

HEADLINES

March 2021 / VOLUME 16/ ISSUE 2

CATCHING ZZZs

DR. DAVID GARDNER
LEADS STUDY ON
SLEEPING PILL USE
AMONG SENIORS



Photo: YouTube

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HEAD LINES

MESSAGE FROM THE INTERIM HEAD

As we move into spring later this month, it seemed a good time to update and refresh some of the content and emphasis in *Headlines*. Reflecting both input from faculty members and themes from our strategic plan you will notice the changes starting in this edition.

A key theme in both our Research and Social Policy & Advocacy strategic directions is sharing our expertise with our community via knowledge translation (KT) and exchange. We plan to use *Headlines* to feature faculty's KT work. Catching the attention of media can be a particularly powerful way to promote knowledge translation and raise the profile of a faculty member's work in the community. In her role in communications, **Kate Rogers** will help faculty publicize their work through the media, and also publicize successful coverage via our social media presence and *Headlines*.

This month's cover story captures both these elements. **David Gardner's** *Sleepwell* project is a regional project aimed at raising awareness of the hazards of sleep medication in older adults. Please read about this project and the national media attention it has drawn. You can also read about **Dr. Phil Tibbo's** work on cannabis and the developing brain that was recently featured in local media.

Our new Social Policy & Advocacy strategic direction also focuses on improving our connections with community groups and helping to build community capacity around mental health. Consequently, each



Dr. Jason Morrison

issue we will highlight community organizations we work with, and our members who are involved with community organizations outside direct departmental work. Learn more about the Mental Health Foundation of Nova Scotia, and the volunteer activities of **Dr. Pat McGrath, Dr. Rami Rudnick** and **Dr. Katie Lines**.

Our department is very large with many talented faculty affiliated with the department, though working outside our AFP physician and researcher group. Our new 'Meet our Members' section will highlight a faculty member who may not be well known to most department members. This month highlights **Dr. David Pilon**, a very familiar face but with whom we less often cross paths since he moved to Dalhousie Counseling and

Psychological Services in 2018. Catch up with David in this piece.

Another recurring feature will be 'Above and Beyond,' highlighting the people that make our department and our work a success. In this inaugural piece we spotlight **Michelle LeBlanc**, nominated by **Dr. Alexa Bagnell**. Check it out to learn about Michelle's important contributions to the child & adolescent psychiatry group.

I hope you enjoy these new sections. Making them a success will require your thoughts and ideas. If you have a suggestion for who we ought to highlight in *Headlines* please forward ideas to Kate Rogers at kate.rogers@nshealth.ca.

ON THE COVER

We know the importance of getting a good night's sleep. As we age, sleep issues become more prominent. YAWNS NB, a study by **Drs. David Gardner, Andrea Murphy, and Margaret Rajda**, as well as investigators from the University of Montreal and the University of New Brunswick, has received national attention as they work to assist seniors in reducing their dependence on sleeping pills for achieving a restful sleep. The study includes information that is based on Drs. Gardner and Murphy's *Sleepwell* project (mysleepwell.ca). The study, which has been featured in several CBC articles online, on CBC The National, CTV Morning Live, CBC Radio, and Global Atlantic, to name but a few outlets, draws attention to the alarming rates of sleeping pill use among seniors in this region, as they adjust to the changing sleeping patterns associated with aging. Atlantic Canadians, particularly those in New Brunswick, have a substantially higher rate of using sleeping pills when compared to other provinces. As a result of the NB Healthy Seniors Pilot Projects grant competition, Dr. Gardner and his team were funded to conduct a study aiming to reduce the rate of long-term sleeping pill use while promoting an increase in the uptake of evidence-based non-pharmacological approaches to manage insomnia.

Besides the generous media coverage, there are a few ways people can learn about the study. Information cards were both mailed out and placed in pharmacies in New Brunswick.



Dr. David Gardner appears on CTV Morning Live with Ana Almedia.



Dr. David Gardner appears on Global News with Alyse Hand.

Newspaper ads, and an upcoming television ad, as well as random digit-dialing, have also been employed. In addition, Dr. Gardner and his team have partnered with a range of senior's organizations across the province to raise awareness. Those

interested in participating can complete a form on the study website (sleepstudy.ca), can call the study team (1-844-YAWNS NB), or may send an email to YAWNS@dal.ca. With the assistance of two full-time research staff based in Fredericton, interested

participants are contacted to arrange a screening and consent phone call. They are sent a consent form and if they qualify for the study a team member will walk them through the form on the phone, enrolling each person individually. Once the initial screening and consent form are completed, participants are booked for a one-hour phone interview. A second interview is scheduled for six months later. Each participant in the study is then randomly assigned to one of three groups: *Empower* package (information about sleeping pills and ways to get a good night's sleep that were tested successfully in a previous trial); *Sleepwell* (information about sleeping pills and how to get a good night's sleep focused on cognitive behavioural therapy); and treatment-as-usual. The third group will only receive an information package after the six-month interview.

The *Empower* and *Sleepwell* packages will be used as the intervention under investigation. "The researchers do not provide advice to participants in any way," says Dr. Gardner. "We want to determine if the mailed intervention package in and of itself can lead to a desirable change in how sleeping pills are used and how well people sleep using non-pharmacological strategies."

Dr. Gardner has been vocal about the negative effects of both not getting a good sleep, and also of the reliance on sleeping pills. The former contributes to a higher risk of cardiovascular issues, diabetes and other health problems, chronic pain and mental health challenges, while the latter can lead to falls, memory deficiencies and impaired driving. He hopes his study will provide a positive alternative to

using sleeping pills. He is currently in the enrolment stage, but collection of data will happen as soon as an individual enrolls and begins. "So far, since November, we've had about 500 people contact us about the study and over 170 are now enrolled," says Dr. Gardner. "Our goal is to exceed 600 study participants." With the current uptick in media coverage he expects registrations to increase significantly, though temporarily. The team anticipates recruitment to the study will be completed at the end of October 2021, with the final study subject completing participation by the end of April 2022. Results will likely be ready for publication later that summer.

Referrals to the study are welcome and can come from anyone. There are three ways a senior living independently in New Brunswick can learn more about the study:

Web: sleepstudy.ca

Tel: 1 844 929 6762 (1 844 YAWNS NB)

Email: YAWNS@dal.ca

To learn more on Dr. Gardner's study and the coverage it has received please visit:

<https://www.youtube.com/watch?v=UQ9tBO94YaE>

<https://www.cbc.ca/news/canada/new-brunswick/seniors-sleeping-pills-study-new-brunswick-1.5910922>

<https://www.cbc.ca/news/canada/prince-edward-island/pei-seniors-sleeping-pills-gardner-1.5887687>

<https://www.cbc.ca/news/canada/new-brunswick/nb-seniors-sleeping-pills-1.5887723>

New Brunswick

1 in 4 seniors in New Brunswick takes sleeping pills. A new study is offering an alternative

f t e r in

Regular use of sleeping pills can lead to dependence, memory loss and unsteadiness, says pharmacist

Kayla Hounsell - CBC News - Posted: Feb 15, 2021 5:00 AM AT | Last Updated: February 16



PEI

Sleeping pill use 'very high' among Atlantic Canada seniors

f t e r in

Sleeping pill use on P.E.I. more than double Saskatchewan rate, study finds

Kevin Yarr - CBC News - Posted: Jan 26, 2021 8:23 AM AT | Last Updated: January 28



New Brunswick

New Brunswick seniors using sleeping pills more than counterparts across Canada

f t e r in

25 per cent use sleeping pills compared to 16 per cent in Nova Scotia

CBC News - Posted: Jan 26, 2021 12:27 PM AT | Last Updated: January 26



<https://www.cbc.ca/listen/live-radio/1-28-information-morning-saint-john/clip/15820795-sleeping-pill-use-nb-double-national-rate>

<https://atlantic.ctvnews.ca/video?clipId=2120738>

<https://fb.watch/3eFFLTsVJR/>

RESEARCH REPORT



Recent External Funding

Dr. Abraham Rudnick - *Sharing of Military Veterans' Mental Health Data Across Canada: A Scoping Review*; Canadian Institute for Military and Veteran Health Research (\$10,000)

Dr. Phil Tibbo – *Understanding Cannabis-Related Physical and Mental Health Presentations to the Emergency Department Following Legalization of Non-Medical Cannabis Use*; Canadian Centre for Substance Use and Addiction (\$98,940)

Director of Research

We are currently in the process of recruiting a new director of research for the Department of Psychiatry. For more details on the position, please see the posting here: <https://cdn.dal.ca/content/dam/dalhousie/pdf/faculty/medicine/departments/department-sites/psychiatry/Director-of-research-psychiatry-2021.pdf>.

EDUCATION REPORT



UNDERGRADUATE EDUCATION NEWS

Recruitment

Undergraduate teaching recruitment for 2021/22 will begin soon. To learn about available teaching opportunities, please contact **Kelly Hancock**, undergraduate coordinator, at kelly.hancock@nshealth.ca. We recommend that you make your choices early to avoid disappointment.

Psychiatry Interest Group

Psychiatry for the Most Vulnerable, an event organized by the Psychiatry Interest Group, was held in January for interested medical students. Psychiatrists in emergency, child & adolescent, geriatric, and recovery & integration psychiatry joined the students to discuss what is unique to treating vulnerable populations.

Resident teaching

One hundred per cent of our residents received good or excellent ratings for their teaching in clerkship in the last academic year. We would like to extend our congratulations and thanks for their exceptional work and dedication to teaching our clerks.

Contests

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

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

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

POSTGRADUATE EDUCATION NEWS

CaRMS

2021 CaRMS is in March and is virtual and paperless! The pivot to online interviews has kept our education team busy and happily innovating. We have 146 students applying

to our program, and of those six are from Dalhousie. The CaRMS interview dates are Thursday, March 11, Friday, March 12, Monday, March 22, and Tuesday, March 23. Two of the CaRMS days begin mid-day to accommodate candidates from the

western most provinces. Thank you to all participants in advance for giving of their time to this most important event. The results of the match will be available April 20.

FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

Geriatric psychiatry subspecialty news

Dr. Tyson Rizzardo joined the geriatric psychiatry team in February for his PGY-5 year in preparation for the subspecialty program in B.C. Dr. Rizzardo has been approved to

complete six months of his PGY-5 year in B.C., so we will have to say farewell to him mid-summer. Welcome, Dr. Rizzardo and congratulations on your acceptance to the B.C. subspecialty program.

The geriatric psychiatry team participated in *School for Spies*, an online team building game for the resident wellness event. Fun was had by all!

CONTINUING PROFESSIONAL DEVELOPMENT NEWS

2021 Faculty Workshops

The Department of Psychiatry will be offering a series of workshops in 2021 on equity, diversity and inclusion (EDI). In preparation for these workshops the CPD committee, with the support of **Mandy Eslinger**, conducted a survey to learn more about resident and faculty strengths, interests, and learning needs in this area. Many thanks to everyone who participated in the survey. Watch for notices about upcoming department equity, diversity and inclusion offerings based on the survey results.

Save the date

May 7, 2021 - Online

W.O. McCormick Academic Day Conference

Coaching and Behaviour Change

Registration opens March 15

Watch for updates on the conference webpage.

DALHOUSIE UNIVERSITY

CONTINUING PROFESSIONAL DEVELOPMENT IN PSYCHIATRY

2021 W.O. MCCORMICK ACADEMIC DAY

'Coaching and Behaviour Change'

Friday May 7, 2021

Online

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

dalpsychiatry.ca/s/womad

Tel: 902.473.5564 | Fax: 902.473.4887 | lucy.tasser@dalhealth.ca

Upcoming MedEd Rounds

The following rounds presentations meet the Department of Psychiatry criteria for professional development in medical education for our faculty members. Department of Psychiatry faculty may claim a maximum of one hour of professional development in medical education when completing their activity reporting after having attended this session and completing an evaluation of the session.

17-March - University Rounds

Presenter: Dr. Glen Bandiera, professor and associate dean, PGME, Temerty Faculty of Medicine, University of Toronto, Emergency Physician, Unity Health Toronto;
Transitioning to Practice

31-March - Clinical Academic Rounds

Presenter: Dr. Sarah Burm, assistant professor, Division of Medical Education, Dalhousie University;
Health Advocacy

19-May - University Rounds

Presenter: Dr. Chris Watling, director, Centre for Education Research and Innovation, acting vice dean, Education Scholarship and Strategy, Schulich School of Medicine & Dentistry, Western University
TBD

9-Jun - Child and Adolescent Psychiatry

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

Special Rounds Presentation March 10

On March 10, 2021, there will be a special academic grand rounds session titled *Psychiatry Challenge: Academic Quiz Rounds*. This event is based on the popular UK-based television show, *University Challenge*, where two groups of participants compete for academic glory in a quiz-style session.

Questions are based on the General Psychiatry Objectives for the Royal College exam, both in terms of content and how they are weighted in the real-life exam. This will be an entertaining and useful review of key psychiatry knowledge.

Participants in this year's rounds include staff psychiatrists **Drs. Jacob Cookey, Matt Havenga**, Nicole Herschenhous, and **Jason Morrison**; resident participants include **Drs. Marissa Leblanc, Greg MacMullin, Chelcie Soroka** and **Graham Stevenson**.

In anticipation for the rounds, we encourage you to watch an episode of *University Challenge* (available on YouTube). As a sneak peek, view the following link to see a message from a special guest who will be joining us on March 10: <https://youtu.be/kmM9xPs6JPM>

MED-ED MINUTE

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

Wondering how to use the poll feature in Zoom? We can help.

This Med Ed Minute will walk you through using polls in Zoom.

Reasons to use polls

Polls are a great way to add interactivity and increase engagement during meetings or teaching sessions. They can be used as an ice breaker to get your session underway or as a means to quiz your learners. Using polls for quizzing provides instant insight into knowledge levels of your learners. Why not use a pre-and-post quiz to gauge change in knowledge levels from your teaching session?

Setting up a poll

If you are interested in using polling in your meeting or teaching session, contact the session organizer (i.e. department staff member). They will create the poll(s) for you.

Launching a poll

A poll can be launched by any meeting host. As a host:

1. Click Polls on the Zoom meeting controls bar
2. Click Launch Polling to start the poll (this displays the poll on all participants' screens)
3. Click End Polling to end the poll
4. Click Share Results to share the results with participants (this displays the results on all participants' screens)
5. Click Stop Share Results
6. Click the X to close the poll window at any point

Note: A poll can be re-launched after step 3. However, re-launching a poll will clear existing polling results.

Interested in more detailed instructions?

Visit the Zoom support pages for helpful videos on using the polling feature: [Polling for meetings](https://support.zoom.us/hc/en-us/articles/213756303-Polling-for-meetings)
<https://support.zoom.us/hc/en-us/articles/213756303-Polling-for-meetings>

Suggestions for future Med Ed Minute topics

If you have suggestions for what you would like to see in a future Med Ed Minute, please send them to mandy.esliger@nshealth.ca.

EDUCATION KUDOS CORNER

Dr. Laura Downing, PGY-5, scored 85 per cent on the COPE Examination, an annual MCQ exam taken by approximately 900 Canadian psychiatry residents. In doing so, she tied three other residents for the highest score in the country. Congratulations Dr. Downing on this incredible achievement!

FACULTY DEVELOPMENT

Faculty Development Opportunities

Dalhousie Continuing Professional Development

Online Learning

Online Courses:

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

Webinars

March 4, 8:00-9:00 p.m.: *Overcoming Procrastination Part 1* with **Dr. Joseph Sadek** | Connect at <https://dal.adobeconnect.com/cme-live>.

April 1, 8:00-9:00 p.m.: *Overcoming Procrastination Part 2* with Dr. Joseph Sadek | Connect at <https://dal.adobeconnect.com/cme-live>.

May 20, 8:00-9:00 p.m.: *Feedback and Coaching* with Dr. Stephen Miller | Connect at <https://dal.adobeconnect.com/cme-live>.

Resources for Virtual Supervision of Learners

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

Tutor Skill Development Program – small group facilitation online. Contact FacDev@Dal.ca for access to this online module in Brightspace.

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

Balint Group Offering

The next Balint group led by **Drs Ali Manning** and Nicole Herschenhaus will be held weekly for eight sessions on Tuesdays from 6:00-7:00 PM, starting once 10 people have registered. In Balint groups, 8-12 physicians use case-based

discussion to provide and receive support around emotions and ethical dilemmas arising in their work. Physicians are free to share as much or as little as they wish as they work through the perspectives of the physician, patient, and other key players in a case together, and reflect on the nature and challenges of the doctor-patient relationship. These groups have been shown to reduce burnout while improving empathic engagement with patients, and a sense of connectedness with a community of physicians across the province.

For more information and to register (groups are free of charge for Nova Scotia physicians), please visit https://docs.google.com/forms/d/1Yfi_4JHCow5lrooC07NTBt5LCY_PqZ1rZvgxPf5AjPs/viewform?edit_requested=true.

If you have any questions, please contact Alexandra Manning at alexandra.manning@nshealth.ca.

2018-2020 recorded webinars

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

Webinar recordings are available upon request by contacting FacDev@dal.ca.

Online Modules

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

Some of the modules include:

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

For more information, and to access the modules please contact FacDev@dal.ca.

What's new in FacDev?

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

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

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

CHILD & ADOLESCENT PSYCHIATRY REPORT



First National RCC Chairs Meeting for CBD Transition

Dr. Lukas Propper chaired the first national meeting of Competence Committee Chairs of Child and Adolescent Psychiatry Residency Programs focused on CBD Transition in child and adolescent psychiatry via Zoom on January 28.

Grant Funding

Congratulations to **Dr. Sandra Meier** on receiving funding from the DMRF Capital Equipment Grant. Dr. Meier received \$30,000 to purchase eye-tracking equipment to assist her research in examining if youth who have problems in social interactions show attentional biases and potentially miss important social cues. Results can help to inform the design of novel interventions to promote mental health in youth.

Child & Adolescent Faculty Update

Congratulations to **Dr. Celia Robichaud** who passed her child and adolescent psychiatry subspecialty exam in December.

Congratulations also to **Dr. Sandra Meier** on her cross appointment with Dalhousie's Faculty of Computer Sciences.

Child & Adolescent Psychiatry Virtual Holiday Gathering

On December 21 the Division of Child and Adolescent Psychiatry hosted a virtual gathering which included some games and a musical number by our very own **Dr. Jonathan Brake** seen here: https://youtu.be/Q7ABDC_QVs8.

First International Choice and Partnership (CAPA) Conference

The IWK Mental Health and Addictions Program is excited to announce it will be hosting the first International Choice and Partnership (CAPA) Virtual Conference May 10-12, 2021. This event will be an opportunity for staff, physicians, youth, families and community partners to come together and have real conversations about CAPA values, and will highlight the process of setting goals. This conference is an exciting opportunity to learn from each other about youth mental health care.

Bell Let's Talk Day for Mental Health

January 28 marked the eleventh year of Bell Let's Talk. Building on 10 years of increased awareness and acceptance around mental health, Bell Let's Talk is focused on engaging Canadians to take action to create positive change in mental health. For more information visit letstalk.bell.ca.



IWK staff, patients and families celebrate Bell Let's Talk day.

CANADA RESEARCH CHAIR DEVELOPMENTAL PSYCHOPATHOLOGY & YOUTH MENTAL HEALTH

A year ago, exactly one month before the COVID-19 pandemic hit the province, The Predicting Risk and Outcomes of Social Interactions (PROSIT) lab launched its recruitment. While this was enormously bad timing, **Dr. Sandra Meier**, the Canada Research Chair in Developmental Psychopathology and Youth Mental Health, extends her thanks to everyone who made the last year a success in her lab.

Foremost, she says, she would like to thank the 2300 participants who took part in the PROSIT lab studies this past year. "Without your dedication, our research would not be possible, and you have contributed so much to further understanding of mental

health during and after COVID-19," says Dr. Meier. "Thank you for all of your patience, your helpful comments, and support of our projects. We have and will continue to improve our apps with your help overtime."

Dr. Meier also extends her thanks to everyone who has helped make her research possible. This includes: funders, collaboration partners, institutions with whom they work, students, research assistants, volunteers, those maintaining the server, the app maintenance crew, and everyone who helped advertise.

She is deeply appreciative of the coordinated effort the work took and says: "It was such a pleasure to work

with all of you and I hope we can continue to do so in better times."

MEET OUR MEMBERS



The Department of Psychiatry is home to over 200 faculty. We have expert teachers, researchers and clinicians among them. In hopes of familiarizing you with our members, in each issue of *Headlines* you will be introduced, or re-introduced, with a new face. In this issue, get to know **Dr. David Pilon**, assistant professor in the department and director of Counselling and Psychological Services at Dalhousie Student Health and Wellness.

DR. DAVID PILON

My early career at Dalhousie: After I completed my doctoral training in 1990, I transitioned into a position with the Eating Disorder Clinic. We were housed at the Victoria General Hospital at that time and relocated to the Abbie J. Lane Memorial Building in 1996 when mental health services were being consolidated in the city. I had an appointment with the Dalhousie Department of Psychiatry from those early days.

How my career at Dalhousie/NSH changed over the years: After almost 20 years with the Eating Disorder Clinic, I took on more administrative roles and for many years was program leader for the province's Specialty Mental Health Services. That was a great opportunity to work closely with and to learn from many of the other tertiary services and their great teams. While all highly distinct, they had many commonalities in terms of sharing their tertiary expertise to meet service needs and to build capacity at other levels. I also contributed to the infrastructure of the provincial mental health education and training framework.

My current position with Dalhousie:

In 2018, I transitioned to the role of Director of Counselling and Psychological Services here at



Dr. David Pilon (photo submitted)

Dalhousie Student Health and Wellness.

My early career aspirations: I grew up in an exceptionally large extended family (i.e., 65 first cousins!), so I found myself intrigued by those around me from a very early age. By high school, I was convinced that psychology would be my career path. Architecture was the only other consideration.

A typical day in my life: Part of the appeal of my role is that each day is unique. I have the good fortune to work with a very talented team, so there is frequent contact with them around their clinical work. On a weekly basis, I deliver presentations to groups of students, not just about how to access care, but how to think about mental health and wellness and how to build their resilience. I am involved in a number of initiatives related to e-mental health, evaluation of services and program development. I routinely supervise psychiatry residents in psychotherapy and always enjoy doing so. I connect with university counterparts around the region and country on a weekly basis. And between these activities and the inevitable meetings, I try to keep up with my email, though not always with great success.

The most satisfying thing about my current role: The university context is rich with opportunity for engagement with bright people, creative minds and ideas, and potential everywhere. I feel inspired daily.

What I wish I could change about it: There really isn't anything that I would change about my role. What I strive to change is the narrative around mental

health and how our students view stress, anxiety and their own mental wellbeing. Stress is not the enemy. Anxiety is not always a bad thing. Tackling challenges helps people to grow. Contributing to that change motivates me.

The piece of advice I would offer to someone starting their career in mental health: The arc of my career has exposed me to countless amazing individuals who have allowed me to accompany them on their journeys to a better place. To see how they have endured, overcome, and transformed has been an extraordinary privilege. While we are the ones deemed to be helping, one gets a tremendous amount back in return. I suspect that it is rather important to be mindful of that.

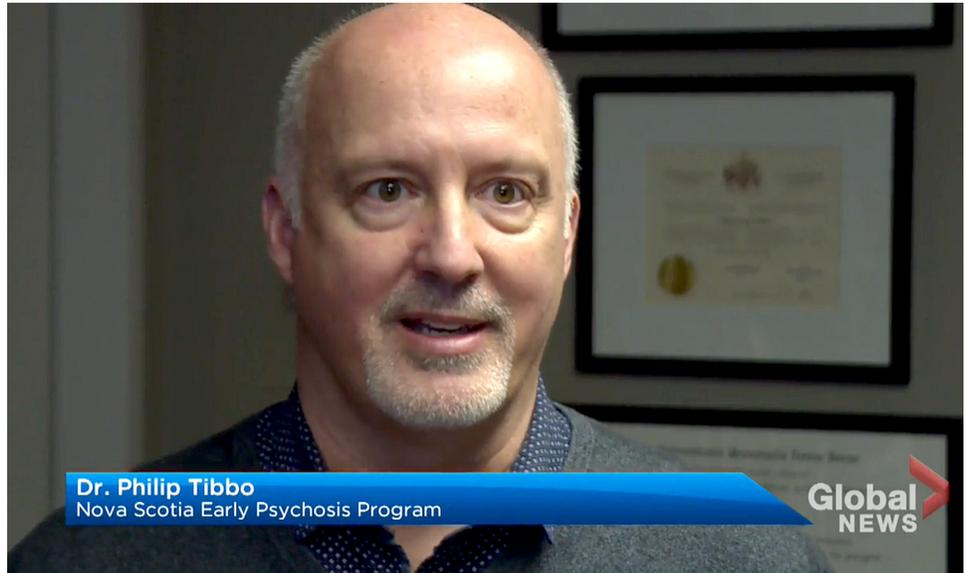
In an ideal world, the next five years will look like: I look forward to the opportunity to continue the work that I am presently doing. There is still much to be done. I would like to see the dial moved on measurement-based care, strengthening counselling/psychotherapy best practice and enhancing community mental health literacy. And in my spare time, I look forward to being able to travel again and to finding solace in planting trees and building stone walls in the garden.

NEWS FROM THE DEPARTMENT

Cannabis study focuses on effect on developing brain

Drs. Phil Tibbo and Candice Crocker, along with their team at the Nova Scotia Early Psychosis Program (NSEPP), are in the midst of a study that explores the effects of cannabis on the developing brain, focusing particularly on those with mental health issues such as psychosis. Dr. Tibbo is hoping the study will help young people to make informed choices with regards to cannabis-use once they are aware of the risks.

The team is investigating cannabis use in two groups of individuals: those with early-phase psychosis, and a healthy control group. Participants will be followed for a one-year period with research completed both in Halifax and London, Ontario, allowing for a larger sample of the population to be studied. The goal is to improve



Dr. Phil Tibbo appears on Global News.

the health outcomes of young people who use cannabis while their brains are still developing. To learn more about this study please visit:

<https://globalnews.ca/news/7591570/halifax-researchers-cannabis-brain-development/>.

STAFF & FACULTY CHANGES

Departures

Kate Clarke has left the department, effective Feb. 19, 2021, after five years as executive assistant to the department head. Kate has accepted a position in the Department of Physiology and Biophysics in the Faculty of Medicine and started her new job on February 22. We wish her all the best.

AWARDS & HONOURS

Dr. Lara Hazelton awarded for her contributions to faculty development

Dr. Lara Hazelton has received the 2020 Association of Faculties of Medicine of Canada (AFMC) Award for Outstanding Contributions to Faculty Development. Nominated by both the department and the Faculty of Medicine at Dalhousie, this award recognizes excellence in faculty development by an individual faculty member in a Faculty of Medicine in Canada.

Since 2013 Dr. Hazelton has been the director of Academic Faculty Development for Dalhousie's Faculty of Medicine, working with faculty throughout the Maritimes to improve their knowledge and skills in teaching, education, and academic leadership. She is also the director of Continuing Professional Development in the Department of Psychiatry, involved with delivering faculty development to psychiatrists and other department members. She is a strong advocate for faculty development both locally and

Dr. Lara Hazelton becomes third Dal psychiatrist in a row to receive CAME award

Each year, two physicians from Dalhousie University are awarded the Canadian Association of Medical Education's (CAME) Certificate of Merit. And each year for the last three, one of those two awards has gone to a psychiatrist in the Department of Psychiatry. **Dr. Lara Hazelton** is a recipient of the 2021 award, which aims to promote, recognize

nationally, and is an active member of the AFMC Faculty Development Network and the Faculty of Medicine's Education Council, where she promotes awareness of faculty development offerings to those in positions of leadership.

Dr. Hazelton has developed innovative programs and teaching materials, and regularly organizes workshops, panel discussions and conferences that receive excellent evaluations. She has also been active in the scholarship of teaching and learning for over a decade, completing a Master of Education in Curriculum Studies degree in 2013, with a Royal College Fellowship for Studies in Medical Education. As principal investigator, she has received funding to conduct education research from the Department of Psychiatry and the Faculty of Medicine. While she has publications relating to several areas of medical education, her primary focus on faculty development.

Dr. Hazelton has made many significant contributions to faculty

and reward faculty committed to medical education in Canadian medical schools. Previous winners include **Dr. Joanne MacDonald** (2020), **Dr. Mark Bosma** (2019) and Dr. Allan Cook (2008). Nominated by a small committee at the medical school at Dalhousie, Dr. Hazelton will receive a certificate and has written an article for the CAME Voice, the weekly Canadian medical education community blog. Her article, entitled *Self and Identity of Clinician Educators*,



Dr. Lara Hazelton

development in Canada, and will continue to do so through her enthusiastic teaching, innovative programs, and scholarly activities. Congratulations on this most deserving award.

will appear in an upcoming issue. She will receive her certificate electronically this year as a result of the pandemic, but will be recognized at the virtual general meeting on April 20, 2021.

You can find information about her award on the CAME website: <https://www.came-acem.ca/awards/came-certificate-of-merit-award/#1570733631803-747b9585-a569>

ABOVE AND BEYOND



Celebrating the people that make our department the success that it is! We want to hear from you: Have you witnessed a colleague who has gone out of their way to help a patient, student, or other staff member? Contact **Kate Rogers** at kate.rogers@nshealth.ca with the name of the department member you wish to highlight! Be ready to answer a few questions about the individual and what led you to put them forward to be featured.

Michelle LeBlanc

*Nominated by **Dr. Alexa Bagnell***

Who is Michelle LeBlanc?

Michelle is the administrative manager in the Division of Child and Adolescent Psychiatry in the Department of Psychiatry.

How has Michelle gone above and beyond?

“Michelle has been a strong and steady leader through the COVID pandemic. She has been at the health centre (IWK) helping with processes, PPE equipment, resources and supporting our physicians and clinicians to deliver the best care possible through this time. For a long time period, our administrative team was reduced by half due to leaves and vacancies, and Michelle put in many extra hours to address this gap in clinical and academic support. Michelle has gone above and beyond with clinical and academic support of our faculty, and we are incredibly grateful for her!”

What makes Michelle an asset to the department?

“Michelle is caring, smart, efficient, and a problem solver. She also has a wonderfully positive attitude and a good sense of humour, which has been very appreciated during this very unusual year.”



Michelle LeBlanc

THE HEAVY HELPERS: COMMUNITY GROUPS MAKING A DIFFERENCE



MENTAL HEALTH FOUNDATION OF NOVA SCOTIA

What it is.

The Mental Health Foundation of Nova Scotia is a registered charity whose mandate is to increase financial support to community initiatives throughout Nova Scotia, as well as providing hope and working to end the stigma associated with mental illness and addiction.

Established in 2002, The Mental Health Foundation of Nova Scotia developed from The Nova Scotia Hospital Foundation which was created in 1986 by Charles Keating. Keating's vision was the creation of a community that would work together to break down the stigma and provide support to those living with mental illness.

Today, the Mental Health Foundation of Nova Scotia uses the funds provided by generous donors to invest in mental health and addiction programs to help Nova Scotians and their loved ones who are facing mental health or addiction struggles. The money they raise allows them to access the programs and services they need to reclaim their lives.

How it helps.

Since 2006 the Foundation has raised more than 5.5 million dollars for mental health and addictions initiatives in Nova Scotia. The demand for funding continues to grow, with only one fifth of requests being fulfilled in the 2019-20 year.

Funding provided by generous donors allows The Mental Health Foundation of Nova Scotia to:

- Remove barriers to mental health programs and services allowing Nova Scotians to access the supports they need no matter where they live in the province.
- Invest in community initiatives directly impacting the lives of Nova Scotians.
- Change the way people think about mental illness by supporting organizations and individuals whose programs and services change the way we think about mental illness.

Want to make a difference?

The Mental Health Foundation offers various ways to give. You can get involved in the following ways:

- Standard online donation
- Donate in memory/or in tribute
- Support a grant
- Planned giving
- Community event or fundraiser
- Sponsor or partner
- Gifts of security
- Goods or services
- Volunteer opportunities

To learn more about the Mental Health Foundation of Nova Scotia and how you can contribute to their excellent programs please visit <https://www.mentalhealthns.ca/>.

VOLUNTEER VIEW



Are you a volunteer in the mental health community? We want to hear about it. Contact **Kate Rogers** at kate.rogers@nshealth.ca and be ready to answer a few questions about your volunteer experience.

Patrick McGrath: The Strongest Families Institute

Dr. Patrick McGrath is chair of the board at the Strongest Families Institute, a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. He has been involved for the last 12 years, spending approximately four hours a week in meetings. He says making a difference to families across Canada is the most rewarding aspect of his participation.

Want to get involved? Strongest Families is looking for board members who have a commitment to their mission (see strongestfamilies.com) and the skills to be a board member. They are particularly interested in increasing diversity on their board. Please contact Dr. McGrath at Patrick.mcgrath@iwk.nshealth.ca for more information.

Dr. Abraham Rudnick: Psychosocial Rehabilitation Canada

In 2020 **Dr. Abraham (Rami) Rudnick** rejoined the research committee of Psychosocial Rehabilitation Canada, a professional organization with members filling many roles and who are committed to the use of recovery practices for people who have mental illnesses and/or substance use issues. He contributes monthly to its work on selecting and making available evidence-informed resources for mental health care users, practitioners, policy makers, researchers, educators, learners and the general public. The committee focuses in particular on person-centered psychosocial assessments and interventions for people with mental health challenges. This work is expected to proceed further by clarifying standards of competence of person-centered mental health care. Dr. Rudnick is passionate about the dissemination of person-centered mental health services guidance, as evident in his clinical, academic and administrative contributions to date, such as his and Ontario colleagues' 2020 authored publication (Handbook of Person-Centered Mental Health Care, published by Hogrefe Press).

Want to learn more? Anyone interested in this work is invited to contact him at abraham.rudnick@nshealth.ca or harudnick@hotmail.com.

Dr. Katie Lines: Canadian Mental Health Association, Nova Scotia Division

After one year, **Dr. Katie Lines** (PGY3) is entering her second term as a member of the board and co-chair of the fundraising committee for the Halifax/Dartmouth branch of the Canadian Mental Health Association (CMHA). CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive. Dr. Lines participates in a monthly board meeting, but is often volunteering additional time for sub-committee meetings and fundraising initiatives. She says being able to affect change at a community level and provide resources to those who need them, especially during the pandemic, is the most rewarding part of her volunteer experience. "It is part of our role as physicians and health care providers to be actively involved in advocacy and I love fulfilling this role via participation with CMHA- Halifax Dartmouth branch," she says.

What to get involved? The Halifax/Dartmouth branch of CMHA Nova Scotia is recruiting new volunteers and/or board members. Please contact Dr. Lines at katherine.lines@nshealth.ca if you are interested.

HUMANITIES CORNER

Book Club

Thank you to everyone who participated in the second book club meeting of the department on Jan. 21, 2021. They discussed a variety of themes in J.D. Vance's *Hillbilly Elegy*, ranging from class mobility through right wing politics to memoir and autobiography as a genre. They also decided that the remaining book club meetings of this academic year (2020-21) will continue to address memoirs and autobiographies, so please send your suggestions. The next book club will occur on Tuesday March 30, 2021 at 8:00 p.m., and they will be reading Jesse Thistle's *From the Ashes: My Story of Being Metis, Homeless, and Finding My Way* (see Zoom link below). All faculty, staff, and residents in the department are welcome. For more information, contact **Dr. Alison Toron** at alison.toron@nshealth.ca.

Topic: Psychiatry Book Club #3

Time: Mar 30, 2021 08:00 PM Atlantic Time (Canada)

Join Zoom Meeting: <https://us02web.zoom.us/j/86355060449?pwd=NGp0aFhUUllYs3lDcnVJRmNidzFhUT09>

Meeting ID: 863 5506 0449

Passcode: 401862

Humanities rounds session

Title (Grand Rounds): *Adolf Meyer and the Origins of Clinical Psychiatry and Neuroplasticity*

Date: Wednesday April 7, 8:30-9:30 a.m.

Location: <https://dalpsychiatry.ca/s/dop-rounds>

Bio: Susan Lamb is the Jason A. Hannah Chair in History of Medicine at the University of Ottawa in the Faculty of Medicine. She obtained her Ph.D. in History of Medicine at Johns Hopkins in 2010. Her research program includes the development of university medicine and medical education, psychiatry and neurology, and historical perspectives on bioethics. Professor Lamb is a global authority on Adolf Meyer, whose complex ideas and influence on psychiatry are widely misunderstood and often perplexing. In 2014, she published *Pathologist of the Mind: Adolf Meyer and the Origins of American Psychiatry* with Johns Hopkins University Press. Her current research examines systems and experiences of medical training in various historical contexts.

Objectives:

1. To examine the effects of Adolf Meyer's ideas and teaching on clinical psychiatry and neuro-psychiatric research in the twentieth century.
2. To analyze challenges of moving beyond language inherited by neuro-psychiatric disciplines.
3. To demonstrate the utility of

historical methods and findings to clinical decision-making and healthcare policy discussions.

Advanced reading, optional: Susan Lamb. 2019. *Neuroplasticity: a century-old idea championed by Adolf Meyer*. *CMAJ*. 2019;191:E1359-61.

COI: None

IN MEMORIAM: DR JANE MURPHY



Reflection by **Dr. Michael Teehan**

I have just learned, with great sadness, of the death of Dr. Jane Murphy, a revered teacher and mentor to me over many years. Our association goes back to my earliest days at Dalhousie, when I came under the wing of both Dr. Murphy and her husband Dr. Alec Leighton, RIP. Both were larger than life figures. They touched the lives of many in their work and in their friendships. Both led long and fruitful lives, surviving into their 90s. They lived life to the fullest throughout those nine decades.

Dr. Murphy was a faculty member of Harvard Medical School for many years. She was, by training, an epidemiologist, most famous for leading a landmark, and at the time trail-blazing, research project in a rural county of Nova Scotia. This was called the Stirling County study, and both Dr. Leighton who led the early stages, and Dr. Murphy, always refused to identify publicly the exact location. Though obviously the location is known to the psychiatric and mental health communities in the province I will follow their preference not to name it.

The Stirling County study faced many obstacles, especially in the early days (1948). There was local opposition; concern that it would uncover mental health needs that the county was ill-equipped to meet. There were challenges with funding from U.S. sources for work being done in Canada. Nevertheless, the sweeping project succeeded, identifying the prevalence of mental illness through the examination of large samples and



In 2014 we had the pleasure of hosting Dr. Jane Murphy for our 65th anniversary celebrations.

using novel case finding techniques. Dr. Murphy joined the work in 1951 and came to take on the Principal Investigator role as Dr. Leighton grew older. The infrastructure they set up allowed for several later surveys, most recently in the 1980s. Like many other Department of Psychiatry faculty, I had the good fortune to

participate in the project, in my case in the most recent survey. During one summer, 1987 I think, I carried out field work, interviewing family doctors all over the county to clarify and refine diagnoses in cases identified as symptomatic. I found the work difficult but exhilarating. It broadened my horizons and brought me in touch

with fascinating characters from the Department of Psychiatry at Harvard.

While her body of work attests to her extraordinary intellect and character, those who have known Jane Murphy will remember her also for her striking personal qualities. She was extraordinarily kind, compassionate and generous. In visits to their home in Beacon Hill and to their rural home in Nova Scotia, I was welcomed in the warmest possible way. I was a senior resident when first exposed to this generous hospitality. Bill McCormick was residency director then, and came up with the idea of exposing a group of us to the actual location of the study, with a rolling two-day seminar given by Dr. Leighton as we toured the county in a mini bus. Later “seminar on wheels” annual events featured Dr. Murphy joining in the teaching. On the inaugural run however, we met her and spent the first evening in Dr. Murphy’s house and went late into the night being regaled with the history of the study, the methods used, and some of the politics surrounding it. It was an amazing experience that some 36 years later is etched in memory.

Throughout her life, Dr Murphy had a deep affection for this province and for the Department of Psychiatry at Dalhousie. Many older and retired faculty participated in the Stirling County study at various times. Many will recall the gracious speech Dr. Murphy made at the graduation party for the department’s 65th anniversary. There the Alec Leighton prize for all round excellence was inaugurated. As I left the party that night, a young server who listened to the speech as she worked, expressed her awe of Dr. Murphy in hushed tones. She knew she had been witness to a person

of great stature and was deeply impressed.

For many years Dr. Murphy and Dr. Leighton spent a week each month in their home in Nova Scotia, a practice Jane continued even after Alec’s death. She had an immense affection for the area and for the people of Stirling County. She often stressed to me the value she placed in her membership of our department and of the bonds between Harvard and Dalhousie, which she nurtured all her life.

Dr. Murphy was an outstanding academic, a warm and generous friend, and a loyal supporter of our department. She will be greatly missed by all who were fortunate to know her, especially by this writer. May she rest in peace.

You can read Dr. Murphy’s obituary in the Boston Globe: <https://www.legacy.com/obituaries/bostonglobe/obituary.aspx?n=jane-murphy-leighton&pid=197755895>.

PHOTO FEATURE



Beyond the Wall, Jökulsárlón, Iceland (Photo by Dr. Patricia Celan).

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 3, 2021, with the deadline for submissions to be April 16 2021.

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