

headlines

news from the department of psychiatry at dalhousie university

FEATURE

MEET OUR NEW CANADA RESEARCH CHAIR



Dr. Sandra Meier

Sandra Meier joins department as CRC in Developmental Psychopathology and Youth Mental Health

On July 1 the Department of Psychiatry welcomed its third Canada Research Chair. Dr. Sandra Meier, the Canada Research Chair in Developmental Psychopathology and Youth Mental Health, joins us after spending the last five years as a postdoctoral fellow at the Child and Adolescent Mental Health Centre in the Copenhagen Region of Denmark. Originally from Switzerland, Dr. Meier is a psychologist by training, and has a strong background in genetic epidemiology, biostatistics and molecular genetics. Her work tackles mental health from different angles, as she is convinced that only multidisciplinary research will enable us to capture its complexity. She has explored the genetic susceptibility of specific clinical symptomatology and endophenotypes and identified symptom specific genetic variation in a variety of disorders, including schizophrenia, bipolar disorder, and major depression. She is particularly interested in anxiety disorders and is currently studying long-term outcomes of childhood disorders such as specific anxiety disorders, OCD and Tourette's syndrome.

continued on page 4



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

IN THIS ISSUE

- 1 MEET OUR NEW CRC
- 3 MESSAGE FROM THE HEAD
- 4 RESEARCH REPORT
- 5 EDUCATION REPORT
- 11 CHILD & ADOLESCENT PSYCHIATRY REPORT
- 12 SUN LIFE CHAIR IN ADOLESCENT MENTAL HEALTH REPORT
- 13 DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS
- 14 NEWS AND ANNOUNCEMENTS
- 20 HUMANITIES CORNER
- 21 FEATURE
- 22 PHOTO FEATURE

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MESSAGE FROM THE HEAD

The sun is shining brightly as I look out on the greenery of Citadel Hill, and the Wanderers grounds. It is my favourite time of year, in many ways.

Our annual report was published this morning and I am still in awe of the energy of members of this department and their accomplishments in so many fields of endeavor. I urge you to read it be proud of yourself and your colleagues.

We have wrapped up our academic year and submitted a deliverables report to our partners in the Department of Health and Wellness, NSHA and the faculty of Medicine, as required in the AFP agreement. The coming year will be the final one in this contract, and preparations are well under way for negotiations on the next agreement. We are hopeful that the process will be more congenial and straightforward in this round, and there are definite signals that will be the case.

Congratulations to all of our graduating residents. We wish them well as they move into the next phase of their careers. We also welcome our incoming class of 2023 and invite you to meet them for lunch on July 3, in the green area opposite VMB 1613.

Welcome also to **Dr. Sandra Meier**, who will be joining the department and IWK in her role as Canada Research Chair in Developmental Psychopathology. Her work is remarkably complementary to major thrusts within the department.

Work continues at a provincial level to harmonize clinical care across the province. A senior leadership team meets monthly, the Quality Council coordinates quality input from all zones, and province-wide policies governing clinical practice are slowly being put in place. We will soon hear the announcement of a new senior medical director position, to



Dr. Michael Teehan

act as co-lead with Sam Hodder, senior director MH&A. The medical director will work to consolidate changes that are planned and to coordinate clinical service in all zones.

As you will see in this issue, members of the department have been accruing awards and accolades from the Faculty of Medicine. As I sat in the annual faculty meeting, and name after name from the Department of Psychiatry was called forth, I had a sense of profound satisfaction. I think our members toil quietly, in carrying out their work, and it was gratifying indeed to have this welcome recognition.

And congratulations to newly promoted members, **Dr. Alexa Bagnell** to professor, **Dr. Lukas Propper**, also to professor, and **Dr. Sabina Abidi** to associate professor. They all do outstanding work and fully deserve their well-earned promotions.

As we enter the hazy days of summer I hope that you will find some time to relax and enjoy break from the hurly burly. Nova Scotia in the summertime is a very special place and I hope you will get to enjoy it fully. We need to be rested and well for a busy year ahead.

Michael

Dr. Meier became interested in coming to Dalhousie because of the independence the chair position offers. "It will allow me to work on the research questions I deem the most relevant," she says. She also loved the idea of working more closely with some members of the Dalhousie team whom she was already acquainted with. In her role as chair she will participate in both research and teaching, both of which she is looking forward to.

Given the title of her new position, the Canada Research Chair in Developmental Psychopathology and Youth Mental Health, it's no surprise that Dr. Meier's research focuses on child and adolescent mental health. After she explored disease trajectories of mental disorders in millions of people in Denmark it became clear to her that many psychiatric disorders start early in childhood. Since

then she had a growing desire to work on prevention in children, which she is now able to do here at Dalhousie. "I want to find out how we can make children resilient to mental disorders," she says. "I am convinced that a key feature of mental health is successful social interaction, therefore my research will focus on social interaction as a potential target of prevention and treatment using a multidimensional design."

Dr. Meier's research will use an online survey to register subjective ratings and behavioural patterns of social interaction and mental health. In a couple of years she hopes to see the first results, but, as a proponent of longitudinal studies, she hopes to assess the long term consequences from childhood to senescence. The study will not be without its challenges, especially since she intends

on including not only patients, but a large part of the general population. "It might be difficult to communicate the relevance of the study and get participants involved," she says. "I also want to make sure that the participants benefit in some way from our study."

Dr. Meier will be getting started on her research right away here at Dalhousie. She will work to assemble her research team, whom she hopes will be assembled from various disciplines. "I am most looking forward to getting involved with my team and to set up, with their help, a great research program."

Dr. Meier will be located at the IWK and can be reached at 902-470-8375. We are excited to welcome her to the department!

RESEARCH REPORT

Department of Psychiatry Research Day 2018

This year's event is scheduled for Monday, Nov. 19 at the Lord Nelson Hotel, Halifax. Now in its 28th year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities.

This year's keynote speaker is Dr. Christopher Mushquash, Canada Research Chair in Indigenous Mental Health and Addiction, associate professor in the Department of Psychology at

Lakehead University, and the Northern Ontario School of Medicine, and clinical psychologist at Dilico Anishinabek Family Care.

Dr. Mushquash is Ojibway and a member of Pays Plat First Nation. He obtained his Ph.D. in clinical psychology at Dalhousie University and completed his pre-doctoral residency in the Faculty of Medicine at the University of Manitoba, specializing in rural and northern clinical practice. His work is focused on determining evidence-based approaches that align with First Nations values, understanding culture-based approaches to healing and wellness, and ensuring that

these approaches are appropriate for the context, depending on the community and factors such as remoteness, and access to other resources, or determinants of health.

If you are interested in presenting at this year's Psychiatry Research Day, please contact Jen.Brown@nshealth.ca for an application. Abstracts are due Sept. 17, 2018.

If you are interested in attending Research Day, registration forms will be circulated in September.

EDUCATION REPORT

undergraduate education news

Each year the department recognizes a resident for their outstanding teaching efforts. The teaching may be didactic or clinical in nature. The winner is based solely on nominations and feedback given by the clinical clerks throughout the year. We would like to congratulate **Dr. Christie McClelland** (PGY-2) for being the 2017/18 Clerks' Choice award winner!

PsychSIGN Conference

Submitted by Talia Bond

I recently had the opportunity, while being sponsored by the Department of Psychiatry, to attend Psychiatry Student Interest Group Network (PsychSIGN) conference in New York. I found the entire experience so positive and inspiring! It started off with a student mixer where I got to meet and talk to other students and residents who are interested in, or are pursuing psychiatry. It was such an inclusive and new experience to be in a room full of people who have the same interest and passion in psychiatry that I do. Being able to meet and talk with students from all over (including international students) was such a neat experience and allowed me to ask questions and learn about the similarities and differences in medical school training and psychiatry learning opportunities all around the world. In addition, I was also able to share what medical school is like here at Dalhousie, as well as some of the psychiatry opportunities I have already been

Overall, our residents received 38 nominations from the clerks; a testament to how valued the residents are for their dedication to teaching. From the comments provided by the clerks, there are many recurring themes: enthusiastic, approachable, kind, supportive teachers who actively involve clerks and provide constructive feedback to facilitate their learning. Thank you to our residents for

fortunate enough to participate in.

The PsychSIGN conference was held in connection with the American Psychiatric Association's annual meeting. This meant I was able to participate and attend the PsychSIGN conference, but there was also time left in the conference schedule to be able to get bussed over to the APA Meeting to see what was happening there. I found the sheer amount of talks, workshops and booths that I wanted to see overwhelming! It was hard to decide what to go to, since I wanted to see everything.

I really enjoyed the PsychSIGN Conference talks and workshops, as they were geared directly towards medical students. I found these were very helpful because they related directly back to things that I can work on incorporating into my daily interactions as I continue on through medical school, such as motivational interviewing, the effects of stigma, and how to effectively communicate and talk about some of these tough topics. The APA Annual Meeting was overwhelming all on its

providing such a positive experience to our medical students!

2018/19 tutor recruitment continues for Professional Competencies I, Skilled Clinician I, Skilled Clinician II and PIER sessions. Please contact **Mandy Eslinger** at mandy.eslinger@nshealth.ca if you are interested in tutoring one of these units.

own! I wish I had more time to be able to explore there since there were so many interesting research posters, talks, and workshops, as well as presentations and events going on all the time. I was able to stop by the poster fair to see some of the amazing research that has been going on from all over, as well as see some of the new therapies and medications that are up and coming. I was even able to take what I learned and discuss some of it with my preceptor during rural week with regards to trying a new treatment for a patient.

I feel so thankful and grateful to the Dalhousie Psychiatry Department, as well as to PsychSIGN for providing me with this opportunity to attend the conference. I learned so much about learning opportunities and residency options from all over, as well as practical skills I can start using right now. I also was able to gain a broader understanding of psychiatry in general, in addition to making some really good connections and friends.

postgraduate education news



Class of 2018 (clockwise from top left): Drs. Mandy Emms, Ian MacKay, Kathleen Singh, Celia Robichaud, Jennifer Ojiegbe, and Sarah Fancy. Missing from photo: Dr. Lesley Kirkpatrick.

The department hosted the 2018 graduation exercises on June 1 at The Halifax Marriott Harbourfront Hotel. Congratulations to the Class of 2018: **Drs. Mandy Emms, Sarah Fancy, Lesley Kirkpatrick, Ian MacKay, Jennifer Ojiegbe, Celia Robichaud, and Kathleen Singh.**

Award presentations at the graduation were made to:

Teacher of the Year: **Dr. Ron Fraser**

Above and Beyond (Residents' Choice): Evelyn Mott, RN in PES

PGY5 Excellence Award: **Dr. Aaron Keshen**

Dr. Herbert Orlik Child & Adolescent Psychiatry Resident Award PGY3: **Dr. Katie Radchuck**

Geriatric Psychiatry Resident Award: **Dr. Crystal Zhou**

Clerks' Choice Award: **Dr. Christie McClelland**

Alexander H. Leighton Resident of the Year: **Dr. Joshua Smalley**

Horizon Health Network SJ Zone PGY1: **Dr. Amy Gough**

Dr. Charles J. David Prize in Psychiatry PGY2: **Dr. Christie McClelland**

Dr. W.O. McCormick Award: **Dr. Ian MacKay**

Loonie Awards: **Drs. Laura Downing and Olga Yashchuk**

Dr. Robert & Stella Weil Fund in Psychiatry: **Dr. Alexandra Manning**

continuing professional development news

Recent Highlights

University Rounds

On May 9 Dr. David Conn, professor in the Department of Psychiatry at the University of Toronto and the founding co-chair of the Canadian Coalition for Seniors' Mental Health and chair of the Coalition's National Guidelines Project, presented "Substance Use Disorders among Older Adults: New Challenges and the Road to Creating National Guidelines."

11th Psychiatry Debate

On May 30 **Dr. Lesley Kirkpatrick**, PGY-5, and **Dr. Sabina Abidi** teamed up to debate with **Dr. Mandy Emms**, PGY-5, and **Dr. Zenovia Ursuliak** on the topic of "Reefer madness! The highs and lows of cannabis legalization." **Dr. Lara Hazelton** was the moderator.

R.O. Jones Memorial Lecture

Named in honour of the late Dr. Robert Orville Jones, who among his many achievements, founded the Dalhousie Department of Psychiatry in 1949 and was the charter president of the Canadian Psychiatric Association, the R.O. Jones Memorial Lecture is held annually in conjunction with the Atlantic Provinces Psychiatric Association annual conference.

On June 6 Dr. James Coyne, emeritus professor of psychology and psychiatry, Perelman School of Medicine at the University of Pennsylvania, presented the R.O. Jones Memorial Lecture on the topic "Why you should not routinely screen for depression and suicide and what you should do instead."

Neuroscience Jeopardy

On June 13 facilitators **Drs. Jacob Cookey, David Lovas, and Celia Robichaud**, PGY-5, brought a successful conclusion to the 2017-2018 Clinical Academic/ University Rounds schedule with the Annual Neuroscience Jeopardy.

Thank you to everyone who continues



Top left: rounds speaker Dr. David Conn; Top right: R.O. Jones speaker Dr. James Coyne. Bottom: 11th Psychiatry Debate (L-R) Drs. Lara Hazelton, Zenovia Ursuliak, Mandy Emms, Lesley Kirkpatrick, and Sabina Abidi.

to participate in weekly rounds. We will be taking a break from hosting rounds and will be preparing for next year. The schedule can be found on our rounds information webpage (<https://medicine.dal.ca/departments/department-sites/psychiatry/education/continuing-professional-development/psychiatry-rounds-information.html>) and weekly details will continue to be on the TWIP webpage.

Enjoy the summer!

Upcoming Events

2018/09/12 Clinical Academic Rounds
Dr. Kathleen Singh, PGY-6, **Dr. Ian MacKay**, PGY-6; Geriatric Psychiatry

2018/09/19 University Rounds
Dr. Vicky Stergiopoulos; Faculty of Medicine's 150 Signature Event

2018/09/26 No rounds - CPA Annual Conference Toronto, Sept 27 - 29

2018/10/03 Child & Adolescent Psychiatry

Dr. Cornelis DeBoer; "Wood Street Centre Treatment Program"

2018/10/10 Clinical Academic Rounds
Shawna O'Hearn, Social Accountability

2018/10/17 University Rounds
Dr. Sophia Frangou; Severe Mental Illness

2018/10/24 Clinical Academic Rounds
Dr. Andrew Travers; "Innovations in service delivery, EHS, ED, and mental health"

2018/10/31 12th Psychiatry Debate
Dr. Ali Manning, PGY-4, **Dr. Katie Radchuck**, PGY-4

faculty development

Every year each faculty member reports professional development credits to the Royal College. Those credits reflect the physician's interest in their professional educational needs. Some, particularly those engaged in teaching, will record credits for professional development in medical education. In our department faculty strive to advance the department's teaching mission. In order to meet this requirement many faculty already participate in faculty development in medical education.

Our department considers it essential to support faculty in their role as teachers. To achieve this goal, starting on July 1, 2018, all faculty who supervise medical students and residents in core training and/or on-call will be required to annually complete a minimum of two hours of faculty development related to their role of teacher. There are many opportunities for such faculty development within the Department of Psychiatry and Dalhousie Faculty of Medicine. Additionally, there are external opportunities at conferences, workshops, webinars, etc.

Examples of faculty development may include:

- Assessment
- Clinical teaching skills
- Feedback
- Classroom teaching skills
- Creation of educational materials
- Tutor training
- Exam question writing workshops

The faculty development will be recorded in the individual database profile and be reviewed in the annual IPP meetings. Participation in faculty development organized by the Department of Psychiatry and Dalhousie Faculty of Medicine can be included in the billable hours.

Please watch the faculty database and your email for opportunities to participate in faculty development. If you have any questions please contact **Dr. Margaret Rajda**, director of education, at malgorzata.rajda@nshealth.ca.

Faculty Development Opportunities

Dalhousie Continuing Professional Development

FACDEV Thursday Seminar Series | Interesting online seminars from expert faculty

Having trouble fitting professional development into your busy schedule? The FacDev Thursdays Seminar Series is a convenient way to access a variety of 1 hour seminars from expert presenters, covering all aspects of the faculty's needs. Due to the distributed nature of the faculty, Dal CPD offers these online seminars via the Adobe Connect webinar platform from 8-9 pm Thursday evenings. Accessible from anywhere you access the internet.

FacDev Thursday Seminar Series resumes September 2018 with dates and topics TBD. To make yourself aware of upcoming topics please email facdev@dal.ca and request to be added to the mailing list.

Fundamentals of Teaching Program

The Fundamentals of Teaching Program is a series of online courses designed to support Dal medical faculty in their roles as teachers.

Fundamentals of Clinical Teaching and Supervision

October 1 - November 9, 2018

Objectives: By the end of the course, participants will be able to:

- Discuss the role and responsibilities of the clinical supervisor in medical education.
- Explain how learning in a clinical setting differs from didactic teaching.
- Describe strategies for integrating patient care and teaching.
- Apply principles of clinical assessment to learner performance.
- Provide learners with constructive formative feedback.

Units:

1. Intro to Clinical Supervision
2. Getting Ready to Teach
3. Assessment in the Clinical Setting
4. Providing Feedback to Learners

Delivery details: Assigned readings, videos, quizzes, and reflective exercises are completed online whenever convenient for participants. Discussion boards are moderated by experienced medical educators. Successful completion of the course requires accessing course materials and posting to each Unit's discussion board. A final webinar will be held on November 6th at 7 pm; attendance is encouraged.

Teaching and Assessing Critical Thinking 1
(TACT 1)

September 24 – December 3, 2018

Looking for a program to help you:

- Discover how biases influence decision-making in medicine;
- Develop your critical thinking skills;
- Learn how to teach and assess critical thinking in the clinical setting with learners?

This program is designed for Dalhousie Medical School faculty who teach in a clinical setting.

Curriculum will be offered online in an asynchronous, flexible format allowing you to complete on your own schedule. Orientation webinar 7-8 pm Sept 24.

Registration (\$100 for Dalhousie faculty) is limited.

For more information or to register visit facdev.medicine.dal.ca or contact facdev@dal.ca

meet an educator: dr. sanjana sridharan

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Sanjana Sridharan**, assistant professor in the Department of Psychiatry and the director of acute care. If you are interested in being profiled in an upcoming publication, please contact Kate Rogers at Kate.Rogers@nshealth.ca.

My current education and teaching interests: I have always enjoyed educating and talking to patients and their families on medication and mental illness. I ran a monthly group in the UK doing just that with refugee and minority populations. As an inpatient psychiatrist I get ample opportunity to do this to my heart's content. My special interests are mainly in women and adolescent mental health. Incorporated into this group is an interest in perinatal, early psychosis and borderline personality disorder. I also enjoy interactive lectures with new residents in acute care, and have done pro comp tutorials for medical students in small groups, which I also thoroughly enjoyed. I have managed to replicate some of this in rural NS, especially with postpartum depression and enjoyed meeting women's health/public health nurses to work collaboratively on early detection of depression and care planning post-partum when necessary.

My preferred method of teaching or curriculum delivery: I really don't enjoy lecturing to a large audience. I was predominantly trained in the UK in an era when questions were regularly directed at us as residents to test knowledge. So I was fearful in lectures and found the method not motivating for me as a learner. As a teacher, I make the environment relaxed and interactive and do not put people on the spot. I am passionate about my patient's inpatient experience and customer service in mental health in general, and feel I can only get that message across effectively with an interactive small group.

A "Day in my work life:" I like to start my day early, around 7:30, because inpatient jobs can be unpredictable and I can get some administration paperwork done before my clinical work takes over. Clinical teaching happens all the time when we do inpatient rounds, assess patients and conduct family meetings.



Dr. Sanjana Sridharan

More formal meetings with medical clerks and residents happen during their evaluations on completion of their placement or time on inpatients.

The most satisfying and most frustrating

aspects of academic work: Clinical research projects I have been involved with have been exciting, as I can see clinical changes in my day to day practice with the patients I recruit for the study.

I am not keen on the statistics piece, however once they are in the form of bar diagrams or pie graphs I feel a sense of accomplishment if they are clinically meaningful.

Academic work on the other hand is very gratifying when medical students or residents show interest in spending time on the mental health units after a small group teaching or lecture. I get really excited when my medical clerks want to consider a psychiatry residency after their clerkship period with my team. The frustrating piece is completing evaluations when they accumulate. It can be a lot of paperwork, especially when you finish a tutorial group.

My education mentors: I have had so many mentors across my training. It all started however, with my parents. My mother was a teacher and father a mechanical engineer and an academic.

They gave me good old-fashioned East Indian parenting with a lot of encouragement to excel academically. My husband, who is also my medical school classmate and an orthopedic surgeon, was always inspiring to me in achieving my goals and believing in myself.

In the UK Dr. Sharon Binyon, who was my first preceptor in psychiatry, completely changed my confidence levels to become who I am today and my passion for dialectical psychotherapy was instilled by her. Dr. Rajan Thavasothy was also an inspiring role model and teacher in the beginning of my career and his teachings still ring in my ear. His golden words of advice to me were that if I treated all patients like I would my family I would always make the right decisions.

Dr. Andrew Ashley-Smith and Dr. Robert Holmes were my leadership mentors and always had time for me when I was

a medical manager in the UK. They taught me how to be an effective leader without burning out by using humor appropriately and the importance of work-life balance.

In NS I have a very supportive leadership team in **Drs. Michael Teehan, Scott Theriault, Jason Morrison and Sonia Chehil**, who make me feel special and welcome. I am fortunate also to have my inpatient colleagues who mentor me through daily difficulties and give me unconditional positive regard in my current job.

My second career choice: I would have been lawyer if I did not get into medicine. I had started a Master's program in Mental Health Law in the UK which I am hoping to complete in Canada. I also love public health and in an ideal world I would love to work for the WHO in that capacity.

education kudos corner

Kudos Corner

One of the pillars of our mission is to provide excellence in education by developing and maintaining high calibre educational programs. In turn, part of ensuring our department members are promoting the highest standards of mental health care is continual learning. Our department is committed to providing leadership in mental health education for psychiatrists, other mental health professionals, family physicians and the community. This might include attending an educational conference or session, or similarly, providing a learning opportunity to other faculty members.

We want to recognize those members of the department who are engaging in continual learning through faculty development activities and who have shown a keen interest in teaching. See who's been involved recently!

Child and Adolescent Psychiatry

The Division of Child and Adolescent Psychiatry would like to thank **Drs. Celia Robichaud** and **Sarah Fancy** for their assistance in supervising learners during the current supervisor shortage.

Dal Med New Brunswick

The department would like to acknowledge Dr. Pamela Forsythe for her contributions as Dean of Student Affairs, Dalhousie Medicine New Brunswick as she recently concluded her role.

The department would like to acknowledge Dr. Claude Botha as the interim education lead in Saint John.

CHILD & ADOLESCENT PSYCHIATRY REPORT

2018 Dr. Herb Orlik Award in Child & Adolescent Psychiatry

We would like to extend sincere congratulations to **Dr. Katie Radchuck**, the recipient of the 2018 Dr. Herb Orlik Award in Child and Adolescent Psychiatry. Dr. Radchuck was commended on her excellent ability to establish and maintain rapport with patients and families, operate in a highly professional manner, and manage a number of complex cases with ease. Congratulations Dr. Radchuck!



(L-R) Drs. Celia Robichaud, Sarah Fancy, Gaëlle Bélanger, and Dave Lovas.

Congratulations Subspecialty Residents

On behalf of the Division of Child and Adolescent Psychiatry, we would like to thank and congratulate **Dr. Gaëlle Bélanger, Dr. Sarah Fancy, and Dr. Celia Robichaud** on passing their Royal College exams. All three residents have been dedicated, conscientious, and welcome team members over the past year – congratulations to each of you on your well-deserved success!

In July, Dr. Bélanger will be moving back to the Montreal area to start practice in the 0-12 population in a university affiliated hospital; Dr. Fancy will be taking a year of maternity leave, and will then complete her subspecialty training with the child and adolescent psychiatry team; Dr. Robichaud will be completing her final year of subspecialty training at the Garron Center, OCD Clinic, and Eating Disorders Clinic. Congratulations, graduates!

Reproductive Mental Health Services: Who they are and how they help

From IWK Newsletter: Pulse Week in



(L-R) Allison Wood, Caroline Martin, Dr. Tanya Tulipan, Karen Comeau, Angela Thibault. Missing: Kimberley MacLean

Review – Thursday, April 26, 2018

Reproductive Mental Health Service (RMHS) is an interdisciplinary team of clinicians who provide specialized outpatient mental health services to women who are pregnant/ postpartum and are experiencing psychiatric symptoms related to perinatal issues.

How we help: Our clinicians provide short to moderate term individual psychotherapy, group therapy and psychiatric consultation services.

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

In April, NBC Nightly News with Lester Holt featured a story on *The Jordan Binion Project*, an organization in Washington State working towards bringing awareness to mental health through education. After the death of their son, Deb and Will Binion realized the need for mental health education in schools and through some investigating came across *The Mental Health and High School Curriculum Guide*. With the support and partnership of the Chair, *The Jordan Binion Project* has been applying the *Guide* and to date over 99 school boards in Washington State have implemented the resource into their curriculum with schools in neighbouring states showing interest to do the same. Research shows that 84 per cent of students who take the course show improvement in mental health literacy. View the full story: <https://www.nbcnews.com/nightly-news/how-one-family-educating-students-teachers-mental-health-n868741>.

Chair team member, **Dr. Yifeng Wei**, has received a planning grant from the Canadian Institute of Health Research (CIHR) to help fund the adaptation of existing resources for First Nations communities. The application, *Mental Health and High School Curriculum Guide: Planning for Adapting, Evaluating and Disseminating for Indigenous Youth* was submitted by Dr. Wei earlier this year and will start to take shape in the coming months. The grant will be used to organize a steering committee who will begin the project, initiate a national scan of First Nations mental health literacy resources and prepare applications for further development funding.

On May 22, the Chair held a mental

health literacy update for partners and interested community members. *Words Matter: A mental health literacy update with Dr. Stan Kutcher*, was held in the Cineplex O.E Smith Theatre at the IWK Health Centre and was opened by a welcome from Minister of Health, Randy Delorey. **Dr. Stan Kutcher** then gave a brief update on the current mental health literacy initiatives of the Chair team which included the recent #GetLiterate Cineplex campaign. The 15-second commercial ran in over 20 Cineplex locations across the country and was seen by over 400,000 moviegoers Canada-wide. The campaign raises awareness around the language we use when talking about mental illness and encourages the audience to get literate and learn more. The commercial was shown during the event and attendees were then able to take photos with the messaging used in the



Dr. Stan Kutcher discussing mental health literacy at Words Matter.

campaign to share on social media using #GetLiterate.

Student Minds, the UK's student mental health charity has recently adapted *Transitions* and *Know Before You Go* to be disseminated widely in post-secondary institutions across the United Kingdom. In the UK, drop-out rates of first year students have risen for a third consecutive year and universities have seen an increase in demand for student mental health support services. Both resources help better prepare students for the shift from school to post-secondary education and the first few years of that transitional period. Topics such as money management, relationship advice, course selection and mental health are covered. Rosie Tressler, CEO of Student Minds, visited Halifax last year to attend core training sessions and the Mental Health Academy. Since then, her team has been



Minister of Health, Randy Delorey takes a photo with one of the #GetLiterate campaign posters

partnering with the Chair to bring these evidence-based resources to students.

This July, the Chair team will welcome guests from across Canada, the United States and Wales to a three-day core trainer session on the *Guide* and *Go-To Educator* training. The sessions will take place at Saint Mary's University and be led by Dr. Stan Kutcher, Dr. Yifeng

Wei and Andrew Baxter of Alberta Health Services. Deb and Will Binion, as referenced above in the NBC story, are attending to partake in the formal training as they work to engage other states to follow Washington's lead in implementing the *Guide* into school curriculum. The three-day training will be followed by the sixth Mental Health Academy. The Academy will be a one-

day session with keynotes on restorative approaches for the maintenance of mental health and a focus on marijuana use in teens. This will be followed by a selection of break-out sessions geared towards educators and those working with youth and the day will wrap-up with a panel discussion and Q&A from all invited guests.

DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS REPORT

On April 13, 2017, the federal government of Canada announced their intention to legalize the sale, distribution and possession of cannabis, a process that is still winding its way through the Senate and the House of Commons. As such, there is a clear need to better understand the impacts of using cannabis to guide public policy and health initiatives. Over the past decade, there have been significant advances in our understanding of how cannabis affects brain function, however there are still substantial gaps in our understanding of this interaction, especially in the context of early phase psychosis (EPP). Three recent research grants have been awarded to **Dr. Phil Tibbo** and his team to help fill these gaps.

Dr. Tibbo was awarded, as Principal Investigator, a three-year CIHR Project Grant, *Cannabis effects on white matter microstructure and outcomes in early phase psychosis: a one year dual site longitudinal study*. This two-site study (Halifax, NS; London, Ont.), will recruit subjects to four groups: cannabis use disorder (CUD) and non-CUD patients within the first year of entry to an early phase psychosis (EPP) program, and



(L-R) Drs. Derek Fisher, Candice Crocker and Phil Tibbo.

CUD and non-CUD age-and-sex-matched healthy controls. Detailed clinical and substance use information in conjunction with using novel brain imaging techniques longitudinally will aid in the understanding of white matter abnormalities associated with cannabis

use, differentiating illness and cannabis effects. This research has the potential to allow for more directed education and treatments.

Dr. Candice Crocker will also be recruiting soon for a DPRF funded

study: *Cannabis effects on white matter in females with early phase psychosis*. Recent research suggests that cannabis use characteristics vary between males and females in EPP populations, however the impact biologically of cannabis use in females on EPP outcomes has not been well studied. This study will recruit female subjects from NSEPP, comparing MRI-based brain imaging in EPP females who use cannabis compared to EPP female non-users. The degree of differences is expected to be related to clinical outcome

measures; results allowing development of both phase and sex appropriate care in EPP.

Dr. Derek Fisher was recently successful with his CIHR Catalyst grant application for his project: *Differential effects of cannabis use on event-related potential (ERP)-indexed brain function in males and females*. EEG-derived event-related potentials offer a powerful assessment tool of the neurocognitive changes that can occur with cannabis use. There has been little work however, examining

if sex differences exist in this area. Dr. Fisher will be evaluating healthy male and female cannabis-using and non-using subjects, indices of sensory gating (P50), auditory change detection (MMN) and behavioral inhibition (P300). Overall, the aim of this project is to evaluate whether cannabis-related deficits in cortical function differ between males and females.

NEWS & ANNOUNCEMENTS

news from the department

Dr. Allan Abbass completes European teaching tour

Dr. Allan Abbass is back from another busy European teaching tour where he was formally awarded the David Malan Visiting Professorship. He also presented a week-long event with five other leaders in the area of emotions in psychotherapy. This event hosted 700 professionals from 29 countries sharing and commenting on psychotherapy methods.



Allan Abbass providing Inaugural David Malan Professorial Lecture.



Allan Abbass, Janina Fisher, Paul Gilbert, Moderator Siri, Steven Hayes, Diana Fosha and Les Greenberg speak at Emotion revolution Conference in Bergen Norway, April 2018.

Dr. David Gardner panelist at CAMH event

On May 23 **Dr. David Gardner** was an invited panelist at the CAMH Difference Makers Symposium in Toronto. This event brought together thought leaders, service innovators, sector shapers, people with lived experience, philanthropists and others leading the way to create a more mentally healthy Canada in an engaging, inclusive and provocative dialogue that will catalyze individual and collective action for mental health moving forward. Moderated by André Picard, health columnist for the Globe and Mail, the day featured speakers including Margaret Trudeau, who spoke about her life experience with mental illness and former NHL player Sheldon Kennedy who has openly discussed sexual abuse in junior hockey and who has been instrumental in bringing governments, public and private sector partners together to work collaboratively to influence policy change and improve the way child abuse is handled. As part of the panel, Dr. Gardner spoke to the more than 200 registrants about the importance of patients being well informed about their medications and the value and opportunities for optimizing the role of the community pharmacist in mental health and addictions care.



Dr. David Gardner

In 2017, based on his work building capacity in mental health and addictions care across Nova Scotia with innovative programs involving community pharmacies, including the *Bloom*

Program, Dr. Gardner was recognized as one of the 150 CAMH Difference Makers from over 3700 nominations.

Dr. Amy Bombay featured in Today's Parent

Dr. Amy Bombay, assistant professor and researcher in the department, was featured recently in an article on Today's Parent. The article is written by Melanie Florence, a children's book author who travels the country speaking to kids about

First Nations people and the history of the residential school system. Dr. Bombay's research on childhood abuse, particularly that occurred in residential schools, and how it can be passed down through generations when not properly

addressed, is quoted in the article. If you would like to read the article in its entirety, please visit: <https://www.todayparent.com/family/family-life/how-trauma-reverberates-down-through-generations-and-affects-kids/>.

staff & faculty changes

Promotions:

Dr. Sabina Abidi has been promoted to associate professor. Dr. Abidi is the associate head of the Department of Psychiatry at the IWK, as well as head of child and adolescent outpatient services.

Dr. Alexa Bagnell, head and chief of the Department of Psychiatry at the IWK, has been promoted to professor.

Dr. Lukas Propper has been promoted to professor. Dr. Propper is the director of child and adolescent psychiatry education in the department.

Arrivals:

Dr. Liana Aires has joined the department as a hospitalist, effective June 4, 2018. Dr. Aires will be located at the Nova Scotia Hospital and can be reached at Liana.aires@nshealth.ca, or by phone at 902-464-4812.

Dr. Chukwolo Ndubisi has joined the department as a lecturer, effective June 1, 2018. Dr. Ndubisi is located in Fredricton, NB and can be reached at Dr.Chris.Ndubisi@gnb.ca, or by phone at 506-453-4354.



(L-R) Drs. Sabina Abidi, Lukas Propper and Alexa Bagnell.

awards & honours

Dr. Patricia Lingley-Pottie awarded by Atlantic Business Magazine

Dr. Patricia Lingley-Pottie, assistant professor Department of Psychiatry, president and CEO of Strongest Families Institute, and scientist at the IWK Health Centre, was awarded Atlantic Business Magazine's 20th Anniversary Top 50 CEO Award in May 2018. She was recognized for her leadership in transforming Strongest Families Institute (SFI) into a leading one-of-a-kind distance system of care that is supported by sophisticated technology (IRIS) and has garnered national and international attention as an access solution that is yielding strong health impacts.

Dr. Lingley-Pottie's steadfast belief that SFI's evidence-based, approach to mental health delivery is a system wide solution for reducing barriers and providing universal access. Integration of research insures that SFI's service programs are based on best science. SFI significantly impacts access to mental health care



Dr. Patricia Lingley-Pottie (left) is presented with her award by Maureen Ryan, vice-chair of the Stewart McKelvey Partnership Board

services for children, youth and families as well as services for military and veteran's families nationwide. She was also featured in the May-June issue of Atlantic

Business Magazine 20th Anniversary edition, on page 67.

Department members awarded by the Faculty of Medicine at Dalhousie

Congratulations are in order for four members of our department who were recently awarded by the Faculty of Medicine at Dalhousie. **Drs. Dave Lovas, Sonia Chehil, Selene Etches and Jason Morrison** are the recipients of the 2018 Early Career Award for Excellence in Education, the Dr. Allan Cohen Memorial Award in Community Service, the Early Career Award for Excellence in Clinical Practice, and the Award of Excellence in Clinical Practice, respectively. They were presented with their awards at the Faculty of Medicine's annual faculty meeting on June 12.

Dr. Dave Lovas is the recipient of the 2018 Early Career Award for Excellence in Education. This award recognizes those faculty members who are in the first seven years of their initial appointment and have made a sustained teaching

contribution to education. Since his appointment in the Department of Psychiatry Dr. Lovas rapidly established himself as a productive and promising academic. While the focus of this award and nomination is education, Dr. Lovas' exploration and early success in all facets of academia is quite noteworthy. His research has garnered multiple peer-reviewed publications, chapters, CIHR funding, awards (including our best junior faculty presentation in our annual departmental research day), and a recent keynote speaker invitation from the Alberta Psychiatric Association. He is also a widely respected clinician and clinical leader. Given this breadth and depth, his growth and success as an educator has been all the more impressive and he is most deserving of this award.

Dr. Sonia Chehil is the recipient of the

2018 Dr. Allan Cohen Memorial Award in Community Service. The Dr. Allan Cohen Memorial Award for Community Service honours the late Dr. Allan Cohen, a distinguished member of Dalhousie Medical School. This award recognizes faculty, staff, and students who work to fulfill the mission of the medical school by displaying outstanding community service with health-related organizations and causes. Dr. Chehil has worked to promote the strengthening of health system capacity in mental health in the Caribbean through partnerships with PAHO, Health Canada, the Nova Scotia Department of Health and Wellness, other Dalhousie University faculties, NGOs, private enterprise, community organizations, Ministries of Education & Social Welfare, as well as local communities, patients and families. This work supported government Ministries

of Health in the Caribbean region in mental health policy development, service organization, legislative review, advocacy, quality improvement, training of health personnel and integrated service development. She has also led health promotion, education, and advocacy work with youth affected by violence and abuse. Here at home, Dr. Chehil is currently the deputy clinical director for Community Mental Health and Addictions and has been a strong advocate for promoting evidence informed programming and quality improvement. She has worked to promote and strengthen relationships between formal community mental health services, acute care services and primary care. Congratulations Dr. Chehil, on this most appropriate recognition.

Dr. Selene Etches is the recipient of the 2018 Early Career Award of Excellence in Clinical Practice. As a champion of equitable and evidence based mental health and addictions care for youth, Dr. Etches lives and breathes her vision. Since joining the department five years ago she has been able to evoke a remarkable change for a patient population that has traditionally been ignored, stigmatized and unsupported. Dr. Etches works within an integrated mental health and addictions model that is evidence based, holistic and patient and family centred, and she goes above and beyond in her delivery of this care. She is an inspiration to trainees, faculty, clinicians and the patients she works with. She is truly deserving of the Faculty of Medicine Early Career Award of Excellence in Clinical Practice.



Award winners (L-R) Drs. David Lovas, Jason Morrison, and Selene Etches. Missing from photo: Dr. Sonia Chehil.

Dr. Jason Morrison is the recipient of the 2018 Award of Excellence in Clinical Practice. This award recognizes a faculty member with eight or more years of experience in patient care and service to the teaching hospital and/or community. The individuals selected are widely recognized for exceptional clinical skills, cooperation with other health professionals and responsiveness to the needs of patients and their families. Dr. Morrison is a tireless advocate for improving services for our most vulnerable patients and their families. He

is respected by his peers, students and the community as an advocate for patient-centered care and clinical excellence. He has been an effective leader, engaging teams in improving services for patients with psychotic disorders throughout our region. He upholds the most rigorous standards for clinical care, administration, and teaching, and the department, the community and most especially patients have all benefitted from his dedication. He too, is most deserving of his award.

Dr. Natalie Rosen receives Dal Legacy Award

Congratulations to **Dr. Natalie Rosen** who is the recipient of the 2018 President's Research Excellence Emerging Investigators Award, presented at the first annual Dalhousie Legacy Awards event

on June 20. The research award recognizes research that is innovative and impactful on our society and the natural world. The Legacy Awards were introduced in 2018 as part of the university's 200th anniversary

celebrations. They are aimed at helping Dalhousie create a culture of respect and recognition for its employees at all levels.

Dr. Stan Kutcher honoured by CAMIMH

Dr. Stan Kutcher was recently celebrated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) for his outstanding leadership in advancing mental health in the researcher/clinician category. He received the 2018 Champion of Mental Health Award at a gala event held in Ottawa in early May. Dr. Kutcher's

work has had a significant impact on improving mental health care for youth and families. His initiatives include the development and implementation of the *Mental Health and High School Curriculum Guide*, the first resource of its kind in Canada, which has now been implemented in schools across the

country. He also produced *Transitions: Making the Most of your Campus Experience*, the first of its kind to address the transition into post-secondary education, which was rolled out in the Atlantic Provinces in 2017.

announcements

Dal150 Celebrations

During the 150th anniversary of the medical school, a series of faculty and department events, lectures, and activities are taking place in Halifax – both internally at Dalhousie and within the local community - in addition to satellite hosts within the Maritimes. On Wednesday, Sept. 19 at 8:30 the Department of Psychiatry will host Dr.

Vicky Stergiopoulous, clinician scientist and physician-in-chief at the Centre for Addiction and Mental Health in Toronto, as part of the Dal150 celebration. Her talk, "The Future of Psychiatry and Mental Health Care," will reflect on psychiatry's past, review current challenges in mental health care, and discuss emerging future directions.

The event will take place in room 4074 in the Abbie J. Lane Building. For more information on this event, and other Dal150 events, please visit <https://medicine.dal.ca/news/medicine-celebrates-150-years/upcoming-celebrations.html>

Dr. Anita Hickey welcomes first child

Congratulations for **Dr. Anita Hickey** and her husband Travis who welcomed their first child, Declan Prasad Hickey, on April 27!



Declan Prasad Hickey

HUMANITIES CORNER

The Dalhousie Department of Psychiatry is pleased to announce the results of the 2018 Student Writing Competition. In the medical student category, the winner is Ashleigh Frayne, from the University of Calgary. In the postgraduate trainee category, we had two winners: Harald Gjerde, a student here at Dalhousie, and

Carolyn Reardon from the University of Toronto. There were many excellent entries in this year's competition, and the Department of Psychiatry would like to congratulate all the contestants on their creative efforts. In this issue of *Headlines*, we feature an excerpt from Ashleigh Frayne's winning submission,

Countertransference. To read Ashleigh's entire entry please visit <https://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writingcompetition.html>.

Countertransference

These days, though, I always analyze myself,
Because analysis comes late, when the sun slips
Beneath the paper eyelids of the sky.
I first caught sight of her in the hazy hallway
Of the ward, peering through the shadowed window.
Trying to glimpse her flickering reflection,
Fluttering pieces drifting between life and death,
Like the wings of broken butterflies.
In her darkened eyes I can see a sense of self
Drifting like a midnight ship at sea,
Without an albatross to guide it.
We sit in the small room like stuffed men,
I am hollowed out to better see beneath
The skins of others, to blood that beats.
My artless pen stands poised upon the page,
Ready to scribble an impulse or imagined slight,
Or measure out disease with coffee spoons.
Pushing away the dread that comes,
Word by word, and spells truth before me,
That I have seen and known you all along.
The soft smell of wicker baskets and dust,
As fingers brush stray hair behind my ear.

FEATURE

celebrating DalMed 150

2018 marks Dalhousie's 200th anniversary, and Faculty of Medicine's 150th anniversary. To mark this milestone, we will be featuring a short quiz on an eminent figure from the Department of Psychiatry in each issue of Headlines between now and the end of the year. This month's subject: Dr. Elizabeth Kilpatrick. Thank you to **Dr. Lara Hazelton** for the contribution. (Reference: Morehouse, R. *Women in the Department of Psychiatry at Dalhousie. In Dalhousie's Department of Psychiatry; a Historical Retrospective. Patrick Flynn, Ed. 1999.*)

1. What year did Dr. Elizabeth Kilpatrick graduate from Dalhousie Medical School?

- a. 1895
- b. 1905
- c. 1915
- d. 1925

2. She trained at the American Institute of Psychoanalysis, and later joined their faculty. While there, she was influenced by teachings of which eminent female psychotherapist?

- a. Karen Horney
- b. Laura Schlessinger
- c. Nancy Andreasen
- d. Brenda Milner

3. What year did Dr. Kilpatrick join the Dalhousie Department of Psychiatry?

- a. 1920
- b. 1940
- c. 1960
- d. 1980

4. Which of the following is an article by Dr. Kilpatrick?

- a. Familial Patterns of Lithium Resistance
- b. Sleep Disorders in Drosophila
- c. Cannabis Receptors in Brain Myelination
- d. Children Against the World



5. Upon her death in 1969, Dr. Kilpatrick left close to \$500,000 to Dalhousie Medical School. How is money from the Kilpatrick fund currently used?

- a. It pays for the maintenance of a Memorial Garden on the grounds of the Nova Scotia Hospital
- b. It supports psychiatry residents' educational travel (e.g. conferences)

- c. It is used to purchase exercise equipment for inpatients at the IWK
- d. Money from the fund is currently inaccessible due to a long-term dispute with the Dept. of Pathology regarding its oversight

PHOTO FEATURE



Building in Amsterdam built in 1720. (Photo by Dr. Shabbir Amanullah).

HEADLINES SUBMISSIONS

Headlines aims to provide a forum for the exchange of information, ideas, and items of general interest to the faculty, fellows, students and staff of the Department of Psychiatry. Your contribution(s) are needed and greatly appreciated.

The next issue of *Headlines* will be distributed on Sept. 4, 2018, with the deadline for submissions to be Aug. 17, 2018.

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