

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

Seasoned leaders

Drs. Scott Theriault and Alexa Bagnell accept leadership positions in the Department of Psychiatry



Drs. Scott Theriault and Alexa Bagnell

There have been some big changes in leadership in the Department of Psychiatry over the last several months. The biggest, no doubt when we saw **Dr. Nick Delva** depart and **Dr. Michael Teehan** take over as head. At this same time, **Dr. Scott Theriault**, clinical director of the NSHA Department of Psychiatry, accepted the position of deputy head of the department and **Dr.**

Alexa Bagnell officially accepted the position of division head of child and adolescent psychiatry and chief of psychiatry at the IWK. You have likely noticed very little in the way of changes as both Drs. Theriault and Bagnell have been holding leadership positions in the department for some time. They bring a wealth of knowledge and experience to the table and the department is fortunate

to have them leading the team.

Dr. Scott Theriault is in veteran territory when it comes to practicing psychiatry. He's been doing so for 25 years. During that time, he has developed and maintained an interest in more than the clinical side of psychiatry. He has a real appreciation of the things that underpin the successful practice

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Message from the Head

This busy and productive department has certainly been humming since the last edition of Headlines. As you know, we have had five new staff appointed over the past few months, and I am glad to say that all have started in their clinical services, and have begun their academic activities. Sadly, we are losing a stalwart of the department, **Dr. Ava Muir**, who has been on maternity leave during the past year, and who will be moving to Ontario with her family later in this year. We extend our thanks and appreciation to Dr. Muir for her years of dedicated service, and wish her well in the next phase of her career.

I had promised more extensive coverage of the very welcome appointment of **Dr. Alexa Bagnell** as chief of psychiatry at the IWK, and head of the division of child and adolescent psychiatry, which is prominent in this edition. We also feature **Dr. Scott Theriault**, who was appointed deputy head of DOP in the summer. We are a close team, and I rely heavily on Scott's years of wisdom and experience, and his unflappable temperament in difficult times.

If any member of the department has been especially busy this past month, it was **Dr. Rudolf Uher**. As you will see, Rudolf has been honoured by induction into the Royal Society of Canada's College of New Scholars, Artists and Scientists. Just before deadline, we also learned that he was the recipient of the Royal-Mach-Gaensslen prize for Mental Health Research, a prestigious award, which will be suitably recognized at a special event we are organizing for early December. The award generated stories in both the local and national press, and has spurred interest in Rudolf's work far and wide.



Dr. Michael Teehan

If this was not enough excitement, our co-directors of research, Drs. Uher and **Sherry Stewart** put on a most successful Research Day on October 14, preceded by a well attended Café Scientifique. They were able to navigate the loss of a key note speaker to illness just days before the event, and ingeniously managed to have his talk delivered by his collaborator and partner, Dr. Terri Moffat. It was an excellent day, graced by the presence of Minister for Health and Wellness, Mr. Leo Glavine for a second consecutive year. Among the many fine presentations, **Dr. Tomas Hajek** spoke to his ongoing work, which is featured in this edition. Congratulations to all of the prizewinners, and to all who presented their work.

Congratulations are also due to **Dr. Allan Abbass** for being named the 2016 Distinguished Professor of Psychiatry at UCLA for "Dedicated Service and Leadership in Psychiatric Education;" also, to **Dr. Stan Kutcher** on being named Guest Professor at Peking University Institute of Mental Health in China. Two other members of our faculty have won awards, and these will be highlighted in our January edition. Kudos is also due to **Dr. Joe Sadek** for publication of his new book on Adult ADHD.

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seasoned leaders *continued from page 1*

of psychiatry in today's complex health environment. This includes the distribution and management of psychiatric resources, the fiscal and legal environment that we operate in, and in an academic environment, the educational and research-base that informs practice for psychiatry and other partners, such as primary care, and generates the next generation of psychiatrists. "Being deputy head," he says "will allow me to contribute to the Department of Psychiatry in all those areas, and ensure that the department remains a vital contributor to medical practice, education and research." The position, held by Dr. Teehan for a number of years, will primarily be to act as an advisor, colleague, and confidant to the head of the department. Dr. Theriault, who will continue his post as clinical director, will ensure he remains informed and up-to-date on the clinical, educational and research environment, so he is able to best advise the head and can provide strategic and operational input into departmental activities.

"I see the role as synergistic with my role as clinical director," he says. "In that role I sit at a number of tables where I have the opportunity to provide input into service delivery at the local, zone and provincial levels."

Though new to this role, Dr. Theriault has held administrative roles of one description or another for many years, beginning with that of chief resident in the department during his training. After his fellowship he returned as clinical director at the forensic service, and then later at the East Coast Forensic Hospital. He was the associate clinical/academic

director for the Capital District Mental Health Program in 2001-2002, acting chief of psychiatry from 2003-2006, and clinical director of specialty services from 2007 to 2011. In 2011 he became the clinical director of the department of psychiatry. He worked alongside both Drs. Nick Delva and Michael Teehan in their capacities as head and deputy head. He describes the transition from Dr. Delva to Dr. Teehan as nothing but smooth.

"To me, it's like my favourite fall sweater, familiar but comforting. Michael is widely known and respected, locally, provincially and nationally. He and I have had a collaborative relationship for many years, and I've every hope and expectation that that will continue into the future."

As for the future, Dr. Theriault is optimistic about the outlook of the department. Having just finalized a new fiscal agreement with government, and aiming to realize a provincial vision for mental health and addictions, he hopes he can help to ensure that members of the department are compensated fairly for their work. He is also hoping that the department has an impact on planning and service delivery that is commensurate with the impact that the department has had on the mental health of those they serve.

Unlike Dr. Theriault who has taken on a new role, Dr. Alexa Bagnell has been holding the position of division head for child and adolescent psychiatry for more than two years, though it was only this summer that she officially accepted the position. When Dr. Kathleen Pajer left the

department in 2014 Dr. Bagnell stepped into the post in the interim. She took the job reluctantly she recalls, not sure it would be the right fit.

"The first six months were extremely challenging and I definitely learned a ton," she recalls. "I surprised myself by really enjoying thinking systemically and broadly about child and youth mental health and how the IWK could work within this system to improve our care of children, youth and families locally and regionally."

She says she also really enjoyed the co-leadership work with the director of the IWK Mental Health and Addictions Program, Dr. Ruth Carter and more recently Maureen Brennan. She remarks on the excellent team she works with at the IWK and says, "Having the privilege to lead this group was definitely a key factor in the decision to apply for the role of head and chief."

Holding this position is certainly not without its challenges. During her first 18 months in the role, Dr. Bagnell saw five faculty members leave the department and the remaining members struggle to fill in the gaps. Two new psychiatrists were recently hired, significantly easing the pressure of being stretched too thin. She also juggled her new role with that of the program director for the child and adolescent psychiatry residency program, a position she has only recently passed over to **Dr. David Lovas**. There have also been several new initiatives at the IWK, including a lean medicine initiative in Value Stream Mapping. The desire is that this will lead to more timely

access to care, and less waste and redundant work within services. This change has been a steep learning curve and will continue to be as the team moves forward with the work.

Dr. Bagnell has some goals in mind for the division of child and adolescent psychiatry going forward. Firstly she hopes to fill all faculty positions and continue to build strong relationships and collaborations provincially with the IWK psychiatry department. More long term she hopes to see a change provincially in how we think about mental health care for children, youth and families in our province. "There are many systems that manage mental health problems," she says, "but very minimal collaboration at a higher level to really make a smooth and collaborative care model to truly address the needs of a youth and family. This leads to a lot of confusions and inefficient and potentially ineffective care." Dr. Bagnell would like to see our systems and government departments working together and sharing their resources as appropriate to meet the identified goals and needs of families, a process she hopes would be standardized across the province. From an education standpoint her

goal is make our department the top academic centre for child and adolescent psychiatry in the country, something she doesn't believe to be out of reach.

"We are already well recognized and have a significant academic presence nationally for our size. The new Canada Research Chair and our collaboration with existing chairs in our department and the IWK helps and our new head, Dr. Teehan, has been connecting with our faculty and supporting our academic development, and the strength and collaboration within our larger department is definitely an asset for helping us achieve this goal."

Though not desirable, it is likely both Drs. Theriault and Bagnell will find that their time devoted to clinical activities is affected by the increase in administrative duties. Dr. Theriault, who works as a forensic psychiatrist at the East Coast Forensic Hospital, is hoping his new role won't impact unduly on his clinical duties, and has so far found that his position as deputy head is very complementary to his position of clinical director. Dr. Bagnell, however, has had to reduce her clinical time significantly since becoming head, but says her ability

to focus more on leadership and her academic role is much needed in the current IWK, provincial and academic climate. She will remain in the OCD clinic, working one day a week in the specialty care services and the IWK, and covering inpatient and emergency services intermittently. "I think this keeps me grounded in the real work and why we do what we do in leadership," she says. "And to be honest, it gives me energy and hope in the privilege of working with my patients."

Change can be a frightening thing. The Department of Psychiatry at Dalhousie has seen a lot of it lately: the departure of a trusted leader in Dr. Nick Delva, a new head in both the adult and child and adolescent psychiatry, and a new deputy head. Change is not so frightening however, when you are supported by experienced and faithful leaders. This is what the department is so fortunate to have in Drs. Theriault and Bagnell. We'd like to officially welcome them to their new positions and wish them the very best going forward.

Message from the Head *continued from page 2*

I will report on Provincial Services Planning and our upcoming site visit to Saint John, at the faculty meeting later in November. I am hoping for a big turnout at my first full faculty meeting as department head on

November 22. It will be held at the Abbie J. Lane in room 4074 from 4:30-6:00pm. I also hope you have December 16 in your diary, for our annual holiday party. I look forward to seeing you all at these events.

Research Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

research day 2016



Top (L-R): Drs. Terrie Moffitt, Abraham Nunes, and Gabrielle Rigney. Middle: Dr. Sherry Stewart, Kayla Joyce, and Sarah Bartel. Front: Jill Cumby and Dr Rudolf Uher.

On October 14, the 26th annual Department of Psychiatry Research Day took place at the Lord Nelson Hotel in Halifax. Research Day gathered together 103 faculty, students, staff and researchers for 32 informative poster presentations and 12 outstanding oral presentations. The oral presentations included two talks from keynote speaker Dr. Terrie Moffitt, Nannerl O. Keohane University Professor, Departments of Psychology and Neuroscience, Psychiatry and Behavioral Sciences, and Center for Genomic and Computational Biology, Duke University and Associate Director, Dunedin Multidisciplinary Health and Development Study, Dept. of Psychology, University of Otago, Dunedin, New Zealand.

Research Day prizes were awarded to:

Best Undergraduate Presentation:
Kayla Joyce – “A Retrospective Study of Female Gambling Behaviour Across the Menstrual Cycle.”

Best Graduate Student Presentation:
Sara Bartel – “Heavy Episodic Drinking Among Romantic Partners: Support for the Partner Influence Hypothesis Using a 3-Year Longitudinal Design.”

Best Resident Presentation: Dr. Abraham Nunes – “Of meals, models, and habits in the brain: a review of reinforcement learning studies in eating disorders.”

Best Junior Faculty Presentation:
Dr. Gabrielle Rigney – “Towards

improving children’s sleep using a school-based sleep education program: A randomized controlled trial.”

Best Psychiatry Staff Presentation:
Ms. Jill Cumby – “Needs of Parents with Severe Mental Illness and their Offspring.”

A special thanks to all those who made Research Day 2016 a success especially the Research Day Subcommittee members, **Drs. Rudolf Uher** and **Sherry Stewart** and **Jen Brown** and **Annette Cossar**.

café scientifique 2016

The department hosted a Café Scientifique at the Lord Nelson Hotel on the evening of October 13, entitled “Down to the roots: The origins of mental illness in childhood.” The event was moderated by an engaging **Dr. Rudolf Uher**, and featured presentations by Dr. Margaret Robinson, assistant professor of Indigenous Studies in the Sociology & Social Anthropology Department at Dalhousie University, Aja Neergaard-Greve, PhD student from Department of Clinical Medicine at Aarhus University in Denmark, and Victoria Patterson, research associate for the FORBOW project.

Following the presentations there was



Cafe Scientifique panel members and moderator (L-R): Dr. Margaret Robinson, Aja Neergaard-Greve, Victoria Patterson, and Drs. Terrie Moffitt and Rudolf Uher.

a lively question-and answer session among members of the audience and

the panel, including Dr. Terrie Moffitt, Research Day keynote speaker.

meet a researcher: dr. tomas hajek

This issue profiles Dalhousie psychiatrist and researcher **Dr. Tomas Hajek**. *Meet a Researcher* is a recurring article in the Research Section of *Headlines*. If you are interested in being profiled in an upcoming publication, please contact **Jen Brown** at Jen.Brown@nshealth.ca.

My current research interests:

I believe that the importance of research should primarily be measured by impact on patient care. As a clinician I have to admit that my favourite research tool, brain imaging, has had only a limited impact on the everyday practice of clinical psychiatry. Despite access to incredible technologies, which allows us to non-invasively visualize the structure, function and even biochemical composition of the living human brain, we still continue to use checklists of symptoms to diagnose psychiatric disorders. Thus, a large part of my research focuses on brain imaging biomarkers, which could aid in early identification of participants

at risk for bipolar disorders or most recently, schizophrenia. A second stream of my research attempts to answer one of the most intriguing and neglected riddles in psychiatric brain imaging. Although brain alterations are frequently reported in bipolar disorder, they do not occur in all patients. Why is it that only some patients show brain changes? In an attempt to answer this question, we have been studying the effects of certain clinical factors on the brain in bipolar disorders and schizophrenia.

Research projects I'm currently

participating in: The clinical infrastructure of the mood disorders clinic, which was established by **Dr.**

Martin Alda, allows us to collect high quality, prospective clinical data and combine it with cutting-edge neuroimaging technology. The emphasis on high quality clinical phenotyping, which is typically not available in brain imaging studies, is rather unique and allowed us to attract external funding for a number of brain imaging projects from CIHR, NARSAD, NSHRF. These include studies of offspring of bipolar parents, investigations of the effects of metabolic alterations on the brains of patients with bipolar disorder and an international study focusing on neuroprotective effects of lithium. I also collaborate with colleagues in Toronto on studies investigating

the effects of treatment of metabolic disorders on brain and cognitive changes and with colleagues in Czech Republic on research of the combined effects of metabolic and psychotic disorders on the brain in participants with first hospitalization for psychotic disorders.

A typical “Day in My Work Life”:

My workday typically consists of a mixture of clinical and academic work and often extends into a work evening. Clinically, I work at the mood disorders clinic, which includes outpatient or inpatient consults, as well as regular follow-ups of my patients. In terms of academic commitments, I usually work on data analyses, write or correct drafts of papers or grant proposals, perform reviews for journals or grant agencies, work with our research staff or students, and communicate with our collaborators nationally and internationally. For example I am currently coordinating a symposium proposal for the 2017 meeting of the Society of Biological Psychiatry, with contributors from Australia, France, Scotland and Canada. In addition, some of my students are in the Czech Republic and Germany. All this makes for some rather unpredictable working hours, but also occasionally allows for a quick set of tennis.

What I wish I knew (but didn't) when I first contemplated becoming a researcher:

How to get a Nobel prize? Obviously, I still do not know that. Mark Twain had a point when he said: “It ain't what you don't know that gets you into trouble. It's what you know for sure that just ain't so.”

The most satisfying and frustrating aspects of doing research:

I very much enjoy collaborating with



Dr. Tomas Hajek

other researchers. Analyzing data, learning new things and hopefully extending the boundaries of our knowledge is extremely rewarding. The variety and international nature of the work, the contact with very smart and motivated people are some of the other highlights of an academic career. Rejections of papers, grants, abstracts are inherent parts of academic work. One could say that if you never missed a plane, you are spending too much time at the airports. Similarly, if you do not have about 70 per cent rejection rate, you are not productive enough.

That however, does not make the rejections any less frustrating. Another challenging thing is to find enough people to finish all the work.

The experience that best prepared me for my position:

Playing competitive sports is a good way to build frustration tolerance and perseverance. Studying medicine in the Czech Republic, which placed a major emphasis on the pre-clinical subjects, gave me a good theoretical foundation in biochemistry, neuroanatomy, physiology and pathophysiology. Graduating from a

combined PhD/residency program and working for two years as a fellow with Dr. Martin Alda taught me how important it is to integrate clinical care and research. It also made me realize that the most relevant research questions are to be found in everyday clinical care.

My research mentor: Sherlock Holmes, meant semi-seriously. My first mentor was Professor Hoschl in

the Czech Republic. I subsequently did a fellowship with Dr. Alda, who has most influenced me in my research career. I continue to learn a lot from him and very much enjoy and appreciate our ongoing collaborations. I was also fortunate enough to be able to academically and clinically work with other leading specialists in mood disorders, including Drs. Paul Grof, Trevor Young, and Glenda MacQueen. I

also learn a lot from my patients and my kids are masters in challenging or I should say peppering me with unexpected and original questions.

My second career choice: Intrepid journalist, ala Tintin, or a professional tennis player (if I had the talent, this would have been my first career choice!)

Education Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

undergraduate news

Another successful year of the Med 2 Skilled Clinician interviewing sessions has come to a close. Thank you to our keen faculty and residents for tutoring and our outpatient clinics for their much needed assistance with patient recruitment.

The fall is always a busy time for

electives. To date, we've received 84 placement requests for this academic year, 34 of those from Dalhousie clerks, with a 69 per cent placement rate overall. Thank you to our supervisors for their openness to supervise these keen students; it's a great opportunity to get them interested in our residency program.

Please contact **Mandy Eslinger**, undergraduate coordinator at mandy.eslinger@nshealth.ca or **Dr. Cheryl Murphy**, undergraduate director at murphyc@dal.ca, if you're interested in learning about the undergraduate teaching opportunities.

postgraduate news

This year's annual resident retreat took place on Saturday, Oct. 1 at the Atlantica Oak Island Resort & Conference Centre, where the focus was on resident career planning and development. The residents met with several psychiatrists from different practice locations, to more fully understand the broad spectrum of opportunities that awaits them after residency. As always, the residents were very appreciative that faculty members covered call during their absence. This year, we would like

to thank **Drs. Kathy Black, Sonia Chehil, Ezio Dini, Kulli Poder, Lukas Propper, Anett Bessenyei,** and **Jose Mejia** for providing first call coverage.

On Thursday, Oct. 13, our program participated in the annual Medical Student Career Night held at the Tupper Building. The event was a tremendous success thanks to the hard work of volunteer faculty, residents, and administrative staff from our department who

did a wonderful job promoting our profession to interested students. Many thanks to **Drs. Sherry James, David Lovas, Kathleen Singh, Ian MacKay, Sarah Fancy, Olga Yashchuk,** and **Matt Havenga** for volunteering, and to **Leigh Thibideau, Tracy Fraser,** and **Mandy Eslinger** for helping to organize the event.

In September, our Residency Program Committee (RPC) approved of a new system of assessing

resident clinical skills. Rather than participating in five “mock orals” per year, residents will now annually participate in two practice oral assessments with assigned faculty, as well as formal mid and end of year oral examinations. This was in response to a request from residents for a greater degree of organization to the process, as well as for

assessments to more closely model the STACER that residents must complete in PGY-4. It is also planned that OSCE stations will be developed for the end of year examination, to assess and evaluate the full range of CanMEDS competencies.

Even though it seems like we just welcomed our new PGY-1 residents,

we are now in the planning stages for CaRMS 2017. This year we will have eight spots available in the first round of CaRMS. Our interview dates have already been set, and will take place on January 14, 20 and 23. Thanks in advance to those faculty and residents who volunteer for this very important event.

continuing education news

MARK YOUR CALENDARS! XXVIII W.O. MCCORMICK ACADEMIC DAY MAY 5, 2017

The XXVIII W.O. McCormick Academic Day will be held on Friday May 5, 2017 at the Marriott Harbourfront Hotel, Halifax. The theme for this year’s Academic Day is “Diversity in Mental Health.” Keynote speakers will be Dr. Laurence Kirmayer, McGill University, presenting on the topic “Transcultural Psychiatry” and Dr. Gail Knudson, UBC, presenting on the topic “Transgender Mental Health.”

Other confirmed presenters include: **Dr. Amy Bombay**, “Indigenous Mental Health,” Dr. Ingrid Waldron, “Troubled Waters: The Psychological Impact of Environmental Racism in African Nova Scotian Communities,” Dr. Carolyn Thomson, “Resilience,” and **Dr. David Gardner**, “Impact of Differences in Age, Gender etc. on the Use of Psychotropic Medications in Clinical Practice.”

Further information regarding the conference program and registration will be available in early March 2017.

RECENT HIGHLIGHTS

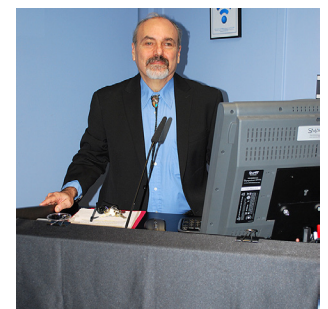
University Rounds

September 28 - University Rounds
Dr. Colleen Carney PhD., Psych. Department of Psychology, Ryerson University presented on the topic “The Case for Cognitive Behavioural Insomnia Therapy (CBT-I) in those with Comorbid Depression.”



Dr. Colleen Carney

October 19 – University Rounds
David Winston RH (AHG), Dean, David Winston’s Center for Herbal Studies presented on the topic “Differential Treatment of Depression with Botanical and Nutritional Medicines.”



Dr. David Winston

UPCOMING CONTINUING EDUCATION EVENTS

University Rounds

- November 16 Dr. Rakesh Jetley, Canadian Armed Forces, Topic: “100 Years since the Great War. What has the Canadian Military Learned about PTSD?”
- December 14 Dr. Craig Campbell, RCPSC, Ottawa, Topic: “Using data and feedback to improve: What are the options? What are the risks?”
- January 18 Dr. Gary Remington, University of Toronto, Topic: “Current approaches to the assessment and management of treatment resistant schizophrenia.”

Clinical Academic Rounds

- November 2 **Dr. Deborah Parker** and Marie-Eve Couture, PhD candidate, Borderline Personality Disorders Program
- November 23 9th Psychiatry Debate; Residents: **Drs D. Toguri** and **K. Singh**. Faculty: TBD

November 30 Joint Seniors Mental Health & Geriatric Medicine Rounds. **Dr. Keri-Leigh Cassidy** Topic: “Above the Rising Tide: The Fountain of Health Initiative for Optimal Aging”

Child and Adolescent Psychiatry Clinical Academic Rounds

November 9 **Dr. Joanne MacDonald**, Topic: “The Young Mother Project: Lessons in community-based care”

December 7 Dr. Nadine Halawa, Topic: “Therapeutic drug level monitoring in psychiatry”

January 4 **Dr. Anett Bessenyei**, Topic: TBD

fellowship news: meet stacy campbell

Dr. Stacy Campbell is a new fellow working primarily with **Dr. Jackie Kinley** at the Mental Health Day Treatment Program. She recently graduated from the University of Saskatchewan, and is originally from Calgary, AB. Despite being a prairie girl, she says she is excited to be back on the east coast, having previously lived in Newfoundland while she pursued a Master’s in

Environmental Science. When she’s not working you might find her biking around town, or checking out live music or theatre. Dr. Campbell encourages you all to stop and say hello if you see her. She is looking forward to meeting everyone in the department.



Dr. Stacy Campbell

Child and Adolescent Psychiatry

BY MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

CONGRATULATIONS TO DR. JOANNE MACDONALD

The Mental Health & Addictions Program would like to formally congratulate **Dr. Joanne MacDonald** for providing the IWK Health Centre & Department of Psychiatry with 25 years of service!

We thank you for the hard work, dedication, and commitment you provide to our program on a daily basis, and for continuously providing a high level of care for our patients and their families.

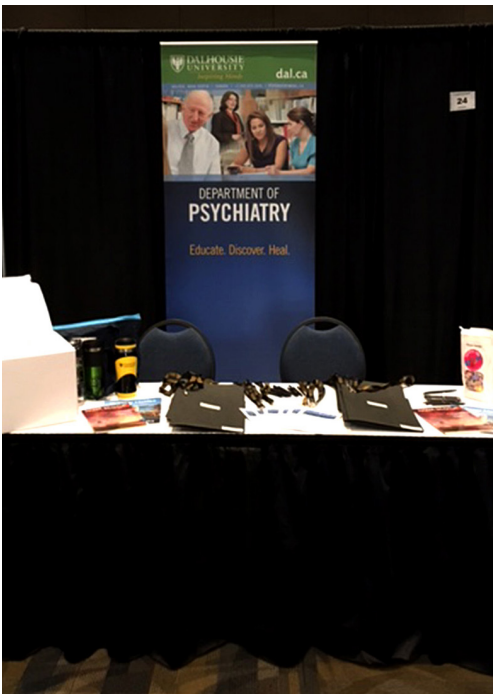
GOODBYE TO DR. RUTH CARTER

Dr. Ruth Carter, Director of IWK Mental Health and Addictions, retired after 25 years at the IWK Health Centre. Dr. Carter’s commitment to patients and families was shown in her leadership of the programs, encouraging a very successful strategic plan and through the introduction of CAPA. The division of C&A psychiatry thanks Dr. Carter for her years of collaboration and leadership.

IACAPAP CONFERENCE

Our department was well represented at the 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress (IACAPAP) conference. The conference took place September 18-22 in Calgary, Alberta.

Drs. Stan Kutcher, Lukas Propper, Alexa Bagnell, David Lovas, John Aspin and Wade Junek, and Ms. Amy Jones all presented at the conference.



The Department of Psychiatry booth at the IACAPAP conference.

The Department of Psychiatry purchased a booth at the conference to assist in recruitment efforts for child and adolescent psychiatrists in our region. A big thank you is extended to **Debi Follett** and **Kristen Caldwell** for their work in putting this booth together.

WELCOME KRISTEN CALDWELL

The department would like to extend a warm welcome to Kristen Caldwell, who is covering Debi Follett's maternity leave until October 2017. Kristen is working as the administrative assistant for Dr. Alexa Bagnell, chief of psychiatry at the IWK Health Centre and head

of the division of child and adolescent psychiatry in the Department of Psychiatry at Dalhousie. Kristen can be reached by email at Kristen.Caldwell@iwk.nshealth.ca or by phone at 902-470-8087.

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

CHAIR TEAM ATTENDS CONFERENCES THIS FALL

In September members of the team traveled to the International Association for Child and Adolescent Psychiatry and Allied Professions World Congress (IACAPAP) in Calgary. **Dr. Kutcher** gave a keynote speech titled *Integrated Youth Mental Health: An African Odyssey*. The speech focused on successful interventions that have been integrated into areas of Sub-Saharan Africa to address the challenges of youth depression. Additionally, Dr. Kutcher along with

Yifeng Wei and Andrew Baxter of Alberta Health Services, addressed the audience with two corresponding presentations. The first, focusing primarily on the *Mental Health and High School Curriculum Guide* and the other showcasing Dr. Kutcher's pathway to care through school mental health literacy and Go-to Educator training, during which the trio presented ground-breaking research demonstrating the immense success of these resources since being integrated into the Alberta School System. The data shows a 200 per cent increase in youth accessing mental health care with

the majority being diagnosed with moderate to severe mental disorders. This evidence marks the first time ever this kind of impact has been reported in access to mental health care based on the implementation of school mental health literacy.

The team was invited to attend the Canadian Mental Health Association's (CMHA) Conference, *Mental Health for All*, in Toronto. Dr. Kutcher presented the pathway through care model which educates primary care providers on the proper training to enhance their ability to diagnose common mental disorders and refer

those who may need additional support. Vanessa Bruce Little also showcased TeenMentalHealth.org's *Family Pack*. The 15 resources are a collection of evidence based material designed to improve mental health literacy in youth and their families. These resources are being used in clinical and educational settings across Canada.

DR. KUTCHER TAKES PART IN FRANKLY SPEAKING SERIES AT UBC

In October the inaugural *Frankly Speaking* series at the University of British Columbia was moderated by Dr. Blye Frank, the Dean of UBC's Faculty of Education. Dr. Kutcher was part of a three person panel discussion surrounding mental health literacy. He was joined on stage by the President and Vice Chancellor of UBC, Santa J. Onos and Jessica

La Rochelle, assistant director of UBC's Indigenous Teacher Education Program and leader of their Mental Health and Wellness Program. Dr. Kutcher is continuing to work closely with the Faculty of Education in British Columbia, which is ranked number one in Canada, to bring his work in mental health literacy to schools. The previous week Dr. Kutcher presented to the entire pre-service teacher cohort on mental health literacy in the school setting.

FINLAND CONNECTIONS

Earlier this fall Dr. Kutcher and Ms. Yifeng Wei travelled to Finland and visited the University of Turku. They are working with Dr. Andre Sourander to modify and adapt the *Mental Health and High School Curriculum Guide* as well as *Transitions*, a manual designed to help post-secondary students

navigate university life. They hope to modify these resources for use in Finland's schools and post-secondary institutions to develop research on the impact they have in other countries.

MENTAL HEALTH AND WELLNESS ADVISORY

In May, Dr. Kutcher was named the appointed co-chair of the advisory panel to the Minister of Health and Wellness on Innovation in Mental Health and Addictions. Following the completion of their research and discussions the panel of eight mental health experts (which also includes **Dr. Allan Abbass**) will be meeting with the Deputy Minister of Health and Education to present initial recommendations for improving the province's mental health outcomes. The impact these innovative approaches could have on the province would be extremely beneficial for mental health care in Nova Scotia.

PEKING UNIVERSITY HONOUR

Due to his outstanding academic achievements Dr. Kutcher was recently appointed the prestigious title of Guest Professor at Peking University Institute of Mental Health in China. He will hold the title until September 2018.



Dr. Stan Kutcher (second from right) on stage at the inaugural Frankly Speaking event held at University of British Columbia with co speakers (L-R) Jessica La Rochelle and Professor Santa J. Ono and Dean of Education Dr. Blye Frank.

NEWS & ANNOUNCEMENTS

news from the department

DR. GAIL ESKES RECEIVES FUNDING FROM THE HEART AND STROKE FOUNDATION

Dr. Gail Eskes has received a grant from the Heart and Stroke Foundation of Canada for her proposal titled “The Behavioural and neural mechanisms in prism adaptation treatment for spatial neglect.” The foundation recognized her novel approach of prism adaptation when working with stroke victims as being very promising. Dr. Eskes was congratulated by Dean of the Faculty of Medicine, Dr. David Anderson, who said he looks forward to hearing more

about her studies to determine how to make the temporary adaptation a more permanent change in brain function.

The number of Dalhousie University funded applicants by the Heart and Stroke Foundation has declined, though the amount of funding has increased. Congratulations to Dr. Eskes on her successful proposal.

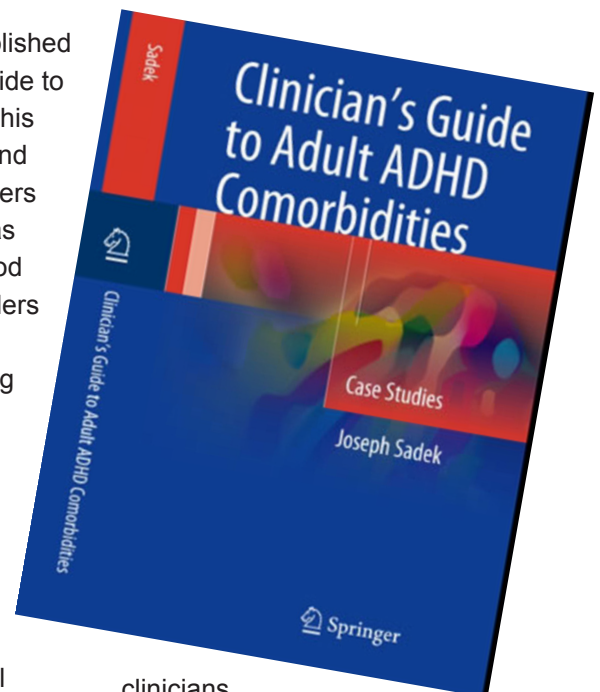


Dr. Gail Eskes

DR. JOSEPH SADEK PUBLISHES ARTICLE IN ENCYCLOPEDIA; NEW BOOK

Dr. Joseph Sadek has published an article on Stimulant Medication in the SAGE Encyclopedia of Abnormal and Clinical Psychology. The SAGE Encyclopedia of Abnormal and Clinical Psychology, a 7-volume, A-Z work (print and/or electronic formats), is an authoritative work. Its more than 1400 entries provide information on fundamental approaches and theories, various mental health disorders, assessment tools and psychotherapeutic interventions, and the social, legal, and cultural frameworks that have contributed to debates in abnormal and clinical psychology. It provides students with an accessible reference for understanding the full scope of the field of clinical and abnormal psychology

Dr. Sadek has also recently published his second book, “Clinician’s guide to Adult ADHD Comorbidity.” This book is published by Springer and captures some important disorders that co-occur with ADHD such as anxiety, depression, bipolar mood disorders, substance use disorders and personality disorders. One chapter is dedicated to reviewing malingering and ADHD and another chapter discussed the recent findings around the link between obesity and ADHD. The cases are practical and relevant for clinicians. The literature reviews are extensive and clear. Several resources, including questionnaires, rating scales, websites and ample references, are included to help



clinicians expand their knowledge on ADHD comorbidities.

department committee news

THE AWARDS COMMITTEE

The department of psychiatry has a well-developed and successful process for recognizing the achievements of our faculty members. An awards committee, made up of seven faculty members representing NSHA, IWK and New Brunswick, one resident and supported by **Kate Rogers**, meets on an as-needed basis to consider suitable nominations for the many awards granted by various scientific, professional, academic, and

philanthropic bodies as well as those who are honoured by the department. With nearly 80 awards given out throughout the year it requires a great deal of discussion and thought to determine the appropriate nominee. That person is then approached to ensure their interest and to help solicit the required letters of support, along with any other required materials. Some awards require no more than one nomination letter and a CV, while others require multiple letters and

supporting documentation.

The program has flourished, with 14 faculty members receiving awards during the 2015-2016 fiscal year. Awards available to our faculty are posted on the department's website (<http://medicine.dal.ca/departments/department-sites/psychiatry/about/awards.html>) and also in each issue of Headlines. If you would like to nominate someone please contact Kate Rogers at kate.rogers@nshealth.ca.

awards & honours

DR. RUDOLF UHER BECOMES MEMBER OF RSC COLLEGE OF NEW SCHOLARS, ARTISTS AND SCIENTISTS



Dr. Rudolf Uher

Congratulations to **Dr. Rudolf Uher** who has been named to the Royal Society of Canada's College of New Scholars, Artists and Scientists. The society is Canada's first national system of multidisciplinary recognition for the emerging generation of Canadian intellectual leadership. The members of the College are Canadians and Permanent Residents who, at an early stage in their career, have demonstrated a high level of achievement. Dr. Uher is recognized for his dedication to reduce the

burden of severe mental illness. His FORBOW project aims to bring early interventions to youth at the developmental stage when they still can make a large difference and give the youth a chance to return to a healthy trajectory of learning and functioning. To learn more about the RSC College of New Scholars, Artists and Scientists please visit: <http://www.rsc.ca/en/college-new-scholars-artists-and-scientists>.

DR. NORMAND CARREY AWARDED BY CACAP

Congratulations to **Dr. Normand Carrey** who is the 2016 recipient of the Naomi Rae Grant award from the Canadian Academy of Child and

Adolescent Psychiatry. This award recognizes innovative and important work in community intervention and prevention in our field, and

recognizes Dr. Carrey's dedicated leadership work in both 0-5 early interventions as well as in our family therapy training program.

DR. KERI-LEIGH CASSIDY RECEIVES CAGP AWARD

Congratulations to **Dr. Keri-Leigh Cassidy** who is the recipient of the prestigious 2016 Canadian Academy of Geriatric Psychiatry (CAGP) Outstanding Contributions in Geriatric Psychiatry Award. This CAGP award recognizes a geriatric psychiatrist who has made a significant contribution to geriatric psychiatry in Canada through education, research or innovations in service delivery, and is the highest honour bestowed by the Academy. Dr. Cassidy has demonstrated exceptional academic leadership and innovation in geriatric psychiatry in Canada over the past 15 years. Dr. Cassidy is Canada's leading expert in the field in the

area of late-life cognitive behaviour therapy (CBT), developing an "enhanced CBT" treatment approach for late-life depressive and anxiety disorders, modified to better meet seniors needs. Dr. Cassidy is also the founder of a national mental health promotion effort, The Fountain of Health Initiative for Optimal Aging (FoH). The FoH translates current science of healthy aging to the public and to healthcare providers offering tools to promote wellness and resilience in aging. As co-founder of the World Aging and Brain Health Institute (WABHI) and Editor of the World Psychiatric Association section on Positive Psychiatry, Dr. Cassidy

also offers international leadership in the area of positive psychiatry of aging, a new branch of psychiatry on the neurobiology of healthy aging, well-being and resilience across the lifespan. Dr. Cassidy's body of work demonstrates commitment to better serving seniors, dedication to education and training, novel research and innovation to address problems of healthcare sustainability. Her efforts reflect new directions in which geriatric psychiatry will have an increasingly important place within healthcare in Canada. Congratulations to Dr. Cassidy on this well-deserved award.

DR. ALLAN ABBASS HONOURED BY UCLA

Congratulations to **Dr. Allan Abbass** who was recently named the 2016 Distinguished Professor of Psychiatry at UCLA for "Dedicated Service and Leadership in Psychiatric Education." He gave a series of lectures to the public, faculty and residents at UCLA in September on his speciality, intensive short term psychotherapy (ISTP).

Dr. Allan Abbass (centre) with Dr. Zeb Little (left) and Dr Joshua Pretsky (right) from UCLA.



DR. PATRICIA POTTIE NAMED AWARD FINALIST BY RBC

Congratulations to **Dr. Patricia Pottie** who was named a finalist for the RBC Canadian Women Entrepreneur Award in the area of social change. Dr. Pottie is recognized for her work with the Strongest Families Institute. The RBC Canadian Women Entrepreneur

Awards recognizes female business owners from across Canada who make impressive and substantial contributions to the local, Canadian or global economy. Candidates share a strong entrepreneurial vision and a relentless passion in pursuing their dreams. This year there were

more than 5,000 women nominated from across the country. Dr. Pottie is one of 18 finalists. Her work with the Strongest Families Institute was featured in the Chronicle Herald in October. To read more visit: <http://tinyurl.com/ju3uhf9>

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 **Jen Brown**.

jen brown: research coordinator

Jen Brown has been with the Department of Psychiatry since June 2008. In her role as research coordinator she assists faculty in grant preparation and any other research-related administrative duties they may need. This could include updating Common CVs, preparing budgets, liaising between institutions and coordinating delivery of the final product. She manages the financial activity for research and related accounts and provides assistance with the opening and closing of accounts, paying invoices, equipment purchasing, and all HR related paperwork for grant paid research staff.

Jen also coordinates the internal research funding competitions and plans research events, such as Research Day and the annual Café Scientifique.

You can find Jen on the 8th floor of the Abbie J. Lane Building in room 8412. She can be reached at 902-473-7358 or by email at Jen.Brown@nshealth.ca.



Jen Brown

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND ASSISTANT PROFESSOR



Rain drops keep falling!

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 Jan. 9, 2017, with the deadline for submissions to be Dec. 12, 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: **Doctors Nova Scotia**

- Doctors NS Distinguished Service Award (Jan. 6)
- Doctors NS Rural Physician of the Year (Jan. 6)
- Doctors NS Physician Health Promotion Award (Jan. 6)
- Doctors NS Dr. William Grigor Award (Jan. 6)
- Doctors NS Senior Membership (Jan. 6)

Granting Body: **Graham Boeckh Foundation**

- Dr. Samarthji Lal award for mental health research (Jan. 7)

Granting Body: **Dalhousie University**

- Dalhousie Alumni Association Excellence in Teaching Award (Jan. 31)
- Contract and Sessional Instructor Award of Excellence for Teaching (Jan. 31)
- President's Graduate Student Teaching Award (Jan. 31)
- Educational Leadership Award for Collaborative Teaching (Jan. 31)
- Early Career Faculty Award of Excellence for Teaching (Jan. 31)
- Award for Excellence in Graduate Supervision (Jan. 31)
- Academic Innovation Award (Jan. 31)
- Award for Excellence in Education for Diversity (Jan. 31)

Granting Body: **Canadian Psychiatric Association**

- C.A. Roberts Award for Clinical Leadership (Feb. 1)
- J.M. Cleghorn Award for Excellence and Leadership in Clinical Research (Feb. 1)
- Paul Patterson Education Leadership Award (Feb. 1)
- Alex Leighton Joint CPA-CAPE Award in Psychiatric Epidemiology (Feb. 1)
- Joint CPA-COPCE Award for the Most Outstanding Continuing Education Activity in Psychiatry in Canada (academic) (Feb. 1)
- COPCE Best Paper Award by a Psychiatry Resident (Feb. 1)
- CFPC / CPA Collaborative Mental Health Care Award (Feb. 1)