

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

Farewell to a leader

Dr. Nick Delva finishes 10-year tenure with department June 30



On June 30 **Dr. Nick Delva** will exit the doors at the Abbie J. Lane Building for the last time as head of the Department of Psychiatry. He will finish his 10-year tenure and pass over the reins to **Dr. Michael Teehan**, who will assume the new headship position as of July 1. Dr. Delva's time has been marked by constant change, both academic and clinical. He has been a steadfast leader, who has worked tirelessly to achieve a better working environment for all of his colleagues, while also always remaining motivated to ensure that the department fulfilled its mission to develop and maintain high calibre educational, research and clinical programs that advance the field of psychiatry and mental healthcare.

Dr. Delva came to the department in 2006, coming to Halifax from Queen's University in Kingston, Ontario, where he had spent the majority of his career. This was not however, the first time he would be living in Halifax. He actually arrived in Nova Scotia as a six-year-old from the UK, first living in Glen Margaret and later moving to Halifax where he attended the Halifax Grammar School and his father practiced medicine. The city

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Message from the Head

This is my last *Message from the Head!* The last ten years have gone by quickly and although there have been a few stressful moments along the way, it has been a real pleasure to serve as department head, and a great privilege. Ours is a strong medium sized (for Canada) department of psychiatry, now 67 years of age. We have much tradition, depth and breadth. As I have mentioned on many occasions, the residents who come to train here can follow their dreams, learning psychiatry in a highly resident-centered training program, and choosing their electives from the wide range of clinical and academic areas that are supported here at Dalhousie. Similarly, undergraduate students receive an excellent education in psychiatry, shown among other ways by the superior results consistently achieved in the psychiatry portion of the Part I LMCC examination, and also by the choice of our postgraduate program for specialty training. Our regular rounds and CPD activities are stimulating and informative, and our annual Academic Day and Research Day events are fully subscribed. We look forward to admitting postgraduate students to our own Masters program in psychiatry research starting in 2017. There are many vibrant areas of research, led by our talented, original and highly productive researchers. We have also been successful in developing effective partnerships with the health authorities (NSHA and IWK) and co-led significant changes in our clinical services, with a number of notable successes. Our clinical services remain in evolution, and the further development of these programs will be increasingly coordinated with the other services in the province. Our goal is to have



Dr. Nick Delva

sophisticated, integrated, clinical-academic, province-wide mental health and addictions services – that is, a provincial mental health and addictions health sciences network, and possibly one day a fully functional Maritime network. There is much more work to be done, and I am confident that our progress will continue under the very able leadership of **Dr. Michael Teehan**, my successor as head of the university and Central Zone departments of psychiatry. I would like to thank all of the hard-working staff, faculty and residents with whom I have had the pleasure to work.

You will find many articles of interest in this issue of Headlines. There is a review of the XXVII W.O. McCormick Academic Day, which provided an excellent update on what is happening in the world of psychotherapy. There are profiles of our physician resource manager, **Janet Bardon** and our humanities coordinator, **Dr. Joanne MacDonald**. We are very grateful for the work Janet has done to manage the complexities of recruitment of psychiatrists, sometimes requiring immigration, for overseeing our important yearly reviews with each member of faculty (the individual practice profiles – IPPs), and for her other efforts to ensure that we have a strong departmental membership.

[Continued on page 5]

Farewell to Dr. Delva *continued from page 1*

felt like home so when the position of department head in psychiatry at Dalhousie became available it was a particularly attractive option. Dr. Delva says he also harboured a dream to build a dual clinical/academic mental health and addictions centre and network in a smaller province where there was the potential to work effectively and efficiently with a small number of players. “That dream is still alive,” he says. “It will simply take more than 10 years.”

The department has seen overwhelming change during Dr. Delva’s time as head, thanks in part to his collaborative and professional approach to leadership. “He quickly brought together a department riven by the divisions engendered by an imperfect and disputed AFP (academic funding plan) process,” says **Dr. Aidan Stokes**, who held the headship position prior to Dr. Delva. “He has continued to be widely respected for his leadership and steady hands in an increasingly challenging time for our university department.” Director of Research, **Dr. Ben Rusak**, has worked closely with Dr. Delva during the last 10 years and says, “Nick’s leadership of the Department of Psychiatry during this period has been marked by remarkable success in clinical service development, educational excellence and a high level of research productivity and accomplishments.” These accomplishments, he says, are attributable in large part to his style of leadership and his personal characteristics. “Nick is inherently democratic by instinct, always keen to seek advice from and develop consensus among the leadership team. At the same time, when the

situation required it, he is prepared to steer discussions to where he thinks they should go, and ultimately to make hard decisions and to take responsibility for them. That responsibility sometimes included having difficult conversations with people, which were probably eased somewhat by Nick’s direct and honest approach.”

In more tangible terms, during Dr. Delva’s tenure on the academic side of things we have seen the development and filling of a number of academic chairs and one (soon to be three) Canada Research Chairs, not to mention there are a number of other strong researchers in the department. The residency training program came out of a long period of provisional accreditation to achieve full accreditation, and the program is now strong with good resident morale. The undergraduate education and CME have been consistently strong, and we have just received approval for a Master’s degree program in psychiatry research. The department is also known for its support of faculty initiatives and its collaboration. “Not all clinical departments have that reputation, the department head is paramount in creating and maintaining it,” says **Carolyn Sisley**, the director of finance and administration who works side-by-side with Dr. Delva on a daily basis.

Clinically there have been changes as well. To name a few: there is now a consolidated and improved psychiatric emergency services housed at the QEII Health Science Centre; integration of mental health and addictions services; the

development of a specific program for patients with borderline personality disorder; the creation of a psychiatric intensive care unit at the East Coast Forensic Psychiatric Hospital; the building of an excellent new child and adolescent inpatient psychiatric unit (the Garron Centre); the recent opening of an occupational stress injury clinic; the movement of the general community mental health and addictions clinics out of the hospital setting into the community; the acquisition of equipment to provide transcranial magnetic stimulation treatment; and more. A lengthy list, though Dr. Delva admits there is still much to be done. “The changes to come,” he says, “will be done in the new context of a single health authority.”

A lot can be said of Dr. Delva’s calm and positive demeanour and reports from his closest colleagues are virtually identical on the matter. “He has always been supportive, collaborative, perpetually positive, and unequivocally ethical,” says Carolyn Sisley. She recalls fondly many discussions where they would lament over AFP negotiations (or lack thereof), and afterward he would pause and say, “Well—at least we aren’t being chased by the Nazis.” “That put it all into perspective,” she says. Evidently, he is able to see the positive in even the most difficult situations and people. **Dr. Alexa Bagnell**, the interim chief of child and adolescent psychiatry has worked closely with Dr. Delva over the last several years. “His most popular line: “he/she is a good, well doing person,” frames his approach of looking for the good in people and working to develop and improve,

and his optimism in his work with our faculty.” He faced countless challenges with the bureaucratic environment and according to Dr. Rusak, “despite his sometimes scathing, and often amusing, descriptions of his adventures in the world of administration, he managed to retain, and to convey to others, a remarkably positive attitude, and to remain optimistic that things would work out.” He continued and says, “many conversations with him about the ponderous slowness with which things here change (or do not), or the incomprehensible illogic of one bureaucracy or another would end with Nick reflecting on what a great group of clinicians we have in the department, the excellent educators and outstanding researchers, and how, all things considered, we were really in great shape, despite everything.”

Dr. Delva has been at the helm, managing a large department for 10 years, but he will be the first to say his achievements were a product of teamwork and successful partnerships. “I have had the privilege to work with many people during the last 10 years and together we have, I think, achieved a lot,” he says. “The Dalhousie Department of Psychiatry is strong at all levels, and will develop further under the leadership of Dr. Michael Teehan.” Dr. Teehan, who has held the position of deputy head of the department during Dr. Delva’s time as head, has seen the department grow and diversify under Dr. Delva’s leadership. “He fosters the best in our endeavours, in clinical, educational and research spheres,” he says. “It has felt like a tremendous learning experience, to have been close to decision making, and watch the careful process unfold. Of course

2006-2016 SNAPSHOT

Education

- Postgraduate Residency program received full accreditation after several years of “B status” from Royal College
- Two RCPSC subspecialty residencies established: child & adolescent psychiatry and geriatric psychiatry
- Medical humanities coordinator position developed and resources applied to focus on humanities initiative within department and FOM
- Psychotherapy Coordinator developed and additional structure developed for teaching programs
- Sponsorship made available to undergraduate students to travel to various conferences
- Protected time allocated to Clerkship director role
- Promotion of academic scholarship
- Significantly increased tutor recruitment efforts – taking on a very active role in recruitment
- Inclusion of faculty development topics on medical education
- Residents as teachers curriculum evolved
- Successful transition to web conferencing for academic rounds and electronic evaluation process, with increased participation

Research

- Awarded three endowed chairs and the first Canada Research Chair
- Research funding held in the department increased from just over \$1.1 million in 2007, to just over \$4.5 million in 2015.
- Approval of a Masters’ program in psychiatry

Clinical

- Steady decline in the average length of stay; the number in 2016 roughly half of that in 2006
- Extensive increase in discharges, approximately 40 per cent more
- Number of alternative level of care days is at their lowest over the last 10 years
- Bed availability increased significantly in acute care
- Simpson landing, 40 community-focused inpatient beds, opened at the Nova Scotia Hospital
- Consolidation of two emergency rooms to one, with a full-time psychiatrist on staff
- 24/7 staffing of the psychiatric emergency service began
- Psychiatric Intensive Care Unit, a short-term stabilization facility for patients who exhibit behaviour deemed to be too aggressive and potentially harmful to other patients in standard mental health units, opened at the East Coast Forensic Hospital
- Full-time addictions psychiatrist was hired and the addictions program evolved

there have been frustrations and obstacles to overcome (I'm trying not to use the AFP acronym), but I have been deeply impressed by Nick's patience, persistence and ability to tackle such issues with a long term perspective. I hope I have absorbed some of these lessons, and can put them to use in the future."

In the last 35 years each new head in the department has been an external appointment. There is now the rare opportunity for a rational and orderly transition from one department head to the next. Dr. Teehan has been kept in the know of all important happenings and has taken over some of Dr. Delva's responsibilities in the past few months, such as chairing the human resource committee. In the final months of Dr. Delva's tenure, Dr. Teehan will take on more and more,

attending meetings of department heads, and of the leadership of the new zones within the health authority. Though Dr. Delva will be relocating to Kingston in July, Dr. Teehan expects to be in close touch. "With Nick's generous nature, I am confident that advice and counsel will remain available with a phone call or email."

Dr. Delva will be taking some time to determine exactly what to do next. He has plans to continue his connection with the Northwest Territories which was established during the Dalhousie-NWT partnership. His thoughts won't be far from Dalhousie, however, and he admits he will most miss the people he works with. "We have a great team in our department and the leadership of mental health and addictions in the two health authorities. The department was on

strong footing when I arrived and my efforts have been directed to making the department stronger both clinically and academically, and it has been very satisfying to see the department develop over the time I have been here. A lot of positive relationships and collaborations have been fostered."

The Department of Psychiatry at Dalhousie has been very fortunate to have Dr. Delva with us for 10 years. He has made some tremendous positive changes in the department during his time here. He has faced countless challenges, but always managed to see the positive in the situation. He will certainly be missed and we wish him the very best in his future endeavours.



Drs. Nick Delva



Drs. Nick Delva and Michael Teehan at the farewell event for Dr. Delva.

Message from the Head *continued from page 2*

Our strength depends on our people! Dr. MacDonald's portfolio is of great importance to our field and I believe that in the coming years we will see a requirement for greater sophistication in philosophy, history and other humanities in the practice of psychiatry and other

areas of medicine. Congratulations are in order to **Drs. Cheryl Murphy** (Dalhousie Education Award), **David Pilon** (Northwood Foundation Live More Distinction Award for Innovation), **Alexa Bagnell** (Doctors NS Dr. William Grigor Award), and **Herb Orlik** (Doctors NS Distinguished

Service Award), with details to be found on pages 17 and 18.

As I once again bid farewell to Nova Scotia, I would like to wish everyone a great summer, and good luck in the coming years!

Research Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

research day 2016 - october 14

We are pleased to announce that this year's keynote speakers will be Drs. Avshalom Caspi and Terrie Moffitt.

Avshalom Caspi grew up in Israel and received his professional education in the United States (PhD, Cornell University). His research spans the fields of psychology, epidemiology, and genetics. His current work is concerned with three broad questions.

- (1) How do childhood experiences shape the course of health inequalities across the life span?
- (2) How do genetic differences between people shape the way they respond to their environments?
- (3) What are the best ways to assess and measure personality differences between people?

His research on human development and mental health has earned him awards from the American Psychological Association, the Society for Research in Adolescence, the American Public Health Association, and the International Society for the Study of Behavioral Development, as well as the Mortimer D. Sackler MD Prize for Distinguished Achievement in Developmental Psychobiology, the NARSAD Ruane Prize for Outstanding Child and Adolescent Psychiatric Research, and the Klaus J. Jacobs Research Prize for Productive Youth Development. He has served on the executive council of the International Society for the Study of Behavioral Development,



Drs. Avshalom Caspi and Terrie Moffitt

and is involved in international teaching and training initiatives in developmental psychopathology.

Terrie Moffitt studies how genetic and environmental risks work together to shape the course of abnormal human behaviors and psychiatric disorders. Her particular interest is in antisocial and criminal behavior, but she also studies depression, psychosis, and addiction. She is a licensed clinical psychologist, who completed her clinical hospital training at the UCLA Neuropsychiatric Institute (1984). Dr. Moffitt is associate director of the Dunedin Longitudinal Study, which follows 1,000 people born in 1972 in New Zealand. As of 2010, she has studied the cohort from birth to age 38. She also co-directs the Environmental-Risk Longitudinal Twin Study, which follows 1,100 British families with twins born in 1994-1995. She has studied the twins from birth to age 18 so far. For her research, Dr. Moffitt has received the American Psychological Association's Early Career Contribution Award (1993)

and Distinguished Career Award in Clinical Child Psychology (2006). Dr. Moffitt was also awarded a Royal Society-Wolfson Merit Award (2002-2007), the Klaus-Grawe Prize (2009), and was a recipient of the Stockholm Prize in Criminology (2007), NARSAD Ruane Prize (2010), and Klaus J. Jacobs Research Prize (2010). She is a fellow of the Academy of Medical Sciences (1999), the American Society of Criminology (2003), the British Academy (2004), Academia Europaea (2005), and the American Academy of Political and Social Science (2008). She is a Trustee of the Nuffield Foundation. She has been appointed Faculty Fellow with Duke's Alumni Office (2015).

Drs. Caspi and Moffitt work at Duke University in the USA, at the Institute of Psychiatry, King's College London in the UK, and at the Dunedin School of Medicine in New Zealand.

The call for abstracts for Research Day will be sent out in June and registration to attend the event will begin in September.

summer studentship program

• **Dr. Cindy Calkin** (Kathleen Cairns) “Treating insulin resistance as a strategy to improve outcome in refractory bipolar disorder: a randomized, double-blind, placebo-control study of the efficacy of metformin in patients with insulin resistance and non-remitting bipolar disorder (TRIO-BD)”

• **Dr. George Robertson** (Matthew Chedrawe) “Determining how quetiapine stimulates remyelination”

• **Dr. Gail Eskes** (Richard Drake) “Developing a training program for improving deficits in attention (vigilance)”

• **Dr. Sherry Stewart** (Karla Joyce) “Examining Gambling Motives, Mood and Gambling Involvement Across the Menstrual Cycle”

NOVA SCOTIA PSYCHOSIS RESEARCH UNIT SUMMER STUDENTSHIP

• **Dr. Ben Rusak** (Mikaela Friedrich) “Circadian sleep organization in an animal model of schizophrenia”

Education Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

Dr. Nicole Herschenhous has been appointed the psychotherapy coordinator, effective April 1, 2016. Dr. Herschenhous was the successful candidate on the completion of the recruitment for the position. Nicole will facilitate the development of psychotherapy teaching skills in faculty including

the mentorship of junior faculty, plan and coordinate the residents’ clinical training in psychotherapy and the didactic teaching schedules; ensure the residency program meets psychotherapy training standards and support the development of psychotherapy research.

Graduation Exercises

The 2016 graduation exercises will be held Friday, June 3 at The Prince George Hotel. Entertainment will be provided by Merimac. Reception starts at 6:30—formal invitations will be sent out early May.

undergraduate news

Clerk Supervision

Kudos to our faculty and residents for a job well done on clerk supervision. From the Unit 1 (Sept.-Dec. 2015) evaluations, clerks rated our preceptors and residents:

- 64 per cent rated their psychiatry preceptor as outstanding
- 84 per cent rated their resident as outstanding

psychSIGN Conference

We would like to congratulate Med 1 student, Anastasia McCarvill, as

the successful applicant to have her travel costs covered by the Department of Psychiatry to attend the annual Psychiatry Student Interest Group Network (psychSIGN) conference that is held in conjunction with the American Psychiatric Association conference.

Link Program

During May and June, the annual cohort of students from the International Medical University (IMU) in Malaysia will spend time in the department as part of the Link

Program. This program helps to prepare them for entry into Clerkship in September. This year we will receive six students (four IMU and two IMG).

Tutor Recruitment

2016/17 recruitment continues for faculty tutors. There are still many opportunities available. Please contact **Mandy Eslinger** at Mandy.Eslinger@nshealth.ca to confirm your undergraduate teaching activities.

postgraduate news

CARMS 2016

Thank you to all of the faculty and residents who made our CaRMS recruitment activities such a tremendous success this year. We have filled all seven positions in the residency program in round one of the CaRMS match. We look forward to welcoming our new residents in July.

New PGY-1's beginning July 1, 2016 are as follows:

Christelle Boudreau	Université de Sherbrooke
Elizabeth Han	University of Toronto
Gregory MacMullin	Dalhousie University
Christine McClelland	Dalhousie University
Tyson Rizzardo	University of British Columbia
Chelcie Soroka	Dalhousie University
Graham Stevenson	Dalhousie University

FELLOWSHIPS

Dr. Stacy Campbell from University of Saskatchewan will also join us as of July 1, 2016 to complete a one year fellowship in Psychodynamics and Group Psychotherapy under the supervision of **Dr. Jackie Kinley**.

Welcome to all our new recruits!

RESIDENT EXAMS

The departmental orals were held on April 22 for the PGY-2s and April 28 for the PGY-3s.

The STACER exams for the PGY-4s took place on May 6 and May 13.

A big thank you to all faculty that have signed up to participate in these exams

The Royal College exams were May 9-11.

continuing education news

XXVII W. O. MCCORMICK ACADEMIC DAY APRIL 29, 2016

This year's Academic Day on the theme "Psychotherapies in Clinical Practice: A Potpourri" was another highly successful, sold-out conference with 230 multidisciplinary mental health professionals, residents and students participating.

This year, in addition to the lectures from the two invited keynote speakers, four symposia were held with presentations from panels of local experts on a variety of themes related to psychotherapy.

Chaired by **Dr. Heather Milliken**, the morning session began with opening remarks from The Honourable Leo

A. Glavine, Minister of Health and Wellness and Minister of Seniors, and **Drs. Nicholas Delva** and **David Pilon**.

This was followed by keynote speaker Stefan G. Hofmann, Ph.D., professor of psychology at the Department of Psychological and Brain Sciences and director of the Psychotherapy and Emotion Research Laboratory at Boston University, and his presentation titled "Cognitive Behaviour Therapy in the Treatment of Anxiety Disorders." Professor Hofmann described how modern cognitive behavioural therapy (CBT) can enrich therapeutic strategies



The Honourable Leo A. Glavine, Minister of Health and Wellness.

when treating anxiety and related disorders. The symposium, "An

Introduction to Third-Wave Cognitive Behavioural Therapies: Acceptance and Commitment Therapy, Dialectical Behaviour Therapy and Mindfulness-



Keynote speaker Stefan G. Hofmann.

Based Approaches, began with a presentation by **Dr. Jacqueline Cohen**, co-lead of the NSHA Central Zone Borderline Personality Disorder Treatment Program. She reviewed the evolution of CBT and discussed some of the themes common to third-wave CBT. Dr. Cohen also spoke about Dialectical Behaviour Therapy (DBT) and the ways in which dialectics, radical acceptance and a return to learning theory have shaped treatment with complex clients. **Dr. David Whitehorn**, director of the Atlantic Contemplative Centre, described the essential components of mindfulness-based approaches and the role of mindfulness in cultivating compassion. Dr. Dayna Lee-Bagley, a clinical health psychologist at the QEII HSC Transplant Program and Behaviour Change Institute, provided an introduction to Acceptance and Commitment Therapy (ACT) and described its essential features. During the symposium participants were invited to participate in experiential exercises demonstrating

third-wave CBT.

The morning session concluded with the presentation “Motivational Interviewing: Fundamental Skills for Working with People.” **Drs. Zenovia Ursuliak** and **Selene Etches**, along with Scott Janssen, the clinical practice educator with Mental Health & Addictions Services, Central Zone, NSHA, introduced the conceptual framework for motivational interviewing and used demonstrations and clinical cases to teach participants fundamental motivational interviewing skills.

Chaired by **Dr. Patricia Pearce**, the afternoon session began with keynote speaker, Anne Mahoney, Ph.D., R. Psych., F.C.G.P.A., from Calgary, Alberta, presenting on “When is a Group not a Group?: The Fundamentals of Group Therapy.” In this lecture the process necessary to transform a collection of individuals



Keynote speaker Anne Mahoney.

into a cohesive group was described and its application to a wide variety of group formats (short term, long term, inpatient, outpatient, structured and process groups) was discussed.

In the presentation “Training

in Psychotherapy,” **Dr. Jackie Kinley**, chair of the psychotherapy section at the Canadian Psychiatric Association and **Dr. Marie Claire Bourque**, PGY5, discussed the role of supervision in training in psychotherapy from both the trainer’s and trainee’s perspectives. Factors that may influence the effectiveness of psychotherapy supervision and the impact of supervision on the patient, the learner and the supervisor were described.

The afternoon session ended with the symposium “Psychotherapy Services for Complex and Refractory Populations.” In his presentation “Direct Evaluation and Management of Treatment Resistance in Psychiatric Patients,” **Dr. Allan Abbass** outlined the biopsychosocial factors that are common in treatment-resistant populations and described the growing evidence base for the use of Intensive Short-term Dynamic Psychotherapy (ISTDP) in these populations. **Dr. Joel Town** presented on the topic “Tailoring Psychotherapy to the Needs of Individuals.” He discussed the clinical applications of the results of his research regarding “what works in psychotherapy, for whom and why?”

Many thanks to all the speakers, members of the planning committee, education coordinator **Tracy Fraser MacIsaac**, and the sponsors for their contributions to what was an excellent and highly successful XXVII W.O. McCormick Academic Day.

Videos of the speakers’ presentations are available on the Department of Psychiatry website www.psych.dal.ca

UNIVERSITY ROUNDS

On March 9, 2016 Dr. Gustavo Turecki, professor and chair in the Department of Psychiatry at McGill University, presented on the topic “Revisiting Suicide Risk: Experience, Development and Psychopathology.”

On April 20, 2016 Dr. Paul Kurdyak, associate professor in the Department of Psychiatry at the University of Toronto, presented on the topic “Access to Mental Health Care and Performance Measurement: Emerging Developments in Ontario.”

FACULTY DEVELOPMENT WORKSHOPS

On March 31, 2016 **Drs. Cheryl Murphy and Mark Bosma** facilitated a two-hour workshop on How to Write Good Quality MCQs. Participants were eligible to earn a maximum of six Performance Assessment (Section 3) credits as defined by the RCPSC Maintenance of Certification (MOC) Program.

On April 15, 2016 Drs. Mark Bosma and **Sabina Abidi** conducted a two-hour workshop on STACER Assessor Training. A similar workshop was also conducted earlier for faculty in the Child and Adolescent Psychiatry Division. Participants could earn a maximum of four Section 2 credits as defined by the RCPSC MOC Program by incorporating the workshop into a Personal Learning Project (PLP).



Dr. Gustavo Turecki



Dr. Paul Kurdyak

UPCOMING CONTINUING EDUCATION EVENTS

University Rounds

- | | |
|--------|--|
| May 11 | Dr. Jean Wittenberg, University of Toronto – Hospital for Sick Children |
| June 8 | R.O. Jones Memorial Lecture, Dr. Dilip Jeste, University of California – San Diego |

Clinical Academic Rounds

- | | |
|---------|--|
| May 4 | Eating Disorders Program |
| May 18 | Elizabeth Pienkos, Kerry Murray, Dr. Jacob Cookey , Karen Neville, Patryk Simon, Dr. Kulli Poder |
| May 25 | Child & Adolescent Psychiatry: Dr. Stan Kutcher |
| June 1 | Child & Adolescent Psychiatry: Dr. Saima Nadeem & Dr. Normand Carrey |
| June 15 | Neuroscience Jeopardy: Drs. Jacob Cookey, Michael Butterfield & David Lovas |

meet an educator: dr. joanne macdonald

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

My current teaching interests: I've been focused for many years now in profiling how maternal mental health, which includes but goes beyond the treatment of maternal mental illness, is critical for child and family mental health. Parents' capacity to emotionally regulate, attach and

attune to their children, provides the safe nurturing environment from which child cognitive and physical growth, and social and behavioural regulation, occurs for the developing brain. For particularly high-risk populations, early interventions in maternal mental health can have

epigenetic influence. In recent years much of my teaching time has been in community-based education beyond the traditional medical community. Education in maternal mental health and illness has been provided to family support workers, parenting educators, home visitors,

public health nursing, early childhood educators, social workers, child protection family skills staff, doulas; all providers with a stake in safe healthy families but not mental health specialists.

My new humanities coordinator role arises out of the lessons learned working with vulnerable families with high genetic and situational risk of mental illness. In that I'm interested to explore and showcase how study and expression in fields outside of science – history, art, music, sociology etc – might enhance our understanding of human experience that is at the centre of psychiatric work; how our minds might be opened to encourage more creativity, novelty and resiliency in the midst of difficult problems; to support our continuing meaning and enthusiasm in our study and service.

My preferred teaching method/delivery: Case-based learning, where the education is grounded in the patient's problem, still is the essence of medicine for me, even while we challenge the hierarchies and limits of the 'medical model.' The mode of examining the 'case,' (the story), can be explored beyond 1:1 casework. *The Mothers Mental Health Toolkit* project has shown me the power of distance self-directed learning as we've reached over two thousand learners nationally, by conservative estimate, and the website provides a continuing source of that information.

Within the humanities realm I'm going to need the help of more junior colleagues, and hopefully strong resident engagement in due course, to explore how social and other new media might be used to provide accessible learning in that space. We hope to develop a Facebook



Dr. Joanne MacDonald

page for example, as a vehicle to communicate events and ideas, brief exposures to visual media like film, art, social commentary. Then faculty, staff and learners could share their experiences within the humanities, what they connect with, and how that might connect them to their professional identities and work.

My typical workday: The typical day is really atypical now, routinely juggling clinical sessions with patients at community sites, like a Family Resource Centre where mothers come for parent support

programs and now mental health assessment and care, with a teaching session with public health nursing, email check-ins on the fly, and a shared care consultation with one of our participating family physician collaborators.

The most satisfying aspects of academic work: What is most satisfying for me is a new understanding and maybe a laugh with one of our young mothers and a sense of the community of effort of the people and agencies trying to support the vulnerable

in our communities. There's been a powerful experience of de-stigmatization of mental illness in these shared endeavours, and I think a different view of psychiatrists as well for those partners.

The most frustrating part of academic work: The scheduling and trying to truly work less than full-time now!

My education mentors: For me the late Dr. Doris Hirsch stands out. She was a woman physician ahead of her time, with a sophisticated prior education, but a down-to-earth manner with families that belied her intelligence and the evidence base of her approach. She was humanistic, a feminist, kind, hard-working, and a little irreverent. Her famous line in

meetings was always "But what about the patients? What does this mean for them?" A great reminder.

My second career choice: I would have been a writer or English professor, though maybe tending bar and skiing on the side. I've always liked a good story.

Child and Adolescent Psychiatry

BY MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

The division of Child & Adolescent Psychiatry would like to welcome two new administrative assistants, **Ms. Patricia Evans** and **Ms. Ashley Johnson**, to our team. Patricia will be working with two specific care clinics: Autism Co-morbidity and Concurrent Care Disorders. She can be reached at 902-470-6871. Ashley will be providing administrative support to forensic psychiatry and can be reached at 902-470-3719.

Our sincere congratulations are extended to **Dr. David Lovas** (along with co-principal investigator Ms.

Leslie Anne Campbell) on the receipt of funding from the CIHR SPOR Engagement Grant for the project *Opening the Door: Inviting Patient and Family Perspectives on Pediatric Mental Health Emergencies in Nova Scotia*.

Dr. Alexa Bagnell recently attended the Banff International Conference on Behavioural Sciences as plenary speaker. Her talk, *Training Educators in Mental Health Literacy: The Why and How*, complimented this year's theme of *School Mental Health: Challenges and Emerging*

Opportunities.

Dr. Normand Carrey has been chosen (delegated) with Dr. Claud Bisailon of Universite de Sherbrooke a Longueuil, to do the English to French translation of *Circle of Security*, an attachment-based parenting program for the early years. The translation involves the parenting DVD along with the instructor's manual.

Dr. Lukas Propper presented on psychiatric comorbidity and use of psychotropic drugs in autism for a pediatric clinic in Kentville.

the tulane infant mental health clinic; a model for the early years integrated child-welfare-infant mental health.

BY DR. NORMAND CARREY, CHILD AND ADOLESCENT PSYCHIATRIST

For over twenty years, Dr. Charley Zeanah and his team in New Orleans have been slowly but steadily developing an integrated infant mental health clinic that serves as a model for collaboration between child welfare and infant mental health. Dr. Normand Carrey has been visiting

that program annually for the last three years, observing the team in action and pondering the possibilities about how services and outcomes for maltreated young children and their families could improve if decision-makers at the IWK and the corresponding provincial departments

(Health, Education and Community Services) thought "outside the box."

After adjudication from the Family Court, child protection cases are automatically referred to Dr. Zeanah's team for an assessment, treatment and recommendations due before the next court date. Assessments

are comprehensive including a 360-degree assessment of parents, child development and relational patterns. For relational patterns, the team uses the Crowell (a dyadic interactional instrument measuring how the parent-child dyad negotiates reciprocal tasks of affect regulation and demands) and the Working Model of the Child Interview (WMCI), a narrative recounting of the parent's internalized representations of the child and the caregiving they received as children. Zeanah was the originator of the WMCI some thirty years ago and it continues to be a model widely used throughout infant mental health. At the treatment level the parents are then assigned to a parenting group (Family Nurturing Program) to increase parental skills and sensitivity to their children. If more intensive work is necessary then dyads are referred to either CPP (child-parent psychotherapy),

PCIT (parent-child interactional therapy) or CoS (Circle of Security), all evidence-based intensive dyadic interventions. Each room is wired with a one-way mirror and videotaping equipment to record therapist- family interactions. Other modalities and supports are available such as visit coaching (when parents need help and support during visits with their children) as well as help with other focal and instrumental concerns.

Each week there are case conferences where the head of Child Welfare, the case managers, therapists and the legal team review the family's progress and start to formulate recommendations about what is in the child's best interest. At any given moment, there are a series of learners including psychology interns, psychiatry residents and fellows, social work students, and alumni who return to visit the program. Dr. Zeanah ensures that

his staff are well-trained with the most up-to-date assessment and intervention techniques by either sending the staff out or inviting a guest trainer. While this program stands out as a model of integrated mental health and child welfare care, it still faces constant battles, in spite of its high level of expertise, over funding, cut-backs that affect the ability to plan for the future and a political culture which may not always value the importance of a preventative, attachment-informed approach. Yet not only the survival of this clinic, but its ability to thrive and excel indicates to me that such collaboration is possible and should become the new standard provincially and across Canada in Early Years Child Welfare and Infant Mental Health services. As a bottom-line, the government could save money too while giving excellent care.

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

dr. stan kutcher presents at out of the shadows: making mental health a global development priority

From April 13 to 15, **Dr. Stan Kutcher** was invited to showcase TeenMentalHealth.org's collaboration with Farm Radio International, Mental Health On Air, at *Out of the Shadows: Making Mental Health a Global Development Priority*. Hosted by The World Bank and the World Health Organization during the World Bank-

International Monetary Fund Spring Meetings, the innovation fair brought together 20 of the top visionary organizations from around the world to Washington D.C.

Out of the Shadows: Making Mental Health a Global Development Priority is a two-day series of events that

aims to move mental health from the margins to the mainstream of the global development agenda. It also offers a unique chance to introduce initiatives to other countries that may benefit from similar projects.

"*Out of the Shadows* is a wonderful opportunity for us to showcase



Dr. Kutcher and Louise Bradley, CEO of the Mental Health Commission of Canada, chatting about mental health innovation in Africa.

innovative new ways of delivering mental health knowledge and supporting the needs of youth in the environments they live in and regionalize healthcare in the manner they can receive it,” says Dr. Kutcher.

As outlined in the March 2016 edition

of *Headlines, Mental Health On Air*, a unique initiative funded by Grand Challenges Canada, aims to raise awareness and reduce the stigma of teenage depression, enhance mental health literacy for educators and students through schools and develop

for the first time, community based mental health services for young people in Malawi and Tanzania.

Results of this project have had a highly positive impact in a very short amount of time. To date, the initiative has seen over 200 healthcare providers and over 400 educators trained, with 3,000 students talking to their teachers about their own mental health, or that of a friend or family member. Additionally, with over 30,000 youth participating through the phone and over 500,000 being reached over the radio, 15,000 youth have reached out for more information in their schools. Over 1,000 youth are now being treated for depression.

“We are excited to showcase the hard work we have put into this project and how it has brought about incremental change. The compelling results, we believe have reached a paradigm in mental health research for depression treatment,” says Dr. Kutcher.

Anyone interested in further information about this work can contact Kate Elliot, communications coordinator at the Sun Life Financial Chair, at Kate.Elliot@iwbk.nshealth.ca.

teenmentalhealth.org at canadian educator’s conference on mental health

In April, **Ms. Amy MacKay**, administrative assistant to the Sun Life Chair, was invited to take part in the 2nd annual Canadian Educators Conference on Mental Health (CECMH) in Ottawa organized by the Mood Disorders Society of Canada. CECMH provided an opportunity

for health educators, school board leaders and health professionals to come together to discuss mental health issues, learn about latest research and best practices, and distribute tools, techniques and action plans to implement in their daily work with students. Ms. MacKay had

the opportunity to discuss many of TeenMentalHealth.org’s materials including The Guide, Transitions, and The Family Pack, as well as various evidence-based training programs available to educators and health care providers.

Report from the Dr. Paul Janssen Chair in Psychotic Disorders

BY DR. PHIL TIBBO, DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS

Specialized early intervention services for psychosis (EIS) have superior effectiveness in comparison to routine care, however there remain barriers in optimizing outcomes. One of these is cannabis use. Youth in Canada have the highest 12-month prevalence rate of cannabis use of all developed countries and its use in early phase psychosis patients limits the maximum benefit possible from the EIS framework, in turn leading to experiencing greater severity of symptoms, higher risk of relapse, reductions in medication adherence, and global functioning deficit. Additionally, recent studies have indicated possible sex differences, reporting worse outcomes in cannabis-using EPP females than cannabis-using EPP males.

The Janssen Chair has recently published manuscripts and book chapters on this topic, with a focus on mechanisms of interaction of THC on the developing adolescent brain, e.g., “White matter, schizophrenia and cannabis” a chapter in *The Neuropathology of Drug Addictions*

and *Substance Misuse, Part IV*, chapter 79 (Crocker C, Tibbo P); and “Cannabis and the Maturing Brain: Role in Psychosis Development” in *Clinical Pharmacology & Therapeutics*, 2015, 97(6):545-7 (Crocker C, Tibbo P). Dr. Tibbo was also invited to be a panel member for the Canadian Center on Substance Abuse (CCSA) program in both Halifax (January) and Calgary (March) entitled “Myth Busting: What the Research Actually Says About the Effects of Cannabis Use During Adolescence,” funded in part by CIHR. These panels received much attention in print, radio and TV news (<http://www.cbc.ca/news/canada/nova-scotia/halifax-marijuana-panel-1.3407110>), (http://atlantic.ctvnews.ca/panel-warning-of-pot-s-effects-on-young-people-kicks-off-in-halifax-1.2739077#_gus&_gucid=&_gup=GSEmail&_gsc=qtOAFhM). A portion of one of Dr Tibbo’s interviews was also used in a story around edible cannabis and youth, aired on *The National* (April 7, 2016). Dr. Tibbo also recently attended a neuroscience summit on marijuana

and cannabinoids at the National Institute of Health in Bethesda Maryland in March that not only discussed neuroscience, but policy as well. This is important information as Canada heads towards policy development in this area.

The Janssen Chair recently received a grant from the Mental Health Foundation of Nova Scotia, in partnership with the NSEPP and Kohoot Media. The objective of this multi-modal education project is to increase awareness and knowledge of the potential mental health consequences of cannabis use, targeting youth between 16-25 years of age. Uniquely among other educational campaigns, EPP and non-EPP youth will be fully engaged in the development of the outcome products/messaging. Engaging youth will increase the salience of the potential risks associated with cannabis use. The aim will be to positively impact long term mental health outcomes of Central Zone youth overall, as well as improving outcomes for youth in EPP.

Faculty Development Fund

BY CAROLYN SISLEY, DIRECTOR OF FINANCE AND ADMINISTRATION

As reported in our last issue, the Department of Psychiatry has long had a Faculty Development Fund, which is made available to all AFP physicians and also to non-physician faculty with an appointment greater or equal to 0.50 FTE. The intention is to provide faculty with funds to be used in a manner that will enhance research, education, and clinical work.

Most recently, **Dr. Nick Delva** applied for funding to attend and present an award at the International Society of ECT and Neurostimulation in Atlanta. Dr. Delva applied for \$2,096.11, and noted a monetary award of \$750 US will be provided to offset the costs. Members of the committee voted on Dr. Delva's application to be funded at 100 per cent.

For more information on the Faculty Development Fund, including application instructions, please visit the department's website (<http://medicine.dal.ca/departments/department-sites/psychiatry/faculty-staff/faculty-development.html>). Completed applications or questions can be directed to Carolyn Sisley at Carolyn.Sisley@nshealth.ca.

Meet a Staff Member

Meet a Staff Member allows you to be introduced to all the members of our administrative staff. It was brought to our attention that some faculty don't know who we are or what we do to support them and we'd like to change that! In this issue we introduce you to **Janet Bardon**.

janet bardon: physician resource manager

Does that sound like a new title? It is! After eight years of wearing two hats, **Janet Bardon** has relinquished her research responsibilities and is, as of Feb. 1, 2016, our newly created Physician Resource Manager.

Janet is a Certified Human Resources Professional (CHRP) and is responsible for physician recruitment, faculty appointments, promotion and tenure, the individual practice profile process for physician and non-physician faculty, and performance management processes. While these are not new responsibilities, due to increased demands we have revised her job to focus fully on these human resource issues.

Janet handles advertising, assists with immigration, prepares offer letters and position descriptions and supports physician moves and



Janet Bardon

orientation. She oversees the yearly practice profile process for physicians and non-physicians and executes performance management projects.

Janet works closely with **Dr. Nick Delva**, **Dr. Michael Teehan** and the Human Resource Committee to meet the recruiting needs of the department.

NEWS & ANNOUNCEMENTS

awards & honours

CHERYL MURPHY RECEIVES DALHOUSIE EDUCATION AWARD

Congratulations to **Dr. Cheryl Murphy** who was awarded the 2016 Early Career Faculty Award of Excellence in Teaching from Dalhousie University. Nominees for this award are considered based on their ongoing dedication to exceptional teaching and development in educational leadership at the onset of their career. Dr. Murphy was selected on the basis of her continual strive for excellence,

reported through evidence of reflective scholarship, teaching innovation, relationship building and lasting impact as an educator to students and colleagues. Dr. Murphy will be formally presented with her award at a ceremony in October. Congratulations to Dr. Murphy on this well-deserved honour.



Dr. Cheryl Murphy

DR. DAVID PILON RECOGNIZED WITH AWARD

On April 9, 2016, **Dr. David Pilon** was presented with the Northwood Foundation Live More Distinction Award for Innovation for his contribution and support to mental health programming and strategy development at Northwood, Atlantic Canada's largest not-for-profit continuing care organization. Northwood has been a significant participant in the Care-by-Design Mental Health initiative, co-chaired by Dr. Pilon and Dr. Barry Clarke (Integrated Continuing Care). This initiative helped to identify a model for the provision of mental health care within the long term care sector and to enhance primary care mental health supports to all long term care residents. Northwood has also begun mental health programming offering recreational and psychoeducational



Dr. David Pilon receives his award from Janet Simm, president and CEO of Northwood.

groups. The award recognizes Dr. Pilon's contribution and support of

Northwood's effort to improve the mental health of its residents.

CHILD AND ADOLESCENT PSYCHIATRY FACULTY MEMBERS AWARDED

Drs. Alexa Bagnell and Herb Orlik were recently recognized by Doctors Nova Scotia. Both physicians will receive awards at a ceremony at Digby Pines Golf Resort and Spa on June 3 and 4 during the Achievement Awards Ceremony and Luncheon during Doctors Nova Scotia's 162nd annual conference.

Dr. Bagnell has been named the 2016 winner of the Dr. William Grigor Award. This award is presented

to a physician under the age of 50 who has made an outstanding contribution benefiting the health of Nova Scotians. The award is named in honour of Dr. William Grigor, the first president of Doctors Nova Scotia.

Dr. Orlik will receive the 2016 Distinguished Service Award. This award is presented to a physician who has made an outstanding contribution to the medical profession and to the people of Nova Scotia

resulting in raising the standards of medical practice, or an outstanding contribution to the art and science of medicine. This award is in fact the highest award that Doctors Nova Scotia can bestow upon a person in the medical profession.

Congratulations to both Drs. Bagnell and Orlik on this tremendous honour.

announcements

FACULTY OF MEDICINE'S MEDICAL EDUCATION INSTITUTE



DALHOUSIE UNIVERSITY
FACULTY OF MEDICINE
Continuing Professional Development

Save the Date
2nd Annual Dalhousie Medical Education Institute
Medical Teaching: Taking it to the Next Level
September 16, 2016 | Charlottetown, PE

facdev@dal.ca | medicine.dal.ca/MEI

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Humanities Corner

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

12 week series on fostering humanism and professionalism

The development and maintenance of professionalism is a frequent topic in health education. **Dr. Joanne MacDonald** is co-facilitating a new 12 week series on Fostering Humanism and Professionalism. The series is based on prior work at Duke and the University of Calgary's Schools of Medicine. Dalhousie's Faculty of Medicine Humanities-HEALS office is sponsoring an innovation to include all health professions faculty. The interactive faculty-driven guided discussions include defining humanistic values as they relate to

professionalism, appreciative inquiry approaches to change, role modelling in clinical setting teaching, feedback skills, team function, handling errors, demonstrations of caring communications, as well as personal wellbeing in reflective capacity and mindfulness.

The sessions include medicine, with various specialties represented, bioethics, nursing, dentistry, physiotherapy, sonography, and occupational therapy.

The series will be revised, evaluated and ideally reoffered once or twice each academic year. The series is offered in Halifax with Dr. Marika Warren from Bioethics and in Saint John by Drs. Wendy Stewart and Denise Hollway. Watch for future Faculty of Medicine calls for participation next fall and please join the conversation. You can indicate your potential future interest to Dr. Joanne MacDonald at Joanne.Macdonald@iwk.nshealth.ca.

humanities writing contest

The Dalhousie Department of Psychiatry is pleased to announce the results of the 2015 Student Writing Competition. In the Resident Category, the winner is Heather Laakso, from the University of Toronto. In the Medical Student Category, the winner is Savannah

Silva, a student at McMaster University. There were many excellent entries in this year's competition, and the Department of Psychiatry would like to congratulate all the contestants on their creative efforts. In this issue of *Headlines*, we feature an excerpt from Heather Laakso's

winning submission, *Grandfather's Chair*. To read Heather's entire entry please visit <http://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writing-competition.html>.

Grandfather's Chair

The medical student enters the room slowly, giving a quick glance around it before choosing a chair in the back row. She has come to hear a talk about addiction and its impact on the brain as part of her clerkship rotation in psychiatry. They have come because it is a mandated component of their treatment in group therapy. Both the student and the patients are acutely aware of the name-badge hanging around her neck, clearly demarcating her as a staff member. She is the only one here sitting in the chairs with one on.

A group leader enters the room and begins the meeting. "Please remember that only water in clear bottles is allowed in the room," she says. The student looks reluctantly at her cup of coffee in her hands. She wonders momentarily if this rule applies to her too, but she obediently gets up from her chair and places the coffee on the table at the side of the room like everyone else. She has come to the meeting to learn, and so it seems only right that she should follow the rules as well.

The speaker is an addiction doctor here at the treatment centre. He has a commanding presence that quickly grabs the attention of his small audience. That, and the fact that he is an addict in remission as well. There is no "you" and "me" in his talk; only "us".

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND ASSISTANT PROFESSOR



Spring and its many blessings.

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 July 4, 2016, with the deadline for submissions to be June 10, 2016.

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

UPCOMING AWARD DEADLINES

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. If you would like to nominate someone please contact **Kate Rogers** at Kate.Rogers@nshealth.ca. The awards committee will work with you to organize nomination materials. For further details and terms of reference for the awards please visit our website (<http://www.medicine.dal.ca/departments/department-sites/psychiatry/about/awards.html>).

Granting Body: **Discovery Centre (May 31)**

- Discovery Awards Science Champion
- Discovery Awards Innovation Award
- Discovery Awards Professional of Distinction
- Discovery Awards Emerging Professional of Distinction

Granting Body: **Canadian Academy of Child and Adolescent Psychiatry (June 30)**

- The Paul D. Steinhauer Advocacy Award
- Naomi Rae-Grant Award
- Excellence in Education Award
- Certificate of Special Recognition

Granting Body: **The Royal's Institute for Mental Health Research (July 15)**

- The Royal-Mach-Gaensslen Prize for Mental Health Research

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