

HEADLINES

July 2019 / VOLUME 14/ ISSUE 4



CLASS OF 2024

NEW PGY-1 RESIDENTS BEGIN
TRAINING IN JULY



IN THIS ISSUE

FEATURES

MEET THE CLASS OF 2024 The new PGY1 residents began training on July 1. *page 4*

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On the cover: Back (L-R): Drs. Matthew McAdam, Shaheem Abid, Aditya Nidumolu, and Alex Whynot. Front (L-R): Drs. Anastasia McCarvill, Nadine Nejati, Natasa Zatezalo, and Kyle Godden.

This newsletter is published for the Department of Psychiatry at Dalhousie University.

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HEAD LINES

MESSAGE FROM THE HEAD



As another academic year winds to its end, there is much to reflect on from the past year. We welcome the arrival of **Dr. Kathleen Howell**, coming to us from her practice in Ottawa to join **Dr. Rami Rudnick** at OSINS. A warm welcome to Dr. Howell. We also have some retirements: **Dr Siobhan Bergin** will be sorely missed after many stalwart years in the department. And **Dr Patrick McGrath** retired on June 30, having shepherded the fledgling PhD program to the final stages. Our thanks for a job well done, and we wish both every happiness in the retirement.

And a warm welcome to the incoming class of residents, joining us on July 1. Their profiles are included later in this edition, and they certainly are an interesting group of young physicians with whom we look forward to working. And with each incoming class we of course have a graduating one. It was a proud evening for all of our faculty on June 7, recognizing the successful completion of training of our senior class. Several are remaining in Halifax, either for subspecialty training or joining our faculty. To all we and congratulations and best wishes for the future.

Our clinical services are experiencing pressures, especially our forensic program. In the other zones, intensive recruitment efforts are continuing, but at present they are still lacking resources. The northern zone has been particularly under stress recently, and volunteers from our department have been helping out with inpatient coverage there. This



Dr. Michael Teehan

is clearly a temporary measure, while waiting to fill available positions. Our thanks are due to **Dr. Sanjana Sridharan** for organizing a roster of staff to assist in Truro, and for playing an important role in encouraging psychiatrists in the UK to relocate to the province.

The Department of Psychiatry annual report has just been published and I recommend it to you. It once again shows the breadth and depth of our activities and records the recognition members of the department have achieved in the past year.

On the AFP negotiations front, some movement appears to be finally

happening. It has been a frustrating exercise since we began the process in November 2018. There have been many cancelled meetings, often with little advanced notice. Holding parallel negotiations with the larger issues in Master Agreement hampered efficient work, in retrospect. There is however, some momentum building in recent developments, and we are hopeful that a final offer of a contract can be put before the members of the department soon.

Finally I hope you will find time to enjoy the joys of summer which have come belatedly, but are nonetheless welcome.

ON THE COVER



On July 1, 2019 the Class of 2024 began their postgraduate training in the Department of Psychiatry. Among the eight PGY-1s are three graduates from Dalhousie Medical School, two from McMaster University, and one each from the University of Ottawa, the University of Toronto, and the University of British Columbia. The PGY-1 year differs from other postgraduate training years in that the PGY-1 residents are scheduled to rotate through many other departments. The first block of the year is designed to help them become familiar with the Department of Psychiatry while being matched with a psychiatrist mentor and attending a series of orientation sessions. Learners spend two blocks of training in psychiatry at the Saint John training site, which includes emergency and consultation/liaison rotations. They also have blocks in emergency psychiatry, general medicine, neurology, emergency medicine and family medicine. Beyond this, they are permitted two blocks of their choice. Needless to say, our new PGY-1s are in for a busy year! You'll be introduced to each one of them below.

Shaheem Abid

Where I call home: Mississauga, Ontario

Where I attended medical school: University of Ottawa

What excites me most about being a part of Dalhousie Psychiatry: I had an amazing elective experience at Dal. Halifax is a great city and everyone

I worked with and met were all very welcoming and supportive.

What I like to do outside of work: I love basketball (big Raptors fan since the Vince Carter days), exploring the city, playing board games and video games.

What I would be doing if I weren't in medicine: Probably engineering; most of my family members are engineers.

An interesting fact about me: I hated and refused to eat seafood until I was in university and sushi is now my favorite food.

Kyle Godden

Where I call home: I've lived in Ontario, Quebec, and Alberta. Although Montreal will always have a special place in my heart, I'm excited to call Nova Scotia my home now.

Where I attended medical school: McMaster University

What excites me most about being a part of Dalhousie Psychiatry: I'm thrilled to have the opportunity to train at the IWK and to work with a great group of staff and residents. I'm very interested in getting involved with community-based psychiatry services in Halifax and exploring ways to increase their accessibility and outreach. I'm also excited to get involved with teaching medical students and eventually junior residents as I progress through my training.

What I like to do outside of work: I do a lot of film photography, and love drinking coffee with pals. I also plan

to spend a lot of time hanging out at Halifax's beautiful public library!

What I would be doing if I weren't in medicine: I've worked in a lot of different fields so it's hard to say, but I've always thought it would be great to be a high school teacher.

An interesting fact about me: Big fan of ice cream

Matthew McAdam

Where I call home: Halifax, NS

Where I attended medical school: University of British Columbia

What excites me most about being a part of Dalhousie Psychiatry: The community atmosphere among colleagues and the chance to contribute to healthcare in my hometown.

What I like to do outside of work: Racket sports, basketball, hiking, meditation, socializing and language exchange.

What I would be doing if I weren't in medicine: Possibly working as a translator since it would offer opportunities for working with people and cultural exchange. Being a combined dietician/expert chef would also make for an awesome career.

An interesting fact about me: Between my undergraduate and medical degrees I spent about four years living/working/studying in Japan, Thailand and Nepal.

Anastasia McCarvill

Where I call home: I was born and

raised on PEI, but I've called Halifax my home for the past four years while attending Dalhousie Medical School.

Where I attended medical school:

Dalhousie Medical School

What excites me most about being a part of Dalhousie Psychiatry: I am thrilled to be a part of the supportive, engaged family at Dal Psychiatry and can't wait to contribute to the positive spirit of our community of residents and physicians.

What I like to do outside of work:

Outside of work I love to run, play volleyball, and create mediocre art.

What I would be doing if I weren't in medicine:

If I weren't in medicine I would probably be an entrepreneur/part time yoga teacher.

An interesting fact about me: An interesting fact about me is that I qualified for Boston Marathon 2019.

Nadine Nejati

Where I call home: Toronto, Ontario

Where I attended medical school:

University of Toronto

What excites me most about being a part of Dalhousie Psychiatry: I was drawn to Dalhousie by the friendly and welcoming environment created by the faculty and residents. It excites me to become a part of that community.

What I like to do outside of work:

singing, baking, and seeing live theatre.

What I would be doing if I weren't in medicine:

I've always thought about owning a cupcake shop.

An interesting fact about me: I'm a big coffee drinker, but it does nothing to keep me awake and never has - I

just really enjoy the taste!

Aditya Nidumolu

Where I call home: Hamilton, Ontario.

Where I attended medical school:

McMaster University.

What excites me most about being a part of Dalhousie Psychiatry: I'm excited to join a program known for its collegial culture.

What I like to do outside of work: I enjoy hiking and testing new recipes.

What I would be doing if I weren't in medicine: I would be doing research in health policy. I love learning about how health systems work and what we can do to improve them.

An interesting fact about me: I'm utterly obsessed with (emperor) penguins. Ask me why they are such a great animal.

Alex Whynot

Where I call home: "Main Street of the South Shore" (Bridgewater, Nova Scotia).

Where I attended medical school:

Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: I'm most excited about being part of the tight knit medical community here in Nova Scotia. I was drawn to Dalhousie Psychiatry's welcoming and engaging community of mental health workers (doctors, nurses, social workers, etc.) and the diversity of passions and interests within this community.

What I like to do outside of work: I love outdoor adventure and spend most of my time hiking, camping, and mountaineering. In the summer months I windsurf. I also enjoy music and play keyboard for our roommate

band. I am community-minded and love checking out local events. Currently I am hooked on chess.com and the Toronto Raptors.

What I would be doing if I weren't in medicine:

Either social work or working locally with a social enterprise. I have always dreamed of a career working both one-on-one with individuals, but also within a community.

An interesting fact about me: I am an uncle to two really cool twin boys.

Natasa Zatezalo

Where I call home: Halifax, Nova Scotia

Where I attended medical school:

Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry:

My experience during clerkship greatly influenced my choice to join the program. In addition to being exposed to a wide variety of patient experiences, I had the opportunity to work with amazing residents and staff in a supportive and positive environment. I look forward to learning all I can over the next five years!

What I like to do outside of work: I like to keep active as much as I can, and take any opportunity to experience the beautiful Nova Scotian outdoors. When I have some down time, I like to relax by painting or spending quality time with family and friends.

What I would be doing if I weren't in medicine: I'd be a high school science teacher.

An interesting fact about me: I collect antique magazines.

RESEARCH REPORT



Department of Psychiatry Research Day 2019

This year's event is scheduled for Monday, Nov. 8 at the Atlantica Hotel, Halifax. Now in its 29th year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities.

This year's keynote speaker is Dr. Glenn Waller, a chartered psychologist

and head of the Department of Psychology at the University of Sheffield, who will be speaking on the topic of therapist drift.

Dr. Waller's areas of interest include the cognitive processes that underlie and maintain eating disorders, the treatment of eating disorders with a focus on cognitive-behavioural approaches, and the translation of evidence-based approaches into clinical settings. He obtained his PhD

at Oxford University and joined the University of Sheffield in 2012. Dr. Waller is a fellow and former president (2014-2015) of the Academy of Eating Disorders, a founding member of the Eating Disorders Research Society, and Chair of the Scientific Committee for the British Association of Behavioural and Cognitive Psychotherapy.

EDUCATION REPORT



UNDERGRADUATE EDUCATION NEWS

Clerks' Choice Award

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. Madeline Ferracuti** (PGY-3) for being the 2018/19 Clerks' Choice award winner. Our residents received 63 nominations 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 themes: enthusiastic, approachable, kind, supportive teachers who actively involve clerks and provide constructive feedback to facilitate their learning. Thank you to our residents for providing such a positive experience to our medical students.

Psychiatry Interest Group

The Psychiatry Student Interest Group recently hosted a well-attended evening Q & A and panel discussion between faculty and students around the current state of practice in psychiatry regarding ECT and marijuana.

Recruitment

2019/20 tutor recruitment continues for neuroscience, metabolism, host defence, professional competencies 2, Med 1, 2, and 4 OSCEs, and PIER sessions. Please contact **Kelly Hancock** at Kelly.Hancock@nshealth.ca if you are interested in tutoring one of these units.

POSTGRADUATE EDUCATION NEWS

Graduation exercises

The department hosted the 2019 graduation exercises on June 7 at The Prince George Hotel. Congratulations to the PGY-5 Class of 2019: **Drs. Omar Alwatban, Jill Boyd, Josh Green, Vhari James, Kerry Murray, Justin Paradis, Josh Smalley, and Olga Yaschuck**. Congratulations also to **Dr. Ian MacKay** for completing his geriatric subspecialty training.

Award presentations at the graduation were made to:

Teacher of the Year: **Dr. Sonia Chehil**

Above and Beyond (Residents' Choice): **Christine Green, RN** at IWK and AJLB

PGY5 Excellence Award: **Dr. Jennifer Ojiegbe**

Dr. Herbert Orlik Child & Adolescent Psychiatry Resident Award PGY3: **Dr. Chelcie Soroka**

Geriatric Psychiatry Resident Award: **Dr. Laura Downing**

Clerks' Choice Award: **Dr. Madeline Ferracuti**

Alexander H. Leighton Resident of the Year: **Dr. Ali Manning**

Horizon Health Network SJ Zone PGY1: **Dr. Kate Stymiest**

Dr. Charles J. David Prize in Psychiatry PGY2: **Dr. Amy Gough**

Dr. W.O. McCormick Award: **Drs. Ian MacKay and Kathleen Singh**

Loonie Awards: **Drs. Katie Radchuck and Ali Manning**

Dr. Robert & Stella Weil Fund in Psychiatry: **Dr. Nadia Hassanali**

CONTINUING PROFESSIONAL DEVELOPMENT NEWS

XXX W.O. McCormick Academic Day (WOMAD) Conference

Held at the Westin Nova Scotian Hotel on May 10, this year's Academic Day on the theme "Do we have your attention?: ADHD and more..." was another highly successful conference with 211 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 5.75 credit hours for MAINPRO+ 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



Plenary speaker Dr. Gail Eskes presents during Academic Day.

Certification activity.

The chair, **Dr. Lara Hazelton**, began the day providing a short introductory

presentation titled "Why does this matter now?" aimed to introduce and familiarize issues that were routinely

spoken about throughout the day.

The plenary speakers included **Dr. Gail Eskes**, presenting on “Paying attention to attention”; Dr. Carlin Miller on the “Psychological approaches to understanding and managing ADHD”; and Dr. Blanca Bolea-Alamanac on “Pharmacological treatment of ADHD adults with comorbidities.”

Attendees went to two of four concurrent sessions presented by **Dr. Joseph Sadek**, **Dr. Risk Kronfli**, **Dr. Sonia Chehil**, and Neera Datta and Bonnie Waugh. The day concluded with a speaker’s panel facilitated by **Dr. Kathy Black** and **Dr. Lukas Propper**.

Slides made available by permission from the speakers are available on our website: <https://medicine.dal.ca/departments/department-sites/psychiatry/education/continuing-professional-development/w-o-mccormick-academic-day.html>

The evaluations submitted by

participants were very positive and planning is already underway for the 2020 WOMAD Conference to be held in the spring.

University Rounds

May 15, 2019

Dr. Kevin Gray from the University of South Carolina was scheduled to present on the topic “Youth Cannabis Use: What Do we Know and What Should We Do?” but was not able to make it due to flight troubles. He has been rescheduled to present in November 2019.

June 5, 2019

Dr. Nancy McWilliams was the R.O. Jones Memorial Lecturer. She presented on the topic “Rethinking Madness: An Argument for a Dimensional View of Psychosis” in both Halifax for the department, and then again in St. John’s, Newfoundland, at the Atlantic Provinces Psychiatric Association conference on June 7.

The 2018 – 2019 Clinical Academic/ University Rounds schedule concluded for the year with lively competition during Neuroscience Jeopardy facilitated by residents **Dr. Omar Alwatban** (PGY-5), **Dr. Melissa Lahti** (PGY-4), and **Dr. Nadia Hassanali** (PGY-4). Thank you to former facilitators, **Dr. Jacob Coockey**, **Dr. Celia Robichaud**, and **Dr. David Lovas** for facilitating for the last number of years.

Thank you to everyone who continues to participate in weekly rounds. We will be taking a break from hosting rounds and will be preparing for next year. Work will be done over the summer to improve the equipment functioning in the rounds host room, 4074, AJLB. Rounds will resume on September 18 for a presentation by clinical psychologist Lori Haskell on trauma informed care. The schedule can be found on our rounds information webpage (<https://medicine.dal.ca/departments/department-sites/psychiatry/education/continuing-professional-development/psychiatry-rounds-information.html>) and weekly details will continue to be on <https://dalpsychiatry.ca/static/twip>.



Rounds speaker Dr. Nancy McWilliams.

MEET AN EDUCATOR: DR. SHANNON MACDONALD

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Shannon MacDonald**, assistant professor and psychiatrist in the Department of Psychiatry. If you are interested in being profiled in an upcoming publication, please contact Kate Rogers at Kate.Rogers@nshealth.ca.

My current education/teaching

interests: My current interests are in core general psychiatry education at both the undergraduate and postgraduate levels, including the topic of Transgender Health.

My preferred method of teaching or curriculum delivery:

I have been fortunate to be involved in many different education opportunities over the years. I have always found it really exciting when invited to present collaboratively with other physician specialists and/or health care providers. For example recently I participated in a grand rounds for the department of Urology about transgender health. For that presentation I worked with family physicians, an endocrinologist and surgeons and somehow everything came together at the last minute very well. I was impressed with my learned co-presenters and as well with the enthusiasm the physicians in the audience had for the topic and their respect for diversity. Overall, considering both the elation and relief I feel after a large presentation, I think being a natural introvert, my real preference is bedside teaching, the classic interaction which happens around clinical encounters with patients, clinicians and learners together. It is never exactly predictable what might come up in such sessions and it is not always what one was planning to teach that actually gets taught!



Dr. Shannon MacDonald

A typical “Day in my work life”:

I am currently working in Dartmouth Community Mental Health and the work day is actually quite typical of an outpatient practice. Lectures and other forms of learning are sprinkled throughout my schedule. Some days it is hard to recall where I am supposed to start the day, but thankfully the administrative assistants are always a phone call away to keep me on track.

The most satisfying and frustrating aspects of doing academic work:

I am very pleased to be working in a multidisciplinary environment with many clinicians of different

backgrounds and varied vintage. I think we have a great rapport in our clinic and learning from the experience and perspectives of the other clinicians has been enriching. As a large academic clinic we have psychiatry residents at all times and it has been one of the most satisfying parts of my position to be involved in supervising these individuals. I am always kept humble and generating learning issues for myself through these interactions.

I am also grateful to be in an academic department where I have education resources available to me

for projects. Currently I am excited about how technology may be used in medical education effectively. I have completed a module with Mandy Eslinger, the evaluation specialist in the department, for online learning with medical students, which has been well received by the students. The module involved videotaping an interview which would not have happened without the audiovisual department at Dal and the help of the simulated patient program. It has been interesting gathering feedback on that module including finding that learners still preferred a short live teaching session after completing the online

material, even if they have essentially no major questions. It seems there is still some value in the face-to-face human interaction when solidifying new knowledge.

The biggest frustration I have is that I have not figured out how to integrate research into a predominantly clinical schedule. I am good at generating questions, however figuring out a plan of action and resources to actually investigate a question is the challenge.

My education/academic mentor:

There have been many people who have helped and inspired me: Dr.

Cheryl Murphy, Mandy Eslinger, Drs. Mark Bosma, Sherry James, Sue Zinck, Margaret Rajda, Andrew Harris to name a few, and last but not least, Dr. Curt Peters.

My second career choice: Well technically pharmacy was my first career, so medicine was my second career choice. Now at times I find myself thinking about selling pots. Pots – not pot, think Le Creuset, which I really love to cook with. Being a Preschool teacher also comes to mind frequently as I love spending time with young children.

FACULTY DEVELOPMENT

Faculty Development Opportunities

Dalhousie Continuing Professional Development

Teaching and Assessing Critical Thinking (TACT) Phase 2 (online)

The second part of the TACT course begins at the end of September.

TACT 2 | Sept. 30 – Nov. 19, 2019

Registration fee: \$100

For more information or to register please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/TACT.html>

Please note: completion of TACT Phase 1 is required for registration in Phase 2.

SAVE the DATE | 5th Annual Medical Education Institute

It's All About Communication

The event takes place at Fox Harb'r Resort Oct. 25, 2019

Objectives: By the end of day, participants will be able to:

- Identify key elements of effective communication skills
- Develop strategies to demonstrate and implement these skills within teaching opportunities

No fee to attend. For more information or to register please visit <https://registration.cpd.dal.ca/Registration/Welcome.aspx?e=6D83B270F9598A17723EB81E268DCA73>.

Tutor Skills Development Program

Are you new to tutoring in the UGME curriculum and looking for resources to support you in your role? Faculty Development offers an online module to introduce you to managing small group learning as well as twice a year tutor practice sessions with simulated tutorial groups. The online module is available anytime, the practice sessions are offered late summer and fall (based on interest).

For more info or to be given access to the module contact FacDev@Dal.Ca.

For more information on Faculty Development and their programs, email them at facdev@dal.ca.

MED-ED MINUTE

A recent addition to *Headlines*, the “Med Ed Minute” will introduce scholarly snippets to consider in your teaching practice.

Tips for engaging your learners

Ever wonder how best to engage your learners? Whether on-service or in the classroom, knowing a bit about how we as adults learn (“andragogy”), can help. The five assumptions of adult learning¹ indicate adult learners:

1. Are independent and self-directing
2. Are influenced by prior experience
3. Need relevant learning that integrates in everyday life
4. Need a practical, immediate, problem centered approach
5. Are motivated by an internal drive to learn.

How can these assumptions be applied in practice to help engage your learners? Regardless of the type of teaching you are planning (lecture, tutorials, clinical, etc.), the following tips can help increase learner engagement:

- Build on the learner’s prior knowledge² (perhaps from pre-clerkship or junior residency)
- Base the content on relevant, clinical scenarios^{1,3} (such as clinical cases your learners will experience at their level of training)
- Deliver the teaching in a way that promotes the learner’s application of knowledge and comprehension⁴ (e.g. simulation, role playing, clinical cases, etc.)
- Incorporate interactivity⁵ and participative elements⁶ (e.g. simulation, role playing, clinical cases, etc.) to foster active learning (instructional method that engages students in the learning process).

By incorporating these tips into your teaching, your role will naturally transition from lecturer to facilitator.⁷ The domino effect: your learners will transition from receiving to applying the newly learned knowledge. This in turn, engages your learners and facilitates their deeper learning.

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EDUCATION KUDOS CORNER

Kudos Corner

We are recognizing those members of the department who are engaging in continuing learning through faculty development activities, those who have shown a keen interest in teaching, and those that have excelled in education in some way.

A big thank you to **Dr. Sabina Abidi** and **Dr. Sameh Hassan** who participated in a special topic panel discussion organized by the Psychiatry Interest Group on ECT and Marijuana.

We would like to thank our many faculty and residents for the time they devote towards teaching throughout this academic year. For this issue, we'd like to focus on the PIERs – a set of experiences designed to prepare students for their clerkship rotations – and the Sexuality unit.

PIER 1: Integrated Clinical Experience

Dr. Heather Milliken

PIER 1: Self-Directed Learning Review

Dr. Justin Paradis

PIER 1 Breaking Bad News AM

Dr. Katharine Black

PIER 1 Critical Thinking Workshop

Dr. Angela Wang

Dr. David Lovas

PIER 2 Assessing Capacity Workshop
AM

Dr Mark Bosma

Dr. Cheryl Murphy

Dr. Terry Chisholm

Dr. Ian MacKay

PIER 2 On-Call Bootcamp AM

Dr. Joseph Sadek

PIER 2 On-Call Bootcamp PM

Dr. Madeline Ferracuti

PIER 2 Student Led Clinical Case
Review

Dr. Chelcie Soroka

Dr. Sanjana Sridharan

Dr. Joshua Smalley

PIER 3 Integrated Clinical Experience
Case 5

Dr. Justin Paradis

PIER 3 Integrated Clinical Experience
Case 6

Dr. Lara Hazelton

PIER 3 Critical Thinking Workshop

Dr. Scott Theriault

Dr. Katharine Black

Sexuality Component Head

Dr. Suzanne Zinck

Sexuality - Taking a sexual history

Dr. Suzanne Zinck

Dr. Deborah Parker

Dr. Jose Mejia

Dr. Selene Etches

Postgraduate Exams

Annual Clinical Orals

Dr. Aaron Keshen

Dr. Alice Aylott

Dr. Shannon MacDonald

Dr. Scott Theriault

Dr. Kristen Holm

Dr. Sreenivasa Bhaskara

Dr. Mirosław Bilski

Dr. Tanya Tulipan

Dr. Lara Hazelton

Dr. Jacob Cookey

Dr. Deborah Parker

Dr. Kim White

Dr. Sabina Abidi

Dr. Curt Peters

Dr. Grainne Neilson

STACERS

Dr. Selene Etches

Dr. Lukas Propper

Dr. Ezio Dini

Dr. Mirosław Bilski

Dr. Suzanne Zinck

Dr. Katharine Black

Dr. Lara Hazelton

Dr. Margaret Rajda

Dr. Alexa Bagnell

Dr. Cheryl Murphy

Dr. Sreenivasa Bhaskara

Dr. Scott Theriault

Dr. Lourdes Soto-Moreno

Dr. Deborah Parker

Dr. David Lovas

Dr. Shannon MacDonald

Dr. Kim White

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Dr. Alice Aylott

Dr. Sabina Abidi

Dr. Ezio Dini

Dr. Sanjana Sridharan

Dr. Mirka Kolajova

Dr. Tanya Tulipan

Dr. Aaron Keshen

Dr. Grainne Neilson

Dr. Meagan MacNeil

Dr. Alice Aylott

Dr. Terry Chisholm

Dr. David Lovas

CHILD & ADOLESCENT PSYCHIATRY REPORT

Awards and Recognitions

Doctors Nova Scotia Achievement Awards

On June 8 three child and adolescent psychiatrists in the department received awards from Doctors Nova Scotia. As mentioned in the March issue of *Headlines*, **Dr. Herb Orlik** was the recipient of the Senior Membership Award; **Dr. Stan Kutcher**, the Distinguished Service Award; and **Dr. Suzanne Zinck**, the Dr. William Grigor Award. The awards were presented by their nominators: **Dr. Sabina Abidi**, **Dr. Michael Teehan**, and **Dr. Alexa Bagnell**, respectively at the annual Doctors Nova Scotia awards ceremony.



Doctors Nova Scotia award winners (L-R) Drs. Herb Orlik, Suzanne Zinck, and Stan Kutcher.

2019 Dr. Herb Orlik Award in Child & Adolescent Psychiatry

The division would like to extend sincere congratulations to **Dr. Chelcie Soroka**, this year's recipient of the Dr. Herb Orlik Award in Child and Adolescent Psychiatry. Dr. Soroka was commended on her keen interest, strong focus, thoughtfulness with patients and families, as well as her well-organized and comprehensive interviews. Congratulations Dr. Soroka!



Department of Psychiatry faculty and staff at the 12th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference.

12th Annual Atlantic Provinces Child & Adolescent Psychiatry Conference

The 12th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference took place May 31 – June 2 at White Point Beach Resort. This year's conference was very well attended by over 35

child and adolescent psychiatrists, pediatricians, psychologists and residents from across the Maritime Provinces. The theme of this

year's conference was Complex Co-morbidities & Confounding Factors, focusing on complex case presentations.

We were fortunate to have many talented and engaging presenters including **Drs. Chelcie Soroka, Alexa Bagnell, Alexandra Manning, Jim Chandler, Nadine Halawa, Jonathan Brake, Sue Zinck, Selene Etches,** Drew Yamada, **Sabina Abidi,** and **Normand Carrey.**

Highlights of the event included an annual rousing game of “Jeopardy” that brings out the competitive spirit of all involved and an evening of lobster dinner and dancing.

Lean Work

The Division of Child and Adolescent Psychiatry recently held a one-and-a-half-day psychiatry value stream event. This is the first event of its kind that focuses on efficiencies of

a physician group. The event was well attended, encouraged thought provoking discussions and ideas, and by the end of the event there was a clear map of next steps. Stay tuned for more information as projects get under way.

Faculty Professional Development Retreat

The Division of Child and Adolescent Psychiatry held a professional development retreat which was attended by child and adolescent psychiatrists across Nova Scotia. **Dr. Nadine Halawa,** clinical pharmacy specialist, presented on psychotropic drug interactions. **Drs. Sabina Abidi** and **Mark Bosma** also conducted STACER recertification training for child and adolescent psychiatrists.

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT



Malta training

In May, **Dr. Stan Kutcher** traveled to Malta to lead training for a group of teachers, child psychologists and counsellors on how to increase mental health literacy. The training, made possible by the initiative of the Maltese Association of Psychiatry, was to bring together a collaboration of health and education authorities with the goal of mandating mental health literacy in the school curriculum.

Given the success of *the Guide* adaptation in other countries, Maltese



Dr. Stan Kutcher with the training team in Malta.

officials are hopeful they will begin to see similar results.

International Mental Health Literacy Training To Be Held in Halifax

This summer, the Chair will hold a three-day core trainer session on the *Mental Health and High School Curriculum Guide* and the *Go-To Educator training*. The team is pleased to welcome participants from Nova Scotia and Prince Edward Island, in addition to international guests from the United States, Brazil, Sri Lanka, India, Kenya, Ireland and Germany. The sessions will be led by Interim Chair, **Dr. Yifeng Wei**, Andrew Baxter of Alberta Health Services and Dave MacKenzie, president of the BC School Counsellor's Association. The three days will be followed by the 7th Mental Health Academy, held at the Spatz Theatre in Citadel High School. This year's program will open with two keynotes on wellness. The first from Dr. Stan Kutcher and the second from Leysa Cerswell Kielburger of

the WE Well-Being Organization based in Toronto. Over 200 educators, clinicians, guidance counsellors, administrators and professionals working with youth are expected to attend. Registration remains open until July 8: <https://www.mentalhealthacademy.ca/>.

Awards and Recognition

Dr. Kutcher was the recipient of an honorary degree from St. Francis Xavier University. The degree was presented at the spring convocation and honoured Dr. Kutcher's work in helping manage major mental illnesses in youth. More than 900 degrees were handed out at the ceremony and Dr. Kutcher was able to get up and speak in front of the grads and offer wise words for their future success. In a press release he said, "I am humbled by it, to receive this honorary degree from StFX, an institution that has forged its reputation on the call to serve others."



Dr. Kutcher receiving his honorary degree from StFX.



NEWS FROM THE DEPARTMENT

A Toronto businessperson and his family make a \$250,000 pledge to Dalhousie Medical Research Foundation and Dr. Rudolf Uher's work

A recent donation to the Dalhousie Medical Research Foundation (DMRF) will support **Dr. Rudolf Uher** and his Families Overcoming Risks and Building Opportunities for Well-Being (FORBOW) program. Toronto businessperson Mr. J. Gregory Sutton and his family have pledged \$250,000 to fund severe mental health research over the next five years. Specifically, the money will fund the Sutton Family Research Assistant in Mental Health Innovation, along with stipends for the 125 patients in Dr. Uher's study.

FORBOW aims to prevent severe mental illness by working in two steps: First, identify who is at risk. Second, intervene at the right time and give people the tools they need to stay healthy. It is the only program in the world that works with youth as young as nine years to prevent the full range of severe mental illness.

Dr. Kerry Ann Murray featured in The Muse magazine

Recent graduate **Dr. Kerry Ann Murray** was featured in the Spring 2019 issue of *The Muse*, a medical humanities-based initiative produced



Dr. Rudolf Uher speaks at the recognition event on June 5.

Mr. Sutton, the president and CEO of Sutton Special Risk, a premier provider of specialized insurance products based out of Toronto, felt the FORBOW project resonated with him from the moment he learned about it. "The potential of early intervention and the preventing of mental illness in our children and young people is truly exciting and could have a tremendously positive impact here

by McMaster University. The purpose of The Muse is to raise awareness in the medical humanities, by providing an interdisciplinary platform for sharing stories of sickness and healing, and to further promote empathy in healthcare. Dr. Murray's interview discusses her training

and around the world. I look forward to supporting the Dalhousie Medical Research Foundation for many years to come."

The funds were formally announced at an event on June 5 recognizing the Sutton family's contribution. To learn more about DMRF and the work they do please visit <https://dmrf.ca/>. For information on FORBOW please visit <http://www.forbow.org/>.

and the relationship she developed with poetry through her residency. You can read the full interview by visiting https://issuu.com/themuse_magazine/docs/the_muse_issue_9. Dr. Murray's interview begins on page 17.

Introducing SKIP!

Solutions for Kids in Pain (SKIP) is a new Networks of Centres of Excellence (NCE) knowledge mobilization network based at Dalhousie University aimed at improving children's pain management in Canada and around the world. SKIP has welcomed more than 100 Canadian and international partners working together to put evidence-based solutions to child pain into practice.

SKIP has three main hospital hubs: the IWK Health Centre, the Hospital for Sick Children (SickKids) (Toronto), and Stollery Children's Hospital (Edmonton), and a 4th hub at Children's Health Care Canada (Ottawa). **Dr. Christine Chambers** and Doug Maynard (Children's Healthcare Canada) are co-leads. Dr. Chambers has a cross-appointment in the Department of Psychiatry.

Better Nights, Better Days for Children with Neurodevelopmental Disorders (BNBD-NDD) National Research Study

Led by **Drs. Penny Corkum** (Dalhousie University) and Shelly Weiss (University of Toronto) and supported by the Kids Brain Health Network, the Better Nights, Better Days for Children with Neurodevelopmental

Managing pain in kids is not just a nice thing to do. We know now from decades of research that poorly managed pain, especially early in life, has a negative impact on children's brains and bodies. They are at risk of experiencing more pain as adults, avoiding necessary health care like vaccinations, and developing more complex problems with pain, mental health, and addiction. When evidence-based methods aren't used, the risks go up.

Canada is a world leader in research about children's pain and there are many evidence-based solutions. There are simple, easy, and cost effective things patients, parents, caregivers, and health professionals can do to help children have less pain — IF they knew about them. The goal of SKIP is to get that information out there.

Disorders (BNBD-NDD) research study is now recruiting parents of children 4-10 years old with ADHD, Autism Spectrum Disorder, Cerebral Palsy, or Fetal Alcohol Spectrum Disorder and insomnia across Canada to evaluate the BNBD-NDD transdiagnostic eHealth program.

Interested families can visit www.ndd.betternightsbetterdays.ca for more information and sign up to participate.

In order to spread the message that #ItDoesntHaveToHurt and make lives better for kids, SKIP needs YOU to join the Network!

Visit www.kidsinpain.ca to join Canada's newest knowledge mobilization network and you can follow us on social media at @kidsinpain using the hashtag #ItDoesntHaveToHurt.



Better Nights, Better Days for Children with Neurodevelopmental Disorders

~90% of children with Neurodevelopmental Disorders experience Insomnia

Insomnia is categorized by:

- Restless bedtime
- Frustrating falling asleep
- Night awakenings
- Waking too early in the morning

Sound familiar? Consider participating in our study!

Even a little sleep loss can lead to big problems. It can make it harder for your child to:

- control their behaviour
- be physically active
- control their emotions
- make healthy eating choices
- play safely
- learn

Better Nights, Better Days for Children with Neurodevelopmental Disorders

An online program that provides accessible, evidence-based treatment tailored for children ages 4-10 years old with Attention Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Fetal Alcohol Spectrum Disorder (FASD)

- Distance Treatment Program**
The online program is fully accessible from computers, laptops, tablets, smartphones
- Support from Start to Finish**
Built-in support and program tools will guide and motivate you as you complete the program
- Save Time and Money**
All information and materials are provided online - no need to travel to appointments!
- Empower Parents**
The program is designed to empower you to improve your child's sleep on your own. You can rest assured that the information and support you require is at your fingertips.
- The Latest Research**
Using evidence-based research and best clinical practice, the program has been developed by a team of leading health experts across Canada
- Transdiagnostic Approach**
Specifically developed to meet the unique needs of children with ADHD, ASD, CP and FASD

bnbd-ndd@dal.ca
www.ndd.betternightsbetterdays.ca

Contact Us!

Logos for NSERC, IWK, SickKids, University of Toronto, University of Alberta, University of British Columbia, University of Manitoba, and McGill University.

AWARDS & HONOURS

Dr. Jacob Coockey receives Dalhousie Early Career Award

Dr. Jacob Coockey is the recipient of the 2019 Faculty of Medicine Early Career Award for Excellence in Clinical Practice. This award recognizes a physician faculty member who serves as exemplary role model in delivering patient care of exceptionally high quality. Dr. Coockey's clinical work has been largely dedicated to serving the local community of Dartmouth/ Cole Harbour as one of the outpatient psychiatrists at the Cole Harbour Community Mental Health Clinic. He has worked tirelessly to improve the quality of care in community mental health, through both his work with Canadian Depression Research & Intervention Network (CDRIN), as well as the Nova Scotia Brotherhood Initiative (NSBI), a program supporting African Nova Scotian men in accessing health care in the community to improve overall health and well-being. Dr. Coockey



Dr. David Anderson (left), Dean of Medicine at Dalhousie, presents Dr. Jacob Coockey with his award.

excels at collaborative medicine and has a strong desire to provide optimal patient care. He consistently demonstrates professionalism, hard work and dedication to improving

the lives of those living with mental illness. Dr. Coockey received his award at the Faculty of Medicine's Annual Faculty Meeting on June 11.

Dr. Suzanne Zinck wins diversity award

The department would like to congratulate **Dr. Suzanne Zinck**, the recipient of the 2019 Dalhousie Award for Excellence in Diversity. Dr. Zinck was recognized for her outstanding contributions to treatment and education in the area of gender

identity and sexuality since 2006. Dr. Zinck is a founding member of the IWK Trans Health team, which since 2006 has served over 700 gender-diverse youth and their families. In 2018, Dr. Zinck passed, in its inaugural year, the certification exam of World Professional Association for Transgender Health (WPATH). In

the spring of 2018 she was program chair for the first annual Trans Health Symposium, which trained child and youth clinicians throughout the Maritimes in standards of care for transgender youth and families. Dr. Zinck was presented with her award during the Dalhousie Legacy Awards celebration in June.

Dr. Amy Bombay receives President's Award for the Advancement of Equity, Diversity and Inclusiveness

Dr. Amy Bombay is the recipient of the 2019 President's Award for the Advancement of Equity, Diversity and Inclusiveness (EDI). This award recognizes outstanding efforts of individuals or groups in advancing equity, diversity and inclusiveness at Dalhousie. Dr. Bombay's explorations of the intergenerational transmission

of trauma associated with the residential school system has received significant media attention, and has contributed to educating audiences from diverse backgrounds about the long-term effects of colonization. In 2014, she served as an expert witness in the Human Rights Tribunal against the federal government for underfunding child welfare services for First Nations children on-reserve. In the 2015 Tribunal decision, her research was recognized as playing

a significant role in the ruling, which tasked the Canadian government with changing their child welfare policies, something she admits she is particularly proud of. She is a committed teacher, both of students and for the community, and works tirelessly to improve teaching and research about equity, diversity and inclusiveness in psychiatry and in the Indigenous community.

STAFF & FACULTY CHANGES

Arrivals:

Dr. Joshua Green has joined the department as an assistant professor, effective July 1, 2019. Dr. Green will be working at Connections Halifax and can be reached at Josh.green@nshealth.ca or by phone at 902-473-7114.

Dr. Kathleen Howell has joined the department as an assistant professor, effective June 17, 2019. Dr. Howell will be working out of the OSI clinic in Dartmouth and can be reached at Kathleen.howell@nshealth.ca or by phone at 902-460-6225.

Dr. Justin Paradis has joined the department as an assistant professor, effective July 1, 2019. Dr. Paradis will be working on 7 Lane in acute care, and also at Connections Dartmouth. He can be reached at Justin.paradis@nshealth.ca or by phone at 902-473-2488.

Departures:

Dr. Patrick McGrath has retired from the department, effective June 30, 2019. Dr. McGrath will be given professor emeritus status as of July 1, 2019.

Dr. Siobhan Bergin has retired from the department, effective June 30, 2019.

RESIDENTS' CORNER

Kudos from the residents

Kudos to **Dr. Cinera States** for stepping in to cover a truly last-minute call coverage this past April. Cinera made it in on Saturday afternoon to cover a 24 hour call shift. Thank you Cinera!

A shout-out also to **Dr. Josh Green**, who took a call shift with only a couple hours notice, despite having a full clinic day booked the next day.

The residents would like to congratulate Christine Green, who was presented with the 2018-2019

Above and Beyond award. This award is given by the residents to recognize one of their interdisciplinary team members who goes above and beyond to enhance residents experience and contribute to their learning. Christine Green works with residents both in child and adolescent psychiatry and adult psychiatry. She is considered an asset to the residents with one resident explaining that the hospital could be burning to the ground, but if you're on with Christine you know everything will be alright. **Drs. Ali Manning** and **Chelcie Soroka**

presented Christine with her award on the Garron Centre as unfortunately, Christine was unable to attend the awards dinner. Thank you Christine for all you do!

Kudos to **Dr. Patricia Celan** who was the recipient of the department's Humanities Writing Contest in the resident category. You can read Patricia's winning entry at <https://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writing-competition.html>.

HUMANITIES CORNER

Dr. Abraham Rudnick releases psychiatry podcast with residents at U of T

There is now another way to learn from experts in psychiatry. Our own

Dr. Abraham Rudnick was part of "PsychEd: educational psychiatry podcast," released in late May.

Within a week it had nearly 1800 downloads and a 4.8/5 star review.

The episode is part of a podcast series created and produced by psychiatry residents at the University of Toronto and aimed at medical students and residents. Listeners will learn

about fundamental, as well as more advanced topics in psychiatry through the resident team's exploration of these topics with world-class psychiatrists at U of T and abroad. You can download Dr. Rudnick's episode, along with others by visiting <https://podcasts.apple.com/ca/podcast/psyched-educational-psychiatry-podcast/id1215646896>.

PHOTO FEATURE



Signs of summer. (Photo by Dr. Malgorzata Rajda).

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, 2019, with the deadline for submissions to be Aug. 16, 2019.

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