

headlines

news from the department of psychiatry at dalhousie university

FEATURE

CIHR FUNDING SUCCESS



(L-R) Drs. Sherry Stewart, Phil Tibbo, and Rudolf Uher.

Drs. Phil Tibbo, Sherry Stewart and Rudolf Uher receive CIHR grants

Three clinician-researchers from the Department of Psychiatry are receiving more than \$2.4 million in funding from the Government of Canada to support their innovative projects.

Twice a year, the Canadian Institute of Health Research (CIHR) awards grants to individuals and groups across the country. The fall 2017 competition approved 512 research grants and 33 bridge grants, for a total of approximately \$372 million in funding. Researchers in Nova Scotia submitted 94 applications for funding. Only 12 of those were approved. **Dr.**

Phil Tibbo, the Dr. Paul Janssen Chair in Psychotic Disorders and a researcher in the department, was successful in receiving one of those grants and is the principal investigator on his project. He is one of only three grants received by researchers from the Nova Scotia Health Authority. **Dr. Sherry Stewart** and **Dr. Rudolf Uher**, two other researchers in the department, were also successful in receiving grants as co-investigator on grants with principal investigators outside the province.

Preparing a CIHR application is often a lengthy process, one researchers in the department are all too familiar with. It's a process that often ends in disappointment, as fewer and fewer

projects receive funding, or receive far less funding than was requested. Dr. Tibbo is no stranger to the disappointment, but having been through the process many times, is able to look at it pragmatically. "I always advise new researchers to not take grant results/reviews personally," he says. "It's a sad part of research, especially mental health research, that there are not enough dollars to fund excellent projects." For this particular CIHR grant, he and his team submitted it during the last round and it wasn't successful. They made a few changes and it was ranked second out of 54 reviewed grants in its group this round. "Perseverance is key in the area of work," he says.

Dr. Tibbo's project, *Cannabis effects on*

continued on page 4



DALHOUSIE UNIVERSITY

FACULTY OF MEDICINE
Department of Psychiatry

IN THIS ISSUE

- 1** CIHR FUNDING SUCCESS
- 3** MESSAGE FROM THE HEAD
- 5** EDUCATION REPORT
- 8** CHILD & ADOLESCENT PSYCHIATRY REPORT
- 10** SUN LIFE CHAIR IN ADOLESCENT MENTAL HEALTH REPORT
- 11** NEWS AND ANNOUNCEMENTS
- 13** FEATURE
- 14** IN MEMORIAM: DR ALEC HIPWELL
- 15** PHOTO FEATURE

This newsletter is published for the Department of Psychiatry at Dalhousie University.
5909 Veterans' Memorial Lane,
8th Floor, Abbie J. Lane Building
Halifax, NS B3H 2E2

Editor: Dr. Aidan Stokes

Compilation, Layout, and Design:
Kate Rogers

Submissions should be sent to:
Kate.Rogers@nshealth.ca

MESSAGE FROM THE HEAD

In a sad opening note, I want to record the recent loss of **Dr. Alec Hipwell** after a lengthy period of illness. There is a tribute to Dr. Hipwell on page 14. Many members have contacted me to express their sadness at Alec's death. At his own request, his funeral was a private, family one.

The winter months have continued to be very busy clinically and academically. Our core clinical services continue to operate at full capacity. In the other zones there continues to be a severe shortage of psychiatrists, though concerted efforts are being made to recruit. We are planning to use telehealth to try to alleviate some of the burden on our colleagues, beginning in April.

Congratulations to **Dr. Pamela Forsythe**, who has been appointed interim head of the Department of Psychiatry in Saint John, New Brunswick. The appointment is interim while a survey and search begins to replace Dr. Kehinde Aladetoyinbo. We are grateful for the leadership he provided during his tenure, and wish Dr. Forsythe every success as she assume this vital role.

Other leadership changes that are imminent include the appointment of Samantha Hodder, director MHA services in Eastern Zone to the post of senior director, MHA for NSHA. She will be replacing Dr. Linda Courey, who has served in that role since the formation of the health authority in 2015.

An announcement can also be expected shortly on the appointment of the associate dean of research in the Faculty of Medicine. I have been part of the selection process over the past six months, and expect the announcement of the successful candidate shortly.

We salute the clinicians and scientists in our department who were successful



Dr. Michael Teehan

in the recent round of CIHR funding. This remains a highly competitive environment and therefore all credit is due to those who succeeded in this round. **Drs. Sherry Stewart, Phil Tibbo, Candice Crocker, Jacob Cookey and Rudolf Uher** are to be congratulated on this accomplishment.

We have just concluded another very successful CaRMS process, attracting a high rate of applicants. Having met some and heard the description of others I am confident we will be recruiting another class of high performing trainees. The government has announced funding for the training of 15 specialty physicians

and 10 more family practitioners. They have asked the faculty of medicine to focus on distributed sites, in the training of these new physicians, in the hope of strengthening recruitment to areas outside of the city. Our postgraduate director, **Dr. Mark Bosma** is exploring the possibilities with PGME.

Finally I would draw attention to the two national conferences being held later this year in Halifax. The Canadian Academy of Child and Adolescent Psychiatry's (CACAP) 38th Annual Conference will be hosted in Halifax, NS from Sept. 16-18, 2018. The following month, the 2018 scientific meeting of the Canadian

continued on page 5

white matter microstructure and outcomes in early phase psychosis: a 1 year dual site longitudinal study, will, as the title suggests, be investigating the effects of cannabis on brain white matter in early phase psychosis. Examining effects on symptoms, function and cognition are also important elements. His team will combine novel brain imaging techniques focusing on white matter to generate an understanding of specific white matter abnormalities associates with cannabis use in early phase psychosis, separate from illness and cannabis effects alone. This research design will allow a pioneer assessment of the potential negative impact of regular cannabis use longitudinally in this population, allowing for more directed education and treatments.

So what made Dr. Tibbo's study stand out among the 94 applicants? "It's an interesting and important topic area [cannabis effects on the brain] that is lacking in research depth," he says. "We were able to show the need for this work, backed it up with a unique research design and a team that can do the work. This particular grant is a two-site study with London, Ontario. We were also able to show through pilot data that we could do what we proposed over the two sites – which I think was key."

Dr. Tibbo received \$493,425 in funding and over the next three years he will work on the study with co-investigators from the department **Drs. Candice Crocker, Sherry Stewart**, and **Jacob Coockey**, with James Rioux from Diagnostic Radiology as a collaborator, along with co-investigators from University of Western Ontario Dr. Lena Palaniyappan and Ali Khan.

Along with working on Dr. Tibbo's grant, Dr. Sherry Stewart is a co-investigator and Dalhousie site-lead on a \$1.75 million grant that is focused on disseminating a targeted early intervention substance abuse program for high risk teens into Canadian schools. *Canadian underage substance abuse prevention (CUSP) trial: A hybrid effectiveness/implementation facilitation trial to increase access to*

evidence-based drug prevention for Canadian adolescents was born out of an earlier funded grant where Dr. Stewart was principal investigator in 2001-2003. It involved developing and testing a targeted early intervention substance abuse program for high risk teens. This intervention targeted four personality vulnerabilities for substance misuse by providing each group of youth with personality-specific coping skills. Together with her colleague, Dr. Patricia Conrod from the University of Montreal, they conducted a randomized controlled trial of the intervention's effects on drinking and showed that their intervention reduced drinking, binge drinking, and the negative consequences of drinking. The intervention is now very well supported through several stringent randomized controlled trials showing that the program reduces or delays onset of substance use in high risk teens by 30-80 per cent. It is now used in five different countries around the world. Despite the program's success, dissemination remains a challenge. This new grant aims to change that.

"We are conducting a trial that compares different models of dissemination," says Dr. Stewart. "We are testing whether an implementation facilitation procedure improves schools' uptake and continued use of the program over time." Implementation facilitation involves working with the schools and students from the outset to try to identify barriers to implementation and sustainability of the program in their context. Once these barriers are identified, mitigation plans are put in place.

This project was funded through the large grants stream and it was ranked second in that competition. Similar to Dr. Tibbo's grant, the subject matter is a hot-button issue. "Addictions prevention in youth is an important topic right now given the impending legalization of cannabis and concerns about the possible increase in rates of use in youth that this might cause," says Dr. Stewart. She says another trend making the project a funding priority is the prescription drug misuse crisis the country is currently facing. This

trial will evaluate whether the program has an impact on reducing uptake of prescription drug use in youth.

Dr. Stewart first submitted a version of this grant to CIHR in 2013-2014, but was not successful. She and Dr. Conrod made changes and finally saw success on its resubmission in this last round of CIHR grants. Like Dr. Tibbo, she appreciates the importance of being persistent.

This project will take place over a five year period and by the end of it Dr. Stewart hopes not only that the program will be successfully disseminated into Canadian schools, but that they will have contributed to the literature on the usefulness of implementation facilitation procedures as a method for increasing uptake of evidence-based programs more generally.

Dr. Rudolf Uher is an investigator on a new \$133,876 grant that aims to create guidelines for researchers who conduct a new type of clinical trials that test interventions within cohorts and registries. Dr Uher and the FORBOW team (www.forbow.org) are among the first in the world to use an innovative Trial-within-Cohort design (www.twics.global), which allows tracking the long-term real-world effects of interventions. FORBOW tests interventions that aim to prevent mental illness and require five to 10 years of follow-up to establish efficacy. In the Canadian Depression Research and Intervention Network (CDRIN) Maritime hub, Dr. Uher and colleagues are also implementing clinical trials nested within a patient registry. These trials are testing novel models of care delivery for depression including patient-centered measurement-based care and individualized indications for psychological and pharmacological treatment for depression. The new grant will help shape the future of health care through setting universal standards for this type of innovative clinical trials.

For more information on each of the successful CIHR grants please visit <http://www.cihr-irsc.gc.ca/e/50802.html>.

EDUCATION REPORT

undergraduate education news

Psychiatry Interest Group

In January the Psychiatry Interest Group held a Lifestyles Night with our faculty and residents to learn about life in psychiatry. The night was a success with many students, faculty and residents in attendance. Our undergraduate director, **Dr. Cheryl Murphy** and postgraduate director, **Dr. Mark Bosma** continue to collaborate with the interest group to promote psychiatry as a career.

PsychSIGN conference

Each year the department sponsors one medical student considering psychiatry as a potential career by providing travel costs to attend the annual Psychiatry Student Interest Group Network (PsychSIGN) conference held in conjunction each year with the American Psychiatric Association conference. This year we would like to congratulate Talia Bond, a first year medical student, as the successful candidate. We look forward to hearing about her experience in a future issue of *Headlines*.

Recruitment

The 2018/19 undergraduate teaching recruitment has begun. The newest addition to the Medical School's curriculum is the Dalmazing Race; an Interprofessional Education Challenge which we will be recruiting four faculty members for. To learn about this and other teaching opportunities please contact **Mandy Eslinger**, undergraduate coordinator (mandy.eslinger@nshealth.ca). It is recommended to make your choices early, to avoid disappointment.

postgraduate education news

Evaluations

The postgraduate program has begun planning the 2018 end-of-year oral assessments and STACER examinations for the residents. Faculty will receive an invitation in the next several weeks to act as assessors for these very important evaluations.

CaRMS

A big thank you to everyone that participated in this year's CaRMS events. A total of 91 candidates were interviewed over four days. Thanks to the efforts of our administrative staff, residents, and faculty, each day ran very smoothly and clearly demonstrated the strengths of our program. Match Day is March 1, and we

are very hopeful that all eight positions will be filled. Results will be sent to all department members as soon as they are released.

fellowship and subspecialty training news

The geriatric psychiatry subspecialty training program would like to welcome **Dr. Olga Yaschuk** as the successful candidate for our new subspecialty resident spot. Olga is currently a PGY-4 in the Department of Psychiatry. We look forward to having her on our team. Congratulations Olga!

Message from the head continued from page 3

Academy of Geriatric Psychiatry (CAGP) and the Canadian Coalition for Seniors' Mental Health (CCSMH) will be held in Halifax. I encourage your full participation in both. A shout out to our

two regional conferences, the 11th annual Atlantic Provinces Child and Adolescent Psychiatry Conference (APCAPC) in June 2018. And the Atlantic Provinces Psychiatric Association (APPA) will be in

PEI this year, June 7-9. Finally we have a great theme and excellent speakers for the WO McCormick Academic Day on April 27, 2018. I hope you are able to attend some or all of these rich offerings.

continuing professional development news

W.O. McCormick Academic Day

For this year's Academic Day, the Department of Psychiatry is pleased to welcome the Honourable Anne McLellan, Chancellor of Dalhousie and former federal minister, who will be speaking on *Legalization of Cannabis: The Way Forward*, and Dr. David Hammond, professor and CIHR Applied Chair in Public Health in the School of Public Health & Health Systems at the University of Waterloo, who will present *Cannabis advertising and public education: promotion and risk communication in a legal market*. Dalhousie's **Dr. Phil Tibbo** will present *Cannabis and Psychosis – What's the buzz?*, and there will be breakout sessions with local speakers on a variety of clinical topics. Online registration will be provided by eSource Event and is available at <https://register.esourceevent.com/AcademicDay2018>. There will be no on-site registration. As this will likely be another sold out event, plan to register early to avoid disappointment!

Watch our webpage for details: <https://dalpsychiatry.ca/s/womad>

Recent Highlights

University Rounds

2018/01/24 Dr. Donald Addington, University of Calgary

2018/02/21 Dr. Allison Crawford, University of Toronto



Dr. Donald Addington



Dr. Allison Crawford

Department of Psychiatry
Continuing Education

XXIX W.O. McCormick Academic Day Conference

2018
Friday, April 27

Halifax Marriott Harbourfront Hotel
1919 Upper Water Street,
B3J 3J5

Registration opens early March 2018
dalpsychiatry.ca/s/womad

Psychiatric Aspects of Cannabis

Jeopardy

2018/02/14 Psychopharmacology Jeopardy, **Drs. David Gardner, Matt Havenga (PGY3), Crystal Zhou (PYG3)**

Upcoming Events

2018/03/21 University Rounds
Dr. Andre Fenton, New York University

2018/04/18 University Rounds
Dr. Jeffery Swanson, Duke University

Reminders:

Bookmark our TWIP webpage to watch for weekly rounds details, including rounds evaluations:

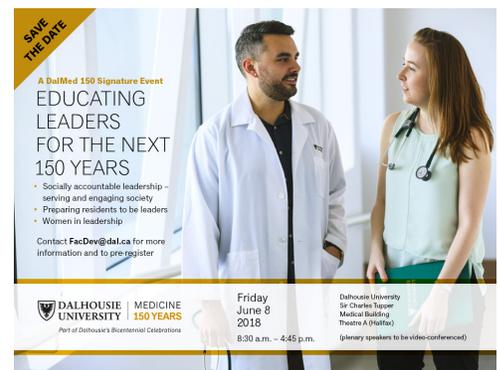
<https://dalpsychiatry.ca/static/twip>. Evaluations are available for seven days.

Thank you in advance for your feedback!

Faculty of Medicine Faculty Development

Dalhousie Medical Education Institute

The Medical Education Institute (MEI) is an annual day-long faculty development workshop that addresses current needs-based topics and current trends in medical education and curriculum. The primary focus of the MEI is to support faculty of Dalhousie Medical School in their roles as educators and academics. It takes place on Friday, June 8. For more information please contact FacDev@dal.ca.



MEI education event poster

meet an educator: dr. david gardner

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. David Gardner**, professor in both the Department of Psychiatry and College of Pharmacy, and a pharmacist. 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:

Broadly speaking, my teaching content areas are medicines in mental illness and addictions, and the development of critical appraisal and knowledge translation skills. Put together, I value the use of evidence to inform how we rationally and judiciously use medicines in the care of people living with mental illness and addictions. My approach doesn't really change, whether I'm discussing the ins and outs of antipsychotic agents with the residents, or the pros and cons of specific treatment options at a family support group. A message that I like to pass on is the importance, and challenge, of supporting informed decision making.

My preferred method of teaching or curriculum delivery:

While I like teaching in large classroom settings, my preference is a small group where everyone shares. This works well, or at least I think it does, with resident and clerk teaching, and also with patient and family groups. I have to say the learning for me is rich (and I hope vice versa) in these sessions and I really get to tailor the content to meet the learning needs of the individuals in the group. I know it is quite unusual, but I think the participants get a really different learning experience when there are no slides dictating the content and cadence of the session.

A typical "Day in Your Work Life": I get up by 5:00 a.m. for my morning workout and have all emails responded to by 7:30 a.m. Then I get the kids up, eat a healthy breakfast, and happily send them off to school by 8:30 a.m. Oh sorry, that is the start to my idealistic day (which has never happened). Fortunately, there is a lot of variation in my work life from one day to the next. During heavier teaching times a day could involve a two-hour session with the residents and another session with the clerks, pharmacy undergrads, or medical students. I may have a session with the



Dr. David Gardner

members of Laing House later in the day or an evening session at a family support group. Occasionally a teaching session is provided as a consult to a patient and their family to support the informed decision making process. On other days it is all about preparation, which could be researching and developing the content for an upcoming conference presentation. This I tend to do in the wee hours of the night it seems.

The most satisfying and frustrating aspects of doing your academic work:

You know it can be really demanding at times, but I love it when my three core activities come together: when the research I am involved in supports my clinical effectiveness and also informs the content of my teaching. It may not be that I am teaching about my research per se, but that what I have been working on directly informs a response to a question by a student, patient, or family member.

What is most frustrating? That is easy. Marking.

My education/academic mentor: I have been inspired by many over the years,

but there are three that stand out. As a brand new pharmacist I started working right away with a guy named **Stan Kutcher**. He epitomized for me how to communicate effectively and with respect with people, patients especially, and he demonstrated the value of linking what you do in teaching to your research and patient care. Next came Ross Baldessarini, a Harvard psychiatrist, who challenged what I thought I knew and emulated critical thinking and appraisal at every turn (before there was such a thing as "evidence-based medicine"). When you look up integrity in the dictionary you see a photo of ... well you know how the saying goes. Lastly is James McCormack, an academic and pharmacist in Vancouver. A truly independent thinker and innovator who is committed to improving rational use of medications and other aspects of care, especially in primary care. And a highly effective (and entertaining) educator, an "edutainer" if you will.

My second career choice: A self-made philanthropist. Just waiting for Lotto Max to set that up.

education kudos corner

Kudos Corner

One of the pillars of our mission is to provide excellence in education by developing and maintaining high calibre educational programs. In turn, part of ensuring our department members are promoting the highest standards of mental health care is continual learning. Our department is committed to providing leadership in mental health education for psychiatrists, other mental health professionals, family physicians

and the community. This might include attending an educational conference or session, or similarly, providing a learning opportunity to other faculty members. We want to recognize those members of the department who are engaging in continual learning through faculty development activities and who have shown a keen interest in teaching. See who's been involved recently!

DSM-V Learning Modules

A huge thank you goes out to **Drs. Sarah Fancy** and **Matthew Morgan** for sharing the excellent DSM-V learning modules that Sarah developed as part of her resident scholarly project. The modules are now in use by our first year residents as part of their psychiatry rotations in Saint John, NB.

CHILD & ADOLESCENT PSYCHIATRY REPORT

Bell Let's Talk Day

The 2018 Bell Let's Talk Day awareness campaign took place on January 31, 2018. This campaign spotlights personal stories from Canadians of all ages from all walks of life living with mental illness or providing support for those who do.

In 2018, Bell added \$6,919,199 to its commitment to Canadian mental health programs through Bell Let's Talk Day.



Garron Center team on Bell Let's Talk Day.



IWK 4Link Outpatient teams showing their support for mental health awareness.

Out of the Cold Shelter Lunches

Out of the Cold is a community-based, volunteer-run organization that works to provide shelter and community supports to people who are homeless and precariously housed. The shelter is open from December 1 through to April 30 each year.

In an initiative to give back to our community, Debi Follett has arranged for the team at the IWK to provide bi-weekly lunches to the shelter.

Awards & Recognitions

Congratulations to **Dr. Ahmed Alwazeer** and **Dr. Selene Etches** on the successful completion of their Royal College child and adolescent psychiatry exams!

Canadian Academy of Child & Adolescent Psychiatry Annual Conference

The Canadian Academy of Child and Adolescent Psychiatry's (CACAP) 38th Annual Conference will be hosted in Halifax, NS from Sept. 16-18, 2018. More information can be found on the CACAP website at: http://www.cacap-acpea.org/en/cacap/Annual_Conference_p811.html

If you are planning to submit an abstract for presentation at the CACAP conference, please note the deadline of March 9, 2018.

11th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference

On behalf of the Division of Child and Adolescent Psychiatry at Dalhousie University, Faculty of Medicine in Halifax, we would like to extend an invitation to our 11th annual Atlantic Provinces Child and Adolescent Psychiatry Conference (APCAPC) in June 2018.

APCAPC is renowned as an excellent opportunity for continuing education on a variety of academic and clinical topics as they pertain to child and



A sandwich making assembly line at the Out of the Cold lunch. (L-R) Charlene Martell, Kate MacGillivray, Candace Jessome, Michelle LeBlanc, and Debi Follett.

adolescent psychiatry. It is also a wonderful opportunity to network with our Maritime colleagues in a casual and relaxed atmosphere. This year our theme will be "Environmental Triggers for Psychiatric Illness in Children and Youth: An Update." We hope to focus on issues such as social media, social determinants of health, bullying, trauma and cannabis.

We encourage all faculty and residents to attend and also to consider submitting abstracts for presentation. Please Save the date of June 15 -17, 2018 and join us at White Point Beach Resort for what will surely be an enjoyable weekend.

Media Highlight: Christine Chambers discusses how female scientists still face uphill battle

Dr. Christine Chambers, a Tier 1 Canada Research Chair in Children's Pain, a Killam Professor in pediatrics and psychology-neuroscience at Dalhousie University discusses the challenges female scientists face in the field.

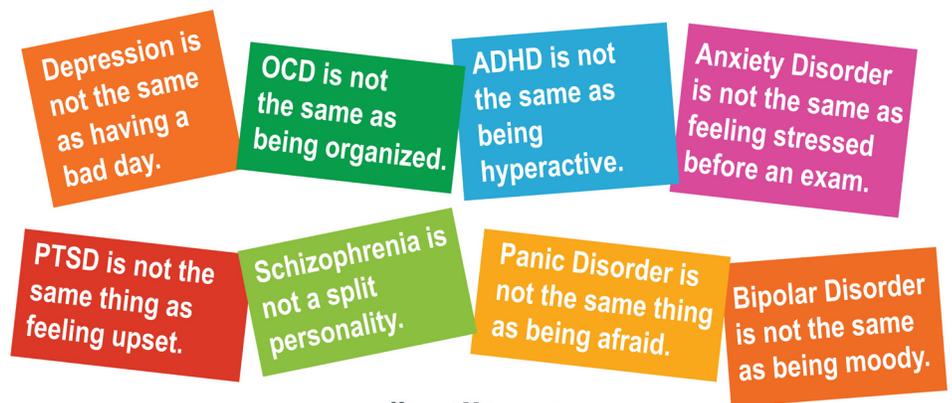
Read more at: <http://www.trurodaily.com/news/female-scientists-still-face-uphill-battle-185282/>

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

#GetLiterate

January 31 was recognized as Bell Let's Talk Day across Canada, sparking a national conversation on mental health. At TeenMentalHealth.Org, the team used the day of awareness to initiate an ongoing discussion extending beyond January 31 to get people talking smart about mental health every day of the year. The #GetLiterate campaign was launched a week ahead of Bell Let's Talk Day and was immensely popular on social media where infographics outlining different mental illnesses and their common misconceptions were shared in order to emphasize the importance of language and the words we use when we talk about mental illness. In addition to the social media campaign, **Dr. Stan Kutcher** was featured on Global News Morning discussing the necessity of mental health literacy. The Chronicle Herald published an op-ed written by Dr. Kutcher on the importance of moving beyond awareness and building on literacy as the foundation. He was also featured on The Sheldon MacLeod radio show and conducted a Facebook live event, where he answered questions from viewers on topics ranging from the significance of mental health literacy in schools to how parents can recognize early signs of mental illness in their children.

The day concluded with an open-forum discussion led by Dr. Kutcher at Dartmouth High School. The event, Mental Health 101, was open to the general public and allowed for discussion and questions from the audience. The event attracted over 100 attendees and was well received by the crowd who left with a better understanding of mental



#getliterate
www.teenmentalhealth.org

#GetLiterate campaign poster.

health literacy. The popularity of the event sparked interest from other regions wanting to host similar sessions in their districts moving forward.

French Curriculum Guide

The Mental Health and High School Curriculum Guide has been translated into several languages for use in countries around the globe. Most recently it has been translated into French and will be made available to French school boards across Canada in the coming months. *The Guide*, which is already being implemented in English school districts across the country, has been long awaited by French teachers wanting to share the resource in their classrooms. Following the translation of *The Guide*, the Chair is working on translating several other evidence-based resources to accommodate the French community and make them accessible for those wishing to use them. To access the French

version of the Guide please visit: <http://teenmentalhealth.org/toolbox/>.

PAHO Meeting

On February 6-7 a technical experts meeting was held in Washington, DC addressing adolescent and youth health in the Americas. The meeting was arranged by the Pan American Health Organization (PAHO) in partnership with the World Health Organization (WHO). Dr. Kutcher participated in the series of discussions which aimed to advise on priority areas to be included in PAHO's upcoming Adolescent and Youth Plan of Action (2019-2028). The two-day seminar included expert members of both WHO and PAHO as well as PAHO youth ambassadors who touched on responsible and informed youth engagement. The meeting was comprised of roundtable discussions, plenary sessions and Q&A's.

Bahamas Training

Recently Dr. Kutcher and Dr. Yifeng Wei traveled to the Bahamas to conduct a three-day mental health literacy blended training session with participants from the Caribbean region. The training, in partnership with PAHO and WHO, is an early initiative to begin educating master trainers on the *Curriculum Guide* and the Go-To Educator professional learning. The group consisted of nurses, counsellors and psychologists paired with educators. The program is supported by the Ministry of Education, Ministry of Health and Ministry of Social Services at the University of the Bahamas. Similar training is expected to be introduced to other countries in the region.



Dr. Stan Kutcher (front, second from right) and Dr. Yifeng Wei (front left) with the Bahamas Mental Health Literacy professional learning group.

Resource Rollout in the UK

An ongoing partnership with Student Minds, a student driven mental health charity in the UK, is continuing to prove successful. The team is in the early stages of collecting feedback on the *Transitions*

and *Know Before You Go* resources originally developed by the Chair team in Canada, in order to make them accessible for a UK audience. They hope to roll out the resources to post-secondary institutions across the UK later this year.

NEWS & ANNOUNCEMENTS

news from the department

Phil Tibbo and Early Psychosis Program featured in Dal Magazine

The Early Psychosis Program, with significant commentary from Dr. Phil Tibbo, was featured prominently in the winter issue of Dal Magazine. Written by a family member of a patient in the program, the story praises the programs positive effects on their son and family. The patient describes the program as “a platform to heal.” To read the full story visit: <http://dalmag.dal.ca/2018/02/safety-net/>



Pages from Dal Magazine featuring the Early Psychosis Program.

staff & faculty changes

Coming:

Dr. Anand Natarajan has joined the department as an assistant professor, effective Jan. 15, 2018. He is working at the Bayers Road Community Mental Health & Addictions clinic and can be reached at anand.natarajan@nshealth.ca or by phone at 902-454-1400.

announcements

Geriatric psychiatry conference to be held in Halifax in October

Members of the Dalhousie Department of Psychiatry and the Nova Scotia Health Authority Mental Health and Addictions Program are invited to participate in an exciting conference opportunity in Nova Scotia this fall. The 2018 scientific meeting of the Canadian Academy of Geriatric Psychiatry (CAGP) and the Canadian Coalition for Seniors' Mental Health (CCSMH) will be hosted in Halifax at the Marriott Harbourfront Hotel. This CAGP/CCSMH Annual Scientific Meeting (ASM) is entitled: Integrated Mental Health and Medical Care for Older Adults: Bringing Science and Practice Together. The ASM will be on October 12 to 13, preceded by a one-day intensive Pre-Conference Course (PCC) in geriatric psychiatry on October 11.

The demand for clinicians with expertise in caring for the physical and mental health needs of older adults has magnified due to the growing senior population. This conference presents an opportunity to meet national experts, acquire knowledge and skills, and connect with a broad community of practice. All primary care clinicians, allied health professionals, administrators and specialty physicians are invited to attend. Please consider submitting an academic, research and/or clinical abstract for the ASM. Interdisciplinary/team presentations are welcome. Access information at: <http://www.cagp.ca/page-1841560>. Alternatively, consider submitting a proposal for a

course or lecture at the Pre-Conference Course. Information can be found at <http://cagp.ca/2018-PCC-Call-for-Courses>.

Key 2018 Dates:

PCC Call for Lectures and Courses closes March 1, 2018

ASM Abstract submission closes March 13, 2018

ASM/ PCC Registration opens June, 2018

CAGP-CCSMH Pre-Conference Course -- October 11, 2018

CAGP-CCSMH ASM -- October 12-13, 2018

Speaker Highlights

The keynote speaker, Dr. Eileen Burns, is the current president of the British Geriatrics Society, and will present on *The Rights of Older People and Working as a Team*. Dr. Burns has been a geriatrician in Leeds in the United Kingdom for twenty-two years, and is the current clinical lead for integration.

Dr. Samir Sinha leads Ontario's Seniors Strategy, and is an assistant professor in geriatric medicine at the University of Toronto and John Hopkins University. Dr. Sinha will present on *Integration and Systems: From Prevention to Frail Older Care*. Dr. Sinha is the Director of Geriatrics at Mount Sinai and the University Health Network Hospitals in Toronto, the Peter and Shelagh Godsoe Chair in Geriatrics at Mount Sinai Hospital.

Dr. Sultan Darvesh is behavioural neurologist and organic chemist who runs the Maritime Brain Bank. He will present on *Atypical Dementias*. Dr. Darvesh's ground-breaking research includes the development of therapeutic and diagnostic agents for Alzheimer's disease, and the importance of butyrylcholinesterase in the human brain.

Further information on the plenary speakers: <http://www.cagp.ca/page-1841580>.

FEATURE

celebrating DalMed150

2018 marks Dalhousie's 200th anniversary, and Faculty of Medicine's 150th anniversary. To mark this milestone, we will be featuring a short quiz on an eminent figure from the Department of Psychiatry in each issue of Headlines between now and the end of the year. This month's subject: R.O. Jones, founder of the Dalhousie Dept. of Psychiatry. Thank you to **Dr. Lara Hazelton** for this contribution.

1. What does 'R.O.' stand for?

- a. Roger Oswald
- b. Robert Orville
- c. Richard Ogden
- d. Rupert Osbourne

2. What year did Jones establish the Dalhousie Dept. of Psychiatry?

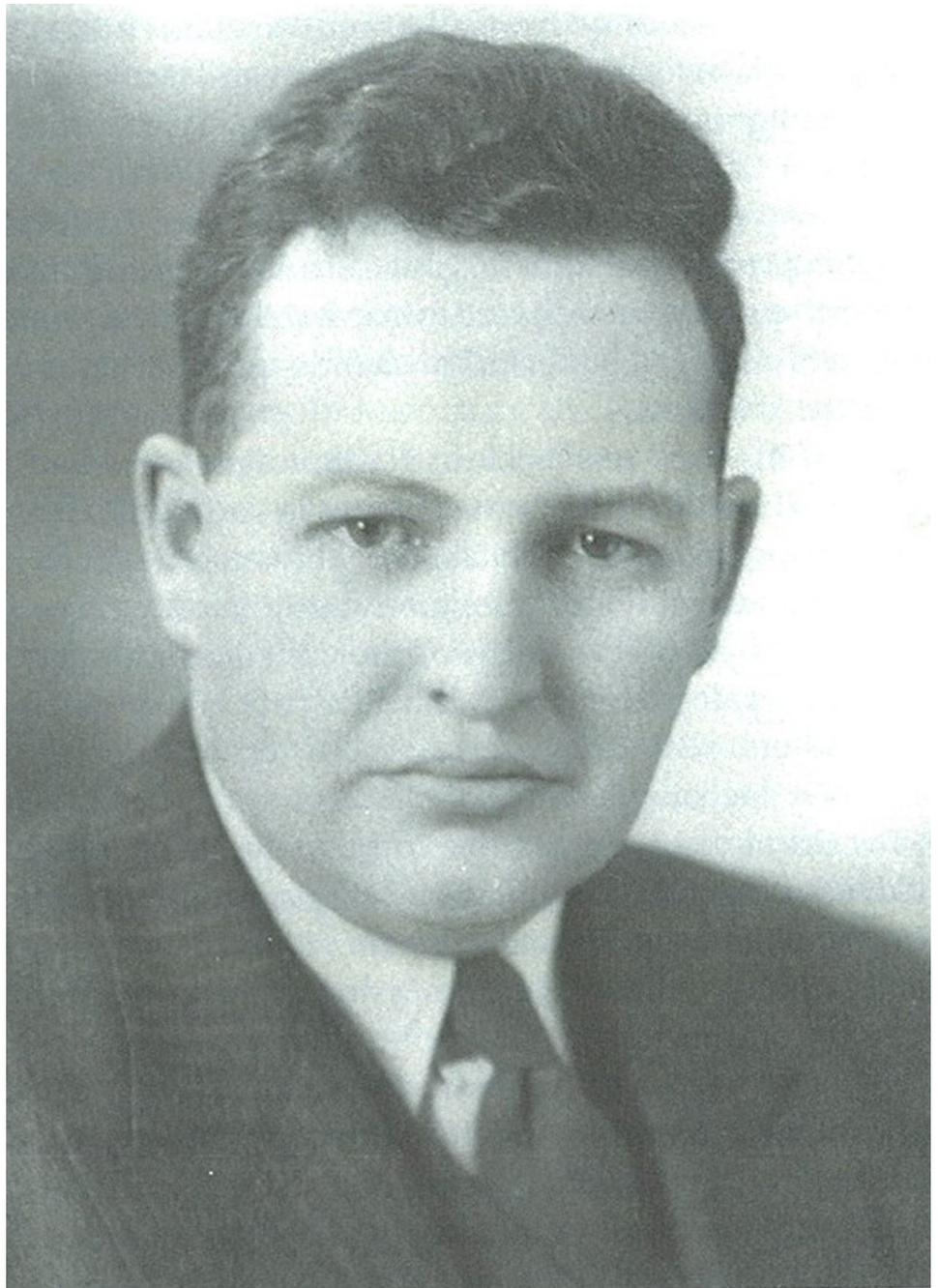
- a. 1899
- b. 1929
- c. 1949
- d. 1969

3. R.O. Jones trained under which famous psychiatrist at Johns Hopkins University in Baltimore?

- a. Aaron Beck
- b. Adolf Meyer
- c. John Bowlby
- d. Ruth Westheimer

4. What annual DoP event is named after R.O. Jones?

- a. A lecture
- b. Academic Day
- c. A dinner
- d. A dance party



R.O. Jones

Correct responses:
1. b 2. c 3. b 4. a

IN MEMORIAM

dr. alexander (alec) hipwell

As most will now know, on February 15 Dr. Alec Hipwell succumbed after a long illness. His wife, Margaret, and his two children, David and Kathleen were by his side. I am told his was a peaceful death. May he rest in peace.

Alec was a quiet and shy man, who preferred to live a very private life. In keeping with his practice in life, it was his wish that no public ceremony mark his death. He also asked that no obituary be published. Margaret, however, did give permission for this tribute to his life and service to be sent to his friends and colleagues, with whom he had worked for over 30 years.

Alec is from County Laois in the Irish midlands. He was born in 1950, in a small town where many relatives still live. He and his family travelled frequently to visit, and he had close ties to his relatives in Ireland throughout his life. He graduated in medicine in 1974, and worked in general practice until his recruitment to the Dalhousie program in psychiatry in 1981. He began his practice at the Nova Scotia Hospital in 1984. It would be fair to say that he loved the hospital and the work it did for patients with mental illness. And like his friend and mentor Bill McCormick, he worked tirelessly to advocate for the resources needed to serve a stigmatized and underprivileged group of people. He worked in a number of clinical services, garnering invaluable experience which he later applied in his administrative roles. In the words of his colleagues in Cole Harbour Community Mental Health: "The high standards he set for patient care, collaboration with all care providers and patients, respectful, trusting and positive working environment has left a lasting impact."

Alec held senior positions in our department and at his beloved hospital.



Dr. Alec Hipwell (right) is presented with the 2016 Department of Psychiatry Outstanding Clinician Award for Lifetime Achievement in Clinical Care by Dr. Michael Teehan.

He was active in education and much sought after as a teacher of residents and medical students. He served in government, as consultant to the division of mental health in the Department of Health (now Department of Health and Wellness) for two years. Alec sought every possible opportunity to advocate for more cohesive, coordinated services. He also championed the provision of care outside of hospital settings and was a pioneer in working collaboratively with family physicians in the Eastern Shore of Nova Scotia.

Away from work, Alec's family occupied most of his attention. He was a kind and loving father and husband. He was a gifted photographer and an enthusiastic golfer. He thought deeply about many

subjects and a conversation with Alec would be wide ranging and searching. He was immensely compassionate in his work and in his approach to others. He was a gentle man, and a scholar. We have lost a fine physician, a good friend to many and an exemplary husband and father.

PHOTO FEATURE



A lovely sunrise in Oxford County (Photo by Dr. Shabbir Amanullah).

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 May 1, 2018, with the deadline for submissions to be April 13, 2018.

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