

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

A new leader in psychiatry

Dr. Michael Teehan appointed head of department of psychiatry



On July 1, 2016, the Department of Psychiatry at Dalhousie will welcome a new department head. At the same time, the Nova Scotia Health Authority Central Zone will welcome a new chief. **Dr. Michael Teehan**, current deputy head in the department, will step into both roles next summer, taking over from **Dr. Nicholas Delva**, who will be leaving after fulfilling two five-year terms.

Dr. Michael Teehan, no stranger to holding leadership positions, has been the deputy head of the department since 2007, and in 2010 was appointed Dalhousie Medical School's assistant dean of student affairs. "Student Affairs has been so fortunate to have Dr. Teehan as the assistant dean for the past several years," says Ms. Sharon Forward, director of student affairs at the medical school. "His calm, sincere and compassionate approach with students or anyone who walked through his office door has been invaluable. Regardless of the issue, he offered sage

advice and guidance and has greatly influenced the growth of the Office of Student Affairs to where it is today. Of course we enjoy his Irish expressions too! He will certainly be missed!"

Those expressions Ms. Forward has mentioned come from Dr. Teehan's Irish roots. He was born and raised in Ireland and later completed training in psychiatry at Trinity College in Dublin. He became a member of the UK Royal College of Psychiatrists and in 1984, when he came to Canada, he became a fellow of the Royal College of Physicians and Surgeons of Canada (RCPSC), as well as a member of the Canadian Medical Association.

From the outset of his work in Canada, Dr. Teehan held positions of leadership in clinical services and in the academic setting. He has held several senior leadership positions in the clinical services of Halifax and surrounding area, including that of psychiatrist in chief, in which he oversaw a number of innovative service changes. These changes included: the location of emergency psychiatric care on site in the emergency department; the initiation of a short stay crisis response inpatient unit; and the formation of a mobile crisis

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Message from the Head

I am very happy to be passing the torch to **Dr. Michael Teehan**, who will start leading the Department of Psychiatry in only six months' time. As mentioned in the leading article in this issue of *Headlines*, I am confident that the department will be in good hands. Dr. Teehan brings a unique set of skills to the job, and among other things will be the first department head since the legendary **Dr. R. O. Jones** to have served as a postgraduate program director.

Thanks to Colleen and Frances O'Malley and the Dalhousie Medical Research Foundation for adopting our Canada Research Chair in Early Intervention, **Dr. Rudolf Uher** and his FORBOW (Families Overcoming Risks and Building Opportunities for Wellbeing) project. FORBOW is becoming a core research project in the Department of Psychiatry, knitting child and adolescent psychiatry together with adult psychiatry and providing excellent care to those at risk of mental illness in the context of a rigorous research study.

Dr. Mark Bosma, our director of postgraduate education is featured in "Meet an Educator." Dr. Bosma is one of a number of experts in education in our department, and with this critical mass comes greater opportunities for mutual support and increasing resilience, with the outcome of increasingly strong educational programs – a virtuous circle that sets the stage for a greater focus on scholarship in education.

The CaRMS interviews will be taking place this month. We will be recruiting for seven new PGY-1 positions and hope that as many faculty as



Dr. Nick Delva

possible will be able to meet the candidates at lunch on the three days of interviews. It is also time to start thinking of making commitments to undergraduate medical education in the 2016-2017 academic year.

Congratulations to **Drs. David Gardner** and **Andrea Murphy** for their success in publishing in the prestigious *New England Journal of Medicine*, and to **Dr. Phil Tibbo** for receiving the Michael Smith Award for Schizophrenia. The reader of this issue of *Headlines* will also be able to learn of the accomplishments of a number of other members of the department.

As mentioned in my last message, we are very happy that **Ms. Megan Bellefontaine** is staying on in the department, as the administrative assistant for education and research in the division of child and adolescent psychiatry.

Finally, I'd like to express our thanks once again to **Dr. Jerry Gray** for his excellent contribution to our child and adolescent psychiatry services as the director of inpatient care at the IWK. It's great to see him as the *Frozen* character, Olaf in the photograph of his surprise send-off before he moved to take the new role as Chief of Psychiatry for the Western Zone of the Nova Scotia Health Authority.

Dr. Teehan appointed *continued from page 1*

intervention service in the community. All of these services have grown and become integral to the delivery of mental health care in the city of Halifax and its surrounding area. He also participated in planning the merging and amalgamation of adult psychiatric hospital services in the city.

Dr. Teehan has also made significant contributions on a national level, with extensive involvement in the Canadian Psychiatric Association (CPA). He filled various roles over the years, sitting on various committees and accepting appointments on the board. In 2013 he was elected as the President of the CPA for the 2013-2014 year. Besides being a key part of the decision-making processes, Dr. Teehan represented the CPA at meetings in the United States and the United Kingdom, and acted as the spokesperson for the association.

Dr. Teehan held the position of director of postgraduate education in the Department of Psychiatry for several years and was also a very active member of Coordinators of Psychiatric Education (COPE), an affiliate of the CPA, and the Royal College of Physicians and Surgeons of Canada. In the work he completed since the time he became director of postgraduate education, he made a significant impact on how psychiatrists are trained to care for their patients and in ensuring that graduates of the postgraduate programs meet the best possible standard in their training.

During his tenure as the assistant dean of student affairs, among other things, he introduced career planning into the formal curriculum,

counselling students individually and collectively on how to best meet their professional goals. He also helped many students overcome obstacles to complete their medical studies.

Besides his involvement in leadership positions, Dr. Teehan has been a noted clinical teacher throughout his career. He has taught in undergraduate, postgraduate and continuing education settings. He has participated in numerous clinical trials assessing the effectiveness and safety of new psychotropic substances and co-authored a text book on antipsychotic medicines which has found widespread use in clinical practice and service areas.

Fellow Irishman and colleague, Dr. Aidan Stokes, calls Dr. Teehan an outstanding clinician and says “his devotion to the care for patients with psychotic disorders, allied to his research and community education involvement, has made a tremendous impact on people living with these disorders as well as providing support for their families.” He goes on to say, “The lives of these individuals have been immeasurably improved by his painstaking clinical care, his constant advocacy, his collaboration with families and his efforts to enlighten the public on these disorders.”

Dr. Teehan receives high praise from his colleagues and will step into this new position with a clear view of the organizational structure and needs of the department. He brings with him an extensive knowledge of the department and the NSHA Mental Health and Addictions Program. Despite this knowledge, he recognizes the ever-changing atmosphere and wants to ensure

he is familiar with the work of all department members and trainees.

Though Dr. Teehan has been with the department many years, he admits the transition will not be without its challenges. “The biggest challenge ahead will be in adapting to the realities of a single health authority. To date we have not experienced very much impact of the eight-month old entity, but major planning exercises are going on, and we need to be at the centre of these, ensuring that we bring our influence to bear on designing optimal clinical services for our population.” He continues to say, “We must also protect the academic mission of the department, so painstakingly built by several generations of our faculty.”

Current head, Dr. Nicholas Delva, has been working closely with Dr. Teehan for many years. “As deputy head of the department, Mike has been an immense support to me during my tenure as head. I am very confident that with his broad experience in academic and clinical administration, his personal qualities of kindness and fairness, his wisdom and ability as a leader, and his excellent judgment, he will serve the department of psychiatry well in the coming years.”

Dr. Teehan still finds himself in disbelief that he has been chosen for such a substantial duty. “It is still something I can hardly believe has happened,” he says. “I came to this city and to Dalhousie more than 30 years ago. Through those years I have had many fulfilling jobs, built around the privilege of attending to patients and families with severe mental illness.” This appointment, he says, in a way unites many of

the varied skeins of his career at Dalhousie, in essence leading him to his decision to apply for the role.

The next year will be a time of transition in the Department of Psychiatry, as Dr. Delva hands over the reins to Dr. Teehan. Both excellent leaders, the department has been lucky to be in such good hands.

Dr. Teehan does not take his new position lightly. "I would like to say how heartened I have been by the outpouring of goodwill I have experienced in the last few weeks from many members of the department and the wider community," he says. "I can promise to put my heart and soul into trying to live up to the expectations that

have been set. I also know that I am not alone in tackling the challenges ahead and I look forward to working closely with the very able leadership assembled in the department, in advancing our mission."

Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

upcoming internal funding opportunities

PSYCHIATRY SUMMER STUDENTSHIP PROGRAM 2016

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 a period in the summer. Although this program in effect provides summer employment for students, faculty supervisors are expected to treat summer students in this program not 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. The deadline for applications is March 1, 2016. Please contact **Ms. Jennifer Brown** for the application.

Please note:

1. Applicants must be faculty members with a primary or joint appointment in the Department of Psychiatry at Dalhousie University.
2. Students must be in an undergraduate program or be an undergraduate medical student at Dalhousie or another university at the time of application.
3. Only one application will be considered from each faculty member.

4. Students will be working a 35 hour week for a full 14 week period and must be paid a minimum of \$10.60/hour (Approx. \$5800 in salary and benefits). The value of the award from the department is \$4,000 and supervisors must have an established research account to hire the student as they will be required to supplement the amount of the award up to the full salary and fringe benefits for the student using other funding sources.

For more information, please contact Ms. Jennifer Brown at Jen.Brown@nshealth.ca.

dr. rudolf uher is adopted!

Thanks to the Dalhousie Medical Research Foundation (DMRF) and their Adopt-a-Researcher Program, **Dr. Rudolf Uher** and his FORBOW (Families Overcoming Risks and Building Opportunities for Well-being) project have been 'adopted.' The DMRF Adopt-a-Researcher program began in 2009 and is a method to connect donors to researchers working in an area that is meaningful to them. Those who adopt researchers are connected with the research and their team, can meet them, visit the lab and get regular progress updates. Since its inception the program has seen 31 researchers adopted.

Dr. Uher's FORBOW program aims to prevent mental illness through early interventions that give young people the skills that help them develop in a healthy way. This gift will help with the next stages of research.

The team has developed the Skills for Wellness (SWELL) prevention program that young people can participate in. The key remaining questions are for whom and at what age will these interventions be the most effective. They believe that it is important to target the early interventions to a developmental stage when the brain is the most plastic. They have therefore proposed to measure the brain development repeatedly in young people who are at risk for developing mental illness, because they show early signs of illness or because their parents or siblings are affected. Repeated measurements will show when the brain changes the most and when an early intervention can make the greatest difference. They



Dr. Rudolf Uher

may also show whether the SWELL intervention has achieved adequate response at the brain level.

Dr. Uher and his team will use the new magnetic scanner, which has been available at the Halifax Infirmary for a year and has been fine-tuned to accurately and safely measure brain development. The scanner does not use any radiation and it is completely safe for adults, adolescents and children. They will choose 20 youth at high risk for developing mental illness aged between 11 and 17 and scan each of them twice, one year apart. Ten of them will receive the SWELL interventions. They will look at the development of the brain grey matter (the brain cells) and white matter (the

connections) and measure how much it changes over a year. They will then determine at what age are the brain changes occurring at the fastest rate. They will also test whether the development can be affected by the SWELL intervention. This will help them choose the best timing for when SWELL and other early interventions should be offered, to maximize their benefits for the young persons and their developing brains.

For more information on the Adopt-a-Researcher program please visit <https://dmrf.ca/ways-to-give/adopt-a-researcher/>.

Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

meet an educator: dr. mark bosma

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Mark Bosma**, assistant professor in the Department of Psychiatry and director of postgraduate education. If you are interested in being profiled in an upcoming publication, please contact **Ms. Annette Cossar** at Annette.Cossar@nshealth.ca.

My current education/teaching

interests: Postgraduate education has always been my main area of interest. The everyday management of the residency program takes up the majority of my time in education. This includes the planning and delivery of the curriculum, and attending to the group and individual needs of the resident body. Running a residency program is like a moving target, in that there are always areas of training that require modification depending on the training environment and shifts in medical education. Within our program I am interested in continuing to ensure that residents receive excellent training in clinical skills from an early stage, and want to see improved training in formulation skills.

One of the most important parts of my job is ensuring our program meets Royal College accreditation standards. To develop my understanding of this process, I've been a Royal College surveyor for the past two years. I've also been lucky enough to be a member of the Geriatric Psychiatry Subspecialty Committee for the past several years. I am hoping that my involvement with Royal College initiatives will allow me to be as effective as possible as we transition to competency-based medical education over the next five years.



Dr. Mark Bosma

My preferred method of teaching or curriculum delivery: I think that teaching needs to be an active process for both the learner and the teacher. To try and engage learners,

I like to frequently ask questions, and encourage learners to apply knowledge to clinical problems. It is important to use multiple teaching methods, including small and large

group work, video and other types of media, and case-based learning modules. It is also important to engage the learner, by asking them what they want to know, and how they want to learn it.

A typical "Day in My Work Life":

I've come to realize there is no "typical day." Every day there are new challenges and surprises, which is one of the things I like most about my job. Most days are a mix of clinical work and education, which can involve teaching students formally or in a clinical setting, or doing administrative work (I attend more meetings than I would like to admit).

The most satisfying and the most frustrating aspects of doing academic work: Seeing residents progress through training and

develop into competent consultants is the most gratifying part of my job. Residency is very difficult with lots of pressures on learners. Being able to provide support when necessary and helping to create a positive learning environment brings a tremendous amount of personal satisfaction.

Every job has its frustrations, but I definitely feel the satisfying parts outweigh the frustrating parts. Unfortunately our work climate sometimes suggests that clinical work is more important than education. I would very much like to continue to see a shift such that clinical and education work are equally valued.

My education/academic mentor:

As a resident and fellow, **Dr. Terry Chisholm** was my mentor. She encouraged my interest in geriatric

psychiatry and demonstrated excellent teaching skills that inspired me to be an educator. In my current role, I view many of my colleagues, including **Dr. Margaret Rajda** and **Dr. Cheryl Murphy**, as mentors. When I have an idea, or have identified a knowledge gap, I know that I can always turn to them for advice, support, and direction. I am also frequently inspired by the residents in our program, who come up with many great ideas that are implemented in the program.

My second career choice: I remember CaRMS as being a very challenging time. I applied to radiology, family medicine, internal medicine, and psychiatry. Clearly I was very confused, but needless to say am very grateful that my career has turned out the way it did.

undergraduate news

Preparation for the 2016/17 academic year has begun. Over the coming months the clerkship rotation schedule will be created, for release to students in April. To fulfil the UGME teaching requirement, **Ms. Mandy Eslinger** will be reaching out to faculty to recruit for the various undergraduate teaching opportunities. We encourage faculty to make their choices early to avoid disappointment.

In November, the Psychiatry Interest

Group held a Lifestyles Night, a forum for students interested in psychiatry to meet faculty and residents and learn about life as a psychiatrist. The evening was well received, with eight faculty and residents attending, providing a range of clinical experiences. Student attendance was up from last year with 15 students, remarking that each physician provided a unique perspective and passion for psychiatry; it was very motivational.

Thank you to those faculty and residents for their involvement!

Do you have ideas on how we can engage the Psychiatry Interest Group? Please send your thoughts to Ms. Mandy Eslinger at mandy.eslinger@nshealth.ca and/or **Dr. Cheryl Murphy** at murphyc@dal.ca.

postgraduate news

The most important postgraduate event of the year is getting closer by the day. CaRMS will be happening in January, at which time we hope to recruit seven medical students to enter the residency program in July 2016. We have received 93 applications from students across Canada and the United States, and hope to interview up to 72 of those candidates. CaRMS interview dates are January 16, 22, and 25. Many thanks in advance to the faculty and residents who have volunteered

to interview on those days. We hope to see as many of the faculty and residents as possible at lunch on those dates, which is a great opportunity to meet the candidates. Further information will be provided in January.

The residency program committee (RPC) will be involved in several initiatives in 2016 to continue to improve our program. The RPC has planned a full review of the psychotherapy curriculum,

including the clinical and didactic components. Curriculum planning for the Wednesday academic day will also begin in January, with a focus on continued enhancement of interviewing and formulation skills. As well, there is a plan to implement faculty development regarding STACER assessment. As there are currently not enough STACER examiners, examiner recruitment and training will be a priority for the 2016-2017 academic year.

continuing education news

SAVE THE DATE: XXVII W. O. MCCORMICK ACADEMIC DAY

XXVII W.O. McCormick Academic Day will be held on Friday, April 29, 2016 at the Lord Nelson Hotel on the theme "Psychotherapies in Clinical Practice: A Potpourri." The program has been finalized.

Invited Keynote Speakers:

Dr. Stefan G. Hofman, professor, Department of Psychology, Boston University; director, Psychotherapy and Emotion Research Laboratory
"Recent Advances in Cognitive Behaviour Therapy for Anxiety Disorders."

Dr. Anne Marie Mahoney, adjunct assistant professor, Department of Psychology, University of Calgary
"Group Therapy."

Local Speakers:

"The Third Wave of Cognitive Behavioral Therapies" (Panel)

• **Dr. Jacqueline Cohen**, assistant professor, Department of Psychiatry, Department of Psychology and Neuroscience

"Dialectical Behaviour Therapy."

• **Dr. Dayna Lee-Baggley**, clinical psychologist, Community Mental Health

"Attachment and Commitment Therapy."

• **Dr. David Whitehorn**, assistant professor, Department of Psychiatry
"Mindfulness Based Therapies."

"Motivational Interviewing: Fundamental Skills for Working with People" (Panel)

• **Dr. Zenovia Ursuliak**, assistant professor, Department of Psychiatry

• **Dr. Selene Etches**, assistant professor, Department of Psychiatry, Child and Adolescent Psychiatry Division

• **Scott Janssen**, MSW, social worker, Community Mental Health

"Training in Psychotherapy" (Panel)

• **Dr. Jackie Kinley**, associate professor, Department of Psychiatry
"A Supervisor's Perspective."

• **Dr. Marie Claire Bourque** PGY 5
"A Trainee's Perspective."

"Psychotherapy Services for Complex and Refractory Populations" (Panel)

• **Dr. Allan Abbass**, professor, Department of Psychiatry, Department of Psychology and Neuroscience

"Direct Evaluation and Management of Treatment Resistance in Psychiatric Patients."

• **Dr. Joel Town**, assistant professor, Department of Psychiatry
"Tailoring Psychotherapy to the Needs of Individuals."

Online registration will be available in early February. A notice will be sent out as soon as online registration is available.

RECENT HIGHLIGHTS

University Rounds

On November 18 Dr. Benicio N. Frey, associate professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University, medical director, Women's Health Concerns Clinic, St. Joseph's Healthcare Hamilton, academic head, Mood Disorders Program, McMaster University, presented on the topic "Cognitive Function in Mood Disorders: From Neurobiology to Treatment."

On December 16 Dr. Abraham Sniderman, assistant professor, Departments of Psychiatry and Medicine, University of Toronto, director, Neuropsychiatry Clinic Brain and Spinal Cord Program, Toronto Rehabilitation Institute, University Health Network, presented on the topic "Mind, Myelin and Matter: A Primer of the Neuropsychiatric Syndromes in Multiple Sclerosis."



Dr. Benicio N. Frey



Dr. Abraham Sniderman

UPCOMING CONTINUING EDUCATION EVENTS

Clinical Academic Rounds

Jan 6 Child & Adolescent Psychiatry: **Dr. Lukas Propper**

Jan 13 Clinical Academic Rounds: **Dr. Anita Hickey**

Jan 20 Clinical Academic Rounds: Mental Health Day Treatment Program Team

Jan 27 Clinical Academic Rounds: **Drs. Margaret Rajda, Heather Milliken, Mark Bosma & Cheryl Murphy**

Feb 3 Child & Adolescent Psychiatry: **Dr. John Aspin & Dr. Normand Carrey**

Feb 10 Clinical Academic Rounds: **Dr. Mahgul Malik**

Feb 24 Clinical Academic Rounds: **Dr. Lara Hazelton**

University Rounds

Feb 17 University Rounds: Dr. Tomas Paus, University of Toronto

Child and Adolescent Psychiatry

BY MS. MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

The Division of Child and Adolescent Psychiatry is pleased to announce that **Dr. Mahgul Malik** has accepted a position in the Child and Adolescent Psychiatry (CAP) Subspecialty Residency Training Program starting on July 1, 2016.

Dr. Malik is a graduate of Saba University School of Medicine and is currently completing her residency

training at Dalhousie University. She is an exceptional candidate for the CAP Fellowship and we expect that she will bring a wealth of experience and dedication to our team.

In addition, we would like to extend sincere congratulations to Dr. Ferid Fathalli who has recently passed the CAP exam. Dr. Fathalli was the first graduate of our Child and Adolescent

Psychiatry Subspecialty Residency Training Program.

Dr. Fathalli is now an assistant professor in the Department of Psychiatry at McGill University. We are sure that his enthusiasm will make him a valuable addition to the McGill team. Congratulations Dr. Fathalli!

Report from the Sun Life Financial Chair in Adolescent Mental Health

BY DR. STAN KUTCHER, SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH

Over the past year, the Sun Life Financial Chair team has been working on a number of initiatives locally, across Canada and abroad.

One youth mental health international initiative is the work being done through the Mental Health On Air project – an integrated approach to addressing youth depression in Malawi and Tanzania.

Mental Health On Air is a unique initiative funded by Grand Challenges Canada and led by Farm Radio International in collaboration with TeenMentalHealth.org, to raise awareness and reduce the stigma of teenage depression, enhance mental health literacy for educators and students through schools and develop for the first time, community based mental health services for young people in Malawi and Tanzania. It combines interactive

radio programs for youth, secondary school curriculum materials for teaching of mental health literacy, school-based radio listening clubs and training for primary health providers in the diagnoses and treatment of adolescent depression. The program helps reduce stigma about mental disorders among youth, parents, teachers and communities. It also increases access to adolescent mental health care. The initiative provides an opportunity to improve health outcomes for adolescents with depression in East Africa.

Radio shows like *Nkhawa Njee* (in Malawi) and *Positive Mood* (in Tanzania) are created for youth in the language they speak. Each program integrates a dramatized radio mini-series to tell stories about youth as they struggle with depression and other real life issues. To date, more than 500,000 youth have been

reached through *Nkhawa Njee* and *Positive Mood*; 200 hours of radio programming on mental health have aired; more than 2,000 young people listen to a weekly radio show about mental health in school-based radio listening clubs; and research studies conducted in both countries report that about 90 per cent of youth who listen to the program on a regular basis demonstrate improved knowledge, attitudes and help-seeking behaviours.

Additionally, trained teachers, peer mental health educators and health workers are now available to meet the case identification, support and treatment need for youth with depression and provide a previously unavailable community support system that effectively links schools and local community health providers. Integrating a new mental health curriculum into secondary schools has demonstrated positive effects on the knowledge and attitudes about mental health/ mental disorders among teachers and students in participating schools. A training program for primary care providers developed by **Dr. Stan Kutcher** (based on his Canadian CFPC certified program) has been translated and adapted for Malawi and Tanzania. Hundreds of primary health care workers have received training to screen for, diagnose and treat adolescent depression through face-to-face workshops, over-the-shoulder coaching and a tablet-based



Dr. Kutcher (TeenMentalHealth.Org), Heather Gilberds (Farm Radio International) and the project evaluation team on-site in Africa.

e-learning course. To date, more than 500 teachers have been trained and use mental health curriculum resources in their classrooms; more than 300 trained peer educators are facilitating mental health clubs in 70 schools; and 200 primary health care providers have been trained in identifying, treating and diagnosing adolescent depression.

Research into the impact of this work (including randomized controlled trials) is ongoing with a number of peer-reviewed papers already

published or in press. Studies have demonstrated significant and substantial improvements in all domains, including good mental health care outcomes for youth treated. A number of mental health policy improvements based on this work have or are being implemented in both Malawi and Tanzania at this time.

“It is amazing what this innovative project has been able to accomplish in such a short time with such highly positive impacts,” says Dr.

Kutcher. “We are now in the process of embedding some of the training programs into existing health education institutions and working in developing phase two which will focus on scaling up this work across both countries and elsewhere in Africa as well.”

Anyone interested in further information about this work can contact Kate Elliot, communications coordinator at the Sun Life Financial Chair, at kate.elliott@iwk.nshealth.ca.

Meet a Staff Member

Meet a Staff Member is a new feature where you will be introduced to all the members of our administrative staff. It was brought to our attention that some faculty don't know who we are or what we do to support them and we'd like to change that. In this issue we introduce you to **Ms. Megan Bellefontaine**.

ms. megan bellefontaine: education/research administrative assistant, child and adolescent psychiatry

Ms. Megan Bellefontaine is the education and research administrative assistant in the Division of Child and Adolescent Psychiatry at Dalhousie University and the IWK Health Centre. She has been with the department since October 2014, though has only held this position since October 2015. Prior to her current position she was the research coordinator while **Ms. Jennifer Brown** was on maternity leave.

Reporting to the administrative manager, Megan offers academic administrative support to faculty members. Her duties include assisting with research grant applications, as well as planning for resident orientation and rotations



Ms. Megan Bellefontaine

in child and adolescent psychiatry. Please contact Megan if you require any assistance in these areas.

Megan is located on the fourth

floor of the IWK Link Building. She can be reached at 902-470-8376 or by email at Megan.Bellefontaine@iwk.nshealth.ca.

news from the department

SABBATICAL DIVIDENDS WITH A SURPRISE FINISH

Drs David Gardner and Andrea Murphy spent time on sabbatical in 2014 and 2015. From December to June, they spent a month in New Zealand and five months in Sydney, Australia after a gruelling first half of their sabbatical in Halifax. Lesson learned: when taking a sabbatical, leave home if at all possible. Their elder two children went to school and the youngest joined a day care in Sydney. Their immeasurable experiences were quite likely the most important of the six months away.

Their time away provided opportunities to meet new colleagues and allowed them to write and revise. These efforts, leading into and throughout the full sabbatical year, have paid off, with a dozen or so publications resulting. One small, but substantial, publication was rather unforeseen.

As their time in Australia was coming to a close, they came across a randomized control trial published in the New England Journal of Medicine (NEJM) on the effect of the diabetes medication liraglutide (Victoza) on weight loss (now



Drs. Andrea Murphy and David Gardner (sitting center) with University of Sydney colleagues, June 2015.

approved by Health Canada and the FDA for weight management). On a whim, Drs. Gardner and Murphy chose to respond to it, to bring attention to metformin, a much less expensive alternative (\$13,000 vs. \$115/year) with similar weight loss effects (and much more clinical knowledge), according to their local clinical experiences and clinical trial findings when taken by young people with psychosis taking obesogenic antipsychotics. They noted that, for regulatory and marketing reasons, they are left not knowing which is the better approach to weight

management.

Months after forgetting that they had written the letter to the editor, they received word that their letter was accepted for publication. The letter can be found in the NEJM Oct. 29 2015 issue. Had they not been on sabbatical the letter would never have been written. Their sabbatical down under was an incredibly rich experience for the whole family, one with lifetime professional and personal dividends. Dr. Gardner admits, “funny, our neighbours still think we just took the year off.”

DR. JACKIE KINLEY CONTRIBUTES TO DEVELOPMENT OF PSYCHOTHERAPY WEB RESOURCE

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

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

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

The areas included are as follows:

- Anxiety Disorders
- Personality Disorders
- Bulimia/Eating Disorders
- Schizophrenia/Psychosis
- Medical and Health Issues/Cancer/Weight
- Stress/Anger Management
- Loss/Coronary Care
- Substance Use Disorders
- Mood Disorders, including Depression and Trauma/PTSD
- Complicated Grief



Dr. Jackie Kinley

DRS. MOSS, KUTCHER AND TIBBO INVITED TO CONFERENCE

Drs. Pippa Moss, Stan Kutcher and **Phil Tibbo** were invited to the recent Mental Health Commission's Consensus Conference in Ottawa. This conference brought together emerging adults, families, service providers, and policy makers from across the country to develop recommendations for improving the mental health of emerging adults living in Canada. Challenges faced in

providing mental health services to emerging adults were examined and it was acknowledged that this is the age at which mental health problems are most likely to emerge and the importance of designing services to meet their need in a stage-rather than age-based fashion was emphasised.



L-R: Drs. Phil Tibbo, Pippa Moss and Stan Kutcher.

CHILD AND ADOLESCENT PSYCHIATRY SAYS GOODBYE TO DR. GERALD GRAY

The staff of the Garron Centre and colleagues of **Dr. Gerald Gray**, including some of our own residents and faculty members, organized a surprise flash mob on November 30 in the Goldbloom Pavilion in honour of Dr. Gray's departure. Faculty member **Dr. Jonathan Brake** played the piano while mob participants sang the below lyrics to the melody of the popular *Frozen* song 'Let it Go.'

It's a sad day, IWK it's a day for feeling blue
Doctor Gray is leaving, and we don't know what to do...
The wind is howling like this swirling storm inside
Couldn't make him stay, even if we tried

We'll miss the meetings and care plans
How he always gestures with his hands
The unit will not be the same
Oh Doctor Gray!!

Let him go! Let him go! Can't hold him back anymore!
Let him go! Let him go! Let him walk right out the door
All the best to you Doctor Gray
And we wish you well
Garron Centre will never be the same

Let him go! Let him go! Can't hold him back anymore!
Let him go! Let him go! Let him walk right out the door
All the best to you Doctor Gray
And we wish you well
Garron Centre will never be the same

Dr. Gray stepped into his new role as chief of the Department of Psychiatry Western Zone on December 1.



Dr. Gerald Gray dressed as Olaf from Frozen.

THE DEPARTMENT COLLECTS FOR BRYONY HOUSE

For the last several years the Department of Psychiatry has been collecting donations for Bryony House, a 24-bed shelter for women and children. This year we were successful in raising nearly \$600 through raffle ticket sales at our annual holiday party. With our other donations we raised nearly \$900, plus several boxes of gifts. This year the Division of Child and Adolescent Psychiatry added to the donations by collecting gifts for the youth at Bryony House. The gifts and donations were delivered to Bryony House just in time for the holidays. Thank you all for your generous donations both at the party and throughout December.



The holiday giving tree at the IWK.



Gifts collected at the IWK for Bryony House.

DR. STAN KUTCHER NAMED AS INTERNATIONAL CONSULTANT TO MINISTRY OF HEALTH IN THE REPUBLIC OF TANZANIA

Dr. Stan Kutcher was recently appointed as an international consultant to the Ministry of Health and Social Welfare, Republic of

Tanzania, for a three-year period beginning in January. He will offer his assistance in the development of mental health policy, strategies,

programs and training for the Republic of Tanzania.

DR. NORMAND CARREY PRESENTS AT ROOTS OF EMPATHY CONFERENCE

Dr. Normand Carrey presented at the recent *Roots of Empathy Conference* in Toronto. Roots of Empathy is “an evidence-based classroom program that has shown significant effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy.” They have chapters all over the world. Dr. Carrey spoke about neuropsychiatric conditions such as autism spectrum disorder and conduct disorder that could affect empathy development in very young children. He based his talk on the premise that empathic development in children is the product of genetics and environmental interactions but that empathy development is



Photo: Melanie Gordon, Roots of Empathy

Dr. Normand Carrey

particularly challenging in these neuropsychiatric conditions. In these situations the child’s lack of empathy can affect the parent-child relationship and create a challenge

for the parents. For more information on Roots of Empathy and the work they do please visit www.rootsofempathy.org/en.

awards & honours

DR. PHIL TIBBO RECEIVES MICHAEL SMITH AWARD FOR SCHIZOPHRENIA

Congratulations to **Dr. Phil Tibbo** who is the 2015 recipient of the Schizophrenia Society of Canada’s Michael Smith Award. This award recognizes researchers and clinicians working in the country who have supported people with schizophrenia

and psychosis and their families in their efforts to achieve the mission of the Schizophrenia Society of Canada: To improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy, and research.

Dr. Tibbo has tirelessly and effectively contributed to all these domains, locally, nationally and internationally, and has had exemplary success in developing, fostering and promoting psychosis research programs in Canada. Congratulations to Dr. Tibbo!

announcements

MENTAL HEALTH ON AIR: HEALTHY MINDS, RESILIENT COMMUNITIES

Depression and mental illness affect youth regardless of where they live. Youth mental health is an issue often left undiscussed in Canada and in developing countries like Malawi and Tanzania, where malaria and malnutrition are often treated as more pressing public health concerns.

Two radio shows, along with school-based listening clubs, are helping to

foster the next generation of leaders of Malawi and Tanzania by starting a discussion on the difficult topic of depression and mental health.

Journalist Omar Dabaghi-Pacheco took a leave of absence from CBC Ottawa to travel to Tanzania and Malawi and see just how an entertaining radio program can tackle the stigma of mental illness and

engage youth in a discussion about depression. His documentary, Mental Health on Air: Healthy minds, resilient communities, will be launched at a TeenMentalHealth.org event in Halifax on January 23 at the Paul O'Regan Hall at the Halifax Central Library from 2:00-5:00pm. For more information please contact Ms. Kate Elliot at kate.elliott@iwk.nshealth.ca.

TEACHING AND ASSESSING CRITICAL THINKING - (TACT) COURSE

Looking for program to help you:

- Discover how biases influence decision-making in medicine;
- Develop your critical thinking skills;
- Learn how to teach and assess critical thinking in the clinical setting with medical learners?



TEACHING AND ASSESSING CRITICAL THINKING - (TACT)

*Part I: January 25, 2016 - April 25, 2016
(Orientation webinar Jan 25th 7pm: join on-line)*

This program is designed for Dalhousie Medical School faculty who teach in a clinical setting. Curriculum will be offered in a distributed format through webinars and on-line modules. Registration is limited.

For more information or to register contact
Facdev@dal.ca

As an accredited provider, Dalhousie University, CPD designates this continuing medical education activity for up to 1.00 credit hour for every one hour of learning up to a maximum of 20.00 credit hours for MAINPRO M-1 of the College of Family Physicians of Canada and as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Presented by Faculty Development and the Critical Thinking Program.
Educationally cosponsored by Dalhousie University Continuing Medical Education.

 **DALHOUSIE
UNIVERSITY**
FACULTY OF MEDICINE

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND ASSISTANT PROFESSOR



Sunset over Boler Mountain, London, Ontario.

HEADLINES SUBMISSIONS

Headlines aims to provide a forum for the exchange of information, ideas, and items of general interest to the faculty, fellows, students and staff of the Department of Psychiatry. Your contribution(s) are needed and greatly appreciated.

The next issue of **Headlines** will be distributed on March 1, 2016, with the deadline for submissions to be Feb. 12, 2016.

Please send all submissions to Ms. Kate Rogers: Kate.Rogers@nshealth.ca

UPCOMING AWARD DEADLINES

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. If you would like to nominate someone please contact **Ms. Kate Rogers** at Kate.Rogers@nshealth.ca. The awards committee will work with you to organize nomination materials. For further details and terms of reference for the awards please visit our website (<http://www.medicine.dal.ca/departments/department-sites/psychiatry/about/awards.html>).

Granting Body: **Dalhousie Faculty of Medicine**

- Program Directors Award (Feb. 28)

Granting Body: **Graham Boeckh Foundation**

- Dr. Samarhji Lal award for mental health research (Jan. 7)

Granting Body: **Dalhousie Global Health Office**

- Dr. John Savage Memorial Faculty Award (March 1)
- Dr. Jock Murray Resident Award (March 1)

Granting Body: **College of Physicians and Surgeons of Canada**

- Mentor of the Year (March 6)
- K.J.R. Wightman Award for Scholarship in Ethics (May 6)

Granting Body: **College of Family Physicians of Canada**

- CFPC/CPA Collaborative Mental Health Care Award (April 1)

Granting Body: **Dalhousie Medical Alumni Association**

- Alumnus/a of the Year (April 1)
- Honorary President of the Year (April 1)
- Family Physician of the Year (April 1)
- Young Alumnus/a of the Year (April 1)

If you have any questions please contact Ms. Kate Rogers at Kate.Rogers@nshealth.ca or by phone at 902-473-1677.