

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

Fostering research excellence

Dr. Ben Rusak leaves his post as director of research after 16 years



Dr. Ben Rusak

It's been 16 years since **Dr. Ben Rusak** accepted the position of Director of Research in the Department of Psychiatry. It's been four more beyond that since **Dr. Stan Kutcher** succeeded in luring him away from his full-time faculty appointment in the then Department of Psychology at Dalhousie, to a 60 per cent appointment in the Department of Psychiatry. Since

then he has been the driving force behind countless projects, including but not limited to the establishment of a chronobiology lab in the Abbie Lane building, the development of a Master's in Psychiatry Research program, the formation of the CDRIN Maritimes Hub, the expansion of funding for the Department of Psychiatry Research Fund, and ensuring **Dr. Martin Alda's** return to

the department as the Killam Chair in Mood Disorders. Now, after 16 years as the director of research, Dr. Ben Rusak is handing the reins to **Drs. Sherry Stewart** and **Rudolf Uher** while he takes a year of sabbatical. Though he will likely return to the department in some capacity, he will not be filling the directorship role. The department has been fortunate to have had him as a leader.

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Message from the Head

In this, my first message to you as department head, I must begin by thanking you for the outpouring of support and encouragement I've received over the past months. While I fully recognize that challenges lie ahead in steering this large and complex vessel, I am also conscious of the depth and range of talent in our members, and that we have a strong governance model in place to meet those challenges. I also want to offer sincere thanks to **Dr Nick Delva** for his dedicated service over the last 10 years. His efforts during his time here have left the department in a strong and united position, ready to tackle the next phase of our development.

In June it was a great pleasure to welcome back **Dr. Scott Theriault** after a period of medical leave. Scott has resumed his clinical role in forensic psychiatry and returns to the clinical director position in the department. He will be increasing his time commitment over the next few months. I have asked Scott to assume the role of deputy head of the Department of Psychiatry, and I am very pleased to report he has accepted this position.

On my first sunny day, July 4, I had the pleasure of having lunch with our seven PGY1 residents, several of whom I had known through my work at Student Affairs in the Faculty of Medicine. We are indeed fortunate to have attracted these accomplished young physicians to our program. I look forward to seeing them advance in their careers under the guidance of our postgraduate program and the gifted teachers we have here. In this issue you will see some of that some of those teachers were recognized for their teaching at the June year-end party. Special mention goes to **Dr. Tom MacKay**, who is officially retiring as of July 1, and whose



Dr. Michael Teehan

contributions to this department and to clinical services in the region have been outstanding. We wish a fond farewell to our graduating class of residents and wish all of them well as they embark on their careers.

We are gaining four new faculty members over the next few months. **Drs. Alice Aylott** and **Jonathan Wan** are joining us after completing their training. **Dr. Alaba Williams** will be joining the dual diagnosis service with **Dr. Mutiat Sulyman**, and **Dr. Martina Ruzickova** returns to Halifax to join the Mood Disorder service. I wish to extend my thanks for their excellent service to the department to **Drs. Peter Adediran, Bianca Laurier-Horner**, Tom MacKay and, of course Dr. Nick Delva.

As you all know, both the Master Unit, and AFP contracts were approved by a large majority of voting members and all departments. It has been a long, and at times dispiriting process and the final result cannot be celebrated as a resounding success. Our department however, is receiving favourable treatment in terms of assistance towards national mean earnings, with a projected 9.1 per cent increase over the life of this contract.

I hope that you will be able to avail of the summertime for much needed rest and recreation. I look forward to working with all of you in the coming years.

Fostering research excellence *continued from page 1*

What originally drew you to the Department of Psychiatry at Dalhousie? I was a full-time faculty member in the Department of Psychology (now, Psychology & Neuroscience) when **Dr. Alistair Munro** invited me to discuss how we could support a young resident (**Dr. Rachel Morehouse**) who was completing a fellowship in sleep medicine in San Diego and planning to return to Dalhousie. While that planted a seed, we did not have much interaction until Dr. Kutcher started as department head in 1995. He gave a talk in the Psychology Department during which he mentioned his work on sleep and depression, which I found very interesting. I suggested that we should develop some collaborative projects. He countered, in his typically enthusiastic fashion, that I should just move to psychiatry instead. We compromised on splitting my appointment with 60 per cent in psychiatry and 40 per cent in psychology, beginning in 1996.

Prior to Dalhousie, where did your career take you? I did an undergraduate degree in psychology at the University of Toronto, and then went to the University of California at Berkeley to do my PhD. After five years at Berkeley, I applied for faculty positions and was interviewed at Dalhousie and the University of Oregon. My Dalhousie interview was my first return to Halifax since I had passed through Pier 21 as an infant refugee about 26 years earlier. I have been at Dalhousie ever since (1975), except for a two-year leave of absence (1990-92), which I spent in the Department of Biomedical Sciences at McMaster, while my wife **Dr. Gail Eskes** completed her postdoctoral training in clinical neuropsychology at the Rotman

Research Institute in Toronto, and during a later sabbatical year in Calgary.

Were psychology/psychiatry and research always your passion? I started with quite diverse interests as an undergraduate at U of T in a program called 'Social and Philosophical Studies.' Psychology was one of the introductory classes I took (along with Sociology, English, French literature, and Middle Eastern Studies), largely because I was interested in psychological disorders. But the nature of the class took me down an unintended path. We used a textbook written by Donald Hebb (a Nova Scotian, Dal grad and one of the most influential psychologists of the 20th—and well into the 21st—century). The text emphasized the need to integrate knowledge of physiology (primarily that of the brain) and behaviour if we wanted to understand the basis of both normal behaviour and of clinical syndromes. That fit well with another interest—biology, and I was hooked on trying to learn more about the brain and its functions through research. That led to a decades-long career focused primarily on the neural mechanisms of biological rhythms, using behavioural, electrophysiological, neuroendocrine and molecular approaches. Late in my first year in university, however, I was still torn between committing to psychology or English as my choice of a major, but finally opted for psychology. As my colleagues on the department executive committee are well aware, however, the suppressed English professor in me still emerges in full force at the sight of errors in spelling or grammar.

What are some of the biggest

changes you have seen in research in the department during your time here? What role did you play, if any, in each? The biggest changes date back to Dr. Kutcher's arrival, the people he attracted here and the initiative to develop an alternate/academic funding plan. While some of the excellent people who were in the department about the time I joined subsequently left, others stayed and more were attracted here. The world of research is like a small village and psychiatry research is one small corner of that village, so reputation that is established and spread by word of mouth and personal contacts is critical to attracting quality people. The establishment of the Psychiatry Research Fund (DPRF) and our summer studentships, and the funds raised for the Janssen Chair and the Sun Life Financial Chair were important not only because of their direct impacts, but because they also sent the message that the department was serious about its research mission and about fulfilling its full role as a clinical academic department.

Building a successful research enterprise involves the most obvious of steps: you hire excellent people, support them to do their work and encourage collaboration. That, in turn, requires a local culture that supports research, along with the financial stability and resources to sustain the effort over good times and bad. The success we've had during my time as director of research depended on a robust commitment to the research enterprise by three successive heads (**Stan Kutcher**, **Aidan Stokes** and **Nick Delva**), a funding model and administration that provided the resources to make it work and the academic funding plan that helps provide the resources.

The timing of my taking over as director in 2000 was very fortunate. The MRC had just transitioned into CIHR, with an initial large increase in funding and more promised (much of which did not materialize), the Nova Scotia Health Research Foundation (NSHRF) was created and the Faculty of Medicine was offering Clinical Research Scholar awards to promising researchers. The department was well positioned by its recent hires to take advantage of all of those mechanisms and it did so very successfully. The same period saw the establishment of the Canada Research Chairs program and the Canada Foundation for Innovation, which we were also soon in a position to compete for successfully.

The establishment of the Brain Repair Centre (BRC) at Dalhousie, led in large part by Drs. Ivar Mendez, Stan Kutcher and **Harry Robertson**, created another vehicle for our researchers, and also provided a new building in which several joint- and cross-appointed colleagues established their laboratories. The growth of brain imaging research, which the BRC supported, is an important component of our research activities, which the department has supported for many years by creating and equipping a laboratory for data storage and analysis, purchasing equipment for specialized imaging that is most relevant to psychiatric research and providing expert technical, experimental design and analysis support through Carl Helmick. While I can claim some credit for pushing the brain imaging initiative within the department, it was Gail Eskes who really drove that agenda, introduced me to Carl and helped build the laboratory by donating computers and software to

get it started. The Brain Imaging Lab continues to serve a vital function for a number of researchers in the department.

Another important development was the creation of the Canadian Depression Research and Intervention Network (CDRIN) and its local Hub here in Halifax (2013). This initiative developed out of an effort to develop a national mental health research network, spearheaded by Zul Merali of Ottawa's Mental Health Research Institute. Because our department provided seed funding for this initiative, I was invited in 2010 to sit on the executive of CDRIN, which subsequently received federal funding and became incorporated. CDRIN is designed as a partnership between those with lived experience of depression and those involved in research and clinical care. It is part of a growing trend of promoting involvement of patients and families in helping to define important research questions and to collaborate on research relevant to their needs. I worked to interest colleagues locally to form a CDRIN Hub for the Maritime Provinces, and sought funding to help establish it, in the end receiving a total of over \$450,000. I then asked **Drs. David Pilon** and Rudolf Uher to take the lead as co-directors for the CDRIN Maritimes Hub, along with Susan Roper, representing the lived-experience leadership. There are more recent developments that I think have the potential for further strengthening the department in the future. With the recruitment of **Dr. Sherry Stewart** to a joint appointment in psychiatry and her recent nomination as a Tier 1 CRC in Addictions and Mental Health, there is the potential for integrating her very successful research programs

with the clinical services in addictions and mental health, which should strengthen both clinical care and the scope of research in that area. The even more recent recruitment of **Dr. Amy Bombay** to a shared position with nursing opens the door for the department to support much needed research and ultimately improved mental health services related to indigenous populations.

One role I have played for a number of colleagues is as a mentor and editor for grant proposals, manuscripts and nominations, which I think helped strengthen many documents. But my most important role in relation to the developments in the department since 2000 has been related to my service in administrative and advisory roles. These activities allowed me to gather information, make contacts, learn how things work and share that information with colleagues, as well as giving me an opportunity to steer internal discussions in ways that I saw as beneficial. I have served on advisory boards at NSHRF for 16 years, spent eight years on an Institute Advisory Board at CIHR, five years as the first CIHR University Delegate to Dalhousie, a year and a half as the Acting Assistant Dean, Research in the Faculty of Medicine, seven years on the founding executive of the BRC and two years as the Chair of CDRIN's interim Board of Directors.

An important lesson I learned is that having ideas and good goals is a great start, but implementing them often means getting a seat at the relevant table, making the right connections and trying to influence the organizations that have the resources to help advance your agenda. Looking back, I find this

track record (plus a number of other advisory and administrative roles I played; e.g., for the Canadian Space Agency) quite surprising. Whenever asked, I have always replied that the one academic activity in which I have no interest is administration.

What do you feel are some of your biggest accomplishments? An early accomplishment that has had lasting benefits was a condition for joining psychiatry, namely a commitment from Dr. Kutcher to build a human chronobiology laboratory in the Abbie Lane building to facilitate human sleep and circadian research. This lab has been a critical resource for a number of collaborative research projects and has also provided an important improvement in the facilities available for clinical sleep medicine.

Another achievement was the development of the Master's in Psychiatry Research (MSc) program, which was recently approved and will admit its first students in 2017. This was preceded by a decade and more of discussions and planning, which took us down some dead ends before it became clear that the best option for graduate-level research training within the department was to establish an independent degree program for both residents and basic scientists. Many people participated in planning this program at different stages, but ultimately Drs. Sherry Stewart and **Kim Good** did the bulk of the work in generating the several complex proposals required and defending the plan through many university committees and beyond. I think this program and the potential PhD program to follow will have a lasting benefit for research in the department and will reinforce the view that Dalhousie houses one of

a few research-intensive psychiatry departments in Canada. As with much else that was accomplished over this period, this initiative was only possible because of the support of Dr. Nick Delva and the financial commitments to help the program get launched.

Another was the establishment of the CDRIN Maritimes Hub, as described above, which has the potential to build important local research programs and to create networks of research across the CDRIN Hubs and beyond. Most importantly, the research developed by CDRIN will be informed, and in some cases driven, by the views and needs of patients and their families as well as those of clinicians and researchers in the department.

The expansion of the DPRF is another important accomplishment, both to allow more grants annually and to increase their value. In addition, we established a small People with Lived Experience Research Fund (PLERF), which is funded by the department and co-administered with the CDRIN Hub. It awarded its first seed grant this year. CDRIN has implemented a strong program of education about research for patients and family members, but there was a lack of opportunity for them to subsequently get involved in research directly. This is one mechanism that will help to fill that gap.

In keeping with my theme that the key factor in any research environment is the people involved, we recruited a new Tier 2 Canada Research Chair (CRC), Dr. Rudolf Uher, who has been extremely successful in his research and in developing a broadly collaborative program in

the department. Drs. Martin Alda and Rudolf Uher in turn recently developed a proposal for another Tier 2 CRC, which was approved; we are currently searching for someone to fill this new Chair in Developmental Psychopathology and Youth Mental Health. Combined with the fundraising efforts while Dr. Kutcher was head that brought us the Janssen and Sun Life chairs, Dr. Stewart's nomination for a Tier 1 CRC, and the other Chairs discussed above, this virtuous cycle of retention and recruitment will result in our soon having six research chairs in the department.

How will you be spending your sabbatical? I have been writing an undergraduate/graduate textbook on sleep based on the class I teach in Psychology/Neuroscience called 'The Science of Sleep.' Despite significant progress over the last couple of years, it is clear that this very large project will not be completed as long as I have my usual administrative and teaching obligations. My goal is to finish writing, illustrating, etc. this textbook and deliver it into the hands of the publisher by the end of my sabbatical year. We will see.

What do you have planned after your sabbatical? I have no specific plans; I will trust to the wisdom of serendipity.

Research Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

meet a researcher: dr. keri-leigh cassidy

This issue profiles Dalhousie psychiatrist and researcher **Dr. Keri-Leigh Cassidy**. *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 **Jen Brown** at Jen.Brown@nshealth.ca.



Dr. Keri-Leigh Cassidy

My current research interests and projects I'm participating in: I am currently involved in knowledge-transfer and translation research and psychotherapeutic interventions in late life mood and anxiety disorders. Specifically, I am pursuing research in cognitive behavioural therapy for seniors, and in Positive Psychiatry of Aging, a new branch of psychiatry dedicated to the science of mental health, well-being and resilience. I am keenly interested in interventions that enhance brain neuroplasticity, reduce stress and risk of mental illness or relapse, and promote health in late life. In the past five years, I have applied cognitive behavioural therapy principles to this purpose, developing the *Fountain of Health Initiative for Optimal Aging* which translates current science of healthy aging. *The Fountain of Health* promotes health behaviour change, with attention to identifying and shifting negative thoughts on aging. My team and I have several pilot projects underway to assess the utility and impact of a range of clinician tools that promote seniors' mental health.

This June, our R.O. Jones lecturer, Dr. Dilip Jeste, and I hosted an International Think Tank on Optimal Aging, that brought together like-minded researchers in healthy aging. the think tank was the inaugural event

of the World Aging and Brain Health Institute, established by myself and Dr. Jeste to synergize international researchers in positive psychiatry of aging.

A typical “Day in My Work Life”:

A typical day for me involves a wide range of activities that blend teaching, research, direct and indirect patient care and health systems work. I might teach a session for psychiatry residents, supervise clinical work, complete an assessment in long-term care, a patient’s home or on an inpatient unit, or attend meetings with my team members, or have meetings regarding some of the projects mentioned above that are aimed at health system improvement.

What I wish I’d known (but didn’t) when I first contemplated doing research:

When I began research I was routinely surprised by how time-consuming the research process was. I underestimated the amount of effort and patience I needed to complete a given project, and I overestimated how much I would be able to accomplish on my own. I now recognize how important it is to create a team of talented people with a broad range of skill sets to see a project through. I am also far more realistic about a research projects’ scope, and budget my time accordingly. As a result, I now

have more patience for the research process, and I enjoy it more.

The most satisfying and frustrating aspects of doing research:

The most satisfying aspect of research for me is demonstrating that new interventions created are making a positive difference to learners, clinicians or patients. Whether involved in developing a new curriculum, clinician tools, or patient interventions, evaluating the impact and effectiveness of interventions is key to my job satisfaction and to my believing that I am making a contribution to the field. The most frustrating aspect is likely as outlined in the answer above- consistently being able to gather up all the human and other resources needed to do research well is not always an easy task.

The experience that best prepared me for my position:

I had an early start in terms of having interests in academia. My father, being a university professor of education and a model lifelong learner, instilled in me a love of learning that has been a constant value and priority in my life. I also learned a great deal from my liberal arts education at Yale University, not only from the formal teaching, but also from the university environment. I discovered first-hand that learning is best when

it flows from internal motivation and connection to one’s values, curiosity and desire to make a contribution. In my experience, creating time and mental space to reflect on personal motivations and goals for learning are secrets to educational success.

My research mentor(s): My current mentors in research include: Dr. Kenneth Rockwood, Dr. Dilip Jeste, Dr. Michael Ungar, **Dr. Gail Eskes** and Dr. Olga Theou. While I am learning very different things from each of them, all of my mentors share a common quality: that their enormous talents and abilities are matched only by their kindness and generosity. I am astounded by their individual and collective generosity to me in my career path and research pursuits. I hope I am able to be as thoughtful and nurturing of others’ careers.

My second career choice: Before deciding on geriatric psychiatry, I was headed toward child psychiatry, which has similar elements of being about complex systems and family rather than a single identified patient. Before deciding to pursue medicine as a career, I was deliberating between careers in psychology, or in medical anthropology.

Education Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

faculty funding opportunities: dr. robert and stella weil fund in psychiatry

The Weil Fund was established in 2003 by Dr. Stella Weil in memory of her husband Dr. Robert Weil. It is intended to support psychiatric education at the Dalhousie University Department of Psychiatry in the area of psychotherapy. On behalf of the Education Management Team, two faculty funding initiatives will be launched in the 2016/17 academic year. Faculty members considering organizing a psychotherapy workshop or training event may

apply for funding. Also any faculty member interested in attending a psychotherapy course, traineeship or conference may do so by application. There will be four opportunities throughout the course of the academic year to submit applications (Sept, Dec, March, June). Submissions are made electronically by email to **Annette Cossar** at Annette.Cossar@nshealth.ca. The Education Management Team (EMT) Committee meets quarterly and

the applications will be reviewed at those meetings. The applications for funding up to \$ 10,000 will be considered. The amount of funding granted for each submission will depend on factors such as the total amount of funding available and the number of eligible applications received. The applications and further details will be posted on the department's website.

undergraduate news

Each year the department recognizes a resident for their outstanding teaching efforts. The teaching may be didactic or clinical in nature. The winner is based solely on nominations and feedback given by the clinical clerks throughout the year. We would like to congratulate **Dr. Abraham Nunes** (PGY-2) for being the 2015/16 Clerks' Choice award winner! Overall, our residents received 64 nominations from the clerks! Thank you for your dedication to teaching!

The Class of 2017 clerkship rotations end Sept. 18, 2016 and the Class of 2018 rotations begin Sept. 19, 2016.

Elective requests for 2016/17 from both Dalhousie and other universities continue to come in. Thank you to the many supervisors who are able to accommodate them. We have had a 60 per cent placement rate for the 41 requests received to date. Supervising undergraduate electives is a great opportunity to meet potential CaRMS candidates and

promote the Dalhousie Psychiatry residency program.

Tutor recruitment continues for the 2016/17 academic year. We are still looking for tutors for the Skilled Clinician I unit and PIER sessions. As well, we are recruiting Shadow Preceptors and OSCE examiners. Please contact **Mandy Eslinger** at Mandy.Eslinger@nshealth.ca if you are interested in undergraduate teaching.

postgraduate news

The department hosted the 2016 graduation exercises on June 3 at The Prince George Hotel. Congratulations to the Class of 2016: **Drs. Alice Aylott, Marie Claire Bourque, Amgad Barsoum, Michael Butterfield, Anita Hickey, Kristen Holm, Saima Nadeem and Jonathan Wan.**

Future Plans of our Graduates:

Dr. Alice Aylott – Dr. Aylott will be joining the Dalhousie Department of Psychiatry as faculty and will be splitting time between 7 Lane & C/L teams.

Dr. Amgad Barsoum – Dr. Barsoum is relocating to Yarmouth where he will be practicing general psychiatry.

Dr. Marie Claire Bourque - Dr. Bourque is starting as faculty at the University of Calgary and as a consultant psychiatrist at the Elbow River Healing Lodge (medical clinic for inner city indigenous population). She will also be a consultant psychiatrist for the Urgent Care Services at the Foothills Hospital.

Dr. Michael Butterfield – Dr. Butterfield is beginning a pain medicine sub-specialty residency in July at University of British Columbia.

Dr. Anita Hickey – Dr. Hickey is joining the Department of Psychiatry at Dalhousie and working in child and adolescent outpatient psychiatry.

Dr. Kristen Holm – Dr. Holm is joining the Department of Psychiatry at Dalhousie in October and will be working on 6Lane.

Dr. Saima Nadeem – Dr. Nadeem is beginning a one-year fellowship in



Graduating residents (L-R): **Drs. Marie Claire Bourque, Jonathan Wan, Michael Butterfield, Alice Aylott, Anita Hickey, Kristin Holm, Saima Nadeem, and Amgad Barsoum.**

child and adolescent psychiatry at McMaster University with hopes to remain there (if a position is available) as a child psychiatrist working in both clinical and academic settings.

Dr. Jonathan Wan – Dr. Wan is joining Dalhousie Department of Psychiatry and working in psychiatric emergency services.

2015-2016 Year End Awards

Clerks' Choice Award: **Dr. Abraham Nunes**

Horizon Network (PGY-1): **Dr. Crystal Zhou**

Dr. Charles David (PGY-2): Dr. Abraham Nunes

Dr. Herb Orlik Award (PGY-3): **Dr. Celia Robichaud**

Alexander Leighton Resident of the Year: Dr. Celia Robichaud

Dr. Robert and Stella Weil Award: **Dr. Liisa Johnston**

W.O. McCormick Award: Dr. Anita Hickey

Teacher of the Year (Residents' Choice): **Dr. Ahmed Alwazeer**

PGY-5 Excellence Award: **Dr. Tom MacKay**

Above and Beyond Award (Residents' Choice): Gregg Lambert

W.O. McCormick Loonie Awards: **Dr. Jenni Ojiegbe, Dr. Kerry Ann Murray, Dr. Mahgul Malik**

Curriculum Planning

Curriculum planning for 2016/17 is in its final stages. All faculty who provide teaching will be notified shortly regarding dates, topics and locations for their teaching sessions.

continuing education news

Chaired by **Dr. Heather Milliken**, the joint multidisciplinary Department of Psychiatry/NSHA Central Zone Mental Health and Addictions Program Continuing Professional Development Committee organized a very full and successful schedule of CE/CPD activities during the 2015-2016 academic year. Activities included University Rounds, Clinical Academic Rounds, Child and Adolescent Psychiatry Academic Rounds, Sleep Rounds, monthly Seniors Mental Health Education Sessions, the 8th Psychiatry Debate, the 2nd Annual Neuroscience Jeopardy and the XXVII W.O. McCormick Academic Day. As our goal is to provide the highest quality continuing education activities, all of these Department of Psychiatry sponsored educational events are accredited for RCPSC MOC Section 1 group learning activity credits.

Several innovations introduced in 2015-2016 will be continued in 2016-2017. The introduction of Adobe Connect to provide online live webcasting of the weekly Clinical Academic/ University Rounds has been very successful. Attendance at these continuing education activities has increased significantly with approximately 125 participants weekly from throughout Nova Scotia and New Brunswick. All of the latest information regarding CE/CPD activities including "This Week in Psychiatry" (TWIP) and the 2016-2017 Clinical Academic & University Rounds schedule will be posted at psych.dal.ca, as will, with the consent of the speakers, PDF copies of all Clinical Academic/ University Rounds presentations. Finally, the change to the electronic

form of the "yellow card" evaluations has also gone very well. Dalhousie faculty psychiatrists and residents complete their evaluations in one45 and non-Dalhousie psychiatrists and non-psychiatrists access the evaluations via a link on www.psych.dal.ca. The number of evaluations submitted each week has increased and we are able to provide feedback to presenters in a much more timely fashion.

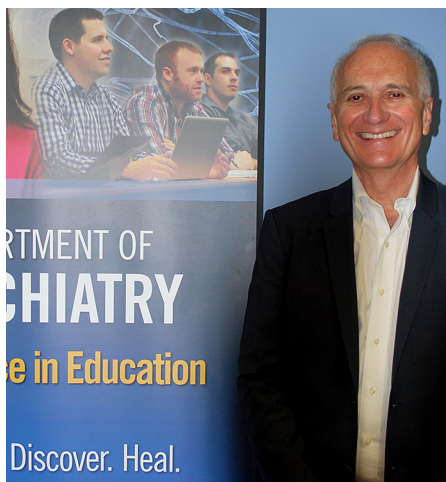
RECENT HIGHLIGHTS

XXVII W.O. McCormick Academic Day Friday, April 29, 2016

Videotapes of all presentations at the XXVII W.O. McCormick Academic Day are now available at psych.dal.ca.

UNIVERSITY ROUNDS

On May 11, 2016 Dr. Jean-Victor Wittenberg, associate professor, Department of Psychiatry, University of Toronto and Head, Infant Psychiatry Program, Hospital for Sick Children, presented on the topic "Developing Infant Mental Health Consultations in the Context of First Nations' Culture and Traditions."

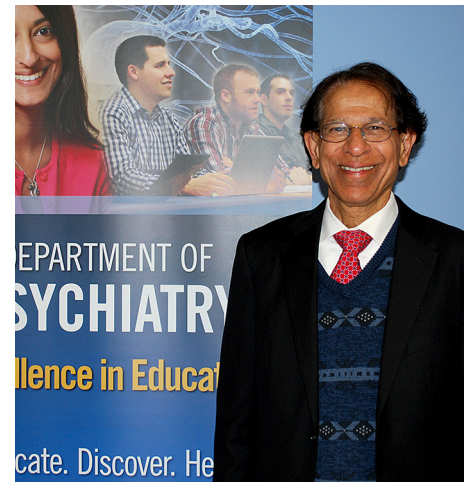


Dr. Jean-Victor Wittenberg

R.O. JONES MEMORIAL LECTURE

Named in honour of the late Dr. Robert Orville Jones, who among his many achievements, founded the Dalhousie Department of Psychiatry in 1949 and was the charter president of the Canadian Psychiatric Association, the R.O. Jones Memorial Lecture is held in conjunction with the Atlantic Provinces Psychiatric Association annual conference.

This year's lecture was held on June 8. Invited guest speaker Dr. Dilip V. Jeste, Distinguished Professor of Psychiatry and Neurosciences, University of California, San Diego, and Associate Dean for Healthy Aging and Senior Care, Estelle and Edgar Chair in Aging and Director of the Sam and Rose Stein Institute for Research on Aging, gave an outstanding presentation on the topic "The Positive Psychiatry of Late Life" to an overflow live and on-line audience of over 200 participants from Psychiatry, Geriatric Medicine and Mental Health and Addictions.



Dr. Dilip Jeste

2ND ANNUAL NEUROSCIENCE JEOPARDY

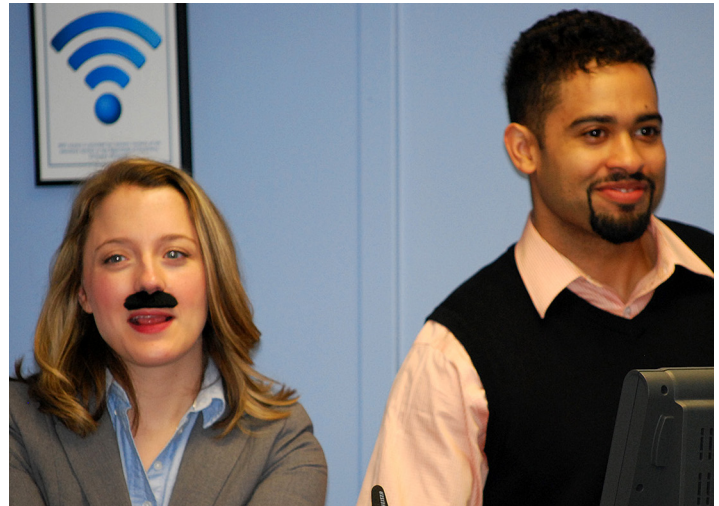
Introduced for the first time last year this highly interactive, educational and entertaining continuing education activity has now become a regular annual event. This year's Neuroscience Jeopardy "They Blinded Me with (Jeopardy Neuro) SCIENCE!" was held on June 15, facilitated by **Dr. David Lovas, Jacob Cookey, Mike Butterfield (R5)** and **Celia Robichaud (R3)** and brought a successful conclusion to the 2015-2016 Clinical Academic/University Rounds schedule.

UPCOMING CONTINUING EDUCATION EVENTS

We are already busy planning the schedule of continuing education events for the 2016-2017 academic year.

The tentative schedule for September 2016 is as follows:

- September 7 Child & Adolescent Psychiatry Academic Rounds – **Dr. Christine Chambers**
- September 14 Clinical Academic Rounds – Early Psychosis Program
- September 21 No Rounds due to 66th CPA Annual Conference
- September 28 University Rounds



Drs. Celia "Trebek" Robichaud and Jacob Cookey host the 2nd annual Neuroscience Jeopardy.

Child and Adolescent Psychiatry

BY MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

AWARDS & RECOGNITIONS:

Congratulations to **Dr. Ahmed Alwazeer** and **Dr. Anita Hickey** on the successful completion of their Royal College general psychiatry exams!

ATLANTIC PROVINCES CHILD AND ADOLESCENT PSYCHIATRY (APCAP) CONFERENCE 2016

The 9th Annual Atlantic Provinces Child and Adolescent Psychiatry

Conference took place May 27 to 29 at the lovely White Point Beach Resort. The theme of the conference was "Back to the future": a time for change in the future of child/adolescent psychiatry" and was well attended by colleagues and psychiatry residents from across the province, as well as from Newfoundland. This year's conference focused on the history of and ideas for the future of child and adolescent psychiatry in areas such as education, clinical service delivery,

community outreach and research.

The keynote speaker was Dr. Simon Davidson, child/adolescent psychiatrist from the Children's Hospital of Eastern Ontario (CHEO). Dr. Davidson is the Medical Director of the Mental Health Patient Service Unit, the Regional Chief of the Specialized Psychiatric and Mental Health Services for Children and Youth and the Chief Strategic Planning Executive of the Ontario Centre of Excellence

for Child and Youth Mental Health. Dr. Davidson's presentation "The Winning Partnership: Authentic Engagement and Transitional Mental Health Services" was both timely and appropriate given the provincial changes taking place in Nova Scotia at this time.

We were fortunate to have other presenters including the Sobeys Family Child and Adolescent Mental Health Outcomes Chair, Dr. Leslie Anne Campbell, RN, PhD, **Dr. Lesley Kirkpatrick**, **Dr. Sarah Fancy**, **Dr. Lukas Propper**, **Dr. Sabina Abidi**, **Dr. Suzanne Zinck**, and **Dr. Wade Junek**. Highlights included our annual rousing game of "Jeopardy" that brings out our competitive spirit, and a lobster dinner and evening of dancing, all capped off with a lovely bonfire and s'mores.

We look forward to meeting again next year at the beautiful Pictou Lodge Resort.

2016 WORLD CAFÉ

On Monday, May 30, 2016 the IWK Mental Health and Addictions Team held a World Café to celebrate the completion of the five-year strategic plan, as set out in 2011. The event was very well attended with over 220 faculty, physicians, clinicians, and staff there. Highlights of the accomplishments include the streamlining of clinical services resulting in a significant decrease in wait times for our clients and their families, the renovations of



Faculty and residents at the Atlantic Provinces Child and Adolescent Psychiatry Conference.

our inpatient services at the Garron Centre, and the amazing guidance of Dr. Ruth Carter in organizing and implementing the strategic plan. In addition, there were 24 five minute presentations from different teams and services regarding the impact they have observed in client care, as well as where they would like to see their division in future years. One of the most significant highlights of the day was the amazing experiences shared by the First Voice panel. The authenticity of the client's stories, the advice offered by the panelist, and the realities they confronted when

seeking treatment were truly moving and eye opening.

We would like to thank the World Café planning team, **Dr. Sabina Abidi**, **Dr. Alexa Bagnell**, Dr. Ruth Carter, Ms. Laura Irving, Dr. Sharon Clark, Dr. Debbie Emberly and Ms. Barbara Casey, for their exceptional work in organizing this conference!

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

activities in mental health education and policy development

CHAIR TEAM PRESENTS AT THE CANADIAN SOCIETY FOR THE STUDY OF EDUCATION

In May, **Dr. Stan Kutcher**, Yifeng Wei and **Amy MacKay** were invited to take part at the Canadian Society for the Study of Education (CSSE) Conference at the University of Calgary. CSSE provided an opportunity for discussion of educational issues among practitioners and educational scholars from across the country.

Dr. Kutcher and Ms. Wei were asked to present on the updated edition



(L-R) Yifeng Wei and Amy MacKay at the CSSE Conference.

of the Mental Health & High School Curriculum Guide. Developed by Dr. Kutcher and the Sun Life Financial Chair team, the *Guide* is recognized as the only Canadian evidence-based mental health literacy curriculum resource, and is used by both educators and students in junior high and secondary schools.

Over the four-day conference, Amy MacKay had the opportunity to discuss many of TeenMentalHealth.org's materials including the *Guide*, *Transitions*, and *The Family Pack*, as well as various evidence-based training programs available to educators and health care providers.

TEACHMENTALHEALTH.ORG UNVEILED AT THE CANADIAN SOCIETY FOR THE STUDY OF EDUCATION

The development of the pre-service teacher mental health literacy curriculum resource, in partnership with faculties of education at the University of British Columbia, University of Western Ontario, and St. Francis Xavier University, has made significant strides over the past few months. In May, the curriculum was officially unveiled under the TeachMentalHealth.org brand at CSSE to significant interest.

TeachMentalHealth.org is a modular resource that can be used as a



cohesive whole or subdivided and incorporated into existing courses, be presented face-to-face or entirely online, and be instructor-led or student-driven. Initial testing has been completed in Nova Scotia, with additional pilots scheduled for Ontario, British Columbia, and Newfoundland later in 2016. This open-source curriculum resource will be available for free use in 2017. For more information, please visit TeachMentalHealth.org.

DR. KUTCHER IDENTIFIED AS KEY CONSULTANT IN THE YUKON MENTAL WELLNESS STRATEGY, FORWARD TOGETHER

Recently the Government of Yukon released their first Mental Wellness Strategy, entitled *Forward Together*. The strategy, aimed at mental wellness for all ages calls for a 10-year implementation plan,

as suggested by a panel of mental health experts lead by Dr. Gillian Mulvale from McMaster University and Dr. Stan Kutcher from Dalhousie University. This strategy has been many years in the making. In 2010, the Mental Health Commission of

Canada released *Evergreen: A National Child and Youth Mental Health Framework for Canada*, a project that Dr. Kutcher helped develop. This work was used in the development of the *A Child and Youth Mental Health and Addictions*

Framework for the Yukon, which was released in 2014. It is this framework that provides a foundation to build upon for the overall Mental Health Strategy.

Meet a Staff Member

Meet a Staff Member allows you to 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 **Michelle LeBlanc**.

michelle leblanc: child and adolescent psychiatry administrative manager

Michelle has worked in the Division of Child and Adolescent Psychiatry since May 2010. Since that time the position has expanded and evolved with the role of psychiatry at the IWK. Michelle is responsible for managing the daily operations of the division and specific care clinics on 4Link at the IWK. These clinics include Eating Disorders, Early Psychosis, OCD, Bipolar, Autism Co-Morbidity, as well as a new forensic psychiatry specific care clinic which is currently under development. She manages the human resource issues related to the Child and Adolescent Division and coordinates recruitment activity of physicians specific to the Child and Adolescent Division.

Michelle also manages the education and research activities within child and adolescent psychiatry, which are both supported by **Megan Bellefontaine**. She manages the finances of all IWK mental health and addictions research projects and collaborates with Research Services at the IWK and Dalhousie to ensure



Michelle LeBlanc

processes and policies are adhered to. Michelle also oversees the educational rotation of all PGY-3 and

subspecialty residents who rotate through the IWK.

news from the department

DR. BIANCA LAURIA-HORNER LEAVES DEPARTMENT

On July 8 the department said goodbye to their inaugural primary mental healthcare education leader. **Dr. Bianca Lauria-Horner**, a faculty member since 2001 who took on the role in 2013, will leave the department in early July.

Dr. Lauria-Horner was extensively involved in mental health CME activities and medical training. She was an invited speaker, conference chair and primary care mental health expert consultant at over 100 conferences and initiatives locally, nationally and internationally. She was also involved in multiple research endeavours which primarily aim to evaluate the impact of community based mental health training programs.

Dr. Lauria-Horner has accomplished many things during her time with the department. She pioneered a series of schoolteacher resources, *Healthy Mind Healthy Body (K-9)* with the goal to reduce stigma and increase mental health literacy in youth. The series, currently used across North America, are a Nova Scotia Minister of Education approved resource for the “Healthy Living” program.

She was appointed as co-director of “Psycho-Pharmacology Training and Increasing Research Capacity in Cuba.” The Canadian International

Development Agency (CIDA) sponsored project involved a partnership between Dalhousie University and Centro Nacional Coordinador de Essayos Clinicos (CENCEC) in Cuba.

In 2009-2010 she co-authored a national web-based training for law enforcement first responders for dealing with, and responding to Emotionally Disturbed Persons (EDPs) which received the Canadian Police Knowledge Network National award. Over 4,000 Canada-wide law enforcement and related personnel were trained. A few years later she developed a primary care physician-learning program to increase knowledge and capacity to manage mental illness in busy primary care practices and later still in response to the recommendations of Nova Scotia’s Mental Health Strategy, she led the successful implementation and evaluation of a demonstration project—Evaluation of a British Columbia Adult Mental Health Practice Support Program (PSP). This training program includes management skills and tools for mild to moderate depression and anxiety disorders; contact based education; and patient self-management strategies (based on Cognitive Behavioural Therapy



Dr. Bianca Lauria-Horner

principals) that help them develop coping mechanisms. The project aimed to evaluate the impact of the training program on provider stigma, confidence/comfort in managing mental illness, patient clinical outcomes and health economics. The study consisted of a cluster randomized control trial involving 77 practices (101 physicians) across Nova Scotia and results showed significant between-group differences in favour of the intervention group in various areas. Based on research results, funding has been transferred from the Department of Health and Wellness to the Nova Scotia Health Authority Primary Health Care and Chronic Disease Management unit

in order to transition the program under their umbrella. Ongoing planning is currently underway to explore sustainable integration of the program within primary care. These findings support integrating feasible effective management strategies in

a primary care setting, a necessary shift of paradigm in model of care. The program forms the basis of a collaborative care model, and strengthens patient-centered health care (medical home), while improving patient outcomes.

We wish Dr. Lauria-Horner the best in her future endeavours.

DR. STAN KUTCHER FEATURED IN PSYCHIATRIC NEWS

Dr. Stan Kutcher and his work in Malawi and Tanzania with Farm Radio was featured in the May 19 edition of *Psychiatric News*. The article explores a commitment to making mental health a global priority, putting more into mental health systems, especially those targeting

young people. To read the article in its entirety please visit <http://tinyurl.com/z9ylcnf>.

staff and faculty changes

COMING:

Dr. Alice Aylott, a graduate of our residency program, will begin working with the department effective July 11. She will be working in inpatients and with the consultation liaison service at the Abbie J. Lane.

Dr. Martina Ruzickova has joined the department, effective June 1. She will be working in the Mood Disorders clinic at the Abbie J. Lane Building.

Dr. Jonathan Wan, another graduate of our residency program, began working with Emergency Services at the QEII, effective August 2.

Dr. Alaba Williams joined the department and began working in Intellectual Disabilities at the Nova Scotia Hospital on July 1.

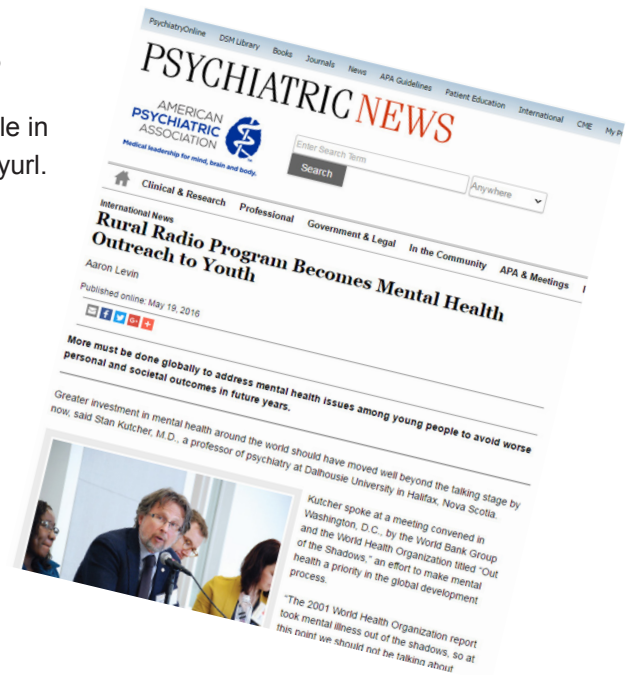
GOING:

Dr. Peter Adediran, who was working on the 6Lane inpatient unit, left the department on June 3.

Dr. Nick Delva, head of the Department of Psychiatry, left the department effective July 1 after 10 years as head.

Dr. Tom MacKay retired from the department effective July 1. Dr. MacKay was working in the Emergency Service at the QEII. Dr. Jonathan Wan will be taking over for him.

Dr. Bianca Lauria-Horner left the department effective July 8. Dr. Horner was the Primary Mental Healthcare Education Leader.



awards & honours

DR. JOHN FRASER WINS ALLAN COHEN MEMORIAL AWARD

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

Dr. Fraser has spent 37 years working in the North End Community Health Centre (NEHC), where he has worked tirelessly with marginalized, disenfranchised, underserved populations. Dr. Fraser has also spent 25 years providing a weekly clinic at Turning Point, the city's largest men's shelter. In addition, he has been involved in Mobile Outreach Street Health (MOSH), providing back-up physician services to the outreach team

(nurses, occupational therapist) who offer health care to the homeless on the street and in shelters.

Over a period of many years, Dr. Fraser has been engaged in program development in the community. He served as a committee member on the team that developed Phoenix House, which provides shelter and services to homeless youth; he helped develop shared mental health care in the city and moved mental health services from its traditional hospital-based location to the community, providing collaborative services both in shelters and in the community clinic setting; he is part of the steering committee that developed Direction 180, a low-threshold, community-based methadone maintenance program providing harm reduction services to the most vulnerable and entrenched patients suffering from opioid addiction, and has served as their medical director since

opening in 2001; and he worked to develop Direction 180's mobile methadone program in response to the development of a wait list of 300 people (the program was successful in eliminating the wait list in six months).

Beyond Dr. Fraser's work serving patients in the community and planning for program improvement, he holds board directorships at Family SOS, Stepping Stone, the Children's Aid Society, Mainline Needle Exchange, the Nova Scotia Health Coalition and the Canadian Society of Addiction Medicine. He is also a medical advisor for Canada World Youth, an international non-profit organization dedicated to providing dynamic youth with an opportunity to learn about other communities, cultures and people while developing leadership and communications skills.

DR. EMMANUEL AQUINO PRESENTED WITH OUTSTANDING HEALTHCARE PROVIDER AWARD

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

than four decades, Dr. Aquino has served thousands of mental health consumers, helping along the way in their road to recovery.

Dr. Aquino was selected through a province-wide nomination process. A selection committee of past award recipients, health care professionals, community stakeholders, and Mental Health Foundation of Nova Scotia representatives reviewed nominations and deemed him the winner. Congratulations to Dr. Aquino!



Dr. Aquino receives his award from Steven Gaetz of St. John Ambulance. (Photo: Scott Munn)

announcements

EMERGING LEADERS IN ACADEMIC MEDICINE (ELAM) PROGRAM

Are you interested in developing your skills in medical education, research, or academic administration? Would your career development benefit from opportunities to expand your leadership competencies in a local context? The Dalhousie Faculty of Medicine's ELAM Program provides

an opportunity for clinical and basic science faculty with limited leadership experience to become more familiar with the functioning of the medical school and acquire knowledge and skills to take on expanded roles in their academic settings. The 8-unit, distributed, asynchronous program,

involves independent study, webinars, and moderated online discussion boards. Registration will be opening soon for our next program, occurring from October 11 to December 5, 2016. For more information please visit their webpage or email facdev@dal.ca.

Feature

BY KARRIE SCRIBNER, HEALTH PROMOTION & WELLNESS COORDINATOR, SIMPSON LANDING

a reflection on the work of dr. emmanuel aquino

Since 2006, my personal and professional gold standard for busting stigma and promoting recovery has been based on the "Big Guy" aka **Dr. Emmanuel Aquino** himself and how he approaches working, living and loving every single day with the rest of the citizens within his community (and the planet – he is that big).

It was that year that he and a manager asked me to step into a role they created and called the coordinator of the NS Hospital Community Focused Living (CFL). I already believed in the recovery

approach and strived to apply its principles. Nothing prepared me however, for the experience and education or privilege of co-coordinating the newly created CFL environment with Dr. Aquino in the role of team psychiatrist. That is, he was the psychiatrist the 24/7 CFL unit had for only two days per week and by cell phone, if needed, because as he always said, "You do not live with your psychiatrist."

He expected everyone on the CFL team to work to full potential, manage stress, take risks and expect failure—lots of failure, along our way to being our best.

In the centre of all of our work and as full members of our team were the people staying at the CFL unit working on their recoveries and transitioning to communities of their choice, as well as, the unit peer supporter Vince Daigle.

No matter when Dr. Aquino arrived on the CFL unit he shared coffee,

food, humour and an endless supply of stories from his unique and often bigger, but true-to-life experiences. He listened to us – all of us. He laughed at us – all of us - including himself. He believed in each and every one of us even when we self-doubted or someone else doubted us. Sometimes a team member, peer supporter, volunteer or person staying on CFL ran into discrimination, stigma or the issues of others who did not yet appreciate a recovery approach to transitioning to community living. When these barriers occurred, Dr. Aquino stood beside, behind or, if necessary in front of us and helped us to stand up for ourselves and the principles of recovery-approach and transitioning to community.

Dr. Aquino valued everyone as citizens of his community, aka the planet, and yes he and his belief in recovery are that big. That's why I always call him the Big Guy. That's why Dr Aquino's approach to recovery is my gold standard.



Dr. Aquino and Karrie Scribner

Humanities Corner

BY DR. JOANNE MACDONALD, HUMANITIES COORDINATOR, DEPARTMENT OF PSYCHIATRY, DALHOUSIE UNIVERSITY

humanities writing contest

In the last issue of *Headlines* we featured one of the winners from our annual Student Writing Competition, Heather Laakso. In this issue we feature an excerpt from *Cautery*, Savannah Silva's winning entry

in the medical student category. Savannah is a medical student at McMaster University. To read Savannah's full submission please visit <http://medicine.dal.ca/content/dam/dalhousie/pdf/faculty/medicine/>

[departments/department-sites/psychiatry/Cautery.pdf](#)

Cautery

*As the scalpel parts the flesh
The senior across from me says
"Are you okay with blood?"
It's a little late for that, as
The white shock wears off
And blood seeps in.*

*Slowly,
The resident dissects. Down,
Down into the depths of the abdomen
Down past the fascia and the muscle
Down past any reasonable barrier
Far past all I've ever known of a person.
There is surprising warmth from this
Body that I didn't expect. I guess
I have gotten used to the cold and dead,
Not the living.
Not the rise and fall of a ventilated chest,
The rhythmic dance of a heartbeat's fist.*

*I am grateful for the mask covering my face
For my mouth is agape.
Blood is the most beautiful red.
And I swear I have never seen this exact shade
Of crimson before.*

*It pools as the patient bleeds,
Filling him.
The level rising like an inevitable overflow
Like a bathtub left running
And a holy grail of an artery hidden
In its depths*

celebration of the humanities: exploring creativity in medicine

The first *Celebration of the Humanities: Exploring Creativity in Medicine*, a Dalhousie Faculty of Medicine event, was held at the Tupper building on May 6-8. The event began with music on Friday night and included a rich program of undergraduate, resident and faculty presentations on aspects of medical history tied to the sociopolitical events of their time, the 10 signature objects in modern medicine, to how a sculpting class helped learners understand facial anatomy.

An improvisation theatre workshop was employed to demonstrate the experience of difficult conversations and a philosopher explored some of the ideas from the 17th century and prolongation of life as a medical goal, as preceding the current discussions around assisted dying.

Dalhousie Faculty of Medicine's Poet-in-Residence, Tanya Davis,

read an evocative piece about her observations of medical student experience from her observer's post on the side. Carol Langille, another writer-in-residence, led a writing activity where participants described a physician/healthcare encounter from their own lives. Mark Gilbert, the post-doctoral fellow in Medical Humanities at Dalhousie, shared his work as a portrait artist in the traditional practice of the artist sitting with his subject, sitting with the experience of patients of head and neck cancers and now young adults with intellectual challenges.

The lobby held poster presentations and fine arts work that anyone could explore or discuss with the presenter.

Psychiatry was well-represented as **Dr. Col. Rakesh Jetly**, department member, and now senior psychiatrist to the Surgeon General in Ottawa, giving the keynote speech on mental

health lessons learned after 10 years with the Canadian Armed Forces experiences in Kandahar, Afghanistan. Not to mention the spirited bidding of **Drs. Nick Delva, Mary-Ann Hudec** and **Joanne MacDonald** at the dinner and auction on Saturday night in the interests of fund raising for Humanities activities.

We will notify the department well ahead of next spring's gathering and hopefully be present as both learners and participants at the second annual event.

The summer is a time of Halifax's creative community comes out in festivals and showcases of music, film, writing and more, with current themes reflecting our politics, emotions and times. Check out *the Coast* and the light post near you to see what's happening.

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND ASSISTANT PROFESSOR



Sunset at Point Pelee, 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 Sept. 2, 2016, with the deadline for submissions to be Aug. 12, 2016.

Please send all submissions to 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 **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/departments-sites/psychiatry/about/awards.html>).

Granting Body: **Schizophrenia Society of Canada (Aug. 1)**

- Michael Smith Award for Schizophrenia

Granting Body: **Royal College of Physicians and Surgeons of Canada (Sept. 9)**

- Donald R. Wilson Award
- Royal College Teasdale-Corti Humanitarian Award

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