

# HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

## A Champion of Mental Health

*Dr. Phil Tibbo receives prestigious award from CAMIMH*



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

Dr. Phil Tibbo has received another well-earned accolade. In early April he was named a 2017 Champion of Mental Health by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH). The annual Champions Awards celebrate individuals and organizations whose outstanding contributions

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

Dr. Tibbo has been very successful in developing, fostering and promoting psychosis research programs in Canada. In 2002, supported by a donation to the University of Alberta, Dr. Tibbo formed, established and directed the Bebensee Schizophrenia Research Unit (BSRU), where he significantly expanded schizophrenia

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## Message from the Head

By July 1, a full year had passed since I took the helm of this great vessel. It calls for reflection, and review. I can say that I am very glad I have been able to experience what this past year has brought, both the good and the not so good. It has certainly been a challenge, but throughout I have felt strongly supported by all of the faculty, and by the talent and effort that is put forth each day by all of you.

Many year-end events are featured in this edition. The annual graduation party was a delightful evening, with a fond farewell to the graduates, and a heartwarming but hilarious depiction of their "transitional objects," as perceived by their colleagues. Though RCPSC results were not to hand, we all had supreme confidence in the outcome, which was amply justified when all eight candidates passed with flying colours.

At the annual full faculty meeting of the faculty of medicine, two of our most renowned clinicians and teachers were awarded. **Dr. Donna Davis** won the faculty's award for excellence in clinical practice, and **Dr. Kara McNeill** was named community teacher of the year. I am truly glad to see this recognition and acclaim for two of our most hard working and inspiring clinician teachers.

I attended the annual Child and Adolescent Atlantic Provinces meeting at White Point Beach Resort in late May. Drs. Ashok Malla and **Stan Kutcher** were keynote speakers and described their work in reaching young people in need of services. Their efforts will certainly pay off in the long run, though both experienced resistance and obstacles in their paths. In the afternoon, I came to understand why our C&A colleagues chose their specialty. **Dr. Jonathan**



Dr. Michael Teehan

**Brake** ran a Jeopardy session during which I observed marked regression, most evident in the senior members present. I saw one boisterous member ejected. There was food throwing, trash talking and general mayhem. Dr. Brake endured verbal abuse of an unfortunate kind as he moderated the melee. Well worth registering early for next year, when a re-match is promised.

The Atlantic Provinces Psychiatric Association also turned out to be a successful event, with keynote addresses from Sanjeev Sockalingham, David Goldbloom and Sultan Darvesh. The next meeting will be in Brudenell, PEI, next June.

We say a fond farewell to **Drs. Neelma Dhar** and **Ana Ortiz** who are both moving westward. Both have been pillars of our services for many years and we wish them well in the next phase of their lives. We welcome new graduate **Dr. Mirka Kolajova**, and also **Dr. Sanjana Sridharan**, who is relocating from New Glasgow.

As always, our faculty have received more honours and awards which are highlighted in this issue.

I hope you will enjoy some time for family and fun in this long awaited summer. Again, my thanks to one and all for your steadfast support.

## champion of mental health *continued from page 1*

research in Edmonton and Alberta as a whole. Multidisciplinary clinical research grants resulted, supporting not only neuroimaging (his primary research area), but also collaborative research in cognition, genetics, addictions, and public health and health promotion. Dr. Tibbo also developed and directed the clinical arm of the BSRU: the Edmonton Early Psychosis Intervention Clinic (EPIPIC). This remains a vital and highly recognized regional first-episode psychosis clinic with a strong research focus.

In 2008 Dr. Tibbo accepted the Dr. Paul Janssen Chair in Psychotic Disorders in the Department of Psychiatry at Dalhousie University, with the expectation that he establish and foster world-class research into the etiology of schizophrenia and other psychotic disorders, with a particular focus on the early phase of psychotic illness. In addition to successful continuation of his neuroimaging work, Dr. Tibbo has been able to foster a fruitful multidisciplinary psychosis research environment in Nova Scotia with an impressive depth and breadth of research. This includes not only studies investigating the biological underpinnings of psychosis, but also: pathways to mental health care; education delivery models for family members; mindfulness and arts-based therapies in first episode psychosis; and cannabis and other comorbid addiction investigations in psychosis. Dr. Tibbo established

the Nova Scotia Psychosis Research Unit (NSPRU), a partnership allowing for optimization of resources for research funding while fostering a unique multidisciplinary research environment for learners at all levels. His vision of the NSPRU has also resulted in the unit financially supporting summer studentships in psychosis since 2013.

Nationally, Dr. Tibbo's clinical research and leadership excellence is also recognized. Of note, he is a founding member and executive director of the Canadian Consortium for Early Intervention in Psychosis, an organization that has published and developed clinical recommendations, clinical tools (e.g., relapse prediction tools and side effect monitoring tools), and educational products for early intervention services. He is also the chair of the Schizophrenia Society of Canada Foundation (SSCF), established in 1994 when the late Dr. Michael Smith made a generous donation of half of his Nobel Prize Laureate monies to the SSC. Dr. Tibbo ensures that the SSCF remains committed to fostering and supporting research in all areas related to schizophrenia (e.g., biological, psychological, and social) to ensure that recovery is possible. Chris Summerville, the CEO of the SSC, says Dr. Tibbo is invaluable to his team. "His work has significantly added to our understanding of psychosis, improved lives of individuals living with psychosis and their families, shaped policy through

advocacy, and indeed has "made a difference " at the national level," he says.

Dr. Tibbo has worked tirelessly to disseminate his research to the general public. He has developed public education campaigns (e.g. [www.weedmyths.ca](http://www.weedmyths.ca) ), received knowledge sharing grants, been asked to write position statements for national organizations such as the CPA and CCEIP ([www.epicanada.org](http://www.epicanada.org)), and been a scientific advisor to community agencies such as Drug Free Kids Canada. His leadership as a clinician and researcher has been recognized by being named director of the Nova Scotia Early Psychosis Program, fellow of the CPA, president of the Canadian Consortium for Early Intervention in Psychosis, and by receiving the 2015 Michael Smith Award from the SSC.

Dr. Tibbo's accomplishments and dedication as a clinical researcher in schizophrenia are quite evident in his publications, his success in obtaining peer-reviewed grant funding, his awards, his supervision of graduate students, and requests that he be a guest speaker. His leadership and superior ability to develop clinical research collaborations and teams has truly advanced schizophrenia research in Canada. Congratulations to Dr. Tibbo on his most recent honour, Champion of Mental Health. We know it is richly deserved.

# Research Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

## welcome back dr. rusak!

The department is pleased to announce that **Dr. Ben Rusak** returned to his Director of Research post on July 1 following a one-year sabbatical. Thank you to **Drs. Sherry Stewart** and **Rudolf Uher** who took over the position in his absence.

## meet a researcher: dr. alissa pencer

This issue profiles Dalhousie psychologist and researcher **Dr. Alissa Pencer**. *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](mailto:Jen.Brown@nshealth.ca).

**My current research interests:** My current research interests are fairly broad in scope, but mostly falling within prevention and intervention of mental health and addictions issues in youth and young adults. More specifically, populations I am interested in include youth/young adults with, or at risk for, severe mental illness, anxiety disorders, and obsessive-compulsive disorder.

**Research projects I'm currently participating in:** I am involved in several projects in collaboration with graduate students in clinical psychology and other members in the department of psychiatry: 1) Personality Vulnerability and Motives for Substance Use (Alcohol and Cannabis) in Early Psychosis Patients; 2) Skills for Wellness (SWELL): Cognitive-behavioural therapy skills for psychotic-like experiences and basic symptoms in children and adolescents; 3) Impact of an Early Psychosis Program on cognitive functioning: An examination of time and sex differences in the first six months of treatment; 4) CBT self-help: A scoping review; and 5) Developing



Dr. Alissa Pencer

a fall weekend camp for youth with OCD: A program development, pilot test, and evaluation.

**A typical "Day in My Work Life":** It is hard to say what a "typical" day is like as it can vary day-to-day. Most days start with either teaching

a class in clinical or developmental psychology (can be graduate or undergraduate), or a meeting of some sort. I typically have at least one meeting with a graduate student to discuss research or clinical supervision. On a fairly regular basis I am also meeting with my research collaborators or communicating with them overall (several) emails. The rest of the day is interspersed with preparing lectures, marking assignments, and reviewing/ answering emails. I have one whole day devoted to private practice where I do Cognitive Behaviour Therapy with youth and young adults primarily with anxiety, obsessive-compulsive disorder, or depression.

***What I wish I knew (but didn't) when I first contemplated becoming a researcher:*** Given I work within a scientist-practitioner model, I wish I had known how difficult it can be to balance research with clinical and teaching responsibilities.

***The most satisfying and most frustrating aspects of doing research:*** The most satisfying aspect of doing research for me is getting to ask and answer questions that can make a meaningful difference in the lives of the people we work with. The most frustrating aspect of doing research is trying to get funding for the projects.

***The experience that best prepared me for my position:*** I don't think I can pinpoint a particular experience that best prepared me for my position. It was the culmination of experiences throughout my graduate training, residency, and work at the IWK Health Centre for many years that has prepared me for my current position at Dalhousie.

***My research mentor:*** My PhD supervisor, Dr. Jean Addington, was and continues to be one of my research mentors. I greatly appreciated how she integrated her research and clinical practice.

***My second career choice:*** My "legitimate" second career choice was psychiatry. My "dream" second career choice was/is to be a travel agent.

# Education Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

## undergraduate news

For the second year in a row, we would like to congratulate Dr. Abraham Nunes (PGY-3) as the Clerks' Choice award winner for 2016/17! This award recognizes a resident for their outstanding teaching efforts and is solely awarded based on clerk nominations. Way to go Dr. Nunes! Our residents received 63 nominations overall from the clerks—a testament to how valued

the residents are for their dedication to teaching. From the comments provided by the clerks, there are many recurring terms: approachable, supportive, knowledgeable, engaging, inclusive, passionate, patient, enthusiastic and amazing. Additionally, the clerks stated our residents are a pleasure to work with, made them excited about learning psychiatry and provided them an

invaluable experience. Thank you residents for providing such a positive experience to our students!

2017/18 tutor recruitment continues for Foundations in Medicine, Skilled Clinician II and PIER sessions. Please contact **Mandy Eslinger** if you are interested in tutoring one of these units.

## MEDICAL STUDENT PSYCHSIGN REFLECTION: HEIDI BENTLEY'S (MED 3)

Each year a med student is sponsored by the department to attend the psychSIGN conference as part of APA. This year we sent Heidi Bentley. She reflects on the experience below.

At the end of May, I had the pleasure of attending the 12th Annual PsychSIGN conference in sunny San Diego, California. PsychSIGN is a student-led psychiatry interest group network. This student led conference was held in conjunction with the annual American Psychiatry Association Conference.

The day began with a wonderful introduction from the incoming president of the APA. It was a hopeful and encouraging address, highlighting the challenges and changes psychiatry will face in the future. The conference was filled with diverse presentations from psychiatrists across North America and beyond. A workshop on creating a memorable CV and a residency panel with various program directors were also available. Physician and trainee wellness and preventing burn-out were common themes throughout the day. Psychiatrists have an

interesting role to play in physician wellness, as their position exists in a dual role: taking care of themselves, as well as the role of looking after fellow colleagues, something I had never considered.

Discussing these relevant and important topics in medicine with various fellow medical students was a wonderful experience! Despite completing our medical training in different parts of the world, we share much common ground and it was refreshing to engage in conversations about psychiatry.

The presentation that resonated the most with me was on microaggression. Microaggression is defined as “brief and commonplace verbal, behavioral, and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative slights and insults that potentially have harmful or unpleasant psychological

impact on the target person or group.” It is something that we have all done, experienced, and witnessed no matter what stage of our training. How to deal with such complex situations is critical, as we as students have an important role to play, as we can foster an environment that curbs microaggressions.

The conference concluded with a subspecialty dinner. Various specialties such as forensics, child and adolescent, and addictions were represented by psychiatrists, and we were able to discuss with them their chosen specialty.

I had a wonderful time at PsychSIGN and would like to thank the Psychiatry Department at Dalhousie for the opportunity. This weekend provided a powerful glimpse into what a career in psychiatry has to offer and has encouraged me to continue to explore psychiatry.

## postgraduate news

The department hosted the 2017 graduation exercises on June 2 at The Prince George Hotel.

Congratulations to the Class of 2017: **Drs. Ashley Crane, Liisa Johnston, Mirka Kolajova, Mahgul Malik, Terry McCarvill, Ahmed Saleh, Michal Sapiuha and Daniel Toguri**

A special congratulations to Dr. Ashley Crane on the arrival of her baby just days before the Royal College exam.



Back row (L-R): Drs. Terrance McCarvill and Michal Sapiuha; Front row (L-R): Drs. Liisa Johnston, Miroslava Kolajova, Daniel Tojuri, Mahgul Malik, and Ahmed Saleh.

Award presentations at the graduation were made to:

*Teacher of the Year:* **Dr. Andrew Harris**

*Above and Beyond (Residents' Choice):* Sarah MacDonald, RN

*PGY5 Excellence Award:* **Dr. Jonathan Wan**

*Dr. Herbert Orlik Child & Adolescent Psychiatry Resident Award PGY3:* **Dr. Jillian Boyd**

*Geriatric Psychiatry Resident Award:* **Dr. Olga Yashchuk**

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

*Alexander H. Leighton Resident of the Year:* **Dr. Kathleen Singh**

*Horizon Health Network SJ Zone PGY1:* **Dr. Chelcie Soroka**

*Dr. Charles J. David Prize in Psychiatry PGY2:* **Dr. Laura Downing**

*Dr. W.O. McCormick Award:* **Drs. Kathleen Singh and Daniel Toguri**

*Loonie Awards:* **Drs. Celia Robichaud and Abraham Nunes**

*Dr. Robert & Stella Weil Fund in Psychiatry:* **Dr. Joshua Smalley**

## continuing education news

### RECENT HIGHLIGHTS

#### XXVIII W.O. McCormick Academic Day Friday, May 5th, 2017

Held at a new and larger venue, the Halifax Marriott Harbourfront Hotel, this year's Academic Day on the theme "Diversity in Mental Health" was another highly successful, sold out conference, with 260 participants consisting of physicians, multidisciplinary mental health professionals, educators, mental health court staff, residents and students. Educationally co-sponsored by Dalhousie Faculty of Medicine Continuing Professional Development, the conference was designated for up to 6.25 credit hours for MAINPRO-MI of the College of Family Physicians of Canada and as an accredited group learning Section 1 Royal College of Physicians and Surgeons of Canada Maintenance of Certification activity.

Chaired by **Dr. Heather Milliken**, the morning session consisted of a presentation by keynote speaker Dr. Laurence Kirmayer from McGill University on



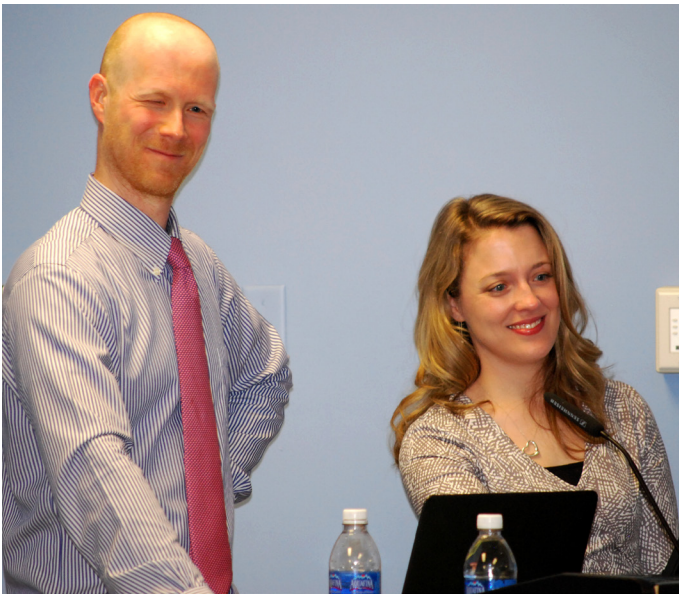
Academic Day 2017 Top (L to R) Drs. Laurence Kirmayer, Carolyn Thomson, Lukas Propper, and David Gardner. Middle (L to R) Drs. Gail Knudson, Ingrid Waldron, and David Pilon. Front (L to R) Drs. Heather Milliken, and Amy Bombay.

"Transcultural Psychiatry," followed by presentations by local speakers Dr. Ingrid Waldron on "Troubled Waters: The Psychological Impact of Environmental Racism in African Nova Scotian Communities," and Dr. Carolyn Thomson on "Resilience."

Chaired by **Dr. Lukas Propper**, the afternoon session featured a presentation by keynote speaker Dr. Gail Knudson from UBC, on

"Transgender Mental Health," followed by presentations by local speakers **Dr. Amy Bombay** on "Indigenous Mental Health" and **Dr. David Gardner** on "The Impact of Differences in Age, Gender and Physical Health on the use of Psychotropic Medications in Clinical Practice."

The evaluations submitted by participants were very positive and



(L-R) Drs. David Lovas, Celia Robichaud and Jacob Cookey facilitated the 3rd annual Neuroscience Jeopardy in June.

planning is already underway for the XXIX W.O. McCormick Day to be held April 27, 2018.

### University Rounds

On May 17, Dr. Jill Chorney, assistant professor in the Department of Anesthesia at Dalhousie University and clinical psychologist with the Complex Pain Team at the IWK, presented on the topic “Making Research Matter: Engaging Stakeholders to Improve Outcomes.”

### R.O. Jones Memorial Lecture

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

This year’s lecture was held on June 7. Invited guest speaker Dr. Sanjeev Sockalingam, associate professor

and director of continuing practice and professional development in the Department of Psychiatry at the University of Toronto, deputy psychiatrist-in-chief at the University Health Network and co-lead for the Ontario ECHO project, gave an excellent and very relevant presentation on “Mental Health Capacity Building in Primary Care: Notable Trends and Innovations.”

### 3rd Annual Neuroscience Jeopardy

Facilitated by Drs. Jacob Cookey, David Lovas and Celia Robichaud (R4) the highly interactive, educational and entertaining 3rd Annual Neuroscience Jeopardy brought a successful conclusion to the 2016-2017 Clinical Academic/ University Rounds schedule.

### UPCOMING CPD EVENTS

Planning the schedule of CE/CPD Events for the 2017- 2018 academic year is well underway.

The tentative schedule for September 2017 is as follows:

September 6 Child & Adolescent



R.O. Jones Memorial Lecturer, Dr. Sanjeev Sockalingam.

Psychiatry Academic Rounds – Topic TDB

September 13 No Rounds due to 67th CPA Annual Conference

September 20 University Rounds – Dr. Neil Woodward, Vanderbilt University School of Medicine

September 27 Clinical Academic Rounds – Dr. Joe Sadek, Long Term Outcome in ADHD treatment.



# Child and Adolescent Psychiatry

BY MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

## SERVICE AWARDS

We would like to acknowledge **Drs. Normand Carrey** and **Stan Kutcher** on 20 years of service, and **Dr. John Aspin** on 15 years of service at the IWK. Your contributions to our team are insurmountable. Thank you for your dedication to each and every patient and family in your care. We applaud your performance, and know that your achievements and successes have built the foundation of our division at the IWK Health Center. Congratulations on your years of service!

## 2017 DR. HERB ORLIK AWARD IN CHILD & ADOLESCENT PSYCHIATRY

We would like to extend sincere congratulations to **Dr. Jill Boyd**, the recipient of the 2017 Dr. Herb Orlik Award in Child and

Adolescent Psychiatry. Dr. Boyd was commended on her ability to relate to patients and families with ease, her comprehensive, thoughtful assessments, and foremost, her sincere and welcoming demeanour with not only patients and families, but within an interprofessional team. Congratulations Dr. Boyd!

## 10TH ANNUAL ATLANTIC PROVINCES CHILD & ADOLESCENT PSYCHIATRY CONFERENCE

The 10th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference took place May 26 to 28 at the lovely White Point Beach Resort. This year's conference was very well attended by over 25 child and adolescent psychiatrists from across the province. The theme of this year's conference was Transitions in Youth Mental Health,

focusing on transitions across the lifespan in areas such as education, clinical service delivery, community outreach and research.

Our keynote speaker was Dr. Ashok Malla, professor of psychiatry at McGill University. Dr. Malla holds a Tier 1 Canada Research Chair in Early Psychosis, with a cross appointment in Department of Epidemiology, and is an editor of the Journal of Social Psychiatry and Psychiatric Epidemiology. He is the Nominated Principal Investigator of a \$25M grant for a national research project on transformation of youth mental health services in Canada (ACCESS Open Minds), funded jointly by the Graham Boeckh Foundation and CIHR under the Strategies for Patient Oriented Research (SPOR). Dr. Malla's presentation, "Transforming Youth



Attendees, including faculty and residents from the department, at the Atlantic Provinces Child and Adolescent Psychiatry Conference: (L-R) Dr. L. Propper; Dr. J. Brake; Dr. P. McGrath; Dr. P. Moss; Dr. W. Junek; Dr. J. Krawczyk; Dr. S. Etches; Dr. S. Kutcher; Dr. G. Gray; Dr. C. Robichaud; Dr. M. Teehan; Dr. S. Fancy; Dr. H. Orlik; Dr. J. Mejia; Dr. L. Soto-Moreno; Dr. S. Abidi; D. Phillips, RN; Dr. A. Stokes; Dr. D. Lovas; Dr. A. Bagnell.

Mental Health Services in Canada: ACCESS Open Minds” was an excellent illustration of the complexity of society, highlighting the need for sophistication of services without losing track of the individual.

We were fortunate to have

many other talented presenters including Debbie Phillips, **Dr. Celia Robichaud, Dr. Lukas Propper, Dr. Stan Kutcher, Dr. David Lovas, Dr. Sabina Abidi, and Dr. Jonathan Brake.**

Highlights of the event included our

annual rousing game of “Jeopardy” that brings out the competitive spirit of all involved (congratulations to ‘Team Pasta’ on their one point victory over ‘Team Primo’), and an evening of lobster dinner and dancing, all capped off with an entertaining round of karaoke.

# Report from the Sun Life Financial Chair in Adolescent Mental Health

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

The past few months have been busy for the Chair, with members of the team conducting training sessions worldwide. **Drs. Stan Kutcher** and Yifeng Wei spent some time in China working and training with their team and Dr. Kutcher completed the last of three visits to Newfoundland where training of all student support staff in the province began earlier this year.

In June, at both the Halifax Central Library and Holland College, the team hosted groups of post-secondary faculty eager to learn more about mental health within their student body. The *LIST (Listen, Identify, Support and Treat): A Comprehensive Mental Health Development and Pathway to Mental Health Care for Post-Secondary Settings Go-To Faculty Training* is being implemented into six colleges and universities in Atlantic Canada. Before this can happen, faculty from St. Mary’s University, Mount Saint Vincent University, Nova Scotia Community College, St. Francis Xavier University, Mount Allison University and Holland College have to be represented and trained by Dr. Kutcher in order to



Dr. Kutcher with LIST training participants from Mount Allison University and Holland College

enhance their own mental health literacy with the intent of assisting them in the identification of students who may be suffering from a mental disorder. The three-year project is funded by the Medavie Health Foundation who presented the grant to the Chair last fall. The program, if found to be successful, will lead to national implementation in post-secondary settings.

## KADS STATISTICS

The Kutcher Adolescent Depression Scale (KADS) was designed and developed in 2001 by Dr. Kutcher to specifically help with the diagnosis and assessment of the severity of adolescent depression. KADS was originally conducted in various clinical settings, research projects, and secondary school students, along with further review by researchers and clinicians trained in the area of adolescent depression. Following recent research into the growth of the scale it was found that as of 2017 KADS has been validated in several languages and is being used in at least a dozen countries: Canada, Portugal, Poland, Australia, Philippines, Brazil, Croatia, India, Iran, Taiwan, China and the U.S. All versions are freely available on line at [www.teenmentalhealth.org/toolbox/](http://www.teenmentalhealth.org/toolbox/).

## GO-TO EDUCATOR AND CURRICULUM GUIDE TRAINING BRINGS INTERNATIONAL GUESTS TO HALIFAX

The third week in July will be especially busy for the Chair team as they welcome national and international guests to Halifax to attend educator mental health literacy training. From July 17-19 Dr. Kutcher will lead the Go-To Educator and Curriculum Guide training for a select group of educators and healthcare providers. The group of invited participants will be travelling from the United Kingdom, Bangladesh, Portugal, Africa, Finland and other parts of Canada, as far as the Northwest Territories and the Yukon, to receive formal training. Once completed, they are able to bring the skills they learned back to their community and share their knowledge with coworkers. This allows a wider audience to be reached and receive the evidence-based training even if they are unable to make the trip. During their stay the international guests will be treated to a bus tour of Peggy's Cove and will hopefully get to experience some events taking place in Halifax this summer.

## THE MENTAL HEALTH ACADEMY

Halifax will host TeenMentalHealth.Org's fifth Mental Health Academy at the Bella Rose Theatre on July 20 and 21. Educators, school officials, and healthcare providers are expected to attend from across Canada, spanning education and health sectors. The Academy works to further education in mental health using evidence-based research and programs. This year's keynote speakers will cover a wide variety of topics all geared towards improving adolescent mental health knowledge and literacy—specifically in the classroom. The Academy will welcome Dr. Susan Rodger of Western University who will discuss the importance of educator wellness. **Dr. Selene Etches** of the IWK Health Centre will present on cannabis and substance abuse – a discussion gaining particular interest within Canada. **Drs. David Gardner** and **Andrea Murphy** are tackling the important topic of medications and everything teachers need to know about compounds their students might be using. The conference will close with a special keynote from Dr. Kutcher on what schools can do after a tragic event and how they can prepare for unforeseen circumstances. The two-day conference will be paired with various break-out sessions aimed at peaking the interests and addressing the concerns of those who deal with youth on an everyday basis. For more information on the Mental Health Academy visit: [www.mentalhealthacademy.ca/](http://www.mentalhealthacademy.ca/).

## news from the department

### DR. MARTIN ALDA PART OF STUDY IDENTIFYING IMPORTANT MECHANISM IN TREATING BIPOLAR DISORDER

**Dr. Martin Alda** and his team have been part of an international collaborative study led by researchers at Sanford Burnham Prebys Medical Discovery Institute (SBP), with collaborators from Yokohama School of Medicine, Harvard Medical School, UC San Diego, that has identified the molecular mechanism behind lithium's effectiveness in treating bipolar disorder patients.

The study, published in Proceedings

of the National Academy of Sciences (PNAS), utilized human induced pluripotent stem cells (hiPS cells) and hiPSC-derived neurons to map lithium's response pathway, enabling the larger pathogenesis of bipolar disorder to be identified. These results are the first to explain the molecular basis of the disease, and may support the development of a diagnostic test for the disorder as well as predict the likelihood of patient

response to lithium treatment. It may also provide the basis to discover new drugs that may be effective in treating this illness moving forward.

To read more on this published work "Probing the lithium-response pathway in hiPSCs implicates the phosphoregulatory set-point for a cytoskeletal modulator in bipolar pathogenesis", please go to: <http://www.pnas.org/content/early/2017/05/11/1700111114>

### DR. JOE SADEK GIVES LECTURE TO COMMONWEALTH JUDGES

**Dr. Joe Sadek** recently gave a lecture on mental wellness, time management and organizational skills to Commonwealth judges at the Dalhousie Law Building. The lecture took place on June 14 and was part of a training institute held by Dalhousie for judges to the commonwealth nations. Chief Justices and judges from India, Singapore, Belize, and many African nations took part.



Dr. Joe Sadek, seated second from left, with the Commonwealth judges.

## DR. JOHN FISK COLLABORATES ON MS STUDY AND GAINS MEDIA ATTENTION

A study by **Dr. John Fisk** and his collaborators at Dalhousie and across the country has gained media attention and suggests that MS begins earlier than it has currently been possible to detect, and that there may be an opportunity to

recognize, diagnose and treat MS earlier than is now possible. Their findings also suggest that studies to identify factors that might trigger the onset of MS should be done earlier to offer new opportunities for its prevention. In addition, further

studies may identify symptoms not currently recognized as attributable to MS. The research was funded by the National Multiple Sclerosis Society, a U.S.-based charity and was published online in *Lancet Neurology* on April 20, 2017.

## AUTISM AWARENESS AND ACCEPTANCE

Patient-centred care means to connect with the people we serve. One way to do this is to learn about their diagnosis. At Emerald Hall, staff stay up-to-date on evidence-based practices for autism spectrum disorder, maintain an active awareness, and promote acceptance. Red symbolizes autism awareness and the team wears it proudly!



Faculty members Drs. Olugbenga Williams and Mutiat Sulyman sit front and centre with the Emerald Hall team.

## staff and faculty changes

### ARRIVALS

**Dr. Sanjana Sridharan** will join the department as an assistant professor, effective July 10, 2017. Dr. Sridharan will be the Deputy Clinical Director of Acute Care Services, replacing **Dr. Curt Peters** who ably filled the position the last several years and made the decision to focus more on his clinical work going forward.

**Dr. Miroslava Kolajova** will join the department as an assistant professor, effective July 31, 2017. A 2017 graduate of our residency program, she will be working on the Mayflower Unit at the Nova Scotia Hospital.

**Dr. Randall Zbuk** will rejoin the department as an assistant professor, effective Aug. 1, 2017. Dr. Zbuk will return to the IWK after spending the last few years in Western Canada.

### DEPARTURES

**Dr. Neelma Dhar** has left the department, effective July 1, 2017. Dr. Dhar spent many years working with the Cole Harbour Community Mental Health Clinic.

**Dr. Ana Ortiz** has left the department, effective May 27, 2017, relocating to Ontario. Dr. Ortiz worked as a hospitalist for years at the Nova Scotia Hospital.

## awards & honours

### DRS. DONNA DAVIS AND KARA MACNEIL AWARDED BY THE FACULTY OF MEDICINE

Congratulations to **Drs. Donna Davis** and **Kara MacNeil** who recently received awards from the Faculty of Medicine at Dalhousie. Dr. Davis is the recipient of the 2017 Faculty of Medicine Award for Excellence in Clinical Practice. This award recognizes a clinical faculty member with eight or more years of experience in patient care and service to the teaching hospital and/or community. The recipient of the award is someone who is an excellent role model in delivering patient care of an exceptionally high quality, has exceptional clinical skills, cooperates with other health professionals and responds to the needs of patients and their families. Dr. Davis is continually recognized for her warm and educational leadership style, unique relationships and demonstrated advocacy for her patients. She is also

awarded because she established a patient family engagement strategy that became a model for other clinicians. She shows empathy to not only her patients and their families, but also her colleagues and other staff members.

Dr. MacNeil received the Faculty of Medicine Community Teacher of the Year Award. This award recognizes excellence in community-based teaching outside of a major academic centre (Halifax, NS and Saint John, NB). Dr. MacNeill has been extensively involved in education and teaching of not only medical students and residents, but also of colleagues and the community. Based in Amherst, she spends a significant portion of her time committed to teaching and was instrumental in having New Glasgow and Amherst recognized as designated clerkship

sites for psychiatry. She has had at least three students who initially did not consider psychiatry as a career, choose the field following their clinical rotation. She works to show students the importance of psychiatry as its own discipline, but also how it integrates into non-psychiatric practice and to decrease stigma by showing students the actual reality behind stereotypes (including psychosocial determinants of health). As a result of her commitment to teaching, Dalhousie now has students who list Amherst as their top choice when they pick a location for their psychiatry rotation.

Both Drs. Davis and MacNeil received their awards on June 8 at the Faculty of Medicine's annual faculty meeting. Congratulations! You are both most deserving.

### DR. SHERRY STEWART RECEIVES AWARD OF EXCELLENCE IN GRADUATE SUPERVISION

Congratulations to **Dr. Sherry Stewart** who received the Award of Excellence in Graduate Supervision from the Dalhousie Centre for Learning and Teaching. This university-wide award recognizes the successful mentorship of graduate students through an enriching, supportive and productive learning environment. Dr. Stewart is known for her commitment to graduate

supervision, with students describing her as the 'best supervisor ever.' She takes great pride in the role she plays as a mentor and displays immense enthusiasm in her work. Dr. Stewart will receive her award at a celebration in the fall.



Dr. Sherry Stewart

## DR. JOSEPH SADEK RECEIVES SOBEY MBA 25TH ANNIVERSARY ALUMNI IMPACT AWARD

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



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

## announcements

### DR. RUDOLF UHER TO BE KEYNOTE SPEAKER AT CPA ANNUAL CONFERENCE

**Dr. Rudolf Uher** has been selected to give the Distinguished Member Lecture at the 2017 Annual Conference of the Canadian Psychiatric Association Meeting. Dr. Uher will speak on the topic "What

can we do to prevent severe mental illness?" and will present new results from the Families Overcoming Risks and Building Opportunities for Well-being project (FORBOW, [www.forbow.org](http://www.forbow.org)), a research study that is

currently ongoing in Nova Scotia. The event will take place on September 16 at the Shaw Convention Centre in Ottawa.

### DR. PENNY CORKUM RECRUITING FOR STUDY

**Dr. Penny Corkum** and her research team at Dalhousie University have developed an online tool, titled the *ABCs of SLEEPING* tool, to assist healthcare providers in assessing and treating behavioural sleep problems among children. The purpose of this tool is to provide healthcare providers with a quick and accessible way to assess pediatric sleep problems, as well as guide treatment using evidence-based recommendations, thereby lessening the burden on healthcare providers when parents

and children report sleep concerns.

They are currently recruiting healthcare providers to participate in a usability study for the *ABCs of SLEEPING* tool. Participants will be asked to refer one to five families who report behaviourally-based sleep concerns to complete the *ABCs of SLEEPING* questionnaire online, review the feedback provided, and complete an online usability questionnaire about their experience using the tool.

Healthcare providers of any professional area are eligible to participate if they see generally healthy one-to-12-year old children as part of their regular practice, are currently practicing in Nova Scotia, and do not identify as a sleep specialist.

Healthcare providers interested in hearing more about this study or participating can contact [sleepABCs@dal.ca](mailto:sleepABCs@dal.ca)



# 3rd Annual Dalhousie Medical Education Institute

Social Accountability | Changing the Tides in Medical Education

September 8, 2017 | 8 am - 4:45 pm  
Jenkins Hall | Dalhousie Agricultural Campus, Truro, NS

SAVE  
THE  
DATE!

[facdev@dal.ca](mailto:facdev@dal.ca) | [medicine.dal.ca/MEI](http://medicine.dal.ca/MEI)

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Wave & circle created by Freepik.com



## DEPARTMENT OF PSYCHIATRY EDUCATION AWARDS

A reminder nominations for the two department education awards, *Educator of the Year* and the *Dr. Larry Buffett Outstanding Teacher Award*, are due no later than August

31st at 4:30 pm. Letters of nomination should be sent to **Annette Cossar**, education & research administrator, at [annette.cossar@nshealth.ca](mailto:annette.cossar@nshealth.ca). If you have any questions contact **Tracy**

**Fraser MacIsaac** at [tracy.fraser@nshealth.ca](mailto:tracy.fraser@nshealth.ca) or by phone at 902-473-5664.

### 2017 EDUCATOR OF THE YEAR AWARD

This annual award is to recognize a member of the faculty of the Department of Psychiatry, Dalhousie University who demonstrates excellence in education. All faculty of the Department of Psychiatry, who hold a current faculty appointment in good standing are eligible for this award. A nominee must demonstrate at least one of the following attributes:

- Excellence in teaching of students and/or colleagues
- Mentorship of learners and peers in scholarly activity
- Leadership and innovation in development of educational programming

The award will consist of an engraved plaque and letter of recognition. The award will be presented at the Department of Psychiatry Faculty meeting.

Nominations can be submitted by any faculty member. The nomination letter must include a statement concerning the individual's contributions.

### 2017 DR. LARRY BUFFETT OUTSTANDING TEACHER AWARD

The Dr. Larry Buffett Outstanding Teacher Award recognizes an exceptional faculty member who has demonstrated outstanding performance in their role as a teacher and clinical supervisor to learners in the Department of Psychiatry. This award is presented to the faculty member to acknowledge their mentorship, encouragement and professionalism through the learning environment provided to the medical students and postgraduate trainees on the clinical services.

Eligibility is open to faculty members who have demonstrated excellence in clinical teaching through one or more of the following:

- Consistently provides excellent clinical supervision to residents and/or medical students.
- Models and guides the professional development of learners
- Inspires and supports the learners in integration of theoretical knowledge with clinical practice
- Incorporates innovative approaches in their teaching
- Demonstrates exceptional enthusiasm for clinical teaching

The award will consist of an engraved plaque and letter of recognition. The award will be presented at the Department of Psychiatry Faculty meeting.

Nominations can be submitted by any faculty member. The nomination letter must include a statement concerning the individual's contributions.

# 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 **Carrie Wipp**, postgraduate education coordinator.

Carrie has worked in the Department of Psychiatry for the past nine years, working for the first six years as the education coordinator. She has been the postgraduate coordinator for the last three years.

In her role as the postgraduate coordinator she organizes all aspects of the postgraduate education, and is the point of contact for all resident matters for the PGY 2-5. This includes arranging external elective requests. She is responsible for the administration and coordination of the program including rotation assignments, curriculum, summary reports and communications.

Carrie ensures timely completion and distribution of all evaluations through One45, resident appeals and promotions. She keeps up-to-date files for each resident, including their certificates of completion of training and verification of training.

Carrie also organizes the annual departmental orals and STACER exams for the residents, and is the organizer for the residency program



Carrie Wipp

committee and psychotherapy committee.

She can be found on the 8th

floor of the Abbie J. Lane Building in room 8206 and can be reached by email at [carrie.wipp@nshealth.ca](mailto:carrie.wipp@nshealth.ca).

# Humanities Corner

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

## humanities writing contest

The Dalhousie Department of Psychiatry is pleased to announce the results of the 2017 Student Writing Competition. In the resident category, the winner is Sarah Tulk, from McMaster University. In the medical student category, we had two winners: Ricarda Konder, a student

here at Dalhousie, and Tetyana Maniuk from the University of Ottawa. There were many excellent entries in this year's competition, and the Department of Psychiatry would like to congratulate all the contestants on their creative efforts. In this issue of Headlines, we feature an

excerpt from Sarah Tulk's winning submission, *The Edge*. To read Sarah's entire entry please visit <https://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writing-competition.html>.

### ***The Edge***

Depression is a beast who never leaves your side;  
Despite your greatest efforts, there is no place to hide.

He will catch you unsuspecting when life is going great;  
Pull you aside - a quick time out - and swiftly set you straight.

"Do you really think they like you?" he'll whisper in your ear;  
"Did you forget that you are worthless? Well Darling, listen here."

"You are stupid, you are ugly, you are a waste of space.  
You won't amount to anything - frankly, you're a disgrace."

How could I have forgotten, that I am nothing but a fraud?  
Unlikeable, unloveable and irreparably flawed?

"If you were worth anything, you would have known before;  
People would have accepted you, instead of always wanting more."

# In Memoriam: Dr. Ben Doane

BY DR. MICHAEL TEEHAN, HEAD & CHIEF, DEPARTMENT OF PSYCHIATRY

It is with great sadness I must let you know of the recent death of Dr. Benjamin Doane, whose published obituary from May 21 is below. Dr. Doane was one of my first teachers on arrival in Halifax in 1983. He was a kind and considerate senior statesman, who provided mentorship and leadership to many faculty throughout an illustrious career. His career path is recorded in the obituary, and it was an extraordinary one. His academic grounding in neuroscience combined with clinical training in medicine and psychiatry, was a potent combination. Dr. Doane was a revered teacher for postgraduate and undergraduate students, and he devoted much of his time to nurturing the skills and knowledge of those he taught.

Dr. Doane piloted the department through a very difficult period in its history. He was the first head of the department to follow in the footsteps of the founder and head for 26 years, Dr. R.O. Jones. In Dr. Patrick Flynn's history of the department, Ben described the turbulence he encountered in the years of his headship, 1975-81, with reform and redesign of the systems of care in the city. Following his headship he maintained a vigorous presence in all aspects of the department until his retirement. His contributions have been immense, and he will be fondly remembered by all those with whom he worked, and by all who benefitted from his teaching. May he rest in peace.



Dr. Benjamin Doane

***DOANE, Benjamin K. Dr.***

Our dearly loved Ben died on May 5, 2017 at home with his wife and children beside him. Born on May 9, 1928 to Benjamin Davis and Margaret Dod (Williams) Doane in Philadelphia, Ben's family originated in Barrington, N.S., from where his great-grandfather sailed on whaling ships in the early 1800s. Ben's first trip to the area was at five years of age and continued every summer, and the family ties to Nova Scotia and Barrington in particular remain strong to this day. Following graduation from Germantown Friends School in Philadelphia, he went to Princeton University where he attained his B.A. in Psychology (1950). He attended Dalhousie University for his M.A. (1952) and received his Ph.D. from McGill University in Montreal (1955). Because of his love of Nova Scotia, he became a Canadian citizen in 1957. He studied medicine at Dalhousie where he graduated with his M.D. in 1962, becoming a Psychiatrist in 1967 and then a Neuropsychiatrist. While in medical school he was nominated for and received into the prestigious Alpha Omega Alpha Honour Medical Society. Ben served as Assistant

Dean of Medicine at Dalhousie from 1973 to 1975 and Head of the Department of Psychiatry from 1975 to 1981. During his career he co-authored many academic papers and was co-editor of "The Limbic System: Functional Organization and Clinical Disorders" in 1986, and "Psychological Concepts and Dissociative Disorders" in 1994. Ben's life was not one of purely academic endeavours. His favourite hobby was bird-watching and he loved trips to Seal Island off Southwestern Nova Scotia. He was an active member of the Nova Scotia Bird Society for many years and cared very much about the environment, serving with the Nova Scotia Resources Council. Ben was also a curler and long-time member of the Halifax Curling Club. He enjoyed carpentry, building a barn and many other projects at the old family home in Barrington. He loved playing with the family dog, Bodri, spending time at Roseway, and he and Marg gave their children a wonderful home to grow up in. Ben had a witty sense of humour, writing limericks and stories, entertaining family and friends at summer gatherings, and colleagues at annual Department of Psychiatry parties. He will always be in our hearts. He was a wonderful, gentle

and caring person who will be missed by Margaret (Clarkson) his wife of 55 years; his children, Heather (Steve Kempton), and Rod (Kim); his grandchildren, Nathan Atkinson (Jessica), Thomas Atkinson (Shelley), Katie Atkinson, and Alexandra Doane; his great-grandchildren, Liam and Halle Atkinson, and Ewan Atkinson. The family would like to express their gratitude to Drs. Maryse LaLonde, Edith Baxter and Chris Mac-Knight; pharmacists Harriet MacCallum-Kenty and John Paradis; the VON nurses, Bayshore caregivers and the numerous others who were involved with Ben's care. Your compassion for Ben and his family is truly appreciated. In keeping with Ben's interest in brain function and research, his brain has been donated to the Maritime Brain Tissue Bank and so, as he did in life, he contributes to medical science after his death. At Ben's request there was a private family burial in Hillside Cemetery, Barrington. In his honour, donations can be made to the Alzheimer Society of Nova Scotia, Doctors Without Borders, or a charity of your choice. To leave an online condolence, please visit: [jasnowfuneralhome.com](http://jasnowfuneralhome.com)

# Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND ASSISTANT PROFESSOR



Water: Absolute necessity and so beautiful in every way.

## 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. 1, 2017, with the deadline for submissions to be Aug. 18, 2017.

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](mailto:Kate.Rogers@nshealth.ca). The awards committee will work with you to organize nomination materials. For further details and terms of reference for the awards please visit our website (<http://www.medicine.dal.ca/departments/department-sites/psychiatry/about/awards.html>).

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

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

Granting Body: **Dalhousie Department of Psychiatry (Sept. 30)**

- Outstanding Clinician Award

If you have any questions please contact Kate Rogers at [Kate.Rogers@nshealth.ca](mailto:Kate.Rogers@nshealth.ca) or by phone at 902-473-1677.