

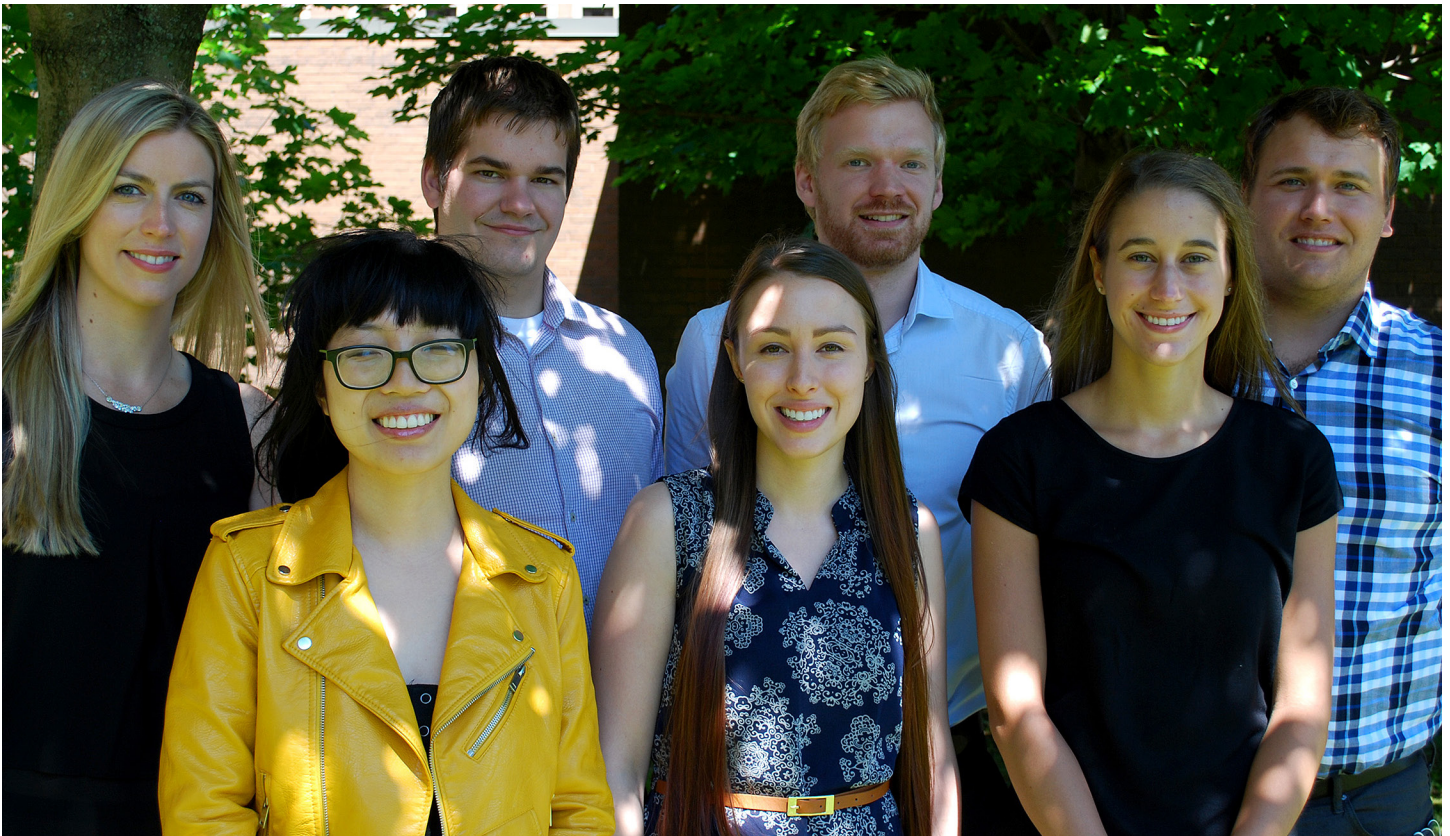
# HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

## Welcome to the PGY1s

Seven new residents join the Department of Psychiatry



Clockwise from left: Drs. Christine McClelland, Tyson Rizzardo, Gregory MacMullin, Graham Stevenson, Christelle Boudreau, Chelcie Soroka, and Elizabeth Han.

On July 1, 2016 the Class of 2021 began their postgraduate training in the Department of Psychiatry. Among the seven PGY-1s are four graduates from Dalhousie Medical School, one from the Université de Sherbrooke, one from the University of Toronto

and one from the University of British Columbia. The PGY-1 year differs from other postgraduate training years in that the PGY-1 residents are scheduled to rotate through many other departments. The first block of the year is designed to

help them become familiar with the Department of Psychiatry while being matched with a psychiatrist mentor and attending a series of orientation sessions. Learners spend two separate blocks of training in psychiatry at the Saint John training

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This newsletter is published for the Department of Psychiatry at Dalhousie University.  
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## Message from the Head

I hope you are all enjoying the last few days of what has been a marvelous few months. As the end of summer approaches, I can't help noticing how much faster this season advances than our winters. Medical students are back, our postgraduate program is hitting its stride and many regular meetings will resume. There is much to look forward to in the coming academic year.

I want to convey our congratulations to **Dr. Alexa Bagnell** on her appointment to Chief of the Department of Child and Adolescent Psychiatry at IWK, and Head of the Division of Child and Adolescent Psychiatry. Dr. Bagnell is active in multiple roles within the department, and is a busy and active advocate in the medical school, IWK and in the province. Confirmation of the appointment came just before our publication deadline. We will feature a more complete profile in a future edition.

We extend a warm welcome to new faculty members, **Dr. Lourdes Soto-Moreno** and **Dr. Anita Hickey**, both in the Division of Child and Adolescent Psychiatry, and **Dr. Kristen Holm**, who will be working in the Abbie J. Lane building. We thank **Dr. Mai Riives** for her invaluable work in Dual Disorders over many years and wish her well in retirement. We also extend thanks to **Dr. Janya Freer** for contributions to the department and wish her well in the next phase of her career. Our incoming residents are now settling in to their new roles, and we feature profiles of each later in this edition.

Congratulations to **Dr. Martin Alda** for not only winning the Mogens Schou award for research, but also having it presented by a legendary figure in psychiatry, Professor Jules Angst. Congratulations also to **Dr.**



Dr. Michael Teehan

**David Whitehorn** on winning the R. Wayne Putnam award for outstanding contributions to community based continuing education.

In this edition we feature the work being done by **Dr. Deb Parker**, a member of our community-based faculty. We hope to use *Headlines* to keep everyone informed of the work being carried out throughout our wide flung network.

Also in this issue, we congratulate **Michelle Leblanc** on her award for leadership and collaborative management at the IWK. We also highlight the work of a staff member, **Kate Rogers**, and the stellar job she does for us.

Although the AFP has been approved, there has not been much action over summer. It is likely to be formally signed by all parties in the first couple of weeks of September. We are carefully examining the documents to know and understand what the new reporting and accounting requirements mean for the department. Our AFP Finance committee, under the capable leadership of **Dr. Scott Theriault**, will steer us through the early phase of this new contract. We are confident the extensive data gathering we maintain will allow us to function without difficulty in the new environment.

*[Continued on page 3]*

We are also working with the new approval process for incoming faculty and trying to make it as seamless as possible as we manage the almost constant comings, goings and internal

movements.

The CRC Tier 2 in Developmental Psychopathology was not filled in the first round search, which was

completed in mid-August. We are hopeful that a renewed search will be starting shortly, and that we will have an appointment in Spring 2017.

## welcome to the PGY1s *continued from page 1*

site, completing emergency and consultation/liaison training, and community psychiatry training. They also have one block of emergency psychiatry in the ER at the Halifax Infirmary, two blocks of training in general medicine, two in neurology, two in emergency medicine and one block of family medicine. Beyond this, they are permitted two blocks of their choice. Needless to say, our new PGY-1s are in for a busy year! You'll be introduced to each one of them below.

### **Christelle Boudreau**

**Where do you call home?** I'm from Grande-Digue, N.B.

**Where did you attend medical school?** I attended Dalhousie University for my medical training.

**What excites you most about being a part of Dalhousie Psychiatry?** I'm most excited about being part of a great team.

**What do you like to do outside of work?** I enjoy spending time with family and friends.

**What has been the high point of your first month here?** I've most enjoyed meeting new people.

**What has been your biggest challenge so far?** The biggest challenge for me has been learning to work in English.

**What would you be doing if you weren't in medicine?** I would pursue psychology.

**What is an interesting fact about you?** I'm a vegetarian.

### **Elizabeth Han**

*Dr. Han was unable to participate.*

### **Greg MacMullin**

**Where do you call home?** Halifax N.S.

**Where did you attend medical school?** I attended Dalhousie Medical School.

**What excites you most about being a part of Dalhousie Psychiatry?** The opportunity to work in a supportive, medium sized residency program, and to eventually dig into psychotherapy.

**What do you like to do outside of work?** I'm a big sports fan, so watching the Toronto Blue Jays, Raptors, and Toronto FC as well as being active (soccer, golf etc.) are big hobbies of mine.

**What has been the high point of your first month here?** In general the friendly and supportive individuals within the program have been a huge highlight, and have me looking forward to the next five years.

**What has been the biggest challenge so far?** Dealing with the

hours and call responsibility of MTU has been quite a challenge!

**What would you be doing if you weren't in medicine?** If I was not in medicine I may have eventually thought about physiotherapy.

**What is an interesting fact about you?** I'm a big fan of Korean style karaoke.

### **Tyson Rizzardo**

**Where do you call home?** I am originally from the small town of 8,000, Merritt BC. I moved to and lived in Vancouver for five years, before moving to Prince George, BC for the course of medical school.

**Where did you attend medical school?** I am a proud graduate of the Northern Medical Program of UBC.

**What excites you most about being a part of Dalhousie Psychiatry?** I am most excited to be able to work with the other residents and staff.

**What do you like to do outside of work?** I am a bit of a computer geek, enjoying tinkering away on computer hardware. I also enjoy spending time with my wonderful wife.

**What has been the high point of your first month here?** Over this first month the highlight was being able to work out of the East Coast Forensics Hospital. It was a very exciting experience

**What has been your biggest challenge so far?** The move across Canada from coast to coast has been the biggest challenge to date.

**What would you be doing if you weren't in medicine?** If I had to pick a completely non-medical field I would enjoy working in education as a teacher.

**What is an interesting fact about you?** I am the youngest of four in my family.

### Christine McClelland

**Where do you call home?** I grew up in Oxford, NS (home of the giant blueberry!)

**Where did you attend medical school?** I attended medical school at Dalhousie University.

**What excites you most about being a part of Dalhousie Psychiatry?** I am thrilled to be part of Dalhousie Psychiatry and to join such a great group of residents. Residents and staff form a very collegial group at Dal and it seems like an ideal environment for training.

**What do you like outside of work?** Outside of work I enjoy playing soccer, music, cooking, cheese sampling, and going on adventures!

**What has been the high point of your first month here?** Getting to know my co-residents.

**What has been your biggest challenge so far?** Figuring out where to start! So much knowledge to acquire...

**What would you be doing if you weren't in medicine?** I probably would have continued doing research in basic science.

**What is an interesting fact about you?** I used to perform at the Halifax Feast Dinner Theatre.

### Chelcie Soroka

**Where do you call home?** I moved a lot as a kid, but mostly I call Goose Bay, Labrador home.

**Where did you attend medical school?** I attended Dalhousie Medical School.

**What excites you most about being a part of Dalhousie Psychiatry?** The opportunity to learn about (and eventually begin practicing) psychotherapy.

**What do you like to do outside of work?** I enjoy baking and trying out new restaurants.

**What has been the high point of your first month here?** Being welcomed into the resident body like an old friend.

**What has been your biggest challenge so far?** Trying not to look surprised when being referred to as a doctor!

**What would you be doing if you weren't in medicine?** Probably working at a publishing house.

**What is an interesting fact about you?** I'm a member of the NS Advisory Council for the Status of Women and I sit on the board of directors for the CMHA Halifax-Dartmouth branch.

### Graham Stevenson

**Where do you call home?** Halifax, NS. I moved here when I was a child from Victoria, BC.

**Where did you attend medical school?** Dalhousie University

**What excites you most about being a part of Dalhousie Psychiatry?** I honestly don't think I could pin down one thing. The overwhelming support from our senior residents is certainly up there! The cohesion of Dalhousie Psychiatry's attending staff, social work, administrative staff and of course the resident body is incredible. I'm excited that I am now a part of this team.

**What do you like to do outside of work?** Outside of work I enjoy reading, swimming, ping pong and spending time with friends and family. In the last month Pokémon Go has been taking up a lot of my time as well.

**What has been the high point of your first month here?** I would say the resident organized events. Karaoke, BBQ's, and getting to know my fellow residents who I will be spending so much time with over the next five years.

**What has been your biggest challenge so far?** I would say I am settling in fairly well so far. I still introduce myself as a medical student at least once a day though!

**What would you be doing if you weren't in medicine?** I'd likely be working for my mother's business, Scotia Personnel Ltd. It's an international recruitment agency that sends young Canadians all over the world to work in a variety of different fields. I worked there before starting medical school and loved it!

**What is an interesting fact about you?** I have five sisters! No brothers.

# Research Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

## 26TH ANNUAL DEPARTMENT OF PSYCHIATRY RESEARCH DAY

This year's event is scheduled Friday, Oct. 14 at the Lord Nelson Hotel. Now in its 26th year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities. This year we will be giving presentation awards in the following categories:

- \* undergraduate;
- \* graduate;
- \* resident;
- \* junior faculty; and
- \* psychiatry staff.

We are pleased to announce that this year's keynote speakers will be Drs. Avshalom Capi and Terrie Moffitt. 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. Dr. Caspi will present on *Mental health and well being across the life course*. Dr. Moffitt will present *Early childhood origins of an ultra-high-cost segment of the population*.

If you are interested in attending this year's Psychiatry Research Day, please contact **Jennifer Brown** at [jen.brown@nshealth.ca](mailto:jen.brown@nshealth.ca) or check your emails for a registration form.

## UPCOMING FUNDING DEADLINES

### TRIC Grants – next deadline is Nov. 1, 2016

Translating Research into Care (TRIC) information sessions provide an overview of implementation science and the TRIC program and offer a chance to discuss your project idea.

TRIC grants support implementation science research that will provide evidence and facilitate the translation of clinical science into improved healthcare policy, service delivery and patient care. All projects are co-led by a scientific investigator and a health centre administrator.

For information about the TRIC program visit: <http://www.cdha.nshealth.ca/discovery-innovation/qeii-fdn-tric-grants>

### NSHARF – Sept. 15, 2016

If you have any questions or would like to request a review of your application prior to submission, please feel free to contact Jennifer Thurlow at 902-473-4841.

Information specific to the application and funding categories can be found online at: <http://www.cdha.nshealth.ca/discovery-innovation/research-fund-competiton>

### Department of Psychiatry Research Fund - Oct. 3, 2016

### People with Lived Experience Research Fund - Oct. 3, 2016

Please contact Jennifer Brown at

[jen.brown@nshealth.ca](mailto:jen.brown@nshealth.ca) or check your email for more information.

## CONGRATULATIONS!

**Drs. Pat McGrath and Rudolf Uher** were awarded the only two CIHR Foundation Grants in the Atlantic provinces.

Dr. Pat McGrath: *Accessible and Cost Effective Psychosocial Health Interventions for Canadians* (\$3,818,247)

Dr. Rudolf Uher: *Families Overcoming Risks and Building Opportunities for Well-being (FORBOW): Early Intervention Targets Psychopathological Antecedents to Pre-empt Severe Mental Illness in Youth at Risk* (\$1,190,668)

**Dr. Barbara Pavlova** has been successful in obtaining an Establishment Grant from Nova Scotia Health Research Foundation (NSHRF). Her study, *Transgenerational prevention of anxiety in children at an ultra-high risk*, was awarded \$147,965.

# Education Report

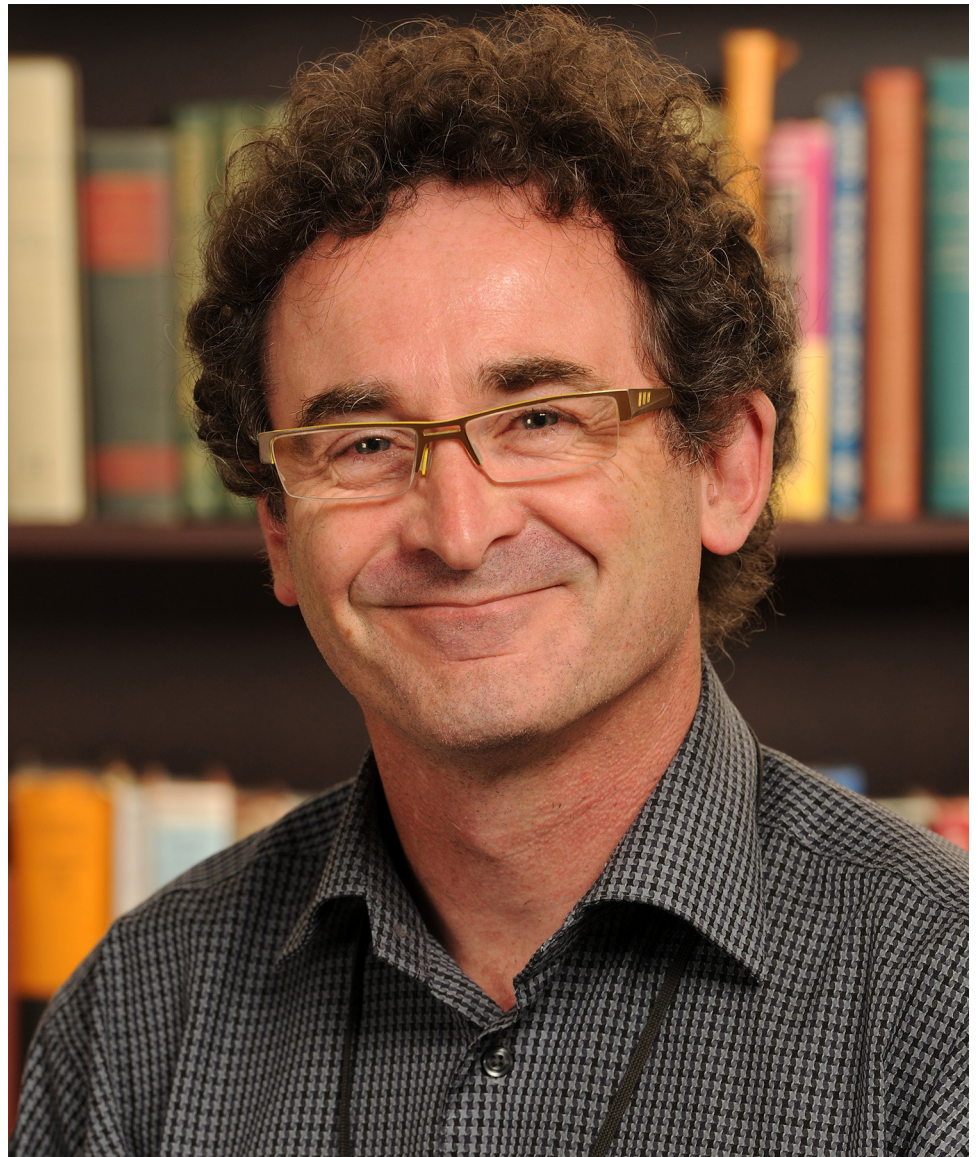
BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

## meet an educator: dr. andrew harris

*Meet an Educator* is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Andrew Harris**, associate professor in the Department of Psychiatry and clinical academic leader in the consultation liaison service. If you are interested in being profiled in an upcoming publication, please contact **Ms. Annette Cossar** at [Annette.Cossar@nshealth.ca](mailto:Annette.Cossar@nshealth.ca).

***My current education/teaching interests:*** I'm very interested in the pedagogy of teaching. In the modern information world the key skill is processing. I really focus my teaching style on the examination of the cognitive process leading to clinical decisions. I am also passionate about "whole physician" skills. Medical expert remains the most important competency but requires other skills to make it effective.

***My preferred method of teaching:*** In one word, variety. I am a proponent of mentoring and I have found my teaching to be most effective when it is considered in relation to larger contexts. I like to know how a skill or piece of information relates to other skills or information. Effective Practice is a large web of multiple considerations, a multifaceted, complex process with the central core being the patient. When teaching junior learners I like to use a combination of engaging and challenging them to find a solution based on what they already know. They are often surprised that they can reach a reasonably close answer applying basic knowledge and a critical thinking approach. This encourages confidence in their skills and allows them to practice the



**Dr. Andrew Harris**

essential skill of critical thinking.

***A typical "Day in My Work Life":***

Most days are a blend of clinical

work and administration/relationship management. I am constantly in contact with learners so most

situations are "teachable moments." Having residents and medical students around is tremendously activating. They ensure that you keep up on your learning and share some of their enthusiasm for the practice of medicine.

***The most satisfying and frustrating aspects of doing your academic work?:*** Academic work is overwhelmingly positive. We have a large number of very competent, smart and professional learners in our program and the medical school at large. Of course there are

challenges, but sometimes those can be growth opportunities for learner and supervisor.

***My education/academic mentor:***

I have had a number of academic mentors over my career and I count myself very fortunate to have been guided by them. They include in no particular order, Dr. W.O. McCormick, who to me epitomized the professionalism, self sacrifice, patient-centred practice and love of teaching; **Dr. Michael Teehan**, who has been a mentor and guide to my academic career and modeled

superb patient care; and **Dr. Paul Reynolds**, who has so much fun practicing psychiatry. There are many others from whom I have learned through observation and instruction including **Drs. Allan Cook, Joanne MacDonald**, and Max Michelon, among others.

***My second career choice:*** My second career choice would have been a mechanic. I love knowing or figuring out how things work. That's why I enjoy what I do because human behaviour is the most complex unknown in the physical world.

## undergraduate news

As the 2015/16 year comes to a close, we would like to thank our faculty for their ongoing contribution to supervising our medical students during their core rotations and elective experiences, providing classroom teaching through seminars and tutorials and being examiners for the various OSCEs. Your dedication is truly appreciated.

For the upcoming 2016/17 year, we have condensed the clerkship seminars to one half day per week on Thursday afternoons with the exception of one Tuesday afternoon. This was made possible with the move of the Assessing Competency

workshop to PIER 2. All clerks will receive the workshop simultaneously in December and the development of Child & Adolescent modules by **Dr. Herbert Orlik** to move the curriculum from solely classroom to a mix of online self-study modules and short Q&A classroom sessions.

The psychiatry undergraduate education committee would like to thank **Dr. Tanya Pellow** for her membership during her role as professional competencies, psychiatry component head and **Dr. Celia Robichaud** as the 2015/16 resident representative. Additionally, we would like to thank

the various medical students for their contribution. This year, we will welcome **Dr. Alice Aylott** and **Dr. Lukas Propper** to the committee and **Dr. Tyson Rizzardo**, PGY-1 as the 2016/17 resident representative.

We will see a change to our long time Skilled Clinician II, psychiatry component head, **Dr. Allan Abbass**. We would like to thank Dr. Abbass for his support and leadership over the many years he held the post. The role will be posted in the coming weeks for interested faculty to apply.

## continuing education news

The summer months have been busy planning the 2016-2017 schedule for University Rounds, Clinical Academic Rounds and Child & Adolescent Psychiatry Academic Rounds, as well as the XXVIII W.O. McCormick Academic Day, which will be held in the spring of 2017. The theme for Academic Day will be "Diversity in Mental Health." Look for further details in future editions of Headlines.

### RECENT HIGHLIGHTS

#### Special Lecture

On August 3, Dr. Mary Ganguli, MD, MPH, University of Pittsburgh, gave an excellent presentation on the topic "What is the Relationship between Depression and Dementia."

### UPCOMING CONTINUING EDUCATION EVENTS

#### University Rounds

- September 28 University Rounds: Dr. Colleen Carney PhD., Psych. Department of Psychology, Ryerson University. Topic: "The Case for Cognitive Behavioural Insomnia Therapy (CBT-I) in those with Comorbid Depression.
- October 19 University Rounds: David Winston RH (AHG), Dean, David Winston's Center for Herbal Studies. Topic: "Differential Treatment of Depression with Botanical and Nutritional Medicines."

#### Clinical Academic Rounds

- September 7 Child & Adolescent Psychiatry: **Dr. Christine Chambers** PhD, RPsych, Canada Research Chair (Tier 1) in Children's Pain. Topic: "From Evidence to Influence": A New Approach for Knowledge Mobilization in Child Health."
- September 14 Clinical Academic Rounds: Dr. Candice Crocker. Topic: "Gender and Cannabis Interactions in Psychosis."
- September 21 No rounds because of Canadian Psychiatric Association 66th Annual

Meeting, Toronto, Ont.

- October 5 Child & Adolescent Psychiatry: **Dr. Suzanne Zinck** & Jeff Crossin MSW. Topic: "Transgender Children and Youth: Including Families in Care."
- October 12 Clinical Academic Rounds: **Dr. Rudolf Uher, Dr. David Pilon** & Beth McDougall. Topic: "Person-Centred Measurement Based Care and Participatory Research in Depression Outcomes."
- October 26 Dartmouth Community Mental Health

### ANNOUNCEMENTS

Beginning in September, psychiatrists and mental health clinicians in PEI will be able to attend the Department of Psychiatry University and Clinical Academic Rounds via Adobe Connect.

Videos of all of the presentations at the XXVII W.O. McCormick Academic Day "Psychotherapies in Clinical Practice: A Potpourri" are now posted on the Department of Psychiatry website [www.psych.dal.ca](http://www.psych.dal.ca).

Once again this year, with the consent of the presenters, PDF copies of rounds slides will be posted at [www.psych.dal.ca](http://www.psych.dal.ca). The link to the slides can be found on the website home page.



# Child and Adolescent Psychiatry

BY MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

## ANNOUNCEMENTS/ STAFFING CHANGES:

The division is pleased to announce two new psychiatrists will be joining our team in August and September.

**Dr. Lourdes Soto-Moreno** is a child and adolescent psychiatrist who completed her residency at Columbia University, NY. Dr. Soto-Moreno will be joining the IWK team full time and working in the Sackville, Dartmouth and Windsor Community Mental Health and Addictions clinics starting Sept. 12, 2016. **Dr. Anita Hickey** is a graduate of our residency program and successfully completed her Royal College exams in psychiatry in Spring 2016. Dr. Hickey is joining the IWK team starting on Sept. 13, 2016. She will be working at Halifax Community Mental Health and Addiction Clinic and the Emergency Mental Health and Addictions Services.

With these two new faculty joining us, there will be some changes in IWK psychiatry clinical and academic roles:

**Dr. Ahmed Alwazeer** will be moving to Adolescent Intensive Services (AIS) full time and covering all four streams starting Sept. 6, 2016. **Drs. Sabina Abidi** and **Alexa Bagnell** will be leaving the AIS clinical services, but Dr. Abidi will continue in an administrative co-leadership role with AIS.

**Dr. David Lovas** will be leaving the Dartmouth Community Mental Health Clinic in October 2016, and is taking on the role of child and adolescent psychiatry residency program

director, which Dr. Bagnell has been doing for the past four years.

**Dr. Gerald Gray** will be leaving Windsor Community Mental Health Clinic in September 2016. He will continue to be involved in on-call services to the Nova Scotia Youth Care Facility and on-call coverage to Garron Centre as his schedule allows.

Dr. Alexa Bagnell will be taking on administrative co-lead role with IWK Forensic Services and working with **Dr. Jose Mejia** and the youth forensics team in development and integration of this service within the IWK Mental Health and Addictions Program.

Please join us in welcoming our new faculty and thanks to all the tremendous work and support from each of you in helping provide coverage over the past year.

We are pleased to announce that **Dr. Mahgul Malik** started the first year of her Child & Adolescent Psychiatry Subspecialty program with us on July 1, 2016. We are very excited to have Dr. Malik in our program!

## AWARDS & RECOGNITIONS:

**Dr. Stan Kutcher** was acknowledged by the Learning Partnership on June 8, 2016 during the Halifax Champions of Public Education Tribute Luncheon. Dr. Kutcher was recognized for his commitment and contributions to mental health work in over 20 countries as a renowned global expert in adolescent mental health and leader in mental health

research, advocacy, training, and policy.

**Dr. Christine Chambers** was the recipient of the 2016 Jeffrey Lawson Award for Advocacy in Children's Pain Relief. The Jeffrey Lawson Award was established in 1996 in memory of Jeffrey Lawson, whose mother, Jill, brought to the attention of professional organizations the practice of performing surgery and other procedures on children without the benefit of analgesia. The award recognizes advocacy efforts to improve management of pain in children.

**Dr. Selene Etches** was recently recognized by the medical director, Dr. Joanna Holland, and division head, Dr. Amy Ornstein, of the Division of General Pediatrics for her positive collaborative patient care experiences. Specifically highlighted was Dr. Etches' collegial attitude, her helpfulness in navigating the system for best patient care, and her clear communication to members of the health care team. We are very proud to have Dr. Etches as part of our team, and would like to extend our sincere thanks for her dedication to patient care and outstanding collaboration with our Pediatric colleagues.

## MEDIA HIGHLIGHTS

In a recent Globe and Mail article, Dr. Christine Chambers discussed how pain in children is often overlooked and untreated in western culture. (<http://www.theglobeandmail.com/life/health->

[and-fitness/health/pediatric-pain-management-under-the-microscope/article30755524/?page=all](http://www.globalnews.ca/video/2803694/and-fitness/health/pediatric-pain-management-under-the-microscope/article30755524/?page=all))

Dr. Christine Chambers and Dr. Conrad Fernandez spoke about “Kids Cancer Pain,” an initiative that gets research evidence into the hands of parents who can use it, on a recent episode of Global TV morning show. (<http://globalnews.ca/video/2803694/>)

[making-cancer-less-painful-for-kids](http://www.thevanguard.ca/making-cancer-less-painful-for-kids))

In a very well received lecture, youth in New Minas benefited from Dr. Selene Etches’ knowledge on substance abuse. She spoke to the group about the effects of drug use on brain development, and the ways in which addictions can affect the lives of young people. (<http://www.thevanguard.ca/>)

[Living/2016-04-08/article-4489399/IWK%26nbsp%3Bpsychiatrist-shares-youth-s](http://www.cbc.ca/news/canada/nova-scotia/nova-scotia-medical-marijuana-use-young-people-1.3448732))

Dr. Selene Etches also spoke to CBC news regarding the consequences of cannabis use in youth earlier this year. (<http://www.cbc.ca/news/canada/nova-scotia/nova-scotia-medical-marijuana-use-young-people-1.3448732>).

# Report from the Sun Life Financial Chair in Adolescent Mental Health

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

## MENTAL HEALTH & HIGH SCHOOL CURRICULUM GUIDE (USA EDITION: WASHINGTON STATE)

Following the international success of the original edition of the *Mental Health & High School Curriculum Guide*, the Sun Life Financial Chair team released an updated edition of the Guide in 2015 based on the 2013 DSM-5 update. Since its release, **Dr. Kutcher** has been approached by organizations in different countries to develop versions specifically for use in their regions. The most recent example of this is a partnership with the Washington Superintendent of Public Instruction and Project Aware.

In July, Dr. Kutcher and Ms. Yifeng Wei travelled to Washington State to complete a two-day *Train the Trainer* program that prepares classroom teachers to effectively apply the *Guide* in their classrooms. Additionally, the group will complete



The “Train the Trainer” group in Washington in July.

a research project in their region, looking at the outcomes of the curriculum’s effectiveness in teachers and students.

Recognized as the only Canadian evidence-based mental health literacy curriculum resource, the *Guide* is used by both educators and students in junior high and secondary schools. Currently eight Canadian provinces have received mental health literacy training in over



Dr. Stan Kutcher, Yifeng Wei and two of the Washington State team members.

60 school boards. Additionally, the *Guide* has seen success in upwards of ten countries around the world.

Educators across the globe, including the groups in Washington State, understand that by implementing the *Guide* in their schools, they are providing the opportunity to improve upon the capacities schools have to identify, promote and prevent adolescent mental health. With more education districts implementing the *Guide* into their classrooms every day, the chair team looks forward to developing partnerships across the globe.

*The Mental Health & High School Curriculum Guide* (USA Edition: Washington State) can be found online at [www.teenmentalhealth.org/toolbox](http://www.teenmentalhealth.org/toolbox).

## **NEWLY PUBLISHED REPORT INDICATES MANY COMMUNITY AND SCHOOL-BASED YOUTH SUICIDE PREVENTION INTERVENTIONS DO NOT SHOW THEY ARE EFFECTIVE OR SAFE**

Youth suicide is a significant human, civic and health concern, with numerous community- and school-based interventions promising prevention currently being applied across Canada. A recent report released by Dr. Kutcher indicates that some commonly used interventions have not demonstrated effectiveness in preventing youth suicide or safety in application. The report, published in the Canadian Journal of Psychiatry entitled School- and Community-Based Youth Suicide Prevention Interventions: Hot Idea, Hot Air, or Sham?, addresses those concerns.

“The need to create and apply safe and effective interventions that can decrease rates of suicide in young people is recognized,” says Dr. Kutcher. “This being said, before widespread application of any

program, it is essential to determine effectiveness and safety. There is too much at stake to be delivering programs that not only may not work, but may not be safe.”

The report outlines a systematic review of global literature on one of the most common community suicide prevention interventions in Canada and summarizes data on two commonly applied school-based suicide prevention programs. Not only did these preventions demonstrate ineffectiveness in preventing youth suicide or safety in application, but concurrently with their widespread distribution in Canada, the suicide rate in young women has increased for the first time in over three decades.

The full report can be found online through the Canadian Psychiatric Association at: <http://tinyurl.com/hfaf3up>.

# Report from Community Mental Health and Addictions

BY DR. SONIA CHEHIL, DEPUTY CLINICAL DIRECTOR, COMMUNITY MENTAL HEALTH

This is our first submission to Headlines! It's a pleasure to join the department's newsletter and we hope to provide regular updates and information about our services that will be pertinent and of interest to the readership. In addition, we hope to feature one of our colleagues in community mental health and addictions (CMH&A) for each edition.

As a team, we are comprised of 20 psychiatrists across five community-based clinical sites: Bayers Road, Bedford/Sackville, Cole Harbour,

Dartmouth, and West Hants. Each site has a Clinical Academic Leader (CAL) and Health Services Manager (HSM) who provide clinical-operational co-leadership for that site. Together, under the leadership of **Dr. Scott Theriault** and Trevor Briggs, the CMH&A Deputy Clinical Director (**Dr. Sonia Chehil**) and Program Lead (Mr. James MacLean), the CALs and the HSMs work together to champion excellence in clinical care, education, research, and service delivery provided through the CMH&A

program. Kelly Barry, Neil Henderson, Kim Flemming, and Donalda Edgar are the CMH&A program's HSMs. **Kulli Poder, Philip Mills, Brian Burke** and **Sreenivasa Bhaskara** are the Department of Psychiatry representatives and CALs for the program.

In this edition, we are featuring **Dr. Deborah Parker**:

## interview with a CMH&A physician: dr. deborah parker

**Where I call home:** Halifax has been a great city to call home with the ocean nearby and everything within walking or running distance from me. This is quite a contrast to my first home, Calgary, where you need to drive everywhere! I do miss seeing the mountains though, and am a Calgarian at heart, just one who happens to have adopted Halifax!

**My education and training:** I am proud of the fact that I completed parts of my studies in different parts of the country. I am a Golden Gael, having done my undergrad at Queen's University and then pursued medicine in Calgary. I never imagined coming to Halifax for residency, but the charm of the city, which reminded me so much

of Kingston, ON, especially with the density of university students, and the program, really sold me.

**Why I chose to pursue medicine and then psychiatry:** Medicine was always my first career choice. I liked sciences, but was most fascinated with the human body. I knew that working in business wasn't going to satisfy me and wanted to be in medicine where I would continually be challenged and I would be able to help people to achieve better health and wellness. Psychiatry was a natural fit for me as I have always been interested in the mind - body, body - mind connection.

**My second career choice:** I didn't have a second career choice. I do

think that in the future, when I am semi-retired, I may wish to explore other career options to foster my creative side, but that feels like a long way away and for now I am enjoying the clinical and academic work that I do in psychiatry.

**My special areas of interest in psychiatry:** I am interested in personality disorder treatment and in group psychotherapy. In the last few years, I have worked to develop my skills as a facilitator and supervisor in interpersonal process groups. In addition, I have also been interested in the role of exercise in mental health. I had the opportunity to develop a 'learn to run program' at the BPD treatment program which was a huge success. I would like



Dr. Deborah Parker

to expand on this and to develop this further in a broader clinical population.

**Where I work:** I work part-time at the Bayers Road Community Mental Health Clinic and part-time as co-lead at the Borderline Personality Disorder Treatment Program (BPDTP) at the Nova Scotia Hospital.

**A typical work day for me:** Every day of the week is very different for me. My heavy clinical days are Mondays and Thursdays at Bayers Road, and Fridays at BPDTP. I

also facilitate interpersonal process groups three times a week which although busy, is the most enjoyable part of my week. I am constantly amazed at the inherent wisdoms that the patients I work with have and how group gives them the opportunity to share this with one another.

**What I most enjoy about CMH:** When I first started at Bayers, I had to set limits around the number of patients with personality disorders who were referred to me. While I enjoy working with individuals with personality disorders because

of their complexity, it was really important for me early in my career not to become too much of an expert in one area and lose my skill or knowledge in managing other psychiatric disorders. The community mental health clinics offer that diversity and help me to better understand the realistic day to day challenges that patients face in their lives, in accessing community and health services, and as they pursue wellness.

**The things CMH does well:**

The CMH clinics have a huge challenge as they are expected to treat a broad range of psychiatric symptoms and disorders of varying severity. The CMH has done a good job of offering a breadth of services to try to meet the volume and variety of needs of patients that the mental health system could otherwise not support.

**What CMH can improve on:** I

think that CMH teams are working to, but can always improve on, the provision of evidence-based psychotherapy in the community clinics. This will definitely require an investment by the organization in providing ongoing supervision to ensure that clinicians continue to provide effective treatment and to see this as one way to improve efficiency. In addition, I think that we also need to increase awareness within the mental health system about some of the limitations, which mostly are volume-based, in the intensity of services that we are able to provide. Too often, there is an expectation that the CMH teams see people weekly or on an emergent basis, while this may be ideal care and something that with better scheduling we could try to address better, I think that there also needs to be education

and understanding from other mental health services about the pressures that the clinics are under and better coordination of services across the spectrum.

**My mentor:** Part of my decision to stay in Halifax when I graduated residency was because of the number of highly skilled psychiatrists whom I had established relationships with and whose opinions I valued as I started my practice. My mentor in personality disorders and in navigating administrative issues would be Dr. Ron Fraser, whose affable and common sense approach with patients and colleagues I highly respect. Another mentor would be Dr. Margaret Rajda, whose guidance particularly in planning my career and teaching aspirations has been invaluable. Although we haven't met in a while, I also value the experience that the women in my Psychiatry women's book club have, they are all incredibly dedicated and highly involved professionals from whom I

get a lot of inspiration.

**My interests outside of work:**

I am first and foremost a runner. I started training for marathons and half-marathons 14 years ago and have really enjoyed the social aspects of running in a group, and the physical and emotional benefits of running. Being physically active is very important to me and through my running friends I have also started road cycling and this winter, started skate skiing.

When I am not on the move, I make an effort to see performances at the theatre, in dance or of the symphony. Halifax, for its size, is really blessed to have so many great performers.

I also really like to travel, and although where to go is sometimes a last minute decision, I never question the going part. There is just so much that we can learn about ourselves, other cultures and the world when we travel and I have been fortunate to be able to travel both in the past through

work and in my personal life.

**My personal and career goals:** In the short term, I would like to develop my psychotherapy supervision skills further and pursue more teaching opportunities so that I can expand my academic portfolio. I would also like to ensure that there is a more consistent approach to the treatment of personality disorders in the mental health system which would require building capacity and understanding within clinicians to better work with this population. In the future, I do see myself eventually starting a multidisciplinary private practice that offers psychotherapy and wellness practices.

At this point, I really don't have any specific personal goals apart from running and riding faster which is constantly a work in progress! Other than that, a few of my life directions are to be well travelled, be multilingual, be healthy and to be a caring friend, sister, daughter, cousin, niece, partner and citizen.

# Faculty Development Fund

BY CAROLYN SISLEY, DIRECTOR OF FINANCE AND ADMINISTRATION

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 two faculty members applied and were

awarded funding. Dr. Kim Good was awarded \$4,653 to provide financial assistance for her Masters of Education in Curriculum Studies for Health Inter-professionals program at Acadia University. **Dr. Jackie Kinley** was awarded \$1,495 to provide financial assistance for her attendance at the Leadership Style and Transference in Organizations Workshop (AGPA Leadership Track)

in New York. 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](mailto: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 **Kate Rogers**.

## kate rogers: communications coordinator

Kate has worked in the Department of Psychiatry for five years as of July 2016. She is responsible for departmental communications which primarily includes the assembling and distributing the very newsletter you are now reading, maintaining the website and developing promotional materials such as posters, brochures and handouts. She also develops and distributes the annual report and works with the department head and director of finance and administration on special projects throughout the year. If you have attended any departmental events you have likely seen Kate snapping photos.

You can contact Kate if you have stories for the newsletter, need assistance promoting/planning a department-related event, if you have graphics or photography needs, or if you require an update to your information on the website.

You can find Kate on the 8th floor of the Abbie J. Lane Building in room 8213. She can be reached at 902-473-1677 or by email at [Kate.Rogers@nshealth.ca](mailto:Kate.Rogers@nshealth.ca).



Kate Rogers

## news from the department

### DR. JOANNE MACDONALD APPOINTED ASSISTANT DEAN, STUDENT AFFAIRS

**Dr. Joanne MacDonald**, assistant professor and humanities coordinator in the department, was named the assistant dean of student affairs for the Faculty of Medicine at Dalhousie, effective July 1, 2016. The position, previously held by **Dr. Michael Teehan**, is responsible for providing leadership in student affairs and for providing personal, social, financial, career planning and academic support to students. This includes facilitating access to care and support for students in need. Dr. MacDonald's term will last five years.



Dr. Joanne MacDonald

## staff and faculty changes

### COMING:

**Dr. Lourdes Soto-Moreno** has joined the department and will be part of the child and adolescent psychiatry team, effective Aug. 8, 2016. She will be working at the Bedford-Sackville Clinic, the Dartmouth Clinic and also the Windsor clinic.

**Dr. Anita Hickey** will join the department and will be part of the child and adolescent psychiatry team, effective Sept. 12, 2016.

**Dr. Kristen Holm** will join the department, effective Oct. 17 and will be working in inpatients at the Abbie J. Lane building.

### GOING:

**Dr. Mai Riives** retired from the department as of July 23, 2016. Dr. Riives worked in Intellectual Disabilities.

**Dr. Janya Freer**, who was part of the Senior's Mental Health team, will leave the department, effective Sept. 3, 2016. She will be moving to British Columbia.



## awards & honours

### MICHELLE LEBLANC RECOGNIZED AT IWK

Early in the summer administrative manager of child and adolescent psychiatry at the IWK, **Michelle LeBlanc**, was recognized for her work with the mental health and addictions program. She was presented with a Leadership Award for Collaborative Management by Ruth Carter, director of the mental health and addictions program at the IWK. The award was given to show appreciation and acknowledgment for



Michelle's outstanding contributions to the program. Congratulations

Michelle, on this well-deserved honour.

### DR. DAVID WHITEHORN WINS WAYNE PUTNAM AWARD

**Dr. David Whitehorn**, assistant professor in the Department of Psychiatry, was recently awarded the 2015 R. Wayne Putnam Award for outstanding contributions to community continuing professional development. The award was presented by Dr. Constance LeBlanc, associate dean for continuing professional development at Dalhousie Faculty of Medicine.

Dr. Whitehorn was recognized for his work with the Nova Scotia Early Psychosis Network, particularly the "Key Findings in Early Psychosis Knowledge Sharing Initiative," funded by the Nova Scotia Health Research Foundation, which the network conducted over the past two years involving multi-stakeholder meetings throughout the province. In accepting the award Dr. Whitehorn acknowledged the collaborative effort of all members of the core steering group that led and conducted the initiative, including **Dr. Phil Tibbo**, the Dr. Paul Janssen Chair in Psychotic

Disorders, **Dr. Sabina Abidi**, director of the Youth Psychosis Team at the IWK, Donna Methot, president of the Schizophrenia Society of Nova Scotia and Laura Burke, an internationally recognized spokesperson and advocate for people with lived experience of psychosis.

In addition to his work in early psychosis, Dr. Whitehorn, who is director of the non-profit Atlantic Contemplative Centre, was recognized for his contributions to teaching and support for mindfulness practices among health care professionals. It was noted in particular that for the past two years he has led an initiative entitled "Mindfulness as a Core Competency for Mental Health" for staff in the Annapolis Valley Mental Health and Addictions Program, with collaborative support from John Moore and Dana Pulsifer. Congratulations Dr. Whitehorn!



Dr. Whitehorn is presented with his award by Dr. Constance LeBlanc.

## DR. ALDA PRESENTED WITH MOGENS SCHOU AWARD

Congratulations to **Dr. Martin Alda** who was recently presented with the Mogens Schou Award for research. The Mogens Schou Award is presented by the International Society for Bipolar Disorders (ISBD.) It is a lifetime achievement award and comes in three categories - research, education and advocacy. Dr. Alda received his award this year at the ISBD meeting in Amsterdam. The award was presented to him by

professor Jules Angst from Zurich, a distinguished scholar working in mood disorders for over 50 years. Previous winners of the award include some of the most prominent people in the field of mood disorders. For more information please visit <http://www.isbd.org/awards/mogen-schou-awards>.



Dr. Martin Alda with the Mogens Schou Award for Research.

## announcements

**Better Nights Better Days** *Bonnes nuits Jours meilleurs*

**25% OF CANADIAN CHILDREN EXPERIENCE INSOMNIA**

Insomnia is categorized by:



Sound familiar?  
Consider participating in our sleep study!

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

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



**Better Nights, Better Days** is an online program that provides accessible, evidence-based treatment for children ages 1-10 years old



**Distance Treatment Program**  
The online program is fully accessible from computers, laptops, tablets or smartphones



**Save Time and Money**  
All information and materials are provided online – no need to travel to appointments!



**Support from Start to Finish**  
Built-in support and program tools will guide and motivate you as you complete the program



**Empower Parents**  
The program is designed to empower you to improve your child's sleep on your own. You can rest assured that the information and support you require is at your fingertips

[bnbd.participate@dal.ca](mailto:bnbd.participate@dal.ca)  
[www.betternightsbetterdays.ca](http://www.betternightsbetterdays.ca)

Contact Us!



# Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND ASSISTANT PROFESSOR



Play of colours.

## 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 Nov. 1, 2016, with the deadline for submissions to be Oct. 14, 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](mailto: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: **Gairdner (Oct. 1)**

- Gairdner Wightman Award

Granting Body: **Association of Faculties of Medicine of Canada (Oct. 30)**

- Award for Outstanding Contribution to Faculty Development in Canada
- Young Educators Award
- John Ruedy Award for Innovation in Medical Education
- President's Award for Exemplary National Leadership in Academic Medicine
- May Cohen Equity, Diversity, and Gender Award

Granting Body: **Canadian Association for Medical Education (Oct. 30)**

- Ian Hart Award for Distinguished Contribution to Medical Education
- Meridith Marks New Educator Award

Granting Body: **Canadian College of Neuropsychopharmacology (Nov. 30)**

- Heinz Lehmann Award
- Innovations in Neuropsychopharmacology Research Award
- Medal Nomination
- Young Investigator Award

Granting Body: **Canadian Medical Association (Nov. 30)**

- Medal of Service
- May Cohen Award for Women Mentors
- Sir Charles Tupper Award for Political Action
- Frederic Newton Gisborne Starr Award
- Award for Excellence in Health Promotion
- Award for Young Leaders
- Dr. William Marsden Award in Medical Ethics
- Physician Misericordia Award