committee in psychiatry had its first CBD workshop in November 2018. Over three days, the committee started the development of a new set of training objectives for psychiatry residency, including development of a draft of EPAs (entrustable professional activities), which will be the backbone of the new training documents. Representing the program were Drs. Mark Bosma, Margaret Rajda, and Chelcie Soroka (PGY-2 resident, one of only two resident representatives chosen from across the country). Further workshops are planned for spring and fall of 2018, with possible

implementation of CBD in 2019 or 2020. To prepare for this at a program level, a Competency Committee was created, chaired by Dr. Cheryl Murphy. The purpose of the Competency Committee is to track the progress of resident performance longitudinally, to ensure residents are meeting training objectives and achieving their professional milestones.

## Resident Retreat:

In September 2017 the residents held a retreat at the Liscombe Lodge. The retreat focused on career planning and how to create a teaching dossier, and was well attended by residents.

## 2018 End of Year Awards:

*Teacher of the Year:* Dr. Ron Fraser

*Above and Beyond:* Evelyn Mott, PES Nurse

*PGY-5 Excellence Award:* Dr. Aaron Keshen

*Dr. Herbert Orlik Child & Adolescent Psychiatry Resident Award:* Dr. Katie Radchuck

*Geriatric Psychiatry Resident Award:* Dr. Crystal Zhou

*Clerks' Choice Award:* Dr. Christine McClelland

*Alexander H. Leighton Resident of the Year:* Dr. Joshua Smalley

*Horizon Health Network SJ Zone PGY1 Resident of the Year:* Dr. Amy Gough

*Dr. Charles J. David Prize in Psychiatry:* Dr. Christine McClelland

*Dr. W.O. McCormick Award:* Dr. Ian MacKay

*Loonie Awards:* Drs. Laura Downing and Olga Yashchuk

*Dr. Robert & Stella Weil Fund in Psychiatry:* Dr. Alexandra Manning

## Our Residents

### Class of 2018 PGY-5

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

### Class of 2019 PGY-4

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

### Class of 2020 PGY-3

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

### Class of 2021 PGY-2

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

### Class of 2022 PGY-1

Chan, Lauren  
Cottreau, Jill  
Fraser, Emily  
Gough, Amy  
Greer, Holly  
LeBlanc, Marissa  
States, Cinera  
Wang, Angela



# Education in Saint John, New Brunswick

Director of Postgraduate Education: Dr. Emily Maxan

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The 21 psychiatry faculty in Saint John have participated in various educational activities over this past year. All faculty 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 Atlantic Sleep Centre.

Faculty delivered over 54 hours of didactic lectures from April – December 2017. In 2017 the residents and clerks transitioned to weekly observed interviews and faculty provided 62 hours of observed interview and teaching sessions (mock-oral style lasting two hours total). Faculty members also provided 90 hours of Med II Clinical Skills instruction in fall of 2017.

The clerks transitioned to videoconferencing for lectures in Halifax, and the residents began self-study modules.

Dr. Joseph Aicher served as a tutor for eight Med 2 students in their Neurosciences block.

Five faculty members were preceptors for 13 Dalhousie and 10 Memorial clerks for the initial four weeks of their six-week rotation. For the last two weeks, the clerks were supervised in the outpatient clinic by many of our faculty in adult, child and adolescent, or geriatric psychiatry. Five faculty members were also preceptors for rotating electives in February and March

2018, while three faculty members took on the role of preceptor for three family medicine residents completing their longitudinal family medicine/psychiatry rotation.

Dr. Pamela Forsythe continued in her role of preceptor for three family medicine residents completing their four-week block.

Dr. Claude Botha was preceptor for six first year psychiatry residents during the first half of their eight-week rotation. Having transitioned to the inpatient unit from the ER/CL service, Drs. Kehinde Aladetoyinbo and Botha have taken over the role of preceptor for first year psychiatry residents as of March 2017. Drs. Emily Maxan, Alan Fostey, and Johnson Agbodo were preceptors for the residents during the last four weeks of their rotation on the inpatient unit.

Drs. Morehouse, Glen Sullivan, and Tolulope Alugo provided supervision for summer observerships in 2017. Dr. Aladetoyinbo provided supervisions for two clinical observerships for international medical students.

Drs. Sarah Thompson, Helen Rowe, and Satyendra Satyanarayana, were preceptors for four elective students in the winter and spring of 2018.

Drs. Claudia Lamschtein and Maxan were OSCE examiners for the May 6 & May 23 sessions in 2017.

Dr. Morehouse continues to teach Professional Competencies to medical students each Tuesday.



# Fellowship and Subspecialty Training

Director: Dr. Sherry James

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## Fellowship Training

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.

## Subspecialty Training

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. There is a full Royal College accreditation visit for the subspecialty programs in November 2018. In fact, three programs are undergoing accreditation in November: the general psychiatry residency program, as well as both subspecialty programs. Preparations are underway guided by the PGME office and utilizing a new online program. The deadline for documentation submission is June 2018.

There has been keen interest in the subspecialty programs. Four Dalhousie psychiatry class of 2018 grads will start in the subspecialty programs as of July 1, 2018; two in each program. The child and adolescent program will welcome Drs. Celia Robichaud and Sarah

Fancy, who will both complete the program in June 2019. PGY-4 residents Drs. Vhari James and Joshua Smalley will also join the child and adolescent program and are expected to graduate in June 2020. The geriatric psychiatry program will welcome Drs. Ian MacKay and Kathleen Singh, who will complete training in 2019. Dr. Olga Yashchuk, PGY-4, will enter the program as well and complete her training in 2020. Preparation for their start has been ongoing. All subspecialty positions are filled for 2019, though there is one seat reserved in 2019 for fellowship program applicants. The application deadline(s) for that is Oct. 26, 2018.

While we had no fellows training during the 2017-2018 academic year, we were fortunate to host two subspecialty residents: Drs. Daljit Bhangoo and Gaëlle Bélanger.



A portrait of Daljit Bhangoo, a man with a beard and mustache, smiling. He is wearing a dark blue t-shirt. The background is a blurred outdoor scene with a yellow building and a blue sky.

## Resident Reflection: Daljit Bhangoo

Geriatric Psychiatry Subspecialty Resident

### Why did you pursue this subspecialty residency?

I chose to pursue fellowship training in geriatric psychiatry after realizing how different this field is compared to general adult psychiatry, an age group that residency training prepares you well for. The core rotation makes you aware of the breadth of the field and what it entails to become a proficient clinician treating older adults, but the exposure is not enough. During my core training, my personal interests in geriatrics led me to seek out supervision with a variety of supervisors, leading to broader exposure of clinical duties. I learned how important it was to work with teams and families when treating older adults, as they become so vulnerable in their advanced age, and to appreciate the unique symptomatology that presents in this age group. Geriatric psychiatry became a career goal for both personal and professional reasons, and in order to become more confident and proficient as a

clinician, I saw the fellowship as a necessity. I had spent several years training to serve the general public, and spending another two years to become subspecialized to reach my goals would serve to help me grow as a clinician.

### What have been the highlights working in the department?

The highlight of working in the department over the past year has been working alongside the staff. The teams in Halifax and Dartmouth are vastly different and it has truly been a pleasure getting to know each of them. It has been enjoyable coming to work knowing I would be greeted by the friendly face of someone who was more than willing to discuss a case or sit down for a chat; there is always time made for one another, and that level of support has been incredible. I also appreciate the collegiality of the resident body, which I have come to know over both rotations and at social events. A

special shout out goes to the PGY-5 fellows, Drs. Kathleen Singh and Ian McKay, who I am certain will have brilliant futures ahead. They have been very welcoming and a pleasure to be around, all the while putting up with me and my sense of humor. As an outsider, having come from a different province and training program, I was always made to feel like I belonged here and was a part of this program. I genuinely feel like I am a Dalhousie resident.

### What is next for you?

As I look to the endless possibilities out in the wild blue yonder, for now I will return to Manitoba to work as a geriatric psychiatrist at the University of Manitoba. I have moved many times, from different countries to different provinces, and I am uncertain of where I will finally settle down. No matter where I go, I am certain to remain in contact with the friends and colleagues I have made and come to know during my time in Nova Scotia.





## Resident Reflection: Gaëlle Bélanger

Child and Adolescent Psychiatry Subspecialty Resident

### Why did you pursue this subspecialty residency?

Pursuing my psychiatry training with a subspecialty in child and adolescent psychiatry was a straightforward decision for me. I knew I wanted to pursue a clinical career in child and adolescent psychiatry in an academic center, and I wanted to improve my knowledge and skills in this field. While I am sure that all Royal College accredited centres offer very strong training in core areas of practice, I chose Dalhousie for four specific reasons. First, the IWK program offers a very wide array of strong expertise from core fields of competencies (e.g. neurodevelopmental, mood, anxiety, psychotic disorders and family therapy) to more specific ones that are rarely available within the same center (e.g. substance use disorder, forensic psychiatry, eating disorders, child and infant psychiatry, and research on mental health education in the education system). Second, the program design and requirements

also support the development of supervisor, manager and leader roles in its trainees. Residents are often not trained in these roles, but they are essential domains of practice in the academic and hospital settings. Third, the Dalhousie and IWK staff have the well-deserved reputation of offering a friendly, supportive and collegial learning and working environment which contributes to learner's safety and wellness. Lastly, as I came from Montreal with my young children and partner, I knew Halifax would be a great place to live due to the availability of nature within the city, and the city's reputation for friendliness.

### What did you hope to accomplish?

I can honestly say that my hopes and expectations in regard to the program and the staff were met. I also discovered the advantage of training in a regional centre of expertise for the Maritimes, as, during my core rotations, I had the privilege

of following a variety of more complex or rare cases (particularly during my inpatient rotation). I really appreciated learning from the trauma informed care model that is integrated in all services at the IWK. I leave here having enriched my psychotherapy knowledge and skills in motivational interviewing, CBT for OCD, attachment based interventions for preschool children and their parents, and family therapy.

### What is next for you?

In July, I will be moving back to the Montreal area with my family to start practice in the 0-12 population in a university affiliated hospital. All the knowledge, skills and experience I have gained this year help me feel more confident in starting this new adventure. I will certainly miss the IWK staff and atmosphere, as they have built a uniquely friendly and strong team of professionals.



# Master's in Psychiatry Research

Graduate Program Coordinator: Dr. Sherry Stewart

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The development of this program generated two core courses taught for the first time by Department of Psychiatry faculty and coordinated by Dr. Kim Good and Dr. Sherry Stewart.

## Core Perspectives on Psychiatric Disorders

The purpose of this course is to take a biopsychosocial approach to understanding neuropsychiatric and psychiatric disorders, with an emphasis on the biological mechanisms underlying these disorders. Current Diagnostic and Statistical Manual of Mental Disorders (DSM 5) classifications are covered as well as major theories of etiology. The course also includes an overview of the evidence on empirically supported treatments for each disorder as well as some pertinent and timely information on cross cultural and early intervention approaches.

## Fundamentals of Psychiatry Research

This course covers aspects of psychiatric research methods and design. It touches on aspects of research methodology and design that are common to most forms of medical research, but focuses on those that are specific to research on psychiatry and mental disorders. The format of each class involves a combination of faculty didactic lectures and student-led presentations. Students complete the course by presenting on methodological and design elements of their thesis research to the class.

In the core courses, students improve their skills in critical appraisal, study design, statistics, data analysis, and scientific writing. Students are also required to take a graduate level statistics course which this year, was offered through the Department of Psychology and Neuroscience and

taught by Dr. Sean MacKinnon. Next year, each student will complete an independent master's thesis research project under the supervision of one of our faculty. The program aims to educate both clinicians and non-clinicians in the scientific bases of mental disorders and their treatment. The program does not aim to provide clinical training, but aims to develop highly skilled psychiatric researchers and clinician scientists who are well versed in the fundamentals of psychiatry and mental health research.

This two year graduate program is designed to equip students with the skills and knowledge needed to succeed as professionals in clinical and neuroscience research concerning mental health and illness.





# Continuing Professional Development

Director: Dr. Lara Hazelton

Chaired by Dr. Lara Hazelton, the joint multidisciplinary Department of Psychiatry/Central Zone Mental Health & Addictions Program Continuing Professional Development Committee organized 38 hours of CPD self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. The presentations consisted of didactic presentations by recruited local, guest, and resident presenters. Regularly scheduled events included University Rounds with invited internationally/nationally recognized speakers, Clinical Academic Rounds and Child and Adolescent Psychiatry Academic Rounds.

## Joint Clinical Psychiatry and Neuroscience Rounds

On March 28 Department of Psychiatry residents Drs. Laura Downing and Olga Yashchuk, along with neurology resident, Dr. Caitlin Jackson-Tarlton, presented on the topic *The Hallucinating Brain*. This was the second joint event between psychiatry's Clinical Academic Rounds and Clinical Neuroscience Rounds. It was hosted in room 4074 of the Abbie J. Lane building and distributed with Adobe Connect to the Royal Bank Theater to accommodate a large multidisciplinary audience consisting of attendees from neurology, neurosurgery, neuropathology, and neuroradiology.

## University Rounds

As usual, we were fortunate to draw nationally and internationally recognized speakers to present on a diverse range of topics at our monthly University Rounds. Thank you to our engaged faculty for their excellent speaker recommendations.





## XXIX W.O. McCormick Academic Day

Held again at the Halifax Marriott Harbourfront Hotel, this years' Academic Day on the theme *Psychiatric Aspects of Cannabis* was another highly successful, sold out conference, with 280 participants. The audience consisted of physicians, multidisciplinary mental health professionals, educators, mental health court staff, residents and students. Educationally co-sponsored by Dalhousie Faculty of Medicine Continuing Professional Development, the conference was designated for up to 6.0 credit hours for MAINPRO+ of the College of Family Physicians of Canada and as an accredited group learning Section 1 Royal College of Physicians and

Surgeons of Canada Maintenance of Certification activity.

Chaired by Dr. Lara Hazelton, the day began with Dr. David Gardner providing a short introductory presentation titled *ABC's of Cannabis* aimed to introduce, and make familiar, common terms that were routinely used throughout the day. The plenary speakers consisted of Dr. Phil Tibbo presenting on *Cannabis and Psychosis – What's the buzz?*, Dr. Anne McLellan on the *Legalization of Cannabis*, and Dr. David Hammond on *Cannabis Advertising and Public Education: Promotion and Risk Communication in a Legal Market*. New this year, attendees could attend two of four concurrent sessions. The concurrent speakers and their topics were: Dr. Eileen Denovan-

Wright, *THC and Cannabidiol Affect CB1 Receptor Function*; Dr. Selene Etches, *The Effects of Cannabis Use in Adolescents*; Dr. Neil Petrie, *Cannabis and Cannabinoids: Use, Abuse, and Misuse in ED Patients*; and Dr. Daniel Rasic, *Weeding through the Haze: A Review of Cannabis Use in PTSD*. Dr. David Gardner chaired the afternoon sessions and ended the day facilitating a panel discussion to address questions attendees hoped to have answered by having attended the conference. The evaluations submitted by participants were very positive and planning is already underway for the XXX W.O. McCormick Day.

## 10th & 11th Psychiatry



## Debates

The 10th Psychiatry Debate, *Teaching psychodynamic psychotherapy: an unethical relic from the past?* in spring 2018, was moderated by Dr. Michael Teehan. Many thanks to our debaters, residents Drs. Josh Smalley and Justin Paradis, and faculty members Drs. Mark Bosma and Andrew Harris, for an excellent, interactive debate on an important and controversial education topic.

The 11th Psychiatry Debate, *Reefer madness! The highs and lows of cannabis legalization* was also moderated by Dr. Teehan. Many thanks to our debaters, residents Drs. Leslie Kirkpatrick and Mandy Emms, and faculty Drs. Sabina Abidi and Zenovia Ursuliak, for a timely and complimentary debate topic that trailed the XXIX W.O. McCormick Academic Day conference theme Psychiatric Aspects of Cannabis.

## 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. James C. Coyne, PhD, gave an excellent presentation on June 6 on *Why you should not routinely screen for depression and suicide and what you should do instead*.

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

## University Rounds Speakers

09/20

Woodward, Neil, Vanderbilt University School of Medicine: *Brain connectivity in psychotic disorders*

10/18

Shay, Joseph; Harvard University: *Psychodynamic Group Psychotherapy*

11/15

Robertson, George, Brain Repair Center, Dalhousie University: *Neurodegenerative and psychiatric disorders: Convergent disease mechanisms and treatments*

12/20

Kisely, Steve, Dalhousie University: *It's not all doom and gloom: unexpected findings from a systematic review and meta-analysis of psychiatric morbidity in indigenous peoples from the Americas*

01/24

Addington, Donald, University of Calgary: *Applying guidelines and quality measures in first episode psychosis services*

02/21

Crawford, Allison, University of Toronto: *Narrative approaches to circumpolar wellness*

03/21

Fenton, Andre, New York University: *Can cognition-associated neural coordination abnormalities distinguish between cognitive states and mental illness?*

04/18

Swanson, Jeffery; Duke University: *Gun violence, mental illness, and the law: Balancing risk and rights for effective policy*

05/09

Conn, David; University of Toronto: *Substance use disorders among older adults: New challenges and the road to creating national guidelines*



## Workshops

As you have read in our *Mission Statement in Action*, Drs. Mark Bosma and Cheryl Murphy designed a workshop for faculty on the topic of *Delivering Effective Feedback*. Delivered in fall 2017, they went the extra mile to ensure the workshop met the performance assessment (Section 3) criteria as defined by the Maintenance of Certification Program of The Royal College of Physicians & Surgeons of Canada. The workshop included pre-and-post work and trained simulated learners. Participants who completed the workshop were able to claim a maximum of six performance assessment (Section 3) credits.

## Transitions

This was a year of transition for Continuing Professional Development, as Dr. Heather Milliken finished her term as director in June 2017. Appointed in 1997, Dr. Milliken was the department's first director of CPD. Under her capable leadership, we established a reputation for providing quality continuing education to mental health practitioners and learners throughout the Maritimes. Dr. Lara Hazelton took over for Dr. Milliken in July 2017. An outpatient psychiatrist with the Bedford Sackville Mental Health Team, Dr. Hazelton's interest in medical education led her to obtain a Master's of Education degree from Acadia University. She has been director of Academic Faculty Development for the Faculty of Medicine since 2013, and in that role develops and administers programs that train faculty to become better teachers and leaders. Her goals include maintaining the quality of education offered through rounds and Academic Day, collaborating with others to develop targeted programs to meet specific needs, and promoting the scholarship of teaching and learning within the department.





IWK Health Centre

5850 University Avenue

# Child and Adolescent Psychiatry Education

Director: Dr. Lukas Propper

## Learners in Child & Adolescent Psychiatry

The division of Child & Adolescent Psychiatry at the IWK is excited to announce that we now have a permanent, dedicated call room for our residents. The call room is located on the 7th floor of the Children's building, K7112. Keys to the call room can be signed out from the EMHAS office.

## Annual Atlantic Provinces Child & Adolescent Psychiatry Conference (APCAPC) 2017

The 10th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference took place May 26 to 28 at White Point Beach Resort. This year's conference was well attended by over 25 child and adolescent psychiatrists from across the province. The theme of this year's conference was *Transitions in Youth Mental Health*, focusing on transitions across the lifespan in areas such as education, clinical service delivery, community outreach and research.

Our keynote speaker was Dr. Ashok

Malla, professor of psychiatry at McGill University. Dr. Malla holds a Tier 1 Canada Research Chair in Early Psychosis, with a cross appointment in the Department of Epidemiology, and is an editor of the *Journal of Social Psychiatry and Psychiatric Epidemiology*. He is the nominated principal investigator of a \$25M grant for a national research project on transformation of youth mental health services in Canada (ACCESS Open Minds), funded jointly by the Graham Boeckh Foundation and CIHR under the Strategy for Patient Oriented Research (SPOR). Dr. Malla's presentation, *Transforming Youth Mental Health Services in Canada: ACCESS Open Minds* was an excellent illustration of the complexity of society, highlighting the need for sophistication of services without losing track of the individual.

We were fortunate to have many other talented presenters including Debbie Phillips, and Drs. Celia Robichaud, Lukas Propper, Stan Kutcher, David Lovas, Sabina Abidi, and Jonathan Brake.

## IWK Faculty Retreats

The Division of Child and Adolescent Psychiatry hosted their bi-annual faculty retreats on April 7, 2017 and Nov. 17 2017. The April retreat was well attended by 14 child and adolescent psychiatrists from across Nova Scotia. Topics included: *Metabolic Side Effects of Atypical Antipsychotics in Youth* (Dr. Herb Oriik) and *Supervising PGY5 and PGY6 Subspecialty Residents* (Dr. Dave Lovas). On Nov. 17, 2017 at University Hall on Dalhousie's Studley campus the second retreat took place with topics: *Delivering Effective Feedback* (Drs. Mark Bosma and Cheryl Murphy) and *Autism and ADHD Controversies* (Dr. Lukas Propper). This retreat was well attended with 18 faculty members in attendance.

## CACAP Conference

The Canadian Academy of Child and Adolescent Psychiatry's (CACAP) 38th Annual Conference will be hosted in Halifax from Sept. 16-18, 2018. More information can be found on the CACAP website at: [http://www.cacap-acpea.org/en/cacap/Annual\\_Conference\\_p811.html](http://www.cacap-acpea.org/en/cacap/Annual_Conference_p811.html)



# Medical Humanities

Coordinator: Dr. Joanne MacDonald

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Department of Psychiatry representation has been consistent within the Faculty of Medicine's larger HEALS (Healing and Education through the Arts & Life Skills) program. This included the Dalhousie Faculty of Medicine Annual Humanities Conference in early April 2017. Dr. Joanne MacDonald assisted with Faculty of Medicine HEALS sponsored student and faculty award processes and was invited to be a collaborative course director for the faculty continuing professional development series on *Educating for Medical Professionalism*, an online course, including webinar facilitation held in the late fall of 2017. Further activity representing psychiatry humanities included participation in *Ballast and Buoyancy: Sailing Through Your Medical Career* held March 24-25, 2017, as one of the annual Fear Conference events.

The resident humanities interest group organized an art therapy event on July 20, 2017.

Dr. MacDonald has been the primary preceptor for two resident research projects in humanities this past year. Dr. Ashley Crane developed an innovative fibre art-based piece representing key neural network basis of psychiatric illness and tested this novel approach to neuroscience learning with her resident colleagues. Dr. Kerry Murray is leading a literature review on poetry in psychiatry, following on her studies in literature and her own writing practice.

Dr. Mark Gilbert returned to the Department of Psychiatry to present an intimate moving examination of his father's art practice, as he chronicled his wife's decline with Alzheimer's disease. This event took place during the annual Humanities Clinical Conference, with broad interest and

commentary, including within our seniors mental health community.

The annual national Dalhousie Psychiatry Humanities Writing Contest deadline was moved to April 1. Twenty-nine enthusiastic submissions came in and are being scored by a panel of interested residents and faculty.

Reporting on humanities will continue within *Headlines* newsletter.

The goal will remain to keep humanities discussion and scholarship visible within the department, with particular support to resident interests and activities.



# 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.



# Research

Director: Dr. Ben Rusak

## 2017 Department of Psychiatry Research Fund Grants

### April 2017

- Martin Alda – Clinical variables predicting response to long term lithium treatment of bipolar disorder: a four-centre study. (\$19,920)
- Candice Crocker/Phil Tibbo – Cannabis effects on white matter in females with early phase psychosis. (\$16,015)
- George Robertson – Reversal of mitochondrial and autophagy deficits in neurons derived from the pluripotent stem cells of patients with bipolar disorder. (\$20,000)
- Ian Weaver/George Robertson – Effects of paternal high fat diet and predation risk, as well as maternal rearing environment on the hypothalamus transcriptome and anxiety-mediated behaviours in the offspring. (\$20,000)
- Alyson Zwicker/Rudolf Uher – Genetic counselling in the prevention of mental health consequences of cannabis use. (\$19,590)

### October 2017

- Amy Bombay - Exploring the cumulative effects of familial IRS attendance in relation to age of onset for suicidal ideation and suicide attempts among Indigenous youth living on-reserve and off-reserve. (\$14,150)

## 2017 Department of Psychiatry Summer Studentship Program

- Gail Eskes/Richard Drake - Testing a training program for improving deficits in attention (vigilance).
  - George Robertson/Daniel Kim - Assessment of mitochondrial function in neurons derived from patients with bipolar disorder.
  - Rudolf Uher/Michael O'Leary - Genetic moderation of the effects of bullying on risk of mental illness.
  - Cindy Calkin/Claire Reardon - 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.
- ### NSPRU Summer Studentship
- Phil Tibbo & Jacob Cookey/Jacob McGavin - A retrospective database study of the impact of alcohol use on clinical outcomes in early phase psychosis.





### Special Events: Research Day

On Nov. 10, the 27th annual Department of Psychiatry Research Day took place at the Lord Nelson Hotel gathering together 125 faculty, students, staff members and researchers for 24 informative poster presentations and 12 outstanding oral presentations including a talk from keynote speaker Dr. Roy Perlis of Harvard University titled *Probabilistic Medicine: How do we get there from here?*

Research Day prizes were awarded to:

- Best Undergraduate Presentation: Tristan Park – *The role of resilience in substance use in Mi'kmaq youth.*
- Best Graduate Student Presentation: Christiane Whitehouse – *The impact of depression and anxiety symptoms on information processing speed in MS and other immune-mediated inflammatory diseases.*
- Best Resident Presentation: Dr. Kathleen Singh – *CBT express: using the Fountain of Health for knowledge transfer and behaviour change.*
- Best Junior Faculty Presentation: Dr. Jacob Cookey – *A retrospective database study of the impact of alcohol use on clinical outcomes in early phase psychosis.*
- Best Psychiatry Staff Presentation: Dr. Candice Crocker – *A pilot study of NODDI measures- Validation of a multishell protocol and preliminary data in cannabis users.*

### Café Scientifique

The Café Scientifique, entitled *Personalized Medicine: Challenges and Opportunities*, was held at the Collaborative Health Education Building on the evening of November 9. The event was moderated by Dr. George Robertson, and featured presentations by Drs. David Gardner and Rudolf Uher and the Research Day keynote, Dr. Roy Perlis. An engaging discussion followed the three talks with members of the audience and the panel.

Research Day presenters, judges and winners: (top L-R) Drs. Michael Teehan, George Robertson, and Allan Abbass; (middle L-R) Drs. Sherry Stewart and Rudolf Uher; (front L-R) Tristan Park, Drs. Kathleen Singh, Candice Crocker, and Ben Rusak.





## Child and Adolescent Psychiatry Research

Child and Adolescent Psychiatry faculty had a productive research year, with 46 presentations at local, national, and international levels, 22 published articles and books, and two grants funded.

### **Grant Funding Highlights**

Dr. Stanley Kutcher:


- Carthy Foundation. National Pre-Service Teacher Mental Health Literacy Curriculum Resource: Phase 3B – Interactive Online Course. Principal Investigator (\$87,000)
- Echo Foundation. National Pre-Service Teacher Mental Health Literacy Curriculum Resource: Phase 3B - Interactive Online Course. Principal Investigator (\$20,000)

### **Other research:**

Researchers at the Centre for Pediatric Pain Research have launched a new study into how a robot can help to reduce procedural pain and distress for children within the blood collection clinic. The robot, purchased with funding from the Canada Foundation for Innovation, can be programmed to interact with children in a clinical setting and has a wide variety of capabilities ranging from calming breathing exercises to playing “rock-paper-scissors”.

LeAnne Revell, a Research in Medicine student at Dalhousie University is taking the lead on the project under the supervision of Dr. Christine Chambers, Canada Research Chair in Children’s Pain.





## Featured Researcher: Dr. Aaron Keshen

*From clinician to researcher*

In 2018 Dr. Aaron Keshen and the NSHA Eating Disorder Program were awarded Category 1 (\$99,980) and Category 3 (\$4,972) grants from the Nova Scotia Health Authority Research Fund. The larger of the two grants is funding a feasibility trial to test the off-label use of lisdexamfetamine (Vyvanse), in patients with bulimia nervosa. Building upon a recent case series by Dr. Keshen and his research assistant, Thomas Helson, this study aims to assess whether future research investigating this medication as a potential treatment for bulimia is warranted. They are also working with colleagues in computational psychiatry to test neurocognitive hypotheses related to the treatment of bulimia nervosa with psychostimulants. The smaller grant (held by honours student Laura Dixon under Dr. Keshen's supervision) will fund a study investigating the efficacy of a group-based, guided self-help intervention for individuals with binge

eating disorder (BED). This novel intervention uniquely emphasizes self-efficacy and will be administered by non-specialists with minimal clinical experience.

Dr. Keshen didn't set out to be a researcher. He trained as a clinician. He dabbled in small research projects during his undergraduate degrees and his residency, but did not follow the traditional clinician-researcher track. After graduating from residency in 2009 he focused on developing clinical projects, such as the inpatient eating disorder program. Although he didn't have time to devote to research, he retained a scientific curiosity, informally exploring why some patients tended to drop out early from the inpatient program, for example. Starting several years ago he was able to free up a little more time to spend on research more formally, but struggled to pursue a research career with minimal resources, training, and

little dedicated research time. He discussed the dilemma with a clinician-researcher mentor from an eating disorders program in Toronto. "He suggested that I jump into research by picking a simple question that intrigued me, and start collecting data that might help answer that question," recalls Dr. Keshen. "That suggestion prompted me to connect with a local researcher in the department who helped me formulate a research question and protocol with sound methodology. The skills and sense of satisfaction gained from that first project, which was published in 2017, gave me the confidence and motivation to develop bigger projects over the last several years."

Now, several years later and with recent grant success and support from the Department of Psychiatry, Dr. Keshen is able to dedicate one full day a week to research. This is a valuable addition to the quarter day he had managed previously. He

*Dr. Keshen and his research assistants (L-R) Sarrah Ali, Laura Dixon, Dr. Aaron Keshen, Thomas Helson, and Katelyn Bunker.*





also devotes some extra hours in the early mornings, in the evening and on weekends.

Dr. Keshen hopes his work will lead to more successful outcomes for eating disorders patients. "If our feasibility drug study shows that the psychostimulant is a potentially effective and safe treatment for bulimia nervosa, our goal is to apply for an external grant to conduct a larger, randomized controlled trial to test this treatment," he says. "Investigating such a novel treatment for bulimia is relevant because current psychological and medication treatments lead to relatively low remission rates, and high relapse rates." The longer-term goal of the smaller BED study is to test the implementation of this approach in a clinical setting. Dr. Keshen hopes this accessible approach could help fill a gap in the treatment of BED in NS where there are currently no treatment options within the public

healthcare system.

Undergraduate research assistants have been critical for Dr. Keshen's research program from the beginning. Initially, Thomas Helson was paid as a summer student through a government co-op program, a Dalhousie Department of Psychiatry Research Fund award, and private donations. "He has been instrumental in preparing grant, protocol and Research Ethics Board applications that have created the foundation for our research program," says Dr. Keshen. Thomas will start medical school at Dalhousie in September 2018, but fortunately Dr. Keshen has two other strong research assistants in Laura Dixon and Sarrah Ali. Both have been volunteering their time, and more recently, paid through grant funding. Laura was awarded a Dalhousie Department of Psychiatry Summer Studentship starting this May and will be starting the Dalhousie Masters in Psychiatry Research

Program in September 2018. These funding sources will add further stability to their program over the next few years. There have also been members of the department, including Drs. Joel Town and Abraham Nunes who have consistently contributed their expertise in statistics and research methodology to the eating disorders projects. The research team has also received mentorship and guidance from senior researchers in our department and other academic eating disorder centers in Canada, the US, and England.

Though he didn't plan to be a researcher, Dr. Aaron Keshen is passionate about it and his recent grant success has allowed him to further pursue this interest. His current research projects will be ongoing over the next one-to-two years.







# 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 area of adult mental health services is a deceptively simple term for a complex array of services delivered across different sites, using different modalities and settings, and using a diverse multidisciplinary team. Adult services operate under the umbrella of the Nova Scotia Health Authority with psychiatric staff being at the same time, members of staff with the NSHA and members of the Department of Psychiatry, Dalhousie University, with its attendant focus on clinical work, education and research.

Broadly speaking, general adult services include inpatient psychiatric care, psychiatric emergency services, community based mental health services, and a recovery and integration program focused on the needs of individuals with severe and persistent mental disorder and associated functional needs. Clinical leadership is ably provided by deputy clinical directors Dr. Sonia Chehil, Dr. Jason Morrison, and Dr. Sanjana Sridharan, who work closely together to ensure continuity of service and to minimize challenges and obstacles as clients transition from one area to another as their needs for care

change.

In the 2017-18 year, many faculty members have been involved in planning at a provincial level to develop a mental health care model that can be used province-wide. Although core services delivered by the Department of Psychiatry in the Central Zone of the NSHA may only change minimally, this does present an exciting opportunity to establish stronger linkages and coordination of services with peers in other parts of Nova Scotia and by extension, the Maritimes.

Readers are encouraged to peruse the material below for details of some of this exciting work.

## Psychiatric Acute Care and Emergency Services

Acute care encompasses a range of services in the department from seeing patients in the emergency department, to providing inpatient psychiatric care on the acute care units or the short stay unit at the Abbie J. Lane and Nova Scotia Hospital sites. 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 seen 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 2017-18 year, with continuing operation of the Mayflower unit 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 in keeping with the norms of other units nationally, as determined by CIHI (Canadian Institute for Health Information) data, although occupancy rates remain high. During the 2017-2018 year we had 2437 ER consults and 632 admissions across the units.

Acute care and emergency services are led by Dr. Sanjana Sridharan as deputy clinical director with a dedicated team of physicians made





## E.C. Purdy Building

## Addiction Prevention & Treatment Services Mental Health Services

up of Drs. Donna Davis, Curt Peters, Joseph Sadek, Mirka Koljova, Kristen Holm, Aaron Keshen, Nicole Herschenhous, Alice Aylott, Sam Bhalla and Jon Wan. The team is joined by a very dedicated, hard-working locum psychiatrist in Dr. JoAnn Davis, who covers the units when a physician is on leave.

The acute care team also employs family physicians Dr. Greta Taylor, Dr. Wahab Mershati and Dr. Yuri Stubeda who address both assessment and treatment for physical aspects of our inpatients, allowing for the provision of a holistic approach to acute care.

A major challenge has been to provide stable psychiatric coverage for the units in the face of staff shortages in nursing care and getting appropriate placements for patients awaiting alternate levels of care in the community. Both aspects are being addressed actively by administration.

The team continues to work towards effective collaboration with outpatient mental health partners, both mental health clinics, as well as community services. Recovery and integration and acute care clinical leads, as well

as other representatives meet every Tuesday to work together to improve patient flow. This has been a valuable step to reduce bed pressures and increase good quality collaboration within the health systems. 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.

The median length of stay in inpatient beds heavily hinges on the relationship between acute care and the community services who facilitate discharge. The goal of acute care is to further improve the patient flow pathway to in turn, improve continuity of care and acute care bed availability.

The team is working with psychiatric and mental health services in all the provincial zones to have standardized policies and procedures. This approach works well with one health authority and allows for the sharing of resources and ideas, ultimately leading to more effective care of Nova Scotians. The goal is to provide both consistency and continuity for patients in order to enhance

their overall inpatient / acute care experience.

### Community Mental Health and Addictions

In keeping with the NSHA's *Healthier Together* 2016-19 Strategic Plan, we embrace a model of co-leadership (administrative and physician) in the Central Zone Community Mental Health and Addictions (CM&A) program and over the past year we have been actively working with our partner co-leadership teams in crisis services, acute care, specialty teams, and Recovery and Integration (R&I) to strengthen and standardize the processes for patient transfers and patient transitions between services. Over the past year, management, physicians and allied health providers within these core services have worked to build and strengthen communication, cooperation and coordination for patients requiring continued psychiatric and mental health care in CMH&A. Notably, CMH&A teams have greatly appreciated the regular updates and inclusion in discharge planning provided by many of our inpatient psychiatric colleagues, as well as



the collaborative care planning that is increasingly being offered by crisis services – both of which herald a changing culture of communication in service of the patients and families we care for.

We continue to do our best to provide timely, appropriate, high quality care for patients with moderate to severe mental illness in collaboration with R&I, specialty services, crisis services, acute care services and primary care. System level shifts over the past decade, however, have compromised our capacity to focus on this core mandate. Lack of access to family doctors is a serious barrier to healthcare for our patient population. Often, we are the only stable healthcare service with which our patients regularly interface and in many cases we are their only medical home. Compounding this barrier is the paucity of available and affordable community-based counseling and support services for individuals and families struggling with a myriad of acute and chronic stressors. Consequently, a growing number of patients accessing CMH&A services rely on our five CMH&A clinic sites for ongoing care and support more appropriately provided in community and primary care. Continuing to hold patients within CMH&A who no longer meet our core mandate creates bottlenecks for service, inflates wait times, redirects resources away from specialized care provision, and forces service redesign to manage distress rather than mental illness. Without the support of a robust primary care system and a network of community-based services, our capacity to provide timely, appropriate, high quality specialized mental health care to individuals and families most in need of specialized mental health services will continue to be compromised.

Over the past year we have actively worked to mitigate system pressures by strengthening and safeguarding core services for persons affected by moderate and severe mental illness.

We have ensured that experienced clinicians, with the knowledge and skill to triage and direct referrals appropriately, review all referrals into CMH&A and work to develop strong collaborative relationships with our partner services within the MH&A program and primary care. We have moved away from promoting the promulgation of the generalist mental health clinician in favor of promoting and developing strong multidisciplinary teams with each individual team member working at the top of their discipline's scope of practice. Examples include implementation of guidelines for psychiatric consultation within teams; promoting interdisciplinary co-management of patients; establishing nursing and psychiatry teams to co-manage and oversee the longitudinal care of persons with severe and persistent mental illness (such as schizophrenia and other psychotic disorders) requiring long-acting injectable medications, clozapine and regular psychiatric/medical monitoring; safeguarding psychiatry time to provide direct consultation to family doctors for medication review and diagnostic clarification; promoting proficiency in the standard mental health assessment across all clinical

staff; and establishing mentors within clinical teams for specific psychotherapies. We have instituted random monthly chart audits for all disciplines, including psychiatry, and have begun the process of reviewing individual psychiatry caseloads and will establish internal case review processes for psychiatry. We are implementing medication reconciliation processes and use of the Drug Information System for medication prescription and renewal across all clinic sites.

The provincial MH&A program is developing a model for a centralized intake system that should help with standardizing and streamlining intake processes across MH&A services. In anticipation of, and in preparation for, this change, we have reviewed the intake processes for each of our Central Zone CMH&A clinic sites. Not surprisingly, we found that the processes and mechanisms in place for reviewing, accepting, triaging and booking referrals had, over time, become customized by each team and divergent from one another. As a measure to standardize the process of intake we have implemented the following:

To standardize the process of intake we have implemented:  
Establishing appropriate clinical oversight at intake;  
open standardized booking;  
and coordinating psychiatry job plans.



1. Establishing appropriate clinical oversight at intake: The intake team at all clinic sites will include a triad of clerical staff, clinical staff, and psychiatry.

2. Implementing open psychiatry booking: Each FTE psychiatry position will provide a minimum of three static weekly calendar blocks for new assessments to the intake team.

3. Coordinating psychiatry job plans: Psychiatry new assessment blocks will be reviewed each quarter as part of each team's job planning to allow coordination of psychiatry and clinician schedules to facilitate greater clinician-psychiatry collaboration.

Despite our own resource challenges, psychiatric resource shortages in other zones have become a serious access and equity issue for patients and families across the province. In response to the need for psychiatric consultative services in rural areas, Central Zone CMH&A is partnering with the Eastern Zone (EZ) and Northern Zone (NZ) CMH&A Programs to provide psychiatry consultative services via telehealth from the Bayers Road CMH&A Clinic. One component of this initiative, led by Dr. Brian Burke, includes one-time psychiatric consultative services to family physicians or nurse practitioners within EZ or NZ who are available to provide ongoing care and monitoring for the patient before and after the consultation. Another component of the initiative, led by Dr. Anand Natarajan, includes psychiatric consultation to patients with severe and persistent mental illness followed by the NZ CMH&A team. Both components of the initiative are being embedded within a sustainability framework within the Bayers Road package of MH&A services.

In collaboration with the postgraduate education office, we have reorganized student clinical placements in CMH&A to maximize the opportunity for learners to benefit from direct psychiatry clinical teaching, increased

clinical exposure across the spectrum of psychiatric conditions, and peer-peer learning. In addition, we have restructured the senior resident shared care rotation to include provision of telehealth consultative services (under the supervision of Dr. Brian Burke) to the EZ and NZ CMH&A programs. Together, our five clinic sites provide clinical teaching placements for nursing students, psychology students, social work students, occupational therapy students, medical students, family medicine residents, as well as junior and senior psychiatry residents. We would like to thank the Bayers Road, Dartmouth City, Cole Harbour, Bedford/Sackville and West Hants Teams for their flexibility, effort, time and dedication to student teaching.

### Recovery and Integration

Recovery and Integration (R&I) continued to provide recovery focused clinical care and psychosocial support to people living in our community with a persisting psychotic disorder and functional impairment.

During the past year our psychological services team continued to grow and flourish. We were able to provide psychological assessments, individual Cognitive Behavioural Therapy (CBT), and group interventions focusing on hearing voices, anxiety, and resilience. Two of our patients that participated in the hearing voices group at Connections now co-lead a peer-led hearing voices group in the community. In total about 130 patients have accessed these services which represents 20-25 per cent of all the patients we follow. Late in the year we lost our primary therapist to a research job, affecting capacity, although we have begun to train two other clinicians from the service in CBT.

For the past several years we have put effort into creating good transitions into the R&I service. This year the biggest challenge was to

develop a plan for flow out of our service to manage our growing patient cohort. Via a joint effort between R&I psychiatrists and managers, we created discharge planning guidelines to benchmark which patients could be transitioned back to primary care and in turn, a process for them to return should they again become unwell. We also undertook a clinical review of all patients to better define their clinical needs. This revealed that the needs of about 20 per cent of our patients could be equally well met in primary care, or with a community mental health clinic. We have begun to meet and work with colleagues in community mental health to open up lines of patient flow between our two services. It is anticipated that the current shortage of family physicians in Nova Scotia will make the transfer of patients back to primary care difficult.

A decision was finally reached late this fiscal year about how the unused beds at Simpson Landing could best be utilized. Originally designed for 40 patients, the unit has only used 15-20 beds for several years. The other half of this facility has been effectively mothballed awaiting government approval of a proposal to redeploy the excess human resource and space. More than three years ago we asked for approval to use this facility to enhance our outpatient service and offer community-based psychosocial support to more patients. The decision has been made to move the addictions unit into the unused side of Simpson Landing. This should offer opportunities for enhanced access to addictions expertise for both Simpson Landing patients and staff. It is still unclear whether we will be able to use the excess nursing resource at our outpatient services. The availability of this resource would allow us to move forward with the new clinical model we developed 18 months ago.



# Adult Specialty Services

## Addiction Services

Addiction services in the Central Zone offers treatment and support for individuals affected by their own, or a loved one's, harmful involvement with alcohol, other drugs and/or gambling. Types of support offered include individual counselling, recovery and educational groups, an inpatient withdrawal management three week program, day program as well as structured relapse prevention program. Ongoing co-location of Addictions and Community Mental Health staff ensures better collaboration between the two services through the implementation of a parallel treatment approach.

## Adult Neurodevelopmental Psychiatric Unit

Formerly the NSHA Dual Diagnosis Program, this unit provides provincial tertiary services for adults living with an intellectual or developmental disability and complex mental health

or challenging behaviours. To access services, a diagnosis of intellectual or developmental disability, as defined by significant impairments in both intellectual functioning ( $IQ < 70$ ) and in adaptive behavior, as expressed in conceptual, social, and practical adaptive skills that originated during the developmental period, must be present.

The specialized team comprises psychiatrists, a family physician, mental health nurses, two board certified behaviour analysts, a recreation therapist, a social worker, an occupational therapist, and developmental workers. Their collaboration as an interdisciplinary team is integral to addressing the complex needs of their patient population.

For those experiencing an acute mental health crisis, the Adult Neurodevelopmental Psychiatric Unit provides support in the 15-

bed inpatient unit, Emerald Hall. With the ultimate goal being to care for patients in their home and in their community, they also provide outpatient services to individuals and their caregivers through the Community Outreach Assessment Support and Treatment team (COAST).

In recent times, the service has experienced exciting growth and expansion as a result of strong advocacy on behalf of department leaders and clinical and administrative directors. The addition of board certified behaviour analysts (BCBA) to the interdisciplinary team to assist in the functional assessment of challenging behaviour and provide evidence-based intervention is a product of this direction to improve treatment. Behaviour analysis is a discipline that is currently unique to this unit in the Nova Scotia Health Authority. Additionally, a highly experienced neuropsychiatrist from



Ireland who has a special interest in neurocognitive disorders of people with intellectual disability has joined the unit and provides lectures in the department.

The team is focusing on a number of new initiatives in areas including: improving services for individuals with autism spectrum disorders, education and training for staff, developing new clinic specialties, and welcoming students to the service.

In December 2015, 61 per cent of their inpatient population had a co-morbid diagnosis of autism spectrum disorder, and in December 2017, 77 per cent of the inpatient population lives with autism spectrum disorder. Their initiatives have considered this prevalence and specific examples include:

- Plans for restructuring the inpatient unit, Emerald Hall, to reflect evidence-based practices for an autism-friendly physical and sensory

environment.

- Research project development in the area of autism and neurocognitive disorder in individuals with intellectual disability.
- Staff participation in training sessions and webinars about autism spectrum disorder and strategies for positive behavior support.
- Developing a specialized clinic for adults with intellectual disability and mental illness with co morbid autism spectrum disorder.

Other important initiatives to note:

- Developing a memory clinic for patients with intellectual disability and a neurocognitive disorder.
- Collaborating with innovative residents and medical students who join our team from across Canada for their elective coursework.
- Securing \$7850 in funding from the

Mental Health Foundation of Nova Scotia to improve inpatient care and resources in the areas of recreation, leisure, and vocation.

As we continue to grow to provide excellent care for our patients, our focus remains on the achievement and maintenance of wellness within the complex population served by the Dual Diagnosis Program, both within our hospital and in our community.

## Centre for Emotions and Health

The Centre for Emotions and Health focuses on the role of emotions and psychiatric disorders in health and illness behaviours by training professionals, treating patients, research and education. The Centre provides leading education and research in the area of short-term psychotherapy.

In the past year the Centre has continued to provide leading



# Drive better on WEED?

education, publication and clinical care. In addition to providing international presentations, Dr. Joel Town led the team on a randomized controlled trial of Intensive Short-term Dynamic Psychotherapy for Treatment Resistant Depression that showed a high remission rate, outperforming standard clinical care both at post treatment and in follow-up. Dr. Angela Cooper led a now completed, three year pilot implementation of a unique clinical education service in the Dalhousie Department of Family Medicine. It showed broad gains including a 70 per cent drop in family physician visits after a short treatment course using ISTDP. Based on this, the Centre was awarded a grant to extend this service and will be leading a provincial planning process for services and education regarding the extremely common, yet underserved population with medically unexplained symptoms. In addition to over 20 publications in the past year, Dr. Allan Abbass has published his second book *Hidden from View: Clinician's Guide to Psychophysiologic Disorders* (unlearnyourpain.com). He continues to be highly sought out for training, research and clinical service implementation by governments

and universities in Canada and world-wide. After long dedicated service to NS Health both in the Fall River center and CEH, Richard Zehr is retiring. We thank him for his friendship and clinical care over the years.

## Consultation/Liaison Service

The Consultation Liaison service currently consists of four staff psychiatrists for 2.7 FTE and a clinical nurse specialist. The service provides psychiatric consultation to medical/surgical services at the Halifax Infirmary, Victoria General Hospital, and Dartmouth General Hospital sites, as well as patients admitted to Progressive and Restorative care. We provide core teaching to psychiatry residents, neurology residents and clinical clerks. We also have senior residents and fellows for elective experiences.

The C/L service has developed subspecialty clinics in Oncology, Multiple Sclerosis and recently with the Neurology Movement Disorders Group. The service continues to develop collaborations with areas that serve patients with a significant burden of neuropsychiatric disorder.

## Early Psychosis

The mission of the Nova Scotia Early Psychosis Program (NSEPP) is to promote early detection and to provide optimal and timely health care for persons at risk or experiencing a first episode of psychosis. The NSEPP is a multidisciplinary, evidence-based program that incorporates excellence in clinical care, education and research and advocates strongly on behalf of patients and their families in order to optimize outcomes. Over the last three years, NSEPP has received on average 215 new referrals/consults per year. Two community programs that NSEPP developed and is delivering, to better highlight some of our activities over the last year, include the *Because Your Mind Matters (BYMM)* program and the *WeedMyths* public awareness and education campaign.

The BYMM project targets young people ages 18-19 years making the transition to their first year of postsecondary education, a recognized time of vulnerability for development of mental disorders in youth. BYMM aims to



getting appropriate treatment for psychosis. Following focus group consultation with youth, the website [becauseyourmindmatters.ca](http://becauseyourmindmatters.ca) was designed with a multimedia approach incorporating formats as requested by youth. During implementation of education sessions, wrist bracelet flash drives are provided as a giveaway to students. Each flash drive is preloaded with selected education resources and offers free space for student use. Interactive campus presentations were offered in 2017/18 introductory engineering and psychology classes reaching over 1200 students. Student feedback continues to be positive and the flash drives are especially welcomed. A presentation entitled *Because Your Mind Matters: Education about Psychosis on Campus* was given at the Early Psychosis Intervention Ontario Network (EPION) Conference in May 2017. EPION has recently incorporated elements of the BYMM website into their post-secondary education outreach presentations.

The *WeedMyths* campaign's objective is to allow youth to question 'accepted' beliefs of cannabis use. By questioning the current myths that youth have, and in translating research knowledge to a form that resonates with this age group, we aim for youth to develop informed choices when it comes to early and regular cannabis use. This education and awareness campaign is unique as it is youth informed and driven with respect to the messaging and the creative design. Initially funded by the Mental Health Foundation of Nova Scotia and NSEPP, and with more recent funds from the Department of Health and Wellness for its continuation, Instagram and YouTube videos, bus shelter ads, billboards, website ([weedmyths.ca](http://weedmyths.ca)) and print material have been produced. This multimedia approach, focusing on methods directed by the youth, ensures a broad distribution

and impact. This campaign has been highlighted in invited talks given by Dr Tibbo at national, provincial and local conferences and has received media attention.

### Eating Disorders Program

The Nova Scotia Health Authority Eating Disorders Program is made up of an outpatient clinic and a day hospital/inpatient program. Both include exposure-based meal experiences and a variety of skills groups such as assertiveness, coping, body image and DBT/ACT. Therapy groups address self-esteem, relational and existential issues. The program also has an active research program and provides teaching to both the Department of Psychiatry and Psychology and Neuroscience.

### Forensic Psychiatry

The East Coast Forensic Hospital (ECFH) is a stand-alone, forensic facility offering forensic psychiatric services for the provinces of Nova Scotia and Prince Edward Island. The ECFH has an interdisciplinary team and offers court-ordered assessments and comprehensive rehabilitation and risk management services for individuals found not criminally responsible or unfit to stand trial, with a goal of eventual community reintegration.



## Geriatric Psychiatry

The 2017-2018 year has been an exciting one for the Geriatric Psychiatry Program. We continue to build momentum in the areas of education, research, clinical care, and health promotion.

In 2017, many members of our Seniors Mental Health and Geriatric Psychiatry Program have been heavily contributing to planning for the 2018 Canadian Coalition for Seniors Mental Health (CCSMH) and Canadian Academy of Geriatric Psychiatry (CAGP) Annual Scientific Meeting (ASM) to be hosted in Halifax. Allied health, primary care clinicians, geriatricians, psychiatrists, clinicians in the mental health program and providers in continuing care and long term care are all warmly invited to attend. To learn more visit: <http://www.cagp.ca/>

In terms of our Royal College Accredited subspecialty training program, we welcomed our first subspecialty residents in July 2017: Dr. Daljit Bhangoo (PGY6) and Drs. Kathleen Singh and Ian MacKay (PGY5). In July 2018 we will welcome

Dr. Olga Yaschuk into the program. Dr. Terry Chisholm continues as our geriatric subspecialty training program director, and our subspecialty training program committee meets quarterly to develop our curriculum and prepare for our first Royal College accreditation review this fall.

With leadership by Dr. Mark Bosma, we continue core training for all residents in geriatric psychiatry. Drs. Michael Flynn, Sameh Hassan (site coordinator) and Meagan MacNeil provide three months of training at the Nova Scotia Hospital site, and Drs. Mark Bosma, Cheryl Murphy, Beverley Cassidy, Terry Chisholm and Keri-Leigh Cassidy provide three months of training at the QEII site. 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. Meanwhile, Dr. Cheryl Murphy continues in her role coordinating the training experiences of our medical students on our service, with site coordination at the NSH provided by Dr. Meagan MacNeil.

At the national level, Dr. Mark Bosma

maintains his role as chair of the Royal College Geriatric Psychiatry Subspecialty Committee this July. Dr. Cheryl Murphy is our region 5 representative on this national committee, as well as on the Royal College Geriatric Psychiatry Subspecialty Examination Board. Dr. Beverley Cassidy is the regional representative and board member of the Canadian Academy of Geriatric Psychiatry (CAGP) and Dr. Keri-Leigh Cassidy is the vice president of the CAGP, and chair of the 2018 CAGP/CCSMH Annual Scientific Meeting.

Drs. Meagan MacNeil and Keri-Leigh Cassidy are leading the program's enhanced Cognitive Behavioural Therapy. Resident training in this group therapy is now accredited by the postgraduate training program and Dr. MacNeil is pursuing clinical research in this area. Dr. Keri-Leigh 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.

In 2017, the Fountain of Health (FoH) Initiative continued to build momentum as a national health promotion initiative developed at



# ers Clinic

Dalhousie University. The Fountain of Health offers evidence-based information on brain health and resilience with health behaviour change tools across the lifespan. The Fountain of Health national team includes representatives from the Canadian Academy of Geriatric Psychiatry, the Canadian Medical Association and the Canadian Coalition for Seniors Mental Health (CCSMH), among others. In 2017, the FoH team received a \$50,000 grant from Baycrest to bring clinician materials to front line care in the Nova Scotia Health Authority. The team also received a \$50,000 grant from the Department of Seniors to develop the website and web-based Wellness App knowledge transfer tools. To learn more about the initiative visit <https://fountainofhealth.ca>

As noted above, the inaugural Annual Scientific meeting of the Canadian Academy of Geriatric Psychiatry (CAGP) will be held jointly with the Canadian Coalition for Seniors Mental Health (CCSMH) for the first time in Halifax this fall.

## Mental Health Day Treatment

The Mental Health Day Treatment

Program is a uniquely integrated clinical academic program. Over the last year, we welcomed Master's in Psychiatry Research student, Maria Simmonds. The team provides opportunities for postgraduate electives in intensive group psychotherapy and research in an integrated bio-psycho-social model. The team, led by Dr. Jacqueline Kinley, developed a comprehensive research program in order to gain a more integrated and complete understanding of psychiatric disorders from a cellular to a psychosocial level.

The program serves the adult Nova Scotian population of treatment resistant individuals with attachment trauma, enabling recovery by advancing emotional health, resilience, self-management and connection to others. Their patients report significant relationship difficulties, interpersonal conflict and mood regulation problems. Most have struggled to recover with other mental health treatments.

The service provides a highly specialized, evidence-based intervention delivered in a group-based format over six weeks. They enable recovery by:

- Striving to provide treatment at the earliest point in the trajectory of illness.
- Supporting effective preparation prior to entering this emotionally intensive treatment.
- Advocating for continued care on discharge from MHDTP.
- Providing education and training to build capacity in effectively treating this population.
- Undertaking research in trauma related disorders and their treatment.

## Mood Disorders Program

The Mood Disorders Program is a tertiary care outpatient program serving patients with bipolar disorder and major depression. The program offers consultations and clinical follow-up, including psychotherapy and education groups to a number of patients. The Maritime Bipolar Registry, of more than 500 subjects, extends the clinical and academic activities to patients and clinicians in the community throughout the Maritime Provinces. The research focus of the program includes the clinical and genetic aspects of mood disorders, neurobiology of affective



imaging studies. Members of the program are involved in teaching and supervision of medical and nursing students, graduate students, psychology students and interns as well as psychiatry residents and fellows.

## Reproductive Mental Health Services

The Reproductive Mental Health Service is a subspecialty multidisciplinary mental health team located at the IWK Health Centre, with funding shared by the NSHA Mental Health Program. The service provides consultation to physicians and midwives caring for women during the pregnancy and postpartum period. The scope of services includes preconception medication consultation, comprehensive assessment, treatment initiation, Consultation-Liaison service to the IWK Women's and Newborn Service, shared care with family physicians and other mental health services, and specialized individual and group psychotherapies for women living with moderate to severe mental illness in the peripartum period.

## Sleep Disorders

The Sleep Disorders Program is a tertiary referral centre, providing care to adults with sleep disorders in Nova Scotia and the Maritime Provinces. The program consists of an outpatient clinic, as well as a five-bed sleep laboratory. Patients must be referred by a physician to be seen in the sleep disorders laboratory.

The clinical team consists of physicians with a variety of specialty background (psychiatry, respirology, neurology and family medicine) and registered polysomnographic technologists. In July the team

welcomed Dr. Alex Nelson after completion of his sleep medicine fellowship.

The clinic continues to expand services with increasing use of telehealth. This allows for effectively working with patients in remote areas and saves them the long trip to Halifax.

The service continues to provide teaching to many core and elective learners. In 2017 they introduced a half-day clinic for senior psychiatry residents to become familiar with sleep disorders presentations and to learn cognitive behavioural therapy for insomnia.

The team also provides education and support for patients with chronic sleep disorders. There is a monthly narcolepsy patient support group, a valuable resource for patients with this rare disorder and their families.

The clinic continues to expand the services with increasing use of telehealth. This allows for effectively working with patients in remote areas and saves them the long trip to Halifax.



# Division of Child and Adolescent Psychiatry

Head and Chief: Dr. Alexa Bagnell

The Division of Child and Adolescent Psychiatry is located at the IWK Health Centre in Halifax, Nova Scotia. There are approximately 16 academic child and adolescent psychiatrists with a wealth of experience and expertise in patient care, education, research and advocacy. Our doctors work as part of the IWK Mental Health and Addictions Program (MHAP), which provides a full range of mental health and psychiatric treatment services for children, adolescents and their families, and is the only child and adolescent mental health program in the Halifax district.

It has been a productive year for child and adolescent psychiatry faculty. Clinically, there has been further work in our systems of care and how care is delivered to improve access for children, youth and families. Utilizing Lean health care approaches, our Community Mental Health and Addictions services have been able to dramatically increase access for patients and families over the past two years. In the past year, we have begun Lean work in our autism services, in conjunction with our colleagues in pediatrics. The specific care clinics are building capacity in evidence-based treatments for moderate to severe mental illnesses across the IWK and the Maritime Provinces through collaborations with clinicians (e.g. family based therapy for anorexia, opioid withdrawal management in concurrent disorders, cognitive behavioural therapy for OCD, TransHealth, early psychosis guidelines and Circle of Security). Provincially, there has been outreach and work with areas that have limited access to child and adolescent psychiatry to collaborate and support other regions.

In education, our subspecialty residency program in child and


adolescent psychiatry has been very successful with two more residents joining the program in July 2018, and four Dalhousie psychiatry residents in the program for the upcoming year (two in PGY5 and two in PGY6).

The child and adolescent psychiatry rotations continue to be very well regarded by trainees, and our residents have been very engaged in quality improvement initiatives and the education of learners. Our faculty continuing education has included our bi-annual retreats, which are now joined by colleagues from across Nova Scotia, and our spring Atlantic Child and Adolescent Psychiatry conference. In September 2018, we will be the hosts for the Canadian Child and Adolescent Psychiatry Conference in Halifax and welcome our colleagues from across the country. The research productivity of the division has continued to do well with 22 journal and book publications and 46 presentations at local, national and international conferences.

## Faculty and Staff

After a successful search in June 2017 and Canada Research Chair application process in March 2018, we are looking forward to welcoming our first Tier 2 Canada Research Chair in Developmental Psychopathology and Youth Mental Health, Dr. Sandra Meier, to the IWK and Department of Psychiatry faculty in summer 2018. Dr. Meier is a psychologist and researcher with a strong background in genetic epidemiology, biostatistics and molecular genetics. Her research work will focus on biological and epidemiological understanding of social aspects of mental health disorders in children, youth and families.





## Clinical Lean/Value Stream

Community Mental Health and Addictions: After almost two years incorporating value stream improvements in our community mental health and addictions team, there has been significant reduction in time to first appointment for our patients and families. The teams have worked very hard in this process, and families have reported ongoing satisfaction with the care they receive. The changes in work flow and process are gradually being incorporated into each of the community mental health and addictions clinics.

Autism: The autism services external review was completed and released in summer 2017. The IWK started work on autism services improvement through value stream lean process with the first event on Oct. 31-November 1, 2017. The IWK Autism specific care clinic is very involved in this process, and helping

in the work to review our current state and determine a future state for autism services at the IWK.

## ***Provincial Child and Adolescent Psychiatry***

The provincial child and adolescent psychiatrists gather every four months by teleconference to discuss issues relevant to child and youth psychiatry in the province. Recruitment has been a significant issue impacting child and adolescent psychiatry and work is in progress to collaborate on a provincial recruitment effort for child and adolescent psychiatrists.

IWK Child and Adolescent Psychiatry has been working with Cape Breton to support children and youth in crisis requiring emergency psychiatry assessment, with transfer for consultation from the Cape Breton ER to the IWK ER for psychiatry consultation. Cape Breton has had several psychiatrists leave, and are under-resourced for both general and child psychiatry. IWK psychiatry

also provides physician consults for psychiatry for children and youth with moderate to severe mental illnesses from across the province (and the Maritimes). There has been an increase in these consultations from Cape Breton since December 2017.

Dr. Selene Etches has been part of a provincial opioid strategy with the IWK, NSHA and Department of Health and Wellness. She has also been involved in the cannabis legalization recommendations for government document produced by the IWK Health Centre to reduce risk to children and youth, as well as in maternal/newborn populations. The IWK faculty have been strong supporters of this advocacy for understanding cannabis risks for mental illness and brain development in children and adolescents, including producing a position statement by the Division of Child and Adolescent Psychiatry.

Our specific care clinics are very involved in building capacity in the community, schools and clinicians in





the province around mental illnesses and addictions, and evidence-based treatments. Our faculty have given over 30 presentations to schools and community organizations in the province in the past year. Clinically, telephone and telehealth are utilized to work with clinicians and families in other parts of the province and Maritimes. The IWK Eating Disorder team now has two clinicians from the western zone participating in the Family Based Treatment Clinic for eating disorders to build further capacity in this treatment modality in their region.

### 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. Dr. Selene Etches presented to the CAIS Parent Talk Series on Nov. 2, 2017. Her presentation, *How to talk to your teen about drugs and alcohol*, was extremely well received with over 120

parents and educators in attendance. Many of our faculty members were also featured in the media over the last year.

### Leadership

Many of our faculty are involved in clinical and academic leadership roles. Several faculty have completed leadership courses in the past year. Dr. Sabina Abidi completed the Emerging Leaders in Medicine Course (ELAM), and Dr. Anett Bessenyei attended an Effective Leadership course for physicians on Nov. 18-19, 2017.

### Advocacy

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

Dr. Alexa Bagnell was again the regional expert for Bell Let's Talk Day. The 2018 Bell Let's Talk Day awareness campaign took place on Jan. 31, 2018. This campaign spotlights personal stories from Canadians of all ages from all walks of life living with mental illness or providing support for those who do.

This year, Bell added \$6,919,199 to its commitment to Canadian mental health programs through Bell Let's Talk Day.

#### ***IWK Scrub-in Event on Saturday, October 21***

Every year the IWK Health Centre puts on a *Scrub In" for the Board of Directors*. It is an opportunity for the three programs (Children's Health, Mental Health, and OB/Gyn) to highlight some of the great work that happens across the health centre. On October 21 the presentation of a mock case and family-based treatment session by the eating disorders team was very well done, and clearly communicated the team's caring, expertise and phenomenal team work. This year's event was attended not only by the Board of Directors but also the senior Department of Health and Wellness staff. The feedback from the IWK Board was extremely positive and many commented on how much they have learned.



# Child and Adolescent Psychiatry Services

Psychiatric services are integrated within the IWK Mental Health and Addictions Program services as part of an interdisciplinary treatment team including: community mental health clinics, specific care clinics, adolescent and child intensive services, addictions services, forensics services, emergency psychiatry service and an acute inpatient psychiatry unit.

## IWK Acute Care Psychiatric Inpatient Unit (Garron Centre)

The provincial 14-bed inpatient unit functions as an assessment and treatment unit for children and youth up to the age of 19 with serious mental health and addictions issues requiring acute inpatient psychiatric care. The unit provides stabilization, assessment and treatment for children and youth who require intensive support in an inpatient setting and provides multidisciplinary care to best meet the needs of the patients and families admitted to hospital. Children and youth are admitted through the Emergency Department or directly from other provincial child and adolescent psychiatrists.

## IWK Consultation/Liaison Service

The IWK Consultation Liaison service provides psychiatric consultations for children and youth being treated as inpatients on the medical and surgical units at the IWK Health Centre. Psychiatrists work with pediatric and surgery teams to help address mental health and addictions concerns impacting the health and recovery of hospitalized children and teens. Consultations may include diagnostic assessment and clarification and treatment suggestions. Referrals or transition of care to other services within the mental health and addictions program may occur

depending on needs of youth and the family working collaboratively with other hospital and community teams.

## IWK Emergency Mental Health and Addictions Service (EMHAS)

The IWK Emergency Mental Health and Addictions Service provides a 24 hour emergency service for youth in need of mental health and addictions crisis intervention up to the age of 19. Consults are also received for ER child/adolescent mental health and addictions and psychiatric emergency assessment from other emergency room services across the province. Emergency assessment and crisis intervention is conducted collaboratively between emergency staff (physicians, nursing) and the crisis team (clinical social workers and nurses), along with consultation from psychiatry (residents, psychiatrists). There is an Urgent Care clinic providing short term follow up after emergency room visits for children and youth and their families, provided by mental health clinicians.

## Adolescent Intensive Services (AIS)

Adolescent Intensive Services (AIS) is a day and inpatient program for youth aged 13-19 with mental health and/or substance use disorders. There are 10 primary mental health beds (24/5) and 10 primary addiction/concurrent disorders beds (24/7) on two separate units. Within AIS, there are three treatment care teams that offer different programming to best meet the needs of the youth who attend these services. The programs at AIS focus on evidence based interventions to best meet the needs of the youth and family, including the Connect model for parents, harm reduction model for concurrent disorder, and trauma informed treatments. Youth at AIS participate in individual, group, and family

therapy. AIS is a provincial service; preference for inpatient beds is given to youth outside of Halifax Regional Municipality who cannot travel each day.

## Children's Intensive Services (CIS)

Children's Intensive Services (CIS) is a day and inpatient (24/5) program providing mental health services to children aged 5-12 years. Children are referred by their clinician to the service to obtain additional supports for managing challenging emotion regulation and behavior issues, diagnostic clarification and/or medication review. CIS uses a Collaborative Problem Solving Model which focuses on the child's strengths and the skills they need to be successful in their everyday life. Parents and caregivers are actively involved in treatment in helping to understand and address their child's challenges and to participate in treatment decisions. CIS is a provincial service; preference for inpatient beds is given to youth outside of Halifax Regional Municipality who cannot travel each day.

## Youth Forensic Services (includes Nova Scotia Youth Facility Secure Care Unit)

The IWK Secure Care Unit (SCU) in Waterville is a three-bed inpatient youth forensic psychiatry unit. Youth may be hospitalized for 30-day court ordered mental health assessment, or require inpatient psychiatric level of care while at the Nova Scotia Youth Facility (NSYF). SCU also serves as an inpatient rehabilitation unit for treatment of youth with mental illness deemed not criminally responsible (NCR) in a court of law. The multidisciplinary team consists of a psychiatrist, registered and licensed nurses, psychologists, social workers, youth care workers, and a consultant



family physician. The unit provides 24-7 structured, individualized care in a secure environment. The SCU works in collaboration with the Department of Justice and is unique in that youth it serves are involved with the judicial system.

### **Forensic Assessments and Intervention**

The forensic team provides specialized assessments for the youth justice court. The team provides rehabilitation services for youth which focus on improving functioning in the community and while in the Nova Scotia Youth Facility. The team provides mental health interventions in the community, advocates for services for youth and provides court mandated treatments.

### **IWK Psychiatry Consultation Services for Community**

#### **Physicians and Pediatricians:**

Physicians can request psychiatry consultations or one-time assessments from an IWK child psychiatrist. The Psychiatry Consultation Service is for physicians who will continue to care for the referred patient's mental health/addictions problems, but who need the advice of a psychiatrist to do so. Consultations to physicians can be provided by phone. Patients can also be referred for a one time visit to focus on diagnostic clarification or psychopharmacological advice.

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

Clinicians at the community mental health clinics provide direct care to youth up to the age of 19 and their families in the community. Multi-disciplinary teams provide mental health and addictions treatment to a diverse patient population who are experiencing moderate to severe mental health and addictions difficulties. Services offered vary depending on the issues or illness the youth / family want help with. Children, youth and families are

matched to the clinical intervention and/or community support that best meets their goals and needs.

There are three main IWK CMHA clinics: Halifax, Bedford/Sackville and Dartmouth. There are also clinicians from these clinics that work in School Mental Health delivering service directly in the HRM schools.

### **Reproductive Mental Health Service**

The Reproductive Mental Health Service (RMHS) is an interdisciplinary team of clinicians who work collaboratively to provide specialized outpatient mental health services to women (over the age of 18) who are pregnant/postpartum and are currently experiencing moderate to severe psychiatric symptoms with significant impairment related to perinatal issues.

#### **Specific Care Clinics**

##### **Eating Disorders Clinic**

The IWK Eating Disorders Specific Care Clinic is a multidisciplinary specialty team providing services to youth identified as having either anorexia or bulimia nervosa. The team consults directly to the acute inpatient psychiatry unit providing collaborative and ongoing care for youth with eating disorders. Clinical care occurs not only with the youth (inpatient and outpatient settings) but also directly involves immediate family members in the form of psychoeducation, support, psychotherapy and training in the integral components of evidence-based behavioral and cognitive therapy used for treatment of this illness. The eating disorders team accepts referrals from across the Maritime Provinces and provides collaborative specialty consultation to outside services via a provincial network of clinicians who share an interest in providing evidence based care for Nova Scotia youth with eating disorders.

### **Bipolar Clinic**

The Bipolar Specific Care Clinic provides consultation and follow-up for youth up to the age of 19 years of age with a diagnosis or suspected diagnosis of bipolar disorder. The clinic accepts referrals for diagnostic assessment from the Maritime Provinces and will follow youth and families within the Halifax Regional Municipality who have bipolar disorder. The clinic provides consultative services and collaborative care to clinicians at the IWK community mental health clinics as well as to clinicians across the province for those youth who show signs of increasing severity of illness with effort to provide a seamless transfer of care for those with severe illness.

### **Concurrent Disorders**

The Concurrent Disorders Specific Care Clinic specializes in treatment of youth suffering with complex substance use and mental health disorders. The outpatient clinic provides comprehensive psychiatric assessments, withdrawal management and treatment to youth, as well as consultation to other IWK services including the Garron Centre inpatient unit, IWK Adolescent Intensive Services (AIS), and youth forensic services. Physician consultations from the Maritime Provinces are accepted. The clinic provides consultation provincially as well as capacity building for evidence based treatment in youth substance use disorders.

### **Obsessive Compulsive Disorder (OCD) Clinic**

The IWK OCD Clinic provides specialty service to children and youth (and their families) with moderate to severe OCD. Care is multidisciplinary including psychiatry, psychology and an outreach clinician to provide exposure-response prevention (cognitive behavioural therapy) treatment within the youth's home/community. The team



provides consultative services and collaborative care within IWK services as well as to clinicians across the Maritime Provinces for those youth who show signs of moderate to severe OCD. Clinical training and research opportunities in clinical assessment, and medication and psychotherapy (cognitive behavioural therapy and parent training) treatment in child and adolescent OCD are available for interested students and residents.

### ***Early Psychosis Specific Care Clinic***

The IWK Youth Psychosis Specialty Team was initiated in 2006 and is an extension of the Central Zone Nova Scotia Early Psychosis Program (NSEPP). As per the NSEPP, the focus is on the earliest identification of illness and rapid provision of treatment to enhance and foster positive outcomes. Effort is made to identify youth at risk for psychotic illness. Research and education are also key components of the program. Parents and families of our youth attend the family and patient education sessions and family support sessions from NSEPP site. The IWK Youth Psychosis team in conjunction with NSEPP routinely reaches out to schools, teen health centers, community services, public health settings, etc. to provide education sessions on psychosis and psychotic disorders.

### ***Autism Spectrum Disorder (ASD) Specific Care Clinic***

The IWK ASD Specific Care Clinic is a service for children and youth with a diagnosis of Autism Spectrum Disorder (ASD). This service specializes in treating psychiatric illnesses that occur in youth with ASD and providing multidisciplinary care for those youth and their families with severe illness and complex presentations. The team has expertise in ASD, more specifically the mental health issues often coexisting with these disorders. The team provides second opinion

diagnostic consultation to clinicians within the IWK program but also to those across the province. Clinical service includes, but is not exclusive to second opinion diagnostic consults, medication reviews, and provision of consultation and support to inpatient and residential mental health programs as well as to caregivers working with youth in community settings. Research and academic teaching are key components of this clinic; the clinic serves as an excellent learning opportunity for students and residents who have an interest in youth with severe and complex ASD.

### ***IWK TransHealth Team***

This TransHealth team was formed in 2006 to assess and support gender-questioning youth and their families. The role of the team is to assess and treat youth, up to the age of 19, who are questioning their gender identity or wishing to transition. The team can offer assessment, and as appropriate psychotherapy. The team works with therapists in a youth's community for those who live outside of HRM. Referrals can be made to relevant IWK Mental Health teams for treatment of any co-occurring mental health and addictions problems and as appropriate, can serve as a referral route for other specialized services, including endocrine and surgery.

### ***Tourette's / Movement Disorders Clinic***

Children and adolescents suffering from Tourette's Disorder have the opportunity to meet with a specialized clinician who will offer consultation, assessment and treatment for Tourette's and co-morbid disorders.

### ***0-5 Years Clinic***

This is a consultation clinic for children under five with early signs of psychiatric illness. The clinic has a psychiatrist who works closely with pediatricians and family physicians to provide psychiatric consultations with

young children and their families to help with diagnosis, formulation and treatment planning to help address concerns identified. The program also supports capacity building in evidence based treatments for young children and their parents in the community and in outpatient clinics e.g. Circle of Security group.



# Our Deputy Clinical Directors & Associate Chief



Our deputy clinical directors at NSHA and associate chief at the IWK champion excellence in the clinical care, administration, education, and research, while working with the clinical director, head and chief, as well as other members of the department.



A portrait of Dr. Sabina Abidi, a woman with long dark hair, smiling. She is wearing a pink top and a necklace. The background is a plain, light-colored wall.

## Dr. Sabina Abidi: Associate Chief, Child and Adolescent Psychiatry

Dr. Sabina Abidi is the associate chief of child and adolescent psychiatry at the IWK. She first stepped into the position in 2014 in an interim capacity, but took on the responsibility officially two years later in 2016. Prior to this Dr. Abidi was the clinical division head of outpatient mental health services, where she quickly realized she had an interest in change development for service improvement for patients and families. She enjoyed being actively involved and having the opportunity to inform change within both academic and clinical settings. The team at the IWK also contributed to her choice to take on a leadership position. "At the IWK we have an amazing hardworking and dedicated faculty led by Dr. Alexa Bagnell, a chief that inspires us to excel," she says. "Stepping into the role as associate chief seemed like a great opportunity for me to combine my interest in program development while also and more importantly, offering support for my colleagues and chief as we work together to achieve our common goals as a division."

As associate chief, Dr. Abidi's primary role is to offer support to the chief, Dr. Bagnell. She helps to oversee the clinical programs and service delivery within the division and helps strengthen the relationship with child

psychiatry colleagues across the province. She is also actively involved in the implementation of system change and development both with IWK child and adolescent mental health programs and in collaboration with programs across the province. She mentors new faculty in their development, offering support as needed to ensure they feel their clinical roles within the division are fulfilling to them as individual physicians, while also meeting the needs of the community and province. As associate chief Dr. Abidi is also responsible for representing child and adolescent psychiatry at academic, clinical and advocacy tables.

Though Dr. Abidi recognizes the challenges that come with this role, and sometimes has to work to balance all the pieces of her job, she has seen over the last year how rewarding it is to witness the positive outcome that even small changes can make. She also credits her amazing colleagues for making her role as associate chief as fulfilling as it is for her. "Working with such a team helps you to see that leadership is less about leading and more about helping carve a path towards learning together to achieve a common vision."





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

Dr. Sonia Chehil is the deputy clinical director of community mental health and addictions in the Department of Psychiatry. She has held this position for the last two years. With a keen interest in leadership, Dr. Chehil says she really enjoys systems work and taking on this role provided an opportunity to contribute to improving the quality of care for the patients and families accessing Community Mental Health and Addictions Services (MH&A).

Dr. Chehil works in partnership with management to oversee the clinical operations of the community MH&A teams. She promotes evidence-informed clinical care programming, promotes excellence in clinical teaching, and promotes collaboration and partnership across programs and services. She also provides oversight of psychiatric resources, and participates in service design and quality improvement.

The 2017-2018 year saw the challenge of harmonizing intake and referral processes across the community MH&A clinics. Despite this challenge, Dr. Chehil admits it was very satisfying to have the opportunity in her role to develop strong collaborative relationships with managers, psychiatrists and other clinicians within CMH&A, and within the larger program who have the interest, energy, dedication and motivation to improve the services we provide to our communities.



A portrait of Dr. Sanjana Sridharan, a woman with long dark hair, smiling. She is wearing a red blazer over a black top with a colorful floral pattern. The background is a light-colored wall with a window on the left.

## Dr. Sanjana Sridharan: Deputy Clinical Director, Acute Care

Dr. Sanjana Sridharan is our newest deputy clinical director, holding the position in acute care since July 2017. Prior to that she worked in rural Nova Scotia. This was not however, her first leadership role. She had held a similar managerial position in acute care in the UK from 2007-2015 and was part of major reforms during that period. "I realized that my enthusiasm to change things and to improve patient care and quality of services is best managed in a leadership role where some of my past experiences can be put to use," recalls Dr. Sridharan. Her role as deputy clinical director of acute care is three-fold and requires management in operations, strategy and personnel. Operationally she is responsible for the daily functioning of the acute care service. Strategically she works with her colleagues to plan for the future, and with personnel she is responsible for supporting the other clinicians.

Over the last year Dr. Sridharan and her team have been challenged to try to understand long-term acute care bed usage for patients waiting for placement and housing in differing levels of care. This impacts bed availability for acute admissions and causes stress on the whole organization.

Despite challenges, Dr. Sridharan says this is the most satisfying role she has had in her career and is eager to continue to offer high quality services. "The team that I joined is very communal and welcoming, with a great sense of humour," she says. "This provides a pleasant working environment, evidenced by compliments from both community psychiatrists and families, reflecting the milieu on the acute care units. The inpatient physicians are passionate about advocating for improving quality of services and their focus is patient centered."





## Dr. Jason Morrison: Deputy Clinical Director, Recovery and Integration

Dr. Jason Morrison is the deputy clinical director of recovery and integration (R&I). He has held the position since 2014 when he stepped down from his role as deputy clinical director of acute care. While in acute care, Dr. Morrison could see a major barrier to improving acute care efficiency. Overall patient care experience required improvements in access and services in outpatient care. In particular, the Recovery & Integration program was seeing the toughest patients from acute care transferred to them while still struggling to define their clinical model, and without dedicated psychiatry leadership time. He proposed creating the position of deputy clinical director of recovery and integration to assist with developing this important service. Dr. Morrison was focused on developing a service where patients with severe psychotic disorders can receive the standard of care treatments and supports required for their illness. With this strategic goal in mind, he has helped develop a new clinical model for R&I, tried to build co-leadership relationships between the psychiatrists and managers, and reorganized the intake process. On a daily basis he's involved with the quality team, IPTA (Involuntary Psychiatric Treatment Act) committee, Central Zone senior leadership team, and psychiatry senior clinical leadership

team. He also meets with the manager and psychiatry group, follows outpatients, and tries to address complaints and concerns from patients, families and other MH&A services.

During the last year the greatest challenge faced by Dr. Morrison was trying to continue to improve the service, despite having had resource allocations and strategic planning authority taken away by the NSHA. "It has been very frustrating to watch valuable resources wasted for several years awaiting government approval for what should be common sense local decisions," he says. "It has deflated momentum we had in modernizing our services." With this being said, Dr. Morrison says they have managed to create a team that offers standard-of-care, high-quality psychological interventions for the patient population, including individual and group CBT, and specific interventions around voice hearing, anxiety, and resilience. This was created from scratch, using no new resources and has now offered service to roughly 25 per cent of their patients. "I'm proud to say I think patients in our service have better access to high quality psychotherapy than any other group in Nova Scotia."



# Provincial Programs

Our faculty have been involved in a variety of programs across the province in 2017-2018.





## Provincial Programs

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### Child and Adolescent Psychiatry Services

Our child and adolescent psychiatrists provide psychiatry outpatient consultation in person, by telehealth, and by phone to physicians for children and adolescents from across the province, including Cape Breton, through our subspecialty clinics. Consults are provided to the emergency room in Cape Breton by IWK emergency room physicians. They also provide emergency child and adolescent psychiatry consults through the IWK emergency room and to the Cape Breton emergency room physicians.

Child and adolescent psychiatry services also include provincial inpatient services at the Garron Centre and intensive services (Adolescent Intensive Services and Child Intensive Services) accessed by youth and families, as well as forensic provincial services at the

NSYF. To read more about these services please visit pages 76-78.

### Adult Neurodevelopmental Psychiatric Unit

The Adult Neurodevelopmental Psychiatric Unit provides provincial tertiary services for persons (19yrs or older) living with an intellectual or developmental disability and complex mental health or challenging behaviors that primary or secondary service providers (e.g., family physician, community psychiatrist, general mental health team) have been unable to effectively address. They also provide both inpatient (Emerald Hall) and outpatient/community based services through our Community Outreach Assessment, Support and Treatment Team (COAST) across the province. Read more about the Adult Neurodevelopmental Psychiatric Unit under Adult Specialty Services on page 67.

### East Coast Forensic Hospital

The East Coast Forensic Hospital (ECFH) conducts court-ordered assessment for fitness to stand trial and criminal responsibility for individuals who are charged with criminal offences. It is the only service doing these in the province. The ECFH also has a program providing mental health care to incarcerated individuals. The other primary function of the ECFH is to provide rehabilitative, risk management and community reintegration services to individuals who are under the jurisdiction of the Nova Scotia Criminal Code Review Board, namely those who are unfit to stand trial or not criminally responsible for their offences. The ECFH community service monitors individuals throughout the province. To read more about the ECFH please see page 69.





### Eating Disorders Program

The NSHA Eating Disorder Program is made up of an intensive outpatient program that involves a number of outpatient groups which support a variety of concerns associated with eating disorders. These groups include meal experiences, learning healthy coping skills and addressing and processing issues and emotions related to the development of the eating disorder. There is also an inpatient program that may be required for a limited number of patients. They support patients from across Nova Scotia, and Atlantic Provinces. During the last year development of provincial eating disorders guidelines for the Nova Scotia Eating Disorder Network took place. To read more about the work being done by the eating disorders team please see page 58 and meet the clinical leader of the service, Dr. Aaron Keshen.

### Mental Health Day Treatment

The Mental Health Day Treatment Program is a partial hospitalization program located at the Abbie J Lane Building at the QEII Health Sciences site in Halifax. The program services patients' province-wide with complex trauma - a history of relationship/trauma and psychiatric comorbidity. The program is designed for patients who are able to tolerate intensive self and behavioural exploration. It is an intensive group based six-week program and targets not just social skill development, but deep interpersonal and personal change. The program teaches patients to access, clarify and transform negative emotions and maladaptive thinking to enhance self-understanding/acceptance and relationships with others. Therapy is primarily dynamic-relational and emotion-focused;


integrated with cognitive-behavioural components to target the multiple domains affected in mental illness. Read more about the Mental Health Day Treatment Program on page 71.

### Mood Disorders Program

The Mood Disorders Program is a specialty program for people with primary mood disorders, namely major depression and bipolar disorder.

It provides consultations to other physicians (mainly psychiatrists), and follows a proportion of patients longitudinally. The follow-up is either on a time limited basis (shared-care model) or open ended for those at risk of relapse or other complications. The program's clinical work and research focus strongly on working with not only patients, but also their families. Expert cognitive behavioural therapy is also available to patients.





Further mandates of the program are education (training medical students, nursing students, psychology interns, residents, graduate students and post-doctoral fellows); and research (most program members are active researchers). You can read more about work in mood disorders on page 29.

### Nova Scotia Provincial Early Psychosis Intervention Service (EPINS)

The Nova Scotia provincial Early Psychosis Intervention Service (EPINS) is focused on reducing the duration of untreated psychosis (DUP) through early identification and in conjunction with comprehensive evidence-based phase specific treatment, potentially reducing the burden and severity of illness, resulting in maximized outcomes

for the individual. The team aims to minimize the disruption of the lives of youth and young adults who experience psychosis, such that educational, vocational, social and other roles can be maintained, while also minimizing the societal impact of psychosis. This includes reducing demand in other areas of mental health, health and social services system, and reducing burden on families.

The provincial program will be coordinated and recovery focused, offering realistic optimism. It will facilitate optimal engagement of youth and young adults, be accessible, non-stigmatizing, collaborative and empowering.

You can read more about EPINS in our Mission Statement in Action on page 15. Further information on the


Early Psychosis Program can also be found on pages 32 and 68.

### Reproductive Mental Health Services

RMHS is a program that is jointly funded by NSHA and the IWK, but is run out of the IWK. RMHS is a subspecialty clinic for women over the age of 18 who are pregnant or postpartum, and currently suffering from mental illness. RMHS offers consultation, diagnostic assessment and clarification, medication recommendations, psychopharmacological and psychotherapeutic treatment on a short- to medium-term basis. They accept referrals from all of Nova Scotia, and occasionally from New Brunswick and PEI. Referral sources include obstetricians, midwives, family physicians, pediatricians (for

*Dr. Keri -Leigh Cassidy from Seniors Mental Health works with a patient.*





the mothers of their patients) and other psychiatrists.

The RMHS team is currently partnered with the FORBOW study (read more about this on page 34) to recruit patients, as well as two other studies awaiting approval. They hope to increase awareness about their service and the importance of treating mothers living with mental illness. To read more see page 72.

### Seniors Mental Health

The Geriatric Psychiatry/ Seniors Mental Health Program is a tertiary, subspecialty team serving people over 65 with new onset mental illnesses and neurocognitive disorders complicated by mental illness. This is a multidisciplinary team with services across the continuity from inpatients, to outpatients, to outreach in the community and long

term care. The seniors mental health team meets regularly with the NSHA Seniors Mental Health Network, the goal of which is to help build capacity for seniors' mental healthcare in the province. They also participate in the Atlantic Seniors Mental Health Network, which has a similar goal for the region.

Over the last several years they have offered input on multiple strategies including the Mental Health and Addictions Strategy, the Dementia Strategy, the Positive Aging strategy and more recent NSHA's mental health strategic planning. They have presented recommendations about seniors mental healthcare services, human resource and capacity building to various committees on request over the past 15 years.

The program has helped to roll out

the Canadian Coalition for Seniors Mental Health national best practice guidelines in the province, and conducted knowledge translation (KT) research on this and other educational efforts. They are a leader in the country in terms of innovations in seniors mental health promotion, cognitive behavioural therapy in late life, and positive psychiatry—all emerging areas of clinical practice. To read more about geriatric psychiatry please see page 70.



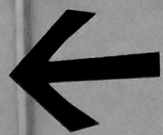
# Dalhousie University Department of Psychiatry



Administration



Research



Education



# Faculty & Administration

The Department of Psychiatry's faculty,  
administration, and programs as of  
March 31, 2018.



## Faculty PROFESSOR

Last Name	First Name
Abbass	Allan
Alda	Martin
Cassidy	Keri-Leigh
Eskes	Gail
Gardner	David
Good	Kim
Hajek	Tomas
Kutcher	Stan
Lynch	Mary
McGrath	Patrick
Morehouse	Rachel
Robertson	George
Rusak	Benjamin
Stewart	Sherry
Tibbo	Philip
Uher	Rudolf

## ASSOCIATE PROFESSOR

Last Name	First Name
Awara	Mahmoud
Bagnell	Alexa
Calkin	Cynthia
Carrey	Normand
Chisholm	Terry
Fisk	John
Harris	Andrew
Hazelton	Lara
Junek	R. Wade
Kinley	Jacqueline
Lamschstein	Claudia
Lauria-Horner	Bianca
Mejia	Jose
Milliken	Heather
Murphy	Cheryl
O'Donovan	Claire
Orlik	Herbert
Propper	Lukas
Rajda	Margaret
Rao	Sanjay
Reynolds	Paul
Sadek	Joseph
Stokes	Aidan
Teehan	Michael
Theriault	Scott
Wiseman	Eve

## ASSISTANT PROFESSOR

Last Name	First Name
Abidi	Sabina
Addleman	David
Aicher	Joseph
Akinmokun	Adebusola
Aldridge	David
Alexiadis	Maria
Ali	Javad
Alugo	Tolupe
Alwazeer	Ahmed
Amanullah	Shabbir
Anthony	Rozario
Anyaegebuna	Okechuku
Apantaku-Olajide	Tunde
Aquino	Emmanuel
Arif	Bungash
Aspin	John
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
Crocker	Candace
Croxall	Peter
Davis	Donna
de Boer	Cornelis
Dini	Ezio
Doucet	Jerome
Doucet	John
Etches	Selene
Faridi	Anjum
Fazeli	Zhilia
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
Herschenhouse	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
Kolajova	Miroslava
Kronfli	Risk
Lazier	Lorraine
Laskowski	Derek
Lawal	Waheed
Liashko	Vitaly
Libbus	Yvonne
Lock	Elizabeth
Lovas	David



MacDonald  
MacDonald  
MacKay  
MacNeil  
MacNeill  
Maguire  
Maynes  
Maxan  
Mershati  
Milligan  
Mills  
Mishra  
Morgan  
Morrison  
Moss  
Muir  
Mulhall  
Murphy  
Muthu  
Neilson  
Njoku  
Parker  
Pavlova  
Pearce  
Pellow  
Pencer  
Peters  
Pilon  
Poder  
Pogosyan  
Pottie  
Pottle  
Rahman  
Relija  
Roberts  
Robertson  
Rosen  
Rowe  
Rubens  
Russell  
Ruzickova  
Sadafi  
Sadiq  
Satyanarayana  
Savenkov  
Scholten  
Shahid  
Shamsuddin  
Siddhartha  
Singh  
Sinha  
Slyater

Joanne  
Shannon  
Tom  
Meagan  
Kara  
Hugh  
Douglas  
Emily  
Abdel  
Scott  
Phillip  
Achal  
Matthew  
Jason  
Phillipa  
Ava  
David  
Christopher  
Murugesan  
Grainne  
Anthony  
Deborah  
Barbara  
Patricia  
Tanya  
Alissa  
Curt  
David  
Kulli  
Maryna  
Patricia  
Robert  
Faisal  
Malgorzata  
Delyth  
Nancy  
Natalie  
Helen  
Mark  
David  
Martina  
Soroush  
Syed  
Satyendra  
Oleg  
Monique  
Raheel  
Syed  
Sanjay  
Anurita  
Nachiketa  
Ian

Smith  
Soto-Moreno  
Sridharan  
Stewart  
Sullivan  
Sulyman  
Tahir  
Taylor  
Thompson  
Thompson  
Town  
Tulipan  
Umar  
Ursuliak  
Walentynowicz  
Wan  
Warren  
Wei  
White  
Whitehorn  
Williams  
Wilson  
Woulff  
Yuzda  
Zinck

Edwin  
Lourdes  
Sanjana  
Christopher  
Glendon  
Mutiat  
Laeq  
Gretta  
Karen  
Sarah  
Joel  
Tanya  
Amir  
Zenovia  
Magdalena  
Jonathan  
Katherine  
Yifeng  
Kimberley  
David  
Olugbenga  
Adriana  
Nina  
Edward  
Suzanne

#### LECTURER

Last Name	First Name
Agbodo	Johnson
Jones	Amy
McAllindon	David
Olugbenga,	Alabi
Zehr	Richard

#### Cross-Appointed Faculty

##### PROFESSOR EMERITUS

Last Name	First Name
Robertson	Harold

##### PROFESSOR

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

##### ASSOCIATE PROFESSOR

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

##### ASSISTANT PROFESSOR

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

#### Adjunct Faculty

Last Name	First Name
Burley	Joseph
Cook	Allan
Delva	Nicholas
Duffy	Anne
Gardner	William
Horacek	Jiri
Kisely	Stephen
MacDougall	Arlene
McLuckie	Alan
Murphy	Jane
Ortiz	Abigail
Pajer	Kathleen
Patel	Vikram
Tait	Glendon



## Administration

DR. MICHAEL TEEHAN  
DR. SCOTT THERIAULT  
JANET BARDON  
LINDA FORD  
SANDRA MILLAR  
KATE PORTER  
KATE ROGERS  
CAROLYN SISLEY

DEPARTMENT HEAD AND CHIEF, NSHA CENTRAL ZONE  
DEPUTY HEAD AND CLINICAL DIRECTOR, NSHA CENTRAL ZONE  
PHYSICIAN RESOURCE MANAGER  
ADMINISTRATIVE ASSISTANT  
FINANCE ASSISTANT  
EXECUTIVE ASSISTANT TO DEPARTMENT HEAD  
COMMUNICATIONS COORDINATOR  
DIRECTOR OF FINANCE AND ADMINISTRATION

## Education

DR. MARGARET RAJDA  
MANDY ESLIGER  
TRACY FRASER-MACISAAC  
CARRIE WIPP

DIRECTOR  
UNDERGRADUATE COORDINATOR  
EDUCATION COORDINATOR  
POSTGRADUATE COORDINATOR

## Research

DR. BEN RUSAK  
JENNIFER BROWN

DIRECTOR  
RESEARCH COORDINATOR

## Division Of Child And Adolescent Psychiatry

DR. ALEXA BAGNELL  
MEGAN BELLEFONTAINE  
JENNIFER CUNNINGHAM  
PATRICIA EVANS  
DEBI FOLLETT  
DAWN JENSEN  
ASHLEY JOHNSON  
MICHELLE LEBLANC  
MEGAN LITTLE  
ROBIN STINSON  
JOAN SWEET

HEAD AND CHIEF, IWK DEPARTMENT OF PSYCHIATRY  
EDUCATION & RESEARCH COORDINATOR  
ADMINISTRATIVE ASSISTANT  
ADMINISTRATIVE ASSISTANT  
ADMINISTRATIVE ASSISTANT  
ADMINISTRATIVE ASSISTANT  
ADMINISTRATIVE ASSISTANT  
ADMINISTRATIVE MANAGER  
ADMINISTRATIVE ASSISTANT TO THE SUN LIFE CHAIR  
ADMINISTRATIVE ASSISTANT  
RECEPTIONIST

*Department of Psychiatry executive committee members (clockwise from top left)  
Kate Porter, Dr. Malgorzata Rajda, Dr. Michael Teehan, Dr. Scott Theriault, Rachel  
Boehm, Dr. Alexa Bagnell, Carolyn Sisley, Maureen Brennan, and Dr. Ben Rusak.*



## NSHA Leadership

### HEAD/CHIEF

DR. MICHAEL TEEHAN

### CLINICAL DIRECTOR

DR. SCOTT THERIAULT

### DEPUTY CLINICAL DIRECTOR ACUTE CARE

DR. SANJANA SRIDHARAN

### 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

### EARLY 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

### COMMUNITY MENTAL HEALTH AND ADDICTIONS DARTMOUTH CITY TEAM

DR. PHILIP MILLS

### ECT

DR. MICHAEL FLYNN

### COMMUNITY MENTAL HEALTH AND ADDICTIONS BEDFORD/SACKVILLE

DR. SREENIVASA BHASKARA

### COMMUNITY MENTAL HEALTH AND ADDICTIONS COLE HARBOUR

DR. KULLI PODER

### COMMUNITY MENTAL HEALTH AND ADDICTIONS BAYERS ROAD

DR. SONIA CHEHIL

### ADULT NEURODEVELOPMENTAL PSYCHIATRIC UNIT

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

ADDICTION PREVENTION AND TREATMENT SERVICES

CENTRE FOR EMOTIONS AND HEALTH

COMMUNITY MENTAL HEALTH

CONSULTATION/LIAISON

ADULT NEURODEVELOPMENTAL PSYCHIATRIC UNIT (MENTAL ILLNESS & INTELLECTUAL DISABILITIES)

EARLY PSYCHOSIS

EATING DISORDERS

EMERGENCY

FORENSIC PSYCHIATRY SERVICES

GERIATRIC PSYCHIATRY

INPATIENT PSYCHIATRY

MENTAL HEALTH DAY TREATMENT

MOBILE CRISIS

MOOD DISORDERS

RECOVERY AND INTEGRATION SERVICES

REPRODUCTIVE MENTAL HEALTH

SHARED CARE

SHORT STAY UNIT

SLEEP DISORDERS

### Child & Adolescent Psychiatry Services

IWK ACUTE CARE PSYCHIATRIC INPATIENT UNIT (GARRON CENTRE)

IWK CONSULTATION/LIAISON SERVICE

IWK EMERGENCY MENTAL HEALTH AND ADDICTIONS SERVICE (EMHAS)

CHILDREN'S INTENSIVE SERVICES (CIS)

ADOLESCENT INTENSIVE SERVICES (AIS)

YOUTH FORENSIC SERVICES (INCLUDES NOVA SCOTIA YOUTH FACILITY SECURE CARE UNIT)

COMMUNITY MENTAL HEALTH AND ADDICTIONS CLINICS

SPECIFIC CARE OUTPATIENT CLINICS:

EATING DISORDERS

BIPOLAR DISORDERS

CONCURRENT DISORDERS

OBSESSIVE COMPULSIVE DISORDER

TOURETTE'S/MOVEMENT DISORDERS

EARLY PSYCHOSIS

AUTISM SPECTRUM DISORDERS



# 2017-2018 Reports



# Department Research Grants and Contracts

McAllindon D, Tibbo P (2011 - 2017). Memory for serial order in schizophrenia [Grant] - Department of Psychiatry - \$9,716.

Town J, Abbass A (2012 - 2018). The Halifax Treatment Refractory Depression Study [Grant] - Department of Psychiatry - \$50,000.

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 [Grant] - Department of Psychiatry - \$9,929.

Keshen A, Treasure J (2014 - 2017). Efficacy of ECHO [Grant] - Department of Psychiatry - \$10,000.

Brake J, Simms D (2015 - 2018). Evaluating DBT in treating suicidal and self-injuring adolescents [Grant] - Department of Psychiatry - \$10,000.

McAllindon D, Tibbo P, Bernier D, Crocker C (2016 - 2017). Assessment of frontal white phospholipid metabolism in early phase schizophrenia: A localized 31P MRS study. Part 1: Testing the methodology and controls [Grant] - Department of Psychiatry - \$9,360.

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 [Grant] - Department of Psychiatry - \$9,950.

Joshi N, Good K (2016 - 2017). Association between lifetime caffeine intake, and olfaction in a sample of First Degree Relatives of Parkinson's patients [Grant] - Department of Psychiatry - \$10,000.

Fisher D, Tibbo P (2016 - 2017). The Impact of Caffeine on Cognition in Schizophrenia [Grant] - Department of Psychiatry - \$9,776.

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 [Grant] - Department of Psychiatry - \$9,951.

Uher R, Pilon D (2016 - 2017). Personalized indications for cognitive behavioural therapy and antidepressants in the treatment of major depressive disorder [Grant] - Department of Psychiatry - \$47,276.

Stewart SH, Barrett S, and Salmon J (2016 - 2018). Exploring marijuana use in veterans recovering from post traumatic stress disorder (PTSD): A cue- reactivity experiment [Grant] - Department of Psychiatry - \$10,000.

Nunes A, Trappenburg T, Keshen A (2017 - 2018). A study of goal-directed and habitual control in patients with eating disorders using computational modeling [Grant] - Department of Psychiatry - \$2,500.

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 [Grant] - Department of Psychiatry - \$7,503.

Hazelton L, Bosma M, Murphy C, Warren A (2017 - 2018). Entrustment and Safety in Competency Based Medical Education: Perspectives and practices of supervising psychiatrists [Grant] - Department of Psychiatry - \$2,670.

Robertson G, Alda M (2017 - 2019). Mitochondrial and Autophagy Deficits in Bipolar Disorder [Grant] - Department of Psychiatry - \$20,000.

Alda M, Nunes A (2017 - 2019). Clinical variables predicting response to long term lithium treatment of bipolar disorder: a four-centre study [Grant] - Department of Psychiatry - \$20,000.

Crocker C, Tibbo PG, Stewart SH (2017 - 2018). Cannabis effects on white matter in females with early phase psychosis [Grant] - Department of Psychiatry - \$16,015.

Bombay A, McQuaid R, Schwartz F (2018 - 2019). Exploring mental health indices and links with familial Indian Residential school attendance in a representative sample of First Nations living on-reserve: Analyses of the 2002/03,



2008/10 and 2016/17 First Nations Regional Health Survey [Grant] - Department of Psychiatry - \$14,100.

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? [Grant] - Department of Psychiatry - \$10,000.

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 [Grant] - Dalhousie Pharmacy Endowment Fund - \$14,000.

## Organizational Research Grants and Contracts

Town J, Abbass A (2012 - 2018). The Halifax Treatment Refractory Depression Study [Grant] - Capital Health Research Fund - \$50,000.

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? [Grant] - Capital Health Research Fund - \$14,744.

Jones S, Salmon J, Eskes G (2015 - 2017). Assessing attention: A tablet-based proof of concept project using the Dalhousie Computerized Attention Battery (DalCAB) [Grant] - Brain Repair Centre - Knowledge Translation Award - \$30,000.

Joyce K, Stewart S (2016 - 2018). Examining gambling motives, mood and gambling involvement across the menstrual cycle [Grant] - Dalhousie University - \$4,000.

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 [Grant] - NSHA - \$15,000.

Barrett S, Good K (2016 - 2017). Physiological and neural responses to tobacco-related cues in current dependent and non-dependent occasional smokers [Grant] - NSHA - \$15,000.

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 [Grant] - NSHA - \$59,545.

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 [Grant] - NSHA - \$14,970.

Nunes A, Trappenburg T, Keshen A (2017 - 2019). A study of goal-directed and habitual control in patients with eating disorders using computational modeling [Grant] - NSHA - \$15,000.

Uher R (2017 - 2021). Psychological Early Interventions to Prevent Mental Illness [Grant] - Dalhousie Medical Research Foundation - \$200,000.

Latimer M, Bombay A, Martin D, Lewis D, Metallic N, Harman K, McNally M, Merritt B (2017 - 2019). Responding to TRC Calls to Action: A mandatory Introduction to Indigenous Health and Wellness course for first year medical, nursing and dentistry students [Grant] - Dalhousie University - \$49,807.

Alda M, Hajek T (2017 - 2019). Stage-specific biomarkers of bipolar disorder [Grant] - NSHA - \$25,000.



# Regional Research Grants and Contracts

Abbass A (2009 - 2018). Study of Treatment Resistant Depression [Grant] - Private Donation - \$41,000.

Sherry Stewart, Abby Goldstein, Michael Ellery (2013 - 2017). Gambling to relax and gambling to forget: Questionnaire and daily diary studies of subtypes of coping motives for gambling [Grant] - Manitoba Lotteries and Manitoba Gambling Research Program - \$450,000.

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 [Grant] - NSHRF - \$147,275.

McGrath P (2015 - 2017). ChezNICU: An IWK-Cisco Collaboration [Grant] - ACOA - \$434,289.

Whitehorn D, Abidi S, Tibbo P (2015 - 2018). Early and Optimal Treatment of Mental Disorder Involving Psychosis: Major Findings for Key Stakeholders - Year 2 [Grant] - NSHRF - \$10,000.

Murphy A, Gardner D (2015 - 2017). Bloom program demonstration project evaluation [Grant] - Department of Health and Wellness, NS - \$118,598.

Stewart S, Barrett S (2015 - 2017). Scotia Support Grant [Grant] - NSHRF - \$50,000.

Murphy A, Gardner D, Martin-Misener R, Kutcher S (2016 - 2017). Building the role of community pharmacists in mental illness and addictions care [Grant] - NSHRF - \$10,000.

Gardner DM (2016 - 2017). Sleepwell - prototype development [Grant] - Drug Evaluation Alliance of Nova Scotia, Department of Health and Wellness - \$7,900.

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 [Grant] - Pharmacy Council of New South Wales - \$9,265.

Uher R, Pilon D (2016 - 2017). Personalized indications for cognitive behavioural therapy and antidepressants in the treatment of major depressive disorder [Grant] - Ontario Brain Institute - \$47,276.

Uher R, Pilon D, Cooke J, McDougall E, Jayabarathan A (2017 - 2018). Improving outcomes of depression through person-centered measurement-based care and individualized feedback [Grant] - NSHRF - \$50,000.

Uher R (2017 - 2021). Families Overcoming Risks and Building Opportunities for Well-being [Grant] - NSHRF - \$200,000.

Pavlova B, Uher R, Stewart S, McGrath P, Alda M, Bagnell A (2017 - 2020). Transgenerational prevention of anxiety in children at ultra-high risk [Grant] - NSHRF - \$149,966.

Bombay A (2017 - 2018). Sub-Atlantic Regional Report of the First Nations Regional Health Survey [Research Contract] - Union of Nova Scotia Indians - \$10,000.

Barrett S, Good K, Schlagintweit H (2017 - 2018). Subjective and neural responses to acute nicotine replacement therapy administration in male and female smokers [Grant] - NSHRF - \$47,852.

Stewart S, Barrett S (2016 - 2018). Scotia Support Grant [Grant] - NSHRF - \$50,000.

Gardner DM, Murphy AL (2018 - 2019). Continuation funding for Sleepwell [Grant] - Drug Evaluation Alliance of Nova Scotia - \$10,000.

Keough M, Schaud MP, Stewart SH, MacKillop J, Hodgins D (2018 - 2021). Developing and testing the effectiveness of a novel online integrated treatment for problem/pathological gambling and tobacco smoking: A randomized controlled trial [Grant] - Manitoba Gambling Research Program - \$450,000.

Abbass A (2018 - 2019). Emotion-Focused Evaluation of Medically Unexplained Symptoms in Family Practice Clinics and Provincial Plan [Grant] - Department of Health and Wellness, Nova Scotia - \$108,500.



# National Research Grants and Contracts

Murphy AL, Gardner DM, Martin-Misener R, Kutcher S (2015 - 2017). Movember. Headstrong: taking things head on with your Man's Toolbox [Grant] - Movember Foundation - \$150,000.

Alda M, Propper L, O'Donovan C, Hajek T (2008 - 2020). Phenotypic and molecular heterogeneity of bipolar disorder [Grant] - CIHR - \$1,127,335.

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 [Grant] - Canada Foundation for Innovation and Infrastructure (Dalhousie Portion) - \$22,397.

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 [Grant] - CIHR - \$680,000.

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 [Grant] - RBC Foundation - Children's Mental Health Project - \$500,000.

Semba K, Deurveilher S, Eskes G, Rusak B (2012 - 2017). Neurobehavioral impact of chronic sleep restriction [Grant] - CIHR - \$606,710.

Uher R, Alda M, 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 [Grant] - CIHR - \$288,773.

Rusak B (2013 - 2018). Roles of sleep in cognitive, neural and physiological functions [Grant] - Natural Sciences and Engineering Research Council - \$125,000.

Turecki, Uher R (2013 - 2018). Role of microRNA in Major Depression and Suicide [Grant] - CIHR - \$883,261.

Kingston DA, Austin MP, Biringer A, Hegadoren KM, Lasiuk GC, MacQueen GM, McDonald SD, McDonald SW, McGrath PJ, Schopflocher DP, Sword WA, Veldhuyzen VZ, Sander JO (2013 - 2018). Integrated Maternal Psychosocial Assessment to Care Trial (IMPACT): Intervening Early to Improve Maternal and Child Health [Grant] - CIHR - \$346,231.

Simon Sherry, Sherry Stewart (2013 - 2018). Not so perfect after all: Self-critical perfectionism in romantic relationships and breakups [Grant] - Social Sciences and Humanities Research Council of Canada - \$181,400.

Milliken H (2014 - 2017). ReLIAM Study on MAINTENA [Research Contract] - Otsuka - \$55,000.

Joanne MacDonald (2014 - 2018). Young Mother's Project (Mental Health Early Interventions) [Grant] - Bragg Foundation - \$250,000.

Christine Wekerle, Sherry Stewart (2014 - 2019). Understanding health risks and promoting resilience in male youth with sexual violence experience [Grant] - CIHR - \$1,495,070.

Julie Bruneau, Sherry Stewart (2015 - 2020). CRISM-Quebec-Maritimes: Research on interventions in drug misuse [Grant] - CIHR and CRISM - \$1,749,350.

Carrier J, Rusak B, & 33 others (2015 - 2020). Canadian Sleep and Circadian Network [Grant] - CIHR - \$2,000,000.

Sherry Stewart, Kenneth Leonard, Sean MacKinnon, Simon Sherry (2015 - 2018). Tests of the social influence hypothesis on drinking motives and drinking behavior in dating couples [Grant] - Social Sciences and Humanities Research Council of Canada - \$223,300.

Symons D, Carrey N (2015 - 2018). Attachment-based interventions for high-risk parents [Grant] - NSHRF - \$150,000.

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? [Grant] - CIHR - \$679,220.



Robertson G (2015 - 2018). Mitochondrial calcium uptake and targeted therapeutics [Grant] - Heart and Stroke Foundation of Canada - \$268,000.

Poulin Marc J, 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 [Grant] - CIHR - \$890,551.

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

Sourander A, McGrath P (2016 - 2019). Transferring child and adolescent mental health treatment to awareness, prevention and early intervention [Grant] - Academy of Finland - \$3,789,973.

Manjnemer A, McGrath P (2016 - 2021). CHILD-BRIGHT: Child Health Initiatives Limiting Disability- Brain Research Improving Growth and Health Trajectories [Grant] - CIHR - \$12,450,000.

Lau E, Lee T, Tseng CH, Wing YK, Wong ML, Rusak B (2016 - 2018). Sleep and risk-related decision-making in adolescents and young adults [Grant] - Hong Kong Research Grants Council - \$66,631.

Matheson K, Graham K, Cunsolo Willox 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 [Grant] - Social Sciences and Humanities Research Council Partnership - \$2,500,000.

Boyd L, Black SE, Eskes GA, Auriat A & Hayward (2016 - 2017). Motor and cognitive recovery from severe stroke: Do covert lesions impact outcome? [Grant] - Heart & Stroke Foundation Canadian Partnerships for Stroke Recovery Catalyst Grant - \$70,000.

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 [Grant] - AZV - Granting Agency, Ministry of Health, Czech Republic - \$493,138.

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 [Grant] - AZV, Grant Agency, Ministry of Health, Czech Republic - \$565,374.

Campbell LA, Lovas D (2016 - 2017). SPOR Patient Engagement Collaboration Grant - [Grant] - CIHR, NSHRF - \$12,464.

McGrath P (2016 - 2018). Accessible and Cost Effective Technology-enabled Psychosocial Health Interventions for Canadians [Grant] - CIHR - \$1,617,214.

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 [Grant] - CIHR - \$1,190,609.

McGrath P (2016 - 2017). Updating the research for e-mental health [Grant] - Mental Health Commission of Canada - \$56,000.

Eskes G (2016 - 2019). The behavioural and neural mechanisms in prism adaptation treatment for spatial neglect [Grant] - Heart and Stroke Foundation of Canada - \$187,544.

Kutcher S (2016 - 2021). National Scale Up and Scale Out in Canada of Evidence Based School Mental Health Literacy Resource [Grant] - Max Bell Foundation - \$459,000.

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 [Grant] - Medavie Foundation - \$607,500.

Leroux D, Obed D, Bombay A (2017 - 2018). Illiniak: Inuit student learning journeys [Grant] - Inuit Tapiriit Kanatami ArcticNet Northern Travel Fund - \$35,000.

Lau E, Chung K, Nga-Ting K, Rusak B (2017 - 2019). Sleep on it: Effects of daytime naps and nighttime sleep on



emotional processing in college students [Grant] - Hong Kong Research Grants Council - \$125,563.

CASTleden H, Cunsolo A, Brascoupe S, Lewis D, Bombay A, Henderson C, Bartlett, C, Stefanelli R et al (2017 - 2021). A SHARED Future: Achieving Strength, and Autonomy through Renewable Energy Development for the Future [Grant] - CIHR - \$2,000,000.

Uher R (2017 - 2022). Tier 2 Canada Research Chair [Canada Research Chair] - Government of Canada - \$500,000.

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? [Grant] - CIHR - \$74,856.

Robertson GS, Akay T (2017 - 2020). Gait parameters as predictors of functional recovery in a mouse model of MS [Grant] - MS Society of Canada - \$300,000.

Hayden J, McGrath P (2017 - 2022). A clinical decision support tool for diagnostic imaging use for low back pain [Grant] - CIHR - \$784,124.

Stewart SH (2017 - 2024). Tier 1 Canada Research Chair in Addictions and Mental Health [Canada Research Chair] - CIHR - \$1,400,000.

Charles G, Bombay A, Degagne M, Lowry G, Belliveau G, , Angeconeb G, et al (2017 - 2020). Witnessing the Dark Secret of student-to-student abuse in Canada's Indian residential schools: Situating survivor testimony, scholarship, and creative practice in a process of reconciliation [Grant] - SSHRC Insight Grant - \$121,574.

Hanson C, Bombay A, Sinclair R, Stirbys C, & Levac L (2017 - 2020). Reconciling Perspectives: Lessons from the Independent Assessment Process [Grant] - SSHRC Insight Grant - \$268,213.

Martin D, Bombay A, Cunsolo A, McMillan J, Lewis D, Bartlett C, Marshall A, Latimer M, et al (2017 - 2021). The Atlantic Indigenous Mentorship Network [Grant] - CIHR - \$1,000,000.

Rochon E, Leonard C, Eskes GA, Black SE (2017 - 2018). Can we enhance aphasia treatment with working memory training? A feasibility study [Grant] - Heart & Stroke Foundation Canadian Partnerships for Stroke Recovery Catalyst Grant - \$49,986.

Birken CS, Dennis CE, Jüni P, McGrath P (2017 - 2027). Trajectories of healthy life using public health and primary care Interventions in Canada: The TROPIC Trial [Clinical Trial] - CIHR - \$1,512,500.

Roubalova L, Svoboda P, Vosahlikova M, Ujcikova H, Cechova K, Novak T, Alda M (2017 - 2020). Effect of lithium on Na<sup>+</sup>/K<sup>+</sup>-ATPase activity and functional consequences of oxidative stress; from animal model to bipolar patients [Grant] - Grant Agency of Czech Republic - \$451,557.

Ungar M, McGrath P (2017 - 2022). Canadian Refugee Child, Youth and Family Research Coalition: Using Research to Inform Best Practices for Language, Literacy, Learning, Social Integration, and Child and Family Wellbeing [Grant] - SSHRC - \$250,000.

Kutcher S (2017 - 2019). National Pre-Service Teacher Mental Health Literacy Curriculum Resource: Phase 3B - Interactive Online Course [Grant] - Carthy Foundation - \$87,000.

Kutcher S (2017 - 2019). National Pre-Service Teacher Mental Health Literacy Curriculum Resource: Phase 3B - Interactive Online Course [Grant] - ECHO Foundation - \$20,000.

Carleton RN, Abrams K, Afifi T, Asmundson GJG, Brunet, A, Dobson K, Gerhard D, Hoeber O, Jones N, Keane T, Klest B, Lix L, Neary JP, Sauer-Zavala S, Sareen J, Stewart SH (2017 - 2021). Longitudinal study of operational stress injuries (OSI's) for RCMP [Research Contract] - Public Works Canada and Royal Canadian Mounted Police, Contract Award - \$8,885,836.

Lau E, Hsiao J, Yee L, Zhang J, Rusak B (2018 - 2020). The impact of sleep deprivation on emotional functioning and its electroencephalographic (EEG) correlates [Grant] - Hong Kong Research Grants Council - \$134,842.

Tibbo P, Cooney J, Crocker C, Khan A, Palaniyappan L, Stewart SH, Rioux J (2018 - 2021). Cannabis effects on white



matter microstructure and outcomes in early phase psychosis: A 1 year dual site longitudinal study [Grant] - CIHR - \$493,000.

Conrod P, Hamilton H, Henderson J, Krank M, Rehm J, Richardson C, Stewart SH (2018 - 2023). Canadian underage substance abuse prevention (CUSP) trial: A hybrid effectiveness/implementation-facilitation trail to increase access to evidence-based drug prevention for Canadian adolescents [Grant] - CIHR - \$1,774,800.

## International Research Grants and Contracts

Calkin C, Alda M, Chengappa R, O'Donovan C, Ruzickova M, Cooley, J (2015 - 2020). Treating insulin resistance as a strategy to improve outcome in refractory bipolar disorder [Grant] - Stanley Medical Research Institute - \$1,163,599.

Hajek T (2015 - 2018). Are Prediabetes, Diabetes Modifiable Risk Factors for Brain Changes in Bipolar Disorder? [Grant] - Brain and Behavior Research Foundation - \$129,031.

Uher R (2016 - 2018). Brain connectivity as an early indicator of preventive intervention effects in youth at risk for severe mental illness [Grant] - Brain and Behavior Research Foundation - NARSAD - \$130,005.

Calkin C, Friedman A, Schmidt M, Ruzickova M (2017 - 2019). Blood-brain barrier dysfunction as a diagnosing and pharmacodynamic biomarker for neuroprogressive bipolar disorder [Grant] - Brain and Behavior Research Foundation - NARSAD - \$129,594.

## Department, Organizational and Regional Invited Presentations

Abbass A – Emotional Factors in Neurology Patients (2017) - University Rochester Neurology - Rochester NY, USA [Workshop]

Abbass A – Grand Rounds in Neurology at University Rochester. Detecting and Managing Emotional Contributors to Neurological Presentations (2017) - University of Rochester - Rochester NY, USA [Clinical Academic Rounds]

Abbass A – Approaches to Complex Patients: Intensive Short-term Dynamic Psychotherapy (2017) - Austen Riggs Center Stockbridge Mass - Massachusetts [Clinical Academic Rounds]

Abbass A – Direct Assessment and Treatment of Emotional Factors in Psychosomatic Conditions (2017) - University Rochester Neurology - Rochester NY, USA [Workshop]

Abbass A – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Abbass A – Psychosomatic Assessment and Treatment using ISTDP (2017) - Harvard University - Boston, USA [Workshop]

Abbass A – Journal Club (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Journal Club]

Abbass A – Emotional Factors in Orthopedic Cases (2017) - Dalhousie University - Department of Orthopedic Surgery - Halifax, NS [Inter-Professional Education]

Abbass A – Assessing emotional factors in Neurology Presentations. Rounds to Movement Disorders Division of Neurology (2017) - Dalhousie University - Department of Neurology - Halifax, NS [Clinical Academic Rounds]

Abbass A, Cassidy K, Wilson A – Positive Psychiatry (2017) - Dalhousie University - Department of Psychiatry - Halifax,



NS [Clinical Academic Rounds]

Abbass A, Town J – Treatment Resistant Depression: Halifax Depression Study (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Abidi S – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Alda M – Journal Club (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Journal Club]

Awara M – Psychiatric Rehabilitation: Quality of Care and Clinical Effectiveness (Poster) (2017) - Dalhousie University - Department of Psychiatry 27th Annual Research Day - Halifax, NS

Bessenyei A – Can we diagnose personality disorders in adolescence? Should we? (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Bombay A – How do adults living with symptoms of depression and anxiety in Halifax Regional Municipality get well? A pilot study of treatment preferences and experiences of people with lived experience (2017) - Dalhousie University - Department of Psychiatry 27th Annual Research Day –Halifax, NS

Bombay A – Intergenerational trauma and resilience: Relevance to Indigenous mental health (2017) - The XXVIII W.O. McCormick Academic Day - Halifax, NS

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

Bosma M, Good K – Evidence-Based Medical Education: Too much to hope for? (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Bosma M, Murphy C – Delivering Effective Feedback (2017) - Dalhousie University - Department of Psychiatry, IWK Faculty Retreat - Halifax, NS [Workshop]

Calkin C – Blood-brain barrier dysfunction as a diagnostic and pharmacodynamic biomarker of neuroprogressive bipolar disorder (2017) - Dalhousie University Department of Medical Neurosciences Seminar - Halifax, NS [Plenary]

Calkin C, Ruzickova M – TRIO-BD (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS

Emms M – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Etches S – Journal Club (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Journal Club]

Gardner D – Journal Club (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Journal Club]

Gardner D – The Impact of Differences in Age, Gender and Physical Health on the Use of Psychotropic Medications in Clinical Practice (2017) - The XXVIII W.O. McCormick Academic Day - Halifax, NS [Plenary]

Hazleton L – Why should I keep a teaching dossier? Practical advice for faculty and residents (2017) - Dalhousie University - Department of Radiology - Halifax, NS [Clinical Academic Rounds]

Kirkpatrick L – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Kisely S – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]



Kutcher S – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Kutcher S – Keynote (2017) - Acadia University School of Education Graduate Summer Conference Day - Wolfville, Nova Scotia, Canada [Keynote]

MacKay I – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Morrison J – Journal Club (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Journal Club]

Morrison J – The Nova Scotia Early Psychosis Program (2017) - Dalhousie University - Department of Family Medicine - Halifax, NS [Clinical Academic Rounds]

Orlik H – Clinical Academic Rounds, Department of Psychiatry: The Family Connection: Family Based Treatment for Anorexia Nervosa (2017) - Grand Rounds - Halifax, NS [Plenary]

Orlik H – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Propper L – Autism and ADHD controversies (2017) - Dalhousie Division of Child and Adolescent Psychiatry - Halifax, NS

Propper L, Robichaud C – A challenging transition: managing young adults with autism spectrum disorder (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds]

Robertson G – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Sadek J – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Uher R – Ten Simple Tips for Improving the Care of Patients with Depression (2017) - Fall Refresher, Family Medicine, Dalhousie University - Halifax, NS [Seminar]

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

Wilson A – Clinical Academic Rounds (2017) - Dalhousie University - Department of Psychiatry - Halifax, NS [Clinical Academic Rounds Speaker]

Abbass A – 6th Annual Anne P. Alonso, Ph.D. Endowed Lecture: Unlocking the Unconscious: Empirical Basis and Video example (2017) - Harvard University - Boston, USA [Clinical Academic Rounds]

Abidi S – Capacity Assessment of the Adolescent - Demonstration (2017) - Nova Scotia Health Ethics Network Conference - Halifax, NS [Panel]

Abidi S – Brain Awareness Week Panelist Discussion (2017) - Novel Tech Ethics Faculty of Medicine - Halifax, NS [Panel]

Bagnell A – Anxiety and Stress (2017) - Armbrae Academy Mental Health Series - Halifax [Workshop]

Cassidy B, MacNeil M – Maximizing the Newest Stage of Life: Positive Aging (2017) - Alzheimer's Society Awareness Breakfast - Westin, Halifax Nova Scotia, Canada

Chisholm T – Update of Competency by Design (2017) - Dalhousie University - Department of Geriatric Medicine - Halifax, NS [Workshop]

Cohen J – DBT workshop (2017) - Nova Scotia Health Authority - Halifax, NS [Workshop]

Cookey J – Three Minute Thesis Presentation - Preparation Session (2017) - Dalhousie University - Clinical Investigator Program - Halifax, NS [Workshop]

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

Gardner D – Medications and insomnia management: Interventions for Insomnia: What Really Works (2017) - CPD



Program Centre, Queen's University - Kingston, ON [Seminar]

Hickey A – Teen Depression Presentation (2017) - Dalhousie University - Department of Psychiatry - Eastern Shore School District [Seminar]

Hickey A – Mental Health Academy: Breakout Session on Depression in Youth (2017) - Mental Health Academy - Halifax, NS [Conference Workshop]

Kutcher S – Mental Health Literacy Sessions (2017) - Edmonton Catholic School Board - Edmonton, Alberta, Canada

Kutcher S – Keynote (2017) - Seven Oaks School Division - Winnipeg, Manitoba, Canada [Seminar]

Kutcher S – What do you want to know about anxiety but have been too anxious to ask? (2017) - The Atlantic Provinces Special Education Authority (APSEA) - Halifax, Nova Scotia, Canada

Kutcher S – Introduction to Mental Health Literacy for Teachers and Counsellors (2017) - Trafalgar Castle School - Whitby, Ontario, Canada

Milliken H – The RCPSC Competence by Design Initiative & Updates to the RCPSC MOC Program. What Every Specialist & Resident Needs to Know (2017) - Dalhousie University Faculty of Medicine - Halifax, NS [Webinar]

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]

Orlik H – Scrub-in: presentation of a simulated Family Based Treatment (by Eating Disorder Team members) (2017) - IWK Health Centre - Halifax, NS

Propper L – Treatment interventions for school-age children and adolescents with autism and comorbid mental health difficulties (2017) - AKOMA Family Centre - Dartmouth, NS

Propper L – Mental health difficulties commonly present in school-age children and adolescents with autism and available treatment interventions (2017) - Halifax West High School - Halifax, NS [Workshop]

Rajda M – Insomnia and Sleepwell Nova Scotia - webinar (2017) - Dalhousie University - Department of Psychiatry and Department of Pharmacy - Halifax [Panel]

Uher R – Protecting Your Mental Health Genetics, Cannabis Use, and Risks of Serious Mental Illness (2017) - J.L. Ilsley High School - Halifax, NS

Uher R – What Can We Do To Prevent Mental Illness (2017) - McGill University - Montreal, QC

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]

Abbass A – ISTDP for Psychosomatic Disorders (2017) - Atelier Psychotherapy Organization Conference - Sargans Switzerland. [Workshop]

Abbass A – Emotional Factors in high use Emergency Department and Family Medicine Patients (2017) - Department Health and Wellness - Halifax, NS [Inter-Professional Education]

Abidi S – CPA Guidelines for Treatment of children and youth with schizophrenia and psychotic spectrum disorders (2017) - Early Psychosis Network Initiatives Webinar Series - Halifax, NS [Webinar]

Aquino E – Basic Information on Forensic Psychiatry (2017) - Resource Person - Riverview High School, Sydney, Nova Scotia [Keynote]

Bagnell A – Anxiety Disorders in Elementary, Junior and High School Students (2017) - Association of Teachers of



Exceptional Students, Nova Scotia - Dartmouth, NS [Keynote]

Bagnell A – Anxiety and Stress in Children and Youth (2017) - Academy of School Mental Health - Halifax, NS [Conference Workshop]

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

Brunet A – Overview of East Coast Forensic Hospital (2017) - Western Zone Police Mental Health & Addiction Services Alliance - Liverpool, NS, Canada [Panel]

Carrey N – Circle of Security concepts; application within a school context (2017) - Halifax Regional School Board - Halifax, NS [Conference Workshop]

Cassidy B – Live Long And Prosper: The Power of Positive Thinking for Long Term Health and Resilience (2017) - Institute of Brain Health Community Series - Bridgewater NS [Seminar]

Chisholm T, Gardner D – Sedative use in and out of hospital (2017) - Pharmacist CSHP Education Day - Halifax, NS [Plenary]

Etches S – Talking with Your Teen About Drugs and Alcohol (2017) - CAIS Parent Group - Halifax, NS

Gardner D – The role of the community pharmacy in mental health and addictions care (2017) - Annual Meeting of the Pharmacy Association of Nova Scotia - Digby, NS [Symposium]

Gardner D – Review of medications for insomnia and Sleepwell NS (2017) - Continuing education on insomnia assessment and treatment - Kingston, ON [Plenary]

Gardner D – Medications: What every educator should know (2017) - Mental Health Academy - Halifax, NS [Keynote]

Gardner D, Murphy A – Community pharmacy mental health and addictions services (2017) - Prince Edward Island Pharmacists Association Annual Meeting - Charlottetown, PE

Gardner D, Robertson G, Uher R – Personalized medicine in psychiatry: challenges and opportunities (2017) - Café Scientifique, Department of Psychiatry, Dalhousie University. - Halifax, NS [Panel]

Hazelton L – Critical Thinking (2017) - Dalhousie CPD Community Hospital Program - Antigonish, NS [Workshop]

Kutcher S – Mental Health Literacy for Grades 8-10, and Transitions/Know Before You Go (2017) - Learning Fair 2017 - Niagara-on-the-Lake, Ontario

Kutcher S – What to do after a tragedy? (2017) - Mental Health Academy - Halifax, Nova Scotia, Canada

Kutcher S – Transitions: Reinventing the wheel (2017) - Atlantic Provinces Child and Adolescent Psychiatry Conference - Hunts Point, Nova Scotia, Canada

Kutcher S – Feeling a bit uncomfortable? Thinking critically about mental health literacy (2017) - Annual General Meeting and Conference of the Nova Scotia School Boards Association - Antigonish, Nova Scotia, Canada [Keynote]

Kutcher S – Make Stress Your Friend: what the stress/happiness/wellness industry does not want you to know (2017) - NSTU Seonoroil Conference - Halifax, Nova Scotia, Canada [Keynote]

Milliken H – The Sooner the Better: Building Awareness of Psychosis (2017) - Atlantic Nursing Professional Development and Networking workshop - Halifax, NS [Conference Workshop]

Morrison J – Improving services for schizophrenia within the NSHA Central Zone (2017) - Schizophrenia Society of Nova Scotia Family Group - Halifax, NS

Neilson G – A tour through common mental disabilities (2017) - National Judicial Institute "Mental Health and the Courtroom" - Supreme Courts of NS and PE May Program - Halifax

Stewart S – Comparing models of care in the management of prescription opioid misuse: Sexual dysfunction and



treatment compliance in men and women receiving methadone versus buprenorphine/naloxone (2017) - 2nd CRISM, Quebec-Maritimes Node Annual Scientific Symposium

Stewart S – How to treat fear of fear (2017) - CHU St. Justine - Montreal, Quebec [Workshop]

Stewart S – What exactly are we talking about?" A discussion on what exactly mental health is and the many issues facing employees and employers from substance abuse to PTSD, stress and depression (2017) - Mental Health and the Workplace forum organized by McInnes C

Tibbo P – Early Intervention Services for Psychosis in Canada: Improving Clinical Care and Outcomes (2017) - Vancouver Island Schizophrenia Conference - Victoria, British Columbia, Canada [Keynote]

Tibbo P – New Clinical Tools for Intervention in Early Phase Psychosis (2017) - Atlantic Psychiatric Conference - Charlottetown, Prince Edward Island, Canada [Keynote]

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

Uher R – Highs and Lows, Cannabis and Mental Health (2017) - Cafe Scientific, Royal Society Series - Halifax, NS [Panel]

Uher R – Preventing Mental Illness (2017) - DMRF Breakthrough Breakfast - Halifax, NS [Keynote]

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]

Ursuliak Z – Using Motivational Interviewing to build better relationships (2017) - Schizophrenia Society of Nova Scotia - HRM Chapter - family education and support group - Halifax, NS [Workshop]

Kinley J – Emotion Focused Group Psychotherapy (2017) - NorthEastern Group Psychotherapy Association - Boston Mass USA [Conference Workshop]

## National and International Invited Presentations

Kutcher S – Promoting Mental Health, Providing Psycho-Social Support in Schools in Low Resource Countries (2017) - International School Health Network - Halifax, Nova Scotia, Canada [Webinar]

Abbass A – Short-term Psychodynamic Therapies for Somatic Symptom Disorders (2017) - 3rd Columbia Psychosomatic Conference - New York [Plenary]

Abbass A – Intensive Short-term Dynamic Psychotherapy: Detecting and treating somatic symptom disorders (2017) - Columbia University - New York [Workshop]

Abbass A – ISTDP for Psychosomatic Disorders (2017) - Erste University, Sweden - Sweden [Workshop]

Abbass A – ISTDP for Psychosomatic Disorders: Immersion and Supervision (2017) - Swiss Society for ISTDP - Olten, Switzerland [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]

Awara M – Psychiatric Rehabilitation: Quality of Care and Clinical Effectiveness (Poster Presentation) (2017) - The Royal College of Psychiatrists, International Congress, Edinburgh, UK 2017 - Edinburgh, UK 2017



Black K – Audiovisual Presentation (2017) - The 38th International Audio-Visual Symposium on the Science of the Metapsychology of the Unconscious. - Montreal, Quebec, Canada [Symposium]

Calkin C – Blood-brain barrier dysfunction as a pharmacodynamic biomarker of neuroprogression in bipolar disorder (2017) - Canada-Israel Collaboration for Brain Studies - Halifax, NS [Symposium]

Calkin C – The Role of Insulin Resistance in Treatment Refractory Bipolar Disorder: Practical Considerations (2017) - Annual Pacific Psychopharmacology Conference - Vancouver, BC, Canada [Plenary]

Carrey N – Psychopharmacology in the Early Years: What Every Practitioner Should Know (2017) - Expanding Horizons - Toronto, Ontario, Canada [Conference Workshop]

Cassidy B – Positive Psychiatry and Health Behavior Change: The Fountain of Health as a Working Model for Action (2017) - World Psychiatry Association - Berlin, Germany [Symposium]

Hazleton L – Leadership Education Across the Health Professions (2017) - Toronto International Symposium on Leadership Education for Physicians (TISLEP) - Quebec, QC [Conference Workshop]

Kinley J – Neurobiology of Psychotherapy (2017) - North American Society for Psychotherapy Research and Integration - Berkeley California [Conference Workshop]

Propper L – Disruptive mood dysregulation disorder and its relationship to major mood disorders (2017) - Department of Psychiatry and Psychotherapy Faculty of Medicine Carl Gustav Carus - Dresden, Germany

Stewart S – Discussion of Addictive Behaviours (2017) - 51st Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT) - San Diego, CA [Panel]

Stewart S – Discussion of Interventions in Anxiety (2017) - 51st Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT) - San Diego, CA [Panel]

Stewart S – Drinking to Cope: Psychological mechanisms of substance abuse (2017) - Annual Research Symposium of the Anxiety and Depression Association of America (ADAA) Annual Anxiety and Depression Conference - San Francisco, CA [Symposium]

Abidi S – CPA Guidelines for Treatment of children and youth with schizophrenia and psychotic spectrum disorders (2017) - Canadian Academy of Child and Adolescent Psychiatry - Ottawa, Ontario [Symposium]

Alda M, Bombay A – Physiological/Biomarker Health Research with First Nations communities and organizations (2017) - First Nations and Inuit Health Branch of Health Canada - Ottawa, ON

Bombay A – Creating ethical space for First Nations led biological health research (2017) - National Network for Aboriginal Mental Health Research - Montreal, QC

Bombay A – Mental health and wellness among Indigenous peoples in Canada: Considering the intergenerational transmission of trauma and resilience (2017) - Thunderbird Partnership Foundation Annual Meeting - Halifax, NS [Keynote]

Bombay A – Intergenerational trauma and resilience in a First Nations context (2017) - Parliamentary Health Research Caucus on Indigenous Health Research in Canada - Ottawa, Ontario

Bombay A – Exploring the cumulative effects of familial Indian Residential School attendance in relation to well-being among Indigenous peoples living off-reserve in Canada (2017) - Canadian Research Data Centre Network & Indigenous and Northern Affairs conference

Bombay A – The Impact of Trauma and Racism on our DNA (2017) - Health Equity for Indigenous Children, Youth, and Families - Ottawa, ON [Conference 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, Queb

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 and Inuit Health Branch of Health Canada - Ottawa, ON

Cassidy B – Positive Psychiatry in Action: The Fountain of Health Initiative (2017) - Canadian Psychiatric Association - Ottawa [Inter-Professional Education]

Cassidy B, Cassidy K – The Fountain of Health: Practical Tools for Health Change in Frontline Care (2017) - Canadian Consortium on Dementia and Canadian Academy of Geriatric Psychiatry meetings - Toronto [Conference Workshop]

Eskes G – Rehabilitation of Cognitive Deficits Post-Stroke (2017) - Canadian Stroke Congress - Calgary, AB [Conference Workshop]

Kutcher S – Keynote (2017) - Canadian Association of School System Administrators (CASSA) Annual Conference - Halifax, Nova Scotia, Canada [Keynote]

Kutcher S – Pathway through mental health care: the complete and comprehensive school approach (2017) - Canadian Association of Pediatric Health Centres - Halifax, Nova Scotia, Canada [Webinar]

Rusak B – Biological clocks in health and disease (2017) - Telemedicine Rounds. Sleep Medicine Rounds. - Halifax, NS [Webinar]

Rusak B – The time of your life: biological clocks in health and disease (2017) - York University & the Canadian Society for Chronobiology Meeting - Toronto, ON

Rusak B – Homeostatic and circadian effects on performance: Confounds and connections (2017) - Canadian Society for Chronobiology meeting - Toronto, ON

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

Stewart S – Personality and risk for substance abuse: Background, content and evidence base for prevention program for adolescent substance abuse prevention (2017) - Canadian Association of Paediatric Health Centres (CAPHC) - Halifax, NS [Webinar]

Stewart S – Gambling in Millennials (2017) - Discovery 2017 Reconnect-Reframe-Refine Conference - Toronto, ON [Panel]

Stewart S – Anxiety sensitivity and exercise avoidance: Implications for treatment (2017) - Canadian Respiratory Conference (CRC) - Montreal, Quebec [Plenary]

Tibbo P – The Effects of Cannabis Use in Early Phase Psychosis (2017) - EPION Conference - Toronto, Ontario, Canada [Conference Workshop]

Tibbo P – Plenary Speaker (2017) - EPION Conference - Toronto, Ontario, Canada [Plenary]

Tibbo P – Preconference Workshop on Clinical Tools (2017) - EPION Pre Conference - Toronto, Ontario, Canada [Conference Workshop]

Uher R – What Can We Do to Prevent Severe Mental Illness (2017) - Canadian Psychiatric Association Annual Conference - Ottawa, ON [Plenary]

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



## Peer Reviewed Journal Publications

Abbass A (2017). The Emergence of Psychodynamic Psychotherapy for Treatment Resistant Patients: Intensive Short-Term Dynamic Psychotherapy. *Psychodynamic psychiatry*, 44(2), 245-80. [Published] PubMed ID: 27200465.

Abbass A, Luyten P, Leichsenring F, Steinart C (2017). Bias Toward Psychodynamic Therapy: Framing the problem and working toward a solution. *Journal of Psychiatric Practice*. [Published].

Abbass A, Town J, Ogrodniczuk J, Joffres M, Lilliengren P (2017). Intensive Short-Term Dynamic Psychotherapy Trial Therapy: Effectiveness and Role of. *The Journal of Nervous and Mental Disease*, 205(6), 453-457. [Published] PubMed ID: 28459728.

Alda M (2017). Psychiatric genetics - Does diagnosis matter? *Journal of Psychiatry & Neuroscience*, 42(5), 291-293. [Editorial - Published] PubMed ID: 28834526.

Alda M (2017). Who are excellent lithium responders and why do they matter? *World psychiatry*, 16(3), 319-320. [Review - Published] PubMed ID: 28941103.

Alda M, McKinnon M, Blagdon R, Garnham J, MacLellan S, O'Donovan C, Hajek T, Nair C, Dursun S, MacQueen G (2017). Methylene blue treatment for residual symptoms of bipolar disorder: randomised crossover study. *The British Journal of Psychiatry*, 210(1), 54-60. [Published] PubMed ID: 27284082.

Awara M, Moselhy H, Sirry M, Elnenaei M (2017). Diagnostic Dilemmas and Management Challenges of Organic Brain Syndrome with Psychiatric Semiology. *Journal of Case Reports*, 7(2), 158-164. [Case Report - Epub] DOI: 10.17659/01.2017.0045.

Awara M, Simon P, Lewis N, Edem D, Morrison J (2017). Psychiatric Rehabilitation: Quality of Care and Clinical Effectiveness. *Journal of Psychosocial Rehabilitation and Mental Health*, (1-11). [Epub] DOI: 10.1007/s40737-017-0082-0.

Awara MA, Moselhy HF, Elnenaei MO (2017). Late Onset First Episode Psychosis Emerging as Delusional Misidentification of Familiar Sacred Places During a Holy Pilgrimage: A Case Report and Literature Review. *Journal of Religion and Health*, Awara, M.A., Moselhy, H.F. & Elnenaei, M.O. *J Relig Health* (2017). <https://doi.org/10.1007/s10943-017-0524-8>, 1-6. [Case Report - Epub] DOI: 10.1007/s10943-017-0524-8.

Bartel SJ, Sherry SB, Molnar DS, Mushquash AR, Leonard KE, Flett GL, Stewart SH (2017). Do romantic partners influence each other's heavy episodic drinking? Support for the partner influence hypothesis in a three-year longitudinal study. *Addictive behaviors*, 69, 55-58. [Published] PubMed ID: 28131933.

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## Books and Chapters

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## Other Publications (Peer Reviewed)

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## Other Publications (Non-Peer Reviewed)

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

Hazelton L (2017) Physician teach thyself - DoctorsNS Magazine [Opinion Editorial (Op-Ed) Piece]

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Hazelton L (2017) Between the covers. 16(3):25 - DoctorsNS Magazine [Opinion Editorial (Op-Ed) Piece]

Hazelton L (2017) In pursuit of excellence - DoctorsNS Magazine, [Opinion Editorial (Op-Ed) Piece]

Leichsenring F, Abbass A, Luyten P (2017) Toward a more Balanced Perspective on Anxiety Treatment - PUBMED Commons [Comment]

## Research Ethics Board Members

MacNeil M : 2015 - present: Research Ethics Board [Member] - NSHA



## Editorial Member Activities

Abbass A : 2014 - present: Applied Psychology [Member of Editorial Board] .

Abbass A : 2012 - present: Psyche Nuova [Member of Editorial Board] .

Abbass A : 2010 - present: Journal of Unified Psychotherapy, American Psychiatric Association [Member of Editorial Board] .

Alda M : 2012 - present: International Journal of Bipolar Disorders [Member of Editorial Board] .

Alda M : 2012 - present: Journal of Psychiatry and Neuroscience [Associate Editor] .

Alda M : 2010 - 2017: Depression Research and Treatment [Member of Editorial Board] .

Alda M : 2010 - present: Pharmacopsychiatry [Member of Editorial Board] .

Alda M : 2007 - 2017: Open Neuroscience Journal [Member of Editorial Board] .

Alda M : 2007 - 2017: Open Psychiatry Journal [Member of Editorial Board] .

Alda M : 2001 - present: Bipolar Disorders [Member of Editorial Board] .

Alda M : 1997 - present: Psychiatrie [Member of Editorial Board] .

Calkin C : 2016 - present: Bipolar Disorders - An International Journal of Psychiatry and Neurosciences [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] .

Delva N : 2011 - present: Journal of ECT [Member of Editorial Board] .

Delva N : 2007 - present: Canadian Journal of Psychiatry [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.

Gardner D : 2005 - present: Canadian Pharmacists Association (CPhA): eTherapeutics (Therapeutic Choices; Compendium of Pharmaceutical Specialties) [Member of Editorial Board] .

Gardner D : 1998 - present: Journal of Clinical Pharmacy and Therapeutics (Blackwell Science, Oxford) [Associate Editor].

Hajek T : 2016 - present: International Journal of Bipolar Disorders Editorial Board [Member of Editorial Board] .

Hazelton L : 2016 - present: Pharos [Member of Editorial Board] .

Kutcher S : 2013 - present: Journal of Medical Science [Member of Editorial Board] .

Kutcher S : 2007 - present: Journal of Psychiatric Research [Member of Editorial Board] .

Kutcher S : 2004 - present: Neuropsychiatric Disease and Treatment [Honorary Member] .

Kutcher S : 1998 - present: Journal of Child and Adolescent Psychopharmacology [Member of Editorial Board] .

Kutcher S : 1996 - present: Child and Adolescent Pharmacology News [Member of Editorial Board] .

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] .

Lauria-Horner B : 2013 - present: Journal of Neurology and Psychology, Avens Publishing Group [Member of Editorial Board] .



Board] .

McGrath P : 2005 - present: Pediatric Pain Letter [Publisher] .

Mejia J : 2017 - present: Journal of Sleep Disorders and Medical Care [Member of Editorial Board] .

Propper L : 2014 - 2018: Austin Journal of Psychiatry and Behavioural Science [Member of Editorial Board] .

Propper L : 2013 - 2018: Annals of Psychiatry and Mental Health [Member of Editorial Board] .

Propper L : 2009 - present: Child and Adolescent Psychopharmacology News [Member of Editorial Board] .

Sadek J : 2016 - present: Academic Psychiatry [Member of Editorial Board] .

Stewart S : 2017 - present: Addictions [Associate Editor] .

Stewart S : 2016 - present: Cannabis [Member of Editorial Board] .

Stewart S : 2016 - present: Journal of Personality and Social Psychology: Personality Processes and Individual Differences [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 : 2014 - present: Psychology of Addictive Behaviors [Member of Editorial Board] .

Stewart S : 2012 - present: Journal of Behavioral Addictions [Member of Editorial Board] .

Stewart S : 2010 - present: Journal of Gambling Issues [Editor in Chief] .

Stewart S : 2006 - present: Current Drug Abuse Reviews [Associate Editor] .

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] .

Uher R : 2013 - present: Social Psychiatry and Psychiatric Epidemiology [Member of Editorial Board] .

Uher R : 2012 - 2017: Depression and Anxiety [Associate Editor] .













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