

DEPARTMENT OF **PSYCHIATRY**

2018-2019 ANNUAL REPORT



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

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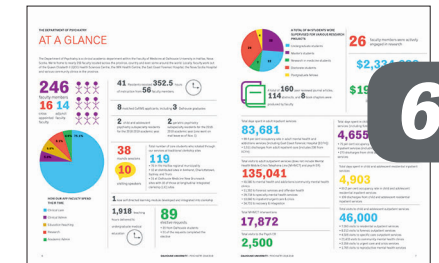
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This report covers the period of April 1, 2018 to March 31, 2019, with the exception of the education report, which covers the academic year, July 1, 2018 to June 30, 2019. Photography has been provided by Nick Pearce (Dalhousie) and Kate Rogers (Dalhousie).

2018 2019

A MESSAGE FROM THE DEPARTMENT HEAD

DR. MICHAEL TEEHAN

I think it is fair to say that based on the contents of this report, the department of psychiatry is thriving.

We have had some turnover during the past year in our faculty. New arrivals include Drs. Abraham (Rami) Rudnick, clinical director OSINS; Liane Aires, hospitalist; Chukwolo Ndubisi, Theveschen Padayachee and Melissa Perry, all in Fredericton; Dr. Sandra Meier, Tier 2 Chair at IWK; Igor Yakovenko joint appointed with the Department of Psychology and Neuroscience; and finally, Dr. Sanjai Dayal, P.E.I. Departures include Drs. Heather Milliken, Nancy Robertson, and Stan Kutcher. We welcome our new faculty and look forward to working with them. We wish every happiness to those who have moved to a new phase of their lives.

Our clinical services continue to be taxed. Inpatient units are invariably full to overflow, hampered in flow-through by the inability to place patients who are ready for discharge, but for whom an appropriate placement cannot be found in the community. Even the forensic hospital, which for many years operated with some capacity, has been under stress. Shortage of clinical staff, especially psychiatrists, in other zones continues to impinge on our services in the Central Zone. Twice in the past year, members of our faculty have contributed their time and effort to alleviate acute shortages in other zones. This stretches the service we can offer to the population of this region, but has been appreciated in the areas where they are deployed.

Community Mental Health services and Rehabilitation and Integration have been working closely to coordinate the care they deliver to often overlapping populations. The work will continue to make the most rational use of our resources, eliminate duplication and enhance our service delivery.

The challenges in rural areas are not going to be solved quickly. Creative approaches to delivering care will have to be developed. E-health applications in the various forms that we have now, or will develop in future, are bound to be part of solving these problems. This year we were able to coordinate the efforts of the chiefs of northern and eastern zones, Nova Scotia Health Authority (NSHA) VPs of Medicine, and physician services at the Department of Health and Wellness (DHW), to create a unique position in geriatric psychiatry. Physically based in Halifax, Dr. Ian MacKay will provide clinical service and coordinate local resources to provide seniors mental health care in those two regions, where none presently exists. This came about through being able to borrow unused complement and use it creatively. More initiatives like this will need to occur, if we are to address the needs of the entire population equitably.

We continue to provide extensive undergraduate education, both clinical and didactic, and to be active in leadership. This extensive exposure to psychiatry is likely playing a part in the successful recruitment to our residency program. Once again we filled all of our positions in the first round and look forward to welcoming a talented group of new residents to the program in July. This success, of course, is also attributable to the national reputation for excellence our program enjoys under the direction of Drs. Mark Bosma and Sherry James. We will have the challenge of introducing competency-based medical education in the next academic year. Preparations are well under way for this exciting development in postgraduate education. And congratulations to the postgraduate program on a successful accreditation by RCPSC in November. Congratulations also to the subspecialty training programs in child and adolescent and geriatric psychiatry, for achieving full accreditation in their first such exercise.

The strategic planning process, which began last fall, is approaching completion. Stephanie Heath, consultant for the exercise, has moved us through several stages successfully. The hope is that a final product will be ready for this fall, and then an implementation process will be developed to guide the department over the next five years.

As you will have observed, the process of negotiating a new AFP contract with our partners has been disappointing. Although it commenced last fall, progress has been painfully slow. Recent developments however, have given rise to a more optimistic outlook. The process has been hampered by running contemporaneous negotiations for a master agreement, something that seemed often to overshadow efforts to move forward on the AFP front. Summer meetings are scheduled, and a tone of greater urgency recently suggests the possibility of agreements being reached sooner rather than later.

And finally an announcement of my retirement was made at the spring faculty meeting. It was a difficult decision, but I think it is the correct one at this point. The department is in a strong position, but of course with challenges ahead. These include a major curriculum change in our resident program, and the provincial challenges of providing psychiatric care in all regions.

I do want to say in closing, that it has been a privilege and an honour to have held the position of head of department over the past three years. It has been an exhilarating and rewarding experience. I am grateful to all of you for your support and encouragement during those years. I wish my successor in this chair, every success, and that the department continues to enjoy its present strength in the many endeavours it undertakes. I wish you all a fond farewell.

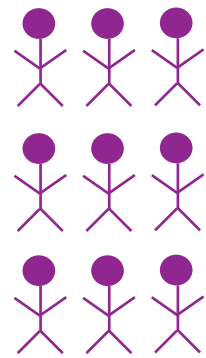


MICHAEL TEEHAN, MD, FRCPC
Head, Department of Psychiatry, Dalhousie University
Chief, Department of Psychiatry, Central Zone

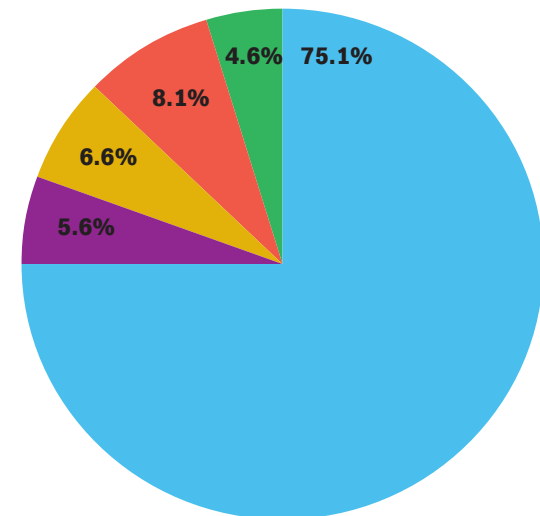
AT A GLANCE

The Department of Psychiatry is a clinical academic department within the Faculty of Medicine at Dalhousie University in Halifax, Nova Scotia. We're home to nearly 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, the Operational Stress Injury Clinic, and various community clinics in the province.

246
faculty members



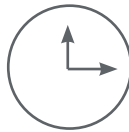
16 cross appointed faculty
14 adjunct faculty



HOW OUR AFP FACULTY SPEND THEIR TIME

- Clinical care
- Clinical administration
- Education/teaching
- Research
- Academic administration

41 Residents received **352.5** hours of instruction from **56** faculty members



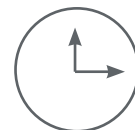
8 applicants matches in the first round of CaRMS

2 child and adolescent psychiatry subspecialty residents
2 geriatric psychiatry subspecialty residents

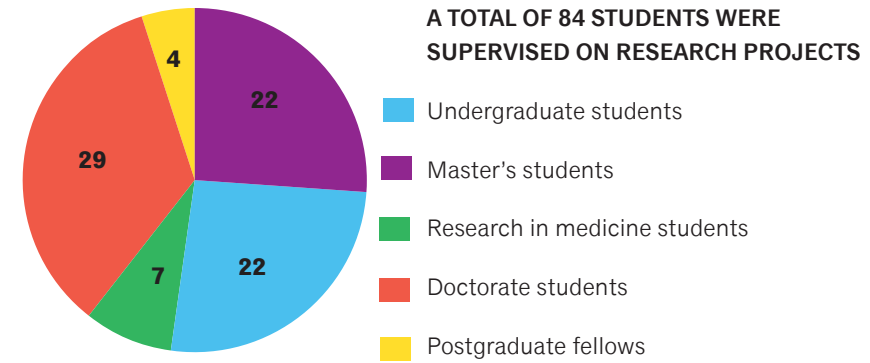
38 rounds sessions
119 core students rotated through our services at traditional clerkship sites

10 visiting speakers
89 elective requests

1,918 teaching hours delivered to undergraduate medical education



10 departmental provincial programs



A total of **160** peer reviewed journal articles, **114** abstracts, and **8** book chapters were produced by faculty

26 faculty members were actively engaged in research

\$2,334,633
in new grant money

\$19,358,937
in continuing grant money

83,681
days spent in adult inpatient services

1,511
discharges from adult inpatient care

135,041
visits to adult outpatient services (does not include Mental Health Mobile Crisis Telephone Line and psych ER)

17,872
Mental Health Mobile Crisis Telephone Line interventions

2,500
visits to the Psych ER

4,655
days spent in child and adolescent acute inpatient services (including forensic inpatient services)

273
discharges from child and adolescent acute inpatient services

4,903
days spent in child and adolescent residential inpatient services

109
discharges from child and adolescent residential inpatient services

46,000
visits to child and adolescent outpatient services

OUR MISSION STATEMENT

IN ACTION

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



Mandy Esliger is the new evaluation specialist in the department.

SUPPORTING MEDICAL EDUCATION

EVALUATION SPECIALIST POSITION NEW TO DEPARTMENT

For the first time in the Department of Psychiatry, there is a staff member dedicated to providing support to faculty in curriculum development, evaluation, and scholarly projects in the field of medical education. The last year saw the creation of a new position, the evaluation specialist, held now by long-time member of the department, Mandy Esliger.

During an education strategic planning retreat in 2017, the Education Management Team (EMT) identified the need to establish medical education scholarship as a priority in the department. Shortly after, in consultation with education leaders, the proposal of the position was approved by the department executive and finance committees. EMT worked to develop the position, reviewing the job descriptions of several similar positions that exist within the Faculty of Medicine at Dalhousie. They worked to tailor the job description to meet departmental needs.

The recruitment process attracted a number of highly qualified

candidates and the most suitable candidate was appointed to the position in July 2018.

"Ever since she joined our department, Mandy has shown an interest in medical education," says Dr. Malgorzata Rajda, director of education. "While working full-time, she is working towards her Masters in Medical Education at the University of Dundee and was involved in various undergraduate projects. Her IT skills and project management skills are outstanding. She is an excellent team member and knows how to work with our faculty."

The evaluation specialist's role is to lead curriculum development at all levels of education (undergraduate, postgraduate, and continuing professional development). In this role Mandy proposes, creates, manages and organizes developmental programs and the assessment of effectiveness in collaboration with Dr. Rajda, and the other program directors. She also works collaboratively with faculty members and staff to design and implement medical education research and evaluation projects. It is the job of the evaluation specialist to analyze and interpret quantitative and qualitative data, and disseminate medical education research and evaluation project information and results through presentations, journal articles and academic papers.

Although the position officially started in July, Mandy did not fully transition into the role until December, as she fulfilled her former undergraduate coordinator duties until a replacement was hired. "Despite this, much has been accomplished," says Dr. Rajda. "The program directors are using the support this position offers to create eLearning modules for learners, prepare and submit

medical education conference abstracts and grant applications, manage medical education projects, analyze data and determine best avenues to publish scholarly work."

It is not just the program directors who can utilize the help of the evaluation specialist. Mandy is available to help any faculty member who has a medical education project idea or is looking for support in developing teaching materials. In collaboration with faculty and residents, she has already developed two eLearning modules: one for the Med 3 Clerkship, and one for the geriatric psychiatry subspecialty program, for which she co-presented on the development of with Drs. Terry Chisholm and Cheryl Murphy at the Canadian Academy of Geriatric Psychiatry (CAGP) conference. Mandy also developed a poster with EMT members on Faculty Motivations and Barriers to Teaching in a Clinical Academic Department for presentation by Dr. Margaret Rajda at the Association for Medical Education in Europe (AMEE). Mandy then presented the same poster at the Departmental Research Day and won the staff category.

Mandy has secured \$5,776 in grant funding for two separate grants awarded by Dalhousie University's Centre for Learning and Teaching. She, along with Drs. Mark Bosma and Cheryl Murphy, were awarded the Scholarship of Teaching and Learning grant for their project "The utility of a psychiatry faculty-resident clinical skills co-tutoring model for enhancing resident teaching skills." The second grant, the Teaching and Learning Enhancement grant, was awarded to the same team with the addition of Dr. David Gardner, for their project "Development of whiteboard animations to support the implementation of a novel flipped classroom

approach to teaching psychopharmacology."

Mandy also worked to develop a new feature in *Headlines* newsletter called "Med Ed Minute." This section highlights scholarly snippets for faculty and residents to consider in their teaching practice.

As with any new position, the first several months are a time of transition, change, and learning. Mandy has taken every opportunity to excel in her new role, and is thoroughly enjoying the move from her previous position as undergraduate coordinator. "I am enjoying the variety of projects," she says. "It's great to have the ability to work collaboratively with faculty and residents and learn from them. All while helping to raise the profile of the department with regards to medical education research and innovation."

Though the initial term for the evaluation specialist is two years, Dr. Rajda is hoping that will be extended. "Our ambition is to firmly establish Dalhousie Psychiatry as a centre of excellence in medical education and to further our collaboration with the Continuing Professional Development Program in the Faculty of Medicine," she says. "Additionally, with the upcoming shift to Competency Based Medical Education (CBME) there will be a strong need to evaluate the changes in the program. We have already seen considerable interest in the support the position provides and anticipate continued interest to sustain the role."

EDUCATE

ADVOCATING FOR INDIGENOUS MENTAL HEALTH

RESEARCH THAT'S MAKING A DIFFERENCE

It has been a busy year for Dr. Amy Bombay. The assistant professor, who holds appointments in the Department of Psychiatry and in the School of Nursing at Dalhousie University, has had nine new grants in the last year and is working tirelessly to improve teaching and research about equity, diversity and inclusiveness in psychiatry, particularly focusing on the Indigenous community.

Dr. Bombay joined the department in July 2014. Her interest in Indigenous issues was elicited by her family's experience of being affected by the Indian Residential School system. "Although it was a rare topic of conversation, I knew my grandparents, aunts, and uncles had gone to residential school," she says. "I didn't really know what this meant, nor did I understand the effects that residential schools had on our family and on many other Indigenous peoples across the country." She decided to do her own research about residential schools during her undergraduate degree, and was appalled to learn of the history and background related to this government policy. This realization sparked her interest in working to improve Indigenous health and well-being, and during her graduate studies she was able to conduct several studies exploring the intergenerational effects of Indian residential schools in relation to mental health outcomes.

In order to contribute to closing the gaps in health and social outcomes faced by Indigenous peoples in Canada, Dr. Bombay's research program takes a community-based participatory approach in which her projects are driven by the interests and needs of Indigenous communities and organizations. Her work seeks to empower Indigenous peoples to lead research projects

and community development activities that ultimately contribute to improved health and well-being. Five years into her first academic appointment, Dr. Bombay's innovative and unique research related to the intergenerational transmission of trauma has reached diverse audiences and stakeholders across Canada and internationally. Validating the stories recounted by survivors of the residential school system and those of their families, her work with national First Nations organizations has provided empirical evidence that the long-term effects of this government policy continue to negatively impact the health and well-being of the children and grandchildren of those who attended. More specifically, she has shown that those with a parent who attended residential school are more likely to report high levels of distress and suicidal thoughts compared to those not affected in representative samples of Indigenous populations.

The significant immediate impacts that Dr. Bombay's research is having sets her work apart. Her explorations of the intergenerational transmission of trauma associated with the residential school system has received significant media attention, and has contributed to educating audiences from diverse backgrounds about the long-term effects of colonization. Her work has also been influential in judicial proceedings affecting Indigenous peoples. In 2014, she served as an expert witness in the Human Rights Tribunal against the federal government for underfunding child welfare services for First Nations children on-reserve. In the 2015 Tribunal decision, her research was

recognized as playing a significant role in the ruling, which tasked the Canadian government with changing their child welfare policies, something she admits she is particularly proud of. "My testimony was cited as being influential in the decision that Canada discriminates against First Nations children," says Dr. Bombay. "It ultimately has led to increased funding and policy changes." Her work is also being used in other court cases and in influencing policy in various contexts. Her 2014 review on the intergenerational effects of residential schools has been cited over 200 times. Her expertise in the intergenerational transmission of trauma and resilience is frequently sought out for public and continuing medical education lectures, and presentations in First Nations communities and she has given more than 60 lectures in the past three years.

"It is really satisfying and rewarding to see how our research has not only influenced policies that affect Indigenous peoples in Canada, but also how it has been used in various contexts to help Indigenous and non-Indigenous peoples better understand how colonization is associated with the health inequities we see today," says Dr. Bombay. "In my view, understanding this is often a first key step for individuals that will help lead to reduced racism, better policies and decision making, reduced health inequities, and improved relationships."

Dr. Bombay works with Indigenous communities, sharing information about the potential role that western science can

DISCOVER

play to improve the day-to-day lives of Indigenous peoples, while also valuing and prioritizing Indigenous knowledge. "My partners are keen to learn about the ability of western science to be used with Indigenous knowledge to help them determine their own approaches to addressing their unique health and social issues," says Dr. Bombay. "As well as ways of advocating for policies that support the well-being of Indigenous peoples."

Integral to her community-based approaches to health research is capacity-building with partner communities, and with Indigenous and non-Indigenous students who want to continue such research in future. She is passionate about mentoring the next generation of Indigenous health researchers, and is a co-principal investigator on a recently-funded \$1 million CIHR grant that seeks to mentor Indigenous and non-Indigenous students in carrying out Indigenous health research. Working with colleagues and community partners the network will support the mentorship, training and development of the next generation of Indigenous health researchers throughout their stages of training.

There is no expectation that Dr. Bombay's research will slow down. In the coming year she and her team will be continuing their work exploring how various aspects of colonization are transferred across generations, with more of a focus on identifying resilience and protective factors for First Nations children and youth. She also expects their work to explore the long-term and intergenerational effects of those affected by the child welfare system, which is a significant ongoing issue that continues to perpetuate many of the intergenerational cycles that were started by the Indian Residential School system and continues to negatively affect the well-being of First Nations communities and peoples.



Dr. Shannon MacDonald presents during the second annual Trans Health Symposium.*

TALKING TRANS HEALTH

IWK HOSTS SECOND ANNUAL TRANS*HEALTH SYMPOSIUM

As trans-health education becomes an ever more important issue, physicians in the Department of Psychiatry are working hard to provide training in gender identity assessment and support to healthcare workers. On March 28-29, the second annual Trans* Health Symposium took place at the Victoria General Hospital, hosted by the IWK. The symposium, *Integrated care for gender dysphoric, gender non-binary, & transgender children into adulthood*, saw more than 70 mental health clinicians and medical providers, including social workers, psychologists, registered counselling therapists, endocrinologists, family physicians, pediatricians, nurse practitioners and psychiatry residents and fellows, in attendance. Building on the success of the inaugural symposium in 2018, the goal was to increase access to competent care for gender creative, gender dysphoric and transgender youth and their families throughout the Maritimes.

The idea for the symposium was born out of collaborative team meetings and input from mental health and addictions community managers and leadership. Dr. Suzanne Zinck chaired the planning committee and worked to develop the program with clinical social workers Robert Bartlett, Roben Kennedy, and Nancy Wright, as well as adult psychiatrist Dr. Shannon MacDonald and pediatric endocrinologist, Dr. Arati Mokashi. The committee also had the

support of administrative staff Megan Bellefontaine and Debi Follett.

"The aim is to provide an interactive, evidence-based didactic course to prepare clinicians to recognize and support youth with gender variance and gender dysphoria into adulthood," says Dr. Zinck. "The symposium is intended to serve as a foundation course for healthcare providers (especially those in child and youth mental health and primary care) in understanding gender identity development including the typical presentations and

HEAL

course of gender variant behaviour, gender creative expression, and gender and body dysphoria." The symposium training includes sections on mental health, endocrinological (hormone) treatment and surgical readiness assessments. Participants are then able to join the IWK and PrideHealth monthly telephone peer supervision networks. The training is also accredited by the World Professional Association for Transgender Health (WPATH) Global Education Initiative, so that those providers who seek to write the WPATH certification exam are given credits from the symposium.

The symposium is designed to ensure it is multi-disciplinary and inclusive of the trans health community and community health resource providers such as PrideHealth, a joint IWK-NSHA initiative, and the Youth Project and PFLAG. Part of the two-day training included a panel of gender diverse and trans youth. They also presented their experiences through a question and answer session with Robert Bartlett. Speakers were chosen who are passionate about their areas of practice and effective teachers. "The youth panel is always a highlight," says Dr. Zinck. "They are courageous and keep us focused on what matters most. From a capacity-building perspective I am grateful to clinicians who made themselves vulnerable enough to discuss their concerns and

hopes for this work and to actively state the gaps in expertise in their geographic areas. This led to a rich discussion in the network and peer supervision discussion."

Positive changes as a result of the symposium are already evident. Since the 2018 symposium there are now trained mental health providers giving care to gender diverse and trans youth and their families in every public child and youth Community Mental Health Clinic in the province, as well as a stronger network of peers for supervision and referral. Care capacity has increased as a result, with dozens of patients who would have been seen at the IWK now receiving assessment and support in their own communities. "The aim was not to reduce the waitlist here at the IWK, but to assist clinicians who are already trained and practicing with youth and families to offer care in this specific area, within their scopes of practice," says Dr. Zinck. "The other aim is to increase a provincial and eventually, even a Maritime-wide network of care providers."

Dr. Zinck recognizes the progress that has been made, but knows there is still a long way to go. "Trans health is no longer a specific care or specialist scope of practice. The prevalence may be as

high 0.5-1.0 per cent, most of whom will seek medical and surgical services." This is being acknowledged throughout the medical literature. In the last year alone, the journals *Pediatrics* (American Academy of Pediatrics), the *Lancet*; the *CMAJ*, the *BMJ*, *American Family Physician*, and the *Journal of Child Psychology and Psychiatry*, have featured core articles on transgender health care. "Gender dysphoria is one of the few areas of mental health care where providers need to understand the medical and surgical aspects well enough to assess capacity to consent to a referral, and to collaborate in an effective and timely way with the relevant specialist physicians."

A less measurable, but very important effect this education can have is to help society, including media and decision makers in government, to understand that non-binary and trans gender identities are just another way that gender identity is experienced. "It is a common belief, not supported by evidence, that the experience itself of gender identity development is different for gender dysphoric and trans gender people than the process for those who do not experience gender dysphoria," says Dr. Zinck. "While the cause of gender variance in identity relative to sex assigned at birth is not yet known (though is likely neuro-

endocrine) there is ample evidence of how these identities may be expressed and their course. The misconceptions that gender identity variance is either invalid or pathological in itself are at the root of minority stress and discrimination. These stresses are determinants of health, and can also impact access to timely and effective health care." A simple message on this is given clearly in an educational video about pronoun use that is presented at the symposium: "Genitals don't equal gender. Empathically understanding the experience of gender dysphoria is an essential skill for clinicians."

The desire is to host a Trans*Health Symposium annually. As the network grows, providers who were trained the previous year will be seeking more information and training on advanced topics. Adult psychiatrist, Dr. Shannon MacDonald, sees the great value in the event and looks forward to having it continue. "This symposium," she says, "and all of our longer term connectivity, communication, and supports, is a very nice example of adult and child and adolescent psychiatry working together closely, and I think it is doing a lot of good in our consistency and our attempts for continuity for patients in this population." Watch for the third annual symposium in spring 2020.

TRAINING FUTURE LEADERS

Undergraduate Education

During the 2018-2019 academic year 119 core students rotated through psychiatry services at traditional clerkship sites. This included those in the Halifax area, as well as those in Amherst, Charlottetown, Sydney, Truro, and New Brunswick. Our faculty also provided nearly two thousand hours of teaching in undergraduate medical education.

A new self-directed learning module was added to the psychiatry clerkship curriculum. Entitled *Approach to and Management of Agitated Patients in the Psychiatric Emergency Setting*, this module was developed by Mandy Esliger under the direction of Dr. Crystal Zhou. To date, all modules have been well received by the clinical clerks.

In June the department participated in the annual Global Health Office's Link Program, preparing six students from the International Medical University of Malaysia for their entry into clerkship in September.

The medical student-led Psychiatry Interest Group is in its eighth

The Department of Psychiatry provides high calibre psychiatric education to residents, fellows, medical and graduate students, and mental health professionals.



Dr. Nicole Herschenhous (left) discusses a case with resident Dr. Lauren Chan.

year, and is jointly helmed by two Med 1 students: Matthew Cooper and Benjamin MacDonald. The group continues to work towards its mandate of highlighting and facilitating discussion of mental health, as well as encouraging interest in the field of psychiatry. Their first event of the year, *Lifestyles in Medicine*, was an evening during which first and second year medical students had the opportunity to meet with current residents and faculty to discuss what a day in the life of a psychiatrist in various specialties might look like. The group is planning an informational session on topics such as electroconvulsive therapy (ECT), marijuana, and psychotherapy for later this year.

Postgraduate Education

The 2019 graduation exercises took place on June 7 at The Prince George Hotel in Halifax. Congratulations to the Class of 2019: Drs. Omar Alwatban, Jillian Boyd, Joshua Green, Vhari James, Kerry Ann Murray, Abraham Nunes, Justin Paradis, Joshua Smalley, and Olga Yashchuk.

The Psychiatry Residency Program Committee (RPC) organized two new subcommittees in 2018. The On-Call Working Group was initiated to discuss and recommend improvements to the resident call experience, and the Wellness Subcommittee was developed to routinely monitor resident wellness, and plan program interventions to foster and promote resident wellness.

The Royal College of Physicians and Surgeons of Canada completed an external accreditation visit on Nov. 26, 2018. The program received full accreditation, with a requirement for an Action Plan Outcomes Report (APOR) to address three areas for improvement requiring follow up in two years.

CaRMS 2018 was another tremendous success with all eight positions filled in the residency program in round one of the

match, including three students from Dalhousie University. The 2018/2019 academic year will end with planning for the 2019/2020 academic year, including preparations for implementation of competency-based medical education beginning on July 1, 2020.

Child & Adolescent Psychiatry Subspecialty Program

The program welcomed Drs. Sarah Fancy and Celia Robichaud in July 2018, both of whom are scheduled to graduate in 2020. Drs. Vhari James and Joshua Smalley will begin the program in 2019, with Drs. Ali Manning and Katie Radchuck scheduled to start in 2020. Provincial funding for the PGY-6 year for two residents was secured for the 2019/20 academic year.

The CAP subspecialty program underwent its first Royal College accreditation site visit in November 2018 and received full accreditation with no noted areas for improvement. A final report is expected in spring 2019 and a follow-up by regular accreditation review will occur in eight years.

Geriatric Psychiatry Subspecialty Program

Drs. Ian MacKay and Kathleen Singh began the program in July 2018. Dr. Mackay will complete the program as of June 30, 2019 and Dr. Singh will finish in June 2020. Dr. Olga Yashchuk will begin the program in 2019. Provincial government funding for the PGY-6 year was secured for one resident for the 2019/20 academic year.

The geriatric subspecialty program also underwent its first Royal College accreditation site visit in November and received full accreditation with two items noted for improvement. Like the CAP subspecialty program, the final report is expected later in the year and a follow-up by regular accreditation review will occur in eight years.

Continuing Professional Development

The 2018-2019 academic year saw the presentation of 38 rounds sessions, including those given by 10 visiting speakers. Additional CPD was offered to geriatric psychiatry faculty in June with a workshop on *Delivering Effective Feedback*.

The new 'you should read this' rounds session was very well received and will be repeated next year. A pilot project is underway to make recordings of rounds available to faculty and learners. The project will be reviewed in late June 2019.

The annual W.O. McCormick Academic Day was held on Friday, May 10 at the Westin Nova Scotian. This year the theme was *Do we have your attention? ADHD and more*, and was attended by 211 participants. Eight faculty members shared their expertise by giving presentations.

Medical Humanities

Dr. Abraham Rudnick started in January 2019 as the new coordinator of the medical humanities program and has been planning creative writing workshops for the department's faculty members.

Masters in Psychiatry Research

Fall 2018 brought seven new students to the graduate program from across Canada. Included in their many successes this year were two Killam Scholarships and three Nova Scotia Graduate Scholarships. While the class of 2020 was busy completing the core courses, the class of 2019 was wrapping up data collection and preparing to defend their theses. 2019 will be an exciting year for the department as it is time to celebrate the inaugural graduating class.

BETTER CARE FOR TOMORROW

Spanning a wide variety of topics and involving basic and clinical research, clinical trials and studies of animal model systems, we collaborate with researchers locally within Dalhousie and its affiliated teaching hospitals, and nationally and internationally.



Director of Research Dr. Ben Rusak (left) works with research staff in the MEG lab at the IWK.

It has been another productive year of research in the Department of Psychiatry with many grants awarded and various research projects underway. The department is dedicated to supporting its researchers. The Department of Psychiatry Research Fund (DPRF) is key to that goal. The DPRF makes grants available to facilitate the development of new research projects for faculty members and others in the department. This year six grants were awarded:

Sara Bartel (co-applicant: Dr. Sherry Stewart) - *Social networks in problem gamblers: a longitudinal study of social influences on problem gambling*

Dr. Sherry Stewart - *Daily diary study of mood, cannabis use motives and cannabis use behaviour across women's menstrual cycles*

Dr. Ingrid Waldron (co-applicant: Dr. Jacob Cooney) - *Black mental health professionals speak! Informing NSHA's African Nova Scotian health care strategy*

Ian Weaver (co-applicant: Dr. George Robertson) - *ATRX signaling and its role in autistic behavior*

Dr. Gail Eskes - *Can brief mindfulness training enhance working memory*

Dr. Sandra Meier - *Social interaction and mental health in youth*

The department also awarded a People with Lived Experience Research Fund (PLERF) grant to Jad Sinno (co-applicant: Dr. Amy Bombay) for his project *Managing symptoms of psychological distress, depression, and/or anxiety in the HRM: treatment preferences and experiences of adults from diverse sociocultural backgrounds*. PLERF grants are small grants awarded by the Department of Psychiatry (in collaboration with the Maritimes Depression Hub of the Canadian Depression Research and Intervention Network) for research projects initiated by people with lived experience (PLE) of depression and related illnesses in collaboration with an experienced researcher.

The Psychiatry Summer Studentship Program is designed to provide a number of qualified undergraduate students with an opportunity to become involved in research in the Department of Psychiatry over the summer. Although this program in effect provides summer employment for students, faculty supervisors are expected not to treat summer students in this program as technicians, but rather to involve them fully in discussion and the design of experiments. This program offers students an opportunity to learn new research techniques as they acquire hands on experience in running experiments and analyzing data. In 2018 summer studentships were awarded to five learners:

Laura Dixon (Supervisor: Dr. Aaron Keshen) - *A feasibility study to evaluate Lisdexamfetamine dimesylate (Vyvanse) in adults with bulimia nervosa*

Zoe Lazar-Kurz (Supervisor: Dr. Gail Eskes) - *Brain plasticity in older adults: an ERP analysis*

Catrina MacPhee (Supervisors: Drs. Phil Tibbo and Derek Fisher) - *An investigation of sex as a mediating factor of the auditory mismatch negativity's utility as a biomarker in early-phase psychosis*

Andrea Sandstrom (Supervisor: Dr. Barbara Pavlova) - *Inter-rater reliability of behavioural inhibition measurement in children*

Delainey Wescott (Supervisors: Drs. Rudolf Uher and Benjamin Rusak) - *Sleep in children and youth at familial risk for severe mental illness*

The 28th Annual Research Day was held November 19 at the Lord Nelson Hotel, gathering together 125 faculty, students, staff members and researchers. Dr. Christopher Mushquash, Canada Research Chair (CRC) in Indigenous Mental Health and Addiction opened the event with the keynote talk *Mental health and substance use research with First Nations: Development of a community-driven program of research*, followed by 14 faculty, staff, and student oral presentations, with 16 poster presentations throughout the day. The Café Scientifique, titled *Aboriginal Mental Health in Canada: A Public Conversation* was held in the Royal Bank Theatre following Research Day. There were brief presentations from a panel consisting of: Dr. Christopher Mushquash; Dr. Amy Bombay, assistant professor, Department of Psychiatry and School of Nursing, Dalhousie University; Dr. Margaret Robinson, assistant professor, Department of Sociology and Social Anthropology, Dalhousie University; Dr. Margot Latimer and Diane Obed, Aboriginal Children's Hurt & Healing (ACHH) Initiative; and Michelle Paul, Mi'kmaq activist. Panel members then responded to comments and questions from a large number of community members who attended the event and participated in the discussion.

During the last year the Department of Psychiatry and the IWK

Health Centre welcomed Dr. Sandra Meier, who joined us on July 1 as the Tier 2 Canada Research Chair (CRC) in Developmental Psychopathology and Youth Mental Health. With the recent award of a Tier 1 CRC to Dr. Sherry Stewart and renewal of a Tier 2 CRC to Dr. Rudolf Uher, the department now has three CRCs as well as three named Research Chairs (Drs. Martin Alda, Stan Kutcher and Phil Tibbo).

LIST OF CURRENT RESEARCH TOPICS

With more than \$21, 693,570 in total research grant funding during the 2018-2019 year our researchers are actively working in the following areas:

- Aboriginal mental health
- Addiction
- ADHD
- Alcohol abuse
- Alzheimer's
- Anxiety disorders
- Attachment
- Autism
- Biomarkers
- Child and adolescent mental health
- Chronic pain
- Cognitive behaviour therapy
- Cortical development
- Cross cultural mental health
- Cross cultural psychology
- Dementia
- Depression
- Dopamine
- Early interventions
- Eating disorders
- Emotional processing
- Emotions and health
- Endocrine and behavioural stress responses
- Epidemiology
- Executive functioning
- First episode psychosis
- Gender
- Gene expression
- Genetics
- Group resilience
- Health psychology
- Imaging
- Implementation science
- Implicit cognition
- Knowledge translation
- Medical education
- Medical sociology
- Medically unexplained physical symptoms
- Memory
- Mental health education
- Mindfulness
- Mood disorders
- Multiple sclerosis
- Neurodegenerative diseases
- Neurodevelopmental disorders
- Neuroplasticity
- Neuropsychology
- Pain
- Perfectionism
- Personality
- Personality disorder
- Pharmacogenetics
- Pharmacological interventions
- Problem gambling
- Psychoeducation
- Psychopharmacology
- Psychosis
- Psychotherapy
- PTSD
- Rehabilitation
- Schizophrenia
- School mental health
- Sleep
- Social media
- Somatic symptoms
- Somatization
- Somatoform
- Substance abuse
- Suicide



DR. SHERRY STEWART

CANADA RESEARCH CHAIR IN ADDICTIONS AND MENTAL HEALTH

The work of the Canada Research Chair in Addictions and Mental Health, Dr. Sherry Stewart, in her Mood, Anxiety, and Addiction Comorbidity Lab (MAAC Lab) focuses on advancing understanding of biopsychosocial factors contributing to the complex interplay between emotional and addictive disorders. She investigates these issues in her lab designed as a bar, recently renovated with funding from the Canadian Foundation for Innovation. She also focuses on developing, evaluating, and disseminating effective interventions for these concurrent disorders.

Dr. Stewart is co-investigator and site lead on a \$1.7 million CIHR Project grant – the Canadian Underage Substance Prevention (CUSP) trial – to disseminate her empirically-supported personality-targeted interventions for preventing substance misuse and co-occurring mental health problems at 27 Canadian high-schools. She is also project director for a Social Science and Humanities Research Council (SSHRC) Partnership Grant application to adapt her personality-targeted interventions for undergraduates in a multisite trial – Univenture – planned for five universities across Canada. Stage 1 funding brought together more than 20 partners for a planning meeting in September 2018. CUSP and Univenture (Stage 1) are the first national prevention trials to be funded through the Canadian Research Initiative in Substance Misuse (CRISM).

CRISM is a unique national research network anchored by four regional nodes located across Canada, jointly funded by CIHR and Health Canada. Each node has engaged a diverse group of leading addiction researchers and stakeholders who recognize the need

for enhanced regional and national collaboration and innovative interventions to better address substance misuse. Dr. Stewart is the Atlantic Scientific Delegate of CRISM's Quebec-Atlantic node, and an active member of its National Executive Committee. The Atlantic team has expanded to more than 75 members from all four Atlantic Provinces. The second annual CRISM Atlantic symposium, *Redesigning Our Approach to Problematic Substance Use*, was held in November 2018 at l'Université de Moncton. The event brought together more than 80 researchers and stakeholders and featured presentations on: substance use intervention; stigma and discrimination; research with Indigenous communities; people with lived experience; ethics and decision making; and influences of romantic partners.

Through funding from the Department of Psychiatry Research Fund and the Manitoba Gambling Research Program, Dr. Stewart is investigating the role of memory associations in explaining the overlap of post-traumatic stress disorder (PTSD) with cannabis misuse, and the role of depressive mood variability in explaining changes in women's involvement in addictive behaviors (gambling, alcohol, cannabis) across the menstrual cycle. She is also co-leading the National Emerging Health Threats Working Group funded by Health Canada through CRISM, focused on responding to the opiate crisis in youth and new users.

**DR. SANDRA MEIER**

CANADA RESEARCH CHAIR IN DEVELOPMENTAL PSYCHOPATHOLOGY AND YOUTH MENTAL HEALTH

Approximately 20 per cent of Canada's youth suffer from a mental health disorder. Sadly, many of these youth do not receive adequate mental health care, nor do they respond well to treatment. Unsurprisingly, such poor management of mental health disorders can have dramatic consequences for youth. Youth who do not receive or respond well to treatment have higher rates of suicide, perform worse in school, and show more serious impairments in social functioning. As a result, improving clinical healthcare can alter the life-long course of disability in youth with mental health disorders, yet, there is a paucity of data on which evidence-based health care decisions could be made. Innovative usage of modern technology has the potential to improve the risk and outcome prediction of mental disorders. In particular, recent advancements in sensor technology have created unprecedented opportunities to objectively register patients' behavior in their natural environments. These technologies make it possible to obtain social and behavioral markers from patients requiring only minimal, if any, active involvement of youth.

Over the last nine months the Canada Research Chair in Developmental Psychopathology and Youth Mental Health, Dr. Sandra Meier, has been invested in using this innovative mobile sensing technology to predict new onsets and outcomes in mental health disorders in youth. Together with Dr. Rita Orji (Dalhousie Department of Computer Science) and master's student, Banuchitra Suruliraj, they have designed the PROSIT

(Predicting Risks and Outcomes of Social InTeractions) app. This app captures multiple indices of behavior including physical activity, geolocation, sleep, phone use duration, acoustic vocal quality, and natural language use. In July 2019 Dr. Meier plans to start her research project using the PROSIT app in combination with an online survey to predict new onsets and trajectories of mental health disorders. This new project will build on Dr. Meier's past experiences with large-scale online surveys. In one of these previous studies, she and her colleagues from Denmark were able to engage over 5000 study participants to take part in an online survey examining the transgenerational effects of stress, anxiety and depression. This study included healthy individuals from the general population, as well as patients with severe internalizing disorders and is now configuring a unique data source combining clinical questionnaires with the wealth of information available through the Danish registries.

Dr. Meier has been continuing her work in psychiatric genetics, writing a review and book chapter for the American Psychiatric Association textbook of anxiety, trauma and OCD related disorders on the genetics of anxiety disorders. Most recently, she led one of the largest genome-wide association studies on anxiety disorders (including over 30,000 people), which also involved translation work of Iiris Hovatta, a professor of behavioural genetics in Finland. The work was just accepted for publication in one of the most prestigious journals in the field.

**DR. RUDOLF UHER**

CANADA RESEARCH CHAIR IN EARLY INTERVENTIONS IN PSYCHIATRY

Severe mental illness is the challenge for medicine in the 21st century. While medical progress has curbed the impact of infections, cardiovascular disease and cancer, the burden and death toll of severe mental illness have remained unchanged. Most of the burden is due to schizophrenia, bipolar disorder and major depressive disorder, which cost Canada more than all types of cancer combined. Dr. Rudolf Uher, the Canada Research Chair in Early Interventions in Psychiatry, believes that the burden of mental illness is avoidable. He and his collaborators are working on a 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. Five 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 seventh year. With over 1,600 annual assessments of 500 youth 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 last year has seen a series of discoveries, many of them led by graduate students and trainees working with FORBOW. Together, the work of FORBOW researchers demonstrates that mental illness is predictable. Prediction is the first step towards prevention. The first 70 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 tell us how they like participating in SWELL and benefit from the course. Further follow-up will show whether SWELL can prevent severe mental illness from developing.

The novelty and impact of Dr. Uher and the FORBOW team have helped attract attention and resources to Nova Scotia. Dr. Uher has received twenty grants and awards totaling more than five million dollars in research funds. Thanks to this, the FORBOW team is now employing twelve members of staff and it is providing training to six graduate students. Dr. Uher was awarded the international Max Hamilton Prize and the national Royal-Mach-Gaensslen Prize for Mental Health Research. In November 2018, Dr. Uher was listed among the highly cited researchers by Clarivate Analytics. If you would like to see updates on FORBOW and other project by Dr. Uher's team, please go to forbow.org, or follow @ProjectFORBOW and @RudolfUher on Twitter.

**DR. MARTIN ALDA**

KILLAM CHAIR IN MOOD DISORDERS

Dr. Martin Alda, the Killam Chair in Mood Disorders, and the research team at the mood disorders program have been active in several areas during the 2018-2019 year. They continue their clinical and genetic studies of bipolar disorder and pharmacogenetics of lithium response. This includes a recently completed family study of response to lithium in a large sample of 92 pairs of relatives, showing a strong association between treatment outcomes in the clinic patients and in their relatives. They also reported a number of findings from molecular genetic studies. As part of the Psychiatric Genomics Consortium, for example, that studied genetic susceptibility to bipolar disorder in 30,000 patients and 165,000 controls and found 30 DNA variants associated with bipolar disorder; 20 of these are novel, not reported previously (findings in press in *Nature Genetics*). The growing number of genetic findings also makes it possible to study genetic relationships between various severe psychiatric disorders (reported in 2018 papers in *Science* and *Cell*). Dr. Alda and his team have now also completed the first step in an exome sequencing study of bipolar disorder families responsive and non-responsive to lithium that was published recently.

Genetic studies are not the only focus of the mood disorders team. 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 were the first and senior authors respectively on a recent paper in *Molecular Psychiatry* reporting a machine learning analysis of structural MRI data on bipolar disorder from the ENIGMA consortium. In

collaboration with former faculty member Dr. Abigail Ortiz, the team is investigating mood regulation in people with bipolar disorder and their relatives confirming the familial pattern of day-to-day mood variation. Dr. Alda has been working with a group at the Czech Academy of Sciences, investigating the link between oxidative stress, sleep deprivation and activity of Na⁺/K⁺ ATPase (a membrane protein essential for functioning of nerve cells) that produced several original findings.

The track record of Dr. Alda in studies of lithium has been recognized by the R-LINK consortium funded by the Horizon 2020 of the European Union. Dr. Alda is a member of the Scientific Advisory Board for this prospective study of lithium response.

To continue their investigations in the coming years, Dr. Alda's group has secured new research funding. This includes a \$975,000 grant from Genome Canada (with Dr. Rudolf Uher as co-PI) and a grant from the ERA Program in Personalized Medicine in which an international consortium led by Dr. Alda received more than \$1.5 million for a project PLOT-BD (Personalization of Long Term Treatment in Bipolar Disorder).

**DR. PHILIP TIBBO**

THE DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS

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.

A focus of research and knowledge translational activities in the last year for Dr. Tibbo and his team is the interaction between cannabis and psychosis. A CIHR funded study has been initiated, aiming to characterize the effects of cannabis on brain white matter (WM) structure and connectivity. This longitudinal study will investigate adverse effects of cannabis use on brain WM, in healthy young adults and importantly in early phase psychosis (EPP). Complimentary to this study, Dr. Tibbo and Dr. Candice Crocker are currently investigating gender specific cannabis effects on WM, particularly in females with EPP. Other active cannabis studies includes the Canadian Research Initiative in Substance Misuse (CRISM) funded project to create a multi-site research protocol examining the effectiveness of a staged approach to substance use treatment in EPP, as well as the development of order sets to aid in the diagnosis and treatment of cannabis induced psychosis, funded by Health Canada. Dr. Tibbo collaborates with local colleagues also investigating cannabis including Dr. Derek Fisher (event-related potential (ERP) sex differences in cannabis users; CIHR), Dr. Alissa Pencer (personality vulnerability and motives for substance use in EPP; DPRF) and Dr. Sherry Stewart (cannabis use across the menstrual cycle). Supervision of master's and postdoctoral students in these and other research projects continue.

During the 2018-2019 year Dr. Tibbo and his research team, along with collaborators, have published six papers, with one paper in press, and seven submitted for review, in addition to many published abstracts/conference proceedings at national and international research meetings. Additionally, Dr. Tibbo was invited to lecture locally, provincially, nationally and internationally on various topics associated with early phase psychosis.

Dr. Tibbo 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." Provincially, Dr. Tibbo has been active with his clinical team and a newly appointed provincial coordinator to develop and roll out a provincial model of EPP care, evaluation and research in Nova Scotia. He was also honoured in receiving the 2018 'Specialist of the Year' (Region 5) from the Royal College of Physicians and Surgeons of Canada.



Our goal. Promoting excellence in research and enhancing the international reputation of the Department of Psychiatry.

DR. STAN KUTCHER

SUN LIFE CHAIR IN ADOLESCENT MENTAL HEALTH

With the legalization of cannabis in October 2018, the Sun Life Financial Chair in Adolescent Mental Health, Dr. Stan Kutcher, along with colleagues Drs. Selene Etches and Phil Tibbo, developed a series of infographics on cannabis use in teens that cater to the needs of teachers, parents, school-based clinicians and youth. Thanks to a community grant from the Mental Health Foundation of Nova Scotia, Dr. Kutcher was able to print and distribute these resources nationally in English and French and develop an informative video to help youth understand the potential risks of early cannabis use: <http://teenmentalhealth.org/cannabis>.

A comprehensive, mental health literacy learner resource for pre-service teacher candidates and practicing teachers was launched through the Faculty of Education at the University of British Columbia. *Teach Mental Health* is an online, professional development resource that addresses educator mental health literacy. The project is a partnership between Faculties of Education from St. Francis Xavier University, Western University, the University of British Columbia and TeenMentalHealth.Org: <https://www.teachmentalhealth.org/>

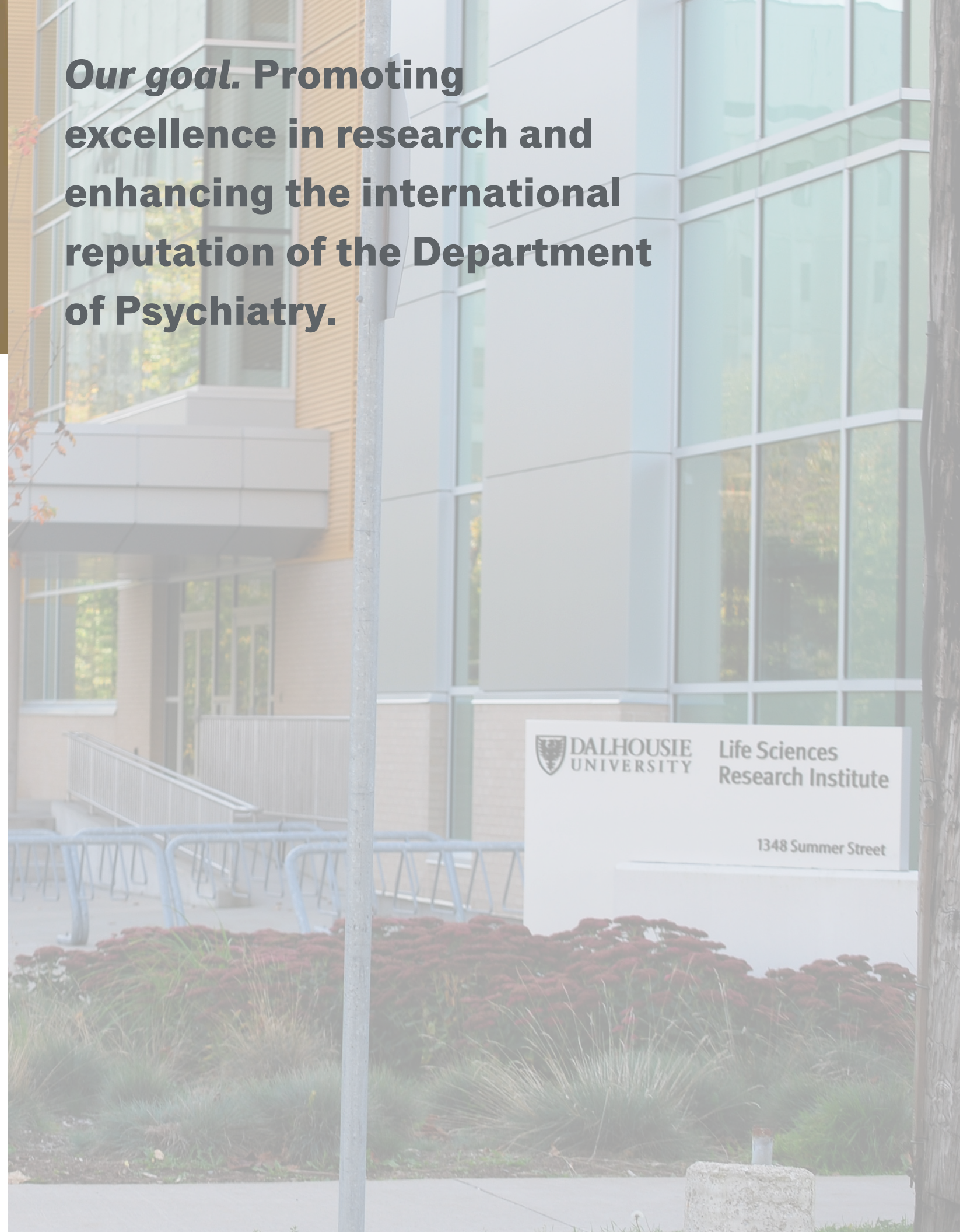
Chair team member Dr. Yifeng Wei received a planning grant from the Canadian Institute of Health Research (CIHR) to help fund the adaptation of existing resources for First Nations communities. The grant will be used to organize a steering committee, initiate a national scan of First Nations mental health literacy resources and prepare applications for further development funding.

Dr. Kutcher also received the funding from the Alexis Fletcher Believe in Hope Trust Fund through the IWK Health Centre. The funding will help develop a teacher's manual to accompany the *Know Before You Go* resource. The manual will facilitate the application of the resource in grade 11 and 12 classrooms in collaboration with the Nova Scotia Department of Education and Early Childhood Development.

The Chair and his team conducted international training and presentations in Belize, Singapore, and New York State. Training on the *Mental Health and High School Curriculum Guide* continues across Canada in various school districts.

Dr. Kutcher received a Champions of Mental Health (researcher or clinician) award from the Canadian Alliance on Mental Illness and Mental Health and the Naomi Rae-Grant award from the Canadian Academy of Child and Adolescent Psychiatry.

In December 2018, Dr. Kutcher was appointed to the Canadian Senate by Prime Minister Justin Trudeau. In his new role Dr. Kutcher will continue to advocate on behalf of young people with mental illness while representing the interests of Nova Scotians in Parliament. With this appointment Dr. Kutcher has stepped down as the Sun Life Financial Chair in Adolescent Mental Health, effective Feb. 28, 2019. Chair activities will continue until September 2019 with Dr. Yifeng Wei as acting director.



Our faculty members hold key positions in clinical programs, provide consultation and assistance to community-based mental health programs, and work to ensure that primary care physicians are equipped with the knowledge and skills to identify mental illness.



FOSTERING EXCELLENCE IN CLINICAL CARE

ADULT GENERAL AND SPECIALTY MENTAL HEALTH AND ADDICTIONS SERVICES

The Department of Psychiatry, through its agreements with the Nova Scotia Health Authority (NSHA), the Department of Health and Wellness, DoctorsNS and others, provides publicly funded clinical psychiatric services across the adult age spectrum, encompassing the breadth of psychiatric illness in both general mental health clinic settings and in specialty areas.

Under the auspices of the NSHA, the Department of Psychiatry provides clinical services to the Central Zone of the NSHA, covering an area from Windsor in the Annapolis Valley, to Sheet Harbour on the Eastern Shore, and including almost half of the population of Nova Scotia. In some instances care is also provided provincially and inter-provincially.

The department has fully embraced the co-leadership model espoused by the NSHA and has an outstanding cadre of academic staff engaged in co-leadership roles overseeing key components of the organization, coordination and delivery of clinical services.

DR. SCOTT THERIAULT
CLINICAL DIRECTOR, ADULT PSYCHIATRY

Service Highlights

Community Mental Health (CMH)

Our community mental health teams (five in total) continue to provide the bulk of clinical services to community based-patients throughout the Central Zone. There has been a refocusing on psychiatrists as consultants to primary care providers and members of a collaborative team in managing patients with severe and persistent mental illness. In concert with the work being done provincially, the focus is on community mental health delivering services to individuals with moderate to severe illness. There has been increased collaboration with family practitioners to enhance capacity at the primary care level and in transitions of care. Clinical training for staff in transgender issues in care also took place over the last year.

Acute Care and Psychiatric Emergency Service (PES)

In the last year new panic alarm systems have been installed at the Abbie J. Lane to enhance safety for staff on the acute care service. Weekly Recovery and Integration (R&I) meetings with inpatient services have continued to help with patient flow. We are also utilizing Piloting Initial Interdisciplinary Assessment Forms on the inpatient units to reduce duplicating first assessments.

With 2018 we saw the closure of the Mayflower unit at the Nova Scotia Hospital site and the relocation to Mount Hope.

Recovery and Integration

As indicated, there has been increased collaboration with acute care and CMH to maximize efficient transfers of care. The sale of the building housing Connections Halifax, a recovery-focused program that provides supports and opportunities to adults living with mental illness, has led to an RFP for a new location.

Simpson Landing, part of the Recovery and Integration program.

This process is ongoing. Deputy clinical director of Recovery and Integration, Dr. Jason Morrison, has been on leave and there have been significant recruitment efforts over the last year.

Operational Stress Injury Clinic (OSI)

Dr. Abraham Rudnick joined the OSI clinic as clinical director in October 2018. The OSI clinic has been active in a clinical redesign process to further clarify its inter-professional care planning and pathways with internal and external input. The development of a research program in relation to service outcomes and their predictors, atypical clinical presentations, psychosocial interventions and neuroimaging has also begun.

Sleep Disorders

The team in the Sleep Disorders Clinic has continued to provide quality care to Nova Scotians with a wide variety of sleep disorders and to educate health care providers in the area of sleep disorders. During the 2018-2019 year they had nearly two thousand patient visits and completed nearly eight hundred sleep studies.

The Royal College of Physicians and Surgeons of Canada acknowledged the discipline of sleep medicine as an Area of Focused Competence recognized by a diploma. In the coming months the clinic will explore the feasibility of establishing a training program at Dalhousie University.

New sleep recording equipment and software arrived in 2018, replacing the old system which, after over 10 years of service, exceeded its lifespan.

Eating Disorders

The Central Zone Eating Disorder Program has continued to grow its research program over the last year. A clinical trial, funded

by the NSHA Research Fund and the Department of Psychiatry, to test a new treatment for bulimia nervosa has been piloting a self-help group program for binge eating disorder supported by a master's in psychiatry research student.

The team is also working with NSHA and IWK leadership to develop a provincial eating disorder service that will support clinical, educational and training initiatives across Nova Scotia. A steering committee has been meeting monthly for several months and the aim is to submit a formal proposal to senior leadership by the summer of 2019.

Center For Emotions and Health

The Centre for Emotions and Health completed the Halifax Depression Study. This high-quality, randomized controlled trial found very complex, treatment-resistant depression patients to have perhaps the highest ever published full remission rate. Leader of the program, Dr. Allan Abbass, was named the David Malan Visiting Professor of Psychotherapy at the Tavistock clinic in London. The Centre's work was also recognized by an article in the Globe and Mail highlighting patient experiences and cost effectiveness of their work.

Dual Diagnosis (Psychiatric Illness and Cognitive Impairment)

The team has worked hard to realize a re-envisioned program emphasizing behavioural approaches to care and a reduction in restrictive practices on Emerald Hall, the unit in the Nova Scotia Hospital caring for individuals with a dual diagnosis.

Leader of the team, Dr. Mutiat Sulyman, will make a presentation to Catalina Devandas Aguilar, UN Special Rapporteur on the rights of persons with disabilities in April 2019.

Child and adolescent subspecialty resident Dr. Celia Robichaud meets with a patient at the IWK.

CHILD AND ADOLESCENT PSYCHIATRY SERVICES

The Division of Child and Adolescent Psychiatry (C&A), together with the Mental Health and Addictions program at the IWK provide quality care to children, youth, and families of the Maritimes. Programs include crisis, emergency, inpatient, outpatient and community mental health support. It has been a challenging and rewarding year for the division. Clinically, there has been further work in systems of care and how care is delivered to improve access for children, youth and families. Building on lean health care and quality improvement, the Community Mental Health and Addictions services have continued to improve access for patients and families.

In the Maritimes, there has been ongoing outreach and work with areas that have limited access to child and adolescent psychiatry to collaborate and support other regions. In partnership with Capitalize for Kids, a not for profit organization supporting brain health, the IWK has launched a new capacity building initiative to design solutions for youth mental health and addictions services

across Nova Scotia. As demand for services increases, new ways are required to increase access to services across the province, and improve the ability to use service capacity as effectively as possible. To address this need, C&A launched a provincial learning platform called NS Youth Mental Health and Addictions Treatment Network (MHA) in collaboration with NSHA. Each month a high priority topic in child and adolescent mental health and addictions is selected and an expert hosts a 45 minute webinar on the topic to share best practices and answer questions from clinicians across Nova Scotia. Webinars are edited into podcasts and short written summaries for ongoing learning for clinicians in Nova Scotia and across Canada. They have successfully hosted four webinars since the launch in June 2018 with over 70 clinicians from across the province attending each session.

Physician leaders have been engaged in leadership training, and over this past year have been participating in co-leadership skill development workshops within the IWK Mental Health and Addictions program. These workshops are an exciting next step to improving how the team works together as leaders to improve the services and care we deliver to our patients and families.

Service Highlights

Community Mental Health and Addictions (CMHA)

The division continues to engage in system change in C&A mental health service delivery. This process began with implementation of the Choice and Partnership Approach (CAPA) in 2011 and has more recently been augmented with adoption of a continuous improvement management system guided by lean methodology in 2016. During this past year the last part of the roll out was completed and improvements are now being practiced in all IWK Community Mental Health and Addictions clinics.

Recent outcomes in terms of access, quality, productivity and morale for patients and staff have been positive and support development of new initiatives in child and adolescent psychiatric care provision such as the telephone consult service and provincial networks, fostering improved collaboration with provincial stakeholders.

Specific Care Clinics

Collaborative work in Autism services has continued in conjunction with the Department of Pediatrics and there have been investments by the government to increase services for Autism Spectrum Disorder (ASD) in mental health and addictions.

The Autism Specific Care clinic has begun to implement lean work to improve upon processes, including access and patient care and utilizing research-based best practices.

Garron Psychiatric Inpatient Unit

The Garron Inpatient unit has remained very busy over the past year operating at code census for approximately 47 per cent of days.

Adolescent Intensive Services (AIS)

AIS developed a new outreach service to address the needs of youth and their families referred to the service with behavioural and disruptive disorders. The aim is to increase access to evidence-based treatment for youth and families in their homes and community who may not be a fit for AIS services on site. The Intensive Outreach Program (IOP) pilot project was launched in fall 2018 using the ecosystemic structural family therapy (ESFT) model. The data from the pilot will be reviewed in summer 2019 to determine next steps.

Forensics

In 2018-2019 Youth Forensic Services successfully recruited Dr. Jeff MacLeod as a member of the Youth Court Team to the satellite office in Cape Breton. Laura Callaghan, a nurse practitioner (NP), was recruited to be based out of the Nova Scotia Youth Centre, and is also the first NP in the MHA Program. The service completed an environmental scan across the country to review assessment and intervention procedures and are currently preparing for a forensic lean event to map the service and future state.

Children's Intensive Services

Children's Intensive Services (CIS) have been streamlining their referral, intake and admission process so that they are better able to assess if they will meet the needs of the client/family. In addition, CIS has been using innovative ways to support parents' understanding and use of the Collaborative Problem Solving (CPS) approach with their children. A team member fulfills the role of a mentor to assist the parent(s) as they practice using the model with their child.

Consultation / Liaison Services

The consultation liaison service has been working closely with pediatric colleagues to create more seamless integration of mental health and addictions care in the treatment for patients hospitalized on medical and surgical units at the IWK. Processes to improve our communication and transitions in care between services have been implemented to aid in treatment planning and will be routinely reviewed with pediatrics and psychiatry.

DR. ALEXA BAGNELL
HEAD, CHILD AND ADOLESCENT PSYCHIATRY

APPLAUDING

OUR PEOPLE



APPLAUDING

OUR PEOPLE

PROMOTIONS

Effective July 1, 2018:

Dr. Sabina Abidi to Associate Professor
Dr. Alexa Bagnell to Professor
Dr. Lukas Propper to Professor

RETIREMENTS

Dr. Stan Kutcher
Dr. Heather Milliken
Dr. Nancy Robertson
Richard Zehr

AWARDS

Atlantic Business Magazine 20th Anniversary Top 50 CEO Award
Dr. Patricia Lingley-Pottie

Canadian Academy of Child and Adolescent Psychiatry Certificate of Special Recognition
Dr. Herb Orlik

Canadian Academy of Child and Adolescent Psychiatry Excellence in Education Award
Dr. Lukas Propper

Canadian Academy of Child and Adolescent Psychiatry Naomi Rae Grant Award
Dr. Stan Kutcher

Canadian Academy of Child and Adolescent Psychiatry Paul D. Steinhauer Award
Dr. Sabina Abidi

Canadian Alliance on Mental Illness and Mental Health Champion of Mental Health
Dr. Stan Kutcher

Canadian Pain Society Early Career Award
Dr. Natalie Rosen

CIHR Betty Havens Award for Knowledge Translation in Aging
Dr. Keri-Leigh Cassidy

Dalhousie University Department of Psychiatry Educator of the Year
Dr. Herb Orlik

Dalhousie University Department of Psychiatry Larry Buffet Outstanding Teacher Award
Dr. Jonathan Brake

Dalhousie University Department of Psychiatry Outstanding Clinician
Dr. Magdalena Walentynowicz

Dalhousie University Faculty of Medicine Allan Cohen Memorial Award in Community Service
Dr. Sonia Chehil

Dalhousie University Faculty of Medicine Award of Excellence in Clinical Practice
Dr. Jason Morrison

Dalhousie University Faculty of Medicine Early Career Award for Excellence in Clinical Practice
Dr. Selene Etches

Dalhousie University Faculty of Medicine Early Career Award for Excellence in Education
Dr. Dave Lovas

Dalhousie University Faculty of Medicine Killam Postgraduate Award
Dr. Abraham Nunes

Dalhousie University Faculty of Medicine Program Director's Innovation Award
Dr. Mark Bosma

Dalhousie University President's Excellence Research Award, Emerging Investigator
Dr. Natalie Rosen

David Malan Visiting Professor of Psychotherapy at the Tavistock in London UK
Dr. Allan Abbass

Discovery Centre Discovery Awards Professional of Distinction
Dr. Patrick McGrath

Doctors Nova Scotia Distinguished Service Award
Dr. Stan Kutcher

Doctors Nova Scotia Senior Membership
Dr. Herb Orlik

Doctors Nova Scotia William Grigor Award
Dr. Suzanne Zinck

Health Research Foundation Medal of Honour
Dr. Phil Tibbo

Presidential Service Award from the EEG & Clinical Neuroscience Society
Dr. Derek Fisher

Royal College of Physicians and Surgeons of Canada Region 5 Prix d'Excellence Award
Dr. Phil Tibbo

Royal Society of Canada College of New Scholars
Dr. Natalie Rosen

Royal Society of Canada Fellow
Dr. Sherry Stewart

RESIDENT RECOGNITION AWARDS

Herb Orlik Child & Adolescent Psychiatry Award (PGY3)
Dr. Chelcie Soroka

Geriatric Psychiatry Resident Award (PGY3)
Dr. Laura Downing

Clerks' Choice Award
Dr. Madeline Ferracuti

Alexander H. Leighton Resident of the Year Award
Dr. Alexandra Manning

Health Network, Saint John Zone PGY1 Resident of the Year Award
Dr. Kate Stymiest

Charles J. David Memorial Prize (PGY-2)
Dr. Amy Gough

W.O. McCormick Award
Drs. Ian MacKay and Kathleen Singh

Robert and Stella Weil Fund in Psychiatry Prize
Dr. Nadia Hassanali

Special Recognition: Chief
Drs. Alexandra Manning and Chelcie Soroka

Teacher of the Year Award
Dr. Sonia Chehil

Above & Beyond Award
Christine Green

PGY-5 Excellence Award
Dr. Jennifer Ojiegbe

Resident Professionalism Award
Dr. Tyson Rizzardo (junior)
Dr. Matt Havenga (senior)

RESEARCH DAY AWARDS

Undergraduate Student
Nacera Hanzal

Graduate Student
Alex Pizzo

Resident
Dr. Jill Boyd

Psychiatry Staff
Mandy Esliger

Jr. Faculty
Dr. Angela Cooper

RECOGNIZING OUR

LEADERS

NSHA CENTRAL ZONE LEADERSHIP

Dr. Michael Teehan
Head/Chief

Dr. Scott Theriault
Clinical Director

Dr. Sanjana Sridharan
Deputy Clinical Director Acute Care

Dr. Jason Morrison
Deputy Clinical Director Recovery And
Integration

Dr. Sonia Chehil
Deputy Clinical Director Community
Mental Health

NSHA CLINICAL ACADEMIC LEADERS

Dr. Andrew Harris
Consultation/Liaison

Dr. Keri-Leigh Cassidy
Geriatric Psychiatry

Dr. Martin Alda
Mood Disorders

Dr. Phil Tibbo
Early Psychosis

Dr. Allan Abbass
Centre For Emotions and Health

Dr. Aileen Brunet
East Coast Forensic Hospital Clinical
Director

Dr. Philip Mills
Addiction Prevention and Treatment
Services

Dr. Joe Sadek
Mayflower Unit

Dr. Michael Flynn
ECT

IWK LEADERSHIP

Dr. Alexa Bagnell
Head/Chief

Dr. Sabina Abidi
Associate Chief
IWK Head, Division of Outpatient Services

Dr. Jonathan Brake
IWK Head, Division of Inpatient Services

IWK MEDICAL DIRECTORS

Dr. Jonathan Brake
Medical Director of Inpatient Services

Dr. Ahmed Alwazeer
Medical Director of Adolescent Intensive
Services (AIS)

IWK PHYSICIAN CO-LEADERS

Dr. Sabina Abidi
Dartmouth Community Mental Health
Clinic

Dr. Suzanne Zinck
Halifax Community Mental Health Clinic

Dr. Lourdes Soto-Moreno
Sackville Community Mental Health Clinic

Dr. David Lovas
Emergency Mental Health And Addictions
Service (EMHAS)

Dr. Jose Mejia
Youth Forensic Services

EDUCATION LEADERSHIP

Dr. Margaret Rajda
Director, Education

Dr. Mark Bosma
Director, Postgraduate Education

Dr. Sherry James
Associate Director, Postgraduate
Education

Dr. David Lovas
Director, Child And Adolescent
Subspecialty Training Program

Dr. Terry Chisholm
Director, Geriatric Subspecialty Training
Program

Dr. Cheryl Murphy
Director, Undergraduate Education

Dr. Lara Hazelton
Director, Continuing Professional
Development

Dr. Lukas Propper
Director, Child And Adolescent Psychiatry
Education

Dr. Sherry Stewart
Graduate Program Coordinator

Dr. Abraham Rudnick
Medical Humanities Coordinator

RESEARCH LEADERSHIP

Dr. Ben Rusak
Director, Research

SUPPORTING OUR FACULTY

ADMINISTRATION

ADMINISTRATION

Janet Bardon
Physician Resource Manager

Jennifer Brown
Postgraduate Education Coordinator

Mandy Esliger
Evaluation Specialist

Linda Ford
HR Administrative Assistant

Kelly Hancock
Undergraduate Coordinator

Tracy Fraser MacIsaac
Education Coordinator

Sandra Millar
Finance Assistant

Kate Porter
Executive Assistant to Department Head

Kate Rogers
Communications Coordinator

Carolyn Sisley
Director of Finance and Administration

Hillary Yuill
Research Coordinator

**DIVISION OF CHILD AND ADOLESCENT
PSYCHIATRY**

Megan Bellefontaine
Education and Research Coordinator

Jennifer Cunningham
Administrative Assistant

Patricia Evans
Administrative Assistant

Debi Follett
Administrative Assistant

Michelle LeBlanc
Administrative Manager

Megan Little
Administrative Assistant to Sun Life
Financial Chair in Adolescent Mental
Health

Joan Sweet
Receptionist

Robin Stinson
Administrative Assistant

OUR PSYCHIATRIC

SERVICES

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

OUR PSYCHIATRIC

PROVINCIAL PROGRAMS

Child and Adolescent Psychiatry Services

Dual Diagnosis Program

Early Psychosis Program

East Coast Forensic Hospital

Eating Disorders Program

Mental Health Day Treatment Program

Mood Disorders Program

Nova Scotia Provincial Early Psychosis Intervention Service (EPINS)

Reproductive Mental Health Program

Seniors Mental Health Program



psychiatry.medicine.dal.ca

DEPARTMENT OF PSYCHIATRY

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