

# HEADLINES

January 2021 / VOLUME 16/ ISSUE 1



## LEADING THE CPA

DR. GRAINNE NEILSON APPOINTED  
PRESIDENT OF CANADIAN  
PSYCHIATRIC ASSOCIATION

# IN THIS ISSUE

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## FEATURES

**LEADING THE CPA** Dr. Grainne Neilson elected president of the Canadian Psychiatric Association. *page 4*

**MEET DR. MACDONALD** Get acquainted with the assistant professor and psychiatrist. *page 6*

**FACULTY AWARDED** Read about our faculty who recently received awards. *page 17*

## REOCCURRING

- 3** Message from the interim head
- 6** Research report
- 8** Education report
- 13** Child & adolescent psychiatry report
- 14** News from the department
- 19** Humanities corner
- 21** Residents' corner
- 23** Photo feature

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# HEAD LINES

# MESSAGE FROM THE INTERIM HEAD



Welcome to 2021! It feels like a relief to say this as we move past an extremely challenging year.

As we wound down 2020, one brighter moment was our successful virtual holiday party on December 18, drawing over 70 online attendees. I am very appreciative of the many psychiatrists, residents and staff that collaborated to make this our first (and hopefully last) virtual departmental celebration.

I think we have several reasons to be hopeful about improved fortunes in 2021. The COVID-19 vaccine roll-out has begun and I anticipate our staff being scheduled for the vaccine this month. We had a very successful fall with recruitment leading to our offering positions to eight of our recent, or soon to be residency program graduates this year. This month also sees us welcome new faculty **Dr. Pam Arenella** to our clinical faculty, and **Dr. Manuel Mattheisen** to our research faculty. I look forward to this renewal and new beginnings in 2021.

On this note of renewal, in the lead article this month we congratulate **Dr. Grainne Neilson** for becoming the new president of the Canadian Psychiatric Association. Dr. Neilson started this important one-year position in November and will see her promoting excellence in all aspects of psychiatric care, research, training and advocacy. Thank you Dr. Neilson for your leadership and for representing our department, our region, and our profession on the national stage.



*Dr. Jason Morrison*

November also saw us announce a number of departmental awards.

**Dr. Lourdes Soto-Moreno** was awarded the Outstanding Clinician Award for her excellent work with children and adolescent outpatients in Dartmouth, Sackville and Windsor.

**Dr. Tanya Tulipan** received the Outstanding Teacher Award in her supervisory role in the Reproductive Mental Health program at the IWK.

**Dr. Aileen Brunet** was named the Educator of the Year recognizing her many years of excellent teaching, mentorship, and leadership at both the undergraduate and postgraduate level. Congratulations to all our award winners! Please read more about their accomplishments on page 17.

This has certainly been the year of Zoom, and our Med Ed minute this

month offers some direction on upgrading your Zoom skills.

In our Resident Corner section, **Dr. Kate Stymiest** writes a stirring piece on the intense experience of working on inpatient units in the Abbie Lane Building during the height of COVID in the spring and early summer. She highlights the dedication and resilience of inpatient staff and residents during this very difficult time.

Although the difficulties of the past year revealed our collective capacity for resilience and cooperation, I think we all look forward to having fewer opportunities to demonstrate these strengths in the months to come!

# ON THE COVER



On November 2 one of our own took the reins at the Canadian Psychiatric Association (CPA). **Dr. Grainne Neilson** was appointed the president of the CPA, the national voluntary professional association for Canada's 4,700 psychiatrists and 900 residents. Her appointment began at the annual general meeting, held virtually for the first time as a result of the COVID-19 pandemic.

Since 1951 the CPA has worked to promote the highest quality care and treatment for persons with mental illness, as well as to advance and represent the profession of psychiatry through education and clinical research. Dr. Neilson has been involved with the CPA in various capacities since 1994, when she moved from Britain to Canada. She has been a member of the Practice and Standards Committee, which provides expert advice and leadership on matters and activities related to professional standards and practice, since 1996. The committee is responsible for developing papers, for which Dr. Neilson has authored several, as well as guidelines and statements relating to professional standards and practice. Dr. Neilson's contributions have focused on topics such as informed consent, ethics, and the role of mental health legislation.

When **Dr. Risk Kronfli**, who was the Nova Scotia representative on the CPA Board, had finished his term in 2019, Dr. Neilson applied to fill this vacancy. As the position of president of the CPA rotates through regions and the Atlantic region would hold the

2020 position, she was duly elected as the provincial representative for Nova Scotia, as well as the president elect.

In her position as president, Dr. Neilson actively participates in the day-to-day activities of CPA governance, and serves in a public relations capacity, often responding to enquiries from the media. In addition, through the CPA executive and Board, the president works collaboratively with governments and mental health stakeholders from across the country to provide input on effective programs, services, policies and legislation that will help ensure that Canadians receive the best possible mental health care. This is not a position to be taken lightly and Dr. Neilson says, "It is a role of great honour, but also one of responsibility."

Dr. Neilson has always felt strongly about her involvement with the CPA. "I believe that the CPA is, and should be, a strong unified voice for Canadian psychiatry," she says. "I also really believe in the mission of the CPA, which is to promote the highest quality of care and treatment for persons with mental illness, to advocate for the professional needs of its members, and to promote excellence in education, research and clinical practice." Because there are issues that arise every day that impact the mental health of Canadians (e.g., mental health funding, access to care, social policy decisions, and legislative changes), she is adamant psychiatrists need to be at the forefront of those conversations.

During her one-year term Dr. Neilson has several things she would like to accomplish, with member engagement at the forefront. She hopes to focus particularly on younger psychiatrists, but also those who are mid-and-late-career. "Expanding and diversifying our membership enables the CPA to truly speak for all Canadian psychiatrists," she says. "The membership of Nova Scotia psychiatrists is only around 50 per cent and I would like to see that percentage rise significantly in the coming year."

Like anything, this new position will have both rewards and challenges for Dr. Neilson. As for rewards, she says the meeting and working with colleagues from across the country who have a passion for excellence in the provision of clinical care, education, and research, which is the central mission of the CPA, is at the top of the list. "In addition," she says, "I am fortunate to have an excellent administrative and support staff at the CPA, as well as a highly capable Board chair; working with them is a real bonus."

The challenges she says the CPA is presently facing as an association, are many. Current issues in Canadian psychiatry involve equitable access to mental health care; funding gaps that COVID-19 has exposed; the ongoing opiate crisis; the impact of proposed legislation relating to MAiD (medical assistance in dying); exposing and eradicating systemic racism in our institutions; and critically examining policies and practices surrounding

the use of seclusion and restraint, to name only a few. “The CPA is already involved with these issues at a national level,” she says, “and I will continue to represent the CPA in those endeavors in my role as president.”

Dr. Neilson plans to continue to her present clinical work at the East Coast Forensic Hospital (ECFH), as well as her teaching commitments in the department. “Luckily,” she says, “I have wonderful colleagues at the ECFH and within the department on whom I will continue to rely for practical and emotional support as the year progresses.”

Dr. Neilson's term as president will terminate at the 2021 CPA annual general meeting, at which time she will serve a year on the executive as past president and as a representative for Nova Scotia.

# RESEARCH REPORT



## MEET A RESEARCHER: DR. JOANNE MACDONALD

This issue profiles Dalhousie researcher **Dr. Joanne MacDonald**, assistant professor and psychiatrist in the Department of Psychiatry. *Meet a Researcher* is a recurring article in the research section of *Headlines*. If you are interested in being profiled in an upcoming publication, please contact **Hillary Yuill** at [Hillary.Yuill@nshealth.ca](mailto:Hillary.Yuill@nshealth.ca).

**My current research interests:** My current research centers on what the clinical frontline of epigenetic influences might be on infants and young children at high risk of mental illness. While previously leading the Reproductive Mental Health Service, and the community-based Young Mothers Program, the team saw mothers with intergenerational histories of mood disorders and other major mental illnesses who asked reasonably how their state and risks would impact their unborn or infant child. We only had large database mining from other countries to guide our answers. I always wished we knew more and could offer more.

**Research projects I'm currently participating in:** Current projects include a sub-study within the FORBOW cohort which seeks to understand the impact of dialectical behavioral therapy (DBT) derived skills training for emotionally dysregulated parents and their three-to-six-year-olds with externalizing behaviors. This study is called REACH for Regulating Emotions and Attachment for Community Health and is a kind of companion study to COACH, **Dr. Barbara Pavlova's** parent and parenting CBT intervention work. We are also piloting a non-expert coaching version of this kind of emotional regulation skills training

across diagnoses. Our partners are Family Resource Centres in Amherst, Truro and North Dartmouth. This continues my interest in community-based collaboration in non-medical settings and the mental health knowledge translation that accompanies that.

**A typical "Day in my work life":** A typical day now involves way too much email, videoconferencing with my partners, reading again what I don't understand enough, supporting the development of the coach clinician and doing intake assessments with prospective parents for our pilot project. Post pandemic I hope to restart the core FORBOW-based research development. We are on hold because the detailed developmental assessment of very young children is not really possible in a socially distanced way—mask or no mask!

**What I wish I knew (but didn't) when I first contemplated becoming a researcher:** What I wish I knew was that I should have incorporated active research earlier in my career. Had we collected basic data on our patients at Reproductive Mental Health over the past 20 years, we would have had a very unique clinical cohort to provide some of the answers I sought.

**The most satisfying and frustrating**



Dr. Joanne MacDonald

**aspects of doing research:** What is most satisfying is working with people who remain fundamentally curious and always strive to ask what's next, what more could we do or inquire about? There is more energy and forward-thinking to research work than I appreciated. The challenging aspects are how constantly you have to empower your own initiative to

keep going amidst the administrative hurdles and how detailed the submissions to the Research Ethics Board have to be.

***The experience that best prepared me for my position:*** The experience that best prepared me was the depth of my clinical experience: all those women and families who shared their lives, their questions and hopes. I have confidence in the real world application and importance of this work in Nova Scotia from 35 years of training and practicing within Dalhousie's Department of Psychiatry.

## Department Funding

### Upcoming Deadline - Psychiatry Summer Studentship Program

*Deadline: March 1, 2021*

The Psychiatry Summer Studentship Program is designed to provide qualified undergraduate students with an opportunity to become involved in research in the Department of Psychiatry. 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.

To apply for the Psychiatry Summer Studentship Program please contact **Hillary Yuill** at [hillary.yuill@nshealth.ca](mailto:hillary.yuill@nshealth.ca).

***My research mentor(s):*** My research mentor is **Dr. Rudolf Uher**, who has encouraged my late-in-career foray into the world of FORBOW. His patience and energy to keep moving forward has been particularly evident with the stops and restarts necessary through the pandemic. We share an interest in families, and how they can be best supported. We have many researchers at Dal with this core interest in intergenerational risk and mitigation – in Bipolar Disorder, Early Psychosis, Substance Use Disorders, Child & Adolescent Anxiety Disorders to name just a few.

## Recent External Funding Awarded

### Research NS New Health Investigator Grant

**Dr. Sandra Meier** – *An App Responding to Behaviour of People to Promote Mental Well-being in Anxious Youth* (\$100,000).

**Dr. Igor Yakovenko** – *Screening, self-management and referral to treatment for young cannabis users: fulfilling an unmet need* (\$99,657).

***My second career choice:*** My second career choice would have been as an English literature academic and writer, or working in textiles in New York living in a fantastic flat in the Village. The latter would have required a trust fund which, alas I did not have. My family life in a hardy little village in Prince Edward Island prepared me better for becoming a psychiatric physician. All options are about stories.

## Research Day Awards

The following awards were given out at the department's Research Day in October:

*Graduate student* – Kitti Bessenyei

*Undergraduate student* – (tie) Katherine Simon & Emilie Pelletier (joint presentation) and Fiona King

*Psychiatry Staff* – Alex Pizzo

*Post Doctorate Fellow* – Sean McWhinney

*Resident* – **Dr. Abraham Nunes**

# EDUCATION REPORT



## UNDERGRADUATE EDUCATION NEWS

### Tutor recruitment

We have successfully completed our 2020/2021 tutor recruitment drive. Thank you to all our dedicated faculty for committing their time to teaching our medical students.

With the arrival of January comes the start of preparations for the 2021/2022 academic year. In the coming weeks, **Kelly Hancock** will be in touch regarding clerkship rotation scheduling and tutor recruitment.

### Clerkship curriculum

Three psychopharmacology animations and corresponding interactive modules focused on antidepressants, antipsychotics, and benzodiazepines were incorporated into the 2020/2021 clerkship curriculum. The modules were created by **Drs. Lauren Chan** and **Holly Greer** as part of their residency scholarly project, and developed in-house by evaluation and curriculum specialist, **Mandy Eslinger**. The animations were developed by a graphic designer, and funded by a Teaching and Learning Enhancement Grant from Dalhousie's Centre for Learning and Teaching.

### Contests

Please note the upcoming contests for medical students – please encourage your students to apply:

- Dalhousie Psychiatry's Annual Humanities Writing Contest, open to medical students and residents, will be held again this year. All submissions to be in by May 1, 2021.

More details and specific contest rules to be found on our website at <https://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writing-competition.html>.

- The Canadian Organization of Undergraduate Psychiatric Educators (COUPE) Best Paper Award for Medical Students. The author of the winning submission will be acknowledged in the Canadian Journal of Psychiatry, receive \$250.00, travel expenses paid to attend the fall Canadian Psychiatric Association (CPA) meeting (up to \$750.00 value), as well as an engraved plaque from COUPE. This contest is sponsored by COUPE. Submission deadline is March 31, 2021.

- The Department of Psychiatry supports the travel expenses of a Dalhousie medical student interested in psychiatry to attend the annual Psychiatry Student Interest Group Network (PsychSIGN) conference held in conjunction with the American Psychiatric Association (APA) conference. Due to current circumstances, however, both conferences will be virtual for 2021.

Contest details will be distributed to students through the Psychiatry Interest Group and the Dalhousie Medical Students' Society newsletter, as well as posted on our departmental website, in due course.

## POSTGRADUATE EDUCATION NEWS

### Resident mid-year oral exams

The PGY 2, 3, and 4s are completing their mid-year oral exams virtually in December and early January. Thanks to the dedicated group of faculty who regularly take time out of their week to act as examiners. Special thanks for both their time and flexibility to:

**Drs. Ezio Dini, Mahmoud Awara, Justin Paradis, Sabina Abidi, Tanya Fellow, Sue Zinck, Lourdes Soto-Moreno, Kim White, Selene Etches, Kathleen Singh, Alice Aylott, Herb Orlik, Deb Parker, Lara Hazelton, Tanya Tulipan, Kristen Holm, Kathy Black, Cheryl Murphy, Aaron Keshen, and Curt Peters.**

### CaRMS

CaRMS will be taking place virtually this year, on March 11, 12, 22, and 23.

Faculty and residents are still being recruited to help and if you've received the poll but haven't signed up yet, please do so ASAP. Specifically, consider volunteering for one of the afternoon/evening times. While it might appear inconvenient, please remember that CaRMS is taking place virtually, and therefore you can participate from home (reducing travel time once interviews are over). Please note these are billable hours under academic activity in the AFP.

Thank you in advance for your

participation. CaRMS is the MOST important postgraduate event of the year, and we cannot move forward without your cooperation.

## FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

### Geriatric Psychiatry Subspecialty Program

**Dr. Kathleen Singh**, in her role as chair, and the geriatric psychiatry selection committee, successfully filled the 2022 residency position. Thank you to the committee for their recruitment work. There were two internal applicants and one external. **Dr. Amy Gough**, PGY-4, accepted a position starting July 1, 2022. Dr. Gough will be on rotation with the geriatric psychiatry team during the 2021-22 academic year as a PGY-5 in preparation for the subspecialty program. Welcome, Dr. Gough!

### Child and Adolescent Psychiatry Subspecialty Program

We had six applicants to the CAP subspecialty program for the July 2022 entry. Offer letters were sent to the successful candidates on Oct. 30, 2020. We are happy to announce that **Drs. Laura Chan** and **Emily Fraser** have accepted positions in the Child and Adolescent Psychiatry Subspecialty Residency Training program commencing July 1, 2022.

## CONTINUING PROFESSIONAL DEVELOPMENT NEWS

### Productivity workshop for faculty

On November 27 Dr. Victor Day facilitated a 3-hour productivity workshop for faculty. The recording is available for review by department members on the faculty database.

### MedEd rounds opportunities

March 31 Dr. Sarah Burm, assistant professor, Division of Medical Education, Dalhousie University; *Health Advocacy*

May 19 Dr. Chris Watling, PGME associate dean, University of British Columbia; *TBD*

June 9 **Dr. Ali Manning**, C&A Psychiatry PGY-6, Dalhousie University; *Coaching Teaching: supporting residents to teach in competency by design*

### New

The rounds webpage has a new look and all of the information you need to plan your rounds attendance. Check it out at [https://dalpsychiatry.ca/twip\\_](https://dalpsychiatry.ca/twip_)

### You should read this!

At the last rounds of 2020, **Drs. Amy Gough** (PGY-4), **Lara Hazelton**, and **Jason Morrison** presented the 2020 "You Should Read This!" list submitted by members of our department. Topics included therapeutics, psychotherapy, medical education, including blog posts, articles in the news media, and more. The 2020 and 2019 "You Should Read This!" lists are available at the links below.

2019:

[https://dalpsychiatry.ca/view/?file=2vOB6KY0QQmKa%2F4zcVv8z4xKhPA\\_D9N8X](https://dalpsychiatry.ca/view/?file=2vOB6KY0QQmKa%2F4zcVv8z4xKhPA_D9N8X)

2020:

[https://dalpsychiatry.ca/view/?file=n5iJzMAFjkgKeLNfnQOANfOX3NFm\\_tc5](https://dalpsychiatry.ca/view/?file=n5iJzMAFjkgKeLNfnQOANfOX3NFm_tc5)

### 2021 W.O. McCormick Academic Day

The 2021 W.O. McCormick Academic Day will be held virtually on Friday, May 7 on the theme *Coaching and Behaviour Change*. Registration will open March 15. Be sure to register before April 19 to receive the best pricing. Visit [dalpsychiatry.ca/s/womad](https://dalpsychiatry.ca/s/womad) for more information.

DALHOUSIE UNIVERSITY

CONTINUING PROFESSIONAL DEVELOPMENT IN PSYCHIATRY

**2021 W.O. MCCORMICK ACADEMIC DAY**

'Coaching and Behaviour Change'

Friday May 7, 2021

Online

Registration opens March 15  
Be sure to register **before** April 19 for the best pricing!

[dalpsychiatry.ca/s/womad](https://dalpsychiatry.ca/s/womad)

Tel: 902.473.5664 | Fax: 902.473.4887 | [tracy.baser@dalhealth.ca](mailto:tracy.baser@dalhealth.ca)

Faculty of Health Sciences  
Dalhousie University  
School of Medicine

## EDUCATION KUDOS CORNER

Kudos goes to all the residents that have helped out with call coverage during the recent isolation requirements. Thank you for all your hardwork!

# MED-ED MINUTE

The “Med Ed Minute” introduces scholarly snippets to consider in your teaching practice.

## Tips for using Zoom functions

This Med Ed Minute highlights the various functions in Zoom for running your meetings and teaching sessions. Stay tuned for more tips on using other Zoom features in future issues of Med Ed Minute.

### Available Zoom functions

Our department licenses include the following functions: managing participants, chat, share screen, record, polls and breakout rooms. Please note polls will be covered in a future issue. Please refer to the November issue for instructions on using breakout rooms.

#### 1. Participants button

The participants button shows who has joined the Zoom session and provides various buttons for non-verbal feedback: mute, raise hand, yes, no, go slower, go faster, more (dislike, like, clap, need a break, away).

#### Tips for using these features

##### Host/Co-Host

- Has a participant forgotten to mute themselves? Hover over their name and click the mute button. To mute all participants click the Mute All button at the bottom of the Participants screen.
- Get a vote from participants: Ask participants to click the Raise Hand button OR click the Yes or No buttons.

##### Participants

- Show agreement/disagreement: Click the Yes or No button OR click the thumbs up or thumbs down button

(under the More button).

- Ask the presenter to slow down: Click the Go Slower button.
- Indicate you have stepped away: Click the Away button (under the More button).

#### 2. Chat button

The chat button enables the host/co-host and participants to text chat during the session.

#### Tips for using this feature

- Share a web link with participants: Paste the web address (URL) into the chat, press enter.
- Share a file with participants: Click the File button in the chat, navigate to where your file is stored, click open.

#### 3. Screen share button

The screen share button enables the host/co-host and participants to share their screen, show videos and use a whiteboard.

#### Tips for using this feature

- Share your screen: Click the Share Screen button, choose the screen you would like to share, click Share.
- Show a video clip: Click the Share Screen button, click the Optimize Screen Sharing for Video Clip and Share computer sound checkboxes, choose the screen you would like to share, click Share.
- Use a whiteboard: Click the Share Screen button, click the Whiteboard option, click Share.

#### 4. Record button

The record button enables the host/

co-host and participants to record the Zoom session.

#### Tips for using this feature

- Take meeting notes/minutes: Click the Record button. The recorded session can be viewed later to type up your meeting notes/minutes or revisit what was discussed.

### Interested in more detailed instructions?

Visit the Zoom support pages for helpful videos on using each of these functions:

Manage participants: <https://support.zoom.us/hc/en-us/articles/115005759423>

Use the chat function: <https://support.zoom.us/hc/en-us/articles/203650445-Using-in-meeting-chat>

Send a file: <https://support.zoom.us/hc/en-us/articles/209605493-Sending-a-file-in-a-meeting>

Share screen: <https://support.zoom.us/hc/en-us/articles/201362153-Sharing-your-screen-content-or-second-camera>

Show a video: <https://support.zoom.us/hc/en-us/articles/202954249-Optimizing-a-shared-video-clip-in-full-screen>

Use the whiteboard: <https://support.zoom.us/hc/en-us/articles/205677665>

Record: <https://support.zoom.us/hc/en-us/articles/203741855-Cloud-recording>

# FACULTY DEVELOPMENT

## Faculty Development Opportunities

### Dalhousie Continuing Professional Development

#### Online Learning

##### Online Courses:

Teaching and Assessing Critical Thinking 2 (TACT 2) | Feb. 2 – April, 2021 | Registration fee: \$100 | For more information and to register visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/TACT.html>.

Emerging Leaders in Academic Medicine (ELAM) | April 6 – June 8, 2021 | Registration fee: \$100 | For more information and to register visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/emerging-leaders-in-academic-medicine-elam-.html>.

##### Webinars

Emotional Awareness and Wellbeing with **Dr. Angela Cooper** | January 7, 8:00-9:00 pm | Connect at <https://dal.adobeconnect.com/cme-live>.

Lessons from the Farm with Dr. Amber Swan | January 21, 8:00-9:00 pm | Connect at <https://dal.adobeconnect.com/cme-live>.

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## Resources for Virtual Supervision of Learners

*Virtual Supervision of Medical Students in Clinical Settings* ([https://dal.adobeconnect.com/\\_a840580711/pg7cddqgc22e/?proto=true](https://dal.adobeconnect.com/_a840580711/pg7cddqgc22e/?proto=true))

*Tutor Skill Development Program* – small group facilitation online. Contact [FacDev@Dal.ca](mailto:FacDev@Dal.ca) for access to this online module in Brightspace.

Faculty Development has additional resources that can be found at <https://medicine.dal.ca/departments/core-units/cpd/about/COVID19PhysicianInformation/TeachingResources.html>.

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## 2018-2020 recorded webinars

Over the past year FacDev hosted a variety of different webinars including six related to teaching during COVID.

Webinar recordings are available upon request by contacting [FacDev@dal.ca](mailto:FacDev@dal.ca).

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## Online Modules

FacDev offers a wide variety of online modules which you are able to access from the comfort of your own home – only internet access is required!

Some of the modules include:

- Reflective Thinking and Its Use in Medicine (accredited)
- Tutor Skill Development – updated with info re teaching online
- Medical Records Keeping (accredited)
- Documenting Your Teaching

For more information, and to access the modules please contact [FacDev@dal.ca](mailto:FacDev@dal.ca).

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## What's new in FacDev?

They have added Anti- Racism resources to their website, which can be found <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/resources/Anti-RacismResources.html>.

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For more information on Faculty Development and their programs, email them at [FacDev@dal.ca](mailto:FacDev@dal.ca).

Note: Many Faculty Development activities are accredited. If you would like to receive a CME listing of your credits for the past year, or other date span, please feel free to contact Deirdre Harvey at 902-494-2234 or [deirdre.harvey@dal.ca](mailto:deirdre.harvey@dal.ca).

# CHILD & ADOLESCENT PSYCHIATRY REPORT



## **13th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference**

The 13th annual Atlantic Provinces Child and Adolescent Psychiatry Conference took place on November 19th as a virtual retreat. This year's event was very well attended with record setting attendance of 31 child and adolescent psychiatrists from throughout the Maritime Provinces.

## **Child & Adolescent faculty update**

Congratulations to **Dr. Lourdes Soto-Moreno**, this year's recipient of the Department of Psychiatry Outstanding Clinician Award! Read more about her award on page 17.

**Dr. Celia Robichaud** has been appointed as the Pediatric Resident Education Coordinator. Congratulations Dr. Robichaud!

## **Faculty Presentations**

**Dr. Selene Etches** presented *Impact of COVID-19 on addictive behaviours and addictions services* at the Dalhousie Department of Psychiatry Café Scientifique Webinar on October 29.

**Dr. David Lovas** was a participant at the National Webinar *Mindfulness in Research & Healthcare* Think Tank hosted by SickKids Hospital.



## NEWS FROM THE DEPARTMENT

### **Study completed by department members looks at link between substance use and psychosis during pandemic**

A study completed by a team of researchers from the Early Psychosis Program is investigating the admissions to acute care services both before and after the State

of Emergency declaration due to COVID-19 and found that there were increased admission in the 35-44 age group and were more likely related to substance use. Initiated by second year resident, **Dr. Nadine Nejati**, the study's findings could suggest people are using substances differently during the pandemic, though further research is required. Dr. Nejati

started this project in July with **Dr. Phil Tibbo** as part of a research elective, and presented her findings at the department's Research Day in October. You can read more about this study in an article written by CBC reporter, Michael Gorman. Find it at <https://www.cbc.ca/news/canada/nova-scotia/covid-19-mental-health-substance-use-1.5829149>.

### **Dr. Patricia Lingley-Pottie named leader in digital health**

**Dr. Patricia Lingley-Pottie**, who founded and is president of the Strongest Families Institute (SFI), was recently named one of the Top 10 Women Leaders in Digital Health by Digital Health Canada. Digital Health Canada is a member-supported not-for-profit professional association that connects, inspires, and educates the digital health professionals creating the future of health in Canada.

The SFI is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. Dr. Lingley-Pottie oversees overall functioning of the SFI which includes business development and acquisition, financial control,

clinical supervision, quality service control and employee hiring, training, scheduling and supervision. As described by Digital Health Canada, she is dedicated to advancing the digital health agenda; increasing the sustainability of SFI's financial well-being and improving the quality of life of all Canadians. To read more about Dr. Lingley-Pottie's honour visit <https://digitalhealthcanada.com/all-blog-posts/women-leaders-in-digital-health-dr-patricia-lingley-pottie/>.



*Dr. Patricia Lingley-Pottie*

## Dr. Rudolf named highly cited researcher

**Dr. Rudolf Uher** is among the 2020 highly cited researchers named by Clarivate and the Web of Science. This is a recognition for the top ~ 0.1 per cent publishing researchers, and an honour only bestowed upon 11 researchers in the psychiatry or psychology field in Canada. To learn more visit <https://clarivate.com/webofsciencegroup/highly-cited-researchers-2020-executive-summary/>.



Dr. Rudolf Uher

## Dr. Joe Sadek publishes fifth book

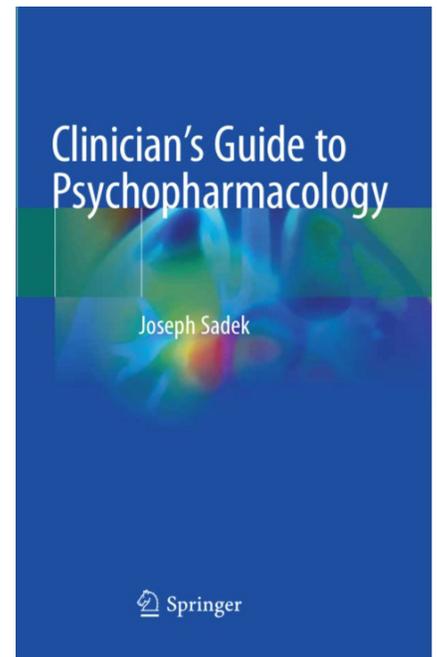
**Dr. Joe Sadek** has released his fifth book, *Clinician's Guide to Psychopharmacology*. This is the first edition this practical compendium of clinical knowledge about psychotropic medications. This book provides clinicians with simple, direct, evidence-based, and clinically relevant information.

The ECT chapter contains important information that originates from recent guidelines and publications endorsed by the American Psychiatric Association. The antidepressant chapter has several new medications in the market or that are coming soon. The antipsychotics chapter has a simple guide to assist clinicians in their learning journey. Other chapters are arranged to give direct and uncomplicated information.

Dr. Nassir Ghaemi, professor of psychiatry at Tufts and Harvard

Medical School wrote the forward of the book and says "Texts of psychopharmacology can provide facts about drugs, but clinical experience typically is absent, and thus readers are not guided as to how to weigh those facts. By providing a wealth of factual detail as well as the context of his clinical experience, Dr. Sadek has produced a book that should be of utility to the practicing clinician as a helpful reference."

The book is available for purchase on Amazon.ca, but Dr. Sadek encourages anyone who would like a copy to email him directly at [joseph.sadek@nshealth.ca](mailto:joseph.sadek@nshealth.ca).



## STAFF & FACULTY CHANGES

### Arrivals

**Dr. Pamela Arenella** will be joining department as a professor, effective Jan. 1, 2021. Dr. Arenella will be working at the OSI Clinic in Dartmouth and in addictions at the Nova Scotia Hospital. She can be reached at [pamela.arenella@nshealth.ca](mailto:pamela.arenella@nshealth.ca) or 902-460-6225.

**Dr. Manuel Mattheisen** will be joining the department as a professor, effective Jan. 1, 2021. Dr. Mattheisen will be working 0.5 in the Department of Psychiatry and 0.5 in Community Health and Epidemiology doing research. He can be reached at [manuel.mattheisen@dal.ca](mailto:manuel.mattheisen@dal.ca) or 902-473-2432.

### Departures

Megan Bellefontaine, education and research coordinator in the Division of Child and Adolescent Psychiatry, has left the department, effective Nov. 24. Megan joined the department in 2014 and was a valuable and respected member of the team. Thank you to Megan for all her hard work.

## ANNOUNCEMENTS

### SIIP: Summer Internship in Psychiatry

First year medical students at Dalhousie who may be wondering what path to take in medicine, or are considering a career in psychiatry are invited to the SIIP: Summer Internship in Psychiatry.

SIIP is a 4-day program open to students who will have just finished Med 1 and are interested in learning more about psychiatry. This program will run at the end of the academic year from May 25 to 28, 2021. The program will be held in Halifax and is open to students from both the Halifax and Saint John campuses.

While we intended to run this program in the summer of 2020, we had to

make the tough decision to cancel due to the COVID-19 pandemic. This year, however, we are prepared to make this work within the restrictions of the pandemic, regardless of how things look, come summertime. Preferentially, sessions will be in-person, but the team will ensure that all sessions are adaptable to be held virtually as well.

The 4-day program will include:

- working with psychiatrists from various subspecialties, psychiatry residents and allied health professionals
- opportunities to learn more about a career in psychiatry
- interactive educational sessions

- clinical skills practice
- elective placements with exposure to different psychiatric presentations
- social events

Applications will be open from January 4 to January 15, 2021 and can be found at: <https://dalpsychiatry.ca/static/psychiatry-siip>.

If you have any questions, please feel free to email [siip@dal.ca](mailto:siip@dal.ca).

## AWARDS & HONOURS

### **Dr. Lourdes Soto-Moreno named Outstanding Clinician**

**Dr. Lourdes Soto-Moreno** is the recipient of the 2020 Department of Psychiatry Outstanding Clinician Award. This award was established by the department to recognize those members who have made outstanding contributions to the department's mandate of providing excellence in clinical care.

Nominated by her peers, Dr. Soto-Moreno has consistently demonstrated exceptional clinical care for children and youth in the Sackville, Dartmouth and Windsor IWK Community Mental Health and Addictions clinics. She expertly balances a very busy clinical practice, leadership role and clinical teaching while maintaining a calm, kind and collaborative approach that is much admired.

She is understated in her accomplishments and contributions, yet faculty recognize her work ethic and generous collegiality. Her expertise is reflected in the consistent positive feedback received from her colleagues, patients and families.

Dr. Soto-Moreno's leadership style is a wonderful blend of clinical excellence, expert listening and

steady support. She leads by example, always working above and beyond the expectations for service delivery to ensure that patient needs are met in a timely manner. She has been highly valued and very active in her education of residents and fosters development of independence and mastery in child and adolescent psychiatry assessments. She ensures supervision time for residents to discuss patients and formulates cases from a patient and family centred lens with appropriate treatment and management plans. Her experience as an expert consultant has provided residents with focused training and skills in this area.

As a colleague, Dr. Soto-Moreno is always pitching in to help fill clinical gaps when needed, often putting in long hours to provide timely consistent care to her patients, with no complaint. She always maintains a positive attitude and exudes a kindness to all who work with her that is genuine and contributes to a very positive environment to which all can attest.

Dr. Soto-Moreno is well respected by students, colleagues, and families, and the department is very fortunate to have her as a member of our faculty. She was presented with

her award during the November 24 bi-annual meeting, held virtually on Zoom.



*Dr. Lourdes Soto-Moreno*

## **Dr. Tanya Tulipan receives Outstanding Teacher Award**

**Dr. Tanya Tulipan** was recently awarded the 2020 Larry Buffet Outstanding Teacher Award from the Department of Psychiatry. This peer recognized award is presented to an exceptional faculty member who has demonstrated an outstanding performance in a teaching and clinical supervisor role for learners.

An enthusiastic educator, Dr. Tulipan provides medical students and postgraduate trainees with mentorship, encouragement and demonstrates the highest level of professionalism. She has demonstrated excellence in clinical teaching in the following manner by consistently providing excellent clinical supervision to residents and medical students.

Dr. Tulipan receives continuously positive feedback from learners. One of the psychiatry residents described her as the strongest clinical supervisor that they had worked with in clerkship; always letting them lead the interviews and providing immediate feedback afterwards. They commented on the fantastic learning

environment Dr. Tulipan created, one that was not intimidating and allowed them to significantly improve their interview skills in just a two-week period.

Dr. Tulipan models a commitment to her own learning, as well as that of students and residents. A learner wrote: "She generally demonstrates an enthusiasm for teaching and was always excited to answer questions when she could; and if she couldn't, find the answers and tell us about them when we saw her next."

She inspires and supports the learners in integration of theoretical knowledge with clinical practice and has been praised by learners for her enthusiasm for teaching. As one resident wrote, "Dr. Tulipan is just lovely to work with. She is professional, kind, and clearly enjoys teaching and supervision."

Dr. Tulipan was presented with her award during the November 24 bi-annual meeting, held virtually on Zoom.



*Dr. Tanya Tulipan*

## **Dr. Aileen Brunet named Educator of the Year**

**Dr. Aileen Brunet** is the recipient of the 2020 Department of Psychiatry Educator of the Year Award. This award is a peer nomination to recognize an exceptional faculty member who has demonstrated excellence in teaching, mentorship in scholarly activity, and/or leadership and innovation in the development of educational programming.

Dr. Brunet was appointed as staff to the East Coast Forensic Hospital (ECFH) in 2006. She has provided consistently excellent teaching, professionalism, and mentorship to medical students, postgraduate trainees, and nursing/allied health staff. She was component head of neuroscience for the past eight years. In this context, she has organized and delivered lectures, tutorials, and prepared exam materials. She also

arranges medical student rotations at the ECFH and oversees their experience and provides excellent clinical supervision and mentoring, often taking them to court, cells, or group home visits so they have the full breadth of exposure to what a forensic psychiatrist does.

Dr. Brunet has been very involved with teaching and mentorship in the residency program and was recently recognized for the exceptional

experiences she provides to residents by the Resident Mentorship Award. In addition to her day-to-day clinical teaching, she provides weekly journal article reviews to residents, and participates in the didactic teaching program for residents with a focus on forensically related topics such as capacity assessments, IPTA hearings, and mental health law. She inspires

and supports the learners to integrate theoretical knowledge with clinical practice.

Beyond students, Dr. Brunet also provides regular teaching to nurses and allied health staff within the hospital through the COREFOR program, (a program that teaches new staff about core forensic related

issues). Her teaching has also extended to CCRB members, judges and Crown prosecutors who have invited her to speak about various issues related to the law and mental health.

She was presented with her award during the November 24 bi-annual meeting, held virtually on Zoom.

## HUMANITIES CORNER



### Psychiatry Book Club

The inaugural Psychiatry Book Club held via Zoom on November 10 was a great success. Thank you to everyone who contributed to the lively and wide-ranging conversation about Marsha Linehan's *Building a Life Worth Living*. The next meeting will take place on Tuesday Jan. 19, 2021 at 7:00 p.m. They will be discussing J.D. Vance's *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis*. You can join with this link:

<https://us02web.zoom.us/j/89550585628?pwd=dFVaM3FqUG1GdXVHRE5yN2FJbS9sUT09>

Meeting ID: 895 5058 5628

Passcode: 478038

Please contact **Dr. Alison Toron** [alison.toron@nshealth.ca](mailto:alison.toron@nshealth.ca) with questions or suggestion for the next read — any title (fiction or non-fiction) with a broadly defined mental health theme could be a contender.

# MEDICAL HUMANITIES

## Student Writing Competition 2021

### Do you enjoy writing?

Medical students and residents are invited to submit reflective essays, prose, poetry, plays, or graphic novellas exploring the intersection of mental health and the humanities to the [Dalhousie Department of Psychiatry Annual Student Writing Competition](#). Other forms of creative writing may also be accepted.

One entry in each category (medical student, postgraduate trainee) will be selected to receive a cash prize.

### Contest Rules

Who is eligible? Medical students, residents and fellows at Canadian medical schools.

Maximum word count: 2,000 words

Deadline: This year's deadline is **May 1, 2021**. Winners will be announced on June 1, 2021.

Entries can be sent as PDF attachments to the Department of Psychiatry Undergraduate Education Coordinator, Kelly Hancock, at [kelly.hancock@nshealth.ca](mailto:kelly.hancock@nshealth.ca).

To ensure confidentiality is maintained, patients and anyone else described in essays, stories, or poems must be fictional or composite characters (with the exception of the narrator him/herself). Please indicate in your e-mail whether you are a medical student or a resident/fellow.

### Winning

Winning entries will be published in the Department of Psychiatry newsletter, *Headlines*, and on the [Dalhousie Department of Psychiatry website](#).

### 2020 Winners

#### *Medical Student Category:*

Sofia Zhang-Jiang, University of British Columbia

#### *Postgraduate Trainee Category:*

Marlon Danilewitz, University of British Columbia  
Brendan Morgan, Dalhousie University

Tel: 902.460.6225 | Fax: 902.473.4887 | [abraham.rudnick@nshealth.ca](mailto:abraham.rudnick@nshealth.ca)



# RESIDENTS' CORNER

## **Resident reflection: Staying Well During COVID on the Inpatient Units by Dr. Kate Stymiest, PGY3**

Over the past few months, we have faced significant changes in our day-to-day lives, both personally and professionally. When the pandemic first began, we had to quickly accept the possibility of a large number of cases and even redeployment to other services. In short order, it became clear that there would be other unforeseen challenges. Inpatient psychiatry teams faced unique obstacles during this time with an influx of patients who had become severely ill with limited access to their usual coping strategies. Many patients experienced high levels of agitation, particularly those requiring

prolonged isolation following swabbing for COVID-19. There was also increased turnover of patients. In addition, we were required to adapt to ever-changing policies, which necessitated on-the-spot problem-solving. Simultaneously, anxiety about the potential for exposure on our units added to a stressful environment.

In the face of these added pressures in the workplace, our talented, driven staff managed to direct their energy into maintaining and boosting team morale. This started with our "Staying Well During COVID Challenge." We held a challenge on all inpatient psychiatric units at the Abbie J Lane Building which involved keeping track of steps, exercise, meditation, healthy dietary choices, immune boosters and altruistic acts. Our challenge winner

was Jen Davy, RN, Health Services Manager, who reached an impressive point tally for her physical activity and altruistic acts.

Furthering our effort to increase team cohesion, we invited staff to wear coordinated colours several days per week (e.g., on Thursday, wear orange; on Friday, wear stripes). To participate, staff were asked to donate one dollar for each day. We collected this money to put toward gift cards for members of the team including security officers, continuing care assistants, housekeeping staff, ward clerks and social workers. These individuals were integral in maintaining the successful functioning of the unit, and regularly exceeded their usual responsibilities. Beyond taking the pressure off of what to wear the next day, the



*Cathy (RN) celebrating on Green Day.*



*Dr. Shiloh Ricciotti, current PGY3.*



*Members of the wonderful inpatient team: (L-R) Cynthia (RN, bed manager), Jeremy (housekeeping), Sharon (SW).*

colours fostered a sense of unity and frequently, our patients commented on how the colours brightened their day.

Since moving onto a new rotation, I have been reflecting on my time on 6 Lane during the height of the pandemic. It was a true privilege to work with this team and despite the challenges, I will forever be grateful for the experience. While clinicians in the outpatient setting encountered

different obstacles and isolation when providing care via telephone and virtually; our team had the benefit of being able to spend time with our patients directly (something I am sure many of us have come to appreciate further as we spend more time in front of our screens). We also had the benefit of being together in a physical space, being able to laugh together, to share in the difficulties, and to celebrate successes together. I was continually motivated by the

tirelessness of those around me and encouraged by the level of care maintained by our team.

As we prepare for additional waves in this pandemic, I feel comforted knowing that our most vulnerable and acute patients will be cared for by these incredible individuals. To you all, I extend a sincere thank you for your efforts and dedication.



*Clockwise from top left: Drs. Shiloh Ricciotti and Kate Stymiest share a socially distanced high-five on Pink Day; Dr. Courtney Handford, PGY3; (L-R) Drs. Gretta Taylor, Dr. Ricciotti, Patience (RN) and Dr. Stymiest.*

## PHOTO FEATURE



*Fly fishing on the Margaree River, fall 2020 (Photo by Dr. Jason Morrison).*

### 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, 2021, with the deadline for submissions to be Feb. 19 2021.

Please send all submissions to Kate Rogers: [Kate.Rogers@nshealth.ca](mailto:Kate.Rogers@nshealth.ca)